

News



Rock for Relief
Concert raises
money for Hurricane
Katrina victims

.... 8

Features



Sweating at the gym
never looked so
good.

.... 7

Entertainment



Paris Hilton gets
set to release
debut album.

Will it be hott?

.... 12

Sports



Anthony Addonizio
and the Hawks
prepare for NEC
opener against
Stony Brook.

.... 25

Jules L. Plangere Jr. MACE award honoree



PHOTO COURTESY of Jim Rema

President Paul Gaffney presents Jules L. Plangere with the 2005 Monmouth University Award for Communication Excellence.

LAUREN BENEDETTI
EDITOR IN CHIEF

On Thursday, September 22 faculty, administration, students, trustees and guests gathered in Wilson Hall to present Jules L. Plangere, Jr. with this year's prestigious Monmouth University Award for Communication Excellence (MACE).

In 2002, the Jules L. Plangere Jr. Center for Communication and Instructional Technology was dedicated to Plangere for his generous financial contribution and years of service to the University.

The ceremony recognizing Plangere began at 6:30 on Thursday evening with a cocktail hour followed by a 7:30 dinner. During the dinner friends, colleagues and guests of Plangere enjoyed the kind and humorous words spoken by people such as Marilyn Rocky Class of '65, member of the MACE Committee, Dr. Don Swanson, Steve Breen, Pulitzer Prize winning editorial cartoonist and creator of nationally syndicated comic strip, Grand Avenue, President Paul G. Gaffney II, Jack Ford, Court TV anchor, co-host of "Trail Heart," and Master of Ceremonies Jim Hickey, chairman of MU's Communication Council and National Correspondent personality for ABC News Radio.

"The MACE award ceremony was a great opportunity to meet and listen to people from the area who have been successful in the business of communication," said Vice President of Comm Works, Jackie Murray.

Jim Hickey noted in a press release from the University that, "Jules Plangere is without peer in his dedication to the education of New Jersey students in the art of communication and the skills of writing. He has given freely and tirelessly toward those goals for decades."

President Gaffney describes Plangere as a strong leader, but quiet and self effacing. He is a champion of integrity and powerful spokesman on important issues."

Plangere who resides in Spring Lake is a graduate of Asbury Park High School. He continued his education at Rutgers University and served as Lieutenant in the United States Army. Currently, Plangere is part owner of Press Communications, LLC, a multi-media company involved in radio and television.

Mr. Plangere once observed "...that a literate public would help ensure the future of the printed word . . . and that an educated populace would help perpetuate our democratic society."



"Jack Ford offered great insight into what a true leader should bestow upon himself and his career achievements. "

JACKIE MURRAY
VICE PRESIDENT
COMMWORKS

According to a press release from the University, Dr. Don Swanson, chair of Monmouth University's Department of Communication stated, "The MACE Award was initiated to celebrate excellence in communication, and is a natural extension of Monmouth University's participation in the media industry."

The Award was created to acknowledge an individual who has made an outstanding contribution and a profound impact on society through the field of communication.

Plangere has proven himself worthy of the MACE award through his life's work and service of more than 35 years on Monmouth University's Board of Trustees. Plangere started his career as a management trainee and worked his way through publisher of the Asbury Park Press and then to chairman of New Jersey Press, Inc.

Hurricane causes change for students

Tulane students tell all: What it's like to be threatened by a hurricane?

JENNIFER ROBERTS
STAFF WRITER

Students from Tulane University have been accepted into Monmouth University for the 2005-2006 school-year following the aftermath of Hurricane Katrina.

Jenna Joseph, Amy Kestly and Christopher Burke are among the batch of Tulane students who made their way to Monmouth after the disaster made it impossible for them to continue living and attending college there. The hurricane was not only a dangerous force for Gulf Coast residents, but a disappointment for students who were looking forward to spending the school year in the culturally rich area of New Orleans.

An Ocean Township native, Joseph initially chose Tulane because of its great reputation. She was also enamored by the city's charm.

"New Orleans has so much history and culture and charisma," said Joseph. "It's a place you can really grow and learn from. And summer weather all year long-who could complain?"

Joseph was only in New Orleans for a few days and living in her freshman dorm for a few hours when she heard news of the hurricane.

"I got in, met with my roommate, unpacked my bags, did up my room, and then we were called to an evacuation meeting," said Joseph. "Actually, I was in the middle of pinning up pictures of my friends and family."

Tulane University had set up an evacuation shelter with Jackson University, but students were urged to go home or somewhere else if possible. Joseph's roommate lives in Memphis, Tenn. and allowed her to stay in her family's home.

"It was actually a good experience for me, in one aspect, because I became seriously close with my roommate," said Joseph. "She was only in Memphis for about a week before she returned home."

"We all thought the storm would pass over and we'd be back in school in a week, at worst," said Joseph. "But, when we found out school would not be opening for at least a couple months, I took a flight out."

Tulane took the student's safety very seriously as they ordered the mandatory evacuation meeting on Aug. 27th. For Burke, that meeting was only the beginning of a dangerous few days for himself and his parents within the flooded city.

"They told us we would have to leave the school for only a few days, until Wednesday," said Burke. "My parents and I returned to our hotel, The Fairmont, and decided to just wait it out; it was only a few days."

A few days turned into next week and when Katrina hit, the family had no choice but to stay. The hotel tried to maintain service but under the circumstances it was not possible.

Hurricane continued on pg. 2

North campus quad altercation

LAUREN BENEDETTI
EDITOR IN CHIEF

On September 11th at approximately 3:40 a.m. there was a physical dispute between undergraduate students in the resident hall quad that continued later on in a suite.

At this time there is little information being released from the University since the students involved are protected by the Family Educational Rights and Privacy Act, (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) a Federal law that protects the privacy of student education records.

GreyDimenna, Vice President and General Counsel of MU is the spokesperson for matters involving the incident and stated, "The University Police Department has been investigating the

matter and student disciplinary charges are being considered. I cannot be more specific than that due to FERPA."

He also noted, "To the best of my knowledge there was no prior history between the involved parties."

The school has done what they can to prevent the situation from happening again and hopes that students will act as adults and continue living in harmony.

"One would hope that our students would not engage in violent behavior against each other on campus. Unfortunately, this seems to be a reflection of our society that on occasion spills over to the campus. Thankfully, it does not happen very often which is a credit to our students."

Monmouth University announces \$45 million “Vision of Distinction” Capital Campaign



Monmouth University cheerleaders help celebrate the announcement of MU's new capital campaign with (left to right) Paul Doherty ('67, chair of Campaign Executive Committee and member of Board of Trustees), the Hawk, President Paul Gaffney and Stephen Parks (chair of Board of Trustees).

PRESS RELEASE

Monmouth University announced its new \$45 million “Vision of Distinction” capital campaign on September 15 in historic Woodrow Wilson Hall. During the event, President Paul G. Gaffney II and members of the board of trustees announced that \$41.7 million has already been raised toward the \$45 million campaign goal. The campaign is the highest campaign drive in Monmouth University’s history. Funds will be used to for endowment, academic scholarships and programs, and campus facilities such as the Monmouth University Library, Plangere Center for Communication and Instructional Technology, and the new Multipurpose Activity Center. “This is a wonderful day for Monmouth University,” said President Paul G. Gaffney II. “The generous gifts from trustees, alumni, friends, government agencies, corporations, employees, and students will benefit Monmouth

University for years to come and will ensure Monmouth’s future as one of the best universities in the nation.” Led by a generous gift of over \$5 million from Jane and Jules L. Plangere, Jr., the university has received almost 900 donations already. “A successful campaign will enable Monmouth to continue to excel and to provide students with an outstanding education,” stated Paul. S. Doherty, Jr. ‘67, chair of the campaign executive committee and board member. “This is an exciting opportunity for Monmouth University.” Scheduled to be completed in December 2006, the capital campaign is linked to the university’s strategic plan which was initiated by President Gaffney in 2003. The funds will allow Monmouth University to build upon the dramatic academic and physical growth over the past decade. Monmouth University is the first choice for many students. In fact, it has closed its freshman class on May 1 every year since 1994. At the same time, its average SAT score has increased approxi-

mately 100 points. Monmouth University is listed as one of the nation’s best institutions for undergraduate education in Princeton Review’s “The Best 361 Colleges” and is ranked in the top tier of Master’s-North Universities in the U.S. News and World Report rankings. In addition, more than 150 new faculty members have been hired and new academic programs have been added. Monmouth has built new facilities and retro-fitted existing infrastructure in an effort to better meet the academic, extra-curricular and residential needs of students. Historic Woodrow Wilson Hall and the Guggenheim Cottage at the Monmouth University Library have undergone necessary repairs to preserve them for future generations. “This ambitious and comprehensive fund-raising effort has already received great support from the community and will continue to do so,” commented Jeff Mills, vice president of university advancement. “We are appreciative of their investment in higher education and Monmouth University.”

Displaced Students

Hurricane continued from pg. 1

“The lobby was being lit with floodlights, elevators didn’t work and they were still charging 25 dollars for a dinner buffet!” said Burke. After the storm passed, Burke and his father walked from Canal St. toward the Superdome to take pictures. “If you’ve ever seen the movie, ‘Day of the Dead,’ that’s the way the city looked like,” said Burke. When the levees broke the next day, the city began to flood outside their hotel and that’s when Burke says the looting began. “People were selling crack cocaine in the hotel to anyone who wanted to buy it; people were lighting up joints in the hallways,” Burke said. “To their credit, some of the staff offered to let us stay with them as they left the hotel.” By this time, the water was thigh high and the Burkes were looking to get out of the city. “My dad went to a police officer who happened to be in the hotel, and asked if he thought we should try and leave or not,” said Burke. “His response was ‘Do you have a gun?’ ” That sealed the deal for the family, as they left in their SUV, assisting a Georgia woman and a lady from Scotland out of the disaster by providing a ride out of the city in their vehicle. What Burke saw next in the city streets was “people coming out of the stores with boxes of Nike’s and shirts, everything except food and water.” “They were wading through the sewage water with all this stuff, some with babies on their hips,” said Burke. “As we neared the end of Canal (St.), we saw the police starting to pull on the flak jackets and taking out automatic rifles and shot guns.” When they left it was about 1 pm on Tuesday, and he was warned by the cops that it was ‘about to get ugly.’” For Kestly, from Oceanport, she was in New Orleans for only five days before the evacuation procedure began. The junior was in the process of moving back into a house she shared with three friends off campus, when they decided it would be best to evacuate. Kestly went to Houston first to stay in a hotel and then to Florida to stay with her mom for a week before retuning home to NJ to take classes. While Kestly evacuated, two of her friends stayed behind to brave the storm. the city,” said Kestly. “He traded some of his personal belongings in order to have someone take him in a boat across Lake Ponchartrain and luckily they are all safe and sound now.” Kestly’s mom worked for 10 years at Monmouth and heard about the opportunity for her daughter to attend the college from friends. “A lot of her friends who are still here contacted her and told her that Monmouth was opening 20 spots for displaced students,” said Kestly. “After thinking it over, coming here seemed like the best option since I already knew the area and campus and Monmouth was willing to make the transition very easy for me.” All the students seem to be making a smooth conversion despite the fact that Tulane is where they want to be. Joseph is living at home and attending classes at Monmouth. Her belongings are still in her dorm at Tulane, allegedly safe. Despite the fact that Monmouth does not have her major, neuroscience, Joseph is still impressed with the small classes here. “Every single class is small,” said Joseph. “I like how it’s easy to navigate too-not humongous like Tulane.” Kestly is actually benefiting in terms of her major from the class selection at Monmouth. “I am a psychology major and I am currently taking 4 psych classes, 2 of which are not necessarily offered at Tulane,” said Kestly. “I am also taking a field study class where hopefully I will get the opportunity to work with the Red Cross in disaster relief.” Burke chose Monmouth because “it is a good school and convenient.” “I like it at Monmouth so far,” said Burke. “People have been helpful and quite accommodating to my situation.” With Hurricane Katrina being such a controversial and unbelievable catastrophe, these students are likely to be bombarded with questions about what exactly went on. So far, Joseph has written an essay on her personal experience with Katrina in Professor Hailey’s class. All 3 students have a story and an opinion to share that can help others to gain insight into what went on. At first I don’t think (the government) was doing nearly as much as they could,” said Burke. “I think that they finally took some responsibility and are now dealing with the situation the way it needs to be dealt with.” Kestly also felt the government was “slow in their response.” “There was just no reason that people should have gone without food and water for so many days,” said Kestly. “If reporters and camera crews were able to be down there from day one, where was the proper support from the government?” When it comes to the controversial subject of whether or not New Orleans should be rebuilt, the students are trying to balance their love for the city with what’s best for the city. Burke believes that New Orleans should be built “bigger and better than before.” “But taking the hurricane into mind, it also ought to be built more hurricane resistant,” said Burke. “Money ought to be put first into protection, and second into fixing what’s wrong in the area.” “I really want it to be rebuilt, but in my heart of hearts, I’m not sure if it’s economically wise,” said Joseph. “If architects can get together and figure out some way to rebuild it so that it is stable and safe, I’m all for it!” While Kestly wants the city to be rebuilt, she is concerned about the design. “New Orleans has such uniqueness to it and I am afraid that if not planned carefully, it will lose that aspect of it that I have grown to love,” said Kestly. “The whole Demographic of the city is probably going to change now that a lot of people who lost their homes might not return, so they’re going to have to rebuild it in a way that attracts people to come back.” If the city is rebuilt, all three of the students are anxious to return. As Burke says “I mean West Long Branch isn’t New Orleans, ya know?” “The day that it opens, I am there!” said Joseph. “I’m not expecting it to be the same as it was, but if it’s a completely lost cause, I’ll probably go somewhere else where the weather is equally beautiful, like UGA, Emory, Vanderbilt, or UNC.” “I definitely want to go back to Tulane and graduate from there, no question in my mind,” said Kestly. “I want to go back to my life and my friends that I have established down there over the last 2 years, but I also don’t want to miss out on a great opportunity to study abroad in Europe.” I plan on being back there as soon as they tell me it’s safe to go back,” said Burke. “The sooner, the better.” Despite the fact that the students miss Tulane, they are all appreciative of the opportunity to come to Monmouth and the support they have been given. “In the aftermath of this tragedy, I realized how many people there really are that are willing to help,” said Kestly. “I would also just like to extend my sincere gratitude to the faculty and staff here at Monmouth for this opportunity and making my transition a smooth one.” “Thanks to the staff and students at Monmouth for being so inviting and helpful,” said Burke. “I’m really thankful to Monmouth, for not only making space for me in the university, but in any classroom I desired,” said Joseph. “The entire university really went out of their way for the Tulane students.”

ADVANTAGE SCREEN PRINTING

Specializing in custom t-shirt, sweatshirt and staff shirt printing. Let our full-service art department create a logo for your organization, team, business or club.

FREE DELIVERY
609-294-6868

Sherman wins second annual Monmouth Idol title

FRANKIE MORALES
STAFF WRITER

Her name wasn't even in the program. She didn't even have musical accompaniment, but Jessica Sherman proved that she didn't need any of the glitz and glamour, just an amazing singing voice. Sherman, singing Christina Aguilera's "Walk Away," filled the Pollak Theatre with her overwhelming voice as a walk-on performer, filling the night's fourth spot. Sherman's voice was so captivating that some murmurs in the crowd even described her as being identical to Aguilera when hitting the high notes. It all played a factor with judges Amy Bellina, from Student Activities and Student Center Operations, Tyler Havens, Assistant Director of Student Activities for Greek Life; and Danielle Schrama, Student Development Counselor. With the win, Sherman "walked away" with a \$60 gift certificate to Chili's, two free movie passes to Loews, and two free appetizers at T.G.I Fridays.

The clear Wednesday night of September 21, provided the perfect opportunity for all the stars to shine, as the girls of Phi Sigma Sigma presented their second annual Monmouth Idol competition. With students of all sorts, especially of the Greek community, Pollak Theatre was full of electricity, and hosts Jody Napolitano, Zo Flamenbaum and the man better known as Farva were just as energetic.

The rest of the talent did not disappoint either. Coming in second place, was the charismatic one-man show put on by sophomore Brandon Bosque. The Phi Sigma Kappa member put on a, literally, wet-and-wild show with his performance of Enrique Igelias's "Bailamos". Being billed as "2002's Junior Latin Pop Singer of the Week in Ecuador," Bosque showed why he was worthy of such an honor with his rhythmic gyrations and water-bottle coupled striptease capturing the pop culture essence of Igelias's and the vote of Zo, as well.

During intermission, many people in the crowd actually called up their friends telling them they just missed "the funniest thing," making Bosque's performance one of the most memorable of the night. Sigma Tau Gamma's Seth Harrow took away five appetizers from Friday's when he came in third place. Singing Bette Midler's "The Rose," the sophomore gave a performance that was described by audience member Melissa Myers as, "Soft-spoken and yet chilling." Claiming Harrow as her favorite of the night, Myers, as well as the rest of the audience rode every high note Harrow hit in his acapella performance. The crowd even got their lighters and cell phones out, and waved them. Others attempted to clap along with the tempo, but they were no match for Harrow's captivating performance and tempo.

Although there were plenty of others that didn't place, it does not take away from the amazing performances that had the crowd excited. The night's first performer, Janet Miller, who has performed at the legendary CBGB's and Madison Square Garden, got the crowd hot for the night. Playing guitar for her own performance of "All I Have" by L.P., Miller had

the crowd screaming and clapping not even a minute into show time, even being on the receiving end of a standing ovation. Music Industry major, Christina Lupinacci showed that she had a soulful side with her performance of Aretha Franklin's "Respect" which was a big hit with the crowd. John Kerwin was representing the "Mean Streets of Delaware," with his performance of country classic "Every Woman I've Ever Known," which turned out to be yet another cell-phone-waving affair for the crowd. Jessica Jones even offered her own version of "The Rose," accompanied by the original track, getting an amazing ovation from her Laurel I-Suite girls.

However, the event was more than just singing, as proven by Alyson Goode and Erica Osterlo. Goode, a senior from Theta Phi Alpha, put Britney Spears to shame with a perfectly crafted lip-synching dance to "The Hump." Goode made use of her obvious dancing background and the stage. Osterlo showed us her best moves as she performed a self-choreographed hip-hop medley number. The crowd showed her they were into it with a rousing clap-along during the "Sweet Dreams" portion of the song.

The boys of LTA even showed the crowd some steps as they proudly displayed their salute for the crowd right after intermission. The theme of the night had to be improvisation, though. There were plenty of acts that just showed up, including Hawk TV's Joel Binderfield who gave a powerful rendition of Elton John's "Now That You're In the World" Binderfield was actually on assignment taping the show, and jumped right onto stage singing acapella and surprising the crowd with a powerful song ending high note. Dan Hankel provided some surprise as he freestyled on stage to a familiar Eminem sample. After, he called for everyone to raise their hands in the air and walked off the stage holding his hands up in victory. Jon Stevens even changed up his performance 30 minutes prior in exchange for a guitar accompanied performance of Al Green's "Ain't No Sunshine," which offered a great blues feel which was given a great ovation. However, the highlight of the night, by far, even described by attendee Stephen Ortiz as "The most'scrum-diddly-umpous' performance I've ever seen." Sal Binder, from the Holy Grail of Michigan, and making a home all over New Jersey took the stage, as the only commuter student of the event. With that said, Binder made sure that being a commuter meant he knew how to move. Performing material from "The Boss" Bruce Springstein, Sal stumbled over a few words but picked up the chorus getting the crowd heavily into his performance. The crowd was on their feet, chanting Sal's name like crazy and even his fellow opponents stormed the stage and danced with Sal, who was sliding all over the stage gaining points for dynamics. The performance proved to be the best way to end the night, as all the contestants joined in and proved that friendly competition and fun were the themes of the night.

Gratitude must go out to the girls of Phi Sigma Sigma for the amazing organization of the event, and surely for providing an even better affair next year.

SGA President's Corner

Hello MU!

This past week has been a very successful one! The efforts of the Monmouth community has really been shining in raising money for the Hurricane Katrina Relief Effort. We have raised thousands of dollars thus far, especially with the success of Rock for Relief last Friday. Please continue to support these efforts. There are many people around campus selling Mardi Gras beads for \$1. They are colorful and fun to wear, plus you get something for your dollar, so stock up early for Fat Tuesday next year! I would like to take the time to thank Dr. Gorelick, professor of English, for donating her authentic Mardis Gras beads from her days of living in New Orleans. She donated around 100 fancier, more expensive beads which we are reselling for \$5 each. Keep your eyes out for those special strands!

Wednesday, September 28th is the SGA's **OPEN YOUR MONMOUTH** event outside of the R.S. Student Center. Stop by and

tell us what you think about Monmouth University! We are here for you and look forward to serving you this year. However, we can't be our best without your input!

There's still time to sign up for the **BIG EVENT** next Saturday, October 8th. There are takes in the R.S.S.C. every day to sign up or bring your application to the SGA Secretary on the 2nd floor of the student center to sign up. Don't miss this day to serve your community!

Now that the Involvement Fair is over, I hope that everyone is starting to find their place to call home at MU. Getting involved is a great way to meet people, build up your resume, get practical experience, and have fun! There are 67 clubs and organizations on campus to join. If there is an area that is missing that you would like to start up, come to SGA to learn how to start your own! We sponsor all clubs and organizations on campus. Every year we approve numerous clubs to be recognized by the university. That is another great way to become involved!

I'd like to welcome and congratulate all the new Senators that were just elected onto SGA. They are here to represent YOU! Also, anyone who missed the elections but still want to be apart of student government, you are more than welcome to sit as a general member at our meetings on Wednesdays at 2:30 on the 3rd floor of the student center. We can use all the help we can get with all our big events coming up!

Starting next week I will start answering questions from the MU community in this column. If you want to see your question answered, write down your thoughts at **OPEN YOUR MONMOUTH**, use our suggestion boxes in the R.S.S.C. or the dining hall, or email SGA@monmouth.edu.

Have a great week and don't forget to **OPEN YOU MONMOUTH!**

Yours truly,

Alyson Goode
SGA President
x4701

First anniversary of The Center of Rapid Response Database System



PHOTO BY Jacqueline Koleski

The Center of Rapid Response Database Systems at Monmouth University celebrated its one year anniversary officially on August 2, 2005. The Center is located in the Link between Howard Hall and Edison Hall. Its primary purpose is to research and work on planning and response techniques to protect people from such disasters as natural outbreaks, natural disasters, and even bioterrorism.

Σ Π

MEN OF HONOR

Sigma Pi Fraternity

To become a man of honor,
contact our Recruitment Chairman
Brett Stevens: 856-905-9807

<http://rush.sigmapi.com>

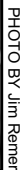
Thomas Jefferson Visits Monmouth

BETH SCIALABBA
STAFF WRITER

The most energetic performances of the night might have belonged to the two closing bands, With Broken Glass and Death to Honor, who had the crowd going wild with their moshing escapades. Mike Bennett, who worked alongside the crew of WMCX as a stage hand for the bands, by far enjoyed the performance of Death to Honor. "I knew these guys looked familiar, and it actually turns out that I used to play a show with them in an older band I was in. I was like, how in the world did you recognize me?" However, as the show was coming to an end, Tom Hanley made sure to come out and stress the importance of the support Monmouth is offering. "By the end of the weekend, the portion of Louisiana not ravaged by Katrina, will get devastated by Rita." All the organizations knew this and worked hard. The crews were made up of a large portion of freshmen, who Chief Engineer, Professor Chris Cavallaro praised at the end of the day, for the amount of production and how it was handled by both groups. At the end of the day, it was certainly a relief to have pulled off such a great show, and to have provided a little more relief in the way of those ravaged by the hurricane.

Although Jefferson served as the Ambassador to France during the Constitutional Convention, his influence over James Madison and the Constitution itself was well established.

Barker was born in Philadelphia and graduated from Villanova University. He has been impersonating Thomas Jefferson, resembling him in both height and weight, and mastering his mannerisms and speech, since 1993 where he started at Colonial Williamsburg. Barker has performed at the White House, the Palace of Versailles, throughout Europe and the United States. He has also appeared as Jefferson on programs on ABC, NBC, CBS, PBS, CNN, the History Channel, and C-SPAN and has been featured in numerous national magazines.



A black and white photograph of a woman standing in front of a backdrop. The backdrop features a banner with the text "NOTHING...IS UNCHANGEABLE BUT THE INHERENT AND UNALIENABLE RIGHTS". Above the banner are two star-and-moon motifs, and below it are several American flags. A wooden chair is visible to the left of the woman.

PHOTO BY Andrew Miller

While working at Monmouth Schaad “hope(s) to bring the knowledge and skills I’ve gained through my professional experiences and education to increase awareness of substance abuse.”

Schaad hopes to pursue many more things in life some of which include "vacationing in Europe, continuing my education, and growing old with my husband, Matt."



255 Rt. 35 N. (Next to Kinko's • Across from Monmouth Mall)
Eatontown 732-544-TANS (8267)
www.planetbeach.com

Planet Beach

Tanning Salon

- ♦ Air-conditioned beds
- ♦ Professional, Courteous, and Educated Staff
- ♦ AM/FM, CD Equipped Clean Private Room
- ♦ Reciprocal Memberships Over 300 Locations!

**Monmouth University
Student Special!**
**Unlimited Tanning
for \$19.95!!**

20% OFF
All Lotions
Over 40 Types!
Eatontown
732-544-8267

**Free Tanning
Session**
Buy 1 Tanning Session,
Get 1 Free (Any UV Bed)
Eatontown
732-544-8267



With this coupon. Not valid with other offers or prior purchases. Offer expires 10-05-05.



With this coupon. Not valid with other offers or prior purchases. Offer expires 10-05-05.

2nd Floor, Rebecca Stafford Student Center • Office of Student Activities and Student Center Operations • 732-571-3586

GET INVOLVED!

UPCOMING STUDENT EVENTS

- Wednesday, September 28
Spin Art Cookies
12:00-4:00 PM, RSSC 1st Floor Lobby
- Speak OUT!
11:00-4:00 PM, RSSC Outdoor Pit
- Tennis vs. Sacred Heart
3:30 PM, Tennis Courts
- Thursday, September 29
NWS Wrestling Show
8:00 PM, Anacon Hall
- Friday, September 30
Weekend Movie Series - THE HONEYMOONERS
8:00 PM, Young Auditorium, Bay Hall
- Saturday, October 1
Weekend Movie Series - THE HONEYMOONERS
3:00 PM & 9:00 PM, Young Auditorium, Bay Hall
- Men's Soccer vs. St. Joseph's
2:00 PM, Great Lawn
- Sunday, October 2
Open House
12:00 PM, Campus Wide
- Softball vs. Georgian Court
10:00 AM, Softball Field
- Softball vs. Caldwell
2:00 PM, Softball Field
- Monday, October 3
Ghost Hunt
7:00 PM, Wilson Hall Auditorium
- Tuesday, October 4
Mambo 101
6:30 PM, RSSC Anacon Hall
- Wednesday, October 5
Homecoming Court Nominations Due
- Field Hockey vs. Villanova
4:00 PM

Join on of the following recognized student clubs. Stop by the Office of Student Activities to learn more or to start your own!

Accounting Society
African American Student Union
All Lifestyles Included (LGBT)
American Criminal Justice Assoc.
Amnesty International
Animation Club
Catholic Centre of MU
Christian Ambassadors
Community Service Club
Commuter Club
CommWorks
Council for Exceptional Children
Dance Team
Economics and Finance Club
The Gender Studies Club
Grad. Criminal Justice Assoc.
Hawk TV
Habitat for Humanity

History & Anthropology Club
Ice Hawks Club (Ice Hockey)
International Reading Assoc.
Irish Club
Los Conquistadores (Spanish)
Marketing & Management Assoc.
Monmouth Review
National Council of Negro Women
Pep Band
Political Science Club
MU Professional Nurses Assoc.
Pei Chi
Public Relations Student Soc. of America
REBEL U
Residence Hall Association
Shadows Yearbook
Sociology Club
Snowriders Club

Social Work Society
Student Activities Board
Student Alumni Association
Student Government Assoc.
The Outlook Newspaper
WMCX 88.9 FM Radio

Is your club not listed?
Then either:
* - Your club roster has not been turned in to the OSA.
* - The club is currently an interest group seeking approval through SGA.



TOP TEN WAYS TO... Get Into a Student Club

10. LOOK FOR ADS ON CAMPUS BULLETIN BOARDS
9. READ THE AD ABOVE!
8. READ THE OUTLOOK EVERY WEEK!
7. GO TO A CLUB MEETING
6. VISIT THE 3RD FLOOR OF THE STUDENT CENTER OR THE PLANGERE CENTER
5. STOP BY THE OFFICE OF STUDENT ACTIVITIES FOR INFORMATION
4. BE AROUND FOR ACTIVITIES TIME WEDNESDAY'S FROM 2:30-4:00
3. START YOUR OWN CLUB WITH 9 OF YOUR CLOSEST FRIENDS WITH THE SAME INTEREST
2. GO TO AN EVENT SPONSORED BY THE GROUP YOU LIKE
1. TAKE A CHANCE!

How to keep your beach body shape during the cold months

LAUREN NAPOLITANO
FEATURES EDITOR

Summer is officially over. Welcome fall and all fall brings; the color of the leaves changing while they gradually fall to the ground, pumpkin picking, bobbing for apples, cooler weather, fall fashions, and hot apple cider.

Halloween and Thanksgiving are around the corner, making the fall that much more exciting and anticipated. We can't help but get giddy at the thought of dressing up as our favorite Disney character or superhero and surrounding ourselves with our family and friends while we say thanks for everything we have. There is only one downside: the abundance of food that comes with it.

All summer long you have been dieting and exercising, losing any extra pounds you were lugging around and keeping up your bathing suit shape until the last possible beach day. Now that fall is here, there's no point in continuing in your efforts right? WRONG! Fall is an easy time of year to begin to fall off the healthy habit band wagon and start a vicious cycle of bad dieting habits that last until spring. Read on to find out how you can avoid such mishaps and keep your body looking beach ready for next summer.

Stick to healthy eating habits: The summertime is an easy period to eat light. An article from www.ivillage.co.uk says continue this light eating by sticking to fruits, vegetables and low-fat dairy products as your snacks throughout the day. Choose lean meats for your meals. The best choices are chicken and fish but if you love red meat, stick to the leanest cuts such as filet mignon. Try to limit your red meat consumption since it is higher in fat than chicken or fish.

Always eat breakfast. This is the most important meal of the day. It starts up your metabolic engine, keeping the fat burning process going throughout the day. Accord-

ing to www.ivillage.co.uk, energy-packed breakfast choices are bran, bananas, orange juice, oatmeal, low-fat yogurt and muesli.

Choose complex carbohydrates such as whole grain breads and high fiber cereals. Leafy green vegetables, fruits, beans, and roots are also good sources of fiber-rich foods. Choosing these types of carbohydrates over simple carbohydrates will fill you up quicker and keep you full longer, ultimately reducing the amount of calories you consume throughout the day.

Avoid all trans and saturated fats. According to www.health.discovery.com, the Discovery Health Channel website, they both raise the level of LDL, or "bad" cholesterol and lower levels of HDL, or "good" cholesterol in the body. In addition, they may inhibit the absorption of healthy fats that are vital for the functioning of important organs and growth. When food shopping, look at the ingredients and avoid any products that contain "hydrogenated" fats. This is where the trans and saturated fats are lurking.

Practice portion control: As Americans, we are used to consuming foods in super sized portions. We have been convinced that bigger is better. When it comes to food, the opposite applies.

If you haven't been practicing portion control during the summer, start now. Consuming larger meals less frequently during the day causes fat storage as opposed to eating smaller sized meals more often during the day.

Controlling the amount of food you eat is no easy task. Here is an easy way to figure out how much food you should be consuming at one sitting without worry about using any measuring devices:

- One serving (three ounces) of meat, poultry or fish is about the size of a deck of cards or the palm of a woman's hand.
- One serving (one half cup) of fruit, vegetables, pasta or rice is about the size of a small fist.

• One serving (once ounce) of cheese is about the size of your thumb.

• One serving (one cup) of milk, yogurt or chopped fresh greens is about the size of a small hand holding a tennis ball.

The Food Guide Pyramid is an easy way to design a healthy eating plan that will ensure you get the proper nutrients in the proper portions your body needs. Here is a quick overview from www.primusweb.com on what you need daily:

- Bread, cereal, rice and pasta = 6-11 servings a day
- Vegetables = 3-5 servings a day
- Fruits = 2-4 servings a day
- Milk, yogurt and cheese = 2-3 servings a day
- Meat, poultry, fish, dry beans, eggs and nuts = 2-3 servings a day

Keep up an exercise plan: Summertime weather is the best for engaging in physical activities outdoors. Try to keep yourself active by doing aerobic exercise such as walking, jogging, running, swimming or cycling on a regular basis. This will build and maintain muscle tone and burn calories. The simple act of walking a few steps further each day can make a difference in how you look and feel.

According to Dr. James Hill, obesity researcher and cofounder of America on the Move, an extra 20 minutes of physical activity a day, or an additional 2,000 steps, is all you need to avoid weight gain.

In a study done by the National Weight Loss Registry, an American organization founded in 1993 to monitor weight loss maintenance over time, subjects who successfully lost 30 pounds and kept it off did so by maintaining their exercise regime. Not only does it burn calories, but it also keeps your resting metabolic rate up, which means your body is working even while you rest.

Omelette with spinach and cheese

Courtesy of Food Network

Recipe

Summary

Prep Time: 30 minutes

Cook Time: 11 minutes

Yield: 4 servings

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 onion, finely chopped
- 6 large eggs, beaten
- 1 pound spinach, stems removed, washed and blanched, squeezed dry and finely

Process

- Squeeze the spinach dry and finely chop.
- In a 9-inch skillet, heat the olive oil over medium heat.
- Add the onions and cook, stirring, until soft, about 5 minutes.

- In a mixing bowl, combine the eggs, spinach, salt and pepper, to taste.
- Add the cheeses and mix well to combine.
- Pour this mixture into the skillet and cook until the bottom has set, about 5 minutes.
- Holding a flat lid over the skillet, turn the frittata over onto the other side and slide back into the skillet.
- Cook 5 minutes more and serve immediately.

Greek Salad

Courtesy of Food Network

Recipe

Summary

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 2 minutes

Yield: 4 servings

Ingredients

- 3 vine ripe tomatoes, cut into chunks
- 1 red onion, thinly sliced
- 1/2 European seedless cucumber, cut into bite-size chunks
- 1 small red bell pepper, seeded and chunked
- 1 small green bell pepper, seeded and chunked
- 1 cubanelle pepper, seeded and chunked
- 1 cup Kalamata black olives
- Several sprigs fresh flat-leaf parsley, about 1/2 cup
- 2 (1/4 pound) slices imported Greek feta
- 1/4 cup (a couple of glugs) extra-virgin olive oil
- 3 tablespoons (3 splashes) red wine vinegar
- 1 teaspoon dried oregano, crushed in palm of your hand
- Coarse salt and black pepper
- Pita breads

Process

- Combine vegetables, olives, and parsley in a large bowl.
- Rest sliced feta on the top of salad.
- Combine oil, vinegar, and oregano in a small plastic container with a lid.
- Shake vigorously to combine oil and vinegar and pour over salad and cheese.
- Season with salt and pepper and let the salad marinate until ready to serve.
- Serve salad with pita bread blistered and warmed on a hot griddle or grill pan.

Asparagus and Lemon Chicken with Rice

Courtesy of Food Network

Recipe

Summary

Difficulty: Easy

Prep Time: 25 minutes

Cook Time: 15 minutes

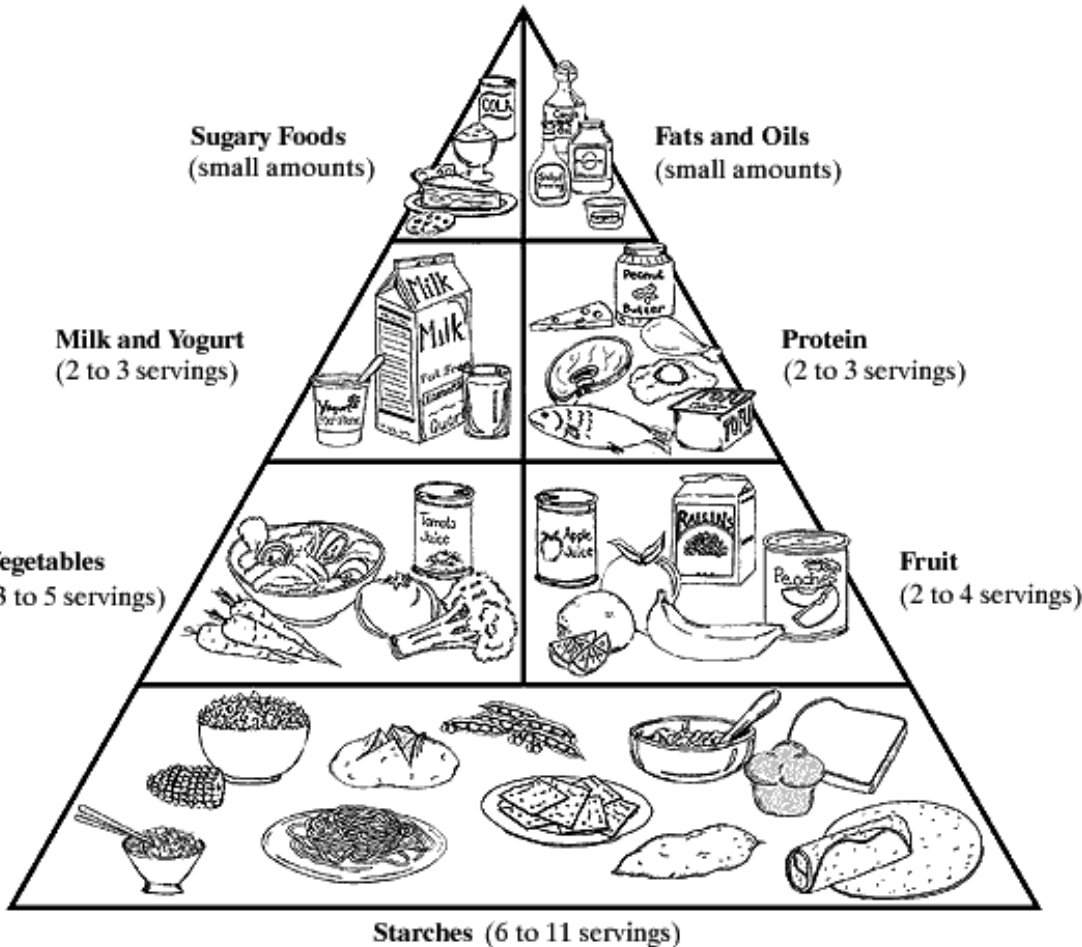
Ingredients

- 2 tablespoons olive oil
- 1 whole boneless and skinless chicken breast, cut into 1/2 inch slices
- Salt and pepper
- 4 cloves garlic, minced
- 1/2 red pepper, seeded and diced
- 1/2 pound asparagus, trimmed and cut into 1-2 inch pieces
- 1 teaspoon lemon zest
- 1/2 cup water, white wine or chicken stock
- 3 cups cooked rice

Process

- In a large non-stick skillet, heat the oil over medium high heat.

- Season the chicken pieces with the salt and pepper and add to the skillet.
- Cook the chicken until golden brown, about 5 minutes.
- Stir in the garlic and red pepper.
- Add the asparagus and cook for 1 minute.
- Stir in the zest and 1/2 cup liquid and bring to a simmer.
- Cover and cook for 3 minutes.
- Serve immediately over hot rice.



Sexy and Sweaty

ANDREA TIBALDO
FASHION EDITOR

Most of you have worked out all summer long to get that pefect beach body worthy enough to strut across the sand and have people turning their heads in envy. Now that the weather is getting cooler and you’re forced to wear more clothes, dont let all those crunches and miles of running go to waste. Keep your work out routine in full swing during the school year, because aside from looking great and having confidence, you’ll stay in good health. With school comes beer and 3AM Nellys binges that are none too helpful for keeping trim; however, you can still have that six-pack (boths abs and beer) if you hit the gym a few days a week. Sometimes you may need a little ‘push’ to get yourself out of bed and into the gym so why not have that ‘push’ be a great outfit?! Two of the leading athletic footwear and apparel companies, Nike and Adidas, cater to looking AND feeling great while working out. Below are a few training outfits that compliment different body types. First, a few tips to think of when getting ready for your workout:

- Be sure you have good support, especially if your workout plan involves cardio. As explained at womenssportsfoundation.org a sports bra should have a thick band right below the breasts, breathable fabric, and wide non-elastic shoulder straps. Remember, since it has to be more constricting, sports bra sizes are different from your everyday bra size so trying the bra on is extremely important. Womenssportsfoundation.org also suggests that when in the dressing room you should actually jump and move around to see if the fit of the sports bra is okay for you. For men, compression shorts are much better to wear when exercising than regular cotton briefs. The compression shorts are made of spandex and nylon and in turn will breathe better than cotton briefs that can leave you with noticable ‘swamp bum’.
- Ladies, stay away from wearing too much makeup. It’s the gym, so keep it simple. A little lip gloss and a flick of mascara is more than enough if you feel you need makeup. Looking like a Barbie doll will have people wondering whats more important to you, working out or getting looked at while doing so.
- Wear bright colors! Aside from looking good in vibrant colors, you should wear them for safety reasons if you’re running outside on a main road.



ADIDAS WOMEN
TOP: Dynamic Response Sleeveless Shirt in ‘Hula’ color, \$28
BOTTOM: Mind & Body Capris, \$45
SNEAKER: a3 Axiom sneaker, \$85
ACCESSORY: Globe SackPack, \$10

NIKE WOMEN
TOP: New Tempo Short Sleeve-Shirt, \$32
BOTTOM: New Tempo Track Short, \$28
SNEAKER: Nike Shox Go, \$100
ACCESSORY: Cuff Wristband Watch, \$39

ADIDAS MEN
TOP: adiStar Short Sleeve Shirt, \$45
BOTTOM:
SNEAKER: a3 Megaride Leather, \$110
ACCESSORY: Mesh Torero Cap, \$16

NIKE MEN
TOP: Pro Vent Loose Sleeveless Crew, \$30
BOTTOM: Dri-FIT 10” Command Short, \$45
SNEAKER: Air Max Solas, \$120
ACCESSORY: Sports Water Bottle, \$7

The Outlook

Lauren Benedetti	EDITOR-IN-CHIEF
Kimberly Lynn Mallen	ADVERTISING MANAGER
Stephen Prybeck	TECHNOLOGY MANAGER
Jacqueline Koloski	NEWS EDITOR
Ed Occhipinti	SPORTS EDITOR
Lauren Napolitano	FEATURES EDITOR
Andrea Tibaldo	FASHION EDITOR
Samantha Young	ENTERTAINMENT EDITOR
Christoper Netta	OPINION EDITOR
Suzanne Guarino	PHOTOGRAPHY EDITOR
Ryan Scally	PHOTGRAPHY EDITOR
Alex Pate	LAYOUT EDITOR
Nick Hernadez	GRAPHIC DESIGNER
John Morano	ADVISOR
Sandy Brown	OFFICE COORDINATOR

STAFF WRITERS

Natalie Anzarouth	Nikki Reed
Martin Halo	Jacqueline Phillips
Courtney Muir	Nicole Stevens
Jennifer Roberts	Graham Heilweil
Reuven Feldman	Craig D'Amico
Sasha Goldfarb	Dom Rinelli
Nicole DeNardo	Jackie Fitzgerald
Lindsay Weiss	Erin Lucas

Monmouth University's Student-Run Newspaper Since 1933

PLANGERE CENTER 2ND FLOOR, ROOM 260
Phone: (732) 571-3481
Fax: (732) 263-5151

MAILING ADDRESS:
The Outlook
Monmouth University
400 Cedar Ave
West Long Branch, NJ 07764

WEB: <http://outlook.monmouth.edu>
E-MAIL: outlook@monmouth.edu
ADS E-MAIL: outlookads@monmouth.edu

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

HOW TO SUBMIT ARTICLES OR LETTERS

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

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Mondays to The Outlook office, 2nd floor, room 260, Plangere Center.
All copy must include the author's full name and contact information.

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

The Outlook

SUBSCRIPTION FORM

Name _____
Address _____
City _____
State _____ Zip _____
Day Phone _____ Evening Phone _____

☐ \$25 Non-Alumni Subscriber ☐ \$15 Monmouth University Alumni

Mail this subscription and payment to:
THE OUTLOOK • Monmouth University
400 Cedar Avenue • West Long Branch, NJ 07764
• or call 732-571-3481 for credit card payment •

Calling all leaders?

Editorial

It is believed that anyone with special knowledge and power can lead, but only people with special characteristics and abilities can be leaders.

LAUREN BENEDETTI
EDITOR IN CHIEF

It seems as though everyone has something to say about leadership - even if what they are saying is based on misunderstanding and misconception. Sometimes we accept ideas as facts and let them rule our behaviors without taking the time to really think about them. Therefore, when we hear people saying this or that about leadership, we may be tempted to just accept it as truth. This is unfortunate, as leadership is something everyone could use a little more in their lives, whether it is at work, with their families or in the sports community. Webster's defines a leader as simply being, a person or thing that leads. While leadership is defined as being the function or position of a leader, but it is more complex than that. Leadership is a behavior we exert when we take responsibility for our actions and their consequences. It is about being accountable when we assume responsibility for guiding others. Leadership is often the difference between success and failure. It is what separates the doers from the observers, and it is what gives positive direction to individuals and organizations.

However complex or simple the definition may seem to an individual, leadership becomes much more complicated when attempting to

define the origin of leaders. In other words, where do leaders come from? Are they born or made? It is impossible to decide one way or the other without appreciating the fact that there must be integration of both parts before arriving at a conclusion. Most of the world's best leaders were born with certain highly developed characteristics, such as an extraordinary high level of ambition, a special instinct and a favorable charisma.

Leadership is an honorary degree, which can only be bestowed by those who are led. Top management cannot appoint leaders any more than leaders can appoint themselves. The loyalty of those to be led must come through positive and successful attitudes and behaviors. In this increasingly competitive world, businesses need leaders

It is difficult, however, to believe that through proper training, whether it is formal or informal education that anyone can be a leader. Is it with ignorance then that one can say if a class was taught on training people to become leaders that the person who revealed the most knowledge is the most successful leader and so forth until the lowest mark whom would be known as a poor leader? This is troubling and hardly seems worthy of any truth. This is not to say that one cannot be successfully educated in the field of leadership. However, it may be more accurate to state that leader-

ship cannot be taught but it can be learned.

Leaders often have strong characteristics like courage, understanding and self-assurance. These skills are not always unique to leaders or have they been thrust upon someone through some right of birth. They are however, a very special combination of skills that are revealed and strengthened during difficult times. It during these times that a leader learns the most. During these difficult times a leader can learn from the experience or learn by watching someone else. This is the time that leadership has the strongest quality to be learned.

A leader of our time and our community is Jules L. Plangere the recipient of the Monmouth University Award for Communication Excellence. Plangere has accomplished more in his lifetime than many can even dream of. His biggest accomplishment has been rising through the ranks of the *Asbury Park Press* where he started as management trainee and worked his way to publisher and now occupies the seat of chairman in the New Jersey Press, Inc. Moreover, Plangere has shared his good fortune with Monmouth University when he established the Jules L. Plangere Jr. Center for Communication and Instructional Technology. Without this building some of our 600 communication majors would not be where they are today. We are fortunate to have some of the best equipment in the nation at our fingers and the enjoyable work space to use it in. For many this building may have effected their decision to attend MU. With that said we say thank you to the man that made it all possible. Many can learn from Plangere's leadership and hopefully pursue dreams of their own, just as he did.

AMUSED

BY: CHRIS NETTA



DISCLAIMER: All articles appearing in the Op/Ed section of *The Outlook* are solely the opinions of the authors and do not reflect the views of *The Outlook's* editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. *The Outlook* reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, *The Outlook* will no longer print anonymous articles.

When enough is enough

DAN ROTH
CONTRIBUTING WRITER

I remember a time long ago when I could sit back on my couch at home, relax, and have my greatest concern be whether or not the Yankees were going to kill the Red Sox again. It’s kind of sad to say that this long time ago was only 1999. Since the shooting at Columbine we as Americans have gone from being a relaxed society free of worries to one that is constantly ready for the next big disaster. It seems like every year we as Americans are forced to band together as we attempt to mend. First it was Columbine, and the year of zero tolerance that followed. Then the terrorist attacks of 9/11, followed by

if it isn’t in monetary form. Each situation we as Americans ban together to face whichever evil is most present at that given moment. I find myself wondering if it is a good or bad thing that as Americans, terror and disaster have become almost routine. As Americans, is there a point that we just run out of money to give? I realize that the rich have enough to give on a consistent basis, but what about those people less fortunate, and less wealthy, that are giving the shirts off their collective backs to people that they feel are more in need than them? Every day I am amazed at home much we give, but when does the

Stark Raving Bland

Weekly observations and ravings

REUVEN FELDMAN
STAFF WRITER

The attachment reads: “Sweet Potato.” The email reads: “I just had a baby boy and wanted to let you know –picture attached!” Thoughts of Britney being speared and Gwyneth Paltrow naming her daughter after her music player and a fruit flash thru my head, twisting the combination lock that is the insanity I associate with children. Let me just backpedal a bit and inform you that I like children, its just thinking of my own is scarier to me than watching the Exorcist (even with the 500 watt light rule in effect). I equate babies to cute puppies; I like reading them books as they gnaw on the pages (the babies) or telling them that their mind is like wet cement or asking them if their beef puppy chow tastes like beef or maybe the Matrix doesn’t really know what kibbles and sawdust logs are supposed to taste like. It doesn’t matter what you tell them and that’s the beauty of it. The problem is babies, and puppies don’t stay that way, they eventually grow up and need help going to the bathroom at 2 o’clock in the morning. I don’t think the 5 Kilometer Sprint of Eternal Nighttime Coldness or the overwhelming fear of Falling in the Bowl of Enormous Radius is what comes to mind with getting a good night sleep. These scenario’s however, can be dealt with, but one thing that cannot be solved by simply buying a doggy door and an electric fence or a potty trainer and some candy is the fact that very soon (again, the babies) will grow up and start figuring things out. I went thru this process of realization and since I am feeling self centered, I am assuming that you all have had similar experiences. Not sure if you’ve gone thru a similar epiphany and discovered that what you grew up with was really crazy? Let’s pick a childhood favorite...

Remember “Teenage Mutant Ninja Turtle’s”? They made sense to me when I was young. Now however, I wonder if “Sweet Potato” will get similar playthings and wonder “why are the turtles battling a man dressed in a fetish ball costume named after office equipment?” I suppose little tuber won’t think that a character named “Rock Steady” isn’t a porn star but rather some sort of rhino turned machine gun addict. Perhaps spudso may miss the part where a “scientist” abuses aerosol products and somehow changes into a fly and the hardest thing for me to kill at bowling alley arcades right after that jackass with the bowling wrist splint who continues to bowl next to me every time I go and is making my game look like I belong on a short bus with very high socks and an eternal grin on my face.

I could go on, singing the Power Rangers song (“Mighty *Morphine*

Power Rangers...something, something...it doesn’t let us feel out fingers”) but I suppose any show where high school students “call on their individual assault vehicles named Zords” to save the innocent from what looks the hard stuff on the tops of ketchup bottles with ray guns is pretty self explanatory in its insanity. So there’s insanity, but sometimes, I love having a cute little kid stumbling around in a place where it just doesn’t belong. For example, many moons ago, (as white people have told me Indians say), I was a “Collections Specialist” in a “Corporate Setting” which means that if my former employers would read this column, there would be evil looking people with solemn books behind them in their pictures, figuring out how writing about “The Company” is a breach in the contract that is me. Anyways, this job entailed (I love that ridiculously official word) that I call outstanding, business-sized accounts which again, to clarify, does not mean that they are amicable and agreeable but rather that they are professionals at not paying their bills. One day, in this depressing stain of commerce, one of the exec’s brought in his little toddler, a 2 year old boy in his middle stages of Dora the Explorer. This little guy was a smaller version of his dad which in physical features meant that he was around 3 feet shorter in height (and ego). Just watching him hesitantly peek around the corner of my cubicle, inspecting the various degree’s of my smile factor was enough to make me feel better about myself after shutting down the phone lines to a lady who was in the midst of crying her way thru a guilt trip that included her challenging life (which included a toddler and a dog and both of their bathroom needs at inhuman hours of the night). After getting her to pay her bill, advising her about the practicality of invisible electrical fences that were not banned in the United States, and how a good serving of candy can prompt any kid to deliver a good serving of “kibbles and sawdust logs”, I hung up the phone and then had a earnest conversation with the little guy concerning how lucky he is that his baby food has things like Passion Fruit or Guava in it and not just the one fruit that till this day I have never found “Strained.” He pretty much agreed with everything I had to say even my gripes about nightly visits from the Chest Hair Fairy whose aggressive tactics don’t even allow me to put it under the pillow (“I just wake up and its not there anymore”). Great kid. After our little talk, I know that he will not get beaten up in the playground, his dad is not a desperate-looking-child/wife-leaving-ex-dancer with long hair, and there is no way his name is anything near the fruit or vegetable family.

QUOTES OF THE WEEK

“All men by nature desire knowledge.”

Aristotle
(384-322 B.C.E.)

“Get your facts first, and then you can distort them as much as you please.”

Mark Twain
(1835-1910)

“I don’t think there’s anything unique about human intelligence. All the nuerons in the brain that make up perceptions and emotions operate in a binary fashion ”

Bill Gates
(1955-)

“A teacher affects eternity.”

Henry Adams
(1838-1918)

“I never made a mistake in my life; at least, never one that I couldn’t explain away afterwards. ”

Rudyard Kipling
(1865-1936)

“This government is just like the tsunami...it’s going to wreak havoc and desolation, and then it’ll go out. It’ll disappear. So we just have to live through it.”

Tommy Chong
(1938-)

“The invention of the teenager was a mistake. Once you identify a period of life in which people get to stay out late but don’t have to pay taxes - naturally, nobody wants to live any other way.”

Judith Martin
(1938-)

“Everything comes with instructions, except human beings.”

Anonymous

As Americans, is there a point that we just run out of money to give... people less fortunate, and less wealthy, that are giving the shirts off their collective backs to people that they feel are more in need than them?

the heightened state of alert, then the war on terror which brought up into Afghanistan. After that Bush decided to overtake Iraq in a “search for weapons of mass destruction.” Then we have the biggest natural disaster (next to Bush becoming president) in United States History. Still we have another hurricane on the horizon. Years ago the only time we would see a bunch of celebrities at once was at a awards show or movie premier, yet now almost weekly we get a concert to save something that is broadcast on four or five stations. Each one in which they ask us to give money to help in the relief efforts. Every time we listen and most of us donate something even

river run dry? Obviously the hopes and prayers are that the river never does, but is that realistic? Is it good that we as Americans have gone from the safest country on the face of the earth to living in an Israeli type environment? There has to be some happy-medium that we can find that makes us not overly sensitive but not completely ignorant either. These are questions to ponder. As is common in the Opinion section, your opinions are truly appreciated, and I would love to hear what some of you in the university community think about this topic. It is something we are going to have to face whether we like it or not and this seems as good a time as any to bring it up.

An open letter to Jules Plangere

Dear Sir,

First, allow me to congratulate you on your honor, the MACE award. The dedicatory speeches at the dinner for you were the kind I rarely hear these days in a land of hyperbole and excess. This was a genuine display of respect and admiration for a man who has truly earned all of his accolades.

In the spirit of civil discourse, I feel obligated to point out a flaw in your address. Perhaps it is not a flaw, but more of a misrepresentation that bleeds the very kind of bias about which you spoke so eloquently. Your demand is for a kind of journalism that has true ethical standards. You lament the loss of such standards so grossly displayed by our media in the last 20 years or so.

But the opening remark you made about Ms. Helen Thomas, last years MACE recipient, discolored your central argument for several reasons. You said you weren’t going to give a biased speech like the kind Ms. Thomas gave last year. By mentioning her this way, you were inherently biasing your own. Furthermore, if I may respectfully remind you, Ms. Thomas addressed her public questions towards both presidential candidates-a courageous act in the midst of the most uncivil campaign we have ever seen. We are all responsible for this lack of civility, citizens and candidates alike. It seems as thought no one knows how to ask

a real question anymore.

One question I want to ask you is: Do you see a common theme in you respective speeches? And, secondly, isn’t credibility a prerequisite for judgment and criticism of our leaders? You may believe that Helen Thomas was making disparaging remarks about the Bush Administration, but when she says that in 50 years if covering the White House she has never witnessed so much secrecy and control wit the media, shouldn’t we keep those questions afloat?

Last night your answer to that question was a clear, “yes.” Your demand for unbiased journalism is a request for writing that does not ignore the truth, even when the truth is difficult, even when the truth puts our leaders in a harsh light. Wanting answers from a secretive and deceptive person is not “bias.” Rather, it is simply the noble pursuit in a profession that has lost all its nobility.

How, then, do we resurrect these principles? I think that learning from the elders in the profession is one way. An “elder” in my view is someone who commands respect because of his or her knowledge and experience. I believe that you are in that select esteemed group. I hasten to add that Helen Thomas is sitting right next to you.

Respectfully Yours,
A Member of the Monmouth University Community



TIKI TAN
TANNING CENTERS

"IT'S NOT JUST A TAN, IT'S A TIKI TAN!"

OCEAN TWP.
1610 HWY 35 SOUTH
(Just before Pep Boys)
732-517-0303

Look your best! Tan at Monmouth U's most popular tanning salon!

- Hot new lamps for best results
- Five levels of advanced beds & booths
- Use your membership at any Tiki Tan location (2 locations just outside of campus)

WEST LONG BRANCH
RT. 36 & 71
SHOPRITE PLAZA
732-578-0084

STUDENT SPECIAL!
1 MONTH GOLD MEMBERSHIP
INCLUDES UNLIMITED USE OF **LEVEL 1** BEDS AND BOOTHS
\$45.00
This coupon is not valid with any other offers. Exp. 09/14/05

HAVEN'T TRIED US YET? RISK FREE TRIAL!
2 WEEKS FREE
(With Session Fees)
This coupon is valid on your first visit only Exp. 09/14/05

UV-FREE TANNING FREE SESSION
WHEN YOU BUY ONE AT REGULAR PRICE.
FIRST TIME USERS ONLY.
OCEAN TWP. LOCATION ONLY.
Exp. 09/14/05

Student Specials Valid at Ocean or West Long Branch Locations for Ages 23 and Under with Valid Student Photo ID Only

Failing high schools

PAUL E. PETERSON
THE HOOVER INSTITUTION

Among the “talented tenth,” those in the top 10 percent of test takers, reading scores have dropped four points since 1971 and math scores have not budged since first measured in 1978. So say the latest (2004) results from the National Assessment of Educational Progress (NAEP), the nation’s report card.

At the other end of the scale, dropout rates have actually increased since 1990, rising to 30 percent of all 17-year-olds. Among blacks the dropout rate is running somewhere between 50 and 60 percent, a sad fact that remains one of the best-kept secrets in American education.

Because few people know the facts, in a recently issued book Michael Dyson scolds Bill Cosby for (accurately) lamenting the fact that only about half of blacks graduate from high school. Dyson “corrected” him, saying the dropout rate is only 17 percent, an inaccuracy that earned Dyson warm praise from a New York Times book reviewer.

The reviewer’s error only shows how successful the public education cartel has been in misleading

the public. To hide actual dropout rates, most school districts report as dropouts only those who entered the year as seniors but did not remain in school until the end of that year. All other dropouts over the preceding three years _ and all the summers in between, when most

Dropout rates have actually increased since 1990, rising to 30 percent of all 17-year-olds.

dropping out actually occurs _ are statistically ignored.

The U.S. Department of Education has long been complicit in fostering that misperception. To his credit, Russ Whitehurst, head of the department’s Institute of Education Sciences, is now actively working to remedy the situation, as are the nation’s governors, who are now embarked on a Herculean effort to develop a multistate com-

mon definition and gauge of high school completion.

Getting the facts right will be a start. But we then need to do something about it.

We currently base our high school policies on two contradictory assumptions: (1) that adolescents are responsible enough that they can choose their own curriculum from the shopping mall of choices available;(2) that adolescents should not be held responsible for their performances. Testing expectations should be minimal, and graduation requirements should be easily achievable.

No wonder the United States is desperately searching for ways to import talent from abroad. If we are to regain our educational strength in a world where other nations are passing us by, we need to hold students responsible for more than just selecting the courses they want to take. To graduate from high school, students should be expected to pass, at as high a level as they can, a challenging, substantive examination in a variety of subjects that allow them to demonstrate _ to colleges and employers _ just how accomplished they are. The Advanced Placement Test is a good beginning, but until more than 9 percent of all public school students take that test, it will not have a broad impact.

‘Till Media do us part?

COREY ZYMET
CONTRIBUTING WRITER

It must be noted that the following is purely opinion based – it is from my thoughts and speculation alone whereby the following conclusions are drawn.

Love at first sight. Was it her appearance? Her mood? Her “aura”? Were the cosmos perfectly lined up, or was it something more – something which defies fantasy and remains vulnerable to critical examination? While people fervently search for their perfect mate, there is a tacit understanding that the national divorce rate has annually been on a shaky climb. Have you ever stopped to ask yourself why this might be occurring? Where does one begin to contemplate? An inspection of the fundamentals of human attraction seems like a good starting point.

Seemingly, all animals in this world are attracted to one another via instinctive guidelines. For humans, these may manifest as jaw-line, skin quality, cranial structure, etc. For other beasts, these manifestations surface as posture, quality of hair, color patterns, verbal repertoire, and courtship mannerisms. Obviously, this list is hardly exhaustive.

I imagine that these said manifestations all have an adaptive value – that is, all increase the practicing organism’s chances of reproductive success (the further promulgation of one’s lineage). Either by bolstering one’s own chances of survival, or the survival of one’s offspring (i.e. through providing protection and/or resources), certain harbored traits and behaviors increase an organism’s reproductive success, and thus attract members of the opposite sex. For example, the length of a dog’s fangs may indicate fearsome strength, and a human’s properly shaped cranium may likewise indicate the possession of a properly shaped brain. If attraction to a particular trait or behavior comes from a genetic cause, and the organism who is attracted to has a superior ability to survive and provide for his or her own offspring (in contrast to other “more inadequate” members of the same species), then the genes in question will inevitably be passed on to that organism’s subsequent progeny. Thus, the attraction will continue to remain in the species (assuming that all else remains equal).

However, it seems as though human physical attraction is also in part based on dynamic elements. For instance, voluptuousness was at one time a highly revered standard of beauty. Other examples of dynamic standards of beauty may include hair length, hair color, and fashion. Note: I understand that many individuals are attracted to standards which deviate from the assumed norms. But ask yourself – why would the media continually expose these standards if they were not recognized by at least a substantial portion of the public?

I digress. The 1980’s supermodel craze was astonishing in that it was able to spread a standard of beauty which was quite detrimental to one’s health. Obviously, there is no adaptive value today for a 5’4 human to weigh 75lbs since weighing so little may actually increase one’s chances for sickness, and even death. How does media exposure override attraction due to genetic inheritance? Maybe, repetition encodes information to such a degree that it can actually override geneti-

cally-based attraction. If you are by a television, flip through the channels and notice how many actually depict something which has to do with an assimilated standard of beauty. How many infomercials are selling exercise equipment? How many Trim-spa advertisements do you see? Is Baywatch on? Your observations may very well surprise you.

Let us go back to the initial question. Why has the national divorce rate been climbing? Is it due to changes in societal value systems or increased legal allowance? Possibly. Nothing happens in a vacuum. However, I offer the following to the open marketplace of ideas. There is no doubt in my mind that our choice of mates is partially determined by whether or not we find them to be physically attractive. For some people, I believe this holds heightened priority over other aspects of evaluation. If media, as previously expressed, has the magnificent power to override genetically instilled physical attraction; and physical attraction might be a major contributor in determining who you pick as a mate, then quite possibly, some people are linking up with people they are not *instinctively* attracted to. As the years wear on, people age, and standards of beauty change, all that is “left over” validates continued companionship. Without the instinctive attraction element to mediate, dispositions clash, and relationships may have an increased chance for failure.

Over the years, “media mediums” have been multiplying like bunnies. At one time, only printed literature and theatre was consumed. Now, the (Western) public enjoys literature of many forms, theatre, television, wide-spread music of varying genres, and recorded movies (all interacting with the freedom of speech and self-expression). As media multiplies, are more people being touched by it? If so, and if media has the aforementioned power to override genetically instilled preference, then can it be said that the media may be a major contributor to the growing divorce rate? I propose that someone should conduct an empirical study in order to provide evidence which could shine light on this important question.

SGA Elections!

For an application stop by the SGA Secretary in Student Services on the 2nd Floor of the Student Center.

Applications are due on Thursday, September 15th at 3pm.

Elections on WebAdvisor
Wednesday, Sept. 21 @ noon to
Thursday, Sept. 22 @ noon

• 6 Freshmen Senators & 4 Senators at Large



Look your best! Tan at Monmouth U's most popular tanning salon!

- Hot new lamps for best results
- Five levels of advanced beds & booths
- Use your membership at any Tiki Tan location (2 locations just outside of campus)

OCEAN TWP.
1610 HWY 35 SOUTH
(Just before Pep Boys)
732-517-0303

STUDENT SPECIAL!
1 MONTH GOLD MEMBERSHIP
INCLUDES UNLIMITED USE OF LEVEL 1 BEDS AND BOOTHS
\$45.00
This coupon is not valid with any other offers. Exp. 09/28/05

WEST LONG BRANCH
RT. 36 & 71
SHOPRITE PLAZA
732-578-0084

UV-FREE TANNING FREE SESSION
WHEN YOU BUY ONE AT REGULAR PRICE.
FIRST TIME USERS ONLY.
OCEAN TWP. LOCATION ONLY.
Exp. 09/28/05

Now Hiring in both Locations!

HAVEN'T TRIED US YET? RISK FREE TRIAL! 2 WEEKS FREE
(With Session Fees)
This coupon is valid on your first visit only Exp. 09/28/05

Student Specials Valid at Ocean or West Long Branch Locations for Ages 23 and Under with Valid Student Photo ID Only

What do you think?

Send your letters:

about us,
the university,
the administration,
the police,
students,
academics
ANYTHING!

Write to The Outlook
•
outlook@monmouth.edu



CAMPUS VIEWPOINT

BY: SUZANNE GUARINO

“What is one thing you think needs to be changed about the University?”



Possum Aloysius
senior

“Better athletic facilities and better parties that the cops stay out of.”



Hirsch
sophomore

“People need to stay on the week-ends so its easier to meet people.”



Rielle
freshman

“More exciting events such as concerts that other schools have with big names like Kanye West!”



Christie & Natalie
sophomores

“Better food in the dining hall!”



Tony
junior

“Change the ending time for tailgating at Homecoming back to 5 p.m. instead of 3!”



Chris
sophomore

“We’d like to know where our money is going.”



M.U. soccer players

“More money for the soccer program.”



Andrew
senior

“More team spirit and less police harassment.”



Heather & Alyce
juniors

“A dining hall and an ATM would be great on the residential side of campus.”



Yung Chris the hot sizzle
junior

“There should be special grants for art students, meal plans should be able to be used in the student center and the radio should play rap and r&b.”

Share your space, but live on your own.



All furnishings pictured are from Wal-Mart.



HP Laptop



Bedding



Storage

Get everything for your dorm room at Walmart.com and still afford tuition.

WALMART
ALWAYS LOW PRICES.
Always
Walmart.com

Relevance of elite universities appears to be on the decline

FRANK GREVE

KNIGHT RIDDER NEWSPAPERS/KRT ARCHIVES

WASHINGTON — You can count on one hand the number of Harvard College alumni who've won the coveted MacArthur Foundation "genius" grants in the past five years. Ditto for Yalies. And there've been 119 winners.

It's just one recent hint that attending an elite college may mean less than anxious applicants think it does. Another is a Harvard Business School analysis due out next month that finds the number of alumni from prestigious undergraduate schools declining among top business leaders.

It appears that corporate headhunters and MacArthur judges, who will confer grants on about 20 more creative leaders in the arts, sciences and public policy Tuesday, are pretty democratic when it comes to educational backgrounds.

"We don't say, 'This one went to Harvard - great; that one didn't - too bad,'" said Daniel Socolow, the director of the fellows program at the John D. and Catherine T. MacArthur Foundation in Chicago. "At least at this program, it's what a person's do-

ing and thinking and getting to, not their academic pedigree."

He's not kidding. A Knight Ridder tally of biographies of MacArthur Fellows named from 2000 to 2004 found that they attended 82 different colleges and universities. To Socolow, this was a pleasant surprise.

"We're actually doing what we say we're doing," he said.

Eight winners since 2000 of MacArthur's no-strings \$500,000 grants, paid out quarterly over five years, never graduated from college. Five of them never attended one. But here's the real balm for stressed-out college applicants: More than 30 MacArthur winners graduated from schools that aren't on the latest U.S. News & World Report ranking of the 100 top U.S. colleges and universities.

The fellowships recognize what the foundation calls "exceptional merit and promise for continued and enhanced creative work" in many fields. A secret network of 100 nominators, whose membership rotates frequently to minimize string-pulling, scours the country for candidates, who can't nominate themselves. A smaller secret panel winnows the nominations to about 30 finalists. The foundation's

board makes the final selection.

Among past winners are evolutionary biologist Stephen Jay Gould, novelists Cormac McCarthy and Edward P. Jones, poet Derek Walcott and Children's Defense Fund founder Marian Wright Edelman; none of them undergraduate Ivy Leaguers.

celebrated ones, such as Abilene (Texas) Christian University and Muskingum College in New Concord, Ohio. Moreover, while Ivy League graduates dominated U.S. businesses in the first half of the century, the study reports that their numbers fell sharply after 1950.

A Harvard Business School study of the 20th century's top 1,000 business leaders, due out in October, finds similar academic diversity. The executives...turn out to have attended more than 200 different colleges.

A Harvard Business School study of the 20th century's top 1,000 business leaders, due out in October, finds similar academic diversity. The executives, handpicked for innovation, management skills and bottom-line performance, turn out to have attended more than 200 different colleges. Among them are scores of uncel-

According to Anthony Mayo, the executive director of the business school's leadership initiative program, "Ivies now have less relevance as a status marker for people who are moving up."

He's co-author of the HBS Press book "In Their Time: The Greatest Business Leaders of the Twentieth

Century," which explores the shift by comparing the backgrounds of business leaders who graduated before 1950 to those who graduated in 1950 and afterward. Among its findings is a big increase in the last half of the century in the number of business leaders from schools outside the U.S. News' top 100.

A separate study by Spencer Stuart, the New York-based global executive search firm, also finds declining Ivy League representation among chief executive officers of Standard & Poor's 500, a list of blue-chip companies traded on the New York Stock Exchange. Harvard College and the University of Wisconsin now tie for the most CEOs — 15 — on the list, according to Spencer Stuart. Also among the top 10 are the University of Texas, the City University of New York and the Universities of California, Missouri and Washington.

There are several theories, each probably partly right, about why the national role of elite colleges seems to be declining.

Harvard's Mayo thinks the GI Bill, which provided federal education grants to millions of World War II veterans, got things going by stoking the Ivy League's competitors.

"It provided a huge opening of opportunities for people of different social and economic classes, and lessened the importance of connections" for success in business, he said.

Surging numbers of former GIs with tuition money to spend strengthened regional and local colleges and universities, he added. A generation later, the number of talented Ph.D.s so far exceeded the jobs available at fancy institutions that talented scholars enriched hundreds of schools nationwide.

While many of these now provide access to high-quality undergraduate education, Mayo said, graduate schools at places such as Harvard continue to enjoy "elitist focus."

Jay Mathews, the author of the admission guide "Harvard Schmarvard," offered a different theory.

Mathews, a Harvard alumnus, contends that elite schools for undergraduates may not be ideal for imaginative ones.

"The kind of creative and risk-taking traits that MacArthur looks for are not encouraged in an Ivy League education," Mathews said. "Kids who go to the Ivies nowadays are those who are really good at following the rules and gaming the system."

"As far as imagination goes, it's not something that Ivy League admission offices look for. They may even be a bit put off by it."

Historian David Levering Lewis of New York University, a 1999 MacArthur Fellow who's taught at Ivies and elsewhere, agreed.

"By the time people get to elite places, they've often invested so much psychic energy to get there that they're inclined to plateau," he said. "You get kids who are superb mechanically, but I think the imagination quotient is a little lacking these days."

A 1998 MacArthur Fellow, Charles Lewis, an award-winning investigative reporter for "60 Minutes" who went on to found the Center for Public Integrity, a Washington watchdog group, lived that theory.

Lewis, who defied his guidance counselor's advice not to go to college given his grades, enrolled at the University of Delaware in Newark, his hometown. He thrived in class, worked nights for the local paper and even found being a townie reassuring.

"I didn't have to act a certain way or do certain things," he said. "I wasn't trying to impress anybody; I was just trying to prove to myself that everybody was wrong about me."

Lewis, 51, who'll teach at Princeton and Harvard next year, sounded unimpressed by them.

"Who can forget that Albert Einstein worked in a patent office and had mediocre grades?"

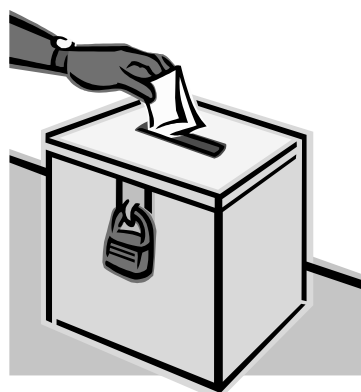
Senior Class Officer Elections

Help to determine:

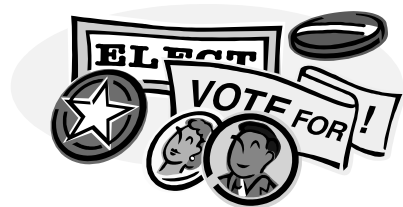
**The Senior Class Gift
Senior Week Activities
Issues important to the Class of 2006**

**Requirements:
Must have 90.5 Credits
Be scheduled to graduate in May 2006
Must have a 2.5 GPA to run for President &
Vice President**

Must have 2.0 GPA to run for Secretary & Treasurer



**This is your last chance!
Applications due September 30th**



Applications for President, Vice President, Secretary and Treasurer may be picked up in the Office of Student Activities and Student Center Operations on the second floor of the Rebecca Stafford Student Center.

Elections will be held online beginning at Noon on October 3 and ending at Noon on October 4

If you have any questions, please contact Tyler Havens at 732-571-3586.



Maintaining your ~~Hot~~ body during the *cool* fall months

AMY MUSANTI
STAFF WRITER

Since the winter months are on their way, it’s time to think about how to keep off any unwanted “insulation.” Here are some diet and exercise plans to keep your body in great shape year round.

Five Day Meal Plan

Suggested by Dr. Perricone on Oprah.com



	Breakfast	Lunch	Snack	Dinner
Day 1	Cottage cheese, slow cooked oatmeal, pink or red grapefruit, green tea or water	Grilled turkey burger, tossed salad, cantaloupe, water	Sliced chicken or turkey breast, almonds, apple, water	Grilled fish, steamed broccoli, mixed berries, water
Day 2	Yogurt with berries and water	Greek Salad, apple, water	Hard boiled egg, half grapefruit, water	Grilled fish with vegetables, salad, water
Day 3	Slow cooked oatmeal with berries, green tea or water	Shrimp, lobster or crab cocktail, ¼ avocado, apple, water	Plain yogurt mixed with pomegranate juice, water	Almond chicken, fruit salad, water
Day 4	Feta cheese omelet, sliced kiwi, green tea or water	Turkey soup, salad, pear, water	Yogurt or smoothie, walnuts, water	Salmon, asparagus, water
Day 5	Yogurt with mixed berries, green tea or water	Ginger chicken or tofu salad, water	Hard boiled egg, cherry tomatoes, walnuts, water	Salmon, asparagus, lentils, water



Exercise 411

For Men: An Effective Way to Lose Weight (from Mensfitness.com)

- Complete three full body workouts each week
- Complete twelve reps, three to five sets, and four to six exercises per workout

Follow four essential rules:

1. Use free weights to target more muscles
2. Stay on your feet; do not sit down during workouts
3. Do compound exercises- use your whole body
4. Go heavy- low reps, heavy weights

For Women: Burn calories on a treadmill, elliptical trainer, or stationary bike (from Shape.com)

- Warm up and cool down with five minutes of easy cardio at RPE (rate of perceived exertion) of three-four.
- If you are an avid gym girl, use a steady climb setting for:
five minutes at RPE five
five minutes at RPE six
ten minutes at RPE seven
five minutes at RPE six
five minutes at RPE five
* For a cardio boost pick any of the five minute segments and increase them to ten minutes
* It is possible to burn up to 450 calories in thirty minutes
- If you are just starting out, set the machine on a steady setting for:
five minutes at RPE five
twenty minutes at RPE six
five minutes at RPE five
* For a cardio boost, add ten minutes to RPE six
* It is possible to burn up to 450 calories in thirty minutes



New thriller comes to Tuesday nights

JACQUELINE KOLOSKI
NEWS EDITOR

The WB is set out to spook viewers this fall season with its new thriller *Supernatural* that premiered on September 13th at 9 p.m. *Supernatural* stars Jared Padalecki from *Gilmore Girls* and movies like *House of Wax* and *Cry Wolf* and Jensen Ackles from *Smallville*, who play brothers Sam and Dean Winchester.

SHOW REVIEW

The show's pilot began with a flashback to 1983 when Sam was a baby and Dean was a young child. One night, their mother was mysteriously murdered and a fire spread throughout the family's home. Nobody knew who the murderer was so the brothers' father went on a hunt to find the culprit and also taught them to live a life of self defense.

Now, it is the present and the brothers are living an entirely different life from one another. Sam is a student at Stanford University balancing preparations for law school and a girlfriend while Dean is finding trouble. Dean gets into contact with Sam one weekend because he needs his help to find their father, a ghosthunter who is

still looking for his late wife's murderer. Sam at first refused to drop everything and go. He had an important interview to attend on Monday concerning law school admittance. After a little coercing, Dean and Sam head out to search for their father and along the way get caught up in something they didn't expect.

While the boys set out on their journey, an interesting turn of events takes place. A boy in town gets murdered by an evil spirit called the "Woman in White." She is known to be a depressed woman who committed suicide because her husband cheated on her. As a supernatural force, she lures attached men to her abandoned home. If they decide to go with her, forgetting their significant others, she kills them; if they resist, she lets them live.

When Dean and Sam learn about the "Woman in White's" latest victim, they pretend to be police officers and investigate the crime scene. This gets Dean into trouble when he's arrested and put in jail for carrying false badges as well as credit cards.

The police also recover their father's journal from a motel room. The boys know their father never travels without it and they can only wonder what has happened to him.

In the meantime, Sam bails his brother out, so to speak, by putting in a fake call into the police station so he can escape.

Dean tells Sam about their father's journal being found and also tells him he found out that their father has left Jericho, California and is believed to be in Blackridge, Colorado.

Later on that night, Dean and Sam have an encounter with the "Woman in White." She tells Sam she wants to go home but Sam refuses to take and instead, attempts to hurt him with her evil spirit and cause him to be unfaithful to his girlfriend back at school.

Sam rids himself of her spirit once and for all by taking her home and driving through her abandoned house. There, she is reunited with the spirit of her dead children that she drowned in the bathtub.

The brothers worked together to ward off one supernatural being, but little did they know they would be warding off more than that.

Dean drops Sam off back at school so he can make his interview. As Sam lies on his bed when he returns from his long trip, he feels drops on his forehead, looks up and screams. His girlfriend was murdered and in the same way as his mother.

After that, Dean and Sam decide to resume their journey on a mission to figure out what killed their mother as well as Sam's girlfriend and, at the same time, find their father.

For those who enjoy thriller or horror shows, *Supernatural* is a must see. The suspense keeps your eyes on the TV and keeps you wanting to watch more to see what happens next. Tune into the WB on Tuesday nights at 9 p.m. to catch an all new episode of *Supernatural*.



Padalecki and Ackles star in the modern-day version of *Ghostbusters*.

Deftones release showcases band's unique influences

RUSSELL CARSTENS
CONTRIBUTING WRITER

Art-rock and heavy metal together...the idea doesn't sound so great on paper, but Sacramento, California's Deftones make it sound easy, sexy, romantic and blissful. The group will be releasing a CD/DVD containing rare and unreleased songs and live performances in recognition of the tenth anniversary of their first album, *Adrenaline*.

MUSIC REVIEW

The package will be unique for sure. Deftones have covered artists such as Cocteau Twins, Sade, The Cure and The Smiths, among others which will be included. Now, most-hard rock fans would be dumbfounded as to why a mostly aggressive sounding band like Deftones would do such a thing, but this is what makes them special. The Cure and The Smiths, along with female-vocal oriented music like Cocteau Twins and Sade, have been a huge influence on singer Chino Moreno's vocal style, which makes his band's music stand out from all the rest. Think crooning heavy metal music with time signatures from outerspace...ethereal vocal stylings washed on top of

off the wall, explosive and heavy grooves.

Although Deftones formed in 1988, they did not release a record until *Adrenaline* in 1995. The band was then foolishly lumped into the "nu-metal" genre, which was breeding bands like Korn and Limp Bizkit. Even so, it was easy to see Deftones had something special. They scored two MTV and radio hits in 1997 with "Be Quiet and Drive (Far Away)," and "My Own Summer (Shove It)" off their album *Around The Fur*, which made excellent use of the soft/loud dynamics perfected by bands like Nirvana. The album featured a collaboration with legendary Bra-

zilian metal king Max Cavalera of Sepultura. Not just any band could score such an honorary guest.

The band reached their commercial peak in 2000 with *White Pony*, which featured more commercial hits and another well-earned collaboration, this time with Maynard James Keenan, vocalist of the progressive hard rock band Tool. Drummer Abe Cunningham played his heart out like never before, making the album a delight for drummers to hear. The album put Deftones in the spotlight, showcasing their electronic influences as well...something no other heavy bands would even dare consider. On the trip-hop-esque song "Teenager," the influence of England's brilliant group Massive Attack is obvious. Their fifth, self-titled album, released in 2003, reached fans everywhere, with a tour supporting Metallica that summer.

Let's put it this way...Deftones stand apart, and if you're a music lover whose tastes range from art-rock to trip-hop to metal, this release will find its way into your heart, soul and eardrums. This package hits stores October 4.



Deftones' latest release, *B-Sides & Rarities*, guarantees fans eclectic sounds and old school rock.

The Lyric Lounge

LISA PIKAARD
STAFF WRITER

Have a Nice Day is bound to do just that! Bon Jovi's newest album is everything we've come to expect from Bon Jovi and then some. This is one of the few albums you can listen to from beginning to end without skipping a song. With their upbeat songs like "Have a Nice Day," "Who Says You Can't Go Home" and "Story of My Life," Bon Jovi is bound to keep you rocking. The album also has those powerful ballads we've come to expect from Bon Jovi like "Welcome to Wherever You Are." There is just one thing missing, a love ballad. Even still, the album has amazing lyrics and catchy hooks, making this album a definite success!



Bon Jovi only gets better with age on their thirteenth album release.

★★★★★

Ryan Cabrera's new album, *You Stand Watching*, is a bit of everything...good and bad. There are a few tracks that would make you think this is a great album, but they are hidden in a mess of sappy romance ballads that all sound the same! His newest single, "Shine On," is an upbeat track, as is "From the Start" and "Last Night." The latter is probably the catchiest song on the album. He also has one or two ballads that really work, like "It's You." The rest of the album, however, sounds alike and is lacking in creativity and originality. Overall the album is mediocre and nothing special.



What this album lacks in creativity, it makes up for in mundane ballads.

★★★★★

Maroon 5 finally releases another album, *Live Friday the 13th*! Sadly, it isn't anything to get too excited about. Basically the entire album is *Songs About Jane* all over again with two unreleased tracks added to it, "Wasted Years" and "Hello." Both tracks are great, catchy, powerful and definitely appealing, but without a full new album, Maroon 5 just won't last. This is their second live album they have released since 2002. All their fans want is a new album. Sadly, this appears to be the closest anyone is going to get for a while. Maroon 5 sounds great live and you can really feel their passion for music, but without new material, how much longer can that passion last?



Maroon 5 needs new material if they wish to stay on top of the charts.

★★★★★

The Stash Jar

MARTIN HALO
CONTRIBUTING WRITER

For quality time outside the classroom

Blind picks from local record shelves



This 1992 release from the Black Crowes is an oldy but a goody.



Records cut directly to the driving force that motivates each and everyone of us, our souls. In the early 90s no rock n' roll band rubbed against our souls more convincingly than The Black Crowes. There is no better compliment to the sweet smell of relaxation than the band's sophomore effort *The Southern Harmony and Musical Companion*. Debuting at number one, *Southern Harmony* was the Crowes' coming

of age record, transforming them from that band "who sounds like the Stones," to their own living, breathing entity. With the addition of Marc Ford on lead guitar, the record is suspended in the stratosphere, held firmly by a foundation build on country, blues and gospel. Chris Robinson exclaims, "I got a head full of sermons and mouth full of spiders," and like a southern Baptist preacher, Chris delivers his sermons of freedom, desperate love, and individuality. It just so happens it's not spiders he's choking down by the fist full. The real gem of the record lies within the tempo changes, from the silky smooth sliding, "Remedy," rolling through the roots of southern home grown "Thorn In My Pride," exploding with "No Speak, No Slave," bringing the faithless to their knees with, "My Morning Song," and finishing with a Dixieland reworking of Bob Marley's, "Time Will Tell," the record's snarl is as sleek and seductive as any forbidden fruit or ungodly temptation.



BRMC sets itself apart from other bands of its kind.



I ended up running into this record about a week ago, shrouded in black and eyeing me down with a glimmer of seduction. I picked her up and began to acquaint myself with her sleeve and my anticipation began reeling. *Howl*, the blues obviously a prevalent component, was staring me in the face. Her track listings were divided slickly into two sides of the album. Like a giddy school boy, she

commanded my full attention, and by the time I got her home we wasted no time in finding out what we both were all about. Did she live up to the hype y'all might ask? I kept her panties in the morning. The Black Rebel Motorcycle Club junior release *Howl* is a refreshing mix of vintage country driven blues. Peter Hayes' vocals ring reminiscent of a *Plastic Ono Band* Lennon and rhythmic experimentations indulge in a Dylan inspired *Still Suspicion Holds you Tight*. The melodic vocals sound like a mucky Stone/Roses recording. The opening tuning slide work of "Ain't No East Way" is easily the strongest track on the record, and the acoustic based tracks of "Fault Line," "Restless Sinner," and "Promise" incorporate rhythms easily left over from the Physical Graffiti sessions. The real pleasure of the recording is the consistency of its production. Flow, tempo, texture and key changes blended so perfectly together that the record truly is a 49-minute artistic statement rather just a collection of three-minute gems.

Box Office Ranks:

- 1- *Flight Plan* \$24.6 million
- 2- *Corpse Bride* \$19.1 million
- 3- *Just Like Heaven* \$9.6 million
- 4- *Roll Rounce* \$7.6 million
- 5- *The Exorcism of Emily Rose* \$7.4 million.

That's not hott: Paris is Burning comes to a record store near you!

DEBRA PACHUCKI
STAFF WRITER

Did I die and go to hell, or did I really hear that Paris Hilton is recording her own album? I can't help but cringe as a web search confirms the bewildering truth. That's right, the girl who once went on record stating that

MUSIC REVIEW

"The Backstreet Boys were so ten years ago" has managed to secure a contract for a dance-pop album. Apparently, Paris is the only person on the planet who actually took the boy band seriously when they announced to the world that "Backstreet's back," and has recruited J.C. Chasez and his producer, Rob Boldt, to help in the creation of the, dare I say, album.

If that's not enough to make you wince, how about the fact that the self perceived "businesswoman" even has her own label, Heiress Records. It makes you wonder what the exclusive music company's going to release once the remaining handful of famous twenty-somethings decide that daddy's money is going to go towards their own tragic career choices (set, of course, to an upbeat tempo). Maybe we'll get a hit single from Queen Elizabeth II? Then again, who am I to question Paris Hilton's knowledge? After all, she's already proclaimed to the world that the dumb blonde thing was just an act, and that "People think [I'm] stupid, but [I'm] smarter than most people." Right.

Apparently, one of the album's tracks, a cover of the pop song "Screwed," has already been leaked through the internet. E! Online News describes it as having a "1980s feel," with "digitally spiffed-up vocals that make it difficult to tell just how well everyone's favorite heiress actually sings." Now, is it just me, or is there something terribly corrupt within the music industry today, being that true talent is overlooked in favor of vocals

that need to be digitally enhanced? In true Paris-style controversy, the single "Screwed" was also recorded by Hilary Duff's sister Haylie, and now the two are fighting over who will get to release it. Paris, however, remains optimistic, regardless of the single snafu: she insisted at the MTV Video Music Awards that her album is "going to beat everybody's", and validated her claim by divulging that she even "raps a little bit" on it. It is reported that she even taught herself to play the guitar for the upcoming album (still awaiting a launch date). Will someone please take a second look at the encrypted messages in the Bible? Because surely, this is a true sign that Armageddon is near.

Now, with all this being said, I do have to say that the girl has provided me with countless moments of entertainment and laughter. And not that I'd expect Paris Hilton to read this, because as Pamela Anderson is well aware, the girl goes into a fit of fury whenever she attempts to read (Anderson on Paris: "Last time I met her we were in a restaurant together - she slammed the menu down and screamed, 'I hate

reading! Someone tell me what's on the menu!'"), but if for some strange reason someone's reading this to her, please give her the following message: Paris, before you get too far ahead of yourself, why don't you just stick to what you do best? No, I don't mean losing your dogs for two weeks and then remembering that you left them at your grandmother's house. Stick to running around red carpets and wearing slutty outfits that leave nothing to the imagination, preferably with a paper bag over your head.



Tribeca Film Festival - Paris Hilton doing what she does best, posing.

Have you heard...

SAMANTHA YOUNG
ENTERTAINMENT EDITOR

It was a week of divorce and disappointment in Hollywood this week:

After four and a half years together, Kathy Griffin and husband Matt Moline have decided to take a permanent vacation to splitsville. Griffin, who initiated the proceedings cited irreconcilable differences. What happened you ask? Perhaps Griffin's sudden rise from the D-list to the C-list went to her head. Whatever the reason, Griffin probably won't be using this as a punchline in her next act.



The "happy" couple.

Thousands of teenage girls (and some lonely older women) breathed a collective sigh of relief when One Tree Hill costars Chad Michael Murray and Sophia Bush decided to split. News of this breakup came as a shock only five months after their wedding. Was this split once again the work of evil temptress Peyton Sawyer? Season three, which premiere October 5 should be interesting.

SPRING CHEESE INCIDENT
Saturday
OCTOBER 15TH
DOORS 6PM

Henry
25 YEARS OF PULL*** SPOKEN WORD TOUR

O.A.R.
CONVENTION HALL
TUESDAY, NOVEMBER 22ND

STARLAND BALLROOM
570 JERNEE MILL ROAD - SAYREVILLE, NJ 07321 238-3500 - WWW.STARLANDBALLROOM.COM

THREYE-BAND TUE.OCT.4TH
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK

LEGSLAYPOOL FRI.OCT.7TH
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK

Zakk Wylde's Black Label Society FRI.OCT.14TH
DOORS 7:30PM ALL AGES TO ENTER, 21 TO DRINK

Blindfold - APHASIA SUN.OCT.23RD
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK

TRAPT MON.OCT.24TH
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK

TRAPT TUE.OCT.25TH
DOORS 7:30PM ALL AGES TO ENTER, 21 TO DRINK

201.507.8900 • 212.307.7171 • 609.520.6383
Tickets available via Ticketmaster Charge by Phone, Ticketmaster.com, Ticketmaster mobile app
Including South Records in Morrisville, Greens, Madison and Summit, Vantage View in Forti
and the Starland Ballroom box office. Open 12pm-10pm 12-11pm and during all shows.

Outlets and phone numbers are subject to convenience charges.
Event date and time are subject to change.
Produced by Concerts East.
www.concertseast.com

Dying To Be Thin: How Thin Is Too Thin?



The average American woman is 5'4", weighs 140 lbs, and wears a size 14 dress.

LINDSAY WEISS
COLUMNIST

There is no escape from the media, and pressure to be thin is constantly increasing, especially for young females in college. The mantra, "thinness equals success" is the notion, which many college-aged women looking to become part of the professional workforce in society hold today. Everywhere we look advertisements and billboards of anorexic models and attractive celebrities perpetuate the concept that if one wants to be desirable by the opposite sex she must be thin. According to the National Eating Disorders Association, Americans spend more than \$40 billion a year on dieting and diet-related products. According to Jean Kilbourne, a spokesperson on the effects of advertisements on males and females "the average woman is 5'4, weighs 142 pounds and is a size 12."

Eating disorders are illnesses that are influenced by emotional and cultural factors. The stigma associated with eating disorders kept individuals suffering in silence.

According to the National Eating Disorder Association, "eating disorders such as anorexia, bulimia, and binge eating include extreme emotions, attitudes, and behaviors surrounding weight and food issues." Perhaps being thin is more important than your health, but in the long run the harmful effects outweigh the benefits. The frequent vomiting and nutritional deficiencies that accompany eating disorders can have severe consequences on your oral health. There are numerous medical risks associated with anorexia. Studies have found that up to 89% of bulimic patients show signs of tooth erosion, and you could lose bone mass, mineral loss, low body temperature, irregular heartbeat, permanent failure of normal growth, development of osteoporosis and bulimianervosa and you can even have irregular menstrual cycles, and eventually stop menstruating.

Researchers estimate that eight million American's suffer from some form of an eating disorder. Anorexia statistics show almost one million men and seven million women battle the disease, According to a study conducted by the National Association of Anorexia and Associated Disorders, "five to ten percent of anorexics die within ten years after contracting the disease, eighteen to twenty percent of anorexics will be dead after twenty years and only thirty to forty ever fully recover."

Everyone is different, and that is what makes you unique. Individuals come in all different shapes and sizes, and you need to realize that there is no "right" body size. Try to see your body as a feature of your

uniqueness and individuality. Who you are is more important than what you look like, and you need to remember that every time you read a magazine and skim through the advertisements of skinny, attractive models that

If you or someone you know is battling an eating disorder, you should seek help immediately. The most effective form of treatment for an eating disorder is counseling, and careful attention to medical and nutritional needs. If the illness is not treated in the early stages, it can become chronic, debilitating, and even life threatening.

Did you know ?

- ? The "ideal" woman--portrayed by models, Miss America, Barbie dolls, and screen actresses--is 5'7", weighs 100 lbs, and wears a size 8.
- ? 75% of American women are dissatisfied with their appearance.
- ? 50% of American women are on a diet at any one time.
- ? The diet industry (diet foods, diet programs, diet drugs, etc.) takes in over \$40 billion each year, and is still growing.
- ? Young girls are more afraid of becoming fat than they are of nuclear war, cancer, or losing their parents.
- ? 50% of 9-year-old girls and 80% of 10-year-old girls have dieted.

not have to do anything in order to be successful, do some of us think that it should be enough for us to just arrive at a relationship and instantly have it work? Nowadays, because of all the "instant connection" propaganda floating around, do we believe that relationships should be easy? If they're not easy and they do take work, do we believe that they're not the "it" we're looking for and not worth it?

The divorce rate is definitely higher than it was when most of our parents were getting married. There also were not as many movies and televisions as there are now. Because our parents weren't exposed to the bombardment of "instant connection" propaganda until long after they were married were able to work past a lack of instant connection and produce love and a real working relationship? Is that why more people get divorced today? They thought they felt that connection, but believe that they must have been mistaken when the going eventually gets tough? Because our parents had lower or no expectations of an instant connection, were they able to find the perfect relationship? Is it our expectations that ruin our chances of something more?

Are we being insanely picky, very romantic, or just crazy in expecting that "instant connection" and easy relationship? When we don't feel that instant connection or fabulous kiss, do we immediately right off the man? Does it ever matter how perfect a man looks, how much he makes us laugh, or how much knowledge about the world he has? Could he be Mr. Right, but because there's no instant connection, we throw him away? If this is the case, will any of us ever end up really happy in a relationship with a significant other?

Acupuncture & Holistic Healing Practices: Beauty is Pain



The theory behind acupuncture in traditional oriental medicine involves, in part, the flow of energy in the body. Various points on the body (acupuncture points) connect pathways, or meridians traditional practitioners believe these meridians conduct energy, or Qi, between the surface of the body and internal organs. Blocking this energy results in symptoms or disease; acupuncture is said to unblock the meridians, allowing the energy to flow properly.

LINDSAY WEISS
COLUMNIST

When you hear the word acupuncture the first image that appears in your mind is needles. But this ancient Chinese medical treatment involves more than just inserting tiny needles at particular points in your face and body in order to balance the opposing forces of yin and yang. This healing technique is used to control pain and treat other health conditions such as allergies or addiction withdrawal. There are several benefits to acupuncture which many people are unaware of. Not only does it stimulate the immune system, but it also effects the circulation, blood pressure, and production of red and white blood cells.

If you are suffering from the following ailments such as: chronic neck or back pains, migraines, acute-injury related pain, cardiovascular conditions or muscle and nerve conditions the you should consult an acupuncturist as soon as possible because these conditions can worsen if left untreated.

According to the National Institutes of Health, up to eighty percent of the general population in the United States will suffer from low back pain during their lifetimes, and acupuncture is an alternative means to relieving the pain. If you are interested in acupuncture then visit the West End Wellness Center in West Long Branch. Jane Catania is a licensed acupuncturist, and massage therapist who offers a variety of holistic healing methods that include, craniosacral therapy, moxibustion, facial rejuvenation, and cupping, which celebrities such as Gwyneth Paltrow underwent. She received her master's degree from the Tri-State College of Acupuncture in New York, and after completing her Master's, Jane continued her study of acupuncture at the Institute of Integrated Medicine at the Fun Dan University in Shanghai, China.

A satisfied patient who underwent acupuncture last year in order to eradicate a persistent back pain was 47-year-old Michele Gruen. She claimed that acupuncture not only eliminated her ailment, but she was able to lift her 5 year old son, and lift 25 pound weights again.? Research that has been conducted on the practice of acupuncture has illustrated that by sticking needles into the body, it not only affects the nervous system and stimulates the body's production of endorphins, but also generates the release of certain hormones such as serotonin.

Chinese practitioners believe that conditions such as stress block the free flow of qi, leading to illness and pain. Western scientists suspect that acupuncture triggers the release of natural pain-relieving opioids in the central nervous system. A National Institutes of Health expert panel of scientists and health care providers confirmed acupuncture's effectiveness for relieving both pain following oral surgery and nausea related to cancer treatments, as well as headaches, cramps, and other painful conditions.

101 Acupuncture

- About five million people in the U.S. undergo acupuncture each year.
- The World Health Organization has identified more than 40 conditions for which acupuncture can be used.
- You don't have to believe in acupuncture for it to work.

A recent Norwegian study of 24 women with chronic neck and shoulder pain, revealed that the 14 patients who received a 4-week course of 10 acupuncture treatments had less pain after 3 years than did the 10 in the placebo group who received bogus treatments.

If you are considering alternative medicine, and are interested in acupuncture then you should be aware of the risks as well as the benefits. If acupuncture is improperly performed it can cause fainting, hematoma, convulsions, or infections if the needle is not properly sterilized, and some allergic reactions to needles containing substances other than surgical steel can occur. Make certain that the acupuncturist you are visiting uses sterilized needles, and the room is clean before the procedure. If you have any additional questions feel free to contact the West End Wellness Center on 64 Montgomery Avenue, in Long Branch at (732)-870-1400, or visit the web site at www.acupuncturehealthnj.com.

Sex and the City meets Monmouth University

Once upon a time....
...and they lived happily ever after

REBECCA HEYDON
COLUMNIST

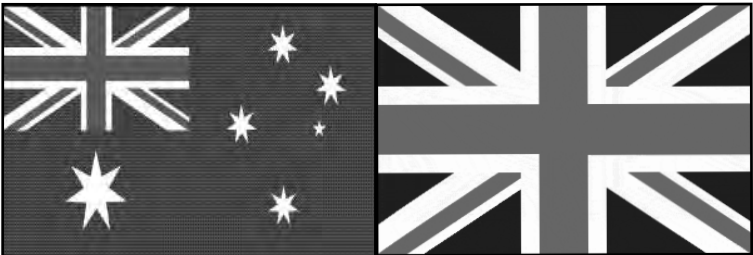
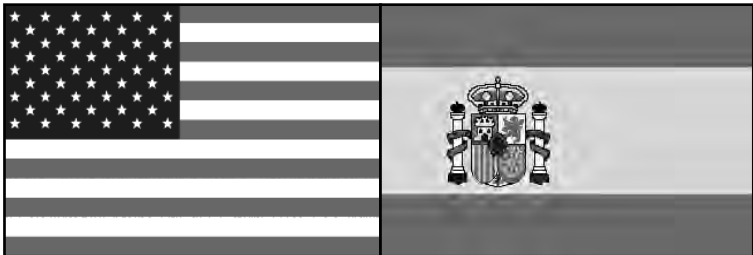
On my second day of class this year, I sat in a business class. The teach was starting the class and informing us all on how the world is full of people who believe it's enough to just arrive. He said that there are people who have been raised and praised and spoiled to think that everything they do is perfect and that the fact that they are living, is simply enough. He said these people don't have anything behind the fancy cars and big houses they've somehow managed to buy; they have no character, and therefore end up losing anything they manage to gain. These people apparently don't really believe they have to work that hard, because by being around they're working hard enough.

My mind may not always be thinking about what it's supposed to be thinking about, but it is always thinking. At that particular moment in my 10 a.m. class, I couldn't help but wonder if that is one of the problems with starting relationships. From the time we're little, girls at least, are read fairy tale stories. People start to "train" us to believe in Prince

Charming from the minute we can read stories. Sleeping Beauty receives a kiss so good she wakes up from her deep slumber. In The Little Mermaid, Ariel feels a connection so strong to a human, she actually turns herself into a human.

And the "training" doesn't stop there. Now that we're older fairy tales have been replaced by classic and modern romantic movies. In America, romantic movies come out at least once every six months. In most of these, the people who end up together feel an instant connection when they first meet. Even if these people don't act on that feeling, you can see it in their faces and actions when they do first meet. And no matter how long it takes for those people to end up together, they always end up leaving anyone they're with that they don't get that feeling with, and end up together.

Is this the problem? Are we trained to expect that perfect movie kiss? The one that gives us unmistakable butterflies in our stomachs, makes our hearts pound, and our knees feel weak. If we're expecting an instant connection, it would seem that we expect it to be enough for us to just "be." As other people think it's enough to just arrive to work and



STUDY ABROAD

The Outback

Each time I sit down to try to articulate into words my experience here in Australia, I find it nearly impossible. I realized when I was in the city the other night with friends walking by the water near the Opera House and Bridge that no matter what I say, people who haven’t been here are never going to understand. About four months ago right before my flight to Australia I freaked out, I cried and cried and was terrified at the thought of leaving my friends and family for so long. I was scared I wasn’t going to meet people and that I was going to be alone for my time here. I quickly realized that if I didn’t leave I was going to regret it forever and that everyone was going to be in the same situation as me and that made me relax a bit. When I finally left on Feb 19, I was a little upset to say bye, but not nearly as upset as I thought I would be. My flight took forever and I hardly slept. When I got to my house I was the first person there and my only welcomer was a spider the size of my hand! I think I screamed loud enough that people at home could have heard me. Later that day I found out that three of my roommates were really good friends already and I had the absolute lowest expectations possible for the 19 weeks to come. As the weeks began to go by though, I realized it wasn’t so bad and I even started to like it here. Within a few weeks I had my spring break and our trip to Melbourne on my calender. After those trips, more just kept coming. In the past four months I’ve been to Melbourne, Brisbane and along the coast to Cairns on spring break, the Blue Mountains, Surfers Paradise, Western Australia, and I leave for Fiji in a few days. I’ve seen almost everything I wanted to see in Australia and though I will probably be in debt for the next five years, you can’t put a price on the experiences I’ve had and the things I’ve seen. Western Australia is amazing and its a place that most people who visit Australia never get to see. I went with two of my friends and we flew into Perth with no plan what-so-ever. We rented a car and headed north up the coast. We made a tentative plan of our days and just drove. It was one of my best trips here and probably one of the best weeks of my life. I’ve done things in Australia that most people will never get a chance to do. I’ve been scuba diving on the Great Barrier Reef, swam with whale sharks on Ningaloo Reef in W.A. (in the Indian Ocean), bungy jumped at one of the most popular sites in the world, abseiled (rappelled) down a waterfall, been to the Crocodile Hunters Zoo, climbed the Sydney Harbour Bridge, and so much more. Being in Australia has been the best experience of my life and I can’t believe that it has to end in just three short weeks. The people in my house I didn’t think I would be close with have become like my family here and Australia has become my home. It isn’t just a place I’ve visited on vacation, but a place where I have lived for almost five months of my life. Just like at home there have been good days and there have been bad. There are days when I called home crying, but never once did it even cross my mind to leave. You take the good with the bad and in the end it’s the amazing times that I have had here that stand out. I have things planned for almost every day up until the day I leave and I know it isn’t going to be enough time. My last night here I know I want to spend walking along the harbour at Circular Quay and looking at the Opera House and Bridge because as many times as I see them it will never be enough. Going home can only be described as bittersweet. I miss my family and friends at home and I want to see them, but I know leaving here is going to be one of the hardest things I’ll ever do. I’m not sad to go home, I’m sad because I don’t know when or if I’ll ever get to come back to Sydney and that scares me more than coming to Sydney ever did.

–Megan Stricker studied abroad in Sydney during the 05SP semester



Monmouth University study abroad students admire the mystery of Stonehenge.

As I approach the end of my second study abroad program at Monmouth I take a time to reflect on what I have learned. I have been lucky enough to experience both the London and Sydney program. During my first study abroad in fall 2003, I learned how to be fully independent. The accommodations in Sydney are townhouses similar to the pier village in Long Branch. At your apartment you cook and clean after yourself. This teaches you to be responsible and independent. I decided to go to Sydney, Australia because I am an avid surfer. The waves in Australia are some of the best in the world and many professional surfers live down under. This was one of the best decisions I have made during my college career. After travelling around Australia, I had the travelling bug and I decided that I wanted to see Europe. So, I signed up for the spring 2005 program in London. After a little paperwork I was in England. The college is set in one of the most beautiful gardens in London, and is set in the absolute centre of town. London is a great city with lots of rich culture and history. Also, the city is the centre point of Europe, so travelling is very easy. During my trip in London I went to the Netherlands, Scotland, and the Canary Islands (Spain). But the most memorable part of my trip was surfing a perfect, fifteen foot left hand reef break in the Canary Islands. The people in Europe are friendly and most people welcome Americans warmly. Just one thing to keep in mind while studying abroad is to keep an open mind because you can miss a valuable lesson. I have met so many interesting and different people during this trip. It feels great to say that you have friends from all over the globe let alone from all over the U.S. My study abroad experience has forever changed my life for the better and the lessons I have learned are priceless. I feel that more college students should study abroad because it is very beneficial and looks good on your resume.

-Chris Jones studied abroad in Sydney during 03FA and in London during 05SP

STUDY ABROAD

GET OUT THERE!

Live and learn in London, England or Sydney, Australia
for the Spring 2006 semester!



Sydney, Australia



London, England

Attend a ‘First Step Meeting’ for more information, including applications and class offerings abroad
Please note that Monday & Wednesday meetings will focus on the London Program and Tuesday & Thursday meetings will focus on the Sydney program. Friday meetings will be of general interest to students unsure about where they may want to study abroad. We offer Monmouth students the option of 80+ programs in 30 countries through our membership in CCIS.
All meetings held at the Study Abroad Office, Student Center, Room 301D.

September 2005				
Monday	Tuesday	Wednesday	Thursday	Friday
		7 2:30-3:00 pm	8 1:30-2:00 pm	9 11:30-12:00 pm
12 11:30-12 pm	13 2:30-3:00 pm	14 1:30-2:00 pm	15 11:30-12:00pm	16 3:30-4:00 pm
19 2:00-2:30 pm	20 11:30-12:00 pm	21 10:30-11:00 am	22 10:00-10:30am	23 2:30-3:00 pm
26 1:30-2:00 pm	27 3:00-3:30 pm	28 11:30-12:00 pm	29 3:00-3:30 pm	30 10:30-11:00 am
October 2005				
3 3:30-4:00 pm	4 11:30 -12:00 pm	5 2:30 - 3:00 pm	6 11:00-11:30 am	7 1:30-2:00 pm
10 2:30-3:00 pm	11 10:30 - 11:00 am	12 1:30 - 2:00 pm	13 1:30-2:00 pm	14 11:30 –12:00 pm
17 10:00-10:30am	18 3:00-3:30 pm	19 11:30-12:00 pm	20 10:30-11:00 am	21 2:30-3:00 pm



Study Abroad Students take in the beauty of the Australian shoreline.

**ADVERTISE
IN
The Outlook**

Call us AT
732-571-3481

Bartenders Needed

No Experience Preferred.
Full Time/Part Time Available.
Will Train.

732-345-9191

STSTRAVEL.COM
Join America's #1 Student Tour Operator

**CANCUN
ACAPULCO
JAMAICA
BAHAMAS
FLORIDA**

Sell Trips, Earn Cash
& Travel Free

1-800-648-4849 / www.ststravel.com

For Sale

**Professional,
motorized
drafting table.**

**In good
condition.**

**Asking \$100 or
best offer.**

**Buyer must
pick up.**

732-747-7483

my GYM
CHILDREN'S FITNESS CENTER

**Need Extra Cash?
Earn it while having
FUN!**

My Gym Shrewsbury is seeking athletic, energetic, candidates who love working with children.

- Applicants will lead and assist children's classes and birthday parties
- Competitive Wages
- Flexible Hours
- Weekend Availability a Must

Please contact Melissa 732-389-9669

Babysitter Needed

for infant in Asbury Park.
Great baby/ Great pay!
1-2 days per week - very flexible!

Call Nora at 732-502-9493

**Electric
Beach**

Cobblestone Village
871 West Park Ave. • Ocean Twp.
732-493-9010

**SPRAY TANNING
AVAILABLE**

**Students \$5.00
Per Session**
\$44.00 Monthly Unlimited
No Session Fee

- Come in Three Times a Week
Save \$16.00
- Come in Four Times a Week
Save \$36.00

Students Must Have Valid I.D.
Expires 10/31/05.

**TALK ABOUT AN
ADRENALINE
RUSH!**

You'll also get career training
and money for college.
If you're ready for the
excitement, join the Army
National Guard today.

**GET
UP TO A
\$10,000
ENLISTMENT BONUS
IF YOU QUALIFY**

**NATIONAL
GUARD
YOU CAN**

1-800-GO-GUARD
www.1-800-GO-GUARD.com

**ENTERTAINMENT CENTER
FOR SALE**

Off White, 3 Piece
entertainment center.
Great buy for new
homeowner or college
student living off
campus!

Asking \$300.

CALL 732-616-4777

"Here Kitty, Kitty."

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

For more information, visit
www.checkyearly.com

RIF
Reading Is Fundamental

**Check Yearly
See Clearly**

Join The Outlook

The Outlook is currently seeking help in the following departments:

- Photography
- Layout (program used: Adobe InDesign CS)
- Staff Writers
- Copy Editors

Students from any major are welcome to join, experience is not necessary.

Our meetings are held weekly in the Outlook office on Wednesday afternoons at 2:30 pm and Monday evenings at 6:30 pm

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

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

Stop by the Plangere Communication Center and visit us!
The Outlook is located on the 2nd floor, Rm 200
phone: 732-571-8481
fax: 732-263-5151
e-mail: outlook@monmouth.edu
outlookads@monmouth.edu

Orthodox Christian Fellowship

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

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

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

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

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

HOROSCOPES

By Linda C. Black,
Tribune Media Services

Today's Birthday (Sept. 28th)

Learn to play the game by the rules, and then relax. You'll get more and more success-ful the more you practice.

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

Aries • (Mar. 21 - April 19) - Today is an 9

Love is the most persuasive tool in your entire collection. Not the jealous type; that won't work. Be compassionate.

Taurus • (April 20 - May 20) - Today is a 6

You'll find that once you get your workspace arranged just the way you want it, produc-tion will increase enormously with much less effort.

Gemini • (May 21 - June 21) - Today is a 10

You don't mind doing the research when it means you'll win in the end. In this case, the people you love win, too. That's really a win-win situation.

Cancer • (June 22 - July 22) - Today is a 5

You'll find that the money you put into real estate and-or home improvement is an excellent investment. It'll grow even more than expected.

Leo • (July 23- Aug. 22) - Today is a 8

You're climbing up to the next level of enlightenment. It's a thrill, but you'll also notice there's still a ways to go.

Virgo • (Aug 23 - Sept. 22) - Today is a 8

Ask the people who owe you to pay you. It certainly won't hurt, and could even give you enough to pay off somebody else you know.

Libra • (Sept. 23 - Oct. 23) - Today is a 9

New friends will fill you in on the rules of a new game. You'll be very good at this, once you get a little practice.

Scorpio • (Oct. 23 - Nov. 21) - Today is a 6

Your secret communication channels are open, but take care. It's best if they don't know how much you know, or how you found out.

Sagittarius • (Nov. 22 - Dec. 21) Today is an 8

Travel looks very good now, as do contacts with foreigners. You could end up with a lot more of whatever you want than you expected.

Capricorn • (Dec. 22 - Jan. 19) - Today is a 6

The best offers that you're getting won't pay off for a while. This is OK; you're very good at deferring gratification.

Aquarius • (Jan. 20 - Feb. 18) Today is a 6

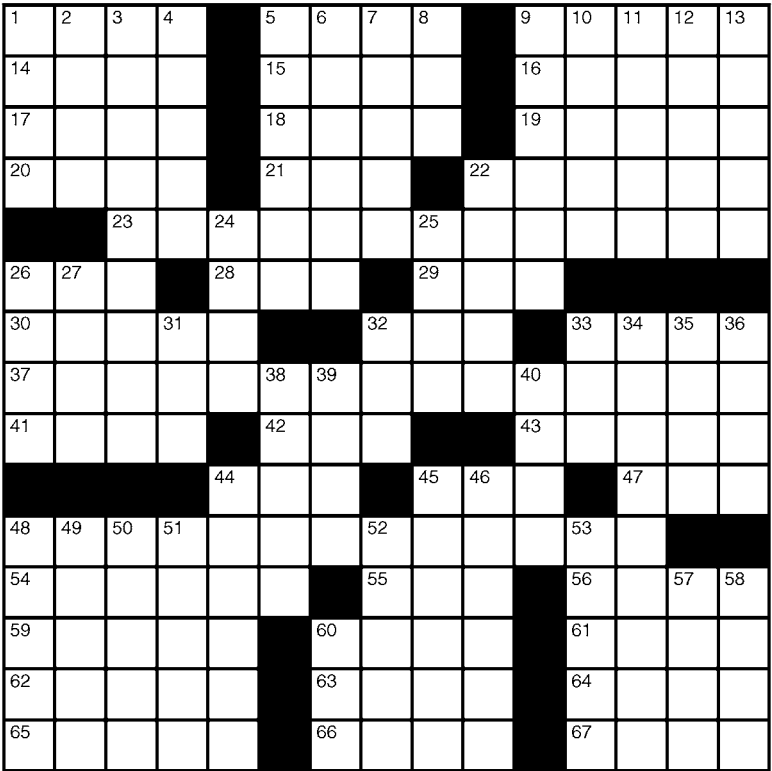
Defer to one with more experience. There's no shame in saying you need assistance. Offer your appreciation, too.

Pisces • (Feb. 19 - Mar. 20) Today is a 6

Streamline your routine and make your workspace more efficient. You can crank out a lot more stuff, and increase your profit margin.

ACROSS

- 1 Cut back
- 5 Hand signal
- 9 Passing scent
- 14 Baking box
- 15 Declare firmly
- 16 Painter Matisse
- 17 Barbed remark
- 18 Towel word
- 19 "Rocket Man" rocker John
- 20 -Neisse line
- 21 "Canterbury Tales" locale
- 22 Popularized myth
- 23 Smarmy reptiles?
- 26 Choice: abbr.
- 28 Banns word
- 29 Sure shot
- 30 "Middlemarch" author
- 32 Pierre's pal
- 33 Gray and Candler
- 37 Sweet reptile?
- 41 Ike's ex
- 42 Mature
- 43 _ myrtle
- 44 Gardner of "Mogambo"
- 45 Feel poorly
- 47 Ring wins
- 48 Utile reptile?
- 54 Virgil's hero
- 55 Decide
- 56 Musical unit
- 59 "The Plague" author
- 60 Musical medley
- 61 Continental money
- 62 Clear the board
- 63 Sour
- 64 Winchester rival
- 65 Force units
- 66 Black-and-white cookie
- 67 Fast jets, for short

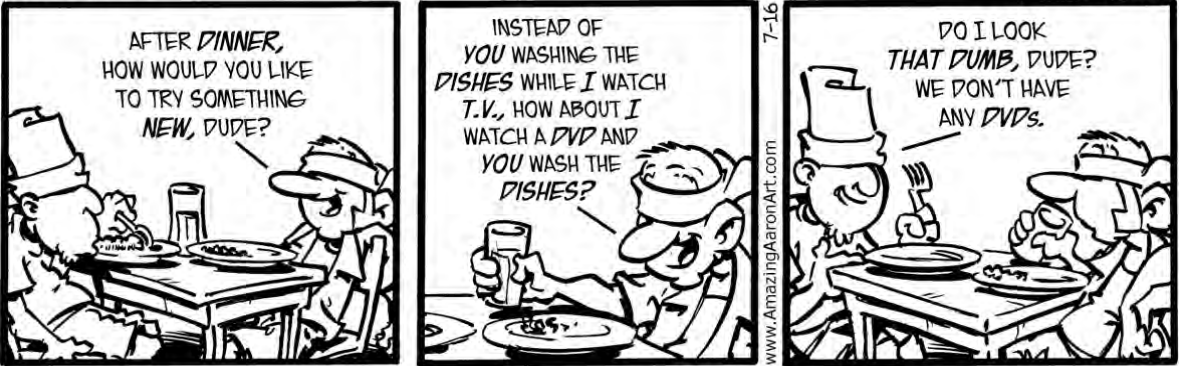


- 6 Settle a score
- 7 Nemo's creator
- 8 Hosp. areas
- 9 Breathe laboriously
- 10 Hagar the Horrible's lady
- 11 Change starter?
- 12 Palm leaf
- 13 Discovers
- 22 On the up and up
- 24 Biblical preposition
- 25 Kind of duck?
- 26 Faction
- 27 Precollege, briefly
- 31 S. American tuber
- 32 Goddess of folly
- 33 Timetable abbr.
- 34 Surveillance jobs
- 35 Kal Kan rival
- 36 Understands
- 38 Washes
- 39 Petri dish medium
- 40 Ruins of coll. sports
- 44 Humiliates
- 45 Strive (toward)
- 46 Wholly
- 48 Walked worriedly
- 49 LSD's Timothy
- 50 Sap the nerve
- 51 Verdun's river
- 52 Of the sun
- 53 Leg joints
- 57 Racing gait
- 58 Billions of years
- 60 Of the ear

DOWN

- 1 Okefenokee resident
- 2 Zealous
- 3 Uprising
- 4 January in Leon
- 5 Female surfer

Two Dudes



A College Girl Named Joe



MU Students:

Interested in Comic

Illustration?

Get your own comic

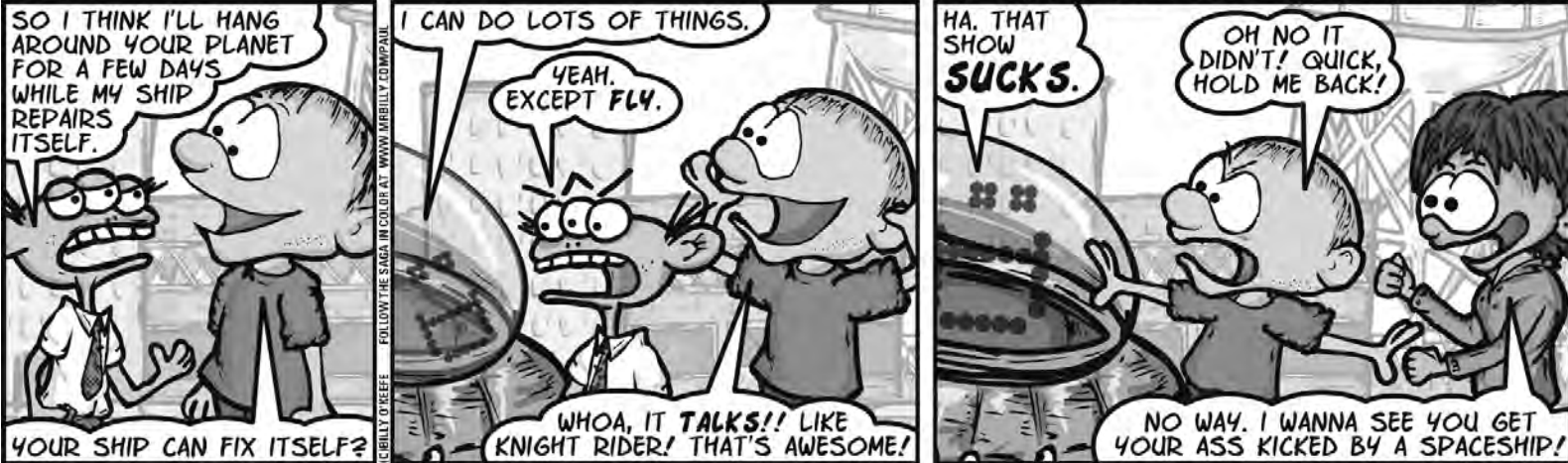
published in the

Outlook!

Call 732-571-3481



PAUL



BY BILLY O'KEEFE WWW.MRBILLY.COM

Important Announcement

from

THE OFFICE OF REGISTRATION AND RECORDS

**January 2006
Potential Graduates**

Undergraduate and Graduate Students who plan to complete their degree in January 2006, must officially apply for graduation no later than Friday, September 30th, 2005. Applications are available in the Registrar's Office or you may download the form off the Monmouth Web Site (www.monmouth.edu/academics/registrar/forms).

After this date, the Registrar's Office cannot guarantee a timely graduation. Any questions, call 732-571-3477.

Monmouth University Undergraduate Admission Annual Fall



FOR PROSPECTIVE STUDENTS AND THEIR FAMILIES

**Sunday, October 2nd .
Volunteers Needed!**

**THE FUTURE SUCCESS OF MONMOUTH UNIVERSITY
DEPENDS ON YOU!**

**SHARE YOUR MONMOUTH SPIRIT
VOLUNTEER TODAY!**

TO VOLUNTEER: CONTACT CARINE AT 732-571-3456 X5625
cgolden@monmouth.edu

Rabbinical College of America honors Governor Codey

LINDSAY WEISS
STAFF WRITER

On Sunday, September 25, the Rabbinical College of America, held its annual Jubilee Dinner in honor of Sherry Wilzig Izak, the Chairman & CEO of Wilshire Enterprises, making her the first woman that the school has dedicated such an honor. Acting governor Richard Codey, of New Jersey was being honored as well at this significant event. Governor Codey is a democratic politician from West Orange, and has served as a State Senator since 1982, and also as a member of the New Jersey general Assembly from 1974 to 1981. The Lubavitch movement ran the entire evening, which is an ultra-orthodox Jewish organization, which organizes numerous charity events.

The Rabbinical College of America, in which 3,000 Chabad rabbis have graduated from opened its doors in a single-family home in Newark in 1957, and has bestowed this honor to women who are part of husband-wife teams, but never before for a woman's own achievement. Ms. Izak also received an honorary doctorate from the college.

Rabbi Moshe Hersen, the college's dean, stated, "I think that there is a misconception in the area regarding the distribution of an honorary degree to a woman, or in giving recognition to a woman."

Ms. Izak is the daughter of the late oil mogul and banker Siggie Wilzig, a Holocaust survivor who resided in Clifton, and was known

for his Holocaust-related philanthropy.

According to Ms. Izak, "the colleges work and dedication is extraordinary, and they are the most non-judgmental individuals that you could imagine." She also felt that as a Holocaust survivor's daughter, helping the college is an honor because "it helps forge a strong link in continuing our people, and there is no greater way for her to pay tribute to remembering the victims of the Holocaust than by trying to preserve that, and there is more to Judaism than just the pain of our past."

Governor Codey stated, "that it is important to have an education, and to educate the individuals in schools." He also emphasized the importance of helping those less fortunate, and the impoverished. He was very personable and down to earth. When he became the Governor of New Jersey, he did not move into the Governor's Mansion, and continues to reside in the home that he has lived in for thirty years. He also spoke of the importance in contributing to charity.

Governor Codey stated, "that he was the first governor who has not raised taxes, or had a scandal." He has also created a Holocaust Commission, and spoke about Anne Frank's diary. He even visited the annex where she and her family hid during the Holocaust in Amsterdam.

The Governor and his wife received honorary doctorates from the Rabbinical College of America, and received standing ovations from the audience.

MACE Symposium

COURTNEY MUIR
STAFF WRITER

Distinguished journalists Linda Deutsch and Steve Breen were featured speakers for the Monmouth Award for Communication Excellence on Thursday September 22 in the Pollack Theater.

Both beginning their careers with the Asbury Park Press, Deutsch is now a legal affairs correspondent and leading courtroom reporter for the Associated Press, while Breen is a Pulitzer Prize-winner for editorial cartoonist.

First to speak at 1:00, Deutsch, a graduate from Monmouth University, shared her exciting life story in a lecture titled, "From MU to Manson to Michael Jackson: An Overview of the High Profile Trials that Reflect our Times." Deutsch as early as 24, started off at the Associated Press covering the Charles Manson trial. She has also covered the trials of Patty Hearst, William Kennedy Smith, the Menendez Brothers, O.J. Simpson, Robert Blake, and recently Michael Jackson, just to name a few. Deutsch was nominated for a Pulitzer Prize for her outstanding coverage of the O.J. Simpson trial and received the Associated Press's prestigious Oliver Gramling Award for career-long excellence.

During the lecture, Deutsch offered an "inside look" about what really goes on in the courtroom and what is expected of a reporter. "You have to identify with people, you have to feel for people, or you can't be a good reporter." She also explained how in a celebrity trial, none of them are ever acquitted in

the public eye. One of the reasons Deutsch is so well liked is because she never states her opinion. After the O.J. Simpson Trial, O.J. called her up, and told her, "I never heard you say I didn't do it, but you never said I did."

Deutsch also explained why she enjoys her career as a journalist by stating, "You are part of history. Everyone reads about it, but you do it."

Following Deutsch at 2:30 was cartoonist, Steve Breen. He shared his experiences of being an editorial cartoonist, in a lecture titled, "Fear and Loathing at the Drafting Table: How an Editorial Cartoonist Meets his Daily Deadline."

Originally wanting to be a high school history teacher, the Asbury Park Press persuaded him to work in their art department in July of 1994. From there, Breen became a full-time editorial cartoonist.

Breen first started his career as a cartoonist for his University newspaper, *The Highlander*, at the University of California at Riverside. There, Breen earned a bachelor's degree in political science. In 1991, Breen won the Scripps Howard Charles M. Schulz Award as the top college cartoonist. Influencing his career are cartoonists such as Paul Conrad, Pat Oliphant, Jeff MacNelly, and Don Wright.

Recently in July of 2001, Breen has relocated back to California to join the staff of *The San Diego Union-Tribune*. His Editorial cartoon "Grand Avenue," is nationally syndicated by Copley News Service and appear regularly in newspapers such as *Newsweek*, *USA Today*, *US News and World Report*, and *The New York Times*.

MU grad showcases art exhibit in campus gallery

JACQUELINE KOLOSKI
NEWS EDITOR

“I have done art all of my life,” said artist John Ventura. Ventura had his art exhibit entitled *Between Worlds* showcased at the 800 Gallery beginning September 23.

Ventura was born in New York and grew up in Asbury Park, NJ. He graduated from Monmouth College in 1959 and became a chemist. Ventura said that he has always been interested in art and the style his exhibit is focused on he got into in 1990.

“A lot of this is psychological overtones,” explained Ventura of his work. He mentioned that he was very much interested in the subject of psychology and

said that he reads books about it often.

Director of Galleries and Collections, Scott Knauer, said that Ventura’s work was selected to be showcased in an exhibit on campus because the former Gallery Coordinator, Vincent Di Mattio, was familiar with John’s work.

“[They] knew of John’s work and thought the work was interesting and that a mini-retrospective of sorts would be a nice way to showcase several examples of the artists work,” said Knauer.

The paintings and structures on display in the 800 Gallery are very unique and are very powerful because of the colors and shapes used. Ventura said that a painting he thought was very

powerful was a piece titled *Birth of a Hero*, which is in fact a set. The set consists of four individual paintings that show the birth of a hero and its stages. Ventura also had wooden structures on display in his exhibit which he said were “tongue and cheek” and meant to be amusing.

At the opening reception held on September 23, there was a huge attendance and guests were even able to purchase Ventura’s works that were for sale. Accord-

ing to Knauer, many did sell.

“We had a tremendous turn out for the reception. Approximately 100 people attended,” said Knauer. “The artist sold several works and the crowd was very intrigued by the work exhibit.”

Knauer did mention that there will be more exhibits to come in both the 800 Gallery and the Rotary Ice House Gallery on campus this year.

“We will have ten different

exhibitions this year between the 800 Gallery and the Rotary Ice House Gallery,” said Knauer.

Overall, John Ventura felt very happy about his art being displayed in the school he graduated from.

“It is sort of like coming back home. It’s a nice feeling,” explained Ventura.

John Ventura’s exhibit will be featured in the 800 Gallery until October 19.



John Ventura, a Monmouth graduate, revealed his exhibit called *Between Worlds* on September 23.

Powderly exhibit featured in Rotary Ice House Gallery

PRESS RELEASE

Monmouth University is pleased to present The Sensational and the Mundane The Humanity of War by Barbara Powderly. The exhibit will be held at the Rotary Ice House Gallery at Monmouth University September 6th through October 5th. Gallery hours are Monday, Tuesday, Wednesday, and Friday from 9 a.m. to 5 p.m. and Thursday from 9 a.m. to 7 p.m. The exhibition is free and open to the public.

Because graphic design can reflect culture as well as shape it, Barbara Powderly’s innovative use of text and imagery succeeds in showing a progression of thought from bold to contemplative on the theme of what she calls “the humanity of war.”

For this exhibition, the two levels of the gallery are used conceptually to explore cycles of conflict from World War I and today’s conflicts in the Middle East. Through the sensational use of posters and bold graphics, the upstairs of the gallery presents a traditional “top-down” view of how ideologies are controlled and promoted, while the downstairs presents an often-overlooked “bottom-up” approach involving mundane oral and written reactions of ordinary people thrust into extraordinary circumstances during times of war.

Because of the differing nature of the sources of Powderly’s inspiration, the show’s two levels appear unrelated until the viewer notices strings radiating from the posters that are pinned to the walls and stairwells leading the visitor downstairs. The string changes in texture (from smooth to rough) as one moves to the lower level.

Significantly, the ideology of the pieces also evolves from strongly held but perhaps misguided convictions that can lead up to a conflict, through to less precise ideas of healing and prevention of future turmoil.

Especially evocative are bits of conversations captured on “windows to souls” giving the effect of peering into the homes of past and present people. Excerpts from soldiers’ letters describing the 1914 Christmas truce are moving, and when these are intermixed with words from present day youths caught up in today’s conflicts, they sound strikingly familiar and universal, becoming powerful testaments to the human spirit.




Found objects, street maps, stamps from around the world, images, and ambiguously derogative labels (depending on which side one is viewing them from) help illustrate everyday topics that are timeless and universal. According to Powderly, our mundane humanity exists and endures in relation to, or in spite of, sensational circumstances like war.

While exploring the history and concepts of graphic design, beyond her practical and commercial training, Powderly began to see how prominent graphic designers can be well-suited for interpreting and delivering cultural messages.

Barbara Powderly teaches graphic design and computer graphic design at Monmouth University. She is a graduate of the Rhode Island School of Design. She has been a staff designer at Dutton Children’s Books and continues to freelance with clients including Penguin USA, Clarion Books, Orchard Books, and Monmouth University’s own Performing Arts program.

Notice to January 2006 Graduates

from the Office of Registration & Records



Mark the following important dates in your calendar:

09/30/05

↓

APPLICATION FOR GRADUATION DUE

12/01/05

↓

LAST DAY TO SUBMIT SUBSTITUTIONS OR WAIVERS

STUDENTS WANTED FOR THE UNIVERSITY AMBASSADOR PROGRAM

Are you an **enthusiastic** freshman, sophomore or junior with a **dynamic** and **outgoing** personality?

Do you love being a Monmouth University student?

YES!

Apply today to become a University Ambassador...

As a University Ambassador, you will:

- Give tours to prospective students and their families
- Participate in recruitment fairs, open houses, Saturday information sessions & high school visits
- Assist staff with daily projects and serve as a Student Ambassador in the Office of Undergraduate Admission

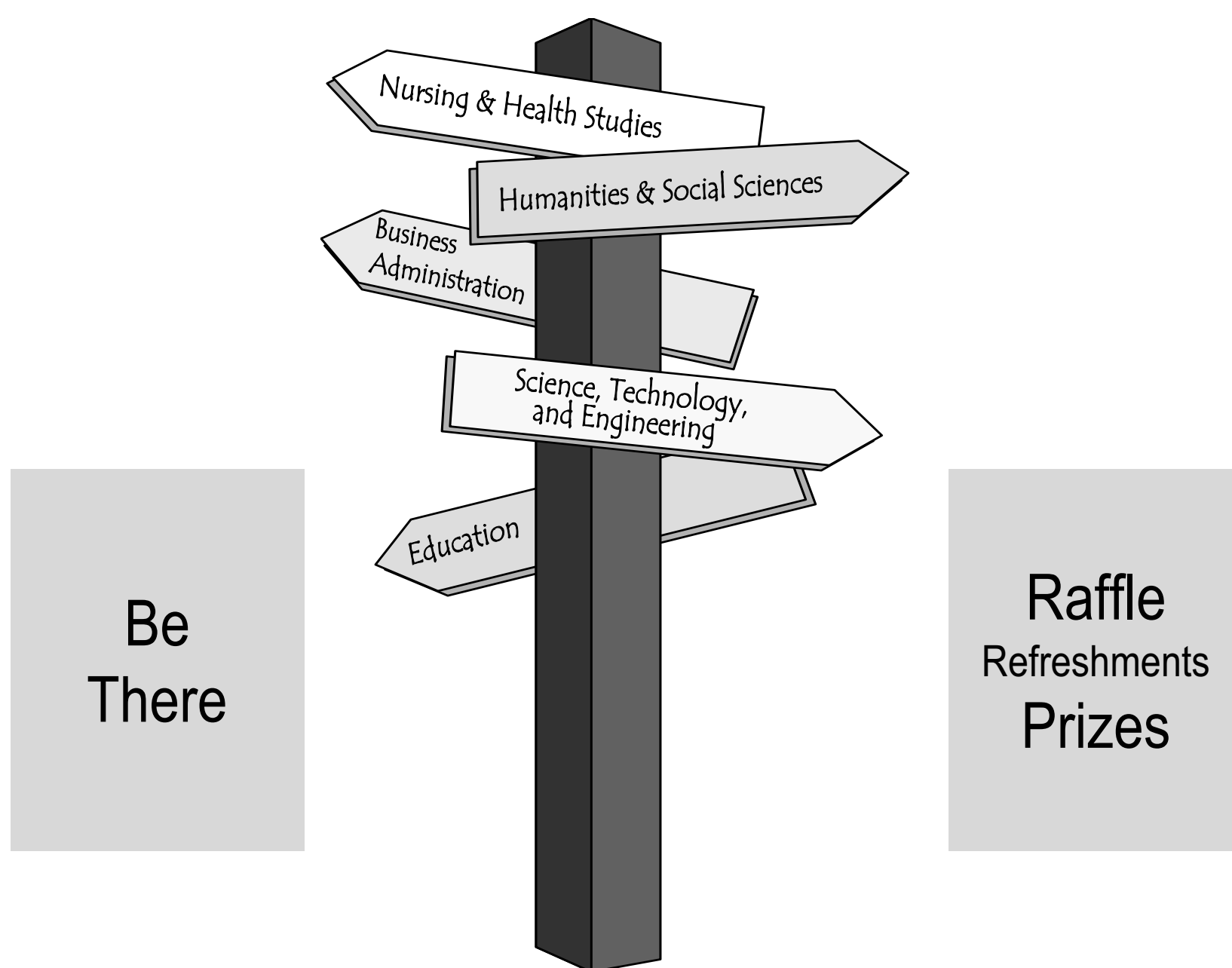
The Office of Undergraduate Admission trains all University Ambassadors.

The Undergraduate Admission Office is located on the first floor of Wilson Hall and is open from 8:45 a.m. to 5:00 p.m., Monday through Friday.

PLEASE CONTACT Andre Richburg
732-263-5882
arichbur@monmouth.edu

Are you undeclared?? Are you undecided??
Now is the perfect time to look at your
options for a major and minor!

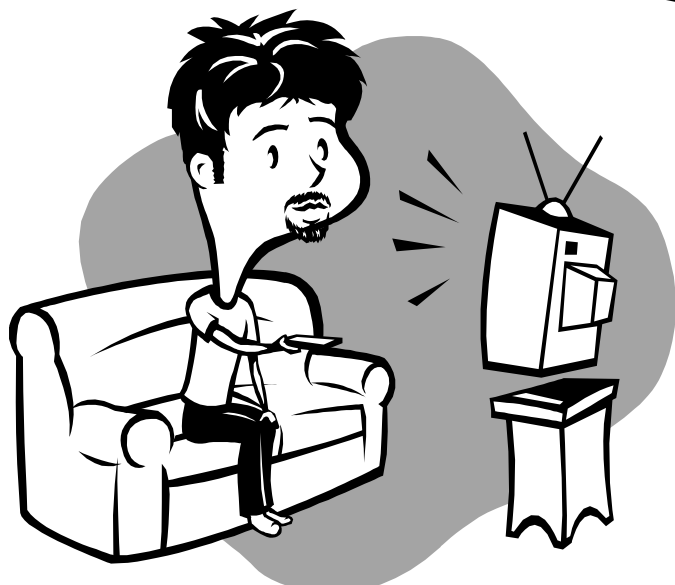
Imagine the “Major” Possibilities



Wednesday, October 5, 2005
11:00 am - 2:00 pm
Rebecca Stafford Student Center,
Anacon Hall

Call (732) 571-3588 with questions.
Open to all students.

Tune in to SAB!



Come help us plan what events happen on YOUR campus!

Meetings are Thursdays at 4:00 in the Student Center.

Questions?

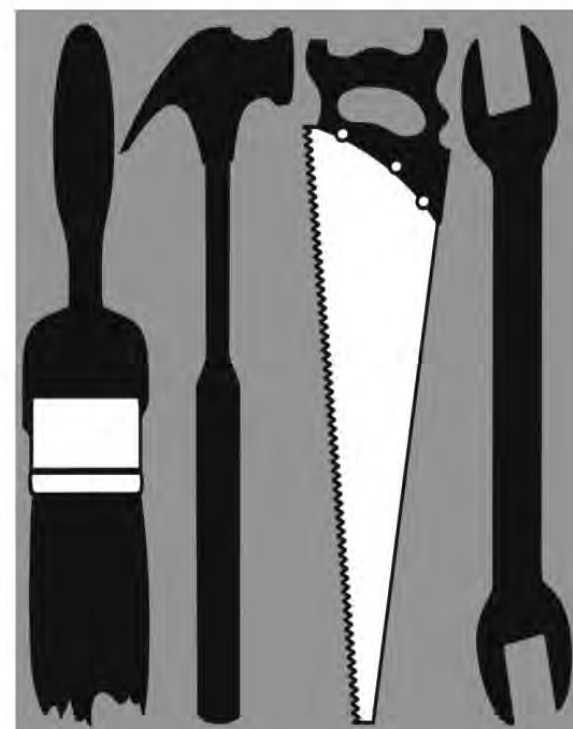
AIM: SAB4704

(732)923-4704

Email: SAB@monmouth.edu

the big event

VOLUNTEER



saturday, october 8

Students, staff and faculty are encouraged to join the Big Event Volunteer Team. Volunteer applications are available through SGA, located on the 2nd floor of the RSSC. Individuals, clubs, organizations, teams, and departments can sign up.

Help SGA continue to make a difference by giving an afternoon of your time. **BECOME A BIG EVENT VOLUNTEER!** For more information call 732-571-3484 or email SGA@monmouth.edu. Deadline to sign up is Monday, October 3.



NO EXPERIENCE NECESSARY

YOU ARE INVITED to the most inspiring and meaningful High Holiday services, in a place where everyone feels at home and welcome.

You may see yourself as unaffiliated, Reform, Conservative or Orthodox. At Chabad, we see you as Jewish. No labels. No differences. Chabad is a home for every kind of Jew.

Our services are refreshingly casual and easy to follow. The English-Hebrew prayerbook, along with song and commentary, make everyone an active participant.

So you're invited! Services are free. All you have to do is call **732-229-2424** or email **rabbi@Chabadshore.com** for more information or to make a reservation.

Rosh Hashana: Oct. 3-5
Yom Kippur: Oct. 12-13

Services will be held at 656 Ocean Ave., Suite 201, West End (Long Branch)

Chabad of the Shore
368 Kirby Ave. Elberon, NJ 07740
www.ChabadShore.com



Please join us every week!

Weekly Mass
Every Sunday 7pm
Every Tuesday 1:10pm

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

Faith Series
3rd Tuesday of Every Month 7pm

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

Stump the Priest Night
October 18th 7pm, Magill Commons

If Anyone is interested in participating at Sunday Mass either by singing or playing an instrument, please call the Catholic Centre or e-mail us at **CatholicCentre@aol.com**

www.mucatholic.org
Watch for our special events during the semester!

Food Always Served!
Catholic Centre at Monmouth University
16 Beechwood Avenue

Gate to our house is located in the rear corner of Lot 4, next to the Health Center.

Call us at 732-229-9300

Rock for relief

PRESS RELEASE

Relief efforts for Hurricane Katrina victims are gearing up in the city with fund-raisers being planned and collection points for supplies and monetary donations already in place.

The Merchants Guild of Asbury Park is helping coordinate events and a special meeting about city-wide relief efforts will be held at the Wonder Bar, Fifth and Ocean avenues, Tuesday, Sept. 13 at 7:30 pm.

The Guild is also using its annual Rocktoberfest, to be held Saturday and Sunday, October 8 and 9, to raise money and collect supplies. This year's event will be called "Jammin' for The Big Easy" and city merchants, restaurants, nightclubs and musicians are expected to help in the fund-raising efforts.

Donation jars are in many downtown businesses and relief supplies can be dropped off at Fitness Lifestyles, 614 Cookman Avenue. Items most needed are bottled water, canned food, diapers, baby food and school supplies. For a larger list of items needed or continued updates go to www.asburyguild.com or call the Guild at Antic Hay Books, 732-774-4590.

"People in the city are really reaching out to bring relief to the storm victims," said Mayor Kevin Sanders.

Sanders said Asbury Park is a waterfront community, like New Orleans, and many residents feel they could be in the same situation someday. "The shoe can always be on the other foot," he said.

Some city residents, like New Orleans-born Michelle Smith, are personally affected by the devastations caused by Hurricane Katrina.

"Almost all of my relatives, including grandparents, father,

aunts and uncles, live in New Orleans and I have been unable to contact any of them since the storm," Smith said.

She said she is reaching out to websites, hotlines and shelters to get any information.

"I am trying to keep my composure and be positive. When I watch the news it makes me upset and gets pretty emotional. I see what the people are going through down there," she said.

Smith, an administrative assistant with Reed Trucking Co., Inc., is doing her part toward the city-wide relief effort. Her company, with an office in Asbury Park, is donating several trucks to deliver supplies collected in the city to the New Orleans area.

Once the supplies reach the New Orleans area Major Jeffery Bassett, corps officer for the Salvation Army in Asbury Park, said he will be there to help distribute them.

"We will be very happy to coordinate the effort down there and make sure the supplies get to the right place and to the right people," he said.

Bassett said he expects to be in the New Orleans area by the end of the month.

The Salvation Army now has 22 shelter facilities in the affected areas and about 600 people in the field. Within the first week the Salvation Army mobilized more than 100 canteens (moveable feeding units) and eight mobile kitchens on tractor trailers.

"We expect this recovery effort will require millions of dollars and fund-drives in places like Asbury Park are key toward raising this kind of money," Bassett said.

Bassett said local church members will help sort and package supplies.

Software program helps college roommates find good matches

JIM BAINBRIDGE
THE GAZETTE/KRT ARCHIVES

Tommy Lee Jones and Al Gore were randomly assigned roommates at Harvard as freshmen, stayed roomies for four years and friends for another 36. It can work out.

Still, you have to figure that for every famous actor who ends up making a presidential nomination speech for his ex-roommate at a national convention, there has to be at least an equal number of roomies who just never seem to mesh.

One roommate goes to bed at 9 p.m., the other at 3 a.m. One is shy, the other immodest the life of the party. One studies best with loud music as background, the other needs quiet.

Colorado Springs-based General Meters Corp. understands the potential for stress in a system that does not consider such individual differences and is now marketing its own software program to give students a better shot at domestic compatibility.

"The program is available online in beta form now," said Fred Emery, General Meters' systems marketing representative. "We're ready to go, and we're in negotiations with a couple of schools already. We just have to be patient. Colleges have to go through the budget approval process, and we've just launched this program."

What General Meters has going for it is a lengthy track record working with more than 300 colleges and universities on other high-tech solutions such as for campus identification, access, food service, parking and recreation.

The University of Colorado at Colorado Springs uses some aspects of the system, as does Adams State and two of the state's community colleges.

For a school using the entire package of General Meters' 14 modules... a student, faculty member or campus employee could use a single scannable card to do laundry, get a soda from a vending machine and buy computer discs at the student bookstore

For a school using the entire package of General Meters' 14 modules _ like Hofstra in Hempstead, N.Y. _ a student, faculty member or campus employee could use a single scannable card to do laundry, get a soda from a vending machine and buy computer discs at the student bookstore before using the same card to gain entry to the dormitory.

Price of the one-card program can range from \$5,000 to \$80,000, depending on how many modules are activated and how many students the school has enrolled.

The University One-Card Housing System would serve as the 15th module, allowing students to check out room inventories, housing assignments and even start the process of finding a compatible roommate.

"Students go online to fill out a lifestyle profile," Emery said, "indicating what time they get up in the morning, what time they go to bed, what kind of music they like, what kind of sports. How they feel about being paired with a smoker. Our questions are geared to develop a sense of someone's attributes and what they do on a daily basis."

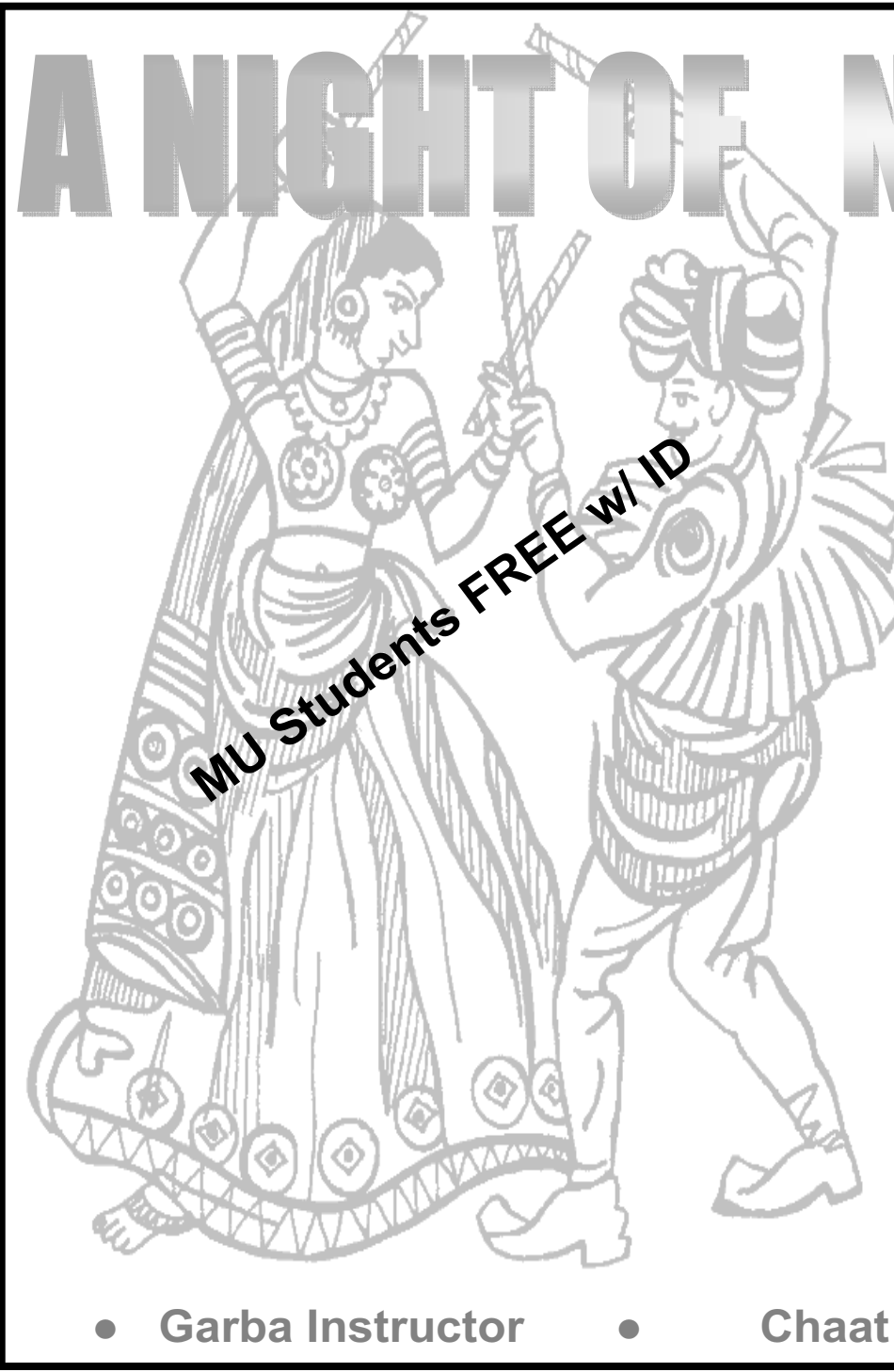
After the student completes the series of questions and files it, the system culls the 20 best profile matches for the searching student to that of the searching student for him or her to review.

All of the survey participants remain anonymous through the entire process of questionnaire reviews. Even when a student chooses to contact a potential roommate, the e-mail goes through the General Meters system and the e-mail addresses are stripped away.

Identities are revealed only when both sides agree that they think there may a compatible match and they meet. If they decide to become roomies they go back online to formalize it.

"There are protections built into the system too," Emery said, "so that no males can apply to be in a female dorm and no seniors end up in a freshman dorm. Every campus is basically a different entity unto itself. We create a tool for the campus and each campus adapts that tool for its needs."

General Meters was founded in 1979 by Leon Gottlieb to make metering devices for copying machines _ hence the company name _ and has evolved into an international corporation with about 45 employees and branches in Canada, Bulgaria, Florida, California and South Carolina in addition to the Colorado Springs headquarters.



A NIGHT OF NAVARATRI

October 8

8 pm – onwards

Tickets sold at door	\$5.00
Kids under 13	\$2.00
Monmouth Univ. Students	<u>FREE</u>

Monmouth University

Student Center 400 Cedar Ave.

West Long Branch, NJ

Exit 105 – Garden State Parkway

Call 732 - 571 - 3640 for more info

● Garba Instructor

● Chaat / Snacks

● Live Garba Band

●



THE END ZONE

Five points to (still) keep an eye on

In the Sept. 7 “Welcome Back” issue of The Outlook, I highlighted five key points that would be vital for the Monmouth Hawks football team to be successful this season as they try for their third consecutive Northeast Conference (NEC) championship.

The points addressed important facets of the Hawks, even though they didn’t include certain players who you would expect to be there. For one, Miles Austin wasn’t mentioned as a key point because most NEC fans know what he brings to the table each week. Instead, the points looked at other areas of the team that are not as highly publicized, but just as important to the Hawks if they are going to win 10 games for the third straight year.

Now, on the Hawks bye week, I will take a look back at those five points and chart their progress as Monmouth prepares for Saturday’s showdown at Stony Brook.



Walter Carter is the third leading rusher on the team through four game with 79 yards.

1 - Rob Lutz, Walter Carter and Leonard Brice

The three primary backups, even though they all have similar numbers to Bobby Smith, have done a fair job so far this year. It seems as though everyone has gotten a fair shake in the Hawks backfield with no clear-cut number one back emerging as of yet. Only Smith has over 100 yards on the season, and none of the three highlighted players here have scored a touchdown. However, so far this season they have all shown glimpses of promise. It will be important for them to continue to develop and improve in the running game to give the Hawks, and pri-



Leonard Brice in action in the backfield in his first season with the Blue and White.

RUSHING	Att	Gain	Avg	Long
Rob Lutz	20	89	4.4	24
Walter Carter	24	84	3.3	13
Leonard Brice	19	57	2.4	11

marily quarterback Brian Boland, the necessary balance needed to keep opposing defenses honest and from keying on the Hawks’ dynamic passing offense.

2 - Adam San Miguel, Mike McClelland and Brendan Kennedy

The Monmouth receiving corps has turned into one of the most potent units in the conference, and they are more than just Miles Austin. San Miguel’s numbers through three games this season rival his statistics from all of 2004, and the complementary receivers have stepped up so far as well. Shane Sharpley, who mistakenly wasn’t mentioned in the first article, has played well so far opposite Austin and San Miguel. McClelland is re-emerging as a solid threat, and Kennedy has been slowed by an ankle injury. Tight end John Nalbone has been a nice addition to the Hawks passing attack and he gives Boland a big target to occupy the middle of the field.

RECEIVING	No.	Yds	Avg	TD	Long
San Miguel, A.	21	232	11.0	2	39
Sharpley, Shane	7	64	9.1	0	27
McClelland, M.	3	36	12.0	1	15
Nalbone, John	3	22	7.3	1	11
Kennedy, B.	1	9	9.0	0	9

Adam San Miguel has emerged as a dangerous offensive option at wide receiver for the Hawks.



EDDY OCCHIPINTI
SPORTS EDITOR

ALL PHOTOS BY JIM REME

3 - The kicking game

The jury is still out on the kicking game as far as field goals go, with punter Sean Dennis connecting on the only field goal Monmouth has attempted this year, a 37-yarder in the season’s opening game at Lehigh to end the first half. Fred Weingart has been perfect on extra points so far, going 14-14, including a school record 9-9 against La Salle. But with tough games against NEC rivals like Wagner, Central Connecticut State and Albany looming, there will be more of a spotlight on the kicking game to perform when called upon.



Sean Dennis connects on the Hawks only field goal this season at Lehigh.

4 - New linebackers

What Miles Austin is to the receivers, Mike Castellano is to the linebackers. His playmaking ability has been instrumental since arriving in West Long Branch via Villanova. The spotlight coming into the season was placed on the two new starters on the outside in Anthony Addonizio and Mike Nunziato. They have played very well thus far, showing they have a knack for making big plays. Addonizio is a run-stopping force, and Nunziato is a fast sideline-to-sideline player that has made a difference.

DEFENSIVE	Solo	Ast	Total	TFL/Yds
Mike Castellano	12	5	17	3.5-19
Anthony Addonizio	7	4	11	.
Mike Nunziato	9	1	10	2.0-2

5 - Expectations

The Hawks have not faced a conference foe yet, so the prospect of being everyone’s big game of the year has not happened yet. Against Lehigh, the Hawks did stake their claim that they can play with the big boys of Division I-AA, as the score wasn’t indicative of how well they played early. However, from this point on, every game is the most-important game for Monmouth.



Shane Sharpley’s improved play has been a bright spot for the Hawks and their dangerous receiving corps.

Hawk Notes

During the bye week, Monmouth had the chance to prepare for the only opponent that defeated them last year. Stony Brook handed the Hawks a 27-0 blanking a year ago at Kessler Field. The loss came in the season’s fourth game, and the Hawks managed to rattle off seven wins in a row to end 2004.

In that game, the Hawks turned the ball over seven times, including five interceptions. Through three games this year, they have committed six turnovers.

This season, Monmouth returns to the scene of a win that could be credited with kick-starting their recent run of unparalleled success. On September 27, 2003, Monmouth went to LaValle



Stony Brook at a glance

This year’s Stony Brook squad is off to a rough start. They are 1-2 on the young season, including a 55-0 defeat at the hands of Hofstra.

They have talent offensively, mainly in the person of tailback Rod Williams. He is third in the conference in rushing with 216 yards, and is also dangerous catching passes out of the backfield. He is second on the team with 10 receptions. Josh Dudash is the Seawolve’s quarterback, and has not had the start to the year that he could have hoped for. He has completed 57 percent of his passes, but has only one touchdown against four interceptions.

The defense, which is traditionally a fast, turnover-causing unit, has also struggled. They are surrendering nearly 360 yards a game, including almost 170 on the ground. They have given 10 touchdowns this year, and has scored only four.

The game between the Hawks and Seawolves is set for this Saturday at 1 p.m. The game is the first conference tilt of the year for each squad, as the Hawks look to their third straight NEC Championship.

Anthony Addonizio has stepped in nicely at the outside linebacker spot in the Hawks 4-3 scheme.

	SBU	MU
FIRST DOWNS	16	11
RUSHES-YARDS (NET)	41-62	27-37
PASSING YDS (NET)	262	211
Passes Att-Comp-Int	24-17-0	30-15-5
TOTAL OFFENSE	65-324	57-248
Kickoff Returns-Yards	1-35	3-97
Interception Returns-Yards	5-72	0-0
Fumbles-Lost	2-1	3-2
Penalties-Yards	8-80	10-93
Possession Time	35:08	22:59
Third-Down Conversions	7 of 15	2 of 13
Red-Zone Scores-Chances	3-4	0-1
Sacks By: Number-Yards	5-37	5-34
RUSHING: Monmouth-Lutz, Rob 7-45; Migliore, Joe 7-13; Smith, Bobby 4-7; Kennedy, B. 3-minus 10; Boland, Brian 6-minus 18.		
PASSING: Monmouth-Boland, Brian 7-15-3-74; Kennedy, B. 7-14-2-77; Austin, Miles 1-1-0-60.		
RECEIVING: Monmouth-Hiltwine, Tim 4-95; Sosnovik, Matt 3-40; Austin, Miles 2-27; Worfolk, Billy 2-16; Smith, Bobby 2-16; San Miguel, A. 1-14; Sharpley, Shane 1-3.		
*** Last year's boxscore in Stony Brook's 27-0 win over Monmouth at Kessler Field		

[illegible]

Hawks fall, then tie LIU

DOMINICK RINELLI JR.
SPORTS STAFF WRITER

After improving their overall record to 3-2-1 on Sept. 17, the Monmouth University men's soccer team was ranked ninth in the NSCAA/adidas Regional Rankings.

The Hawks hosted their second and third of four consecutive home games on The Great Lawn this week as they faced off against St. Peter's on Sept. 23rd and Long Island on Sept. 25.

Monmouth looked to get its 10th win all-time against the Peacocks as they were 9-2 all-time going into the contest. The Peacocks had a different idea of how the game would play out, however, and defeated the Hawks 3-2 in double overtime.

Tom Gray and Ed Hayden each posted a goal early in the contest to put the Blue and White ahead 2-0 before intermission. Gray's goal, his team-leading third of the season, came in the ninth minute of action. Kevin Hartwyk sent a pass to Jonathan Schmid who found Gray for the tally.

Hayden tacked on Monmouth's second goal of the game in the 35th minute via a headshot off a pass from Chris Ell.

"Going into the second half we knew St. Peter's was a good team and that they would make a game

out of it," said head coach Rob McCourt.

The Blue and White's 2-0 cushion was short-lived as St. Peter's scored twice in under 20 minutes to force the game into overtime.

In double overtime, Juan Gavia connected on the game winner for the Peacocks at 1:07:06.

"In the second half and overtime, we lost some of our intensity and passion that we played with in the first half," said McCourt.

Despite outshooting St. Peter's 18-11, Monmouth was unable to come away with its fourth win of the season.

Looking to rebound after a tough loss, the Hawks hosted defending Northeast Conference champion LIU on Sunday.

It became a defensive battle as neither team was able to find the back of the net. The game ended in a scoreless overtime draw.

Each team received a point in the NEC standings.

"We gave something away with St. Peter's but were able to come away with a well-deserved point against LIU," said McCourt.

Goalies Art Satterwhite for Monmouth and Alex Fatovic for St. Peter's each posted their third shut-out in 2005. Fatovic was forced to make seven saves as Satterwhite made six. The Hawks offense out-shot the Blackbirds 21-13.

The Hawks, now 3-3-2, are in action once this week as they host their fourth of four straight home games against St. Joseph's at 2 p.m. on Saturday. The last time Monmouth played St. Joseph's, the Hawks won 2-1.

"The team this year is a very close, tight knit group and we have a full week of preparation for St. Joseph's," McCourt said. "Every game is a battle."

Currently, Monmouth is ranked first in the NEC in shots (134), points (44), assists (16) and tied for first in shutouts (3).



PHOTO BY DAREN EAST

Rich Baker (14) gets ready to send the ball downfield. Baker has four points on the season, a goal and two assists. Baker leads freshmen in all three categories.

Hawks set to open NEC play

CRAIG D'AMICO
SPORTS STAFF WRITER

Following their 1-0 victory against Lehigh on Sept. 18th, the Monmouth Hawks women's soccer team spent the past week resting up for one of the more crucial stretches of their 2005 schedule.

Through the first seven matches of the season, the Hawks record stands at 2-4-1. This week, they will travel to Piscataway to face their inter-state rivals, the Rutgers Scarlet Knights on Tuesday evening. The Rutgers game will mark the final non-conference game of the Hawks' schedule.

The road trip to start conference play is crucial for the Hawks... If they can get off to a fast start on the road, they could be on their way back to the NEC Tournament."

Following the Rutgers game, the Hawks open up Northeast Conference play over the weekend with a Pennsylvania road trip to Moon Township, Pa. to take on Robert Morris on Friday night, before heading to Loretto, Pa. to face the St. Francis (Pa.) Red Flash on Sunday.

The road trip to start conference play is crucial for the Hawks, as they follow it up with a three game homestand. If they can get off to a fast start on the road, they could be on their way back to the NEC Tournament after they missed it for the first time ever last season.

Hawks senior Kate Sands con-



PHOTO BY DAREN EAST

Kate Sands is a two time Northeast Conference Player of the Week for the Hawks. Her four assists and 12 points are fourth in the NEC in both categories. She also tallied the only goal in the Hawks' 1-0 victory over Lehigh on Sept. 18.

tinues to lead Monmouth with four goals, four assists, and 12 points, good enough for fourth in the conference in points and assists. She's been named NEC Player of the Week twice, including two weeks ago when she scored her 30th career goal in Monmouth's win over Lehigh.

This season, the four NEC Tournament spots are wide open for the taking as three of the four teams from last year's tournament are at or below .500. However, three time defending champion Central Connecticut State still sit atop of the conference.



Domino's
Money Saving
Coupons!
Serving
MU



\$5 \$5 \$5 DEAL

Three Medium
1-Topping Pizzas
\$5.00 each

Minimum 3 pizzas. Deep Dish Extra.

Limited Time Offer

Coupon not valid with any other offer. Valid at participating stores only. Prices may vary. Customer pays sales tax where applicable. Our drivers carry less than \$20.

2 X TUESDAY

Buy any pizza at regular menu price & get a 2nd pizza of equal or lesser value FREE!

Valid Tuesdays Only.

Deep Dish Extra.

Limited Time Offer

Coupon not valid with any other offer. Valid at participating stores only. Prices may vary. Customer pays sales tax where applicable. Our drivers carry less than \$20.

NOW HIRING DELIVERY DRIVERS

Full and Part Time
Immediate Openings
\$10-\$15
Per Hour

APPLY TODAY!!!

Call Us!
West Long Branch
732-571-2800
Accepts All Major Credit Cards



Hours:
Mon-Fri: 4pm-1am
Sat-Sun: 11:30am-1am



Work of Art

Senior goalie Art Satterwhite has posted three shutouts thus far in the 2005 fall season, including his latest over defending NEC champion Long Island