



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933

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## Groove Boston Black Light Party Rages its Way into Boylan



IMAGE TAKEN from grooveboston.com

690 students attended Groove Boston's Visceral Tour, which took place last Friday.

CASSANDRA FIGUEROA  
STAFF WRITER

The University hosted a black light party called Groove Boston in Boylan Gym on Friday, September 21. Groove Boston is a mobile dance club company that features an all in one production team including black lights, sound, music, stage artists and more.

Megan McGowan, Assistant Director of Student Activities and Student Center Operations said, "Our goal is to change the stereotype of our campus being

a suitcase school. The purpose of this event and others like it is to give the students something fun to do on the weekends to encourage them to stay on campus," McGowan said.

Carolyn Walker, the Vice President of Membership and Marketing for the Student Activities Board said, "690 people came, we sold 714 tickets, it was a great success. Students were not really interested in the music from the opening act, That Drummer That DJ, but they loved Groove Boston's DJ."

"A lot of people were just

standing around in cliques looking bored, which always sucks, but then there's the people dancing and making the best out of it and they're the ones that have the most fun," said Brie Bell, a freshman. "So it wasn't what I expected it to be but it was still really fun."

Susan Pagano, sophomore, political science major said, "The effects were so good; it was such a great time spent with friends and all students."

The finances needed for the

Groove continued on pg. 2

## George Washington Was Here...

BRITTANY IRVINE  
STAFF WRITER

President George Washington paid a visit to the University's Bey Hall Young Auditorium last Thursday at 1 pm to celebrate Constitution Day.

Dean Melissa, who is the only official George Washington historical actor at Mount Vernon, portrayed Washington in an hour-long presentation of his life's triumphs filled with historical accounts and even a dance performance.

A PowerPoint presentation displayed slides with facts and myths as the audience awaited his arrival, and let everyone know that cutting down a cherry tree and proclaiming, "I cannot tell a lie," was indeed a myth.

After a short introduction by Provost Thomas Pearson, Alexandria Todd of the Political Science Club told the audience of a voter registration table right outside the auditorium and the presentation began.

As the first President walked through the crowd and approached center stage, he said to a boy in the front row, "No time for a bath or a shave, son?" and the audience erupted into laughter. He immediately got down to business, but always remained in character.

Throughout his performance, Washington kept the audience laughing and involved by saying things like, "Technology, do you know it? You should learn

it," and took everyone on a journey from when he was born on a farm in Virginia to when he started as a farmer, became a surveyor, and later a soldier.

Accounts of Washington's arrival to Philadelphia for the first time captivated the audience's attention as he described it as, "Vibrant, people spoke 17 different languages, there was commerce in the streets, and people knew my name."

Midway through the lecture, noting the drooping heads of tired students, Washington proposed a break and taught a student a Virginia curtsy and Minuet step, which is an old fashioned dance step.

Washington went on to explain how his years at Mount Vernon were his "golden years" and how the French and Indian War was responsible for the formation of the United States. He spoke about the taxes Britain imposed on the colonies to pay for the expensive war and how, particularly the Stamp Act, drove the American colonists to fight for representation in Parliament or declare war.

When the time to speak about the first Continental Congress came, he said, "We came together as Americans for the very first time." Washington also claimed that he was "heartened and humbled" by the fact that the Constitution has lasted for so long.

Washington continued on pg. 3

## 'Fair' to Say, Students are Getting Involved

COURTNEY BROOKS  
CONTRIBUTING WRITER

Nearly 75 clubs and organizations made themselves known at the annual involvement fair held in the Erlanger Garden, neighboring Edison Hall last Wednesday. Table after table lined the garden, offering information on the club's activities and giving students the opportunity to become involved, no matter what their fields of interests are.

With so many activity options and the flexibility of meeting schedules, students can partake in the University community

while building an impressive resume for future careers.

Genevieve Kobus, junior and active member of the Student Activities Board encourages students to seek involvement early on. "By being involved, you establish a group on campus and move away from your area of comfort. It has become my second home," she said, speaking from her personal experience. Kobus stays involved through the Student Activities Board, or SAB, which coordinates major events on campus. "Through the student activities board, students get to plan events on campus, set up and

basically make everything happen."

SAB is just one of the many clubs on campus that students can chose to take part in.

Senior, Chris Cianfarini, stays busy as a member of seven different groups on campus. He believes commitment and time management play a major role in balancing extracurricular activities, and social and academic life without overloading his schedule.

"I wasn't involved my first year. By being involved you make a lot more friends and

Involvement continued on pg. 2



PHOTO COURTESY of Courtney Brooks

Many students attended the annual involvement fair in hopes of joining one of the many clubs and organizations on campus.

### Index

News	2
Op/Ed	6
Politics	8
Lifestyles	10
Entertainment	12
Features	14
Club and Greek	16
Comics	21
Sports	22

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### News

Keynote speaker, Jesus Nebot, speaks to students as a part of Hispanic Heritage Month.

page 3



### Opinion

Learn how to make a dinner for yourself using a microwave.

page 7



### Entertainment

A student reflects on *The Killers'* first album release in four years.

page 13



### Club & Greek

Fall recruitment kicked off this week for those in greek life.

page 16



# Students Get Their Groove On

Groove continued from pg. 1

event came from the Student Government Associations’ club allocations, said McGowan. Since Groove Boston is an all-in-one production, the school does not have to pay for assets like instruments and set design required during the show. SAB’s money went to the performance itself. The funds made through the student’s ticket money will provide funding for future programs at the University sponsored by SAB. McGowan said, “Ticket prices increased after September 11 because SAB needed to gauge the number of students attending to secure enough security for the event.”

Security at Groove Boston was important so no students were under the influence and a danger to themselves or those around them. McGowan said precautions were set to make sure the students had a fun as well as safe experience. She said the precautions were the same security operations as entering a concert at the MAC on campus or a venue such as PNC Arts Center.

Lucy Russo, Vice President of Major Events for Student Activities said, “A part of throwing these types of events is the risk of student behavior that is beyond our control,” Russo said that warnings were given to the students beforehand so no incidents would occur. Russo, along with many other SAB e-board and general members, put a lot of time and effort into this event and hope it was a good time for everyone.

SAB’s e-board members including Carolyn Walker, Sami Kofsky, Ashley Bamonte, Casey Inguagiato, Lucy Russo, Kelly Rose Printon, Gennieve Kobus, Christine Olivo, Victoria Day, Joe Pagnotta and Lena Suarez were the stage crew at the event. These individuals, as well as the general members who were involved, helped prepare the event, get the students involved and execute it by helping during the performance.

“We started planning it last semester before we all left for summer break and have been non-stop dedicated to making this event happen. SAB used Facebook, Instagram, Frisbees, bracelets and posters to get the word out to students about the event,” Walker said.

Russo said, “Several e-board members from SAB, including myself, were fortunate enough to attend the National Association for Campus Activities last semester which showcases many acts and performances perfectly suitable for campus environments. We came across an act called That Drummer That DJ and immediately developed the idea of having a large dance light party on campus during Welcome Week,” added Russo.

Groove Boston has been to 31 schools since their start one year ago and have committed to 24 schools for this year, said McGowan. It is increasingly becoming more well-known. The DJ’s, including the two that visited the campus were That Drummer That DJ and DJ Big Al who are already popular in other countries, are now trying



IMAGE TAKEN from grooveboston.com

Megan McGowan, Assistant Director of Student Activities and Student Center Operations, explained that precautions were made so students were able to have a safe and fun experience.

to make a name for themselves in the United States.

SAB has been rebuilding over the last three years with a new logo, a fresh start and new goals, said McGowan. She wants the students to see the University as their home. Bringing about new and better programs that encourage students to stay on campus will contribute to making that happen.

# Clubs and Organizations Look to Add New Members

Involvement continued from pg. 1

more things to do so you’re not stuck in the room all the time,” Cianfarini said. He recommends that first year students living on campus get involved with clubs such as the Residents Hall Association where students make the changes and voice their opinions that will directly affect dorm life.

Other recommendations include the sailing team, which Cianfarini first learned about from the Leaders Association, which he calls “a huge meet and greet for companies networking and a good way to put yourself out there with big companies, such as J.P. Morgan.”

The possibilities are endless

with the variation in clubs and events. “Becoming involved not only helped me to make friends, but taught me to have fun. I even learned time management. Get involved, Monmouth is ten times better when you’re involved,” Pat Layton, sophomore member of the Outdoors Club, said, “It

makes the campus feel closer and I’ve gotten helpful experience in my field of study.” The Outdoors Club worked busily to sign interested new members up for events, which include beach parties right here in West Long Branch or camping trips in New York. “It’s a great club and kind

of like a family, and we get along really well,” said Layton.

By joining a club students are forced to work together to share a common passion or can make an outstanding difference on and off campus.

A club for just about everything was represented at the in-

volved fair, including Hawk TV, Artists for Change, Greek Life, Psychology Club, the Hero Campaign, Relay for Life, History and Anthropology Club, sports teams, intramurals and many more. The University presents students with the opportunity to try something new or be a part of a familiar activity.


Some groups are even willing to keep students informed about events online if meeting times are not accessible.

Whether you are a freshman or a senior, went to the fair or missed it entirely, you are still able to join a club or try something new. For a list of clubs and contact information visit [www.monmouth.edu/studenthandbook](http://www.monmouth.edu/studenthandbook)

“Becoming involved not only helped me to make friends, but taught me to have fun. I even learned time management. Get involved, Monmouth is ten times better when you’re involved. It makes the campus feel closer and I’ve gotten helpful experience in my field of study.”

PAY LAYTON  
Sophomore Outdoors Club Member

# CRIME BLOTTER



CRIMINAL MISCHIEF (BIAS INCIDENT)  
9/19/12 - 10:11 PM  
MULLANEY HALL

ATTEMPTED ARSON  
9/19/12 - 2:34 PM  
OAKWOOD HALL

CONSUMPTION OF ALCOHOL BY PULA/  
STUDENT MISCONDUCT  
9/20/12 - 4:14 AM  
SPRUCE HALL

UNDER THE INFLUENCE OF ALCOHOL  
UNDER THE LEGAL AGE  
9/21/12 - 2:07 AM  
MULLANEY HALL

POSSESSION OF ALCOHOL UNDER THE LEGAL AGE  
9/21/12 - 10:33 PM  
SPRUCE HALL

UNDER THE INFLUENCE OF ALCOHOL  
UNDER THE LEGAL AGE  
9/21/12 - 11:27 PM  
BOYLAN GYM

POSSESSION OF ALCOHOL UNDER THE LEGAL AGE /  
STUDENT MISCONDUCT  
9/21/12 - 11:39 PM  
SPRUCE HALL

POSSESSION OF ALCOHOL UNDER THE LEGAL AGE  
9/22/12 - 1:50 AM  
PARKING LOT 8

WED.

THURS.

FRI.

SAT.

SUN.

MON.

TUES. 9/19 - 9/25



# First U.S. President Stops by Monmouth

Washington continued from pg. 1

As the e-mail invitation encouraged students to “transport back to the 1790s and meet President George Washington,” that’s exactly what attendees did. Melissa provided insight into original presidential character and our nation’s first leader.

“We thought it would be a great idea to bring in the nations leading George Washington historical actor to help celebrate the 225th birthday of our nation’s constitution,” Joe Patten, Chair of the Department of Political Science and Sociology, said. “He played a critical role in establishing the role that our President

people’s attention for over an hour by involving the audience as much as possible and was extremely historically accurate.”

Students appeared to enjoy his performance and looked thrilled to be able to see history come alive.

“I thought it was awesome,” Lianne Kulik, a senior history/political science education major, said. “A cool way to see living history. I’ve been learning that it’s always more memorable and effective if you can connect history to real human emotion.”

Kulik said that having the Washington actor here to make events like Constitutional Conventions real was “pretty sweet,” and added



PHOTO COURTESY of Blaze Nowara

Actor Dean Melissa took students back in time with his performance of George Washington.

plays in our system of government, so it also links nicely with the upcoming presidential election.”

Students were crammed into the auditorium, some sitting and some standing in the crowded room to watch the entire performance. Among attendees was Kelly Craig, Vice President of the Student Government Association, a junior political science major and English minor.

“I though it went very well,” Craig said. “Washington was able to keep

that her favorite part was watching a fellow classmate learn a dance step with the General.

The event was sponsored by The Office of the Provost, Department of Political Science & Sociology, and Stand Up and Be Counted.

Other accolades of Melissa include performances as George Washington in TV productions for PBS, The Discovery Channel, NBC, National Geographic Channel, Showtime Network and more according to his website.

# Hispanic Heritage Month Keynote Speaker Jesus Nebot

NICOLE CALASCIBETTA  
CONTRIBUTING WRITER

Keynote speaker of Hispanic Heritage Month, Jesus Nebot spoke in Wilson Auditorium this past Monday about illegal immigration from a Humanitarian perspective.

The Hispanic Heritage Month Committee, Office of Student Activities and Student Center Operations sponsored the event.

“As our student population grows more diverse it’s important that we contribute to bring events that reflect diversity and serve to educate.”

JULIAN R WILLIAMS  
Director of Equity and Diversity

Nebot is a humanitarian, a speaker and directed and starred in the movie “No Turning Back” about a man named Pablo who immigrates to America looking to provide a better life for his family.

“We thought with this being election year it would be a very hot topic at the University” Assistant Director of Student Service for Multicultural and Diversity Issues, Heather Kelly, said. Nebot was the one to propose the idea of discussing immigration after Kelly asked him to speak at the University.

“I hope that faculty will encourage students to attend to see that there’s more to the culture than just food and dancing” Lambda Theta Alpha Sorority Advisor, Nicole Martinez, said. Some students were asked by their Professors to attend Nebots’ speech for extra credit while others came for a different perspective on immigration.

“I came here to learn more about immigration in order to form a more valid opinion, rather than just base it on what’s in the media” Mike Pape, a junior

bot.

The topics included the Arizona Immigration Law, Health Care and the economy, the Dream Act that promotes children who immigrated to America with their families and grew up Americanized to gain citizenship, feelings of social unrest from immigrants and the difference between the definition of illegal and undocumented. He asked that people try to view immigrants as “economic refugees” since most immigrants come to America looking for an opportunity to work. Nebot also stated that this is a global issue, not just a domestic one and other reasons for people moving north were due to religious and political freedom and global warming.

Dr. Stanton Green, Dean of the McMurray School of Humanities and Social Sciences and a Professor of Anthropology said, “It’s so important for students to hear the personal side. We’re not dealing with statistics we’re dealing with people.”

Nebot hopes students will look at the issue of immigration from a place of love and not fear.

Sarah McGrail, a freshman

giving a voice to immigrants that wasn’t political.

Nebot brought up different humanitarian solutions for discussion towards the end of his speech. The possible humanitarian solutions include: raising the living standards in Mexico, Central America, and the Caribbean, reopening the debate on the future of Latin America, reducing the economic insecurities that are fueling the anti-immigration backlash, canceling impoverished countries’ crippling debts and devising a set of policies that bring immigrants out of the shadows.

“As our student population grows more diverse it’s important that we contribute to bring events that reflect diversity and serve to educate” said Director of Equity and Diversity and a member of the Hispanic Heritage Month committee, Julian R. Williams.

Hispanic Heritage Month began on September 15 and ends October 15. For more information on events visit the the University Newswire and to learn more about Jesus Nebot visit [www.jesusnebot.com](http://www.jesusnebot.com).

# Failure to Fly the Coup

## Returning Home After Graduating Has Many Advantages

QUENTIN FOTTRELL  
MCT CAMPUS

To Rep. Paul Ryan, college students forced to move back in with Mom and Dad are the poster children for the bad economy. But from a personal finance perspective, experts say returning home can be a triumph.

“College graduates should not have to live out their 20s in their childhood bedrooms staring up at fading Obama posters and wondering when they can move out and get going with life,” Ryan said at the Republican National Convention last week.

It’s a growing trend: There are more adult Americans age 34 or younger sleeping in their childhood bedrooms now than at any other time in the past 30 years, studies show. Nearly one-quarter of those ages 20 to 34 were living at home between 2007 and 2009, up from 17 percent in 1980, according to a study released this month by Zhenchao Qian of Ohio State University. The rate is closer to one-third for 25- to 34-year-olds, says Kim Parker, the lead researcher on another recent survey, “The Boomerang Generation.”

But just because more young adults are moving in with their

parents doesn’t mean it’s a bad thing.

Andi Cooper, 31, a communications specialist from Ridgeland, Miss. who recently moved in with her parents, says people shouldn’t feel sorry for her. “I’m extremely happy,” she says. And she’s not alone.

Some 78 percent of those surveyed in the Pew study say they’re satisfied with their living arrangements and 77 percent feel upbeat about their future finances. “If there’s supposed to be a stigma attached to living with Mom and Dad through one’s late 20s or early 30s, today’s boomerang generation didn’t get that memo,” Parker says.

It may also be part of a larger cultural shift: People are also getting married later in life and flying the coop later, Qian says.

To be sure, many young adults are living with their parents strictly because of joblessness, low wages or high housing costs. About one-third of 25- to 34-year-olds say they moved back or never left because of the economy, the Pew report found, up from 11 percent in 1980. But there’s a silver lining too. Nearly half of these young adults say they have paid rent to their parents instead of to some anonymous landlord,

and 89 percent say they have helped with household expenses, the report found.

And many college graduates in their 30s who still live at home to save money say they’re glad they avoided buying a home at the peak of the market. Cooper says she has a lot of friends who bought homes in their 30s, before 2008 — and are now unable to sell them because they have negative equity. Despite having a graduate degree in Wildlife Science and a well-paid job, she says she never even considered buying a house. “I definitely feel blessed to have dodged that bullet,” she says.

Moving back in with one’s parents may even make sense for those who can afford a place of their own, others say. “Living at home promotes saving,” says Sheldon Garon, a professor of history at Princeton University and author of “Beyond Our Means: Why America Spends While the World Saves.” He says it could help students pay off the \$1 trillion they now owe in student loans. “There has been a staggering increase in student debt in the last few years,” Garon says. “It may make a lot of sense for young people to trim their costs.”

On a personal note, college graduates also reap the benefits of having two mature roommates who can give them valuable advice about planning their future. Qian says this is a critical time for many young people.

Case in point: Jennifer Marcus, 26, a public-relations executive

and television blogger, works in New York and moved back to her childhood home in New Jersey last September. “They gave me emotional support after a really tough breakup,” she says. “I also switched jobs this year and my parents were monumental in helping me with that decision.”



IMAGE TAKEN from everettclinic.com

More adults up to age 34 are currently living in their childhood homes than ever before, according to studies.



# Colloquium Speaker Series

## Professor Robert Scott Speaks to Students About His Latest Projects

KATIE MEYER  
CONTRIBUTING WRITER

The Colloquium Speakers Series kicked off on September 18 as Robert Scott, a communication professor, spoke to graduate students about his experiences post-graduation.

The colloquium is part of the graduate program. According to the graduate program handbook, the class allows first year students the chance to get to know their professors and classmates while learning about basic resources and research. Scott started out by saying that his search for what he wants to do is still continuing today.

Scott grew up in New Jersey, not far from the University. He graduated high school from Christian Brothers Academy and spent almost two years in the Coast Guard. Scott then enrolled at Monmouth College (now University) where he studied history and political science and was a DJ for WMCX.

He admitted that he was a bit lost in college because what he really wanted to do, which was to write, was considered more of a hobby by his parents, who wanted him to get a degree that would lead to a career preferably in the business field.

When Scott graduated college, he realized that apart from a degree in business that did not appeal, he had no idea what he wanted to do in life. He took career aptitude and personality tests and realized that his

passions were sailing, fishing and writing. So, Scott spent six years on a fishing boat, sailing up and down the East Coast, writing for a fishing magazine and working the occasional job as a bartender.

When he realized that he wanted more than writing, fishing and sailing he tried substitute teaching and mortgage banking, neither of which really spoke to him. He eventually took the advice of a friend and went to film school.

Scott said that even though he is still paying off student loans, going to the University of Florida for film was the best decision he has ever made.

This time around he took advantage of every opportunity offered to him. He started working on movie sets during school and started his business network. That was the first piece of advice Scott offered the students present: "It's never too early to start networking." The second piece of advice was that no job is too small when you are just starting out.

When he graduated from film school, Scott moved to California and started temping. He worked for Fox, Warner Brothers, Disney and Paramount. These temping jobs got his foot in the door and eventually led to a job with Disney and New Technology and New Media.

Scott spent seven years, full time at Disney and has continued for 10 years as a consultant for them. Scott again took every opportunity offered to him and used these oppor-

tunities to give himself some exposure. He made a documentary about himself for a staff meeting and they loved it so much they created an in-house cable channel for the trade show documentaries he made.

He edited books and wrote for magazines. A recent book Scott has edited is "The Real Animal House." It's a book about the real life Fraternity that inspired the movie.

Scott also wrote speeches for other people. He told the group that he really enjoyed this job because, "When you like the person you're writing for or with, it can be fun because it's a collaborative effort. If you just don't click, it can be trying, but still really cool."

Throughout Scott's speech, he stressed the importance of good communication skills. Being able to connect with others, to write and to be a professional he said are ways to stand out in a sea of qualified applicants.

Scott closed the evening with his hope for students still in school or about to graduate: "What I hope for you is that you pursue what you want to pursue - what is interesting to you - don't hold back. Please pursue what you're passionate about. Don't wait too long."


Graduate student, Francesca Pisancone said, "I'm a grad student, so I had to come tonight, but I thought it was interesting."

John Cavallo also a graduate student said, "It was a worthwhile colloquium."



PHOTO COURTESY of Robert Scott

Robert Scott, a communication professor, admits that after graduating college, he still did not know what he wanted to do in life.



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- 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

Interested? Contact Brittany Barton at 732-263-5878 or  
[bbarton@monmouth.edu](mailto:bbarton@monmouth.edu), or  
stop by the Office of Admission in Wilson Hall.

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Outlook masthead designed by Kimberly Lynn Mallen  
Back page sports logo designed by Nick Hernandez

Every Vote Counts...Even Ones by College Students

THE OUTLOOK STAFF OPINION

The Presidential Election taking place in November of 2012 is the result of events that happened almost 225 years ago. Countries around the world fight for the right to vote. This is a right, *The Outlook* staff, believes is taken for granted by the college student community.

Most of staff believes that voting is something every eligible person should participate in. The staff believes college students are the next generation to enter the work force and should vote for who will do the best job so that all of us have jobs once our education at the University is completed.

This election even affects some of us now. Students should be paying attention to the people who decide how much money we can have for school. College kids can absolutely affect this election, but probably not more so than any other specific group.

Candidates can get college kids attention by talking more about issues that affect us more immediately, like student loan reforms. A major issue over the summer was student loan interest rates and this problem was eventually resolved but what will stop it from coming up again. Student issues will continue to be ignored if students do

not get out and vote.

In 2008, President Obama rallied support of college students all around the country. His use of social media and rallying younger Americans to go to the polls helped him defeat John McCain. In a study done by the United States Census Bureau in 2009 reported that in the age bracket of 18 to 24 with some college education that 56.6 percent voted while those with bachelor degrees had 71.1 percent vote.

The advice we offer is to educate yourselves. Ask questions to professors, read up on both sides of an argument and choose issues that mean the most to you.

According to the Pew Research Center publication in November of 2008 claims that 65 percent of the college educated voted for President Obama while John McCain received 32 percent of the vote in the 18 to 29 grouping. The President continues to attempt this method against Mitt Romney. Most college students claim that they do not know where to get information or that is bores them. *The Outlook* staff believes there are many news outlets to receive your news from just be aware of bias opinions.

As for being bored by politics. Some members of the staff believe that if you do not vote you have no right to complain since you

did not voice your opinion when given the chance. Others still believe you have the right to challenge your elected officials if they do not come through on campaign promises.

Some believe that voting doesn't affect anything. It is believed that one vote really doesn't make a difference and even so that the college student's voices are drowned out by those who are older and are the focus of most political campaigns due to their regular voting.

It is our belief that most college students just don't care about what politicians say because they feel they can't trust them or the media outlets that represent them.

*The Outlook* is all about passing on knowledge to the student body of Monmouth University. While some of you will decide to vote because you feel you have to or because you are truly passionate about it, keep in mind that people die all around the world for a voice in their government and people died in this country for it. As you head off to the polls to vote on November 6, it will be your chance to let your voice be heard in our government.

The advice we offer is to educate yourselves. Ask questions to professors, read up on both sides of an argument and choose issues that mean the most to you.



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# Microwave Recipes Give Flexibilty, More Options

## Dinner Made from Comfort of Dorm

RACHEL GRAMUGLIA  
STAFF WRITER

There is definitely a stigma about microwavable food. Everyone thinks that the only food that can be made in the microwave is Easy Mac, Chef Boyardee, Ramen Noodles, Hot Pockets, Taquitos, appetizers, etc.

What if you want to get a little fancy with your microwavable meals? I have stumbled upon (and created) some of these new microwavable recipes. I decided to master the art of making microwavable peanut butter mug cake, red velvet mug cake, and lasagna.

Yes... I just went there.

The first recipe out of my “super delicious microwavable conquest” was the peanut butter mug cake. Being that this was my first time actually trying to construct something from scratch in the microwave, I wanted to make sure I executed this perfectly.

It is as simple as combining all the ingredients in an oversized glass mug and whisking them thoroughly. Microwave the mug on high for one and a half minutes. When it is done, check to see if it is fully cooked through. If not, place it back in the microwave in 30-second intervals until it is fully cooked. It is just the right size for when you want something little but not too sweet.

The next microwavable mug confection I wanted to try was the red velvet mug cake. Red velvet cake is by far my favorite cake to eat, so obviously, I had to make it. This one involves a little bit more

time, and a little bit more ingredients; but it is totally worth it!

Combine all of the ingredients for the cake into the mug. Whisk thoroughly. Microwave the mug for one and a half minutes. It might need an additional 30 seconds, but be careful not to overcook the batter because it will become rubbery and gross (that happened on my first try!).

For the frosting, allow the cake to cool. Combine all of the ingredients in another bowl until light and fluffy. When you are finished, spread them onto the cake inside the mug, and viola! You have made yourself a mini red velvet cake. This is something that I could eat all day and never get sick of it!

Last but certainly not least, I made microwavable lasagna. This one was a wee-bit tedious but the end result was very impressive. The website I had found it on calls for ground beef in the recipe, but because dorm rooms do not come with a full-scale kitchen, take out the ground beef.

Additionally, the recipe had some ingredients that were a little too inconvenient for a college dorm, so I just subbed them out. If you would like the full-length recipe, it can be found on cooks.com. Search for “Microwavable Lasagna.”

Here is the list of ingredients that I used:

- Three lasagna pasta sheets
- Six tablespoons of pasta sauce
- Eight oz. of mozzarella slices (Three to four slices)
- Half a cup of grated parmesan

cheese

In order to make this recipe, you have to cook the pasta first. This step is really easy. All you need to do is break the three lasagna sheets because you will layer them in your mug. Place the broken lasagna sheets in a microwavable bowl and fill the bowl with water (about half way). This is where you will use your Easy Mac skills. Place the bowl with the pasta and water in the microwave and cook it for three and a half minutes. Depending on the strength of your microwave, it may make take more or less time. Check to make sure the pasta is cooked. The lasagna should be floppy but retain its shape. Be careful because lasagna can break very easily. If the pasta is not cooked through, place it back in the microwave in 30-second intervals.

Once the pasta is finished cooking, you can then spoon the sauce at the very bottom of your mug. Next you will place a piece of the lasagna on top, and then add more sauce and a layer of cheese. You will follow this pattern until you reach the brim of your mug. Cover the top of the mug with saran wrap and place it in the microwave for approximately 20 minutes.

Due to the fact that this was my first time making this, I did it in 10-minute intervals, just to be on the safe side. Once it is all done, let it sit for a few minutes. Next thing you know, you will be in cheesy lasagna heaven.

I am officially calling myself

Ingredients List

Courtesy of [lacreativitedelafille.blogspot.co.uk](http://lacreativitedelafille.blogspot.co.uk)

Peanut Butter Mug Cake

4 tablespoons of flour  
4 tablespoons of granulated sugar  
¼ teaspoon of baking powder  
1 egg  
3 tablespoons of peanut butter  
3 tablespoons of milk  
3 tablespoons of vegetable oil

Red Velvet Mug Cake

Cake:  
  
4 tablespoons of flour  
4 ½ tablespoons of sugar  
1/8 teaspoon of baking powder  
1 ½ tablespoons of unsweetened cocoa powder  
3 tablespoons of oil  
3 tablespoons of buttermilk (milk is fine too)  
1 egg  
½ teaspoon of red food coloring  
  
Frosting:  
  
2 tablespoons of cream cheese  
2 tablespoons of butter  
½ cup of sugar

a connoisseur of the microwave. These recipes are ones that you should keep for the books. Despite the fact that I left my cooking area a mess, it was totally worth it. It just goes to show you, good food from the microwave does not necessarily have to come from a frozen box. It can be made fresh and homemade. Happy dorm eating!

# School Spirit Sees Steady Decline in Recent Years

## Do All Hawks Truly Fly Together?

ANNA CHAMBERLAIN  
STAFF WRITER

Last weekend, the University had its annual Battle of the Buildings. My roommates and I were excited to take on the other teams and sport our amazing tie-dye t-shirts. However, when we did arrive there was a little bit of disappointment. The quad was quite empty and the teams only had about seven or eight people each. The occasional passerby would stop and cheer for their prospective dorm, but the pep was still lacking a bit for the afternoon.

Since my freshman year, I have noticed that students do not have the same amount of pride as they used to, or they just do not outwardly show it anymore unless it is at big events that everyone is going to, or there is the bribe of free food and prizes. Even then, it seems like there is no support. Whatever happened to participating because a person wanted to show that they supported their University?

Last year during a few basketball games that I went to, it seemed that it was always the same Monmouth students there cheering on our athletes. It was great to see students with their faces painted and chanting on our Hawks and heckling the other teams. Still, it would have been nice to see an increase of students at all the games and not just the ones where there were free t-shirts. There seems to be a certain type of apathy that has spread amongst students, and it is a little bit upsetting to see that

people are not taking the initiative to show pride in their school, especially with the smaller events that happen on campus.

Even at tables, I see people just walk on by because they cannot be bothered with a Greek Organization trying to raise money or a club handing out pamphlets to get the word out. It was painful to see people say they did not have the time and then sit at a table or bench nearby on their phones or chatting with friends.

Would it really hurt to take that minute to hear what someone has to say? Have we really gotten to that point in our society where we do not even want to hear about an even unless it is posted all over Facebook or in five different emails from the University?

Everyone has busy schedules, and there are times when we simply do not want to be bothered when the day is full of class, tests, work, and homework. There is a difference between politely declining because of a hectic day and just outright ignoring people. I have had my fair share of days where I wanted to do nothing but go to class and not stop to buy tickets for a fundraiser or fill out an interest form for a club, but I still try to be courteous by coming back at a later time. Do not dismiss other organizations that you are not part of. You could be missing out on an opportunity that you could enjoy.

As a school, we are all supposed to work together in order to have the best experience here at the University both academi-



IMAGE TAKEN from [gomuhawks.com](http://gomuhawks.com)

Each year, fewer and fewer students have shown the school spirit and morale that has been displayed in previous years by former student bodies.

cally and socially. While it is physically impossible to go to every event on campus, the ones that you can go to can make all the difference. Is sitting in your room chatting on Facebook really going to help you socialize with people? Getting together with a group of friends to check out a program or event on campus will not only show school spirit, but it could also be a chance for you to bond and find a sense of community here. Isn't that the reason a good portion of us went away to school, to try something different? Even if you go alone to an event, you may be pleasantly surprised what new experiences you find, or who you meet while supporting your fellow Hawks.



# Mock Trial is Now in Session

## New Mock Trial Team Started at the University

CHRISTOPHER ORLANDO  
POLITICS EDITOR

The University is proud to announce the formation of a mock trial team. The team will be coached by Dr. Gregory Boredelon, lecturer of law.

The purpose of the mock trial team is to simulate court room proceedings so that students can understand the pressures of performing in a court room. The tournaments are sponsored by the American Mock Trial Association (AMTA).

Boredelon believes students will learn many skills that are necessary to become an effective attorney. Boredelon said, "The most focused skill learned is the science of trial advocacy, obviously. More importantly, it can show team members the ins-and-outs of daily litigation work for many newly-minted lawyers." "However, having to learn rules of evidence and some trial procedure also is a bit like a college course because the team members will have to not only know these rules cold but also be able to apply them in a very quick manner when raising objections. Public speaking skills and acting are in there as well."

The team is made up of six students: Katelyn Nawoyski (Team Captain), Alexandria Todd, Jenna Ferraro, Susan Pagano, Cara Turcich and Michael Lucia.

Katelyn Nawoyski, communication major, is excited for the opportunity not only to be on the team but to be its captain. Nawoyski said, "I got involved with Mock Trial because I am looking to go to law school after I graduate from Monmouth and I thought it would be good preparation for what I'd be doing in law school." "Professor Boredelon, our advisor and the Pre-Law advisor here at Monmouth, approached me about being captain of the team because of my position in the Pre-Law club, my leadership experience, and my plans to pursue law school, and I couldn't help but to say yes. I think it's going to be something really fun and really beneficial for my future at the same time."

Alexandria Todd, senior political science major, shares Nawoyski's enthusiasm. Todd, who is in the process of applying to law school, believes this is a great place to start. "I joined mock trial team for the invaluable experience of having practice in a courtroom setting," said Todd.

The Political Science Department is excited to add the mock trial team to its rank of teams. Boredelon is thankful for the support of the Political Science Department.

"All faculty members of the Political Science and Sociology department have been incredibly helpful in getting this off the ground; our department's willingness to get these types of student-centered clubs going is truly phenomenal, and I think Mock Trial will be a great 'sibling' to Model U.N. and the Monmouth Debate Team," said Boredelon. "Both the team and the pre-law club are open to all, so we'd love to have all parts of the MU community promote interests in these types of activities."

Boredelon added, "I think that our students competing in inter-school mock trial competitions are great for the Monmouth community. Adding to our ever-increasing national name recognition, the mock trial team will

carry on the 'hawk' spirit when we compete in invitational tournaments this semester and regionals in the spring."

Students of all majors are invited to join the team. Boredelon is optimistic that once the word of the team spreads it will lead to diversity from the many majors at the University. "I think as the program grows (we're in our first year now), more and more students will become interested" Boredelon said. "What is great about mock trial is that it borrows from so many fields (policy, critical discourse, theatre, logic just to name a few) that no matter your major, you can be a part of it and have a great time meeting students from other universities with the same interests! So many students find their 'niche' for law school studies in these types of competitions."

Cara Turich, sophomore political science major, is hoping that the court room experiences will help her in the future. Turich said, "I joined mock trial because I want to be a lawyer and this club allows me to practice in the role."

Boredelon said this was something he has wanted to do since joining the University community last year. "As pre-law advisor and club sponsor as well as teacher, I always want students to understand the substantive obligations of studying law and then becoming a lawyer," said Boredelon. Therefore, in addition to encouraging pre-law members to seek out public service opportunities, I felt that aspects of the daily practice of law should be examined for students here at Monmouth."

Boredelon also gives credit to his pre-law club executive board members. "I was curious to see what other opportunities exist out there for Monmouth students last year, which was my first year teaching at Monmouth. In the spring, I started thinking about the possibility of a mock trial team and the 11-12 pre-law club officers really did the footwork to research the viability of a team for this year (12-13); to that end those club officers last year, namely Jess Rohr, Lexi Todd, Kate Nawoyski, Dan Roman and Karina Bandy have a lot to do with why we have an actual team this year and why, looking into the future, 'one' team is only the beginning, we could have multiple teams competing as early as next year."

Todd is excited to continue her work from pre-law club this year. Todd stated, "I most look forward to fulfilling the role of an attorney this year. I am excited to practice in an environment that is a close to a real court hearing as possible."

The team will waste no time in heading to competition. Boredelon said, "This year the case is a civil case (the American Mock Trial Association alternates civil and criminal each year) and we know that it has something to do with an accident that occurs on an underwater diving expedition; we will start breaking down the problem soon. Team members will have to argue for both the plaintiff and the defendant in the case of *Allen v. Neptune Underwater Expeditions*; they really are building skills critical to the adversarial process of the American judicial system."

Nawoyski is most excited for this part. "I'm most looking forward to our first tournament," said Nawoyski. "I don't really



PHOTO COURESY of Dr. Gregory Boredelon

Susan Pagano, Alexandria Todd, Katelyn Nawoyski (Captain), Cara Turcich, Jenna Ferraro, Michael Lucia prepare for their first tournament.

know what to expect. I've never done Mock Trial before! So I think it will be interesting and I can't wait to get that first experience under my belt."

Boredelon also said they will be competing in AMTA tournaments this year. "We've already planned at least one invitational tournament later in the fall semester with regionals in February of 2013," he said. "We just started weekly practice but based on the amazing learning curve of this team and the willingness of the MU community and the Political Science and Sociology department to support this effort, we could possibly be ready for a second invitational later this fall."

Sophomore political science major Susan Pagano is looking forward to the first competition the most. "I am most looking forward to our first invitational. All of the preparation and hard work that we put in will be put to the test in that first tournament. Even though it will be a little intimidating, I am so excited to actually go before the judge with my team and try the case to the best of our abilities," Pagano said.

Not only is the mock trial team good for a student's time in college but it also helps with future job prospects. William Hill, Assistant Dean of Career Services, said, "Mock trial teams help focus on growing practical real world experience." He also says it helps enhance verbal communication, which is a huge bonus in any job field. Hill mentions that speaking in front of an audience is a major fear of people in general. "Mock trial helps with speaking in front of people and growing confidence in those situations."

Boredelon echoes Hill's statements adding, "I think as law schools shift their admissions standards to keep pace with the changing economy and advances in technology, there will be a call for more developed 'legal' skills before entering the J.D. program. That said, the advocacy skills built in a college mock trial arena are invaluable, putting our students well ahead of other law school applicants (for example, they will have already studied

the law of evidence; something they'll take in law school). Further, mock trial allows students to network with other students who may eventually become their colleagues in law school and in practice, not to mention meeting practicing lawyers and judges who help judge the competitions. This builds a student who will be more practice-ready."

Nawoyski agreed with Boredelon. "I definitely think this club will help team members with future job prospects for a few reasons. It's a rather small team with only six to seven participants, so it's fairly competitive, meaning you have to stand out to get on the team. It gives members a fair amount of leadership experience. And, of course, it gives students 'legal' experience, in the means that it introduces them to legal terminology and the ways that lawyers work, presenting evidence, creating a defense, etc. The skills are appealing to not only employers, but to graduate and law schools."

Todd believes this team offers hands on experience that few get to experience. "I absolutely think that this will help with future job prospects," Todd said. Upon graduating law school, many ap-

plicants lack the hands-on experience that firms are looking for in their new employees. In this aspect, having participated in Mock Trial as early on as in my undergraduate studies will help to prove to employers that I have experience outside of the classroom."

The mock trial team will have to advocate, persuade and prepare students for their competitions, but Boredelon has a bigger goal. He said, "[The team should] have fun, learn the competition rules and just get at it! This team has a lot of drive and has committed their busy schedules to giving this a shot, being trailblazers of sorts. All of the 12-13 team members are diligent, conscientious students, so all I have to do is 'coach,' they'll take it from there. I believe as a teacher that if you believe that you can do it and you've prepared, then any 'nerves' that you get are just your body's way of telling you, 'You got this.'"

Students of all majors are encouraged to join the Mock Trial Hawks by reaching out to either Dr. Boredelon or showing up at one of their weekly practices. New members of all majors are welcome.



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# The Ins and Outs of Interning in Politics

## University Student Interns with Congressman; Encourages Others to do the Same

DAN ROMAN  
STAFF WRITER

When I heard those words, “Come in on Monday” I was ecstatic. I wasn’t certain I would get the internship I applied for with Congressman Bill Pascrell, from the 8th district in New Jersey, I just applied thinking the worst they could say is no. So when I heard I had gotten it , I was beyond happy. I never thought that they would take a freshman, especially with so many juniors and seniors looking for experience in politics before they graduate. I gratefully accepted and started one of the most exciting summers of my life.

I went to the Paterson office at the perfect time. Starting in May, I was thrown into a contentious campaign. Pascrell was battling fellow incumbent Congressman Steve Rothman for the Democratic nomination for the newly drawn 9th Congressional district in New Jersey. Rothman and Pascrell had been forced to battle because of redistricting in the state. Rothman had a choice to go after Republican Congressman Scott Garrett, but thought Pascrell would be easier to pick off. Congressman Pascrell said it best when he quipped “With friends like these, who needs enemies”.

The office needed all the help they could get. While working at the office we would make phone calls, go door to door, set up fundraisers, and be around all day to do whatever we could to bring congressman Pascrell back to congress. Polls had each campaign sweating, as they were statistically tied with each other. Both teams knew that the campaign which was able to bring more of its voters to the polls would win. Every single vote would count. Our campaign even helped a 95 year old bed-ridden woman vote, by bringing an absentee ballot to her bedside. Going door-to-door in Paterson and Clifton the

week before the election turned out to be the successful strategy. Pascrell won hands down by 11,000 votes or 61 percent to 39 percent for Rothman, respectively.

The post-election was just as interesting as tons of top political operatives from across the state called to congratulate Pascrell. The best however, may have been the phone call from President Obama himself. The Commander-in-Chief calling was just another day at the office.

After the election in June the office tried to return to normal activities. This is when I experienced my favorite part of the summer, helping the constituents. By talking to people across the district, I was able to see how government truly reaches the people. You read about government everywhere, but for me my politics truly changed. Caseworkers dealt with immigration, social security, Medicare, veterans and housing. People’s very well-being was at stake, and they all took their jobs very seriously. The personal relationships between constituents and caseworkers amazed me. Our office helped families keep little children from being deported, making sure a man’s young son is safe in the chaos of Syria, a homeless veteran, who they were able to put in a nursing home, and explaining the new health care law to average citizens who couldn’t afford to get their kids health insurance, until now.

Interning changed my view of the world I hope to spend my career in, politics. Yes, it is about connections and knowing people, but in my view it is more important to remember why you are there in the first place. We were helping the people of our district. I wasn’t getting paid, and I was driving 45 minutes to and from work every day, but I loved every second of it. It reaffirmed my commitment to having a career in public service.



PHOTO COURTESY of Dan Roman

Student Dan Roman is pictured above with Congressman Bill Parcrell from District Eight.

Political Science career advisor Dr. Enoch Nappen believes in internships, “It is so important to get a chance to work in an office as a student” he adds “an internship in politics is great because not only are you dealing with the legal aspects, also you can get a letter of recommendation for a great future job.”

The University offers a program where students can study in Washington D.C. for their internship. Junior Political Science major Sam Maynard is looking forward to his

internship next spring in Washington. Maynard says “I cannot wait to go, Washington is the center of it all, and interning is so important to start a career in politics.”

There were tough times at the office where other interns wanted to quit. It is a lot of work researching, answering phone calls, getting breakfast for the Congressman, and other duties the staff didn’t have enough time or patience to complete. The best interns were the ones who did the work without

complaining. Each intern wants to be involved in the glorified politics of it all, but you must start somewhere. I am finished with the internship, and am very glad that I was a part of it. Next summer I may go to Washington D.C. where this year each intern was offered a position to do the policy side of politics, while this summer we saw the Constituent side. That is of course as long as the Congressman wins on November 6th, which he is major favorite.

# U.N. General Meeting Arrives Amid Video Controversy

## Human Rights Problems at the Top of the Agenda

PAUL RICHTER  
MCT CAMPUS

The annual U.N. General Assembly meeting, which is intended to celebrate the world’s common values, this year is exposing instead the gulf between Western and Islamic perspectives on freedom of expression, posing an unexpected challenge for President Barack Obama when he speaks in New York City Tuesday.

Prompted by the anti-Muslim video produced in California that has stirred deadly riots around the world, delegations from major Muslim nations have arrived at the U.N. prepared to demand international curbs on speech or media that they believe defame their religion or the Prophet Muhammad.

Western leaders say they won’t give ground on free speech, but the clash is souring the mood at a gathering that diplomats had hoped would yield new collaboration on Syria, the dispute over Iran’s nuclear development and the challenges newly elected governments face a year after the “Arab Spring” toppled authoritarian rulers in the Middle East and North Africa.

The demand for limits on anti-Islamic expression is coming from leading Islamic groups such as the Organization for Islamic Cooperation, and leaders as diverse as

Turkish Prime Minister Tayyip Recep Erdogan, Egyptian President Mohamed Morsi, and Iranian President Mahmoud Ahmadinejad.

Erdogan, who Obama views as a key ally, has declared that all 57 Islamic nations “should speak forcefully with one voice,” and has called for “international legal regulations against attacks on what people deem sacred.”

These leaders consider anti-Islamic material a kind of “hate speech” that should be banned around the world. They are expected to demand those regulations when debate begins Tuesday in the General Assembly.

“This has exposed a huge fault line in political philosophies,” said Stewart Patrick, of the non-partisan Council on Foreign Relations. “It may be irreconcilable.”

The dispute puts Obama in a difficult position in the closing weeks of the presidential race. While the president will stand firmly for First Amendment values, he needs to be careful in condemning the anti-Muslim video not to sound an apologetic note that would draw political fire from his adversaries.

The White House was hoping Obama could use his U.N. address to show how his administration’s support for democratic movements in the Arab Spring, and greater engagement with the Muslim world overall, have improved

America’s international standing after a decade of war in Muslim nations.

Instead he faces a jarring reminder of the anti-American riots in some 20 nations, and the storming of the U.S. Consulate in eastern Libya that killed U.S. Ambassador J. Christopher Stevens and three other Americans on Sept. 11. The White House last week described the heavily armed assault in Benghazi as a terrorist attack.

The controversy is expected to breathe new life into efforts by the Organization for Islamic Cooperation, which pushed unsuccessfully for a dozen years for the U.N. Human Rights Council to pass a resolution making anti-blasphemy laws a matter of global human rights.

A battle at the U.N. for such a standard, even if it doesn’t pass, is a setback for U.S. policy on several levels.

Experts say it helps legitimize efforts in parts of the Islamic world to enforce tough anti-blasphemy laws that may be used to target moderate politicians and permit harsh treatment of minority groups and religions. It also could make it harder for missionaries seeking converts, and Western nongovernmental groups pushing for democratic governance.

“This could justify tough crack-downs on religious minorities,” said Patrick. “This does touch on

American values. ... U.S. officials have been very worried in the past that this effort would catch on.”

In Pakistan, it is a crime to insult the Prophet Muhammad, the Quran or Islam, a law that critics say can be used to settle scores against adversaries or persecute minorities.

In Egypt, Coptic Christians have said they worry that the anti-Islam video, called “The Innocence of Muslims,” could unleash a wave of violence against them. A pair of men reportedly involved with the video are Egyptian immigrants tied to conservative Christian causes.

The demand for limits on supposed hate speech reflects, in part, new political realities since the “Arab Spring.”

In countries like Egypt and Tunisia, previously outlawed Islamist parties are competing openly for votes and power. Their leaders are seeking to outflank more moderate political rivals, who feel increasing pressure to back down on free speech amid the broader public outrage.

Morsi, the Egyptian president, was slow to respond when protests broke out over the anti-Islamic video. The Muslim Brotherhood, now a dominant force in Egyptian politics, wants to maintain its legitimacy on the streets, and it took two days after crowds stormed the U.S. Embassy for the new Egypt-

tian leader to publicly condemn the attack.

Rachid Ghannouchi, leader of the moderate Islamist Ennahda party in Tunisia, is widely respected in the West, for example. But he has joined the calls for international criminalization of anti-Muslim speech, and his party has introduced a draft law in Tunisia’s legislature that would make such behavior illegal.

On the far end of the spectrum, Hassan Nasrallah, head of the militant Shiite militia Hezbollah in Lebanon, has also called for international rules to ban insults against Islam, as well as insults against Christianity and Judaism. His comments are viewed as a sign of the popular appeal of the issue since Nasrallah rarely concerns himself with international diplomacy.

Ahmadinejad, the Iranian president, told reporters in New York on Monday that Israel is only a short-lived presence among the ancient civilizations of the Middle East and would eventually be “eliminated.”

Meanwhile, the situation in civil war ravaged Syria “is extremely bad, and getting worse,” Lakhdar Brahimi, special envoy for the United Nations and the Arab League, told reporters in New York. The violence there “is a threat to the region and a threat to peace and security in the world.”



# Running the School: Literally

EVAN MYDLOWSKI  
CONTRIBUTING WRITER

Staying fit in college is not the easiest thing to do. The Multi-purpose Activity Center is a great, inexpensive way to stay in shape but many people do not like working out in front of others, let alone being forced to go to a gym. Instead of using the MAC, some may like to run outdoors and view nice scenery on the way to their destination. As a former collegiate cross country athlete, I will present you with some insight to great running paths around MU. The number one thing people love about the University is the close

other hand, running to the end of the boardwalk would be about 3.1 miles. This would be a more difficult option for an inexperienced runner because the total, if going back to campus the same way, would amount to a little over six miles. Keeping in mind that the beach is not for everyone and can even become dull, one can choose to run the opposite way on Cedar Avenue heading towards some local parks. Taking a left out of the residential parking lots onto Cedar Avenue and heading towards the intersection at Monmouth Road will send one directly to an option of two different parks. The intersection of

see Franklin Lake Park soon after turning onto Franklin Parkway. If able to keep on running, there is a path that wraps around the lake. To head back to campus after completing the lake path continue down Locust Avenue. Make a left at Nelly’s onto Cedar Avenue (towards campus) in order to complete a 4.4 mile run. If one prefers staying close to campus with a shorter route, running the perimeter of MU would be approximately 2.5 miles. This path would include taking a right down Cedar Avenue when coming out of the residential side of campus and then making a left onto Larchwood



IMAGE TAKEN FROM Runmyroute.com

A 1.3 mile run heading to the beach is shown. Along with many others, this run provides a scenic route.

proximity to the beach. A great way to enjoy a beach day while getting exercise would be to run to the shoreline. Running from the library towards the beach and stopping at the end of Cedar Avenue is precisely a mile. If one were to run to the beach, stay there for a little, and then run back, it would be an enjoyable two mile workout. If one wanted to push themselves further than a one mile mark but still preferred to use the Cedar Avenue route, it is a novel idea to turn left onto Ocean Avenue. Making a right turn at the first street will bring one to the shoreline but would also add an extra .3 miles to the route. To achieve a longer beach run, continue to the Moss Mile, or even further to the end of the boardwalk running past Pier Village. If the Moss Mile is the route of preference, then one would add an additional mile to the previous Cedar/Ocean Avenue run, and would end at the beginning of the boardwalk. On the

Monmouth Road and Wall Street marks about a mile. There, students will find a park on their right as well as their left. On the right will be Sorrentino Park, where a dirt path has been created around the perimeter just for running purposes. Taking this path will result in a 1.5 mile run without even heading back to campus yet. On the left will be Wall Street Trails. The main path around the Trails is a little over half a mile. For more experienced runners, a great route to follow would be making a right out of the residential parking lots and heading down Cedar Avenue towards Sorrentino Park. Instead of going straight on Monmouth Road, make a right onto Wall Street and then take the first left, at what will be Locust Avenue. Keep running past the Betty McElmon Elementary School until you see Franklin Parkway. On Franklin Parkway, make a left. Keep running past both Throckmorton Avenue and East Lakewood Avenue. One should

Avenue. Go pass the commuter lot until Park Avenue is in view. On Park Avenue, make a left and keep running to the next street, which is Norwood Avenue, where one will make another left. Continue on Norwood Avenue all the way to Cedar Avenue until you see the Guggenheim Library. New runners should take a less complex path than any previously mentioned. There is an easy one mile route that makes a perfect square around the dorm buildings. This route is rather simple since it is merely making a right at every street until you approach the library, or vice versa making all lefts. With the summer days over, running outdoors will become easier since the humidity will no longer be a factor. Running outside should also be easier without battling the awful summer heat every step of the route. Thus, there is no reason to stay cramped in the MAC when all these new running paths have been exposed to enjoy.

# Eating Right to Make a Run Last

MAGGIE ZELINKA  
LIFESTYLES EDITOR

Whether it is a marathon or a mile, eating properly before and after a run is crucial to one’s success. What to eat before a run is common sense. Lean towards processed carbs along with low fiber fruits while straying away from junk food and soda. The reason processed carbs are preferred over healthier items such as whole grain bread is because these are easier on one’s stomach while running. If planning to run some point throughout the day, a wise choice for breakfast would be a non-whole wheat bagel with peanut butter accompanied by a small glass of water. After a run, many feel as if they are invincible. Make sure to keep in mind that even though you have worked out, your body has to replenish all that it has lost during the run. One should aim to get a decent amount of both unprocessed carbohydrates as well as protein into their body after a run. Many runners follow a 3:1 or 4:1 carbs to protein ratio. While this is the norm for a decent number of runners, ev-

everyone is different and it is important to figure out what ratio is best for your body. A great drink of choice after a run is chocolate milk. According to madetorun.com, “consistent consumption of chocolate milk after sustained exercise dramatically lowers the levels of creatine kinase (an indicator of muscle damage).” Another drink to consume after a run would be a protein shake. Whey and Soy protein powders are favored by many marathon athletes because they help restore muscle glycogen, a main supplement used by the body during long distance runs. Foods are equally important when it comes to replenishing the body. While eating unprocessed carbs before a run are sensible, the opposite is true after a run. Snacks to choose after running in order to acquire carbs would include any whole wheat bread, pasta, or potatoes. If you do not have time to sit down for a meal, grab a banana. Do not eat these foods immediately following a run or else you may begin to feel queasy; instead, wait about fifteen minutes before stocking your plate with carbs. The most common source of

protein has become Greek yogurt. The University’s nutrition professor, Megan Squires, stated, “First off, it tastes great. It has a smooth, creamy texture. Second, it provides 3x the protein as traditional yogurt. Add some berries and a dab of honey and you have a nutrient- packed power snack!” Other sources of protein include but are not limited to: Hummus, chicken, and almonds. Although nuts in general have been known as great protein sources, Professor Squires urges for people to “remember that nuts do contain a lot of fat per serving. Although it is a healthy fat, just watch your calories to avoid weight gain.” As previously stated, it is important for runners to remember that they are not invincible after a run. If one wants to eat pizza directly after a great workout, that pizza will not only cancel out the workout, but also give your body unhealthy nutrients to recharge from its losses. Therefore, it is the utmost importance to fill your body with processed carbs prior to a run and unprocessed carbs as well as proteins about fifteen minutes after a run.

# Distance vs. Sprints

## Which is the Better Choice?

MAGGIE ZELINKA  
LIFESTYLES EDITOR

Sprinting vs distance: While both include running, there is an ongoing debate about which field is particularly more difficult to compete in and better health wise. “Sprinters rely heavily on glucose as energy sources in their events, which at the top level last less than a minute,” Livestrong.com stated, “Distance runners, on the other hand, rely on a mix of stored muscle glycogen, which is converted to glucose, and fatty acids liberated from fat cells and muscle cells.” Head Track and Field coach, Joe Compagni, states, “I think they are both difficult in their own way. I think anytime somebody trains as a sprinter and sees what long distance runners do, they earn some respect for them, but then the reverse is also true. The distance runners look and think the sprinters workouts are not as challenging but then they actually do them and see they are just a lot more intense.” According to *Forbes*, there are both pros and cons to sprinting as well as running long distances. Jon Entine believes that sprinters are born not made. “Genetically linked, highly heritable characteristics such as skeletal structure, the distribution of muscle fiber types (for example, sprinters have more natural fast twitch fibers, while distance runners are naturally en-

Livestrong.com claims that running long distances will enhance “cardiovascular system far more than sprint training will.” Furthermore, Compagni says that he is a better long distance runner but could work at becoming a sprinter. The reason he would have to work to become a sprinter is because anyone can work to attain endurance but physical aspects come into play more when sprinting. Included in long distance running are mental elements that must be overcome. Whether it be thinking of strategies or random ideas filling your head, a distance runner’s most difficult task is to stay focused in order to keep a constant pace. While sprinters tend to tear their hamstrings, distance runners create damage to their bodies over time. “Long distance runners’ injuries are caused more from the repetitive nature of what they do so they are more impact related injuries,” Compagni continues, “Probably stress fractures or knees, or just things that are related to doing the same thing 1,000 times over.” When it comes to calories burned, sprinting is a higher intensity workout and therefore burns more calories. This does not mean long distance running is not as good of an exercise as sprinting because that too takes strength and sweat to do. Any exercise one does burns calories so do not feel like sprint-

## “All of us have slow twitch and fast twitch muscle fibers and part of that determines what kind of athlete you are.”

JOE COMPAGNI  
Head Track and Field Coach

dowed with more of the slow twitch variety), reflex capabilities, metabolic efficiency and lung capacity are not evenly distributed among populations,” Entine notes in one of his articles. Compagni supports Entine’s claim. “You use the same muscles in different ways,” Compagni says about distance runners verse sprinters, “All of us have slow twitch and fast twitch muscle fibers and part of that determines what kind of athlete you are, or what things you will be better at. Whatever you have, you can develop either one.” If being a well-thought-of sprinter does rely in genetics, then it does not matter how much one will train to beat his or her opponents because his or her opponent may have a more suitable build for the situation. Compagni notes that sprinters often suffer hamstring related injuries. Therefore, sprinters push themselves hard to achieve a goal, they end up tearing and pulling their muscles or ligaments from their ongoing exercises as well as their quick jolt at the starting line. Sprinters must compete in various events during a single meet. The most common are the 100, 200, and 400 meter races for an outdoor sprinter. An indoor sprinter will likely compete in a 55 meter race or 110 meter hurdles. These races are much different from any distance runner’s event because they usually are painless and quickly finished. Unlike sprinters, distance runners need to build up stamina for their meets. For instance, the ever popular 10k race is usually finished around 30 minutes while sprinters sometimes beat the minute mark before they finish their races. Pros and cons can also be found in running long distances.

ing is healthier than distance running or vice versa. In the end, one has to decide for themselves if long distance running or sprinting is a better option for their body. The reason a higher intensity workout burns more calories is because the body is being demanded at a greater level. While it is true sprinting for 30 minutes may burn more calories than a long distance 30 minute run, it also tires the body quicker than running for distance. If a sprinter stops after a 30 minute workout and a distance runner keep running for an hour length, then the distance runner will more often than not burn more calories than the sprinter does. Sprinting also helps enhance the body’s metabolism by becoming quicker, therefore helping burn more calories throughout the day even when one is not exercising. Many believe that it depends on how fast one is running to determine how many calories are burned when it comes to long distance routes. Livestrong.com says, “Fast or slow, you will be burning essentially the same number of calories per mile when running. The harder the effort, the fewer miles you will be able to cover, and vice-versa.” Thus, it does not matter if one is slow or fast; endurance is the true requirement and linkage of running for distance and weight loss. Livestrong.com also notes that long distance running does not burn as many calories as sprinting but it does burn more fat than sprinting. While this may not have helped solve the ever long debate of whether sprinting or distance running prevails over the other, it may help to determine what is best for a certain person’s goal.



Did you apply for graduation?

⚠️ ATTENTION STUDENTS ⚠️

In order to be on target to complete your degree requirements and graduate, the ORR urges you to apply for graduation no later than 1 year prior to your anticipated graduation date. By applying early, this affords you the opportunity to receive an official degree audit from the Registrar’s Office indicating if you are ‘anticipated complete’ with your registered courses. If you are not ‘anticipated complete’, having this additional time allows you the opportunity to register for any additional required courses or requirements.

Good luck with your coursework this semester!

The ORR

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Monmouth University

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Visit Dr. Joseph Patten in the Political Science Department (Bey Hall Rooms 241 or 248) or Marilyn Ward in the Center for Student Success to pick up your Voter Registration application today.

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*This event is free and open to the public*



# Be Wary of the House

KEVIN HOLTON  
CO-ENTERTAINMENT EDITOR

You move from your hometown to a small community only to find out the previous owners of the House at the End of the Street were brutally murdered by their own daughter, Carrie Anne (Eva Link). The family's name is whispered by the locals, while others snap that the house should be burned down. Yet one survivor, a young man named Ryan (Max Thieriot), lives within it, trying to make his way, alone, through a world that hates the ground he walks on because of what his sister has done.

Or so you think. It is soon revealed that Ryan has locked Carrie Anne away in the basement, since, contrary to popular belief, she did not perish in the woods after killing her parents. Much of the action is centered on his attempts to restrain and control her, especially when Ellisa is near.

Before I continue, let me clarify something: Contrary to what the trailers imply, this is NOT a ghost movie. At all. Though several people die, no one, at any point, comes back from beyond the grave. Many reviews on this movie have been unfairly biased by the notion that this film should've had ghosts.

*House at the End of the Street* was a well-crafted psychological thriller about Ellisa (Jennifer Lawrence), who moves from Chicago to a small, unnamed town with her mother, Sarah (Elizabeth Shue), only to befriend the wounded and scared-looking young man who lives in the house where his family perished.

Ellisa is a young woman whose father, a musician, tends to spend a significant amount of time away from home due to being on tour. Her mother is not much better, since she has a drinking problem and a history of self-destructive promiscuity, at one point being described as a "wasted slut."

While Ellisa makes a few other friends, such as the energetic and musical girl known as Jillian (Allie MacDonald), it is clear from the beginning that her interest lies in Ryan.

By "clear from the beginning," I mean painfully obvious. This, along with a few other elements, was a bit cliché. For instance, Ellisa is the "tough on the outside" type who plays the guitar and sings as a way of coping with her irresponsible mother and absent father. She also meets Ryan after leaving a party at which she is assaulted by the "everyone believes that he's perfect but he's really a sleeze-ball" character named Tyler (Nolan Funk).

Another unfortunate aspect of the movie is the setting. It is not only as uninspired as they come (A horror movie set in the

woods? Really?) but there is no explanation as to the secret second basement in Ryan's house. He certainly didn't build it himself, and given certain details in the plot, is unlikely the parents could have built it, or afforded to hire someone else to. Though the movie was filmed in Ottawa, Ontario, no one says where the movie supposedly takes place.

While I originally had my doubts as to how good the movie would be, it surprised me in quite a few ways towards the end. I was not only surprised by the ending, but thoroughly enjoyed it. Though most of it felt like a rip-off of other successful movie ideas and generic concepts, I recommend seeing this movie at least once. Whether you see it in theaters or at home is up to you.

Foremost, the acting is fairly good throughout. Lawrence, who was great in *The Hunger Games*, delivered another great performance. Thieriot did phenomenally as well, perfectly capturing the evolution of his character. A number of supporting roles added to the thickening of the plot; each felt indispensable.

The cinematography was excellent. The portions shown from the perspective of Carrie Anne felt like the viewer was really seeing from a psychologically disturbed point of view. The screen moved in and out of focus while flashes, murmurs and other effects mimicked hallucinations, allowing the viewers to understand how sick she was without being directly told.

The script was also a shining feature in this film. Despite the character typing, the lines delivered were as revealing as they were brutal. One scene depicts Ryan sitting in a diner, staring into a cup of coffee without saying a word. While most movies would have him say something mournful or angst-ridden, Thieriot plays silence like Beethoven played the piano. Due to his excellence in the art of not saying anything, the waitress takes pity and brings him free cake.

That doesn't mean it was free of flaws- one scene depicts the hero cop weakly groaning, "I protected you," before getting killed.

At another point, Tyler and a group of friends provoke Ryan by vandalizing his car. They proceed to brawl and Ryan snaps Tyler's ankle to the extent where, in a later scene, a doctor reports that Tyler will limp for the rest of his life. Funk, however, does not seem to know what pain is, because he groans as if he had a stomach ache.

At the end of the film, I was left with a smile on my face; not necessarily because it was an original concept, but the ending did surprise me in ways I wouldn't have guessed. A novel execution, creative camera work, and impressive acting allowed me to look past some odd moments and the generic tendencies, earning 7.5 out of 10 stars.



House at the End of the Street premiered on September 21.

# The Generation Without a Voice

IAN SILAKOWSKI  
CONTRIBUTING WRITER

For generations, the subject of homosexuality has been one of the most dismissed and controversial subjects that people talk about. Some have looked down on homosexual men and women, while others pay no mind and accept them for who they are. Many are neutral on the subject, saying that it's a matter for those individuals to decide.

Stu Maddux, director of *Gen Silent*, has directed two other documentaries on adults living alternative lifestyles. He is an outspoken lesbian, gay bisexual and transexual (LGBT) rights activist and has led discussions in conferences across the nation, including those run by the American Psychological Association.

*Gen Silent* follows seven individuals, all of them in same sex relationships, and all of them in their fifties and above. Not only are they discriminated by people in general, they have problems that inevitably occur with the coming of old age. These situations clash when anti-LGBT mentalities prevent them from receiving the proper end-of-life care that they deserve.

*Gen Silent* came to the University as part of On Screen, In Person film series, wherein independent film makers tour with their films to discuss pressing issues across the world. Andrew Demirjian, a specialist professor from the Communications Department, enjoys the series. "[It] is a great opportunity for our students to learn first hand from Emmy award winning and Oscar nominated directors. Their views complement and expand on what we are covering in class and it brings a variety and diversity of production approaches for students to be exposed to," says Demirjian.

Usually when the topic of homosexuality comes up, the people who discuss it are referring to their peers, but it's not just about their generation they should take into consideration. Just like teenagers can't believe their parents were once their age, the younger generation doesn't realize that homosexuality has been around for years and that our elders have been fighting this kind of discrimination since they were young.

But what happens when those same elders, members of a generation that were once our age, are still fighting for acceptance?

The seniors featured in this movie have faced extreme discrimination in numerous circumstances.

Lawrence's partner, Alexander, is confined to a nursing home, slowly fading to the afterlife. Krysalis is a 59-year-old Vietnam War Veteran who had a sex change and has been abandoned by her family, including her son. Mel and Walter are two men who have never admitted that they are a couple. Lois and Sheri are borderline recluses who barely venture outside together, not even getting involved with the gay community. They are comfortable with, and love, each other, but throughout the film there is a sense of loneliness about the two.

This documentary is a revealing look at the lives and pasts of these seven individuals that tragically shows the fact that not much has changed for them, even after all these years.

As Lawrence states, he feels like a caterpillar in a cocoon that can't transform into a butterfly; he is still



IMAGE TAKEN from listal.com

*Gen Silent* follows one year in the life of elderly homosexuals trying to find acceptance.

hiding, as are all of them, in a way. Alexander has always been hiding and Lawrence wasn't even his first partner. His first partner committed suicide, while Lawrence reveals he has contemplated it, fearing he would have nothing to live for after Alexander.

Krysalis even sounds like she's disappointed that it takes so long to die. There are moments of hope throughout the film but they are arguably few and far between. Some

"The documentary *Gen Silent* conveys the very sensitive and controversial topic of gay, lesbian, bisexual, and transgender elders who are still fearful of the unaccepting world in which they live."

THOMAS HAYES  
Junior

of them are involved with the gay community, where the director shows them happy to be with people just like them but you get the feeling they want more.

The movie takes place over the course of a whole year, allowing the audience to be part of the journey these individuals are taking to slowly get their story out, share their hardships and find the strength to continue on.

Not every member survives to the end of the film. Other individuals sound as if they are continually trying to get by in a world that won't be kind to them.

Maddox captures these revealing insights through one on one interviews, with these seven individuals and also social workers and nursing home staff members whose job it is to take care of these elders- but they are compromised by their beliefs.

According to The Fenway Institute, over 50% of nursing home workers said that coworkers are intolerant of homosexuality and that 4 of 5 non-heterosexual elderly persons do not trust the health care system.

Maddox captures not only Krysalis's fight for acceptance but also the fight for her life. What makes her struggle so heartbreaking is that she doesn't want to be welcomed by the world, just by her family. Not only have they stopped visiting her, but they have practically gone to great lengths to pretend she doesn't exist. This is shown through images of letters with writings on them such as "lose this address."

She is cared for by strangers of the same sexual orientation, but this is not enough for her. It doesn't feel right that her family isn't there. Her one son does reunite with her when she's in the hospital and seems like he wants to accept her change, but he gives off a quality of awkwardness. For instance, Maddox shows him

saying bye to her after a visit but calling her "dad." Towards the end of the film, as her health continues to deteriorate, she is so weak that she has to use a webcam to talk to Maddox which makes you worry about how much time she has left.

Maddox is able to make a case for how things haven't arguably changed much and that the fight for equality is still as hard now as it was before. He does show groups of same sex couples being happy around each other and that more people are willing to get out there and meet others that prefer the same sex. He also expresses that younger generations should try to relate more to the older

generations and look up to them. Younger generations have a chance to make a difference and to study what older generations failed to do.

Maddox showed that the individuals interviewed here have seen their time come and go. They aren't trying to make a difference; they are just trying to live. Younger generations can't just live; they have to make a difference. The situation is tragic, but the message is uplifting.

Thomas Hayes, junior Communication major, thought it was a great experience. "The documentary *Gen Silent* conveys the very sensitive and controversial topic of gay, lesbian, bisexual, and transgender elders who are still fearful of the unaccepting world in which they live. They each display miraculous courage in voicing their everyday physical, mental and emotional struggles. It is important that everyone sees *Gen Silent* regardless of their sexuality or views on LGBT lifestyles because it sheds light on what many consider a very one-sided subject," Hayes said.

"[This] is a documentary that sheds light on LGBT seniors who are going back into the closet to survive the care system. This is the generation that did so much to fight for equal rights so I felt it was a very moving and eye-opening topic," says Demirjian.

The one-on-one interviews made me feel more connected to the individuals and Maddox clearly understands their struggles. Being alone is a sad thought, but these people aren't just alone. They are hiding their true selves.

Though their stories seem grim, their stories also have a positive quality: While they seem to live one day at a time, they are doing what many of their friends and lovers gave up doing a long time ago.

They continue to live.



# VISITING WRITER: PROFESSOR JOSH EMMONS

**NICOLE CALASCIBETTA**  
CONTRIBUTING WRITER

Professor Josh Emmons commenced the Visiting Writer series last Wednesday in Wilson Hall Auditorium. Dean of Humanities and Social Sciences, Dr. Stanton Green, senior Jennifer van Alstyne and Assistant Dean Michael Thomas introduced Emmons with nothing but positivity and praise.

Dr. Staton Green began his introduction by reminding members of the audience that, “most of the things we enjoy are due to good writing” and how important the element of writing has become at the University.

“Part of the tradition of the Visiting Writers series is to start with someone connected to Monmouth,” explained Thomas. Emmons was initially hired to develop the creative writing program at the University and because he was nationally recognized as an author, Emmons was asked to be the first speaker of the year.

Emmons’ second novel, *Prescription for a Superior Existence*, proved to be a hot topic for introduction.

Dr. Staton Green said, “I marvel at the use of language and was hooked on the story.” Excerpts and quotes were read from the book and

each introducer explained why they thought it was such a fascinating piece of literature.

Van Alstyne confessed that she read the book three times and explained, “It’s about sex, love and murder. How things evolve is what makes this story.”

*Prescription for a Superior Existence* is about a character named Jack Smith who leads a somewhat meaningless corporate life until he gets sucked into a cult that preaches about the end of Earth through self-destruction. The book made its way into the Sunday Book Review of *The New York Times* in 2008 and GoodReads calls it “A thrilling and timely novel about a flawed, ordinary man who is torn between love and the appeal of a powerfully seductive cult.”

Emmons also read an excerpt from his forthcoming story “Nu” followed by the first two chapters of his upcoming novel that remains nameless. The piece from “Nu” touched on the issue of underwater oil drilling and related to certain aspects of ancient Egyptian beliefs.

The two chapters, called “Day One” and “Day Two,” from Emmons untitled novel set the scene for a couple who have their share of life’s hardships and are looking for a break.

“One of his subjects addresses questions of our future and specific details of our interaction in romantic

relationships,” said Thomas.

In response to a question about his sense of structure, Emmons stated that he tends to thread together multiple story lines in his writing.

In addition, when it came to his creative process, he explained that he tries to draw on his life as much as he can but that “you have a lot of license when you have a clearly crazy character.” After addressing a few more questions Emmons thanked the audience and held a book signing outside of Wilson Hall Auditorium.

One audience member was surprised by her personal relationship to the excerpt from “Nu” and mentioned that she was apart of the efforts made by Food and Water Watch against deep drilling for natural gas. She frequently attends the Visiting Writers series but this one just happened to connect with her on a personal level.

Tess LaFera, a student and an aspiring writer who attended the reading looking for a spark, said, “It was a different kind of inspiration. I thought it was a good reading and I enjoyed it.”

The next Visiting Writer is Indian Poet, Meena Alexander, on October 16 in Wilson Hall Auditorium. For more on the Visiting Writers series check out the Center for the Arts page on the University website at [www.monmouth.edu/arts](http://www.monmouth.edu/arts).

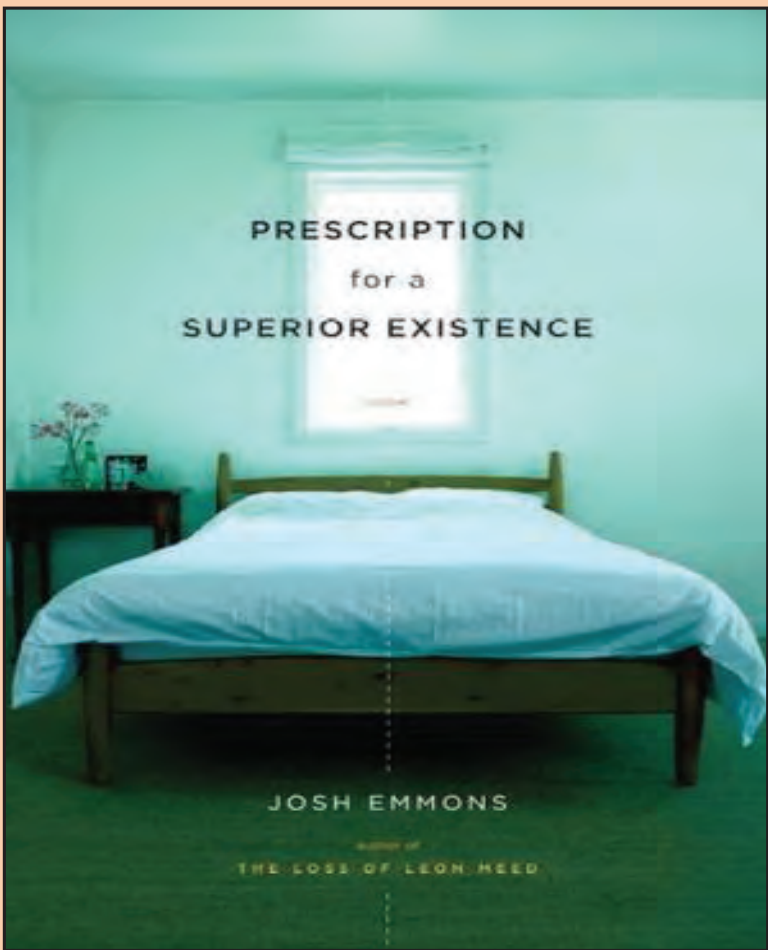


IMAGE TAKEN from [strandbooks.com](http://strandbooks.com)  
*Prescription for a Superior Existence* is Emmons’ latest novel and is available in bookstores now.

# GRIZZLY BEAR SHINES WITH “SHIELDS”

**PETER QUINTON**  
CONTRIBUTING WRITER

The first line uttered on “Shields,” the latest album from indie rock champions *Grizzly Bear*, goes, “Dreamed a long day, just wandering free.” This line, out by Daniel Rossen on the thunderous “Sleeping Ute,” is not just a retelling of some half-remembered daydream, but is in fact a revealing descriptor of the album itself.

With its brooding sense of atmosphere, patience in song delivery, and weird, often jarring details, the music found on “Shields” resembles something of a lucid dream, where the listener has full power to explore every inch of terrain dreamed up. This album comes with plenty of territory to explore.

Since forming in 2002, *Grizzly Bear* has become revered for creating some of the most visceral and unique music in the world of indie rock, with incredible albums like the lush, expansive “Yellow House” and the more focused, baroque pop-oriented “Veckatimest” pushing the boundaries of rock, pop, and folk far beyond their limitations.

Though “Shields” isn’t a huge departure from the group’s already unique sound, the album instead finds a perfect midpoint between their last two releases to create a highly expansive yet beautifully intimate rock record that manages to create fully realized worlds as you listen, with each track enticing you to explore further and further.

The vast, organic environments conjured by *Grizzly Bear* on “Shields” are largely due to the overall natural sound presented on the album.

While past releases were heavy on orchestral flour-

ishes and studio manipulations, “Shields” presents the group at their rawest and most primitive, with each song being centered chiefly on the might of the group’s core elements. These elements include the jagged guitar lines, the haunting piano melodies, and a rhythm section that is breezy and gentle one minute, yet explosive the next.

While some orchestral instruments are still implemented, they’re much more subtle this time around, choosing to bubble up underneath the surface of tracks rather than overwhelm them. This gives the core elements listed above more room to stand out, bringing a much more live feeling that’s both incredibly visceral and relatable.

“Shields” provides listeners with a world of territories and environments to explore, but rather than overwhelming the listener with all of the details at once, *Grizzly Bear* instead reveals only specific points of view depending on the feeling of each track.

On brighter, livelier tracks like “Speak In Rounds” and the brilliant “Half Gate,” the group provides us with breathtaking, high definition aerial views, displaying vast environments like mountain ranges and forests in their entirety.

On the other hand, softer, more brooding tracks like “The Hunt” and “What’s Wrong” bring forth a much more closed-in perspective, like visiting an old abandoned house and exploring it’s every crevice, taking in every loose floorboard and tangled cobweb to create an incredibly intimate and unnerving experience.

This aspect of “Shields” really shows how strong and diverse the songwriting can be, with some songs soaring high above mountains and canyons and oth-

ers zooming in to explore their deepest ravines.

Whether totally bombastic or completely withdrawn, each and every track on “Shields” (minus the transitional track “Adelma”) feels tightly structured and refined with growing pop sensibilities. *Grizzly Bear* isn’t necessarily new to this, as their last album, “Veckatimest,” contained some of their most accessible songs (including the commercial soundtracking “Two Weeks”).

Though many of the songs on “Shields” are far too dense and labored to have the same immediacy, the group still manages to churn out some brilliant moments reflecting their unique definition of what a pop song can be.

This is especially seen on “Yet Again,” the album’s closest approximation to a true blue pop song, bringing shimmering chords, hummable chorus, and Droste’s smooth-as-butter vocals right to the forefront. It’s truly a delicate moment of pop tenderness, that is, until the bottom drops out near the tracks end, spinning the song into a chaotic vortex of harrowing guitar noise and thunderous drumming. Though *Grizzly Bear* has clearly proven their worth as fully competent songwriters, its surprises like this that keeps them totally unique.

While it may not fully register with all listeners the first time around, rest assured that taking the time to fully explore the twisting, ravenous landscapes found within *Grizzly Bear*’s latest album will most likely make “Shields” one of the most rewarding and unforgettable music experiences you may come across this year.

“Shields” goes on to prove that *Grizzly Bear* is making a strong case for being one of the most interesting bands around today.

# The Killers Miss Their Target on New Album

**MARGARET ZELINKA**  
LIFESTYLES EDITOR

The popular rock band known as *The Killers* released a new album after nearly two years of being on hiatus. The band consists of Brandon Flowers (lead vocals), Dave Keuning (lead guitar), Ronnie Vannucci Jr. (drums) and Mark Stoermer (bass guitar).

Their beginnings date back to 2002 when they started to record in Las Vegas, Nevada.

After their surprising hit, “Day & Age,” each member decided to try their shots at solo careers but no one’s took off as well as they had hoped. Lead singer, Brandon Flowers, had the best solo career with his album “Flamingo” but not nearly as much success as the band acquires together.

After taking a year and a half break, the band reunited and released their most current album, “Battle Born.” The band chose “Runaways” as their first single.

While many may believe this was the right song to release as the single, a better decision would have been the title track “Battle Born.” “Runaways” does not highlight their deep lyrics or the way they mix music as much as “Battle Born” does.

Unlike their other albums, *The Killers* seem to be adapting to the music around them instead of creating their own original sound. This can especially be heard in their first track, “Flesh and Bone,” which sounds like it was inspired by up and coming techno music.

Another song that sounds like it should be as a mainstream hit from a California band instead of *The Killers* is “The Rising Tide.” The lyrics and music in this song are very bland.

While some songs do not uphold *The Killers* image, most

of the album is very well put together and unique. The songs from “Battle Born” that best represent the band’s music are “A Matter of Time” and “Be Still.”

“A Matter of Time” has *The Killer*’s usual mellow tone, verses and an upbeat chorus with the vocals fading out in the end of each chorus. “Be Still” seems like it could be pulled directly off their B-side compilation album called “Sawdust.” The only thing missing from the song would be a more upbeat chorus after the first slow verse.

Perhaps the best song *The Killers* have recorded on “Battle Born” is “Here With Me.” This song is the love ballad of the album. It opens with the lyrics “Wheels are turning, I remember when you were mine,” and continues to go on about how he misses a girl. It would have been nice if *The Killers* had decided to add this song as an addition to “The Murder Trilogy” and mention Jenny’s name.

“The Murder Trilogy” is a corpus of three songs from three different albums. It begins with “Jenny Was a Friend of Mine,” then moves to the “Midnight Show,” and ends with “Leave the Bourbon on the Shelf.”

Overall, it was apparent the band was trying to promote a new sound. Besides the songs mentioned, the album strayed away from focusing on Flowers’ unique delivery and decided to go with tunes that mirror popular modern genres.

Obviously most of the country likes the new sound since their tour tickets went on sale earlier this week and almost every show is sold out. “Battle Born” provides a great transition for *The Killers* if they wish to proceed with this new rhythm and the album is a must have for any *Killers*’ fan.



# Liberal Arts Across the Disciplines

CASEY WOLFE  
FEATURES EDITOR

No matter their major, all students attending the University are required to take the same courses to fulfill general education requirements. These liberal arts and humanities classes are designed to give students a well-rounded education and are, according to many professors and students, important.

Jean Li, ancient history professor, speaks out about the general education requirements in the history department. “History touches upon every aspect of contemporary society,” she said. “A business major should know why economic systems developed the way they did. For example, they should know the origins of our current system of banking arose in Renaissance Europe to meet certain demands of globalized trade. Law or pre-law students learn that history is inherent in law. The law is built upon history; lawyers argue based on precedent.” She continues that history can be used for various reasons in other departments such as communication and political science.

Li believes that the history requirements are minimal and should be more diversely focused on. “I think it’s important for students to take History 101 and 102, not just one or the other,” she said. “I also think it’s important for students to take world (not European or American) history classes. Students need to expand their knowledge beyond the traditional ‘Western Civilizations’ since contemporary society is truly global. If you think about it, human societies have never been isolated, but global in their own ways. History ties all the disciplines together. It, along with anthropology, is the study of human achievements,” said Li.

Dorothy Lobo, associate professor of biology, is a strong supporter of gen-ed requirements as well. “The new general education requirements were passed in 2010, and the task force of faculty working on revising the requirements mapped out the courses that we felt any college-

educated individual who was to be prepared for lifelong learning would need,” she said. “One of the learning goals of the new general education requirements is ‘to be informed by knowledge of the natural and social sciences and basic forms of inquiry, including competence in basic research skills, scientific method, collaborative problem solving, and working in interdisciplinary groups.’ Science is such an integral part of everyday life, from global environmental issues to understanding healthcare - having a background in some of these topics will help future graduates be better informed citizens.”

Linda Flaming, Chair of the accounting department has an opposing view on general education requirements. “I would have preferred the total number of general education credits to be less, so that students who have large major and concentration requirements, including accounting majors could have more free electives,” she said. “Accounting students have only 8 free elective credits after taking their general education, business administration and accounting requirements.” Flaming said, however, that there are no courses required for all majors that she would eliminate. Many students, though, could think of a few classes they could go without.

“Classes like college composition and math are good, but I think it’s unnecessary for classes like music and theater appreciation,” sophomore Brandon Bulinsky said. “I’m a business major so when am I ever going to need to know anything about the theater?”

Sophomore Drew Corrigan agrees. “I agree that the English requirements serve a purpose, but I know for my major I only had to take one semester of math and that seemed a little pointless. It’s like I had to take it just to say I took a math class in college because I’m not going to retain most of the information from a class in my fall semester of freshman year when I graduate.”

Along with basic math, English and history classes, students are also

required to take social sciences such as psychology, sociology and political science. Gary Lewandowski Jr., Chair of the psychology department, comments. “Social sciences are important because they represent a very direct confluence of individuals’ everyday life experience and a scientific mindset,” he said. By learning to apply science, or think more scientifically students can gain insight into why others around them think, feel and behave the way that they do.”

Though social sciences may be required, they are not always dreaded by students. Lewandowski mentions that introduction to psychology is a very well-liked social science for any major. “Across the country and at Monmouth introduction to psychology is one of the most common courses that non-majors take,” he said. For some it is required, but many students seek it out intentionally because it is so readily applicable to their lives.” Lewandowski adds that he believes that courses such as child psychology and social psychology should be added to the general education requirements.

Joseph Patten, Chair of the department of political science and sociology, comments on the importance of social sciences as well. “The department of political science and sociology offers courses toward the social science elective including Introduction to American Government, Introduction to Political Science and Introduction to Sociology, all of which are vital in promoting active citizenship,” he said.

Students should not feel condemned to a strict academic plan. Many of the requirements, such as social sciences, provide many choices as to which courses students may take to fulfill their requirements. The aesthetics requirement offers a range of music, theatre and performance classes while even the science department offers courses more relevant to non-science majors. “Science of cooking (SC 120), nutrition science (SC 110) and the physics of sound and music (PH 103) are very popular,” said Lobo. The biology de-

partment offers non-major courses in environmental science, evolution, human biology, and neuroscience. Everyone in the School of Science is passionate about his or her field, and really wants to share their love of science with students.”

Students also have a variety of selections for the foreign language and cultural diversity requirements. They can choose to take two (or more) semesters of a foreign language, or two classes with the cultural diversity label (CD). “The department of foreign language studies offers Spanish, Italian, French, German, Arabic, Chinese and Irish. Students can easily satisfy the global understanding and cultural diversity gen-ed requirement by taking two semesters of the same language,” Mirta Barrea-Marlys, Chair of the department of foreign language studies said.

Barrea-Marlys stresses the importance of awareness in cultural diversity. “Former students are always reporting back that they were hired because they have studied a foreign language and/or studied abroad,” she said. “In today’s global market, it is imperative to have the edge that language study gives you, no matter what field you plan to enter,” In a letter to Barrea-Marlys, a former student explains how studying abroad has influenced her career.

Stacy Moreno, 2001 University graduate, writes that her minor in Spanish helped her find jobs in social work, management and therapy, taking her all the way from England to Arizona to work with minority Hispanics. She believes her success would not be as great without her study abroad experience in Spain. “I love the abroad experiences and feel this is so critical in helping us understand the global world around us and making us more well-rounded,” Moreno writes.

Though students are unable to choose which of these courses they can take, mathematics does consider each major when setting up requirements for general education. “Our department offers a variety of courses designed to offer

these learning outcomes to different majors. Joseph Coyle, Director of financial mathematics said. “For example, we have a course called Mathematical Modeling in the Biological Sciences (MA 115). Other courses are more general, but still facilitate the same outcomes. We offer a course called Quantitative Reasoning and Problem Solving (MA 100). The book we typically use for this course includes chapters devoted to the mathematics of scheduling and descriptive statistics. I’d like to think that for many majors these outcomes are reinforced in their core subject courses. They are an essential part of a university education,” he adds.

Coyle also believes in the importance of other general education requirements, and even thinks that additional required courses could benefit students. “A finance or economics course would be great,” he said. “In addition, I think requiring some level of proficiency in a foreign language would be useful. The reality is that there are only so many credit hours a student can take, and consequently, we have to strike a balance in setting the requirements. At the end of the day, if we are doing our job properly, the students will be lifelong learners and have the skills to continue their general education long after they graduate.”

According to many educators, general education requirements are essential. Some even believe they should be expanded, or altered to cater more toward a student’s major. Although quite a few students dread going to classes they did not choose to take, some embrace the education they are receiving and are very eager to learn subject matter in more than one area. Senior Mark Cosentino comments, “General education classes are essential to a liberal arts education. Those foundational courses across the disciplines are what separates colleges from trade schools and make a student more intellectually well-rounded.”

# Giving Life to Synthetic Organs

SHAHARYAR AHMAD  
SCIENCE EDITOR

Three short years ago, Andemariam Beyene was studying geology for his PhD in Iceland when his physicians found out he had a golf-ball sized tumor growing in his trachea (windpipe) which blocked his breathing. After going through aggressive rounds of surgery and radiation therapy, Beyene’s health continued to deteriorate, according to *The New York Times*, as the tumor still persisted.

It seemed as though all hope had been lost, for without a transplant, Beyene would almost certainly have died. Beyene soon thereafter enrolled in a revolutionary operation. Tissue engineers from London created an artificial windpipe of a special plastic and coated it with somatic stem cells from Beyene. According to BBC, an Italian physician, Paolo Macchiarini, at the Karolinska University Hospital in Sweden, led the pioneering surgery.

The technique is special in the regard that it does not require a donor. It uses the patient’s own somatic stem cells to vascularize and coat the artificial organ with “cells, blood vessels, and nerves to become a living functional part of the human body,” said Henry Fountain of *The New York Times*.

Stem cells, which come in two types, have the ability to differentiate into specialized cells to do spe-

cific tasks—much like that of a college student picking a major for a specific trade. The first type, embryonic stem cells, can basically differentiate into anything—cells that line the GI tract, muscle cells, and kidney cells among a myriad of other options.

The ethical concerns emergent from the use of embryonic stem cells, which are extracted from a fertilized embryo that may have the potential to develop into a fetus, do not get raised with therapy based off of somatic stem cells because the latter type can be isolated from human bone marrow without life-threatening harm to the individual.

Traditionally, it has been more difficult to use the latter in stem cell therapies because somatic stem cells are not able to differentiate to anywhere near the same caliber of different cells as the former. The primary role of adult stem cells, according to the National Institutes of Health, is to “maintain and repair the tissue in which they are found.”

Shivam Patel, third year biology major at the University, says that “scientific discoveries are igniting the core of medical technology. Creating the structure of an organ is impressive, but accounting for how it functions with the rest of the body is even more impressive. It never ceases to amaze me how much science can do.”

“But debating the discovery,” said Patel, “it is quite difficult to see all the complications arising from the organ associating with

other cells by hormones and nerve endings. Will [synthetic organs] function properly with respect to the long-term goal is the big question.”

The key to synthesizing the artificial trachea was to create an almost exact replica. A host of engineers and scientists at University College London were able to “craft a perfect copy of Beyene’s trachea and two main bronchi out of glass,” according to BBC.

Dr. Azzam Elayan, chemistry professor at the University, said “The successful construction of a windpipe, using a synthetic polymer scaffold and the patient’s own stem cells, and the successful implant operation which followed were nothing short of remarkable! This is particularly true considering the fact that the effort required expertise in various areas of inquiry, including polymer chemistry and tissue engineering.”

This synthetic windpipe was then flown over to the Karolinska Institute in Stockholm where somatic stem cells taken from Beyene’s bone marrow were used to create an extracellular matrix on the plastic windpipe which was transplanted into Beyene.

Somatic stem cells taken from his bone marrow, and cells taken from the mucus lining of his nose were implanted during the operation. These cells were able to divide and grow and turn the inert windpipe scaffold into an organ indistinguishable from a normal healthy one, according to BBC.

The surgery marks a groundbreaking success in the use of somatic stem cell therapy. Something that was once marked as too difficult to use is now being utilized to save lives.

“This is a loud testament to the innovative power of curiosity and experimentation and to the ability of the human body to regenerate despite, at times, very modest odds,” said Elayan.

“Thanks to nanotechnology, this new branch of regenerative medicine, we are now able to produce a custom-made windpipe within two days or one week,” said Macchiarini in an interview with BBC. “This is a synthetic windpipe. The beauty

of this is you can have it immediately. There is no delay. This technique does not rely on a human donation.”

Beyene looks forward to finishing his studies and visiting his family back in Eritrea.

“This revolutionary repairing of damaged organs has provided not only a platform for future regeneration research but also hope for those with infected organs at the present,” said Momna Ayub, freshman chemistry major.

“This research has been a worldwide effort and such a landmark discovery reminds us that we must always continue to strive for progress.”



IMAGE TAKEN from NationalGeographic.com

A new source of stem cells saves the life of a cancer-infected patient.



# Have You Paid Your Bills?

## The University's Office of the Bursar Handles All of Students' Billing Needs

CASEY WOLFE  
FEATURES EDITOR

Each semester, many students find themselves in classes where their names aren't on the roster. If they have experienced financial difficulty in paying for the class, or the University has not received their payments, then the Office of the Bursar is here to help.

The Office of the Bursar deals with matters of tuition, room, board and fees and all other aspects of students' financial accounts. "We also charge for any books that are charged against a student's financial aid," said Jonas Javier, Bursar. "Another primary thing we do is process student refunds after financial aid or any over payments, and we also disperse any financial aid that a student is receiving."

One of the consequences of not paying bills by the deadlines that the Office of the Bursar sets each semester is being dropped from the classes that were not paid for in a process called deregistration. "Deregistration happens long after the actual semester payment deadline is," said Javier. "Even though it sounds unjust, in reality what that does is open up course registration for other students who have paid their bills."

Often students will find the means to submit their payments after the deadline and after which point they have already been dropped from their classes. For this, the Office of the Bursar has a solution. "We have a process called retroactive registration, in which we do instruct students that have been cancelled," said Javier.

Javier also talks about the Family Educational Rights and Privacy Act (FERPA) that has been updated this school year. In previous years, the policy stated that students must fill out the appropriate form in the beginning of each year in order for the Office of the Bursar to disclose financial information to select family members. "Starting this September if you fill it out once, it is good for the duration of your academic career," Javier explains.

As financial issues may be a difficult matter to deal with, the Office of the Bursar can be seen

in a negative light. Even if students' problems are resolved, solutions were not easily achieved. "I had to get a book voucher the first week of school to be able to get my books with financial aid," said sophomore Jennifer Hoffman. "For the most part the

**"Certainly keep in contact with the financial aid office, make sure your documentation is in on time and make sure you give yourself plenty of time to pay your bills."**

JONAS JAVIER  
Bursar

people in the office were nice, but I had to see about three different people in order to get the book voucher. I found it to be annoying because all they had to do was look at my account and write down on a piece of paper how much I had. It literally took maybe two minutes. They sort of made a somewhat simple task more complicated."

Junior Emily Remo describes a similar experience. "Everyone always sends you to someone else, and that person does

the same. Issues are usually resolved, but you need a bit of time. Be prepared to talk to a few people before anything is done," Remo said.

Despite these testaments of long and unorganized ways of arriving at a solution, the Office of the

Bursar advocates for its open access to students and willingness to help. Javier said that someone is available to talk to students every Monday through

Friday until 5:00 pm and are accessible via email for those using their student email accounts and by phone. He also said that the office posts regularly on Web Advisor account summaries with any important messages they may have.

As frustrating as it may be for financially troubled students to deal with a Bursar, the employees in this office also have to deal with students and parents in distress, which Javier said can be just as frustrating. "It's always expected.

Tuition and fees are a sensitive issue so we understand there will be some students or parents that are difficult," he said. "We deal with them as best we can. We try to be understanding to a certain extent, but we do expect payments to be made by the deadline."

The Bursar's office is aware of their negative reputation on campus, and wants to shake the unfriendly image. "We want to portray ourselves as an office that can help. Of course, we're not exactly the most popular on campus and that's understandable," Javier said. "We do want students to understand that we are accessible for any questions or concerns that they may have. We are open to assisting in any way."

To avoid an unpleasant trip to the Office of the Bursar, Javier advises that students take early action. "Certainly keep in contact with the financial aid office, make sure your documentation is in on time and make sure you give yourself plenty of time to pay your bills," Javier said.

For those looking to get ahead for the spring semester, bills are mailed in mid-November and the deadline is December 5, 2012. For more information, visit [www.monmouth.edu/campus\\_life/bursar](http://www.monmouth.edu/campus_life/bursar).

# Conquering Dreams Through the Civil War

BRETT BODNER  
EDITOR-IN-CHIEF

Throughout our nation's history, numerous significant events have made an impact on the way our country is today. The Revolutionary War, the signing of the Declaration of Independence, The Great Depression, World War II, September 11, and many more. Out of all of these events could the most significant event be, perhaps, the Civil War?

According to Greg Caggiano, aspiring teacher, Civil War enthusiast, and history blogger, the Civil War is just that. "It is the single defining moment where we decided as a country are we going to stay together or are we going to allow other states to secede. I take a more sympathetic approach to the south, but regardless it is still a defining moment in our nation's history. There is no event more important than the Civil War. Revolutionary and World War II were important too, but the Civil War is where we come into our own as a country," said Caggiano.

Ever since Greg was seven years old, he has always had a love for history, especially the Civil War. Now 14 years later, he is well onto his way into adult hood and at times can resemble a Civil War soldier with his solid build, short brown hair and scruffy beard.

This love for the Civil War has brought about many great things for Greg in the past few years. Growing up, two of his favorite movies were "Gettysburg" and "Gods and Generals." One day he heard that there was going to be a director's cut of Gods and Generals that was going to be released. This excited him greatly, as he got a keyboard from his arsenal and began to write about it on his blog, titled "From New York to San Francisco," which had been about hockey, the New York Rangers, and the San Francisco Giants up until that point.

Upon hearing this rumor, Greg began to reach out to actors who starred in the film and attempted to interrogate these men who portrayed Civil War soldiers. Several got back to him and agreed to do interviews. These actors included Brian Mallon

who played General Hancock and Patrick Gorman who played Major General John Bell Hood. Gorman, who has been a member of the Screen Actors Guild for 56 years had some great things to say about Caggiano. "Greg contacted me through Facebook originally, I think, or it may have been through an email connection. But once again, his initial contact was proper, intelligent, direct and enthusiastic. How could I refuse, right? In my line of work, confidence wins. Producers, I believe, hire 'confidence,' not actors. Greg inspired me with his confidence and I responded in kind," Gorman said.

The word on Greg's Civil War blog soon quickly spread, and it was noticed by the army of Warner Brothers. "Warner Brother's actually came to me and said they'd like to have a partnership with your blog and send you the movies for free so you can review them and let your readers know what they're all about," said Caggiano as he attempted to light up a cigar. Following this partnership, Greg reached out to the director of both films, Ronald F. Maxwell, on Twitter. To Greg's surprise, he responded back to him and sent him his personal e-mail so Greg can then send in questions.

A short while after Greg sent in the questions, Maxwell responded to Greg and asked him if he was going to go to the premiere of the director's cut version of Gods and Generals in Manassas, Virginia. Caggiano thought he wasn't going to be able to afford it, but then Maxwell told him if he can find a way to get down there, there would be two press passes waiting for him. "So I go down to Manassas and go to the theater and I went up to Warner Brother's and told them who I was and they knew who I was and gave me a press pass and it made me feel special. It made me feel like everything I had done over the past six months was worth something," said Caggiano with a look of accomplishment on his face.

The most memorable part of the trip Greg said is something Maxwell said to him. "We talked and he told me about my blog, and said he read an article I wrote on John Wilkes Booth,

as a character understanding article and he told me that he read it and said 'It was satisfying to see that a young mind like yourself isn't so corrupted by the political correctness of your generation.' He actually read my blog and didn't just say it was good," said Caggiano.

Since the Manassas trip, Greg has kept in contact with Maxwell, as well as several of the actors. Maxwell feeds Greg news about his next project titled Copperhead, which is about an anti-war movement in the north, where there was a group of people called Copperheads, who wanted to let the south secede. The movie is not yet in production, but Greg feels that it could happen any day now, as they are slowly making progress with the planning.

Despite all of his early journalistic success, Caggiano still has no aspirations to go into journalism as a career. Instead he continues to follow his passion to command a classroom and teach history. He gave partial credit to one of his high school history teachers, Kimberly Barber, who always impressed him with her knowledge of the subject matter. Since graduating, he has kept in contact with Barber and she has even let him come in to teach a few lessons on the Civil War to her history classes at Raritan High School. "I had him come in and do a lesson for one of my classes and he had an extreme knowledge for the topic, as he knew names, tactics, where the armies moved, etc. I felt a lot of pride watching him up there, as he was one of my students, it was cool to see someone who was as passionate as I was about history," Barber said.

When he teaches or prepares his students for battle, I should say, he uses a lecture method, but is still engaging to his students at the same time. He makes use of humor and talks about the war, as if he was fighting on the battlefield himself. Through telling the students about the war in a story format, he is able to capture his students' attention and win their interest.

Eddie Borodic has been in one of the classes Greg has taught as a sub-

stitute before and likes what Greg does as a teacher. "He is a really good teacher. He teaches the truth, and keeps the class intact and not crazy like any other sub would. I think Greg is one of the nicest guys possible, as he's willing to help anyone. All in all he's a really great teacher, and guy in general," Borodic said.

Tyler Duminski is one of the players Greg coaches in hockey and is also one of his students. "Greg knows almost everything when it comes to the Civil War. He is a lot more loose than most of my teachers. He expands further than the average lesson. He will try and help you as much as he can with all subjects, even if he isn't as good at them as history. He makes good descriptions if you do not understand. He also makes you feel comfortable in class," Duminski said.

As the saying goes, history repeats itself. When asked if he thinks there could be another Civil War in the future Greg said, "In our lives no. A revolt, yeah we could see that tomorrow all it takes is one nut job and a bunch of followers to shoot a government worker forcing the army to step in.

As far as a war goes no, because back then there were militias in time of war, today there are none and you're not allowed to have one. You can't organize an army to fight the U.S. army because you put one post on Facebook, and they know you're doing it. So there's no way to have organized thousand man conflict," Caggiano said.

Wherever his career path leads him, Greg will always be able to look back and see that hard work and passion go a long way. If he goes about teaching the way he did about the Civil War blog, who's to say he won't find conquer the armies of his dreams and become a teacher? Many people believe Greg has what it takes to be a teacher, and be a great one. Gorman is one of these believers. "I hate to repeat myself but passion and the ability to inspire others is a crucial attribute for a teacher – and for an artist. I don't think his students will be bored and they might even get the bug to learn more just by taking one of Greg's classes. That's my suspicion anyway. As long as he remains open, flexible and passionate, he'll go far," said Gorman.



PHOTO COURTESY of Brett Bodner

Greg Caggiano, a Civil War enthusiast, uses history to explore the present.



# New Asst. Director of Student Activities for Greek Life

ALEXIS ORLACCHIO  
ASSISTANT CLUB AND GREEK EDITOR

Tyler Havens, former Assistant Director of Student Activities for Fraternity and Sorority Life, has recently left the University to work with another Greek community in Georgia. Taking over his position is Jon Buchalski.

Buchalski attended Rutgers University as an undergraduate and graduate student. He graduated with a degree in material science and engineering. He has been a member of the Sigma Chi fraternity since his sophomore year.

"It provided me with leadership opportunities. I held several leadership opportunities in the fraternity. It made me leverage my involvements, too. So I was able to use what I was learning in the fraternity and apply them to other parts of the University," said Buchalski. In addition to his fraternity responsibilities, he also worked with the orientation program every year at Rutgers.

During his time as a graduate student, Buchalski worked as a graduate assistant in the Fraternity and Sorority Affairs Office. He said he became very close to everyone who worked with him in the office, which ultimately led him to the position he holds at Monmouth now. Previous to his full-time position at Monmouth, Buchalski worked with Havens as an intern in the spring of 2011.

"I do feel that it (the internship)

prepared me pretty well for this position. This internship was the first thing I did outside of Rutgers. Tyler was able to challenge me on a lot of my mentalities of thinking. It's really helped me develop this as a profession."

Buchalski said that he is always striving toward making improvements in the Greek community. "I've explained to the students that I don't want to change anything drastically right now because they have been making improvements year by year and I don't want to just stop that," said Buchalski. The Greek Senate has made some small changes such as meeting times and location changes for events. In the spring, the University is welcoming a new sorority to campus.

"I want them to feel comfortable and be part of making decisions to change because it's their community, I want to make sure the changes are totally accepted," said Buchalski.

A change that Buchalski is working on is to put the paperwork for the Greek community on eCampus. "To make processes more efficient. Every semester they have paperwork to hand in. I am working to make those assignments on eCampus so they can do it right from their bedrooms." Putting the paperwork on eCampus will also make the process more convenient for students. His goal is to get the assignments on eCampus so the students can begin their work before the semester starts, so

they do not have this added to the pressure of getting settled into the new semester.

"One thing I really enjoyed is seeing similar faces all the time. That's what the fraternity and sorority community did for me. I would see familiar faces because they were also in fraternities and sororities or involved on campus."

One of the major differences is the size of the schools. He joked that he can walk to anywhere he needs to go on campus. "Here, I feel I am comfortable enough to know the Greek community but then I can also know the greater community of students, which is great," he said.

Buchalski encourages students to get involved. He said, "I believe students should get involved any way possible during their college careers because of the experience it provides them."

Buchalski commented on how joining a fraternity made a positive impact on his college career and experience. "They provide opportunities for students to become leaders on campus, teach their members to always strive for academic excellence, host and participate in events that provide service or raise money and awareness for local, national and international philanthropies and charities, and they create bonds amongst each other that will last a lifetime."

Although Havens works in Georgia, he still helps out in the Monmouth Community when he can. Buchalski said, "I still keep



PHOTO COURTESY OF Alexis Orlacchio

Jon Buchalski is the new Assistant Director of Student Activities for Fraternity and Sorority Life.

in touch with Tyler. He's been great with the transition. If I ever have a question I can email him or text him. He loved this place too, so he's always willing to help with this transition. He's got a great thing down in Georgia."

Buchalski is adapting well to

working at the University. He said, "It's a different pace of life than Rutgers. The students are very similar, the area is very similar, but being a large public institution and going to a smaller private institution is very different. And I've been appreciating it."

## Get Acquainted with Greek Life

*Meet the Greeks and Round Robin Took Place for Students Interested in Greek Involvement*

ALEXIS ORLACCHIO  
ASSISTANT CLUB AND GREEK EDITOR

Meet the Greeks was held on Tuesday, September 18 at 9:30 pm in the Multipurpose Activity Center.

"Meet the Greeks is a chance for incoming freshmen, transfer students, and people interested in Greek life to come out and get to know the different fraternities and sororities we have on campus," said Vic Nazario, Vice President of Theta Xi. Meet the Greeks is the first step in joining a fraternity or sorority.

Ten members are selected from the fraternities and sororities to tend the tables. "You pick people that are sociable, people that will go out of their way to get people to come out," said Nazario. The tables are decorated with the fraternity and sorority letters, slideshows of pictures and banners. The students who are interested in a certain fraternity or sorority have to sign a sheet with their name, student ID number and GPA.

This year was the first time Meet the Greeks was held in the MAC instead of Anacon Hall. "We figured we'd put it here in the MAC instead of our previous spot, Anacon Hall, because of the constraints of Anacon," said Nazario. "It's so cramped, we figured we would put it here for potential new members to come and visit the MAC. It's like a fair. Last year was very constricted. We want to grow it and diversify the community."

The rain did not stop students from coming out to see the Greek organizations. Students crowded the tables to sign up for the fraternities and sororities.

The Greek Senate has been planning Meet the Greeks since the end of the spring semester. Many meetings with Tyler Havens and Amy Bellina have

taken place to help to set up this event.

New Assistant Director of Student Activities for Fraternity and Sorority Life, Jon Buchalski said, "Fraternities and sororities are value-based organizations that offer real life experiences that are great for a student's personal and professional development. Also, fraternities and sororities create a sense of community that enhances the out of

the classroom learning opportunities associated with college life."

Casey McCabe, junior and Chief Pan-Hellenic Officer, said fraternities and sororities are looking for people who are "hardworking, dedicated, personable and easy to get along with. We're looking for someone that's looking to just have a good experience here at Monmouth and be a part of something big-

ger."

Some students went to Meet the Greeks with an interest in a certain sorority or fraternity, others were just interested in Greek life in general.

"It's my last year and I have family members in the sorority I'm looking into," said Jacklyn Renee Sweet, junior. "It's legacy and tradition to join."

The sorority Sweet is interested in is Alpha Kappa Alpha

Sorority Incorporated. Some sisters of AKA put on a step performance for the Greek community at Meet the Greeks. The sisters came up with their own moves, drawing inspiration from previous step shows they have performed in.

Lambda Theta Alpha Sorority Incorporated put on the first performance of the night. It is tradition for the sisters of this sorority to "stroll." LTA was founded in 1975, and the sisters have been incorporating their traditions ever since.

Both teams practiced their original routines for weeks before the event took place. The sisters of AKA and LTA will be performing in a step show in the residence quad in October.

Meet the Greeks always precedes Round Robin, which takes place the night after Meet the Greeks. Round Robin is the next mandatory step in the process of joining a fraternity or sorority.

"Round Robin is a process in which people who are interested in joining Greek life meet and essentially choose which organization they hope to be a part of," said Ariana Tepedino, sophomore and sister of Phi Sigma Sigma.

"For girls it's different than guys so I really can only tell you the sorority side of it. But they go to each room and are introduced to the sorority," said Tepedino. They are then informed on what the philanthropy of the organization is and what the sorority stands for.

"A major part of Round Robin is that the person chooses the organization but the organization also chooses that person. In a sense, it's a match like a matchmaker would make," said Tepedino.

"To go Greek is a great thing, it's a great community," said McCabe.



PHOTO COURTESY OF Victor Nazario

Vic Nazario (second from right) pushed for Meet the Greeks to take place in the MAC rather than Anacon in order to avoid space restrictions.



# Slackin’ and Yakin’ with the Outdoors Club

## The Outdoors Club and SGA Host Beach Party

NICK HODGINS  
SENIOR EDITOR

Who says summer has to be over? Not the Outdoors Club that’s for sure. This past Saturday the club hosted one of their largest events this semester down by the Monmouth beach. With upwards of 80 students showing up, the Outdoors Club was able to take advantage of what could have been one of the last nice beach days of the semester.

Outdoors Club president Greg Cenicola and club advisor Professor William Reynolds, along with the help of Megan McGowan, Assistant Director of Student Activities, were able to put together a great beach event for students.

The club was provided SGA’s Weekend Warrior grant which aims to keep students around on weekends and to get involved with University sponsored events. SGA’s Weekend Warrior grant provided a bus from campus to the beach which cost \$400, but according to Cenicola it did not transport a single student.

The sun was shining and the waves were crashing that Saturday afternoon. The beach was inhabited by upwards of 80 students throughout the day, with a consistent number of about 50 there at all times.

Between contributions from the club and club members there were a total of six single kayaks, two double kayaks, one stand up paddle board, four surfboards and one skim board; all available for use by students.

Unfortunately, strong currents hindered some members from being able to get out there and experience the ocean. Cenicola said, “We didn’t let a lot of kids go out who haven’t done it before [kayaked or surfed], the rip current was fairly strong and we

didn’t want anyone getting hurt.”

The club did take precautions though when it came to students going out into the ocean. “A few of our members are certified lifeguards,” explained Cenicola. “We always had one of our lifeguards keeping an eye on the students out in the water at all times.”

Kyle McCall is a senior and has been lifeguarding since he was 16. When asked if the strong current on Saturday made him nervous for student safety, McCall said, “I wouldn’t say nervous because from experience people generally don’t go into water they don’t think they can swim in or out of, but I was definitely aware of how rough it was and didn’t stay in long myself.”

“I had a great time,” McCall said, “I think using the ocean kayaks and some of the other equipment the Outdoors Club brought was the best part. It was a great beach day too, so seeing everyone out and having a good time was cool.”

One of the main attractions of the day was the introduction of the slackline at the beach. Cenicola can often be found “slackin,” as he likes to call it, outside of the Student Center throughout the day. He explained, a slackline is a tight rope which is two inches in width and is set up between two destinations, usually trees. The goal is to use balance to walk across the line from Point A to Point B.

The issue that arose with “slackin” on the beach was that there were no sturdy points in which to set the line up between. Cenicola, along with Professor Reynolds and Mike Kulik, sophomore, built wooden posts called A-frames to make beach slackin possible.

According to Cenicola the crew only spent about \$15 on supplies and assembled the structures in Reynolds garage.



PHOTO COURTESY of Ed Morlock

The Outdoors Club, along with contributions from members, was able to provide six single kayaks, two double kayaks, one stand up paddle board, four surfboards and one skim board for the beach party.

Reynolds also supplied his own bolts and screws to save on expenses. The A-frames suspended the slackline about three feet in the air. The secret, according to Cenicola, was to dig a hole in the sand about three feet deep and then tie the slackline ends around flat planks of wood and bury them to provide tension.

There were a lot of newcomers to the slackline on Saturday, according to Cenicola. “I’d say people were more likely to try it out because of the soft sand surface underneath. Most looked forward to trying it out again on campus,” he said.

Brendan Mallon, senior, attempted the slackline for his first time. “The slackline was a lot more challenging than it looked and I definitely have respect for the guys who were good at it,” he said.

Professor Reynolds was happy with the turnout and glad to be a part of club activities. He said, “My friends my age, they don’t do anything. They think going out to brunch with their wives is an adventure. I love the club and I love the great experiences it opens me up to. You’re never too old.”

Cenicola thought the event

was a success and would love to see similar events in the future. “The majority of people who came were friends of people who were in the Outdoors Club, but it wasn’t just one group of friends. It brought a bunch of different crowds together. It was nice for people to meet new students. Everyone was nice, hanging out, playing football, slacklining, playing bocce ball, horse shoes and kicking around the soccer ball. It was nice to get more people involved and is something we always look forward to with Outdoors Club events.”

# Club and Greek Announcements

## Theta Xi

The brothers of Theta Xi Fraternity would like to congratulate all new members who received a bid for this Fall 2012 semester.

## Outdoors Club

This is just a reminder that if you plan on attending the white water rafting, kayaking and camping trip this weekend to please get your money in to club president Greg Cenicola ASAP.

## 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 in Room 120 in McAllan Hall. IRA is open to students from all majors who are interested in promoting literacy in the community.

## Women’s Club Soccer

The Women’s Club Soccer team will be hosting their first and only home game September 30. Please come out and support!

## Muslim Student Association

The Muslim Student Association will be co-sponsoring an event with the South Asian Student Association called “Eid Celebration” on October 26 from 6:00 to 10:00 pm in Anacon Hall B.

## Running Club

The first meeting for the Running Club will be held on Wednesday September 26 from 2:30 to 3:45 pm in front of the MAC for beginners. An advanced meeting will take place Friday at the same location at 4:00 to 5:30 pm (rain location for both at the upstairs track in the MAC).

# Zumba Fundraiser

PRESS RELEASE



WEST LONG BRANCH, NJ—The Public Relations Student Society of America will host a Zumba fundraiser at Shore Fit on Thursday, September 27 from 8:30 pm to 10:00 pm.

This event is open to all Monmouth University students and Shore Fit members, and is only \$10 to participate. Those with Shore Fit memberships only have a \$7 fee.

For more information contact Kelly Brockett at s0818638@monmouth.edu.

Shore Fit is located at 175 Locust Avenue, West Long Branch, NJ 07764





What is your favorite part about fall?

COMPILED BY: ALEXIS ORLACCHIO



Erin  
senior

"A lot of things. Sweaters, hot drinks and Halloween."



Veronica  
senior

"Football and pumpkin pie."



Nick  
junior

"Flannels."



Wesley  
sophomore

"The temperature because it's perfect."



Jessica  
senior

"Pumpkin coffee."



Hannah  
junior

"The style. The change from summer to fall. You get to bring out sweater and boots and I like the changing of the leaves."



Alyssa  
senior

"My birthday!"



Joey  
freshman

"The weather."



Stephen  
senior

"Football season."



Stephanie  
senior

"The weather because it's not too hot."

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DUNCAN**

**Justin**

**Angle**

and Monmouth's own

**Natalie Zeller**

and political discussions and debates with

**The  
Political Science Club**

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**SEPTEMBER 28TH**

**on the Student Center Patio**

Rain location: Plangere

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# 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 9**  
There's a lot going on for you right now so be sure to maintain a balance between work and romance. Be sure to define success to include where you're winning, and use failure to show what's missing. Take some time out though to cool off at home with someone instead of going out, not only will this allow you some time to relax but it will also save you some money.

**♉ Taurus • (April 20 - May 20) - This week is a 9**  
Choose a love that you can depend on and don't worry if you make mistakes, always remember that practice builds much-needed skills. So launch a new project, improve those household communications, and maybe switch up some menial things like trying a new hairstyle.

**♊ Gemini • (May 21 - June 21) - This week is a 7**  
Others are beginning to acknowledge your charm and your communication skills are getting better. So write a love letter, seal it with a kiss, and remember that it's not a bad thing to do a job over, just so long as it means you get it right.

**♋ Cancer • (June 22 - July 22) - This week is a 9**  
It's important for you to listen carefully this week to the one that loves you, for not everybody will agree with you, but you will be happier following the certainty of your heart. So stay true to who you are and what you believe, it will certainly benefit you in the end.

**♌ Leo • (July 23- Aug. 22) - This week is a 8**  
It's easy to lose track of time this week especially when you are having fun, so be sure to set an alarm so you won't forget all of those important appointments. Also be on the lookout for a tender moment that should be coming around soon, you never know what may come of it.

**♍ Virgo • (Aug 23 - Sept. 22) - This week is a 9**  
This week is a fix-me-up kind of a week! Get it all started by repurposing items instead of throwing them away, for there is money to be saved or given away as a result. If you seem unsure of a difficult decision don't be afraid to let your partner help you out and take the lead, it could very well save you a ton of stress!

**♎ Libra • (Sept. 23 - Oct. 23) - This week is a 9**  
Take some time to take a much needed rest and relax. You're surrounded by love, which serves as the perfect environment for relaxing. Also let the leading ladies in your life have their say and accept their encouragement, you might get more than expected.

**♏ Scorpio • (Oct. 23 - Nov. 21) - This week is a 9**  
Congrats, you have more money than you thought! So now that money isn't so much a problem use some of that extra energy to hone your skills in a fun way, maybe by calling a family member and asking to do that thing you've promised. Not only are you drawing in love but are learning something new as well!

**♐ Sagittarius • (Nov. 22 - Dec. 21) -This week is an 8**  
Communication channels are open and available for a profit this week. Find motivation in love to complete the task and remember how good food and good friends could very well make the day a whole lot more enjoyable.

**♑ Capricorn • (Dec. 22 - Jan. 19) - This week is a 9**  
Your focus and determination this week make you all the more attractive and everyone wants to be around you. Don't get distracted though, you don't want to forget to invest time in some important work.

**♒ Aquarius • (Jan. 20 - Feb. 18) - This week is an 7**  
All work and no play could make for a very boring you. Increase the fun a little! Don't forget to take some time to roll around or do some handstands, great ideas will come as a result.

**♓ Pisces • (Feb. 19 - Mar. 20) This week is a 9**  
Play with some friends and you could very well just move up a level. Work your plan and provide the right amount of information as new opportunities could come about. So start by listing what is overdue and some other skills that you might be lacking. Also be sure to show appreciation, it goes a long way.

HOROSCOPES ARE STRICTLY FOR ENTERTAINMENT PURPOSES

## “Misguided Understandings” by Alyssa Gray



a So-You-Say comix #3

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## Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Stir-fry additive
  - 4 [frog lands in pond]
  - 8 Remote control battery
  - 14 Baba of folklore
  - 15 Bindle carrier
  - 16 “Zip your lip!”
  - 17 Diarist Anaïs
  - 18 “Gotta hit the hay”
  - 20 Future snakes, perhaps
  - 22 Regards highly
  - 23 Elementary school fundamentals
  - 25 Cut from the same cloth
  - 29 Lemon and lime
  - 30 Swift means of attack?
  - 32 Put into words
  - 33 Poe’s “ungainly fowl”
  - 36 D.C. athlete
  - 37 Mom’s behavior warning
  - 41 \_\_\_ of Good Feelings
  - 42 Gives the heave-ho
  - 43 Rap’s \_\_\_ Wayne
  - 44 With-the-grain woodworking technique
  - 46 Theater sections
  - 48 Canadian pump sign
  - 49 Marks to brag about
  - 54 “Why bother?”
  - 56 Color property
  - 57 Canned pasta brand
  - 61 “Characters welcome” network
  - 62 Receive, as a radio signal
  - 63 South American country at 0 degrees lat.
  - 64 Looney Tunes collectible
  - 65 Structural threat for many a house
  - 66 Gels
  - 67 Towel lettering

1	2	3		4	5	6	7		8	9	10	11	12	13
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57	58	59								60		61		
62						63						64		
65							66					67		

By Jeffrey Wechsler 9/26/12

- DOWN**
- 1 “The Balcony” painter
  - 2 Insult
  - 3 Cookies with a bite
  - 4 Chi preceder
  - 5 Solitary sorts
  - 6 Beyond zaftig
  - 7 Baudelaire, par exemple
  - 8 Evaluates
  - 9 Quark’s locale
  - 10 Global networking pioneer
  - 11 Girl in a pasture
  - 12 Gossipy Smith
  - 13 OCS grads, usually
  - 19 “\_\_\_ Rosenkavalier”
  - 21 Bed or home ending
  - 24 “Over here!”
  - 26 Reader with a sensitive screen
  - 27 Modern site of Mesopotamia
  - 28 Keeps after taxes
  - 31 Like Big Ben
  - 33 Big chunk of Eur.
  - 34 Framed work

### Tuesday’s Puzzle Solved

A	B	R	A		S	C	R	U	B	S		L	A	S
L	O	O	P		O	M	A	N	I	S		A	W	E
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M	E	S			A	T	O	N	A	L		L	E	S

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- 35 No. twos
- 37 Nothing more than
- 38 Eye part
- 39 Surpassed in extravagance
- 40 Elie Wiesel work
- 45 Large eel
- 46 Took it on the lam
- 47 Grandchild of Japanese immigrants
- 50 Little one
- 51 Traditional doings
- 52 “That has \_\_\_ ring to it”
- 53 Elite Navy group
- 55 Kent State’s home
- 57 Norm: Abbr.
- 58 Water filter brand
- 59 Whichever
- 60 Airline to Oslo



# Football Wins Third Straight, Tops Sacred Heart 27-14

ED MORLOCK  
SPORTS EDITOR

The football team won its third consecutive game on Saturday, defeating Sacred Heart 27-14 at Kessler Field.

“We’re happy to get the second win in Northeast Conference (NEC) play, that puts us at 2-0,” said head coach Kevin Callahan. “It puts us in control of our own fate in terms of the conference race.”

Fifth-year senior quarterback Kyle Frazier completed 32 of 43 passes for 313 yards, two touchdowns and no interceptions. He spread the ball around well, completing passes to 10 different receivers.

Lamar Davenport led the Hawks (3-1, 2-0) in receiving. He caught nine passes for 105 yards, including a few circus catches to bring the crowd to its feet.

“We were just taking what they gave us,” said Davenport. “Short routes, just taking what they gave us.”

Tristan Roberts wasn’t far behind, catching six passes for 71 yards and a pair of touchdowns. Roberts’ first touchdown gave MU a 7-0 lead half-way through the first quarter. His second score put the Hawks ahead by 10 late in the third.

The Pioneers (0-3, 0-1) did a good job of shutting down the Hawks’ running game. MU ran the ball 34 times for 71 yards, a mere 2.1 yards per carry. Justin Pandorf led the way with 32 yards, all coming on a timely fake punt. Julian Hayes carried the ball 11 times for 24 yards.

The Blue and White’s defense continued its strong play. The unit didn’t

allow any points in the second half of the game. This season, the defense has allowed a total of three second-half points.

“We went out in the second half and we executed much better,” said Callahan. “Our locker room at halftime, there wasn’t yelling and screaming, it wasn’t panic. It was just, ‘Hey, we’re a better football

“We’re happy to get the second win in Northeast Conference (NEC) play, that puts us at 2-0. It puts us in control of our own fate in terms of the conference race.”

KEVIN CALLAHAN  
Head Coach

team than we’re playing right now.’ We’re a mature enough team that we realize that and we said we have to go out and turn it up a little bit in the second half.”

Pat Gray led the team in tackles with eight and also grabbed a pair of interceptions. Eric Macik tallied a pair of sacks and Dan Sullivan added one as well.

MU jumped out to a 14-0 lead early in the second quarter and it appeared

to be another daylong party for a team that has blown out its last two opponents. The football gods appeared to have other plans.

Sacred Heart put together a seven-play 71-yard drive to cut the lead in half with 4:25 remaining in the second quarter. The drive finished with a 33-yard touchdown pass from Tim Little to Robert Dim.

The final play of the first half proved to be a wild one. The Pioneers took a delay of game penalty on fourth-and-13 from MU’s 24-yard line. Following the penalty, they decided to throw up a prayer to the end zone.

The pass fell harmlessly into Gray’s arms at the one-yard line. He caught the ball and ended up in his own end zone. The Pioneers stripped him and recovered the ball for a touchdown.

Some questions revolved around this play, as to whether or not Gray gave himself up and the play should have been blown dead.

“The official explanation was that he intercepted it on the one-yard line, voluntarily took it into the end zone, therefore it is still a live ball,” said Callahan.

The score was tied at 14 heading into the locker room.

The Hawks came out of intermission and Eric Spillane connected on a 37-yard field goal to put his team ahead 17-14.

Following three punts, the Hawks started a drive around midfield with 4:37 left in the third.

Frazier led his team down the field and finished the drive with a four-yard strike to Roberts for a touchdown. Hawks lead 24-14.



PHOTO COURTESY of MU Photography

Tristan Roberts caught six passes for 71 yards, including two touchdowns, to help the Hawks defeat Sacred Heart.

Following a Sacred Heart three-and-out, MU knew they could end the game by scoring some points. The Hawks didn’t pick up the first down after three plays and it was time for some trickery.

MU lined up to punt on fourth-and-two from their own 40-yard line with 12:40 remaining in the game. The snap went directly to Pandorf, who cut left and was off to the races. No defenders were near him until he was 30 yards down the field, as he leaped over a defender to cap off his 32-yard gain.

“Each week we have many fakes in and they gave us the right formation and we just ran the fake and took the ball up the left side,” said Pandorf. “I figured that the returner was

going to go low on me because I was much bigger than him, so I decided to go over him instead of through him.”

The drive ended with a 32-yard Spillane field goal and put the Hawks ahead 27-14.

The Pioneers took over with just under 10 minutes remaining in the game. After driving down to the Hawks’ 23-yard line, Gray made amends for his earlier mistake. He stepped in front of Little’s pass at his own 11-yard line, made the interception and returned it eight yards to seal the win for the Blue and White.

Saturday, The Hawks travel to Albany for a 1 pm matchup for first place in the NEC with the Great Danes (3-1, 1-0).

## Field Hockey Wins First Game of Season

GAVIN MAZZAGLIA  
STAFF WRITER

On Friday, the field hockey team came out victorious for the first time this season with a 5-1 win over Saint Joseph’s University in Philadelphia. The victory came with the first game of a seven-game road trip.

It was MU who got on the board first with a goal from Nicole Manzano with a rebound off of a corner. Just minutes later, Alex Carroll struck for the Hawks as she hit an unassisted shot attempt through a scrum of defenders. Up by two at the half, the Hawks had something to be optimistic about.

Saint Joseph’s struck early in the second half to cut the MU lead to two goals, but at the 45th minute, Trish O’Dwyer scored for the Hawks on a tipped ball. Just one minute later, O’Dwyer scored again, giving Monmouth a comfortable 4-1

lead. Less than ten minutes later, MU scored for a final time to seal it when Chelsea Mann was assisted by Michelle Pieczynski on a two-on-one to make it a 5-1 game.

The first win for the team was great, but in the long run, it won’t mean much. Coach Figlio and the girls used their film from the win to move on to play Lehigh University on Sunday.

In the victory, goalie Teresa Mathews and the rest of the defense were superb. Mathews only gave up one goal, and had four saves. Monmouth outshot Saint Joseph’s 22-12 in the matchup.

On Sunday, MU matched up against another Pennsylvania school in Lehigh. Unfortunately, the Hawks fell by a score of 2-1. It was a close one, as Lehigh got on the board early into the game. In the 15th minute, O’Dwyer continued her hot streak as she scored her third goal in two games. Less than

ten minutes later, Lehigh struck again, making it a 2-1 game at the half. The second half was a lot quieter than the first half, as no team scored in the second. The 2-1 Lehigh lead would stand and turn out to be the final score.

Despite getting the loss, Teresa Mathews racked up nine saves for the Hawks. Monmouth dominated on corners, 10-3, and also led in shot attempts, 20-13, but they just couldn’t convert on enough shots in order to leave with the win.

O’Dwyer will try to continue her hot streak as her and the Hawks travel to College Park, Maryland after a week off to take on Georgetown University at the neutral site of the University of Maryland. The game is set for this Saturday at 1:00 pm. On Sunday, MU will head over to Washington D.C. to take on American University. Sunday’s game is scheduled for a 12:30 pm start.



PHOTO COURTESY of MU Photography

Trish O’Dwyer scored two goals against St. Joseph’s and one goal against Lehigh last weekend.

## Outlook’s Weekly NFL Picks - Week 3

	Away	Carolina Panthers	New Orleans Saints	New York Giants	San Francisco 49ers	San Diego Chargers	Chicago Bears	Oakland Raiders	Minnesota Vikings
	Home	Atlanta Falcons	Green Bay Packers	Philadelphia Eagles	New York Jets	Kansas City Chiefs	Dallas Cowboys	Denver Broncos	Detroit Lions
Ed (5-3)(7-9)									
Clutter (3-5)(6-10)									
Gavin (6-2)(11-5)									
Eddy Occhipinti Assistant Athletics Director/Marketing									



# Captain Ryan Clark Looks to Finish His Career Strong

RYAN CLUTTER  
CONTRIBUTING WRITER

For senior midfielder Ryan Clark, it’s business as usual. Arriving to practice early and being the last one on the field is becoming a daily routine for the Hawks’ captain. A true workhorse, Clark has the hardware to show for it.

“He’s a traditional box-to-box midfielder who does a lot of things for the team,” said head coach Robert McCourt. “It’s a treat when you get kids that are so dedicated to their craft and are so coachable. He’s kind of like the heart and soul of this team.”

A three time All-NEC First Team selection, first team All-Region his sophomore and junior year and Big Apple Soccer Player of the Year last year; Clark now holds preseason All-America honors this year and was named to the Missouri Athletic Club’s Hermann Trophy Watch List last month.

“They are all really well deserved and I hope this can translate into a solid career after his Monmouth career is done,” said McCourt.

Clark is a humble person and credits his teammates for the recognition he has gotten. One award or honor is no different than the next for Clark, who says they all come from hard work and getting team wins.

“I’m very serious about what I do, soccer is what I want to do with my future,” says Clark. “I basically dedicate all my time and focus on soccer.”

In the offseason, he is training all the time. Three times a day, whether it is cross fit training, soccer, weight room or yoga, Clark is getting ready for the up-

coming season. Clark says yoga helps his endurance.

“I had a problem during my freshman and sophomore year; I used to get injured a lot,” explains Clark. “Once I started doing yoga, knock on wood, it’s been a lot better. People can make fun of me all they want, but I’ve seen the benefits from it.”

Once the season starts, it’s tough to get Clark off the field. He arrives first to practice every day, always does extra work, stays late and stretches; he leads by example. In McCourt’s eyes, Clark is a young professional already.

“He’s the guy that is the fittest on day one of preseason and one of the hardest working guys in practice every day,” says McCourt. “I think guys look at him and say, ‘Well if RC can be working this hard then we can certainly be working this hard.’”

This season, Clark has five points to date, tallying three assists and one goal. The goal came against Columbia in the fifth game of the season as Clark bent a corner kick into the net beyond the goalkeeper’s hands. It was Clark’s 13th career collegiate goal and also gave him the game winner in a 1-0 win.

“He’s one of the best teammates I’ve ever had,” said sophomore defenseman Matt Jeffery. “He’s always there supporting guys, pushing guys to become the best they can be and that’s what we want from our captain.”

Jeffery was a high school teammate of Clark’s at Freehold Township High. He sees more leadership qualities in Clark since their high school days. The way Clark carries himself and the encouragement and advice he gives his



PHOTO COURTESY of MU Photography

Senior captain Ryan Clark has tallied one goal and three assists to help lead the Hawks to a 5-2-1 record so far this season.

teammates, Jeffery says, makes the training environment that much better. Clark, meanwhile, credits coach McCourt.

“Mccourt is probably the best coach I’ve ever had,” said Clark. “In terms of being there for me whenever I need things, helping me out, turning me into a better player. He’s coached at such a high level for such a long time that he’s taught me things I never even thought of. He always finds areas for me to improve on.”

The Hawks fell to Iona College on Saturday afternoon 3-1; Francois “Paco” Navarro scored the lone goal for Monmouth. Their record now sits at 5-2-1 with conference games starting on Friday as they get ready to square off against Quinnipiac.

Although a win would have put the Hawks in a comfortable position, Clark still thinks heading into conference play, “the sky’s the limit.”

As much as a preseason All-American mention means, Clark would rather be recognized after the season for his play. In order for that to happen, the team must do well, and Clark puts the team first and foremost. He is excited

about the possibility of continuing his soccer career after college, but is currently putting all his focus and attention to the remainder of this season.

“Basically, I’m just trying to lead our team to as many wins as possible,” says Clark. “I try to focus as much as possible prior to the game, get my mind right. I know time is short, I have like 15 games left to make something happen and leave my legacy on the field.”

The Hawks travel to Quinnipiac on Friday, September 28 for a 3:30 pm match.

# Cross Country Team Runs Well in Holmdel

MAGGIE ZELINKA  
LIFESTYLES EDITOR

The cross country team finished third out of seven schools competing in the 9th Annual Kickoff Meet at Thompson Park in their first meet of the season.

The men ran a 6k while the women competed in a 4k. Senior Amanda Eller prevailed as the women’s top runner finishing eighth in her race with a time of 14:57 while the men’s top runner, freshman Domenick D’Agostino, also finished a mere 19 seconds behind first place securing an eighth place spot in his race with a time of 19:47.4. Graham Huggins-Folizof finished in tenth place with a time of 19:54.5.

In their second race, the men’s cross country team took on an 8k between 15 schools while the women ran a 5k between 17 schools. Leading MU’s men’s cross country team to third place were sophomore Khari Bowen and D’Agostino who finished in seventh and tenth overall. Even though the men earned third place in the overall run, they finished in first between all Northeast Conference (NEC) opponents.

The women were not as fortunate as they placed ninth in the overall meet and fourth between NEC rivals. Once again, Eller scored as MU’s top runner placing 18th overall and having a time of 18:51.

For the team’s third meet, they traveled down the road for Monmouth’s 18th Holmdel Invitational. Eller was the first MU woman to cross the finish line placing fifth overall at 18:53.8. Although many may feel rather proud finishing at 18:53.8, Eller considers another accomplishment her greatest achievement of the race.

“I am certainly proud to be the third ever of Monmouth women to finish under 19 minutes at Holmdel and I would have to say that I am more proud of that,” Eller goes on, “But I also am happy with my Holmdel time because it is a course best for me there.”

Close behind was her teammate, senior Kelsey Maher, who came in seventh overall with a time of 19:16.2.

Head coach Joe Compagni is very proud to see the women uniting after a tough first two races. “In cross country, that [running in a pack] is key to a team’s success. If you have one star and then your second and third runners are further back, you just aren’t very successful. It’s all about how close you can be together and how close you can be to the front,” Compagni says. “One of the things the women did was they improved on that a good deal from our first meet to our third meet so they are going in the right direction. It’s just a matter of getting back in race mode after not racing all summer and part of it is working on hanging close to your teammates and



PHOTO COURTESY of MU Photography

The men’s cross country team finished first out of five schools at the 18th Annual Monmouth Invitational at Holmdel Park.

placed first out of five schools at Holmdel. Bowen was MU’s first runner to cross the line and finished second overall in the race. His time, 26:39.70, was a 40-second improvement from last year’s Holmdel meet. Compagni believes that Khari’s potential is just beginning to take off.

“He was a talented and successful runner in high school,” Compagni said. “Freshmen year is the hardest because the distance changes and the races get more competitive so now he has that behind him. Plus he has done a lot of work so I absolutely think he can improve.” Close behind Bowen was senior Sean Hartnett who placed seventh overall with a time of 27:22.4.

The cross country team has competed in all of their home meets for the season, the last being Holmdel. While being on the road for the rest of the fall may frighten other athletes, the cross country team is looking to make the best out of their situation. “We knew last spring that our championships we’re all going to be on the road,” Compagni states. “We love competing at home as much as we can, but they know that our success is going to be determined on the road.”

The team was supposed to travel to New York this weekend but coach Compagni notes the team does not need to compete because everyone who needed to race competed in the Holmdel meet. Having a week off will more than likely work in their favor rather than work against them.

“We need a week to just train and to put some work in so when we got to Lehigh next week, we’re not tired from racing a lot,” Compagni said. “I wouldn’t call it a recovery week, we just get a break from racing.”

The cross country team will travel to Lehigh University the weekend of September 28 for their next meet.

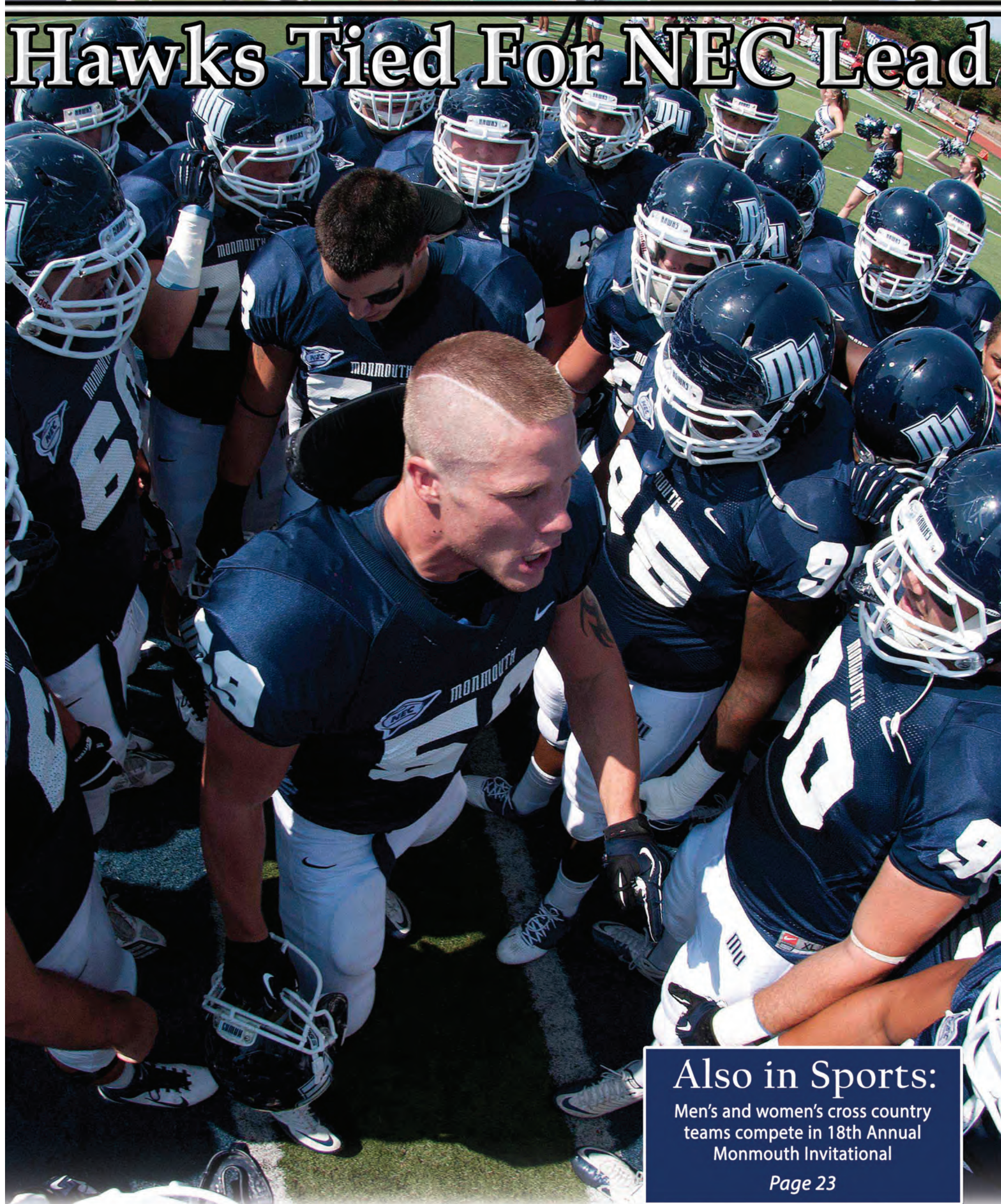
“We love competing at home as much as we can, but they know that our success is going to be determined on the road.”

JOE COMPAGNI  
Head Coach

not letting a lot of people get between you.”

It is clear how the men have been able to perfectly execute running in a pack, especially since they





# Hawks Tied For NEC Lead

## Also in Sports:

Men's and women's cross country teams compete in 18th Annual Monmouth Invitational

Page 23

Linebacker Dan Sullivan, pictured above, has led an inspired defense for the Hawks, who are allowing 16 points per game while winning three in a row.

Full Story on page 22