



THE OUTLOOK

MONMOUTH UNIVERSITY'S
STUDENT-RUN NEWSPAPER SINCE 1933

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Commuter Parking Problems Persist



PHOTO COURTESY of Jacklyn Kouefati

There are 1,554 non-residential parking spaces on campus, limiting options for the estimated 4,000 commuter students.

JACKLYN KOUEFATI
MANAGING EDITOR

University Administrators estimate that there are currently 1,554 non-residential parking spots and roughly 4,000 non-residential students attending the University. This has resulted in commuter students and some faculty members having trouble finding a parking space in non-residential lots 13, 14, 18 as well as lot 25 open to non-residents.

For the first few weeks of school, parking valets have been added to these lots. Chief

of Police William McElrath said, "For many years we have had valet attendants to provide customer assistance with traffic control and parking. They are here to assist with traffic flow in the parking lots and to help direct individuals to available parking spaces. They will also valet park vehicles if necessary."

Even though no problems have been reported to the MUPD or Administrative Services, the parking valets have caused controversy. "I live five minutes from school and it takes me a sufficient amount

of time to find a parking spot," said Janine Averbach a non-residential junior.

"The parking lot this year is absolutely ridiculous," said Jimmy Morecraft a junior who has been commuting for two years. "I have never experienced such anxiety over parking."

According to Patti Swannack Vice President for Administrative Services, there are more students on campus during the first two weeks of school due to buying books or speaking with advisors. Having more people on campus has resulted in more congestion in the available

parking lots.

This is not only a problem for students. Robert Scott, a professor in the communication department, believes that the parking valets are a positive step to helping the crowding amongst the parking lots. However, he had some trouble of his own with the valets. "Last week my keys were accidentally locked inside my vehicle. Not only was it an inconvenience to me and those assisting with unlocking my truck while standing in the rain, but

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eCampus Gets a Makeover

BRITTANY IRVINE
STAFF WRITER

The eCampus learning system provided by vendor Desire2Learn, made some changes over the summer to make room for a new version with updated features and interface changes.

The new server, called Desire2Learn's Learning Environment Version 10.0 (D2L LE v10) was put into place over the course of two days in late August. The date was chosen to refrain from troubling students and instructors who use eCampus regularly.

"Taking the system down for 24 hours during summer classes

wasn't an option," said Wayne Elliot, Instructional Technologist and LMS (Learning Management System) Administrator of Information Management.

"Especially since meeting schedules are condensed into four, six and 12 weeks. There would be a change to the look and feel after the upgrade," said Elliot.

The upgrade took place after faculty and Information Management members investigated LMS options and saw significant changes in D2L LE v10. It was the first major update to modernize the visual interface

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PHOTO COURTESY of Kelly Brockett

eCampus now has a new appearance following summer upgrades to the system.

Suicide Prevention Program Awarded Over \$300,000

CASSANDRA FIGUEROA
STAFF WRITER

The Substance Abuse and Mental Health Administration awarded the University \$301,215 that will benefit the college's Suicide Prevention Program.

Over a period of three years, the program has aimed to help the campus community become more aware of issues relating to suicide and mental health. Counseling and Psychological Services have been contributing in the effort to decrease the number of students suffering from these problems with the creation of the Promoting Wellness and Resiliency Program (PWR).

PWR offers students the ability to learn about things including anxiety, depression, eating disorders, self-esteem and stress. Dr. Franca Mancini, Director of Counseling and Psychological Services said that power can be found in wellness.

Christopher McKittrick, a Psychological Counselor, believes awareness of suicide is a big step in trying to stop it. "To ignore the issue of suicide, in my opinion, does not prevent it," he said.

With the funds, PWR will provide programs and training on how to identify signs and symptoms of mental health problems.

The grant was accepted at an event held on September 10, World Suicide Prevention Day. Dr. Mancini, along with President Paul G. Gaffney, Professor of Social Work Dr. Michelle Scott and Dr. Robin S. Mama Professor and Dean of Social Work accepted the award at the event. Dr. Mancini said the University was chosen partly because there is a lot in place that supports the issues dealing with mental health.

Vice President Mary Anne Nagy said that students sometimes turn to things like alcohol,

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Is homework beneficial to college students? See what one student has to say.

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Entertainment

A student shares their thoughts of *The Expendables* sequel released this summer.

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Club & Greek

The annual "Battle of the Buildings" took place this past weekend.

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Surf's Up at University Bookstore

NICOLE CALASCIBETTA
CONTRIBUTING WRITER

Hurley has recently been making waves at the University bookstore. Nike, the parent company of Hurley, presented the idea of distributing a brand that appeals to both students and surfers. The line was pitched to the University this summer in order to reach their college audience in time for the fall semester.

"They were sponsoring the college division," said the bookstore Merchandise Manager, Maria Siscom. The first Hurley apparel was received by the bookstore this past June and the final item from the line hit the shelves just last week.

The new Hurley college line consists of board shorts, t-shirts, tank tops and other accessories such as hats and backpacks. Most of the Hurley items sport the University name including t-shirts that read "SURF Monmouth University." The line is geared towards both male and female students.

On Hurley's College website they state that "it's young, authentic and spot on what college kids are looking for in apparel, headwear and accessories. We want you on board. Hurley for College is an amazing ride!"

The Action Custom Sportswear, LLC Brand Manager, Ryan Reid, was quoted in an ACS press release saying that, "It is a perfect match to the college demographic."

Shawn Diamond who is a long time surfer and a member of the the University's surf club said, "I think it's great to see Monmouth working together with a brand I have grown up with and love that supports surfing. Plus I think they look pretty cool."

Siscom stated that although the Hurley brand might be slightly more expensive than some other apparel in the bookstore, they did not exceed their budget that was given to them by the school, so no extra money was spent to put Hurley on the shelves.

"The Athletic department receives an eight percent royalty on everything in the bookstore," said Siscom, assuring that some of the profits would be going back to the students.

However, there are students who are not in support of the new line. "I don't think it's fair that outside corporate business can come to our school, sell their brand and make a profit," said senior Brittany Hardaker.

One student who is also a member of the surf club says he is not in support of the new line either

because he believes it doesn't support the University's Surf Club. "To my knowledge the Surf Club gets nothing from those sales and they hardly give us any funding to begin with. It seems that we are being undercut by our own University," said the student. "You're paying for the Hurley name," said Siscom.

Right now Hurley is in its trial sales period for the college market. If the brand sells and students give positive feedback the bookstore will continue to purchase more Hurley items.

Siscom explained that the bookstore has been meaning to promote Hurley's arrival on a larger scale but they've been busy these past few weeks with selling textbooks to the incoming students. Now that most students are squared away with getting their books for the semester, the bookstore plans to promote the new line more and see how students respond.

"We want students to give us their opinion on our Facebook page," said Siscom. By going to the University Bookstore's Facebook page, students can post their opinion as to how they feel about the new Hurley line. To check out Hurley for College by Action Custom Sportswear, LLC you can visit <http://acs-surf.com>.



PHOTO COURTESY of Nicole Calascibetta
Hurley apparel can now be found at the University bookstore.

Suicide Prevention Program Earns University Reward

Prevention continued from pg. 1

drugs and suicide because of the challenges they face in college. "This grant helps us to continue to support our programs and services aimed at counteracting these choices. It helps us to continue to re-enforce the notion that Monmouth Hawks Fly Together because we are all part of

this community," said Nagy.

"The Grant will help us enhance our current programs while also allowing us to bring new, dynamic activities to campus," said Mckittrick. "By increasing our programming, enhancing our services and promoting wellness and resiliency throughout the campus, the grant can help the University positively impact the issue of sui-

cide on college campuses."

Students, faculty and clinical specialist have the ability to receive training. "Everybody can be a part of this awareness campaign," said Mancini. She said that if the campus community is willing, "we can make a huge difference in people's lives."

Students say they want to find a solution. "I'd help to end suicide,"

"By increasing our programming, enhancing our services and promoting wellness and resiliency throughout the campus, the grant can help the University positively impact the issue of suicide on college campuses."

CHRISTOPHER MCKITTRICK
Psychological Counselor



PHOTO COURTESY of Blaze Nowara
Accepting the award were Michelle Scott, Robin Mama, President Paul G. Gaffney and Franca Mancini (from left to right).

said junior English and Education major, Elisha Hendelson. "It affects many people, no matter if you're directly involved or not, so if we all understand what's involved maybe we can stop it."

Sophomore psychology and sociology major Melissa Galvin said, "As a Resident Assistant, I've come to notice more than ever that Monmouth puts a lot of effort in trying to ensure each and every student here is safe, happy and succeeding." She also said, "Still, certain problems are inevitable and suicide is widespread throughout all college campuses for varying reasons. This grant will aid in Monmouth's ever-

growing efforts to ensure every life reaches its ultimate potential."

Three individuals will be implementing this grant; Dr. Mancini, Dr. Scott and Dr. Mama. After the three-year implementation period, the plan is to continue in the efforts to prevent suicide and sustain the progress.

"The fact that Monmouth has been awarded this grant shows, to me, how respected the University and its professionals are regarded," said Mckittrick. "Monmouth is one of a very few schools in this nation that has been awarded this grant and entrusted to promote wellness and resiliency," he said.

CRIME BLOTTER

CONSUMPTION OF ALCOHOL WHILE UNDER LEGAL AGE

9/12/12 - 3:33 AM

OAKWOOD HALL

CONSUMPTION OF ALCOHOL BY PULA/STUDENT MISCONDUCT

9/15/12 - 1:15 AM

ELMWOOD HALL

CONSUMPTION OF ALCOHOL BY PULA/STUDENT MISCONDUCT

9/15/12 - 2:07 AM

MULLANEY HALL

CRIMINAL MISCHIEF/ CONSUMPTION OF ALCOHOL BY PULA/STUDENT MISCONDUCT

9/16/12 - 1:45 AM

GREAT LAWN APARTMENTS

THEFT OF A CELLPHONE AND CHARGER

9/16/12 - B/W 4:00 AM & 7:29 AM

MULLANEY HALL

WED.

THURS.

FRI.

SAT.

SUN.

MON.

TUES.

9/12 - 9/18

Innocence Project on Campus to Raise Awareness

Exonoree Alan Newton Tells His Story

JOHN HAREN
STAFF WRITER

On September 13, the non-profit organization Innocence Project, held a presentation on campus to raise awareness of wrongfully convicted persons.

Speaking about his experience was Alan Newton, a victim of eyewitness misidentification which resulted in the theft of 22 years of his life. In front of an audience of over 150 students, faculty and members of the public, Newton outlined the arduous process that he and Innocence Project went through to make him a free man.

The event was held in Young Auditorium and lasted for 45 minutes. He began his story by mentioning the movie *Ghostbusters* was his alibi. With scrupulous details explaining the morning of his arrest, the confusing police line-ups and the onerous task of locating the rape-kit for testing, Newton put into context the frustration of a man who was convicted of a crime he did not commit.

"In 1994, with the advent of DNA testing, I was granted access to have DNA analysis conducted on the rape-kit from the crime. This was to be done by an independent testing facility," said Newton, who is 50 years-old. "The only problem was finding the kit - it had disappeared." For years, Newton continuously sent petitions to New York State courts; he was always denied.

Finally in 2004, Newton decided to reach out to Innocence Project seeking aid in his fight to find the missing evidence and have it tested. The organization, according to its mission statement, "assists prisoners who could be proven innocent through DNA testing."

Newton believed that having Innocence Project on his side was the best chance for him to prove his innocence. "One of the first things the lawyer said to me was

that there was a good chance the rape-kit didn't exist anymore. I told her that I had nothing to lose."

Luckily for Newton, the evidence was located two years later. Through the persistent work of Innocence Project, the kit was found in an NYPD warehouse in Queens which contained evidence

"I like to tell people that is my born-again birthday."

Since being founded in 1992 by Peter Neufeld and Barry Scheck, both civil rights and criminal-defense attorneys, Innocence Project has enabled 296 other wrongfully convicted men and women to celebrate their born-again birthdays just like Newton.

our assistance, we do not try to determine guilt or innocence on paper. Rather, there is a diligent process of doing research on the cases such as obtaining the trial transcripts, finding evidence information, and determining if there is sufficient DNA evidence that can be used to prove the prisoners' innocence."

help other exonorees with issues that they will deal with when they come home," said Newton. Some of those issues are medical coverage, finding housing, job searches and education. Unlike parolees, exonorees are not given assistance by the state upon their release.

Newton believes that telling his story to an audience is therapeutic. "Speaking to others and receiving feedback from what I talk about gives me the therapy that I need which helps me move forward with my life."

The intensity of the subject matter could be seen on many of the faces as they exited Young Auditorium after the presentation.

Freshman Mitchell Parker, a biology major, was not only impressed by Newton's presence, but was also left pondering about the message that was delivered. "That is an amazing story. It makes me think about the power of freedom and how it can be taken for granted," said Parker. "His determination and hope are truly inspiring."

For Christine Alexander, a freshman majoring in math and computer science, the presentation gave her a different perspective on the criminal justice system. "His story opened my eyes about the wrongs that occur in the judicial system. I didn't realize that so many were affected by this unfortunate problem," said Alexander. "It also made me think about volunteering for Innocence Project."

Before Newton began the presentation of his struggle with the justice system, Webster, who accompanied him in the front of the room, read a quote from David Foster Wallace which sums up the message of their visit. "The really important kind of freedom involves attention, and awareness, and discipline, and being able to truly care about other people."



PHOTO COURTESY of John Haren

Alan Newton spoke on behalf of the Innocence Project about his 22 years spent in jail.

from crimes that date as far back as 50 years. Newton described the facility as being a vast wasteland of documents and pieces of evidence. Within a few months, DNA testing was conducted. The results would prove Newton's innocence.

"On July 6, 2006, I walked out of jail a free man," said Newton.

According to the organization, 3,000 letters, most of which are sent by prisoners, are received annually asking the non-profit for assistance in proving their innocence through DNA testing.

Elizabeth Webster, Publications Manager for Innocence Project said, "When the organization receives letters requesting

For Newton, patience and hope paid off and his record was expunged of all charges. Since his return to society six years ago, he has obtained his college degree, got married, had a child and co-founded a non-profit organization called AFTER (Advocates for Transformation and Exonoree Rights).

"The purpose of AFTER is to

eCampus Changes

eCampus continued from pg. 1

Desire2Learn has made in several years, according to Elliott.

Features of the new eCampus include that of a visually updated interface that is cleaner, sleeker and less cluttered. Elliott says that most of the changes are cosmetic and most of the underlying functionality is still there. Buttons are larger (better for navigating on a tablet device), customization options are available and the "Minibar" is a new option.

"I like the new eCampus better," said Julia Shpliman, a senior Medical Technologies/Cytotechnologies student. "The pictures on the background make it look more casual."

According to Elliott, the Minibar was designed to allow constant access to courses and account settings from anywhere within the system and the course selector allows you

to jump from one course to another without having to go all the way back to the home. Users can "spotlight" a specific course by "pinning it," so that it is always on top.

with a summary of activity or instant notifications through e-mail or SMS message (text rates apply).

The profile tool has also been updated so that the student can list

Among these changes, there are many more that await students and faculty as they warm up to eCampus this semester. Elliot has confidence and knows that there is an

begin to explore some of the new features."

If students, faculty or anyone who else uses the system needs help adjusting to it, there are plenty of ways to find that assistance. About 100 instructors have come to 27 sessions that have already been offered (group training, drop-in course building support, and one-on-one consultation). Because of these tools, response has been good.

"They (instructors) like that additional tools have been made available," said Elliott. "Most students seem to take interface changes pretty well, exploring and finding their way around."

If assistance is necessary, call the help desk at anytime at 732-923-4357 or by e-mail at helpdesk@monmouth.edu. The office is located on the second floor of the Edison Science Building.

"Think of all the people who complained about being 'timelined' on Facebook. After the initial change, people get accustomed to where the links they need are and begin to explore some of the new features."

WAYNE ELLIOT

Instructional Technologist and LMS Administrator of Information Management

New to the system as well are some different types of alerts: message, updates and chatter alerts. All of these can be found under the red dot icon, which indicates newer alerts that come through. Notifications tools allow the student to get a daily email

their social networking sites including Twitter, Facebook, Google and LinkedIn. Always encouraged though, is to not share too much information as you may not want all of your classmates to have your phone number or address, says Elliott.

initial shock, but people will learn the change fast.

"Think of all the people who complained about being 'timelined' on Facebook," he said, "After the initial change, people get accustomed to where the links they need are and



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College Drinking Spikes for Freshmen

MARNI JAMESON
MCT CAMPUS

"I don't know that parking is a bigger issue this semester than in previous years. That's a question for the administration," said Scott. "However, it does seem to be one of the more common complaints I hear from my students. Besides the creation of a new lot or a multilevel parking facility, I

Scott Walters, professor of Behavioral Health at University of North Texas Health Science Center, looked

UCF Director of Wellness and Health Promotion.

The parental intervention involved parents reading a 35-page handbook and discussing it with their kids. If

Professor of Behavioral Health at University of North Texas
Health Science Center

For those kids who come into college and want to experiment, “all I can say is do it in a safe environment and do it responsibly,” said Davis.



The parking valets have been placing the keys of the cars on top of the car windshield.

Officer McElrath welcomes anyone that does have an issue with the parking to contact him or other MUPD immediately. "We expect quality service from all of our valet attendants and we are always looking for ways to improve our services to the campus community."

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Sunday, October 7
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Attend one of the following mandatory meetings:

- Friday, September 21 @ 12pm Wilson 104
- Wed., September 26 @ 3:30pm Wilson 104
- Friday, September 28 @ 12pm Magill Commons 107 & 108
- Tuesday, October 2 @ 2:45pm Magill Commons 107 & 108
- Wed., October 3 @ 2:45pm Magill Commons 107 & 108

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If I Could Just Find A Parking Spot...

THE OUTLOOK STAFF OPINION

Finding parking in the non-residential parking lots 13, 14 and 18 and lot 25 can be hard on a weekday, but so far this year the added parking valets have caused more chaos than years before.

The valets have increased traffic in the parking lots. Many of us have been commuters for several years, and believe that the parking has never been this much of a hassle, especially at early class times.

After 8:30 am classes, finding a parking spot is close to impossible. An editor said he had difficulty trying to find a space for a 10:00 am class, while in past years it was never an issue. Parking should not be filled that early in the day considering classes run from 8:30 am to 10:05 pm.

One of the editors explains that she had to drive around for 20 minutes just to find a spot. She is not the first person who had to waste that much time trying to find a place to park. Another editor said that she specifically left extra early before class to find a parking spot but still found herself driving around the lot for a longer period of time.

However, there are faculty members who also park in non-residential lots and they too have experienced difficulty parking. Robert Scott, a Communications Professor had his keys locked in his car due to a parking valet.

Several of the editors admit that they don't feel comfortable with the valet system. Leaving your keys on the dashboard of your car can be pretty risky. Even though our campus is a safe place, vehicles can still get broken into and placing the keys in an obvious spot is raising that risk.

Chief of Police William McElrath has confirmed that no recent reports of car theft or break-ins have been presented. However, it is still a scary thought. One of the editors says she keeps every key she needs attached to her car keys. Loosing that or having it stolen could be dangerous.

Not everyone at *The Outlook* is a commuter, but the residential editors have been hearing about the problems as well. If changes are not made, they could face these problems when/if they choose to live off campus.

It is a valet's job to get the owner's car to him or her as soon as possible. But sometimes the process is not a quick one because the owner's car could be blocked in by numerous other vehicles.

Another point of concern is the double-parking. All it does is block other cars in and causes an inconvenience for anyone who is the blocker or the blockee. Granted there is nowhere else to put the cars, there has to be a better way.

What about when finals roll around? No one wants to wait around to get their car from a parking valet when they are brain-dead from a three hour exam.

Here at *The Outlook*, most of us have found ourselves driving around the parking lots praying that a car will soon leave and reveal a potential space. It shouldn't be that way though. All commuter students and faculty should have a guaranteed parking spot in a specific lot.

A potential solution that we believe would work would be building another parking lot. One editor feels that the Alumni House should be moved and another lot could be built there.

A parking garage is another possibility, but Patti Swannack the Vice

President for Administrative Services said that a parking deck is costly and it would be hard to get approval to have it built by the surrounding community. Not only would building it be costly, but it would also cost money to keep it lit and to have security keep an eye on the cars parked inside.

Here at *The Outlook*, we feel that we pay a large amount of money to go to school here and we would like to see it being spent in a way that conveniences us, like possibly making more parking available. Limited parking should not be an issue.

The University is normally great at responding to issues on campus. Aramark has a completely different staff this year in the hopes of providing students with much better dining experiences. They have also made it possible to use your meal plan in the Student Center.

We would like to see improvements like these in the parking lots on campus. It seems every year students complain about the parking and it could be time to expand.

Swannack said that there are 1,554 non-residential parking spaces. There are roughly 4,000 non-residential students according to Vaughn Clay, the Director of Off Campus and Community Service. This means that there is not even enough parking spaces for each commuter to have one spot of his/her own regardless of the schedules being flattened.

The parking valets have been placed in three parking lots to help with any traffic problems. Wouldn't this mean that there would have to be problems in the parking lots to begin with? If so, nothing is getting solved and the problem will escalate as the University continues to grow.



HOW TO SUBMIT ARTICLES OR LETTERS

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

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

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The Positives of Actually Doing Your Homework

Spending Time Learning Outside the Classroom

NANA BONSU
OPINION EDITOR

If there is one thing that many college students can agree on, it is the fact that we do not take any enjoyment in homework, and we simply do not like doing it.

However, there are benefits to having but more importantly, doing homework. Homework in college is different than the homework usually assigned in high school.

Long gone are the days of being required to use twenty vocabulary words in sentences. We are now past the years of having teachers assign us homework which involves coloring, drawing and turning it in the next day for credit.

Homework in college is meant to serve as an additional learning experience outside of the classroom to ensure that students are fully grasping the material. If students do not practice what they learn in the classroom, how can they be prepared for the exam?

This is one of those situations where practice really does make perfect. Putting to use the material you get from the textbook, as well as class lectures, is what tells you where you stand in regards to how much you have ac-

tually learned. Simply being in a class and reading the textbook does not automatically constitute learning. Putting in the effort to test your knowledge, by doing homework is what alerts you as to what you have actually learned.

For instance, in a math class the benefits of doing homework on a regular basis should be obvious. As a finance major, and someone who has to take more math classes than I would like, homework in these classes is vital to your survival. Doing homework helps with preparation for the next class, and it will outline your strengths and weaknesses in a class, as well as tell you what you need to have clarified by your professor. Not doing homework can be the quickest way to fall behind. The last thing anyone wants is to feel totally lost in a class that is a major requirement.

On the other hand, there are some classes where the homework assigned feels like busy work meant to take up the valu-

able time you could be spending doing something you actually enjoy.

How many times have students been forced to do homework that is not remotely related to what will be on an exam, nor does it better our understanding of the course material? How many times have we had to read pages and pages of things we can't even remember minutes after reading it for a literature or history class, only to feel like we are wasting our time because the class does not require a formal exam, but rather, a "final essay"?

As much as we all really hate busy work, especially on our own time, at the end of the day, homework is homework, and it still needs to be done and taken seriously. Although it is natural that we put a little more effort into some classes than others, it is important to remember that there is a plus side to home-

work. Besides using homework as a method of self assessment, many professors give homework grades or they count grades given for homework as class participation. Why risk the chance of missing out on free points because you didn't feel like giving up 30 minutes or so of your day?

Not to sound too much like an echo of your professors (or like your mother), I want to stress (especially to first year students) the importance of doing homework. Although it may seem like you can start (or continue) blowing off homework now that you are in college, I can almost guarantee that it will eventually catch up to you because negative academic habits only work for so long before they become a major problem.

For those in need of advice on how to stay on top of homework, the first step is staying organized. A huge part of doing homework is remembering that it was assigned. If you find yourself forgetting that you were assigned homework the minute you walked out of the classroom, get

a planner and use it. Write all of your assignments for each day in one place, and be sure to keep track of due dates. If you can keep the assignments and their due dates, you are on the right track.

The next step in staying on top of homework is to find a system that works for you in terms of how the assignments should be done. Some students prefer to designate a certain day of the week and spend several hours doing homework, others prefer to do a little at a time every day. What works for one person may not work for another because academics is not one size fit all.

However, it is important to make sure that homework does not pile up until the point where it becomes overwhelming. If you know that the homework assigned for one particular class is time consuming, it might be best to work on it a little at a time and give yourself a few days to get it done.

With good organization and an effective system, any student can get back on track when it comes to his or her homework. Consistently doing homework can cause a steady improvement in grades and show professors that you care about the class and learning.

“Homework in college is meant to serve as an additional learning experience outside of the classroom.”

Cooking, Cleaning, Laundry and Beyond

Adjusting to Life Without Parents

RACHEL GRAMUGLIA
STAFF WRITER

Are you there Mary Poppins? It's me, Rachel.

Okay, everyone, is it just me, or is living on our own demanding? We have to cook, clean, and do laundry. What is this madness?

I miss the good ol' days when tying a red blanket around my neck qualified me to be a superhero. And the blanket forts, those were fun too. However,

being a sophomore in college, I am feeling the heat. We all have these responsibilities now and we have to get our priorities in check. Where's Mary Poppins when you need her? I want a spoonful of sugar!

Ms. Poppins, may I please have a home cooked meal? Are you there? Maybe she is busy.

All in favor of a home cooked meal raise your hand (I am serious, raise your hand). I miss the good stuff; the homemade pasta sauce, lasagna and freshly

grown fruits and vegetables. Not saying that the food here does not satisfy my food-adoring pallet. It does, to an extent. Everyone can admit that nothing tastes as good as a homemade meal. It gives us a warm, cozy feeling in our bellies. Now I am munching on Ramen Noodles and fruit snacks.

It is also safe to say that I am no Emeril Lagasse.

If I could make myself a delicious chicken dish with out having the kitchen explode, then I would give myself a gold medal. I am thinking about resorting to bringing out my inner Julia Child and just cook my way through cookbooks... and Pinterest.

Okay Mary Poppins, I need you to snap your fingers so that all my clothes can be picked up and the apartment can be cleaned. Hello?

Dang it.

Cleaning is another responsibility of college students. We have to vacuum, Swiffer, disinfect, and Febreeze everything at least once a week... or try to. I find that I do not "Mary Poppins-ify" my apartment unless I know for a fact that my parents are coming down to visit (hi mom and dad).

Additionally, it does not help that there is a Mount Trash Nation in the corner of the kitchen. Is it bad that it is "such a hassle" to bring that down stairs? You are always in your pajamas when it is time to take out the trash and walk downstairs. Sigh, so inconvenient.

Mrs. Poppins, could you help me with the laundry? Hello?

Aw-shoot.

And last but certainly not least, we encounter laundry. Laundry is unnecessarily complicated.

It is as if it requires formulas. I never know how much laundry detergent to put in the washer.

Do I put in what it says on the bottle, or what my mother says?

Or what if the little pods of soap cause the washer to blow up and spew bubbles everywhere? That would be Mr. Too- Clean (haha, get it?).

And then there is the separating of the darks and the lights, the delicates (whatever the heck that is), the towels, and where do the colors go? Not with the lights, so with the darks? Wait, what if I lose a sock?

You literally just read all the questions I asked my mother the very first time I did laundry.

So clearly, Mary Poppins is not going to show up any time soon.

Darn.

Life with out Mom and Dad can be very stressful. I think we all go through a three-stage cycle: at first we are all like "WOO NO PARENTS!" (hands in the air), and then we are all,

"whomp, I can't do my laundry! I miss my pops!" but then finally, we realize that hey, all of this is not so bad after all. Cooking, cleaning, and doing your laundry are very manageable responsibilities.

On top of your extracurricular activities and schoolwork, cleaning will probably become therapeutic for you; it definitely has for me. College is all about growing up, no longer needing mom and dad, and yes, even Mary Poppins, to solve your problems.

I believe that we take the little things like cooking, cleaning, and doing laundry, for granted. And when it actually comes down to doing it ourselves for the first time, it sets the pace for the path to maturity. Yep, you are all going to grow up.

In the mean time, have a supercalifragalisticexpialadocious time doing your laundry.



IMAGE TAKEN from tallahassee Laundry.com

Laundry can be a daunting task for students living on their own for the first time.

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American Presidency Class Comes to Campus

Political Science Class that Comes Every Four Years is Getting Rave Reviews

DAN ROMAN
STAFF WRITER

The 2012 Presidential election is only two and a half months away which means it's time for the University political science department to again offer a class that runs every four years. The American Presidency, being taught this semester by Dr. Joseph Patten. Chair of political science department.

The class is now underway and is discussing not only this year's election but also what the presidency means in a broader context. To try to begin to understand what the presidency does to someone, just look at before and after pictures of most presidents. President Barack Obama, not yet done with his first term, has more than a few gray hairs. No one can truly understand being the President unless they have the job.

But this class will be able to show how the commander-in-chief has evolved from the very first person to hold the job, General George Washington, to 223 years later President Barack Obama.

Everyone knows the president and what he stands for. However does the president really have many powers? What kind of chief executive did the founding fathers envision?

These are the types of questions analyzed and discussed at full length in this engaging course. Patten agrees, "The American Presidency is an especially important class to teach during the heat of a presidential campaign because the election helps to contextualize the constitutional origins of the

office, the evolving presidential selection process, the impact of presidential powers on the domestic and international stage, and traits associated with effective political leadership."

Not only is there lively conversation about the presidency

in general, but also a key part of the class will be the debates. Students pick a side; they can either imitate the incumbent Democratic President Obama, or Republican challenger Mitt Romney.

The key issues of the elec-

tion will be argued between the teams. These issues include foreign policy, economy and jobs, the deficit, and energy. This unique approach will allow the students to see the issues from both sides. Junior political science major Kelly Craig said that

she was very excited for this class "I have an interest in the Presidency and it also seemed like a perfect time to take the class with the presidential election around the corner."

The class will also talk about the different styles that Presidents have used to govern. Following the Watergate scandal a new form of transparency has been demanded of the highest office.

With transparency has also come a general distrust of the president and government as a whole. Congress has the lowest approval rating in the history of polls. Presidents have the highest approval ratings after they are elected, and then they take a nose dive. In less than two years President Obama went from a 65 percent approval rating to 44 percent. He still way above congress which is at 13 percent according to a recent Gallup poll.

One of the major reasons for the lowest approval ever is the partisanship of our elected official. The goal for Patten in this class is to break the partisan nature for the students in his class. "One of the goals of this class is to empower students of all political stripes with the ability to rise above destructive and petty partisan discourse and to instead engage our politics in objective and meaningful ways."

Craig said that one of the main reasons she took the class is because he was teaching it. Patten routinely has his classes fill up quickly, and for good reason. Unfortunately this class won't be run again for another four years, when all current students reading this will have graduated or gone onto graduate school.



PHOTO COURTESY of Christopher Orlando

Dr. Joseph Patten teaching his American Presidency class in Bey Hall.

Life After College: Jobs in Political Science

Degree Offers Opportunities to Graduates

BILL SCARANO
CONTRIBUTING WRITER

Amid the current economic uncertainties plaguing the job market, it is hopeful that students enjoy clear advantages over much of their competition. For students majoring in political science, the broad scope and varied nature of the discipline readies them for a multitude of diverse career paths which are not strictly limited to the realm of politics or government.

The obvious job choices for many political science majors certainly include office-holding positions such as becoming elected officials, city managers, committeemen, or federal employees, but the broad focus of the discipline also readies students for careers in many other areas.

William Hill, Assistant Dean of Career Services spoke about some of the more popular career choices of political science graduates. "The fields political science graduates have gone into include law, government, higher education, financial services, and non-profit organizations. Examples of jobs they have gotten include paralegal, media specialist, admission counselor, research interviewer and policy assistant to name a few.

According to literature available from the Department of Political Science and Sociology, other career options available to political science majors include business, marketing, the military, public relations, edu-

cation, law enforcement, lobbying, systems analysis, journalism, and international diplomacy.

Today's employers seek to hire motivated, skillful, and dedicated personnel irrespective of specific areas of expertise and this fact is at the very forefront of efforts made by University to instill these traits in its students.

Dr. Joseph Patten, Chair of the Department of Political Science and Sociology spoke with regard to efforts made by the department in order to give its students an advantage in the job market, "Employers want good communicators, good writers, and people who are adaptable. As a department, we try to instill a strong work ethic and commitment into our students, mentioned Patten.

Patten also pointed out that even some of the more basic expectations within the department such as that students arrive to class on time, participate in discussions, and maintain high standards of honesty and integrity are designed so that the skills students learn during their college years translate into good working habits. Furthermore, extracurricular departmental initiatives such as the debate team, political science club, and the Washington semester give students the opportunity to hone their abilities in preparation for future careers.

Carriers are certainly very much on the minds of political science majors as Gabrielle Gunter, a junior studying political science and sociology attests. Gabrielle said that her



IMAGE TAKEN from panh.org

Political science majors have found jobs in many different professions, such as media specialists, policy assistants and paralegals.

decision to enter the field stemmed from a long standing interest in politics and a desire to understand what is happening in the world.

When asked about her considerations for future careers, Gabrielle said that law school is a likely post-graduate option for her, and that her ultimate goal within the discipline is to "bridge the gap between the government and the people." She added that the skills she is acquiring during

her current studies will certainly be applicable in whichever occupation she ultimately pursues.

Political science majors have a vast array of career choices available to them in virtually any field imaginable. As the discipline requires that students be well-versed in many different subject areas as well as the general goings-on around the world, perhaps the greatest asset these students have is their adaptability.

Whether one enters fields such as law, public office, education, the corporate world, research, activism, or desires to become a lobbyist, ambassador, or President of the United States, political science majors certainly have a leg up, and the skills, work ethic, and commitment they develop during their studies are certainly relevant to any job and are critical traits of those who desire to change the world.

Tweet Tweet #Victory

Social Media Becomes a New Battleground for Obama and Romney

BRITTANY HARDAKER
STAFF WRITER

Nearly two-thirds of all Americans are using social networking websites, a study from the Pew Research Center revealed in May 2012. As the amount of social media users continues to grow, so does the question of whether or not social media will play a crucial role in this presidential election.

In order to express their message and to gain support from the American public, presidential candidates in recent years have chosen to not only use, but to embrace social media as their method of engaging voters in the election process.

Former presidents such as Franklin D. Roosevelt mastered the radio; John F. Kennedy and Richard Nixon made use of the television; President Barack Obama put the spotlight on social media in his 2008 presidential victory, establishing Facebook and Twitter's status in the political election process.

After President Obama's victory, the 2008 presidential election came to be known as "the social media election," because of the Obama team's use of the Internet to both raise money and engage in grassroots networking.

Since that time there has been an explosion in the variety and reach of the digital tools made available to voters, campaigns, and the candidates themselves, providing powerful and significant new ways to lobby for both finances and votes. Today, Republicans and Democrats alike are engaging in all-out social media war over the attention of the American public.

Despite the common notion that social networking appeals specifically to younger generations, its use is growing exponentially amongst all age groups. Although 86 percent of Americans ranging between ages 18 and 29 comprise most avid social network users, the Pew Research Center revealed that 72 percent of those between age 30 and 49 are active on web based social media, as well as 50 percent over the age of 50.

The number of social media users has grown in direct correlation with voter turnout, based on the 2008 election. According to the U.S. Census Bureau report on the 2008 Presidential Election, "Overall, 131 million people voted in 2008, a turnout increase of about 5 million people since 2004. During this same 4-year period, the voting-age citizen population in the United States increased by roughly 9 million people. In 2008, 71 percent of voting-age citizens were registered to vote."

Social media took center stage during the 2008 presidential campaign and has been widely adopted as a viable and necessary means to reach American voters ever since. President Barack Obama was able to adapt to the ever-changing means of communication used by American voters in 2008, and continues to utilize social media today— he currently has more than 28 million Facebook "likes" and close to 20 million followers on Twitter.

Twitter currently provides real-time feedback on presidential debates, a much faster approach than traditional polling. As a

result, presidential campaigns have been paying close attention to the discussions surrounding their candidates. These discussions offer interesting feedback as to whether the candidate's message is being received.

According to Professor Robert Scott of the communication department, "It seems that Facebook and Twitter have been the most commonly used social tools during this campaign season, although others such as Reddit and Flickr have taken on a significant presence as well."

"For the first time, social media has become more ubiquitous across multiple demographics and is likely to have more of an

she said.

Harris believes that Facebook has a major influence over voter turnout. "One reason for this is that Facebook is very versatile, with features ranging from large image sharing to brief or lengthy status updates to sharing videos that can be viewed within the news feed itself. It is a platform that encourages ease of use with a combination of graphics, text, and video that can be accessed quickly and with little effort," she explained.

Harris continued, "People can be influenced by their friends on Facebook and other social networks by seeing what their friends share, like, and

strate that the online world can affect a significant real-world behavior on a large scale," the journal's website explains.

The journal's website describes the experiment in full. The study involved all U.S. Facebook users over the age of 18 who had accessed the website on November 2, 2010 – the same day as the elections. It found that about 611,000 users, or a small 1 percent of all Facebook users received an "informational message" at the top of their news feeds, which encouraged them to vote by providing a link on local polling places and included a clickable "I voted" button along with a counter of Facebook users

where Florida's vote was contested over just a small amount of votes, that kind of bump could make the difference between a win and a loss.

As the generation essentially sponsoring the social media movement, college students fall in the most active of the social media demographics. Social media as an approach to voting has the greatest impact on the youth, relative to all other sources.

Senior communication major at the University, Nicole Shapiro, stated, "As a whole I believe our generation is more likely to ignore a longer source of information in exchange for the more fast-paced social media options." She went on to state that, "While adults make specific time to access social media through out the day, it is a constant source of information for the youth. As social media has progressed, I have personally developed a more global awareness; something I would never have done without Facebook and Twitter."

In combination with reaching a larger percentage of American youth, social media is also capable of reaching other specific demographics. According to a *Forbes Magazine* article by Deborah L. Jacobs published June 25, 2012, "Politicians who want to win the women's vote should take a lesson from consumer marketing. In that arena, women use blogs, social media platforms and web site comment spaces to influence each other's purchasing decisions. They will use the same communication tools to affect the 2012 presidential election."

The combination of fast-paced social media and hot-button topics in this election, such as war, debt, and abortion, any major political statements have the potential to cause a swing in public opinion. The election of 2012, just like 2008, is an election of firsts. American youth, women, race, and various other hidden demographics played an enormous role in 2008, and with the progression of social media, are likely to do so again in 2012.

“For the first time, social media has become more ubiquitous across multiple demographics and is likely to have more of an impact on elections than in previous years.”

ROBERT SCOTT
Communication Professor

impact on elections than in previous years. In fact, some analysts have already taken to calling the current presidential race the 'First Twitter Election,'" Scott explained.

He also described a new aspect of the social networking site: Twitter's Political Index. Also-called "Twindex" for short, it has been tracking campaign-related tweets for months to produce a day-by-day guide to the online conversations involving the candidates. "The index then creates a sentiment score relative to all tweets. The company hopes that it will complement traditional polling techniques to provide a more complete forecast," Scott said.

Compass Labs, a social media platform, released a comparison of the likes and dislikes of Facebook supporters of both Mitt Romney and Barack Obama earlier this week. According to their analysis, "Obama currently has 28,365,075 fans to Romney's 6,446,941 fans on Facebook -- but Romney has the edge on both the amount of online chatter about candidates with 3,340,348 people talking about him, against Obama's 3,051,585."

The analysis also found that in terms of demographic breakdown, "the majority of Romney's supporters – 43 percent – are older than 55 years of age, while Obama's appeal is spread more evenly across age groups: 24 percent aged over 55, 17 percent aged 45-55, 18 percent 35-45 years of age, 21 percent aged 25-35 and 20 percent aged 18 to 25." "Not surprisingly, Romney's followers tend to be older and Obama's skew younger. And while the President has about 22 million more fans than his challenger, Romney's fans tend to be more socially engaged," Scott said.

Professor Mary Harris of the Communication Department also offered an interesting outlook as to how social media is impacting elections. "Commonly known is that social media played a critical role in the last presidential election, and this election is also being influenced by this type of networking and online content,"

write. Today, political opinions and voting decisions are often openly shared through social media; this has become a normal thing to do for many users, where it once may have been more private, so this openness can sway public opinions and voter turnout alike."

In recent years, many researchers have been working diligently to find a link between social media and elections. According to an article published in *Nature, the International Weekly Journal of Science* on September 12, "About 340,000 extra people turned out to vote in the 2010 U.S. congressional elections because of a single election-day Facebook message, estimate researchers who ran an experiment involving 61 million users of the social network."

The study, published September 12, is "the first to demon-

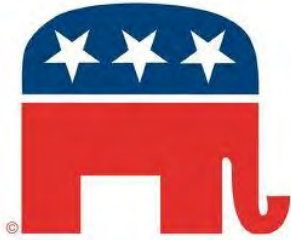
who clicked it, the journals website explains.

Just to show how strong the influence is of Facebook users by their friends, the journal's website said, "about 60 million users (98 percent) received a 'social message', which included the same elements but also showed the profile pictures of up to six randomly selected Facebook friends who had clicked the 'I voted' button."

The website continues by explaining that the researchers estimate that the social message directly increased turnout by about 60,000 votes. A further 280,000 people were indirectly nudged to the polls by seeing messages in their news feeds, for example, telling them that their friends had clicked the 'I voted' button.

It may not sound like much, but in a close election such as the 2000 presidential election,

Welcome Back from the College Republicans!



Join us this semester as we prepare for what should be a very exciting presidential race. Take part in the hype that is a presidential election and see how great it is to participate in the political arena.

New to politics? No problem! Come find out how you lean on the issues and discover who you will be voting for in November.

We are planning many exciting events and are looking forward to as many students taking part as possible.



Any questions: e-mail us at mugop@monmouth.edu

You Are What You Eat: Certain Foods Affect Appearance

MAGGIE ZELINKA
LIFESTYLES EDITOR

It seems as if girls are never truly satisfied with their appearance. They wake up two hours before they need to just so they can blast their face with makeup, straighten their hair and take a ridiculous amount of time picking out the perfect outfit.

If you are tired of this cycle, a solution is nearby. There are plenty of foods to enhance your hair, skin, eyesight and stomach which can easily be incorporated into your daily routine.

The first thing most women do in the morning is pick out their clothes. It is an aggravating process that most men will never understand and most women know all too well. Outfit after outfit is put on trial for minutes on end, but none truly satisfy the wearer. More often than not, the wearer is not upset with the clothing but with their body. There are many foods which are said to help gain a flat stomach when accompanied with exercise. A few great foods to eat if your goal is to achieve a slimmer stomach are almonds, eggs, and apples.

Almonds have the ability to regulate blood sugar. When blood sugar is level, it prevents craving which easily leads to weight gain. Almonds are also known to diminish the absorption of fat.

University Coordinator of Strength and Conditioning, Tim Rehm, supports almonds as a healthy choice for a snack. “Nuts are easy to stow away for a quick, convenient snack between classes and also boast a tremendous reputation for their roles as cholesterol-killers, high protein, and brain function boosters,” Rehm states.

What takes up the most time every morning is messing with your hair. For men, they have two options: wear your hair as it is when you wake up or put on a hat. Women have to take time to manage their hair and most of the time; it never turns out how they plan it. A simple way to help one’s hair in length, thickness, and beauty is to eat plenty of protein.

According to *Pantene*, protein is a key role in hair’s structure. If there is a lack of protein in a diet, it will show through someone’s hair. A quick fix to get some protein in your body is peanut butter or fish. By adding more protein to your diet, it will become easier to tame your hair in the morning since factors such as fly aways no

longer exist.

Along with containing protein, fish are known for being a good source for omega-3 fatty acids. Webmd.com says the reason omega-3 fatty acids are necessary to hair development is because they support scalp health. If the scalp is not healthy, the hair is not

known to smooth and moisturize skin.

Another food which is beneficial for your skin in more ways than one is honeydew. According to Livestrong.com, honeydew is essential for healthy looking skin because it contains copper which is a key ingredient for skin cell re-

pleases you, there is a single food which boosts hair, skin, eyesight, and stomach. Greek yogurt, especially Chobani, has been on the rise for the past year and is quickly growing to an everyday snack. With such a large variety offered, there is a flavor offered for everyone’s palate. The reason

and roughly 80% of the recommended daily allowance.”

Though foods have been the main source for every tip thus far, it is important to watch what you drink as well. Milk, for example, is an all-around body pleaser. It contains lactic acids which help smooth your skin. It helps your bones, teeth, muscles, and blood pressure. While milk is good for the body, do not feel that you have to drink it to remain healthy; there are many other options that can help you nourish your outward appearance.

A smart notion on how to have your drink benefit your hair, skin, eyes, and stomach is to make a smoothie consisting of various fruits and vegetables. Making a kiwi or mango smoothie would work as an advantage for your skin. Fitandfabliving.com states how both fruits are beneficial.

“Packed with antioxidants and a good amount of Vitamin C, noshing on a couple kiwis a week can help make your skin smooth and clear,” the site says. “One medium mango actually has a generous supply of vitamins A and C, which help repair and maintain our skin cells.”

As for ingredients for smoothies that aid with brightening the eyes, look for foods with vitamins A, C, and E along with foods containing zinc. Strawberries and dairy products would serve this requirement.

If one wants a drink to assist in hair development, Livestrong.com suggests drinking vegetable broth or yogurt smoothies with fruits mixed in. When making a vegetable broth, make sure to include foods with biotin, iron, and vitamin B or H. Good sources of these nutrients can be found in mushrooms, leafy greens, tomatoes, and carrots. The smoothies essentially can contain any fruit bearing vitamins.

The popular slogan, “eight by eight,” means to drink eight eight-ounce glasses of water every day. The Mayo Clinic disputes this claim on their website by saying, “Although no single formula fits everyone, knowing more about your body’s need for fluids will help you estimate how much water to drink each day.” Whatever rule you abide by, drinking enough water is crucial to success when it comes to hair, skin, eyes, and stomach.

By following these simple guidelines, you are a few steps closer to loving how you look.



PHOTO COURTESY of Rachel Fox

Healthy options, including yogurt and honeydew, provide many nutrients essential for great skin.

healthy.

Another way to enhance your hair’s health would be to take Biotin pills. If someone is biotin deficient, their hair becomes frail and weak. Therefore, many people, including most hair dressers, believe biotin is crucial for healthy hair and hair growth.

If instead of spending a week’s paycheck on hair products, you spend over \$100 on BareMinerals to cover up flaws on your skin, eating certain foods can have the same effect as BareMinerals for a significant lower price.

Eating oysters or pomegranates are easy ways to enhance your skin. While oysters may not have crossed the minds of many as a solution to healthier skin, they are great sources of zinc. Zinc is a prime factor in skin repair and renewal. Pomegranates keep the skin’s blood flow regular which gives one’s cheeks a rosy appearance. Pomegranates also are

generation.

There are also foods that work great for both hair and skin, but one certain food outranks the rest: kidney beans. Healwithfood.org notes kidney beans are high in antioxidants which are said to greatly help with stalling the aging process for hair and skin.

Along with applying cover-up, many women often wear makeup before going out in public. Instead of loading your eyes with makeup, you can make them look brighter and shinier by eating spinach. Studies show that there is a direct connection between pigmentation of the eye and lutein, a nutrient which can be found in spinach.

Apart from the aesthetics, one’s path to better vision can be achieved through carrots. Eyesight is dependent on vitamin A, which carrots happen to have a great deal of.

If you are a picky eater and none of the food stated above

this popular snack can benefit so many aspects of the body is because it gives a great amount of protein while having very little calories. Granted many think that the non-fat vanilla is a healthier choice than the low-fat flavored yogurt, the non-fat vanilla does not contain as many vitamins or protein as the low-fat flavored yogurt.

Rehm believes he has the answer for the rapid growth of Greek yogurt. “It’s high in protein which is essential for muscle growth and promotes the feeling of ‘fullness’ in the stomach to help prevent over-eating,” Rehm continues, “Greek yogurt also boasts about half the amount of carbohydrates as regular yogurt and has less lactose which is popular amongst the lactose-intolerant population. One word of caution: some greek yogurt brands pack 16 grams of saturated fat into a single serving, the equivalent of 3 Snickers bars

Bad Habits Now Mean Health Problems Later

ALEXIS ORLACCHIO
ASSISTANT CLUB AND GREEK EDITOR

Between balancing academics, sports, clubs and a social life, college students easily adapt to the “dorm room diet.” We live in a fast paced society and anything that can be thrown in a microwave or passed through a car window becomes a staple in their routine.

“Health is something that comes second, third, fourth (to college students),” said Nursing professor Dianne Van Arsdale. “Most college students are between the ages of 18 and 25 and you think you’re invulnerable. You don’t think anything’s going to hurt you.”

Heart disease is the leading cause of death in Americans and stroke ranks as one of the top five. But America’s health problems probably do not keep the average college student awake at night.

“Heart disease and stroke are vascular related. Someone doesn’t just get clogged arteries at 30 or

40. It’s from a lifetime of habits,” said Chris Hirschler, Health Studies Professor. Hirschler says that these two diseases are strongly linked to diet.

“There are autopsy studies done on young people who die less than ten years of age that have significant atherosclerosis,” said Hirschler. Atherosclerosis is the hardening of the arteries.

Diabetes is also climbing the ladder as a leading health problem in the country. “Every year I have students with diabetes in my class. That was unheard of when I was in nursing school when I was twenty. No one had diabetes at twenty,” Van Arsdale continues, “Ten year olds are getting it.”

Health should be ranked as a higher priority for young adults.

Erin Mutz, Nursing Major at The University of Texas at Tyler said, “College students need to start adapting to a healthy lifestyle now because what we do in our twenties will set the stage for the rest of our lives.” Recently, Mutz has lost

“Most college students are between the ages of 18-25 and you think you’re invulnerable. You don’t think anything’s going to hurt you.”

DIANNE VAN ARSDALE
Nursing Professor

over forty pounds after ditching her fast food diet for more nutritious options. “Working with patients in the hospital made me realize it was time to do something about my health. I knew I didn’t want to be the nurse with high blood pressure and diabetes and I knew I didn’t want to wind up like some of the patients I cared for.”

Students should become more aware of what they are putting in their bodies and how it can affect them in the long run.

“I knew if I continued down the path I was on that I would not be able to live the life I dream about... I knew that I was the only one that could do something about it,” said Mutz.

“You should eat up nine fruits and vegetables per day,” Van Arsdale continues, “It’s hard to get that in a college diet.”

Do not let living in a dorm room stop you from taking control of your health, there are things you can do now to avoid health problems later.

“The first tip would be to start to become informed in terms of preparation. That’s a skill that’s lacking in our fast-food culture, they often don’t know how to prepare things. So I would say

spending a little bit of time learning a bit about preparation,” said Hirschler.

“The best advice I can give to other college students that want to eat healthy on a budget is to plan for your meals so that you don’t have to resort to fast food. Planning for your meals at home also means you know exactly what you are putting in your body,” said Mutz. Also limit the number of times you let yourself eat out each week.

“Eating out costs way too much, you can easily drop \$15 on yourself after tip at a restaurant. That \$15 would have bought you food at the grocery store that would last longer than one meal,” Mutz continues, “You can choose to set yourself up for a long healthy life or one that is ruled by laziness and unhealthy food.”

“It’s better not to wait until you’re already sick,” said Van Arsdale. Prevention is key when it comes to health and illness, so why not start now?

CENTER FOR THE ARTS

FALL 2012 CONCERTS

STUDENTS GET
FREE TICKETS!

*All Monmouth University full-time students are entitled to one free ticket to any two performing arts events. After the two free tickets have been used, the student cost will be \$5.



RED BARAAT

FRI. OCTOBER 12 | 8:00 p.m.

POLLAK THEATRE

"The best dance party of
BONNAROO Music & Arts
Festival 2012"



LISTEN NOW

CALIFORNIA GUITAR TRIO
+ MONTREAL GUITAR TRIO

SUN. OCT. 14 | 7:00 p.m.

POLLAK THEATRE



"Ensemble playing that skirts
the four corners of the musical
world." -Los Angeles Times

LISTEN NOW



TINARIWEN

WITH SPECIAL GUEST KISHI BASHI

SUN. OCT. 21 | 7:00 p.m.

POLLAK THEATRE

"Mixing regional ethnic
forms with Western pop"



LISTEN NOW



JUSTIN TOWNES EARLE

WITH SPECIAL GUEST TIFT MERRITT

SUN. NOV. 4 | 7:00 p.m.

POLLAK THEATRE



"Guitar/vocal technique that's
wowed audiences...
blue-grass, folk, and alternative"

LISTEN NOW



The Art of Being an Artist

KEVIN HOLTON
CO-ENTERTAINMENT EDITOR

A modern “renaissance man” by the name of Steven Brower came to our humble campus on Thursday, September 13.

Dozens of people—including members of Marywood University, where Brower teaches Graphic Design—gathered in the Wilson Auditorium to hear his lecture, “Influence, Parody and Process.”

Luis Flores-Portero, lecturer of foreign language studies, came because Brower’s art resonated with him. “I was attracted to this talk by the quality of the flyer in the email,” says Flores-Portero. “I like Louis Armstrong and wanted to know more about the man who designed it.”

In addition to serving as head of the graduate graphic design program, Brower has worked with *Print* magazine and was the art director for the *New York Times* and *The Nation*. He also has work stored among the permanent collection at the Smithsonian Museum.

Brower began the lecture by discussing his inspirational origins, such as the comedy and style of Groucho Marx. He said the man’s humor was “so sardonic and irreverent” that he couldn’t help but love the comedy style. A notable portion of Brower’s work, especially his earlier work, features references to Marx.

This occasionally child-like chaos and general lack of regard for the norms of society is what makes Brower’s work come to life. Not only is his work original and imagi-

native, it tends to border on the controversial. Occasionally, Brower has crossed this line, such as the time he submitted a cover for *Print* magazine that resulted in “a record number of subscription cancellations.”

Ironically, he would later go on to work with *Print* as a creative director for five years. While serving there, *Print* celebrated two National Magazine Awards for General Excellence. He would later be fired when another cover idea of his resulted in, once again, a record-breaking number of canceled subscriptions.

Keeping with the theme of youthfulness, Brower also spoke about his ties to the realm of comic book antics and his love of the work of Jack Kirby, the man behind some of the most legendary superheroes. Having served as a writer, editor and artist while designing familiar figures like The Hulk, The X-Men and Captain America, it is possibly his interdisciplinary renown that set the stage for Brower’s later forays into the world beyond his own artistic medium.

He later went on to cite Woody Guthrie as another important figure in his life. “Woody Guthrie transformed me,” said Brower.

Guthrie was well known for writing hundreds of traditional, folk and children’s songs, as well as his political activism. His most recognizable piece is easily “This Land is Your Land.” However, Guthrie’s fame—as well as his living—was made through his artwork and dedication to the things he believed in. This passion is what earned Brower’s respect. He felt that Guthrie not only changed his life, but changed the face of the nation as well, and that his work was a



IMAGE TAKEN from abramsbooks.com

Satchmo honors Louis Armstrong, one of Brower’s favorite artists.

microcosm of the tumultuous, communism-fearing period that followed World War II.

After a period of working strictly in the field of graphic and artistic design, Brower braved the literary publication process and released *Woody Guthrie Artworks*, a book featuring and discussing the contribution that Guthrie made to art. He penned this with one of Guthrie’s eight children,

Nora Guthrie.

This was not the only book Brower worked on. In 2006, he co-authored *2D: Visual Basics for Designers* with Robin Landa and Rose Gonnella. He also designed *Satchmo: The Wonderful Art and World of Louis Armstrong* in 2009. The cover art of this book was used as promotional material for the lecture.

In 2010, Brower designed and

wrote two other books; *From Shadow to Light: The Life and Art of Mort Meskin* and *Breathless Homicidal Slime Mutants: The Art of the Paperback*. The former is about DC Comics artist Mort Meskin, his delicate mental stability, and the dark and bold style that he brought to a formerly light and airy medium. The latter of the two books is a collection and dissection of paperback cover art and those who created the art in the first place.

Brower’s lecture ended with mention of some of his more recent efforts. He has begun passing on his considerable knowledge to the students of Marywood University, located in Scranton, Pennsylvania. He also served as an adjunct professor at Kean, Rutgers-Newark and our very own University. Brower owns a design company, which can be found at StevenBrowerDesign.com.

Ted Michalowski, Professor of Illustration at Marywood University, had a great time. “Your campus is beautiful,” said Michalowski. His students passionately agreed.

“Steven Brower is a noted American graphic designer and we were honored to have him speak and show his work in the MU Gallery,” Cresson adds. Brower spoke to her Graphic Design class, sharing his knowledge with our peers.

If you missed the reception, don’t fret, because there is still time to head over to the Ice House gallery and check out Brower’s amazing work. No matter what your major, it would be a major disappointment to miss.

NO RETRIBUTION FOR RESIDENT EVIL

KEVIN HOLTON
CO-ENTERTAINMENT EDITOR

Thousands flocked to the box office last Friday to catch *Resident Evil: Retribution*, the latest installment in the franchise.

This series took off with a bang when the first game was released in 1996. In 2002, this zombie-infested franchise took to the big screen. While it was met with some box office success and succeeded as a stand-alone movie, long-standing fans become irritated at the fact that it lacked resemblance to the canonical games that inspired it. This irritation grew as further movie releases became more and more distant from its classic roots; others became bored with the movies’ lack of plots, shallow emotions and focus on little more than action.

Sorry, folks, but *Resident Evil: Retribution* didn’t live up to its namesake. Directed and written by Paul Anderson, this was a barely decent movie (and an affront to the video games).

The movie opens with a lengthy and tragically boring synopsis of the previous films, narrated by the main protagonist, Alice (Milla Jovovich). While helpful for those who did not see them, Jovovich’s cold, emotionless character did little to hook the viewer. Even lines like “[Umbrella] turned my friends against me” were said without a hint of feeling.

Soon after the movie begins, it becomes clear that a few significant things have happened: Alice has been captured by Umbrella and is being interrogated by Jill Valentine (Sienna Guillory); the “biohazards” (mutant zombies) are becoming more powerful; and Albert Wesker (Shawn Roberts) is now a good guy.

Fans of the games may do a double take at that idea. Yes, the super-powered sociopath is now fighting for humanity’s future, since Alice is the key to stopping the global biohazard outbreak.

In order to escape, Alice needs some assistance, and Wesker provides this by sending Secret Agent Ada Wong (Bingbing Li) to escort

her to a rendezvous point where they will meet with an evacuation team comprised of some notable faces, including Barry Burton, (Kevin Durand) and Leon S. Kennedy (Johann Urb).

Naturally, the team sent to rescue Alice plants an explosive device on some exposed ventilation ducts before entering the facility she is trapped in. While not clear why at first, it is apparent they intend to treat the whole place the way Luke Skywalker treated the Death Star. The remainder of the movie is absolute mayhem.

On the positive side, the cinematography, set design, costumes and action sequences were excellent. No expense was spared to make this appear polished.

The camera angles were dynamic and well used. One scene features rows upon rows of zombies marching out from a bank of fog. Another is able to show Alice and Wong cornered by two massive creatures wielding hammer-like weapons. The 3D feature was used well too, show-

ing a variety of explosions and monsters, in addition to other things like rain or a girl doing sign language, to engross the viewer.

The set and costumes were excellent. They did a great job at making the viewers feel like those places actually existed and that these people were really in such a situation. Elements of the plot are even used to explain how such locations came to be. The clothing was often faithful to the video game counterparts of characters shown throughout.

Now, of course, the action. This movie featured consistently over-the-top, slow-motion, hardcore, and downright devastating combat situations. Whether Alice was using little more than a bike lock attached to a chain to take down over a dozen zombies or Kennedy and his crew were engaged in a firefight with people infected by Las Plagas, the audience was guaranteed a bloody and impressive show. While some moments bordered on the unbelievable, other scenes keep you on the edge of your seat. Unfortunately, an equal amount of scenes felt like they were rehashing worn-out clips from action flicks that premiered in the 90’s.

While a movie cannot be built on action alone, there were many times during which I was able to overlook the glaring absence of plot and emotion. Unfortunately, that doesn’t last forever, which brings me to negative aspects of this film.

The minor characters had better acting than several of the main characters. Alice, who gives the audience very little reason to like her, stands off against Rain Ocampo (Michelle Rodriguez), a commanding and funny-because-she’s-so-serious character. At one point, I found myself cheering for Ocampo, despite her role as an antagonist.

Conversely, some major characters were significantly changed, and not in good ways (Wong often seemed to lack confidence and resembled a well-trained attack dog, not a ruthless spy). Kennedy was so disheveled that I was more inclined to believe him to be a recovering alcoholic than the suave professional he is in the

games.

The plot was thin, and I’m being nice by acknowledging its existence at all. It can boil down to the typical “get here before things explode” action movie plot. In fact, it would’ve made more sense to title it “Zombies and Explosions,” since then there wouldn’t have been any disappointing pretense about the story.

More importantly, some things simply didn’t make sense. For instance, the series protagonist, Alice, doesn’t seem to have any goal other than “stop Umbrella,” and for someone who has had limitless power at her disposal for the better part of a decade, she isn’t doing a very good job.

Similarly, a character at one point injects herself with the Las Plagas parasite and seems to immediately develop strength that would make Superman look like a labradoodle. Anyone who knows anything about parasites—or has played *Resident Evil 4*—knows that no parasite works that way, not even fictitious ones. That doesn’t begin to touch on the fact that this particular fight scene lasts nearly twice as long as every other and is only half as intense.

Most importantly of all was the absence of fear. Some scenes will certainly make you jump, but these are almost exclusively limited to things running towards the screen and screaming. Is this film watchable? Yes. Would I see it twice? Maybe, if I was bored and didn’t have to pay. I suggest seeing it on cable in a few months, when it costs much less than the price of a cinema admission. If you do want to see it in theaters, I recommend catching the 3D version.

All-in-all, an ignorable plot, weak character development, stop-and-go action and the involvement of a number of meaningless side characters from previous installments has me convinced that this zombie film series should be given a double tap (shot twice in the head so it won’t come back) and laid to rest.



IMAGE TAKEN from blogspot.com

Resident Evil: Retribution hit the theaters on Friday, September 14.

Imagine Dragons Lacks Imagination

THEIR ANTICIPATED DEBUT ALBUM DOES NOT LIVE UP TO EXPECTATIONS

NICOLE MASSABROOK
CO-ENTERTAINMENT EDITOR

Imagine Dragons' highly anticipated debut album, "Night Visions," came out last Tuesday. The band released their most recent EP last winter, which included the hit track "It's Time." It seems like the band rushed the studio process when "It's Time" started gaining momentum last spring. They have about half of a really great album.

The Las Vegas-based rockers have a lot of different influences on the LP. The electronic element is really obvious on many of the tracks, but that doesn't mean "Night Visions" is a dubstep production by any means. This band takes inspiration from many types of music, from hip-hop to folk. It's clearly indie rock, but this band isn't afraid to mix their genres.

The album opens with "Radioactive," in which frontman Dan Reynolds sings "Welcome to the new age," which is a fitting introduction to the disc with a very epic feel (it sounds like it should be in a Michael Bay film trailer). Their sound is different, and so are their ideas.

Rock music has a tendency to be dark. Anger, frustration and heartbreak have inspired some of the best rock recordings. Imagine Dragons wanted to derive an album from their depression, but they didn't want to wallow in their darkness. They aimed to have an uplifting album about overcoming the hard times and they somewhat succeeded.

"Tiptoe" is also a good song, though the intro sounds eerily similar to the opening bass line of Kelly Clarkson's "Stronger." However, it was sort of unnecessary. The lyrics make it sound like a build up to a battle, which is the same thing the first track does.

This is one of the issues with "Night Visions" as a whole. The arrangement of the songs doesn't necessarily make the most sense. The first half of the album contains the good songs, while the latter half contains the more forgettable ones.

"It's Time" is the third track on the album, which also talks about the beginning. Now I understand wanting an album to tell a whole

story, I'm a fan of that idea, but after three songs it's time to stop talking about starting and get moving. It's a song about that fear of starting something new and sticking to your guns ("I'm never changing who I am").

By itself, though, "It's Time" is a great song and was a summer anthem for many. It even ended up being covered by Darren Criss in last week's season premiere of "Glee." Plus, you don't hear a mandolin featured prominently on many mainstream tracks. This is the track where the folk influence is most obvious.

The fourth track, "Demons," sounds really upbeat until you listen closely to the lyrics. The song is a warning not to get too close to the singer. He has a lot of demons and he doesn't want to pull anyone down. "On Top of the World," the fifth track, says the exact opposite. Reynolds sings, "If you love somebody/Better tell them while they're here 'cause/They may just run away from you." Weren't you trying to push people away a few minutes ago?

Casting aside concerns of being far too indecisive, both tracks are fun songs that you can dance to. "On Top of the World" has some vague reggae undertones that make the song have a really upbeat, summery feel. You'll be hearing this song a lot if you're a FIFA fan. It's being featured on the 2013 video game.

While these tracks don't feel like they are in the right order in terms of lyrics, they do feel right in terms of sound. The tracks build from a dark battle anthem to a light, dance tune. The songs individually are also really awesome. However, from this point on, the album is a bit of a letdown.

"Amsterdam" is a reasonably forgettable track about self-doubt. The only thing that stands out is the bridge, which is only because Imagine Dragons suddenly sounds remarkably like The Killers.

"Hear Me," "Every Night" and "Bleeding Out" are decent songs, but there isn't anything special about them. They don't have the hooks and ear worms that the first half of the album contained.

"Underdog" is a very electronic song. The song's heavy use of background vocals gives

Dan Reynolds voice a little too much echo. They're aiming for an uplifting song about being the underdog, but it feels a little contrived, and the synthesizer is a bit distracting.

The concluding track is "Nothing Left to Say/Rocks" which is actually two tracks that don't feel like they belong together at all. In the first Reynolds sings "If you could only save me/I'm drowning in the waters of my soul" while in the second he repeats "We fall/We fall apart." First of all, for a band who wanted an uplifting album, they fail in terms of lyrics. This makes the album end of a really depressing note. In terms of melody, "Rocks" has a fun beat, which is the opposite of the dreary "Nothing Left to Say." I honestly don't understand why the two songs are on the same track.

"Night Visions" is a good album that could've been a lot better. The first half was a great build up, but the second half was a letdown. It seems like someone wanted to cash in on the success of "It's Time" a little too soon. Luckily, this is why iTunes lets you buy individual songs.

Imagine Dragons is just the first anticipated album of the fall. Pink released her first full album since 2008's "Funhouse." The pop veteran's new album, "The Truth About Love" dropped this week, the same day pop newcomer Carly Rae Jepsen released her album, "Kiss." The Killers also released their new album "Battle Born" this week. Fans are eagerly awaiting Green Day's "Uno" next week, the first in a series of three albums to be released within the next few months. No Doubt will also be releasing their first album in 10 years on September 25, titled "Settle Down."

In October, we can expect releases such as Papa Roach's "The Connection," Muse's "The 2nd Law," Taylor Swift's "Red," and Shiny Toy Guns' "III."

Fall is also a great season for classic rock fans who are awaiting albums from Kiss ("Monster"), Aerosmith ("Music from Another Dimension!") and The Rolling Stones ("GRRR!").

Let's hope these albums can give us a bit more than Imagine Dragons.

THE EXPENDABLES ARE ANYTHING BUT

IAN SILAKOWSKI
CONTRIBUTING WRITER

It's September, which means saying goodbye to summer. Before you do, I suggest watching the last great flick of the summer, *The Expendables 2*.

Barney Ross (Sylvester Stallone), along with his right-hand man Lee Christmas (Jason Statham) and the rest of his crew: Yin Yang (Jet Li), Gunner Jenson (Dolph Lundgren), Hale Caesar (Terry Crews), and Toll Road (Randy Couture) along with new member Billy the Kid (Liam Hemsworth), are forced by Mr. Church (Bruce Willis) to find an item of incredible importance to the CIA. The government also forces them to bring along Maggie Chen (Yu Nan), an expert on the safe the item is being held in.

When they retrieve the contents of the safe they are ambushed by another group of criminals led by Jean Vilain (Jean-Claude Van Damme) who steals the item and kills one of the group members. With retrieving the item as an afterthought, Maggie tags along and leads them to where she believes Vilain is hiding so they can take revenge for the death of their brother and blow plenty of stuff up along the way.

During their self-appointed mission, they'll also team up with fellow mercenary Trench (Arnold Schwarzenegger) and Booker (Chuck Norris) and, like Marvel's *The Avengers*, everyone manages to have plenty of screen time without being shortchanged.

Some people complain that action films such as this are just hollowed out popcorn films without any heart, made to satisfy testosterone filled manly-men who just want to see things blow up, the bad guy get what's coming to him during a spectacular final battle, and the muscular hero get the hot damsel in distress at the end. This is not that kind of film.

While the film is indeed awesome, this is also a well-made throwback to the action films of the eighties that gives you what you paid for and more. Unlike most action films of today, the sense of camaraderie is amazing. You get a sense that these men of action do care about each other as if they were all from the same mother.

There is no damsel in distress. Alongside Black Widow, Maggie Chen is one of the best female movie characters I've seen in a

movie in a long time. The actors are clearly enjoying their roles and having a good time, Van Damme especially relishing his role as the villain. If you aren't convinced by anyone's acting, well, guess what? They're not acting; they're having a ball and the movie is all the better for it.

Starting at the glorious opening action sequence where everything goes boom and the question of who would win between a motorcycle and a helicopter is finally solved, lots of blood is spilled, and heads explode; the movie hardly ever slows down. When there's no action, there's plenty of banter and bonding between the characters to keep your attention until the next one and every sequence of action delivers and more.

This is not a movie where you worry about the script, the cinematography, or any other artistic qualities. This is a movie where you're thrilled to see Norris, Stallone, Schwarzenegger, and Willis fight side by side and even exchange memorable one liners.

Director Simon West (*Tomb Raider*, *Con Air*) turned out to be a great choice for the position. He clearly knows what kind of movie he is directing and goes all out and delivers money shot after money shot. He knows when to show the excessive kills and the tight one-on-one fights such as Lee facing Vilain's right hand man (Scott Adkins). To his credit, West does a great job of showing just how out of place Billy the Kid is. The guy has no scars whatsoever, and the sweater he wears at a biker bar makes him a human target. However, Hemsworth might be the only reason your girlfriend will go see the movie with you. That could be producer Stallone's plan.

The final half hour is worth the price of the movie ticket alone. It's no date movie; this is the film you go to see with the boys and head to the bar after to discuss its awesomeness. Actually, this is also the perfect movie to bring your dad to as a way of thanking him for letting you stay up late watching those classic action films behind your mother's back when you were too young.

I saw this with a friend who was somewhat disappointed with the first one but no complaints this time. I know the statement "sit back and enjoy the ride," is pretty cliché, but with this movie it is indeed appropriate. Stallone and the boys are back in town. See 'em before they leave.

"This is also a well-made throwback to the action films of the eighties."



IMAGE TAKEN from discubed.com

Imagine Dragons debuted at number two on the *Billboard 200* with over 83,000 copies of their LP sold.



IMAGE TAKEN from theiapolis.com

The Expendables 2 has an all-star cast, but *The Hunger Games'* Liam Hemsworth might be the only reason your girlfriend watches it.

Suicide Awareness Month Brings Hope to Troubled Minds

MICHELLE CALLAS
STAFF WRITER

It's 4 am and the phone is glued to my right ear. Leaning against the bed, with my legs splayed out across the floor, I am chatting with a life-long friend about our significant others.

At the age of 17, I found a guy I was completely in love with and devoted 14 months to our relationship. My friend was also in a long-term relationship. Our two boyfriends had one thing in common though: A dark side.

As much as we tried to talk to the guys about it, the conversation never really went anywhere. I had just spoken to my boyfriend Lee, two hours earlier and he sounded really depressed. After repeatedly asking him if he was alright, he didn't tell me what was going on with him. Jenny and I were talking about it when the call waiting beeped in.

I put her on hold and heard the voice of Lee's brother on the other end of the line.

"Lee hung himself," he said.

"What?" I did not believe what I was hearing. "Is he OK?"

"No Michelle," he answered. "He's dead."

In that very second, my world was ripped away from me. All the air was sucked out of the room. I desperately held on to the idea that the paramedics could save him. I

kept saying, "He's going to be OK though, right?"

Thoughts of him in the back of an ambulance flashed through my mind as I held on to some unrealistic hope that he would be alive. I had just talked to him a couple of hours ago. How could this be real?

His brother sounded so detached. He had found him hanging in the garage.

How completely horrific. He told me to put my parents on the phone, and I lost it.

I went screaming through the house as the pain tore through my body like fire. My parents woke up in a panic and completely overwhelmed as to what was going on. I was screaming.

"Lee is dead!"

All I remember is my Mom saying, "Oh my god!"

I told my friend, Jenny, who was on hold, what had happened as we were just talking about our boyfriends suicidal tendencies. Even though she lived an hour and a half away, she got right in her car and came to see me. I will never forget what she did for me that day. She got me through it. After I spoke to her on the phone, my life was a blur until the next afternoon.

I had some film with pictures of Lee on it. Jenny took me to get them developed so I would have them right away. I was desperate for something. I needed a piece of him to hold on to. But when

we went back to my house, things would come crashing down on me again.

My dearest friend, Debbie, had called while we were out and I returned her call right away. She was calling me to say goodbye. She ingested a lethal amount of prescription medication and wanted to talk to me one last time.

She found out about Lee when she first called and was now regretting her life-threatening decision. Debbie did not want to leave me after Lee just did.

My boyfriend and best friend both attempted suicide on the same day. Only one survived.

Debbie was really out of it and crying. I did not have the address where she was staying, and had her read it to me from a piece of mail. I called 911 right away. They saved her.

And after that, she saved me.

With Lee gone, all I could think about was him lying in the casket. Every time I closed my eyes I saw him. All I wanted to do was be with him, and I did not know how to go on. The pain was so deep and overwhelming. Debbie was my lifeline.

Then the moment came that changed everything inside me. I was on the interstate heading back from visiting Lee's brother about a week after he died. The sun reflected on the hood of the car as the wind rustled my hair. It was spring; warm. Not a hint of white in the sea-blue sky. Rock music was vi-

brating through me, and it hit me.

Lee was not here.

He was not here to see this beautiful day. He will never see this again. He was only 18 years old.

I decided that day that I would never hurt anyone like he hurt me. As much as I was suffering, I would never torture my loved ones with taking my own life. Since that day, I have never thought of suicide the same way again.

September is suicide awareness month and I am sharing this in the hope that others might understand how devastating losing a loved one that way can be. I have been through hell and back in my life. I am sure many readers have had their own dark and troubling times, too. As difficult as life can be, suicide is never the answer. It is just giving your family ten times the pain that you are in.

This cut hurt the deepest. Losing him was a feeling I never want to

experience again. I only wish there was more I could do to help him at the time, but he refused to reach out.

As I get older, I realize how truly young he was. I have my own children now. My firstborn bears his name in memory of my precious friend. I am sorry he felt so hopeless and could not find another way to cope. There is help out there, and it is up to you to reach out for it.

The following signs may mean someone is at risk for suicide

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at 1-800-273-TALK

COURTESY OF Suicidepreventionlifeline.org

Like Brother, Like Sister, Like Brother

Two Out of Three Triplets Discuss Life on Campus with Their Siblings

CASEY WOLFE
FEATURES EDITOR

College is supposed to be the time when young adolescents branch out, find their independence, learn to do their own laundry and create a healthy distance between themselves and their families. This was not the case with triplets Danielle, Anthony and Michael Branco.

All three juniors study at the University, though that was not the initial plan. Danielle and Anthony explain how they ended up at the same institution.

"I was actually torn between The College of New Jersey (TCNJ) and Monmouth University, and my one brother, Michael, attended Montclair University his first year," said Danielle. "Knowing that my other brother was going to Monmouth University was a small safety net, but I do not think it truly influenced

my decision because Monmouth was a lot closer to my house and it saved me the most money."

"I did not plan on attending the same school as both my siblings," remarked Anthony. "I knew Danielle was interested, but I always thought I would go somewhere far. My brother started at Montclair and transferred here, so I had no idea we would

be at the same school together."

Although the Branco siblings attend the same University, they all major in areas of their own,

independent interests. Danielle is majoring in Communication with a concentration in Public Relations and Journalism, while Anthony majors in Business Marketing and Michael in Computer Science. "We all have different majors and different interests, which is pretty cool because it sets each of us apart," said Anthony.

Due to their very different areas of study, the Branco siblings say it is not like living at home with each other. In fact, they

rarely see each other. Danielle said, "I haven't seen Michael at all since school started, though I see Anthony at track practice almost every day."

For Anthony, track is one of the reasons he chose to attend the University. "I decided to come here because I was interested in their business school and there was a good Cross Country and

dents-per-household assistance. "The number of students in a household who attend college – regardless of whether or not it is the same college – is considered on the Free Application for Federal Student Aid (FAFSA)," Alasio said. "The FAFSA is the application and basis for all federal and state need-based aid. So, if there is more than one student in college at a time and they attend different colleges, it will increase each student's need and may impact the student's eligibility for funding – the effect would be the same for two or more students attending the same college. Some institutions award their institutional aid based on need, so if the need goes up then the need-based aid may go up."

Alasio adds that some institutions do provide discounts for siblings attending the same school, though our University does not. "In those cases where a sibling discount is offered, then it would be less expensive for both students to attend the same school; without the discount, then it doesn't matter whether or not both students attend the same institution. MU awards the majority of its scholarships and grants on the basis of academic merit, not financial need, so the number of students in school at the same time – whether at Monmouth University or at different schools – does not factor into a student's scholarship or grant award."

Despite not receiving a discount, the Branco triplets believe they made the right choice in schools and are enjoying their time at the University, where they can know their siblings are near without having to live with them. "It's nice knowing that they're nearby, but I don't spend much time with them anyway," Danielle said. "I'm not a bad sister, I swear!"

"It was the best decision for me financially, being that I'm a triplet, and I could commute for a few years. Now, I can appreciate the education I receive here since I declared my communication major."

DANIELLE BRANCO
Junior



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Track and Field program," he said.

Danielle's reasons for her choice in universities are a little different. "I decided to go to MU because it is a gorgeous campus that is so close to my house, which allowed me for the first year to work from home," she said. "It was the best decision for me financially, being that I'm a triplet, and I could commute for a few years. Now, I can appreciate the education I receive here since I declared my communication major."

As for tuition, many people may be curious as to what kind of financial break siblings may receive if they come in as a package deal. "We don't get a 'discount,' as everyone asks us, but because I commuted for two years and so did my one brother, it worked out better financially, as opposed to other schools where we'd have to dorm all four years," said Danielle.

Claire Alasio, Director of Financial Aid at the University provides the facts on multiple-stu-

A Look Inside the Burning Bravery of a Fireman

BRETT BODNER
EDITOR IN CHIEF

For decades now, firefighters have been an instrumental part of our society. They are the ones who strap up in their turnout jacket, pants, boots, and hard helmet to go into burning buildings when everyone else is running out of them. The firefighters go in fearless and face the intense heat of the flames and the blinding, suffocating smoke. They do this because it is their job and is what they chose to do for a living. It's a part of being in a special brotherhood.

On 9/11, their bravery made national headlines. Three-hundred-forty-three firefighters gave their lives to try to save people from the World Trade Center. So many people across the country were grateful for their efforts, but as time went on it seemed to be forgotten that firefighters are still out there day in and day out giving their all and putting their lives on the line for their job.

Former Deputy Chief of the Linden Fire Department, Danny Gurrera, was a part of the firefighter brotherhood for 32 years before retiring in June 2011. For each and every one of those years, he gave the job his everything.

Danny, who is happily married and is the father of two sons, stands at 5'10 and is in great physical shape with a short military style haircut and a goatee that is now speckled with grey. His physique has been something that his fellow firefighters have joked with him about over the years. At his retirement dinner, when his name was called the entire room was flooded with the sounds of chirping. It turns out that many of his fellow firefighters said with his muscular upper body and skinny legs, he resembled a bird.

When asked about other jokes around the house, Danny simply replied with a big smile and said,

"It's like Vegas. What happens in the firehouse stays in the firehouse."

The journey towards becoming a firefighter started back when he was 18 years old. Back then you couldn't take the firefighter's test until you were 21, but luckily for Dan he wanted to join the Navy, which was where he served until he was 22.

"I took the test a year after I was out of the Navy, and two years after that I was hired by the Linden Fire Department, which was where I would spend the next 32 years," said Dan. He also noted that being in the Navy prepared him for the job and made him a better officer.

Danny would go on to work his way through the ranks over the years. He went from private, to

lieutenant, to captain and then to deputy chief. Dan never wanted the Chief position because he has never been a fan of politics and politics were a part of being the Chief. He was also not a resident of Linden and he felt the Chief should live in town.

Becoming a firefighter almost didn't happen for Dan. Back when he was in the Navy, he had to have an ileostomy done and if he didn't he would have died. According to The American Cancer Society, an ileostomy is a surgical opening made by bringing the end or loop of the small intestine, also called the ileum, out onto the surface of the skin. Intestinal waste passes out of the ileostomy and is collected in an external pouching system stuck to the skin.

One would think that this could

cause a problem for an active firefighter, but Dan said he never let it faze him.

"It never affected me on the job. I'm in the gym five days a week, I play hockey, do work around the house, etc. It only affects you if you let it affect you," said Dan.

As far as close calls on the job go, Danny recalls the worst fire he was ever a part of which occurred on Irene Street in Linden back in 1991.

Dan was fighting a fire in a two-and-a-half family house, when all of a sudden the floor gave way and he fell through two floors into the basement of the house. He says he was very lucky to have landed on his feet while only injuring his shoulder and slightly burning his neck. Danny had to be rescued

gingerly," said Mary Ann.

One of the most difficult things about being a firefighter is dealing with some of the grotesque sights you may see when you are out on a job. Danny noted how he has seen automobiles do horrible things to the body. He even went on to note how a motor vehicle is like one big shredder.

"The last one I saw was a 21-year-old girl who jumped the divider on the highway and hit a tractor trailer head on. Her phone was in mid-text, so she was obviously driving and texting. It's things like that you don't forget. We all think we're invincible, but bad things happen," said Dan.

Danny was not ready to call it quits on being a firefighter yet, but he had to retire due to the changes

"It's like Vegas. What happens in the firehouse stays in the firehouse."

DANNY GURRERA
Former Deputy Chief of the Linden Fire Department

Danny knew he couldn't stick around and let this happen to him after 32 years of hard work on the job.

With his retirement, Dan started a new chapter of his life. He no longer has to miss holidays, family events, or be away from home on 24 hour shifts. Dan now has time to fix things around the house, spend time with the family and enjoy the occasional Budweiser and a nice Cuban cigar. He also keeps busy with working part time on a golf course, which is strange to him, but in a way it brought things full circle. He referred to this change as the "circle of life."

"I'm back to a minimum wage earning after being a boss for 27 years and now I'm working for a guy younger than me. Circle of life," said Dan.

Dan may be working at a golf course now, but that doesn't change the fact that he has been an influence to many and is what many people would call a hero.

"I could not be more proud and honored to be married to a man who dedicated 32 years of his life to firefighting. He is my hero and more courageous than he would ever admit. He truly loved his job and the brotherhood that developed through the years on the job," said Mary Ann. "I know in my heart that he would have not been happy doing anything else. I believe he loved firefighting so much that it was really wasn't a 'job' to him."

His co-workers noticed his efforts as well, including longtime friend Deputy Joseph Dooley.

"The most important thing I can say about Danny as a Firefighter is that he was a fireman. In our language it means he was a guy who would fight fires, work hard and not give up at a fire, which is the ultimate compliment. I am probably a Deputy Chief in large part due to Danny. He set the example and the goals, I followed along," said Deputy Dooley.

Creative Learning in the Art and Design Department

ALYSSA GRAY
COMICS EDITOR

It has been said that the two sides of the brain are composed of completely separate traits and operations; the left side being the logical perspective and the right being the creative outlook. Both are facets that are divided down the middle, yet they merge together to form the mind as a whole. It's a yin and yang kind of relationship, one that is said to be necessary for the mind to operate and function. Here at the University, such psychological divisions are being fused together by those involved in the arts.

Whether it is studio or graphic, art students on campus are displaying masterful understandings of the teachings in their particular area of interest.

Through such courses as Basic Design Comprehension, Art History and Graphic Design, students are not only taking in their lessons but going the extra step in the terms of exercising their creativity in the area.

Crowds of freshmen are drawn in every year because of current students' great talents here. First year student Tyler Aberdeen, a studio and fine arts major, is one of these individuals. "I chose Monmouth because of the fine arts program. I remember looking through other colleges and the

student works there, but the stuff being done here just caught my eye," says Aberdeen. He goes on to mention visiting the Ice House Gallery and the gallery in Pollak Theater while on a tour on campus last fall. "I was just amazed by both the student and faculty works

"I chose Monmouth because of the fine arts program. I remember looking through other colleges and the student works there, but the stuff being done here just caught my eye."

TYLER ABERDEEN
First Year Student

and knew that's what I wanted to do and this is where I wanted it to be done," said Aberdeen.

Andrew Cohen, chair of the art and design department, explained how excited students get about their art and the events on campus. "Hopefully, students look forward to all of their classes," he said. "But I think one of the most celebratory events that the department has for students is at the end of the semester. We have a number of exhibitions that feature students. All graduating seniors have an exhibition."

Cohen also expressed excite-

ment for an art show that features students' work from all of the art classes. It is one of the most anticipated student events that the art and design department offers. "That tends to be a big event," said Cohen. "It's in the spring, we often have a band and lots of families come. It's a big spring festival." Exhibitions are usually held in the Ice House Gallery on campus. In the near future, however, they will also be held in the brand new art building.

Students are not only able to display their works on campus. Aspiring artists at the University often find exposure in the outside world as well. "All studio artists are practicing artists, so they all have quite a few exhibitions depending on each year," said Cohen.

Such amazing execution of the artistic craft does not come without challenge, as Michelle Cunningham, a sophomore graphics design student, can confirm. She recalls long nights spent sitting both in front of a computer and standing before an easel, tirelessly working on two, sometimes three, projects at a time.

"It would become a triathlon of sorts," Cunningham jokes. "I probably looked like a mad woman at times to someone on the outside because there I would be, paint splattered across my pants, sitting at the computer, with about a dozen paint brushes shoved be-



PHOTO COURTESY OF Alyssa Gray
A Student brushes up on painting skills in a Basic Design class.

hind my ear all the while mumbling about due dates and Adobe Photoshop."

Cunningham contends, however, that despite the stress experienced, and all of the hair pulling, everything is worth it in the end. "When you have a love for something, like art, or business, or teaching, you will do almost

anything to complete a task in the name of that cause."

Other exhibitions that have been at the University this year include artists such as Ed Gallucci, Steven Brower and Joel Meyerowitz. To learn more about upcoming events and faculty artists, visit the art and design department page on the University's website, www.monmouth.edu/academics/art.

The Spirit of Competition

RHA and SAB Host Annual Battle of the Buildings

NICK HODGINS
SENIOR EDITOR

This past weekend the Residence Hall Association (RHA) teamed up with the Student Activities Board (SAB) to host the annual Battle of the Buildings.

Each year all the students of their respective buildings on campus come together to compete in a series of events to determine which one is the best. This year Battle of the Buildings was a three day occurrence starting on Friday September 14 and ending on Sunday September 16.

Mullaney Hall, a first year building, took first place with a total of 860 points. Following them was Willow with 845 points. The on-campus apartments took third place along with Elmwood totaling 740 points.

The weekend kicked off Friday night at the Dining Hall with the Spirit Dinner and the Wing Bowl. The Spirit Dinner was simple; whichever building had the best turnout between the hours of 5:00 pm and 7:00 pm won. Mullaney Hall won the Spirit Dinner. Following the dinner was the wing eating contest known as the Wing Bowl.

Each contestant had their own personal judge, one for each building. Megan Pereira, junior and resident assistant at Pinewood Hall, was a judge for the Wing Bowl that Friday night.

“As a judge I had to make sure that they got all the meat off their wings and yell when my person finished their bowl,” she explained. “It was a lot of fun and really exciting to cheer on Pinewood because I am really competitive.”

Houseless Not Hopeless, which also took place on Friday night, is a new event that was added to Battle of the Buildings this year and also. It is an event where students sleep outside in cardboard boxes all night to raise awareness for hunger and homelessness. Samantha Palmucci, senior and Resident Assistant in Mullaney Hall, explained in further detail what Houseless Not Hopeless consists of.

“It is run by the First Year Service Project,” she began. “Usually it takes place in November, but to get more participation, RHA decided to make it part of the overall Battle of the Buildings event.”

Houseless Not Hopeless had



PHOTO COURTESY of Blaze Nowara

Tug of War was a favorite amongst most at this year’s Battle of the Buildings, as teams competed on the volleyball court outside of Elmwood.

a series of events, one being the peanut butter and jelly relay. All of the sandwiches made were donated to local food banks. There was blanket making, as well as sculpture building out of donated food items, which were then also donated.

Rosie Wandel, a residence assistant in Maplewood, said, “I think it’s great that they make some of their events for charity,” she said. “They have done the event [Homeless Not Helpless] before but not for Battle of the Buildings, I think it’s great they decided to combine the two.”

Saturday consisted of two major events, laser tag and human battleship.

Alissa Catalano is the Vice President of Programming and Special Events for RHA. The laser tag event was done by SAB who teamed up with RHA and counted participation in the event as spirit points for Battle of the Buildings, explained Catalano. She said, “Overall, I thought the

laser tag event went really well. It’s pretty cool that we could host an event like laser tag right on our own quad.”

Willow Hall had the most students come out for the event. Student participation was calculated by taking the attendance per building and the occupancy number in the building and dividing it by the number of students who showed up in order to get an average, explained Catalano.

Palmucci said, “There was a huge turnout for this [laser tag], although I am not sure of specific numbers, I think it was one of the most successful events of the entire weekend.”

The University used Combat Sports Outdoor Laser Tag, based out of Manalapan, N.J. The crew set up a variety of blow up cabins in the quad, along with blow up walls and canvas houses that were staked into the ground. After signing a waiver, students who wished to play were set up with a laser gun and a camouflage ban-

dana for their head which had two beacons for the opposing team to aim at.

Juniors Ray Bogan, Michael Moore, Joe Boyle, Mike Udayakumar and Taylor Copp put a team together and said this was by far their favorite event of the weekend.

“This is war, this is real life,” said Moore jokingly, followed by Bogan claiming, “This is what separates the men from the boys.”

Catalano’s favorite event of the weekend was Human Battleship.

Each team is consists of five students, four players and one team captain. There are 12 chairs set up on each side of the volleyball court. When it is a team’s turn, the four players sit in any of the chairs labeled A-D, 1-3 (in a grid) and the captain sits blindfolded, facing away from the volleyball court. Each captain gets a turn to try and ‘sink’ the other players. If the captain guesses right, the player in the seat gets water dumped on his or her head. If the captain is wrong, he or she gets water dumped on her head. The object of the game is to ‘sink’ all of the players first, just like actual battleship, explained Catalano.

“It was really fun watching the teams play and was even more fun being the one to dump the water on the participants heads,”

Catalano said. “Overall, I had an amazing time planning the event and even better times seeing it all come to life. It was such a great weekend.”

Sunday had eight events spread throughout the day. There was the traditional giant blow up obstacle course, a pie eating contest, a hula hoop contest, a volleyball tournament which took place outside Elmwood, cornhole, water balloon toss, relay races and tug of war.

The tug of war seemed to be a favorite amongst the students and invoked some serious competition between buildings.

Palmucci said, “I definitely think tug of war elicits some smack talk and high energy, but sportsmanship was evident all around. It was so great to see all the buildings on campus coming together and congratulating each other on their wins.”

Jessica Calabro is the RHA Public Relations Coordinator and is currently in her first year at the position. “My favorite Battle of the Buildings event was tug of war because every building that was represented was excited and passionate about winning this competition,” Calabro said. “I would encourage students to attend events like Battle of the Buildings because it is a great way to get involved on campus and meet new people.”



PHOTO COURTESY of Nick Hodgins
Combat Sports Outdoor Laser Tag compare the laser tag experience to playing video games like *Call of Duty*, *Halo* or *Medal of Honor* except you are the real life player in the missions.

Battle of the Buildings 2012 Results		
1 st	Mullaney	860 points
2 nd	Willow	845 points
3 rd	On-Campus Apartments and Elmwood	740 points
4 th	Redwood	715 points
5 th	Pinewood	700 points
6 th	Off-Campus Apartments	475 points
7 th	Cedar	360 points
8 th	Beechwood	305 points
9 th	Spruce	140 points
10 th	Laurel and Oakwood	110 points
11 th	Birch	0 points

Club and Greek Announcements

WMCX

College Radio Day is fast approaching here at WMCX 88.9 FM. Tune into us on October 2 from 10:00 am to 10:00 pm to catch live performances from local bands. At the top of the hour a new band is featured, so check regularly throughout the day!

You can listen on the radio at 88.9 FM or listen online at wmcx.com. Either way, mark down October 2 and catch great performances mixed in with some funny interviews.

We are still looking for bands for the event. If you are interested in participating please email our GM at wmcxgm@monmouth.edu. As a side note, WMCX general meetings take place every Wednesday at 3:00 pm in room 236 in the Plangere Center.

DPhiE & TKE

DPhiE and TKE will be holding their annual Dunk a Deeper Tank a TKE fundraiser outside the Student Center on Thursday September 20.

Come by and help Delta Phi Epsilon and TKE raise money for The Cystic Fibrosis Foundation and St. Jude Children's Research Hospital. Stop by and participate in the dunk tank event and enjoy a bake sale, all for a great cause! Hope to see you there!

Woman's Club Soccer

The Woman's Soccer Club love to announce that "Boom Roasted Student Production Group" is looking for members who wish to be a part of Theatre. Our first meeting this semester will be on Wednesday 9/12 at 2:30 pm in Woods Theatre, room number four.

We are looking for any students, regardless of major, interested in acting in or working on shows in many different aspects

International Reading Association

The International Reading Association will be holding its first meeting for the semester on Wednesday, October 10 at 7:30 pm in room 120 in McAllan Hall. IRA is open to students from all majors who are interested in promoting literacy in the community.

Human Resources Club

The Human Resources Club is proud to announce their approval by the National Society of Human Resources Management in July. On September 15, the Jersey Shore Association for Human Resources hosted their founding ceremony at the Jumping Brook Country Club in Neptune.

The Monmouth Chapter is the first chapter to be charted in the past 10 years! If you would like more information about the Human Resources club or interested in becoming a member please contact Blair Ringgold (s0772157@monmouth.edu) or Sandra Olszewski (s0745188@monmouth.edu).

Theta Xi

Theta Xi is not your stereotypical fraternity!

Parties and other social events are part of nearly every college experience, but there is so much more that you can do to enhance your undergraduate years at Monmouth.

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Theta Xi will enable you to develop your personal leadership skills and provide opportunities to expand your participation on campus and in community organizations and events.

Fraternity brothers working together have more fun and accomplish more than any one individual could on his own. Fraternity men self-select new members who then bond and become part of a support network to help you achieve your college and career dreams!

The Running Club

The Running Club will be holding a meeting for beginners on Wednesday, September 26 from 2:30 to 3:45 pm in front of the MAC. A meeting for advanced runners will take place on Friday September 28 in front of the MAC from 4:00 to 5:30 pm. In case of rain, meetings will be held at the upstairs track in the MAC.

Phi Sigma Sigma

October 3 marks the date for Phi Sigma Sigma's annual Monmouth Idol. Come out and support your peers as they sing their way to top prizes and the title of Monmouth Idol!

The event will be held in Pollak Theater; doors open at 10:00 pm. Tickets will be five dollars prior to the event and seven dollars at the door. All proceeds will be donated to Phi Sigma Sigma's philanthropy, the National Kidney Foundation.

Please contact MariaGrace Iantosca or Katie Pope at s0834712@monmouth.edu or s0787304@monmouth.edu respectively if you are interested in performing or purchasing tickets. We hope to see you there for a fun evening to support a great cause!

The Social Work Society

The Social Work Society is looking for students to help plan our annual Teach-In. This year's event will be held Tuesday, November 6 and will focus on equality. Please contact president Tess La Fera at s0779102@monmouth.edu if you are interested! Thank you!

Outdoors Club

The Outdoors Club will be hosting an end of the summer beach party this Saturday September 22.

Also, anyone interested in attending the white water rafting trip for September 29 and 30 please be sure to get your money in asap as it is first come first serve.

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Good luck with your coursework this semester!
The ORR

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⚠ **November 1st, 2012:** Deadline to submit Graduation Applications through e-FORM's

⚠ **November 15th, 2012:** Deadline to submit any additional e-FORM's requests (i.e. Substitutions, Waivers, Declare/Remove Minor, etc.)

Please note: e-FORM requests received after the deadline dates will not be processed

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Should men and women receive the same pay for the same job?

COMPILED BY: ALEXIS ORLACCHIO



Brian
senior

"I would say yes as long as they put in equal effort. It should go by how much work you actually do."



Olivia
sophomore

"If they are doing the same job, they probably have the same tasks and it would make sense that they would get paid the same."



Marc
junior

"Yes if they're doing the same job, then they should get paid equally."



Aaron
senior

"Yeah, of course. I believe everything should be fair and equal."



Mike
junior

"Why not? It's nice to have equality in the work place."



Gina
senior

"Yes. If a woman has better capabilities than a man they should be getting paid more if not an equal amount."



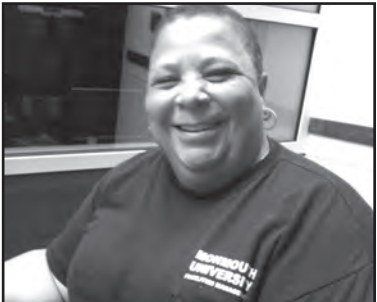
Lorna
professor of communication

"Yes. Just yes. Absolutely."



K.C.
junior

"Yes. Because it's 2012 so it's all about equality."



Evelyn
facilities management

"I feel that we as women have more responsibilities. We're stronger, and capable of doing, in my opinion, a better job than men."



Bob
junior

"Absolutely. What makes a woman's work 72% of a man's?"

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MONMOUTH UNIVERSITY'S
STUDENT-RUN NEWSPAPER SINCE 1933

Horoscopes

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

♈ Aries • (Mar. 21 - April 19) - This week is a 7
It’s a high demand time for you so don’t waste your ever-precious minutes nitpicking at others. Get going on those hefty projects through which you want to make a difference and exceed expectations. The news is all good in the end.

♉ Taurus • (April 20 - May 20) - This week is a 6
You’re pushed to be creative and end up with abundance as a result. It is because of this that others are coming to you for advice, which is good, but could also be exhausting so make sure that you take care of yourself and get plenty of rest.

♊ Gemini • (May 21 - June 21) - This week is a 8
You’re achieving a lot now so be sure to keep those due dates in mind and beat the deadlines, for you get more for less with shrewd planning. Rely on the power of love now but tread lightly in order to avoid future upsets and erosion.

♋ Cancer • (June 22 - July 22) - This week is a 8
It’s time for some seasonal cleaning! Give away that unneeded junk and allow some room for joy. You’re feeling very attractive now but you could also be very emotional so exercise caution. Send someone else ahead while you take your time with discretion.

♌ Leo • (July 23- Aug. 22) - This week is a 7
You finally get past a difficult moment and move on to something beautiful. This transition makes you stonger thanks to love and persistence. You are brilliant, so don’t be shy to offer encouragement to others when needed.

♍ Virgo • (Aug 23 - Sept. 22) - This week is a 6
Grasp opportunities in order to achieve the many levels of abundance that you’ve been yearning for, but watch where you are going and get another perspective on some matters. Allow friends to help you make some connections. They may just help you create a ticket to your own dreams.

♎ Libra • (Sept. 23 - Oct. 23) - This week is a 8
Don’t go sharing everything you know just yet, show some restraint and keep what you are aware of under your hat for now. The challenges coming soon will help you realize why while also helping take you to the next level. Embrace the challenge for big changes to increase productivity. You never know what you might learn!

♏ Scorpio • (Oct. 23 - Nov. 21) - This week is a 5
This week proves a good time for pushing old limits aside but quick, decisive action is required. A lot is going to be coming at you in the next few days so don’t be afraid to trust a sibling’s advice. Also keep in mind that despite this work uphaul, increased efficiency leads to more money, and in the end you will feel loved.

♐ Sagittarius • (Nov. 22 - Dec. 21) -This week is an 7
Your very lucky now and are finally becoming the master you’ve always dreamt you would be. Remember the people supporting you despite your success, for friends and family come first especially now. They are there for you so don’t be afraid to ask questions and emote for effect when expressing your story.

♑ Capricorn • (Dec. 22 - Jan. 19) - This week is a 7
This could prove to be a very productive week for you. Hit the ground running and create new possibilities in your career. Continue to ask the necessary questions even if they might seem dumb, they could very well serve as a important foundation for things to come.

♒ Aquarius • (Jan. 20 - Feb. 18) - This week is an 7
You’re used to being the head in charge but don’t be afraid to let your partner or friend take the lead for once. Sitting back for a while will allow you to see things from a new perspective and will urge you to reach out further. Be careful though and don’t get too comfortable, things will be changing rapidly in the next few days and will require you to adjust quickly.

♓ Pisces • (Feb. 19 - Mar. 20) This week is a 5
You might have to let go of some of that built up preconception to advance this week. However you will find by increasing your level of fun your productivity will rise as a result. Your work speaks well of you so keep it up!

HOROSCOPES ARE STRICTLY FOR ENTERTAINMENT PURPOSES

“Misguided Understandings” by Alyssa Gray



a So-You-Say comix #2

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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Twisted
 - 5 Completed
 - 14 Virtually done deal?
 - 16 Pure as the driven snow
 - 17 Light unit
 - 18 Mentalist who failed to bend Johnny Carson’s spoons
 - 19 Out
 - 20 Rips into
 - 21 Go down the wrong path
 - 22 Brooding sort?
 - 23 Like some ball gowns
 - 25 Cheese originally from the department now called Seine-et-Marne
 - 26 Prevented a return from
 - 28 Safari setup
 - 29 Troubled
 - 30 Expense account item
 - 32 The younger Hardy boy
 - 33 Involves
 - 34 Canines
 - 38 Gov., e.g.
 - 39 Husband
 - 40 Throws in the towel
 - 43 Traditional time for hot cross buns
 - 44 Early word
 - 45 Co-star of Hugh on “House”
 - 46 One who got plenty of sack time in Rome?
 - 48 Crestor target, for short
 - 49 Acct. entry
 - 50 Green sauce
 - 51 One may be seen from a box
 - 53 Repulsive
 - 55 “Good ___”: 1966 #1 song
 - 56 “Evidently ...”
 - 57 Energetic
 - 58 Locke pieces
 - 59 Candy machine input

1	2	3	4		5	6	7	8	9	10	11	12	13
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58										59			

By Jeffrey Wechsler 9/15/12

- DOWN**
- 1 Therapist’s challenge
 - 2 Confident declaration
 - 3 Ensued
 - 4 Bauhaus school teacher
 - 5 Many flowers grow in them
 - 6 High overhead business?
 - 7 Supple
 - 8 ___ hippo
 - 9 Lea grazers
 - 10 FedEx rival
 - 11 Four-time 1980s Stanley Cup champs
 - 12 Ont. site of a War of 1812 battle
 - 13 Bring to light, with “out”
 - 15 Purposes
 - 24 Whatsoever
 - 25 Emittied a backup signal?
 - 27 Bum wrap
 - 29 Top dog
 - 31 Verizon communications service

Friday’s Puzzle Solved

J	E	L	L	O		T	A	D	A		O	P	T	S
A	L	I	E	N		I	M	U	P		N	O	A	H
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G	H	E	E		T	O	N	Y		E	L	M	E	R

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- 32 Interim ruling group
- 34 Backs up
- 35 “Deathtrap” playwright
- 36 Popular burning spot
- 37 Cruise routes
- 39 Haitian coin
- 40 Fail
- 41 Satellite’s eye
- 42 Crooner Rudy
- 43 They may be seen around calves
- 46 “___ la giubba”: “Pagliacci” aria
- 47 1970 Kinks classic
- 50 Over
- 52 Game with four-person teams
- 54 Sumac of song

France’s “Paco” Navarro Starts Fast With Hawks

RYAN CLUTTER
CONTRIBUTING WRITER

A player with an excellent track record has found his way to the men’s soccer program. Former member of the France U17 National team, midfielder/forward Francois “Paco” Navarro is fitting in quite well with his new team and has helped lead the Hawks to a 5-1-1 start.

The Hawks now have a player with the capability of adding a whole new dimension to the team. Navarro plays the wing and that is something that the Hawks have lacked in previous years. He is currently leading the team in points with two goals and three assists.

“When I have the ball, the first thing is like ‘I need to go forward,’” said Navarro. “I want to score goals, but I want my teammates to score goals too.”

“He’s a true winger; he’s really good going forward and that’s not something we’ve had a lot of before in the past,” said teammate Joseph Schmid.

At age 12, Navarro enrolled in the Clairefontaine Academy in France, a prestigious soccer academy which he attended from 12-15 years old. One of the best academies in all of Europe, Clairefontaine is known for its extensive training and getting their players ready for the future.

“It prepares you to go to the next level,” said Navarro. “School is real

important and then you have a two and a half hour training session every day during the three years.”

Paco then became a member of the French U17 National team. He had to follow strict rules there, such as what to eat, keeping his body fit and restrictions on going out. Paco says it was a really good experience being part of a club where he learned how to prepare himself to think like a professional.

After an injury to his left knee at the age of 19, Navarro began to think about life after soccer. Up until this point, his whole life revolved around soccer. Paco’s father told him that if he’s lucky, he could play professionally for a few years, but would need something else in his background. He said to himself, ‘I need to go to school,’ which motivated him to come to the United States.

In his first year in America, while studying at William Carey University in Mississippi, Navarro had to miss the soccer season due to injury. In the summer of 2011, he was playing with the Baton Rouge Capitals to prepare himself for his sophomore season. The Capitals play in the USL Premier Development League of American soccer.

Speaking on the difference between soccer in France and America, Navarro said, “In France we’re a little more technical, we play more with the ball. Here it’s a little more physical, they come after each player.”

Navarro scored 16 goals during his sophomore season, and led the William Carey Crusaders to the final four of the NAIA (National Association of Intercollegiate Athletics) national tournament. He began looking for a new school by reaching out and sending highlight films. He has received nothing but praise from head coach Robert McCourt.

“Once we saw his first highlight film, we had a need for his position and opened up the dialogue with him,” said McCourt. “He’s really technical and creative, crafty on the ball. He links up really well and he has good tactical awareness.”

Navarro began doing research on the Monmouth program and saw the success they’ve had in the last few years. This intrigued Navarro and spiked his interest in joining the program. “I read a lot on coach McCourt and how he was preparing players to go to the MLS and the next level,” he said.

“So far, Paco’s been a real big impact for this program,” said McCourt. “He’s an experienced guy and he’s really comfortable on the ball. His comfort level and his technique on the ball seem to settle our guys when games get hectic.”

While Navarro yearns for a chance of going to the MLS, he is focusing on getting his business degree and thinking about the present. He wants a degree in order to pursue a career after soccer. In the meantime, it is



PHOTO COURTESY OF MU Photography
Francois “Paco” Navarro is tied for the team lead with seven points and adds a spark to the Hawks’ offense.

soccer season and Navarro strives to win.

“It’s always a pleasure to score, even more if it’s in front of everybody, but my ultimate goal is to win games,” said Navarro.

Navarro took the field this past weekend as MU went 1-1, losing 1-0 to Seton Hall and defeating the College of Charleston by the same score.

Edney Derrick scored the winning goal against Charleston. Keeper Alex Blackburn stopped both shots that he faced.

Winning has become the norm for

the soccer team. They jumped to first in the NEC standings as they open up conference games in two weeks. Navarro has also helped the Hawks peak at No. 19 in the NSCAA/Continental Tire National Rankings this season.

“Sometimes you get players with really good technique but they don’t have a good tactical awareness of the game,” said McCourt. “He has both. He’s a really talented kid.”

Monmouth returns to the pitch on Saturday, September 22 as they face off against Iona College.

Pieczynski First Field Hockey Player to Reach 100 Points

GAVIN MAZZAGLIA
STAFF WRITER

Field hockey’s senior forward Michelle Pieczynski became the first player in school history to surpass the 100-point mark for her career. She achieved the milestone earlier in the month in a loss to Fairfield University.

In the matchup against Fairfield, Pieczynski struck for her first goal of the game. Later in the game, she struck again, giving herself 101 points overall, and setting a new Monmouth University field hockey milestone. So far this season, Pieczynski has 13 points total, including six goals and one assist. She currently sits at 108 points for her career. Her 47 goals are the most all-time in Monmouth’s field hockey history. Also, she is tied for second on the all-time assists list. She trails 2011 graduate Morganne Firmstone, who holds the record with 16 career assists.

Based on her statistics and leadership qualities, Pieczynski is looked

up to as a model player for the field hockey program. Her leadership both on and off the field has aided to her success as a player and as a person.

“I knew I was close to it, so I knew I could probably do it, but it does take the whole team to get up the field. It was a good accomplishment. I was happy about it. We just worked really hard together. It really helps our team out for sure,” Pieczynski explained.

In the 2011 season, she also led the team in points with 45, including 19 goals and seven assists. She also led the way during her sophomore season in 2010, with 31 points, including 14 goals and three assists.

Focusing on the team’s recent games, the Hawks fell to the University of Delaware last Wednesday by a score of 3-1. Tara Brown scored

early for Monmouth, but after that it was all Delaware. They scored the final three goals to seal it, holding the Hawks scoreless for the remainder of the match. In the net,

“The last week and a half to two weeks, we have been coming together and we are becoming a team.”

CARLI FIGLIO
Head Coach

Teresa Mathews let up three goals, but did have seven saves. Both teams matched up well regarding shot attempts, but Delaware executed and hit more of their shots. Both teams also won eight penalty corners each.

On Sunday afternoon, Monmouth played host to Penn State University, who is ranked sixth in the nation. These two teams squared off two seasons ago at Penn State, when PSU was ranked 15th in the nation, as Monmouth fell short. This time,

Penn State proved to be the tougher team once again. The score at the end of the final whistle was 7-1, but head coach Carli Figlio’s team showed some bright spots on the field.

Penn State got on the board first, but the Hawks responded with a corner deflection, which turned into a goal for Pieczynski. After that, the tough Penn State defense would shut down Monmouth’s offense for the rest of the match. Monmouth had some great opportunities, especially on the fast break, but finishing was the main problem for the Hawks. Penn State controlled Monmouth in shot attempts, 21-9, and held an 8-7 advantage on penalty corners.

“Penn State is really fast. They have some of the best forwards in the country. We had a lot of opportunities against them. We just couldn’t finish,” head coach Carli Figlio ex-


































plained. “We need to work on our receptions. If we clean that up in the way that we possess the ball, then we can beat anybody,” added Pieczynski.

The Hawks still remain winless, but with Northeast Conference (NEC) play coming up, it will hopefully prove to be an advantage for Monmouth since they are familiar with these in-conference squads. Monmouth has already faced two top ten nationally ranked teams this season and the upcoming schedule is expected to remain very tough as well.

“The last week and a half to two weeks, we have been coming together and we are becoming a team. We are finding out what we want to play for, who we want to play for and playing for each other is really something we are working towards. I’ve pushed the team very hard this pre-season, especially with the schedule that we have. We are teetering on the finishing aspect,” Figlio stated.

On Friday, Monmouth will travel to face St. Joseph’s University.

Outlook’s Weekly NFL Picks - Week 2

	Away	New York Giants	New England Patriots	Green Bay Packers	New York Jets	Tampa Bay Buccaneers	St. Louis Rams	Atlanta Falcons	Houston Texans
	Home	Carolina Panthers	Baltimore Ravens	Seattle Seahawks	Miami Dolphins	Dallas Cowboys	Chicago Bears	San Diego Chargers	Denver Broncos
Ed (2-6)									
Clutter (3-5)									
Gavin (5-3)									
Sports Marketing Professor McCarthy									

Frazier Recovers From ACL Tear

DARIA DELUCCIA
STAFF WRITER

Northeast Conference (NEC) Offensive Player of the Week after the Hawk’s second game of the season, fifth year senior Kyle Frazier, has proven that he has one thing on his mind this season, an NEC Championship ring.

Coming back this year after a season-ending knee injury against Bryant, Frazier has restored not only his knee, but also his mentality to strive for a winning season. “It was one of the hardest times of my life,” Frazier described after his ACL surgery. But with a few months of rehab and a lot of determination, he was able to work his way back up to where he was before his injury.

Now into his fifth year on the Hawks, Frazier first started playing football at the age of seven. Given the choice at a young age to play either soccer or football, Monmouth’s quarterback clearly made the right decision. Along with playing football, Frazier also tried baseball and basketball but realized playing football is what he wanted to continue with.

Frazier knew that he wanted to come to the University as soon as he visited the campus. He described how much he loved the coaches, other players and the area. “This has been the best time of my life,” explained Frazier. “I have no regrets of coming here. I made a lot of new friends and have enjoyed playing football.”

After red shirting as a freshman, Frazier came out his sophomore year starting seven out of the 11 games of the season. He finished off the year with 1,453 yards and 10 touchdowns. Frazier was named NEC Rookie of the Week for his success against Sacred Heart. As a



PHOTO COURTESY OF MU Photography

Quarterback Kyle Frazier is off to a hot start, throwing for 553 yards and six touchdown passes to lead the football team to a 2-1 record.

junior, Frazier started all 11 games and ranked within the top five quarterbacks from Monmouth for completed passes in a season. He led the NEC and ranked fourth in Hawks history by completing 61.3 percent of his passes.

Frazier’s senior year started off well. He was ranked second in the NEC with an average of 233 yards per game in total offense. During the sixth game of the season, Frazier tore his ACL, which ended his season short causing him to miss the final five games. Although Frazier was unable to finish the season, he still ranked 10th in total offense in the NEC with 1,398 yards.

The fact that Frazier was able to push through rehab and rebuild his strength for this season only to come out and be recognized as the Offensive Player of the Week is a

true testament to his dedication. Many athletes are unable to come back as strong as Frazier has this season.

Despite being singled out for his amazing accomplishments, he remains humble and does not forget that he is part of a team. “It’s cool to get recognized,” explained Frazier, “But I’d rather have the award at the end of the season with the ring.”

Looking forward to this upcoming season, the Hawks are looking better than ever. “We have a lot of experience coming back on both sides,” portrayed Frazier.

So far this season the team has started off with a 2-1 record, as Frazier threw for 138 yards and a pair of touchdowns to beat Wagner 38-17 last weekend.

MU hosts Sacred Heart Saturday at 1 pm.

Women’s Soccer Opens 3-4-1

EDDIE ALLEGRETTO
CONTRIBUTING WRITER

The women’s soccer team posted its first draw of the season Sunday night on the Great Lawn, with the final score of 1-1 in a match that went into double overtime against Rider. The Hawks now post a record of 3-4-1 as they end their non-conference schedule.

Starting the season off slowly, Krissy Turner’s women’s soccer team continued to play well and perhaps find their groove on Sunday night. Despite giving up an early goal in the first half, the Hawks changed the momentum of the game with a tenacious mentality to fight back no matter what. “We’ve been down so many times it doesn’t really phase us anymore,” explains Turner. It is that kind of mentality that has helped Monmouth climb up the Northeast Conference (NEC) standings.

Although the Hawks are a young team they have a great mixture of youth, determination and players that continue to step up. Those among many reasons have helped fuel the Hawks strong play in recent weeks. “We have had some players that were out with injuries and I think the players that have stepped in have done a pretty good job,” said Turner. Even though the team has a lack of experience they have fought hard against strong opponents this season and continue to improve week by week. “The experience of getting into these games is going to help us when we get into conference play,” states sophomore defender Alexa Freguletti.

In MU’s final non-conference game of the season, they gave up a goal early in the 14th minute. However, the Hawks would scratch



PHOTO COURTESY OF MU Photography

Nicole Close has tallied three points for the Hawks this season, including a game-winning goal against Lafayette.

and claw their way back into the game by showing poise and heart. Monmouth fought hard and tied it up in the 17th minute. The goal was scored by Freguletti and it was her first goal of the season.

Junior Dana Costello struck a beautiful free kick into the box, which was then gathered up by junior forward Monique Plescia with a powerful strike that would bounce off of the crossbar, until it landed onto the foot of Freguletti, and finally into the back of the net.

On a play where there was chaos in the box, it was teamwork, trust, focus and being in the right position at the right time, that brought the Hawks back into the game. “As a defender I know that things happen in the box all the time and Monique took a great turn and look at the net, hit it and it hit the crossbar and I just happened to follow in on the shot,” says Freguletti.

This Hawks team has battled all

season long and it continued Sunday night versus Rider.

Despite the score ending 1-1, MU took a huge step tonight in not only fighting back but controlling the ball. With a strong all-around performance, the Hawks had the better play throughout the majority of the game. The Hawks outshot the Rider Broncs 22-15 throughout the match which had a plethora of saves by the Broncs keeper.

The Hawks played with such class, grace and determination that it was hard to imagine that they would not end up winning this game. “I think that’s the game of soccer, a lot of the times you play so well and you play your heart out and sometimes it is just not enough,” Freguletti explains.

The Hawks will return to the field Friday night September 21, at 7 pm, when the NEC play begins on the road against Central Connecticut.



Watch At Your Own Risk: Corruption Bleeds From Every Depth of the BCS

DAN GUNDERMAN
STAFF WRITER

Four long months have gone by since everyone has heard from The Gun Show, and in that time, I’d say I’ve been graced by a few sports epiphanies. Luckily (I can only hope), you’re in for another year of college sports news decoding. Whether this saddens you or gives you comfort, there’s one thing I can say (as Peter Griffin once made clear), there are a few things that really grind my gears...

Nothing beats a great in-conference college football match-up, right? Fans of all walks of life just cannot wait to sit down with their popcorn in hand to watch their ranked team beat a lower-echelon no name... well if that’s what you’re thinking (and agreeing upon), then you’ve lost any sense of dignity regarding sports and its true motivating factor: Fun. Stemming from that: Friendly competition. It is all gone.

Three quarters of the games we see now are fifty point blow-outs that don’t even deserve a minute of viewership.

This is not the powerful team’s fault either. Every now and then you may hear about a coach catching some scrutiny for purposely running up the score in an effort to cure some sort of personal vendetta with the opposite sideline. Yes, this is an exception. But in general, it’s the format of the NCAA football system that allows for such lopsidedness.

Highly paid college scouts for Big Ten or SEC programs bring in unparalleled talent through recruitment and the coaching staffs, which earn millions to mold these players into Heisman contenders and All-Americans. Succeeding that, these NFL ready rosters take on the lower caliber NCAA teams; these rosters are full of staffs which earn half as much and have a quarter of the talent. Put the two together, add in some television cameras and you get boring, predictable and unruly games. The Alabamas, LSUs and Oregons of the world will pummel their opponents, sometimes 60-0 or maybe even worse.

Where’s the fun in that? If you can grin and bear it enough to watch the game, you may just get to see it long enough to hate the system. Because of the way the BCS makes the “postseason,” teams need to acquire as many points as they can to distance themselves in the standings. The teams they’ve beaten, how badly they did so and their strengths of schedule will potentially earn them a spot in the one of many bowl games. But the victims on the other end, they just get demoralized.

Just look at this week for example, Florida State beat Wake Forest 52-0. Oregon beat Tennessee Tech 63-14. Michigan beat UMass 63-13. Alabama beat Arkansas 52-0. LSU beat Idaho 63-14... And the list continues.

What sort of fan wants to see such a slaughter? What type of NCAA representative wants a business model based off of demoralization and one-sided favoritism?

Well here’s Dan Gunderman’s solution... We’ve already seen conference realignment in the past year to adjust the talent and play in a few major conferences. Well why not just go through with the plans to create a bracket-like post season where all that really matters in the end, is wins and losses. In a system where point totals are gone and blow-outs wouldn’t matter so much anymore, every side wins.

Teams who would normally inflict the pain on other programs, will get to ease back in the second or third quarter and get an opportunity to play everyone on their roster. All these guys go through the rigor of training, traveling and suiting up but never get the opportunity to play. In a bracketed postseason, once a win is eminent, more players get action and can eventually tell their children they played in an NCAA Division I football game.

On the other side of the aisle, the teams who would normally be beaten to a pulp with no remorse would see these score differentials diminish a bit. They would look closer on paper, and also get a chance to “hang with the big guns.” If they think rationally, they will get their share of quality play against other evenly matched teams, but when it comes to playing an Alabama or Oregon, life would just be downright better when points don’t help determine a team’s plight.

After the eleven game regular season, teams would then enter a tournament, like NCAA Basketball, and go through a playoff to determine a winner. This is normally the way we go about sports anyway isn’t it? Being fair and just? Well no, currently the BCS exhibits a corrupted, embarrassing system where some of these teams who will constantly beat down on others won’t even get their shot at the championship... Instead, they’ll play for titles like the Tostito’s Awesome-Nut-Scoop-Chip Bowl or the Midas I-Just-Changed-My-Oil Bowl Game. It’s an unfair process, bottom line.

This is no longer like Tammany Hall politics or nominating a political candidate in a back room. It is 2012 and being rational just happens to be valued by most. If we just transform the current BCS “regime” into a respectable, thorough bracket system, we’d see teams play for an honest shot in a championship and scores lower in less-impactful games. Morale wise, we’d also have a boost of confidence all around, from the highly paid scouts and coaches to the underpaid, under-recognized coaches who act as both at lower tier schools.

So please let’s just end the 60-3 victories. No one’s happy with this, unless you’re one of two teams selected from the ‘herd’ at the end of the year.



From Paris To West Long Branch



Also in Sports:

Women's soccer battles hard to tie Rider.

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Former member of the French Under-17 National team, Francois "Paco" Navarro, has helped lead the Hawks to a 5-1-1 start with two goals and three assists.

Full Story on page 22