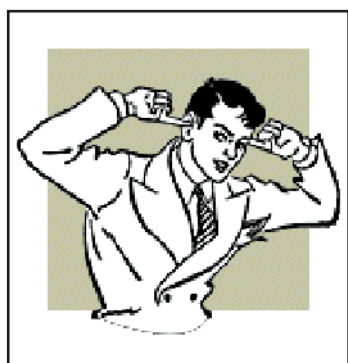


Fashion

Scoring the right impression on an interview with the perfect look.

.... 7

Entertainment



Learn how to protect yourself at concerts

.... 17

Opinion

The truth behind American democracy

Read a student's opinion on, how media bias influences how we think, making it impossible for citizens to make an objective decision about who to vote for.

.... 11

Sports



Men's golf claims ECAC Division I golf championship

Monmouth outshoots competition en route to team and individual titles. Complete story and full MU sports coverage inside.

.... 30

and much more



Solar energy is cost effective, reliable, and environmentally sound.

Monmouth goes solar

LAUREN BENEDETTI
EDITOR IN CHIEF

Monmouth University recently announced the conversion of Facilities Management, Bey Hall, Rebecca Stafford Student Center, Boylan Gym and the Pool from electric to solar power.

The contract to convert the buildings went to PowerLight, founded in 1991 in Berkeley, California. According to powerlight.com, "PowerLight is the world's leading designer, manufacturer and installer of commercial-scale grid connected photovoltaic systems." PowerLight specializes in large-scale, grid-connected solar electric systems.

The decision to convert the buildings came from the Board of Trustees when they approved the administration's recommendation to install solar power in the buildings for conservation, a positive impact on the environment and because the University will save at least \$2.7 million dollars over 25 years (conservative estimate based on costs several months ago).

In addition to the financial savings the University will incur by avoiding fossil fueled generated electricity, they will also avoid the emission of thousands of harmful emissions including nitrogen oxide, solar dioxide and carbon dioxide, all of which are key contributors to smog, acid rain, and global warming.

According to Patricia Swanack, Vice President for Administrative Services and head of the solar power project, "the installation cost is approximately



Solar energy is cost effective, reliable, and environmentally sound.

"Solar energy will allow us to be less dependent on fossil fuel. I believe you will see more and more use of renewable energy (solar, wind, geothermal) everywhere. MU is pleased to be taking this leadership step now."

PAUL GAFFNEY
President



Solar continued on pg. 20

The Battle for Ocean Township

MARTIN HALO
STAFF WRITER

As the 2005 fall semester kick starts for Monmouth University, students moving back into Ocean Township find themselves staring at an unwelcome homecoming.

The Ocean Township Quality of Life Association, as of August 24th, is publicly displaying their discontentment for seasonal rentals, within their community, in the form of lawn signs that read, "NO SEASONAL RENTALS: Preserve Our Neighborhood."

The Quality of Life Association is spearheaded by Ocean Township resident Chris Matches. "The as-

sociation is about two years old and started with a group of residents in the Larchwood area," says Matches.

Over the span of those two years the organization has grown from a group of 20 to a coalition of close to 200. Their goal is to control the growing problems that seasonal rentals bring to Ocean Township; speeding, excessive garbage, noise, liquor bottles, excessive parking, overgrown lawns, and drunk driving.

"We bought our house here to live in a residential neighborhood," say Matches. "My home is my biggest investment and all of a sudden people from out of state are here who really don't care

about the neighborhood."

The organization has an official website that can be visited at otneighbors.com, and claims Monmouth University students are the main cause of the problem. "It really has to do with the University, they are growing too fast and they haven't added sufficient housing," exclaimed Matches.

Currently, reported by the Asbury Park Press, Monmouth University has an approximate 850 of its 6,000 undergraduate students living within adjoining communities.

Mary Ann Nagy, Vice President of Student Services at Monmouth University responds, "We have made accommodations at Pier Village and at the Fountain Gardens Apartment Complex for our students."

"If our population of students is relatively stable, and the number of beds on campus is relatively stable, the number of students living off

MU open House

Prospective students tour campus

LYNSEY WHITE
STAFF WRITER

Monmouth University's annual Open House was held Sunday, October 2nd. Approximately 4,000 family and friends, including 1,200 prospective students, picked up registration packets on Monmouth.

Morning tours were offered for families, beginning at 11:15, and regular registration started at 12:30 p.m. followed by a welcoming speech at 1 p.m. on the Shadow Lawn from senior administrators and President Paul G. Gaffney II. Various food platters were offered for guests in Wilson Hall followed by campus tours from 2 to 4 p.m. as well as meeting different student organizations.

All academic departments presented information sessions from 1:45 p.m. to 4 p.m. to give prospective students the opportunity to explore their potential interests and meet with faculty representing many of the majors Monmouth has to offer. Students received backpacks as well as cameras, which helped display the theme of the day, "Picture Yourself at Monmouth." Student volunteers were seen around campus holding signs saying "Smile" and "Take your first Monmouth photo." The bookstore also was open from noon to 5 p.m. and offered a 10 percent discount to all prospective students.

There were an estimated 150 student volunteers as well as University ambassadors who work in the admissions department during the school year. Students were busy with all kinds of jobs on campus, including setting up tables and placing balloons around the school.

House continued on pg. 22

campus should have remained stable," says Nagy. "The number of students who live off campus, we believe, has been the same for years."

The Monmouth University Police Department, who is in charge of commuter parking, issued a total of 4,843 decals in 2002; 5,337 in 2003; and 4,863 in 2004. Captain Dean Volpe explains, "The bulk numbers may be misleading, they include undergrad as well as graduate students, and students that still reside at home."

Matches, as well as other Association members, have been pursuing a course of action through Ocean Township's courts to limit the number of Certificate of Occupancies to one a year, for rental houses. Meaning, landlords could only rent their homes to one tenant in a twelve month span.

Battle continued on pg. 26

Gillespie hosts *Turning Lives Around* presentation

ERIN LUCAS
STAFF WRITER

"If you had a choice between a healthy relationship and an unhealthy one which would you choose." This is how Karen Gillespie, director of *180 Turning Lives Around* began her powerful presentation on domestic abuse. The answer from the audience was obvious. People preferred healthy relationships. Yet, when the audience was asked if they were in one or knew someone in an unhealthy relationship, more than half raised their hands. According to Gillespie, no one chooses to be in an abusive relationship but once committed, trying to get out could become harmful to them.

The presentation is a domestic violence and sexual assault get away and comfort for people in such a situation. There is a 24 hour hotline, an outpatient program, and an abuse program which provides alternatives to abuse. This program, formerly known as Woman's Center will be celebrating their 29th year anniversary this coming year. As a privately owned company, they go to schools with children as young as twelve years old and try to steer them away from becoming abusive or abused. One of the main things Gillespie tries to get across to people is that violence is a learned behavior, and if it is learned, it could be unlearned.

She continued talking about different kinds of abuse that people incur everyday. Verbal, being one kind, can take on a mind of its own should a person put up with it. This happens when a person demeans their partner or frightens them vocally. A woman stated "I asked him to slap me, his words stung so bad, it was like he just slap me already." Emotional abusers scare their partners by isolating this or behaving in an intimidating way. This type of behavior often forces a person to stay in the relationship because their partner threatens harm on them or themselves.

A little into the presentation, a video was shown that impacted people more than they expected. In the movie, the audience was introduced to a group called FAC-ES. These are people who travel to different schools and turn their past abusive relationship memories into skits to show children the

danger these relationships bring. One of the first women to tell her story stated, "People think domestic abuse is between a husband and a wife, but it's happening to us teenagers everyday and no one knows it."

Another woman showed the extreme effects verbal and emotional abuse could have on a person. Her boyfriend at the time threw her down the stairs and proceeded to kick her. When she was at the hospital being released she was asked who she wanted there and she said no one, just call her boyfriend. Thankfully, she got out of there and now has a good view on relationships. She now says, "When you feel good and you walk down the street, someone might tell you you're beautiful, and you say thank you, but you don't need to hear it because you feel it yourself."

The end of the video showed three different women who were beaten by a boyfriend and husband and ironically, in the background, the song I can't help falling in love with you is playing. It had almost an eerie effect as you hear the ambulance sirens blaring and one of the woman EMT's is speaking, the way she summed it up was "The most frustrating calls are the return ones." The last clip is of a woman who was literally beaten to a pulp and claimed her boyfriend did it to her, but refused to tell the cops his name. To say the atmosphere of the room changed would be an understatement.

So why don't these woman just get out is usually peoples reaction. Karen told us one girl at another school replied with "because she is stupid." Yet a guy came back at her and said "she isn't stupid, she is scared."

Karen said to us "a guy doesn't come up to you and say hey, I was an abuser in a past relationship, want to go out on Saturday?" This being extremely accurate I asked her what advice she would give to the women attending Monmouth. She said, "Be very aware and take nothing for granted. Be able to recognize red flags, especially possessiveness and someone trying to control you. Always be aware of your surroundings, not making yourself vulnerable to sexual assault."

If you or someone you know is in an unhealthy relationship, please call, 1-888-843-9262. For more information, log on to www.180nj.org.

Students Attend *Umbrellas of Cherbourg*

DANIELLE CIANDELLA
CONTRIBUTING WRITER

A Romantic Jazz Musical adapted from a French film written and directed by Jacques Demy, *Umbrellas of Cherbourg* was chosen by Dr. Brian Garvey as the required event for the Academic Habit course this semester.

"Monmouth University has a broad range of cultural venues both on and off campus, said Dr. Garvey on why he chose *The Umbrellas of Cherbourg*. "The Two River Theatre Company and the Two River Film Festival are two of our off-campus affiliates with whom we have special arrangements and whose productions we wish to support, helping to insure the success of these high quality productions in our area. The choice of *Umbrellas of Cherbourg* was made in August when the syllabus was designed and mailed to all incoming freshmen for whom the course is required."

Act I begins with the introduction of our star-crossed lovers, Guy and Genevieve. Guy's only family is his widowed Aunt Elise and Genevieve lives above the umbrella shop with her widowed mother, Madame Emery, which they run together. Then, Genevieve and her mother find out that if they do not pay 8,000 souse by the end of the month the debtor will take the shop. They decide to sell Genevieve's mother's pearls to a local jeweler friend. When the friend turns them

down, the character Roland Cassard is introduced and he offers to buy the pearls. At the worst possible time Guy tells Genevieve that he has been called to serve and that he will be leaving the next day. Guy asks her to spend the night and she agrees. The next day at the train station Genevieve promises she will wait for him. The act ends with him getting on the train.

Genevieve has become very tired and sickly at the beginning of Act II. After going to the doctor, she finds out she is pregnant and tells her mother. It has been two months since she heard from Guy and she is very worried. That same day Madame Emery invites Cassard to dinner. At dinner, Cassard tells Genevieve she looks like "the Virgin with child." She then dismisses herself and goes to bed. After Genevieve leaves Cassard asks Madame Emery for Genevieve's hand in marriage. He says he will be leaving for Amsterdam and will return in three months when he wants an answer. As the story progresses, Genevieve gets larger and larger and Cassard sends back a letter that he will be back soon. Madame Emery pushes Genevieve to marry Cassard and Genevieve agrees on one condition. That condition is that her mother tells Cassard she is pregnant and he accepts her. Finally, Cassard returns and he accepts Genevieve as she is, so according to the deal she says yes and

they get married.

Guy later returns to Cherbourg after a leg injury from a grenade. After returning to the umbrella shop to find it has been sold, he returns home to his aunt. His Aunt then tells him that Genevieve got married and has not been back since. She believes they are in Paris. Guy is heartbroken and he falls into a state of despair. At that point his Aunt Elise dies and her nursemaid, Madeleine, decides to leave because of the state he was in. Guy begs her to stay and make a life with him, and she accepts. As the story moves on, Guy and Madeleine have a child and Guy uses the money his Aunt left him to open a garage. On Christmas Day, Genevieve comes to the garage and sees that Guy is there. They speak and for the first time Guy catches a glimpse of his little girl. Genevieve leaves, barely saying goodbye, never telling her child that Guy is her real father. Madeleine returns with their child and the show closes with them embracing in the snow.

Tara Shirk, an Academic Habit student, said that she enjoyed the musical *Umbrellas of Cherbourg*. "The acting was decent and for a small stage production I enjoyed it, but I think it made a better movie than a play," said Shirk.

The *Umbrellas of Cherbourg* will be running at the Two River Theatre Company from September 22, 2005 to October 16, 2005.



Students in the Academic Habit course attended *Umbrellas of Cherbourg*.

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

Monmouth University celebrates Navaratri

This Saturday, October 8, Monmouth University's International Club will host its first Navaratri celebration in Anacon Hall.

Navaratri is a Hindu festival - which means nine nights - and it is celebrated in the beginning of October each year. It is a celebration of good over evil. The triumphs of Valor, Wealth, Knowledge and Art are represented by the Goddesses Durga, Lakshmi and Sarawati. This is a wonderfully joyous time complete with traditional live Garba band,

and Dandiya Raas dances - instructor included! This is a traditional dance, which circles around a mandvi, and participants use dandiya sticks, which are wooden sticks that are banged together to create a loud joyous rhythm. The dance starts out slowly, only to get faster and faster as the music continues. Chaat, or Indian snacks, are available. This event is free to Monmouth University students with their ID. It begins at 8 p.m. on Saturday.

Flamenco dancing brings Spanish culture to MU

SUZANNE GUARINO
PHOTOGRAPHY EDITOR

On Tuesday, September 27th, at 11:30 a.m. students and faculty got to experience some Spanish culture in Anacon hall located in the Student Center. The event featured Flamenco dancing. Four ladies and one gentleman looking as though they just got off of a plane from Spain, performed on a dance

percussion sound. There are two types: the “female” and “male”. It was explained that the “male” does all the rhythm but the female does all the work”. This brought a smile to the faces of the women in the audience. The ladies also sang beautifully as they danced; their heels acting like drums going along with the guitar. The dancing impressed the audience because of the pace the ladies had to keep to go along with the music.



Flamenco dancers gave MU students a lesson in flamenco dancing September 27th in Anacon Hall.

floor in front of curtains. Each lady was extravagantly dressed in flowing, tiered, polka-dot dresses and heels. They were decorated very femininely with red lipstick, shawls, flowers in hair, earrings, etc. Many photographers were there taking pictures. Tables were set up for the audience to sit and eat their lunch while they enjoyed the performance.

The guitarist, Carlos, explained to the crowd that he was playing Flamenco guitar and shared this technique. One of the ways he played was by using his whole hand to strum the guitar. This is called “the fan”, he explained, because his hand, when extended and held stiff while strumming the guitar, looked similar to the fans the dancers used in their routines.

Each of the ladies danced in their own style. They used different props such as beautiful white fabric umbrellas, fans, shawls, and small hand instruments called castanets. Castanets are two pieces of wood tied together and when squeezed in hand give off a

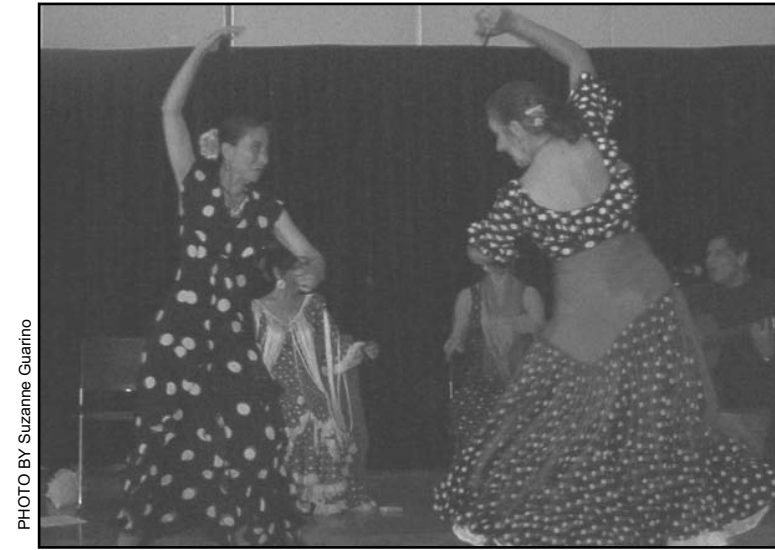
They brought girls up from the audience and had a small lesson on how to play the castanets. They then brought more people up to practice a dance. One guy in the audience was picked to come up also. He went right along with the dancing and eventually let loose and shook his hips with the rest of them.

“The dancing was fast and fantastic. It was something I had never seen before”, commented senior Chris Rudolph, who surprised the audience with his dance moves.

The event was not just a show but a lesson on how to dance, Flamenco style. The event was very entertaining with dancing, singing, music, and most of all, culture.

“When I was in Spain I got to see a whole family Flamenco dancing in a cave, but here at this event the singing was so good”, said senior Teresa Mancini.

“It was really interesting and pretty. It was good to see Spanish culture here at Monmouth,” added junior Tara Crane. With Hispanic Heritage Month here at M.U., this event fit perfectly.



The flamenco dancers used different props to accompany their dancing like castanets and umbrellas.

SGA President’s Corner

Hello Monmouth University!

SGA went camping for our annual fall retreat this past weekend! We utilized this time to set goals and work out questions and concerns from Open Your Mon-Mouth for everyone. We have a lot in store this year, so keep your ears and eyes open!

Before I get to answering some questions, I want to clarify and set straight some confusions and rumors about this year’s Homecoming festivities. The parking lots will open for tailgating at 9 a.m. on Saturday, October 22nd (everyone must register for a parking spot to tailgate with SGA – applications soon available). At 3 p.m. all alcohol consumption must end and alcohol must be put away. However, this does not mean that tailgaters need to leave the parking lot. The Homecoming Committee is just asking for everyone’s cooperation to avoid any future dangerous consequences due to intoxication. According to the Homecoming Committee, nothing good ever happens after 3:00. In all honesty, it can take one intoxicated person to drive a car and get into a severe accident and ruin the entire celebration for students, faculty,

and alumni alike. Please cooperate. The committee could cut alcohol back to 1 p.m. or even take it away. Therefore, stopping it at 3:00 is not such a bad idea after!

At professional sporting events, alcohol distribution is always stopped at the third quarter. 3:00 pm is around that third quarter mark during MU football games. Also, the Alumni Tent will be set up in the middle of the parking lot. The free food and alcohol for sale is open to alumni AND students. The tent will be open after the games end. Therefore, if someone has the urge to consume another alcoholic beverage after 3:00, they can use their I.D. if over 21 to purchase another can at the Alumni Tent. We are just asking for everyone’s cooperation.

And now onto the questions!

Can we get the dip going into the residential side of campus fixed?

That part of the road is state property and is not Monmouth’s property. It is part of a drainage system and can not be filled in to make it smoother. Therefore, MU cannot fix this little bump in the road, even though it is addressed yearly to the MUPD because it is not technically Monmouth’s road.

Can we get cigarettes sold on campus?

State law prohibits cigarettes to be sold on campus. If they were to be sold, the prices would be astronomical due to taxing, etc. About six years ago they were sold at MU; however the machine has since been removed.

Why isn’t the dining hall open later?

In the past, the dining hall has been open past 8 p.m., however it was underutilized and wasted food and working hands. Therefore, there is more quality service in a shorter time period. However, the Hawks Nest convenience store is open until 11 p.m. in the R.S. Student Center to compensate for the time that other dining facilities are not open.

More questions to follow next week! As always, contact YOURSGAatsga@monmouth.edu or visit us upstairs on the 3rd floor of the R.S. Student Center in Suite 315! Our meetings are Wednesdays at 2:30 p.m.

Until next time...best regards,

Alyson Goode
SGA President
x4701

Meet MU: Dr. Brian Garvey Dean of Honors School/ Associate Professor of English

KATELYN MIRABELLI
CONTRIBUTING WRITER

TARA SHIRK
CONTRIBUTING WRITER

Dr. Brian Garvey has been at Monmouth University for an impressive 18 years. Currently, he holds the position as Dean of the Honors School as well as Associate Professor of English. This Neptune native obtained his Masters and Ph.D. at Bradford University in England in Utopian Literature and its context in the History of Science and Technology. Then he returned home to start what he termed his “destined” career at Monmouth. He began his career as Assistant Professor of English in 1987 and in 1989 became the Director of the Perspectives Program, a position he held until 1994. Additionally, in 1992, he was appointed the Director of the Honors Program. From 1995 to 1999, he served as the Chair of Interdisciplinary Studies. Finally, in 2005, he was appointed the Dean of the Honors School.

With his background in Utopian Literature, it’s no surprise that he would most likely to meet St. Thomas More and Martin Luther King, Jr., two men who exemplified the ideals of utopian writings. However, literature is not Dr. Garvey’s only interest; he also enjoys photography, biking and swimming. He stated that he has an eclectic taste for all different types of foods as well, and has a wide-ranging interest in movies.

“There are too many good movies to name,” he said.

He said he enjoys classics, like Casablanca, as well as newer films. He appreciates the work of Stanley Kubrick and Martin Scorsese. When asked what type of music he is currently listening to, he said his classical CD collection. Dr. Garvey thoroughly enjoys the fall season. It is the beginning of the new

academic year, and it also reminds him of time spent touring the east coast during the changing of the leaves, the vibrant colors, from Vermont to Connecticut and then to New Jersey. He enjoys the clarity and crispness of the season.

Dr. Garvey truly has a passion for teaching. He says that it keeps him intellectually challenged and enthusiastic. His goal is to help instill enthusiasm in his students as a teacher,

Dr. Garvey has formed many great relationships throughout his career at Monmouth. He still keeps in touch with some of his students dating back to the early 90s, who have said that the honors program has greatly helped prepare them for graduate school. He is also very popular with the current honors students.

“He is an inspiration to my education,” said Joe York, a freshman honors student.

Dr. Garvey stated that one of his favorite things about Monmouth is the excellent faculty. He said that 75 percent of Monmouth’s faculty members are new, and have been hired in the past 10 years. He said that this group and the more experienced faculty are passionate about their work, available to students, and very much on the cutting edge.

“I believe the students should appreciate the dedication of all of Monmouth University’s faculty,” he said.

Finally, when asked what advice he would give to a new student at Monmouth, he had many words of wisdom. His first piece of advice was to take advantage of the academic excellence of the faculty as well as the cultural and social opportunities. He is a firm believer in student involvement, and claims that students that are involved on campus are typically better students as well.

Dr. Garvey has one last recommendation for students.

“Don’t take the easy road,” he said. “Always challenge yourself.”

PHOTO COURTESY OF Katelyn Mirabelli and Tara Shirk

PHOTO BY Suzanne Guarino

Adjusting to MU: Commuter

GRAHAM HEILWEIL
STAFF WRITER

Wake Up it's Time for School!
For those of you, freshmen only, who are missing that phrase we have newcomer Chad Esposito writing an article that you can relate to. If you feel like college is an extremely expensive alternative high school where your past life, good or bad, seems like it will never end, this is more your style. I wake up in the same bed I've inhabited for quite awhile, I would say 18 years but I've moved a lot, living under the same roof as the family that raised me from a Sesame Street junkie, to a partially groomed, normal young man. Instead of the 10-minute, one or two mile drive to high school where I was the big shot who knew everything, I now have the 30 minute, several mile drives to college where I am once again the wide-eyed lost and confused little goon. At least it seemed that way after the first day or two. But now after nearly a month I simply arrive at my destination, look around the ever-crowded parking lot, and say "So this is college."

After all the movies, all the stories, rumors, dreams, assumptions, and expectations, college seems to be the one thing I never thought it would be. Normal. It's not an unending crowd of faces walking around aimlessly accompanied by a group of the occasional stereotype jocks, theatre buffs, skaters, and all that other categorized crud from high school.

Before I get ahead of myself, I should point out that I am a commuter and have only been to the residence halls once in my life, but I can't imagine people acting very different over there from how they do on the learning part of campus. For those of you who did decide to live on campus and have spent a month of adjusting, here's hopefully a taste of what the commuter has gone through.

First, there's quite a bit of driving. Depending on what type of schedule you have, you either go to and from classes and live your own life afterwards, or on other days for example when you have a few hours between classes, you spend a lot of time on campus and not a lot of time having a life. No matter which lifestyle you're experiencing there is something brand new. Whereas it used to be a week to week thing, I can guarantee that studying now plays a huge part in your daily activities.

If you spend a minimum amount of time on campus then you probably go from class, back home, study, and then work, with work and study being interchangeable with one another. You probably know next to no one around campus, and possibly have already begun to hate college and its lack of a social atmosphere. This is an expensive school and you probably have to work a lot to keep up with living unless you saved up big time while you had the chance.

The cool part about commuting is that your most likely still being fed at home, have your own bathroom to use at your leisure, can dominate the television and computer, and doing laundry means all you need to do is walk into the next room. In other words, the only thing you have to go out of your way to do is school work. Whether you're a resident or a commuter you still have to struggle with forcing yourself to study, even though commuters with sensible parents have a slight edge in that, and both have to be able to force themselves out of bed in the morning to get to class. Once again for commuters it's a double-edged sword because even though your parents may make sure you go to class, driving there may take an hour or more thereby eliminating the extra sleep advantage of a 10 a.m. class.

As I mentioned before, certain students have to spend 12 hours on campus thanks to having one morning, afternoon, and night class all occurring on the same day. You can drive back and forth several times costing yourself hundreds of dollars in gas money and going through the hassle of occasionally getting stuck in heavy traffic but I find those to be way too much of a pain and I only live twenty minutes away. There are several options you should have already explored by now. Get a job on campus and get one that somehow relates to your field of study. In other words I'm a biology major so I got a job as a lab assistant therefore getting myself in good with all my professors and learning things I may use in class later on. Also an added bonus, I signed up for Federal Work Study and get an automatic bonus to go on top of whatever I'm getting paid.

Another great option is to join the clubs and volunteer organizations around this place. Even as I write this article I'm simultaneously killing time before my aforementioned night class. When

I'm done with this I'll have roughly two hours to do what I want, which will wind up being studying for an exam I have for the very same night class. Roughly one and a half hours of wasted driving that would have cost me money as well as time has now just turned into an A on my Bio exam because I studied instead.

Not only that, but more than half the people I've met on campus so far come directly from my involvement with the campus newspaper. The other two or three are random people I've met during class or struck up a conversation with. In other words, nobody is going to come up to you and just strike up a conversation about how annoying their inability to comprehend chemistry without several hours of studying is. Going to the weekly band performances, movies or other campus events and meeting people there is what's going to jump-start your social life. Don't worry about being all alone either, if none of the students cared about these events and no one ever showed up we wouldn't have them in the first place.

We just held an involvement fair about two weeks ago where all the clubs had representatives lined up outside the student center, if there was ever a more perfect opportunity for a student to break the ice and join a club that would have been it. Every fraternity, every volunteer organization, the newspaper, television and radio station, whatever you were interested in was probably represented. Unfortunately you missed it, but the schools website holds a ton of information, and the front desk in the student center is always an option as well. So far it wasn't hard to figure out how getting involved on campus, managing your time properly, and all that other stuff your parents kept saying works, and after a month you're really not as behind the ball as you would think.

So the last bit of advice I can give whether you're a commuter or not; freshman, transfer, or upperclassmen is this, do not stress. Just be yourself and don't be afraid of socializing. The only two things you don't want to be are a drop-out and just a face in the crowd wandering aimlessly surrounded by stereotypes.

If you can avoid being one of those then congratulations you've successfully integrated yourself into college! Enjoy the next four years and before you know it you're graduating all over again.

Adjusting to MU: Resident

CHAD ESPOSITO
CONTRIBUTING WRITER

College. What are the first thoughts that come to mind when seeing this word? Partying? Challenging classes? Both of these are likely but so is having an amazing time. Adjusting to college from a resident's point of view is not as difficult as one may think.

People always worry when they first start college about whether people will accept them and if they can handle the workload. It's only natural to worry about such a big change, but from my experience adjusting isn't that bad at all.

Before I started college, people would always say that for every

and take care of yourself. You can always go home if you get home sick, but as a resident there is no way around being on your own. Also, if you're living as a resident then there is a strong chance that you'll have a roommate unless you request a single room. It can be difficult sometimes dealing with a roommate depending on who you have but if you work it out there's a good chance you'll become great friends.

There will be a lot of temptation in college to party with friends every single night. The thing you have to keep in mind is that you make your own rules. So if you stay up all night and sleep through class then it's your own fault.

Adjusting to college can be a challenge for any residential student. It's important to practice time management as well as other principle skills.

That is why it's necessary to create a balanced schedule every night for the next day so that you know what you need to do and what you can put off if things get in the way. Every night that I have been here I have made a schedule for the following day and it has helped me so much with getting what I needed to get done happen.

In conclusion, adjusting to college can be a challenge for any residential student. It's important to practice time

management as well as other principle skills. However, if you follow the advice you get from your RA's [Resident Assistants], OL's [Orientation Leaders], and friends you'll be fine.

College is what you make of it. These four years will fly by for us but our experiences here will stay with us for the rest of our lives. I hope you all have a good year.

Birthday cards help raise alcohol awareness

LAURA BUFFUM
CONTRIBUTING WRITER

The Office of Substance Abuse has recently sent out birthday cards to students whose 21st birthdays were in the month of September. The cards, paid for by a social norms grant, are meant to raise awareness to celebrate birthdays responsibly by stating "You're 21... Celebrate Responsibly. We want you to turn 22."

The idea of the birthday cards started after Bradley McCue, a Michigan State University junior, died of alcohol poisoning after celebrating his 21st birthday. His family and friends then founded a not for profit organization called B.R.A.D. (Be Re-

sponsible About Drinking). It is their mission that the birthday cards will prevent other families from suffering the loss that they had suffered.

Suanne Schaad, Substance Awareness Coordinator at Monmouth, said, "The goal of the cards is to raise awareness and drink responsibly. We're not asking you to not drink at all; just don't do 21 shots. We don't want you to end up like Brad."

The birthday cards prove to be a successful approach to combat irresponsible drinking. According to a Michigan State University survey, the students who received the cards drank less, were less likely to get drunk, were less likely to drink shots, were less

likely to report parts of the celebration they did not recall, were more likely to stop drinking because they "had enough" and were more likely to have someone watch out for them during the celebration.

Twelve percent of the 1731 students surveyed actually changed their birthday plans completely.

Laura Curtin, a senior at Monmouth University, received the card about a week before her 21st birthday. "Although I personally felt the message of the card was blunt," she said, "my parents thought the message was important and were glad MU was taking part in promoting responsible behavior on our 21st birthdays."

At 12 cents per card, the Substance Abuse Department can only afford sending the cards to students two months out of the year due to budgeting. In September, 75 birthday cards were sent out to students.

"The birthday cards created

buzz on campus. I am sure everyone will know about them because everyone talks about them. I received the card a few weeks ago," said Jessica Sherman, a 21-year-old Monmouth senior.

Schaad is also trying to receive funding to get Brad McCue's mother to come speak to the student body to help educate young adults about the responsible use of alcohol and how to deal with excess use by others, and symptoms and signs of alcohol poisoning.

Mike Walsh from the Department of Administrative Informa-


tion Systems assisted Schaad by gathering the September birthdays to help broaden awareness for substance abuse.

Twenty-two percent of people in the survey reported that they thought about the card during their 21st birthday celebration and 98 percent felt that B.R.A.D. should continue sending birthday cards.

"The birthday card should continue to be sent out. Although my initial reaction was that it was creepy, if it helps one person party responsibly on their 21st, and not get alcohol poisoning, then it should be considered successful," added Curtin.

"The birthday cards created buzz on campus. I am sure everyone will know about them because everyone talks about them."

JESSICA SHERMAN
MU Senior



Planet Beach®
tanning salons
our solar system revolves around you

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 10-12-05.



With this coupon. Not valid with other offers or prior purchases. Offer expires 10-12-05.

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

GET INVOLVED!

UPCOMING STUDENT EVENTS

- Wednesday, October 5**
Homecoming Court Nominations Due
Field Hockey vs. Villanova, 4:00 PM
- Thursday, October 6**
Thursday Night Alternative (TNA)
10:00 PM, Oakwood Lounge
Women's Soccer vs. Mount St. Mary's University
3:00 PM, Great Lawn
National Depression Screening Day
10:30 AM - 4:30 PM, RSSC 202A
- Friday, October 7**
Fraternity and Sorority Bid Day
Field Hockey vs. St. Francis (PA), 4:00 PM
Weekend Movie Series - BATMAN BEGINS
8:00 PM, Young Auditorium, Bey Hall
- Saturday, October 8**
The BIG Event
10:00 AM Start, RSSC 1st Floor
Weekend Movie Series - BATMAN BEGINS
3:00 PM & 9:00 PM, Young Auditorium, Bey Hall
Navaratri
8:00 PM, RSSC Anacon Hall
- Sunday, October 9**
Field Hockey vs. Lock Haven, 1:00 PM
Men's Soccer vs. St. Francis (NY)
1:00 PM, Great Lawn
Walk to Cure Diabetes (www.jdf.org)
9:00 AM, Avon Boardwalk
- Tuesday, October 11**
LGBT Movie Night
7:00 PM, RSSC Coffeeshouse

Consider joining one of these interest groups looking at becoming a student club.

American Red Cross College Council
Bowling Club
C.A.R.E.S. (AIDS Awareness)
Capiera Club
Hillel Student Union
Martial Arts Club
Markland (Medieval Re-Creation Society)
Model UN / Global Service Project
Multicultural Club
Muslim Student Association
OxFam (International Development & Relief Agency)
US Service/Military Interest Group

These groups are not recognized student clubs, but are in the process of applying for University recognition. If you are interested in any of these groups, please stop by the Office of Student Activities and Student Center Operations for specific interest group contact information.



Weekly Film Series
Friday, October 7
8:00 PM, Young Aud.
Saturday, October 8
3:00 PM & 9:00 PM, Young Aud.
Free MOVIE, Free POPCORN & Free FUN!
BATMAN BEGINS

TOP TEN REASONS TO...

Get Involved @ Monmouth

1. MEET NEW FRIENDS
2. MAKE A CONNECTION AND FIND PRIDE IN MONMOUTH
3. CHALLENGE YOUR SKILLS & PERSONAL DEVELOPMENT
4. IMPROVE YOUR TIME MANAGEMENT
5. GAIN PRACTICAL EXPERIENCES THAT CONNECT BACK TO THE CLASSROOM
6. DEVELOP MENTORS IN FACULTY, STAFF & ADMINISTRATORS
7. FUTURE EMPLOYERS WANT TO SEE LEADERSHIP EXPERIENCES ON YOUR RESUME
8. LEARN ABOUT YOURSELF AND OTHERS
9. PREPARES YOU FOR THE SKILLS NEEDED IN THE REAL WORLD
1. HAVE FUN!

How to \$ave and budget your mone

ASHLEIGH JOHNSON
CONTRIBUTING WRITER

“Annual income twenty pounds, annual expenditure nineteen six, result happiness. Annual income twenty pounds, annual expenditure twenty pound ought and six, result misery”
-Charles Dickens

Not much has changed since 1849, when Charles Dickens said the above quotation in regard to society. Financial security is something everyone is going to have to deal with for the rest of their lives, which is why it is important to establish practical spending patterns at a young age.

Most college students enroll with little or no financial education. The average debt of college students is \$19,000. This debt has the ability to delay larger purchases, such as a new car, a new home, wedding expenses, travel, etc. Graduate schools also look at a student’s credit score before acceptance letters are sent. Developing a budget as an undergraduate student will

facilitate good credit. Here are some tips on how you can save your money, make a budget and avoid future debt after college.

Income versus expenses: First, tally up all your income from every source. Second, tally up your expenses. Hopefully, your expenses will not be greater than your income. If your expenses are greater than your income you will have to make decisions on what un-necessities you will cut back on. Keep in mind that gas and oil prices will fluctuate daily. A good example of a way to cut back is not eating out or picking up carryout as often. It is a lot less expensive to cook at home or go to the dining hall.

Develop a budget: Based on your expenses, develop a monthly budget and then a school year budget. Then subtract that from your actual monthly income and your school year income, respectively. The budget will layout for you exactly where your money is going. With more and more people moving off campus money seems to be a greater issue.

Here are some good tips for saving money off campus: Be sure to cut lights off when they are not being used, be aware of the amount

of heat and air conditioning being used, wait to run the dishwasher until it is full, and do not wash extremely small loads of wash.

Steer clear of money mistakes: Deborah Fowles, in her book entitled, Your Guide to Financial Planning, outlines the five top money mistakes made by college students. The first and most

“A budget is a planning tool that empowers you to handle your money smartly; it’s not financial handcuffs”.

DEBORAH FOWLES
Author

prevalent mistake occurs when student get caught in credit card debt. Fowles cites Nellie Mae, the nation’s largest maker of stu-

dent loans, “the average undergraduate college student has four credit cards and \$2,200 in credit card debit. The average graduate student has \$5,800 in credit card debt. Students are paying this debt off as late as their 30s or 40s.

The second major money mistake by college students is wasting student loan money. Student loan money should be used for educational purposes only. For clarification, spring break is not an educational purpose! If you spend your student loan foolishly you will be paying off debt for the next 20 years.

The third major money mistake is ruining your credit score. Your credit score is very important for the future. Good credit scores are needed to be admitted to graduate school, to buy a home, to buy a car, and also to obtain a job. Bad credit will remain with you for many years.

Be careful, most credit cards given to college students have a \$500 limit. It is very easy to go over that limit. Maxing out your credit card also hurts your line of credit. Before charging things make sure you have enough money in your account to pay it off when the bill is sent.

The fourth major money mistake is not budgeting. Many col-

lege students are guilty of not budgeting. Students whose parents have not bestowed financial responsibility do not know how to budget because they have never had to pay for anything.

Fowles states, “A budget is a planning tool that empowers you to handle your money smartly; it’s not financial handcuffs”. A budget merely tells you the amount of money you have coming in as well as the amount of money you spend. A budget ensures that you will not go into deficit.

The fifth major money mistake of college students is choosing a college that is too expensive. Monmouth is a great institution but it is also extremely expensive. If you think you will have too many loans to pay back after school, apply for a work-study program. The work-study program will allow you to work off some of the tuition. Unfortunately, not everyone qualifies for work-study. You can work on campus even if you do not qualify for work study. Make sure to put a certain amount of money aside each month for student loans.

Avoid these five money mistakes to be happier and more financially secure after graduation.



Budget worksheet for college students

ASHLEIGH JOHNSON
CONTRIBUTING WRITER

Below is a Budget Worksheet that will help you to control your spending. You can eliminate the squares that do not apply to your current financial situation. Every individual will have a different budget.



CATEGORY	MONTHLY BUDGET	MONTHLY ACTUAL	SEMESTER BUDGET	SEMESTER ACTUAL	SCHOOL YR BUDGET	SCHOOL YR ACTUAL
INCOME:						
From Jobs						
From Parents						
From Student Loans						
From Scholarships						
From Financial Aid						
Miscellaneous Income						
INCOME SUBTOTAL						
EXPENSES:						
Rent or Room & Board						
Utilities						
Telephone						
Groceries						
Car Payment/						
Transportation						
Insurance						
Gasoline/Oil						
Entertainment						
Eating Out/Vending						
Tuition						
Books						
School Fees						
Computer Expense						
Miscellaneous Expense						
EXPENSES SUBTOTAL						
NET INCOME (INCOME LESS EXPENSES)						

Looking the part

ANDREA TIBALDO
FASHION EDITOR



TOP: BEBE, Cocoon Bolero \$59
BOTTOM: BEBE Satin Sash Trouser, \$98
JEWELRY: TIFFANY & Co., Tiffany Knots cuff, wide, Sterling silver, \$375
BAG: COLE HAAN, 'Stephanie' Slim Tote, \$325
SHOES: CHINESE LAUNDRY, Webster style,



TOP: RAMPAGE, Cowl Neck Sweater, \$39
BOTTOM: LAUREN by Ralph Lauren Pump, \$99
JEWELRY: BEBE, Large Hoop Earrings, \$24



TOP: RAMPAGE, Contrast Fabric Shirt with Lace, \$58
BOTTOM: RAMPAGE, Bengaline Flared Pants, \$39
COAT: JLO @ Burlington Coat Factory, Houndstooth Wool Blend Walker Coat, \$99
SHOE: STEVE by Steve Madden, Simone style, \$69.97
JEWELRY: JLO, Big Beads 2 Necklace, \$25



Scenario 1: You're graduating in December and frantically going to any and every job interview you can because you now must enter into the 'real world' of paying bills and working 9 to 5 plus overtime.

Scenario 2: You've just spent the last of your summer job money one month into school that was supposed to last you, say your parents, the entire semester.

Scenario 3: You have so much extra time these days since you're carrying a measly 12 credits, so just to fill up some of those lonely hours when your friends are sitting through classes you think you should get a job (you might as well be getting paid to occupy yourself!)

Scenario 4: You despise your job and its time to look elsewhere.

At one point or another you'll be facing the dreaded job interview; the unrelenting questions about your skills, what you can bring to the company, your past experiences and of course you cant forget the most legendary question of all 'where do you see yourself in five years'. So, before the day of the interview while you're wracking your brain over what answers you're going to pull out of nowhere to please the interviewer, know one thing...you will at least look the part of a professional. You might not have the perfect answers to some of the questions thrown at you, but you'll look damn good while thinking of how you're past experience as an ice cream store employee will now help you seize this accounting job. Just because you're going on an interview and must dress in business attire does NOT mean you need to look frumpy (that especially goes for the women reading this). I've found that some ladies sacrifice style when dressing for a job interview and in turn look five years older than they are. Then there are the people who overdo it. I'm talking about bathing themselves in cologne/perfume, using too much hair gel/hair spray, overloading makeup, wearing too much jewelry and men accessorizing to the point of being one bow tie away from a tuxedo. Below are a few pieces chosen to represent the business attire appropriate for interviews. The outfits are classic styles with just a hint of something to make them stand out and not seem so 'stuffy'. Depending on the type of job interview you're going to should also depend on how you can dress too. If the job is in the entertainment/fashion field then you can have a bit more leeway with your attire; if it's more of a strict business environment, like a law office or Wall Street, you should stay in the mainstream.



TOP: BANANA REPUBLIC, Merino argyle v-neck sweater, \$78
BOTTOM: BANANA REPUBLIC, Charcoal wool flat-front suit pant, \$148
ACCESSORY: FOSSIL, Black Dial Watch, \$95
ACCESSORY: CINGULAR, palmOne Treo 650, \$399.99



TOP: JOS. A. BANK CLOTHIERS, Year-Round 2-Button Windowpane Suit, \$199
BOTTOM: BANANA REPUBLIC, Heritage flat-front suit pant, \$149
ACCESSORY: TIFFAY & CO., Business card case, \$195
BAG: COACH, Tyler Briefcase, \$498



TOP: KENNETH COLE, Reaction Fancy Dress Shirt- Point Collar, \$29.99
BOTTOM: BANANA REPUBLIC, Brushed cotton twill flat-front dress chino, \$78
COAT: NAUTICA, Soft Wool Coat with Zipper & Buttons, \$129.98
ACCESSORY: FRANKLIN COVEY, Legacy Nappa Leather Zipper Binder, \$99.95



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 •

It's not that bad...

Editorial

LAUREN BENEDETTI
EDITOR IN CHIEF

The homecoming, what many consider to be the best and only good party our University has to offer.

NEWS FLASH: TAILGATING NO LONGER 9-5, NOW 9-3.

Unfortunately this year tailgating has been cut back by two hours. It seems to be the worst news to hit since there were no parking spots in the lot (oh wait, was that today?).

Since students were informed about the new limited drinking hours things have hit the fan. Why must this be the only issue to arouse the student body? Are we that dependent on the booze?

Within the last week, word has been buzzing around campus and letters have been sent to the Outlook office about the insanity. We want to know more about what you think. But before you put the pen to paper.

Did you know....

- The homecoming committee who makes these decisions is made up of administrators and STUDENTS!
- There's a tent open to the student body to drink in (as long their of legal age) after the tailgating wraps up. For all the youngsters, did I mention food music, *water bottles*, etc. ?

- According to the American Journal of Health Studies, alcohol consumption takes a life every 33 minutes.

What do you think?

Felt a pain at the gas pump lately?



Joshua
senior

"The Hydrogen engines that have been created should be put into effect sooner - as in *now*. That way it's safer because it's just water were dealing with and no by products."



Allison
sophomore

"They should save money in advance for situations like this like they have in the past."



Todd
sophomore

"The government should stop giving tax breaks to oil companies."



John
junior

"They're getting lower, it's not too bad, it's still cheaper compared to Indonesia."



Mike
senior

"Right now it's ok since I live on campus and don't drive much, but lower it dammit!"

AMUSED

BY: CHRIS NETTA

Looks like
Monmouth jumped
on the solar power
bandwagon

Yea, good thing for the
tax break...sucks that its
been raining all week

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.

Graduation: day or night?

KELLI FLETCHER
CONTRIBUTING WRITER

Is there an Undergraduate degree program that can last six, seven or even eight years? For some students there is no other program but that available, it may not be in any curriculum chart but it sure is in the scheduling. Classes are offered through out the day however are not often available through the evening, making it difficult for perspective full time students to attend school regularly. Even though the scheduling is spread out through the day it just does not accommodate those who need to work a nine to five to make ends meet. Does this mean that students should extend their educational duration to accommodate the Universities?

In the first couple of years students normally do not come across this problem since they are still trying to acclimate themselves to this new world, working full time is the last thing to come to mind. However the closer one gets to graduation the more they realize that a four year degree is hardly within reach. The higher level classes are spread farther and farther apart as well as not being offered every semester. If that does not make things hard enough the classes fill up so fast that when students finally figure out a schedule that functions for them around work the classes are waitlisted and a contingency plan comes into play which further diminishes the chances of finding something students can work around. For commuters this makes the task even

harder since they have to factor in travel time and other expenses just to get to the University to take the classes.

For a student that works during the day, night classes are the only option. In a University such as Monmouth, who offers a graduate program, the classes should be endless. Students should be able to rest assured that they can take a class mid-evening and still be able to maintain a full time work schedule, but that is hardly the case. Finding a full time schedule in the evenings is close to impossible. The lower level courses are relatively easy to find at night but the 300 plus level courses, which are attached to major requirements, are so few and far between that a student has to hope that the class they need this semester will be offered in the next so they can look forward to graduating on time.

So why don't Universities try to accommodate this need and offer more evening classes? Of course there are classes offered in the evening but more often then not they just do not allow a student to achieve a full time schedule which causes them to prolong graduation. Becoming a part time student may be a wonderful thing since it frees up more time to do other things but only if it is by choice. Some students are forced into part time simply because the courses they need are not offered. To remedy this, Universities such as Monmouth should take action and at least try to have more classes offered at night. It would be greatly appreciated.

Is it 2008 yet?

DEBRA PACHUCKI
STAFF WRITER

Politics never mattered to me before. As far as I was concerned, there was no reason to debate over that which didn't affect me. But here I am, five years after the last time I said so, writing an article about politics. The reason? You guessed it. Because for the last five years, it's been affecting me.

Now, let's see. What's changed within politics, over the last four years, which has negatively impacted the country to such a degree that its effects have trickled down into and have hindered my own personal daily life? Ah, yes: the President.

I'm not one to take cheap shots at people, *especially* people that my entire family voted for, twice. So I'm gonna take the high road, and as soon as I'm done saying that "He's a cattle drivin' cowboy, people! What more do you need?!" I'm not going to say a single bad thing about Mr. President Bush.

What I *will* say is that regardless of whose fault it is, I've grown quite tired of having to pay for bad decisions. And I'm downright sick of paying for bad decisions that are perpetuated in an effort to prove that they were right. While I could go on and on citing numerous examples of such cases, I need to limit the scope of my complaint and so I'll discuss the most consequential of recent political wrongdoings: the over-extended war.

Don't you think it's funny how the term "Weapons of Mass Destruction" has disappeared from all White House addresses to the Nation? Logic dictates that if the reason for war ceases to exist, war itself should cease to exist. Still, "The War on Terror" continues (almost exclusively in Iraq, by comparison of deployed troops), at staggering costs funded by both my dollar bills

and my fellow Americans' lives.

If this war on terror truly serves to weed out catastrophic threats to our country, why the hell are thousands of U.S. soldiers losing their lives in Iraq and not Afghanistan, where the heart of the terrorist problem supposedly lies?

In the absence of WMDs, we're told that the ambiguously named war functions to spread Democracy throughout the far reaches of the world. So this country goes to another country, and says, "You are being forced to submit to Democracy. Non-compliance will not be tolerated. You must be free or die." and all of Lady Liberty's sons and daughters are ok with that? It's an incredibly fascist statement, if you ask me.

I suppose that it is absolutely impossible that maybe the people in charge made a mistake. I suppose it is more probable that certain people are always right, than probable that American citizens really aren't aware of all of the governments' motives after all.

One last thing: am I the only one who finds it coincidental that all of a sudden, hurricanes that have been pulverizing the gulf coast for centuries are only now dramatically affecting the gas prices more than ever in this country?

See, I kept my promise not to say anything bad about President Bush. The truth of the matter is, I don't hate President Bush, nor do I hate republicans. I can appreciate that lots of people (including every blood relative I have, don't forget) hold beliefs that greatly differ from mine, and that that's what makes the world go 'round. The only thing I do hate is how stagnant the error of our ways has become, in the wake of one political party's stubborn dominance over others. So is it 2008 yet? Because *something's* gotta change.

Stark Raving Bland

Weekly observations and ravings

REUVEN FELDMAN
STAFF WRITER

The first recorded evidence of the study of motion in one dimension can be traced to the people of Sumeria and Egypt, who were interested primarily in understanding the motions of heavenly bodies.

It is quite obvious from this boring, textbook-style statement that the people of Sumeria and Egypt did not have Facebook.

For those of you hiding under a rock in Amish country and do not know what Facebook is, we will explain so you can go back to hiding under your rock and stop thinking you are better than us because you spend less time on the Internet.

Facebook is a service that allows you to post your information on a web page ("Looking for: Random Play") and pictures that include guys looking rather serious and girls looking excessively toothy. It links you to other people in your school, allows you to "friend" people you know or want to know better, or join clubs like "I Stay at Monmouth on the Week-ends!", "Tanning is a Sport", "Commuters are People Too", or "I Got a Fever and the Only Prescription is more Cowbell." It's pretty popular because it's a simple school networking system that allows you to see what people you know or just see everyday have to say about themselves. For example, if President Bush and wow-I-almost-forgot-his-name-Kerry guy would have had facebook pages with all their info, they would have gotten a lot more people to vote.

Yes, you can go back under your rock now.

No, no...NO! You can't start a club now and that's not even how you spell my name or the word "moron" you little*HDHGFYDTS&** (H****SA FH&*^&%^\$%\$%0999!! Q c ~ .

(We interrupt this column to apologize for our break in dialogue, minor scuffle over keyboard ownership, and to put the word "column" into print for our ego's delight.)

As I was saying, before I was assaulted by a person wearing a hat and suspenders, Facebook, as the site proclaims: "connects people through social networks at schools." It's a good idea which like most POpular interNet-related activates, leaves you to spending way too much tIme doing them. Consider myself as an example...

Last week a classmate of mine (female) asked me if I was on Facebook. I told her no and then when she said that "she was looking for me on it" I told her that I would check it out. As a "normal" person (which means that I am normal but then abnormal when you get to know me), the idea that someone in the opposite sex that I had barely talked to was interested in me was enough to get me to put all my

info onto...(sorry, one sec, someone's knocking)

What? Yes, come in...hey! I TOLD YOU TO LEAVE AMISH DUDE! Ouch! What the hel...

Dear Readers,

Mr. Feldman is a writer of possible merit, but his codifying of others based on their mode of dress or their leisure time activities left me with no choice but to physically assault him. As you can see from his Facebook picture, well, you can't see much from his Facebook picture, it's just his semi-glaring head, there is no mention of his body, but as I can testify from knocking him over the head with my favorite pick ax, he goes down pretty easy. And so now that he is out of this article, I feel that I should make good on this opportunity to introduce myself to you. Apparently, you need to be in a school to join this Facebook thing and have a working email address. I have always been home schooled and do not believe in using anything but what the good Lord naturally gave us so I'll have to introduce myself here.

Let's see - I'm 5' 11". My friends say that I'm funny though they seem to laugh at me even before I finish the joke and sometimes even before I start saying one. They are very friendly. I am by no means, looking for "whatever I can get" nor do I have the desire to join a club that caters to drunken table tennis games. I am looking for a girl who looks good in overalls or 50's style dresses when she's feeling frisky. I don't watch movies, but I like old school Christian music like Handel's "Messiah" ("Hallelujah, Hallelujah, Halleeehujjaaah, Bah, dah dah dumm...") - great little ditty there. Anyways, I also enjoy a good mucking in the morning or a communal tambourine dance and would like to hear from you.

Wishing you a good winter crop,
John Stoltzfutz

"Wishing you a good winter crop!" oh wow, he's so nice, isn't he? That guy is the reason why the ASPCA has a "human crimes" section, he's an animal! I have a bump on my head the size of that club he was carrying. Of course he didn't leave his address or else someone might now where he lives and sow he fields with salt in the middle of the night or play Green Day album's from his church's bell tower until even his cow's know what the word 'angst' means!

I was going to conclude by saying that Facebook is a great idea even if it takes up more time than we'd like it too but the current throbbing in my head and ego leads me to understand that like most activities on the Internet, it can't replace traditional fun. I bet those Sumerian's and Egyptian's were so bored because they didn't have beer pong!

QUOTES OF THE WEEK

"You're going to have to find out where you want to go. And then you've got to start going there. But immediately. You can't afford to lose a minute."

J.D. Salinger
(1919-)

"A nickel ain't worth a dime anymore."

Yogi Berra
(1925-)

"You can put wings on a pig, but you don't make it an eagle."

Bill Clinton
(1946-)

"Silence is a friend who will never betray."

Confucius
(551-479 BCE)

"The crisis of today is the joke of tomorrow"

H. G. Wells
(1866-1946)

"Never awake me when you have good news to announce, because with good news nothing presses; but when you have bad news, arouse me immediately, for then there is not an instant to be lost."

Napolean Bonaparte
(1769-1821)

"Learn to be pleased with everything; with wealth, so far as it makes us beneficial to others; with poverty, for not having much to care for, and with obscurity, for being unenvied."

Plutarch
(46?-120?)

"Lord, grant that I may always desire more than I accomplish."

Michelangelo Buonarroti
(1475-1564)



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

STUDENT SPECIAL!
I MONTH GOLD MEMBERSHIP
INCLUDES UNLIMITED USE OF LEVEL 1 BEDS AND BOOTHS
\$45.00

This coupon is not valid with any other offers. Exp. 10/12/05

HAVEN'T TRIED US YET? RISK FREE TRIAL!
2 WEEKS FREE
(With Session Fees)

This coupon is valid on your first visit only Exp. 10/12/05

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. 10/12/05

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

The NASCAR Empire

ROBERT KOESTER
CONTRIBUTING WRITER

Recently, I was wandering about a mall near my hometown when I noticed the new addition that had just been planted in between the always popular Hot Topic punk/goth shop and FYE (For Your Entertainment). My eyes were drawn to the artificial glow atop the stores entrance. The hum of the crimson “NASCAR” sign reminded me of the old fly-traps cluttering the walls of my high school cafeteria. Upon further inspection, the store was checkered with racing apparel and to me, an entire store devoted to NASCAR is a little excessive, but I decided to take a look inside to see just how far a true fan would go to be amerced in his/her automotive fantasies.

I worked my way through the tiny maze of stacked tires at the entrance and was thrown into a world of Jeff Gordan bobble-head dolls and sleeveless denim jackets draped in NASCAR embroidery. To my right, the wall was lined with little collectable commemorative miniature race-car models. They looked like the kind of cars McDonalds sold with their happy meals. Someone must have been giving them out for free with every two packs of pork rinds bought.

One car in particular caught my eye. The gold-plated 2005 commemorative Jeff Gordan racecar was perched atop a magnificent display. Resembling a stone gargoyle guarding a castle of NASCAR fandom, it was a king among surfs.

I rubbed the gleam of the golden chosen-one’s racecar out of my eyes and turned around only to catch a glimpse of a boy sitting behind the wooden counter, his cash register dinging once and a while as he fiddled with the open/close mechanism. He couldn’t have been over 15 years old. He had a thin black mustache tickling his upper lip which offset the golden brown mullet flowing halfway down his back with excellence. He wore a dirty red baseball cap as if it were armor. He wore it like he was a Trojan warrior about to lay siege on anyone who would dare defy the great NASCAR Empire. To me, he is known as “The Golden Mullet.”

The moment I looked over at him, he turned his baseball cap around in a “I know I’m awesome. You don’t have to tell me,” way, but I wasn’t very intimidated.

Just then, two ruffians ran up to the entrance wearing matching white muscle-shirts and jeans 30 sizes too big. The durag sporting kids began yelling various obscenities towards the Golden Mullet.

In a flash of rage, the Golden Mullet leapt from his wooden bunker in order to ring the necks of the two anti-NASCAR revolutionists. The two quickly picked their pants up and fled down the hallway to escape the Golden Mullet’s wrath. The boy then strutted back to his position at the desk. I decided to leave before the quality of life in the mall diminished to a level just above poking ones eyes out.

I breathed the not-so-fresh air of the Phillipsburg Mall parking lot and started towards my car. Before long, I witnessed something that tells me that humankind’s future may just be very grim.

Outside were the two guys yelling at the NASCAR guy, calling him a “dirty redneck.” One of them stood with his arms across his chest leaning against the driver-side door of his severely pimped out Honda Civic. I half expected the other to be jumping around in a Racer-X mask and flashing gang symbols at me. The car had a totally sweet skirted bumper and helicopter propeller in place of a spoiler attached to the metallic blue body. What sounded like the theme of 2Fast2Furious blared from the trunk of the car while the two stood there bobbing their heads to the infectious beat of the music.

Now, what I don’t understand is how, in one instant of time, two men could taunt another for being heavily involved in a sport where real racecar drivers speed around a track at speeds of 200 miles per hour and up, and risk their lives every time they enter one of their cars, and in the next instant, be jumping around like gorillas in their modded cars which they only wish were racecars.

Incase some readers don’t know what “Mod” is; it is short for “modification.” It’s when kids decide to throw thousands of dollars that they will never get back into a money-sucking automobile in order to make it look like a spaceship. These kids buy a crappy car for five grand and throw another six thousand dollars putting a body-kit into it and making it accelerate from zero miles per hour to sixty in 4 seconds. It’s basically attempting to make them into racecars without painting TIDE and VI-AGRA logos all over the doors.

There is some kind of double-standard here that, at least I feel, is not brought up in every day life. Apparently, to many people, it is perfectly normal to work two jobs in order to save up enough money to make one’s car look like it could take off into orbit with the touch of a button, but to actually partake in risking ones life as a professionally paid NASCAR driver is degrading and seen as very “redneck” in plenty of ways.

I’m not really saying that there are no “hillbilly” redneck fans or that all car fanatics are nuts. I just want to bring to some people’s attention the hypocrisies in the professional and amateur racing world.

My main point is that sometimes people are going to like weird things. Some people dress up like giant squirrels while they’re just sitting around watching re-runs of Maury in their parent’s basement, and they are completely entitled to do so if they chose. I think people are too quick to jump on the “make fun of others because of their interests” bandwagon. A lot of people should first recognize their own weird habits before exploiting others.

Everybody’s got some kind of weird skeleton hidden in their proverbial closet. Some people love Dawson’s Creek, and others sell their life to the stock-market. We, as human beings, have got to learn to respect that, or else we all look like babbling idiots with nothing better to do than look down upon others. Relax once and a while, and think about what you’re saying before it makes a fool out of you. Life’s no big mystery; it’s more what you make of it.

Alumni oppose tailgating restriction

Homecoming is supposed to be an alumni event. That’s why they call it Homecoming. It derives from the words “coming home.” This year, Monmouth alumni will be coming home to something a little bit different, though. Apparently, the school has passed new restrictions on tailgating, which include shorter hours and a ban on tents, DJs, and generators. We say “apparently” because, in spite of our best efforts, we can’t get the school to level with us and tell us what’s happening (despite the numerous times we have tried).

Supposedly, these changes were made due to bad behavior on the part of undergraduate students. It’s hard to say if that’s true or not, given that undergraduates have been misbehaving for hundreds of years, ever since the first American college opened its doors. But either way, it makes no sense to punish alumni for poorly behaved undergrads. You have people coming from all over the country to enjoy one day -- *one day* -- of letting loose and acting like college kids again. And you want to take that away from us because some two-bit punk 20-year-olds did stuff we’re not even aware of? That’s ridiculous. But more importantly, it’s bad logic. It’s like beating your kids because your wife left you. You shouldn’t be beating people -- period.

Of course, it would be easy to say, “Don’t blame the alumni for undergrad behavior,” and leave it at that. It would also be easy to complain about these new tailgating restrictions as if they existed in a vacuum. But they don’t exist in a vacuum. They’re indicative of a larger problem. And alumni and undergrads are in this thing together. There’s a reason Monmouth is generally known as a suitcase school, and it’s because they view students as the enemy. For years, this college has done everything in its power to sabotage organically grown student communities. That’s what they did when we went there, and that’s what they’re doing now. In fact, a few of us recently wrote to the Alumni Association, inquiring about the tailgating changes.

sult of the post-9/11 crack-down on campus housing, in which cops hover over parties and invade them like the Gestapo? Increased restrictions never solve problems. If anything, they exacerbate them. If Monmouth has issues with undergraduate behavior, they should figure out *why* they’re having issues, instead of trying to silence people. Is it be-

Fight for off campus housing that’s zoned away from historically residential areas. Get something done. Visit other schools that’ve been doing this stuff for years. If Monmouth wants to be a big boy college, then it’s time to start doing some big boy college things. There are plenty of ways to resolve this dispute with-

For years, this college has done everything in its power to sabotage organically grown student communities. That’s what they did when we went there, and that’s what they’re doing now.

cause there’s not much to do in the community? Is it because the students are poorly prepared for life off campus? Is it because the school is more concerned with its neighbors than the people who keep it in business? It’s probably a little of all of those things, but the bottom line is, you can’t merely suppress youth. You just can’t. Monmouth is fighting a losing battle, where the only possible outcome is the death of student and alumni support.

As far as we’re concerned, this college wants the “suitcase school” label to persevere. Why would it want that? We don’t know. But they’ve shown us nothing to make us think otherwise. Monmouth doesn’t enjoy the idea of a Monmouth community. If they did, alumni would feel like their presence was wanted this October. We dealt with enough harassment when we were students. We often felt like prisoners in our own school. We don’t want to feel that way again -- especially when we’re supposed to feel like guests. All we’re asking for is *one day* to let loose in a parking lot (of all places). But, apparently, that’s too much for some people.

We don’t blame the undergraduates for acting like college kids. It’s a rite of pas-

out resorting to a military crackdown.

When we went to Monmouth, the school repeatedly told us “It’s not our fault” or “Our hands are tied” whenever restrictions such as the new ones for tailgating were passed. If only we knew a good thing when we saw one; those responses were much more personal than the form letters we get as alumni now. We’re not sure what the people who run this school are being paid for. If there’s “nothing” they can “do,” then they’re obviously inept. And if they’re obviously inept, then they can kiss alumni donations goodbye. We don’t want our money in the hands of a bunch of careless idiots, who don’t even want us coming back to have a good time for a single day in a stupid parking lot. If that’s your attitude, we’d rather donate to places that *welcome* alumni, like Jack’s Bar & Grill.

There’s still time to lift the new restrictions on tailgating. We doubt that will happen. If the past is any indication, Monmouth is too in love with itself to admit that it’s wrong. But we’re not writing this letter just to complain. We want to see those restrictions lifted. As former Monmouth students, we’re pretty sure we’ve earned it.

Sincerely,

Randy Tyler, Class of 2001
Jonathan Morris, Class of 2000

Is Homecoming a chance for alumni to catch up and chill out, or just an exercise in central planning?

Monmouth responded with form letters, which didn’t address any of our concerns, but which reminded us to stop by the special “Alumni Tent!” after the game. This is insane. Is Homecoming a chance for alumni to catch up and chill out, or just an exercise in central planning? Maybe if you weren’t so busy working on your dumb tent, you’d have time to actually read and respond to our emails.

We’re not buying the line that Monmouth had to kill Homecoming in order to save it. Undergraduates aren’t “acting out” (whatever that means) more now than ever before. They just aren’t. But even if they were, why would that be happening? Could it be a re-

sage, no matter what Student Services may say. And if the townspeople are angry about drunken morons waking them at two in the morning, we don’t blame the townspeople, either. We blame the school. Tuition is upwards of \$25,000. We get “annual” solicitations to donate money *ten* times a year. Instead of spending so much on pretty flowers, how about investing in something of actual value? Find a solution to the community relations issue. Don’t merely resort to an authoritative knee-jerk reaction. Since when has that ever worked? Give the students something to do. Create a late night community. Campus nightspots. A simulated downtown. Get a weekend shuttle.

Have an opinion, a letter, an idea or a complaint?

Like to have it printed?

Email it to the Outlook:

Outlook@Monmouth.edu

Democracy or media driven political enterprise

A look at the truth behind American democracy

DANIEL ROTH
ASSOCIATE EDITOR

According to the dictionary a democracy is a government by the people, exercised either directly or through elected representatives. A second definition adds, “The common people, considered as the primary source of political power.” (Dramatic Pause)... Wow! I had no idea that we the “common people,” were supposed to have a say in the politics of who runs our country. I just assumed that the newspapers and television news stations ran the country. I certainly did not think WE did.

That statement may have sounded a bit ironical, maybe

even over done, but did it ever occur to you that it might be true? Did you ever think that we as American citizens might not be as in

control as we like to selfishly believe? I know what the critics would say...” How could you possibly think the U.S isn’t democratic, you vote don’t you?” My response to this is that yes, we do vote, but who is deciding who we are voting for. The simple answer is that we make up our own minds; the part that we neglect to think about is how do we come to those conclusions?

We come to these conclusions from listening to what the candidate has to say at press conferences and debates. The way they determine what they are going to talk about is based on questions presented to them by journalists. These journalists come from different cable and broadcast news stations around the country. How do we know that these news stations do not have a secret agenda? What if instead of being objective, their task was to present one candidate in one light and another in a completely different one. The fact of the matter is that this is what actually happens, it is a proven fact. Perhaps the best example is Fox news. Created by Rupert Murdoch a conservative businessman, Fox news first aired in 1996 and has gone by the credo “Fair and balanced reporting” since its conception.

The truth is that Fox News is anything but fair and balanced, according to the documentary “Outfoxed,” Fox news tailors it’s news in a very conservative direction. For example, in the 2000 presidential elections, Fox News was the first to declare George Bush Jr. the clear cut winner in Florida, thus making him president of the United States. The facts here are that at the point when they made this announcement the election was way too close to call, this is something Fox later admitted and apologized for. In addition there are documented memos showing that Fox based its daily news reports on making the right wing look good

and the lefties look bad. The effect that this has on Americans is that we are not getting objective reporting, which according to most journalism professors is the duty of a journalist.

I do not by any means hold Fox news directly responsible. Other stations are doing the same thing; television stations across the country are doing the same thing. In Detroit they have one television station that admits that they have a liberal agenda. Their belief is that since they are a blue state that it is only fair to broadcast “blue news.” Al Franken, a noted liberal author has a radio program in the Detroit area that he only talks about liberal topics.

I would comment on other television news stations like CNN,ABC, C N B C however it is shown that they have a tendency to follow the leader namely, Fox news.

So now we ask, so who isn’t biased? Well I have searched high and low and I really have only found two reporters that I find to be completely and utterly unbiased. The first is Helen Thomas. She has covered every presidential election since the Kennedy vs. Nixon debates. She has asked the toughest questions in the toughest of times and has had the guts to call out the other thousands of journalists that refuse to ask the hard questions due to either fear or lack of coconuts.

The other person I find to be as objective and fair as possible is Linda Deusch. While I do not believe that she never held an opinion on any number of the cases she covered, I do believe that she did her best to remain strong in telling just the facts of the case, nothing more.

There is a underlying problem with all this is that we as Americans are forced to make decisions upon the information that is presented to us. Without objectivity we are forced to make a decision on fluffy information.

According to studies, an official vying for election is more likely to answer questions about actual issues from the public, and is more likely to answer questions about how they are going to deal with their opponent’s agenda when asked by the representing media.

This shows that we have some idea of what we want but have done nothing more about it. People seem to be fine with hearing biased news and making huge decisions based on false/curved information.

For example, did we ever hear the REAL reason we went into

Iraq? Maybe I am being too hard on Bush; it’s not entirely his fault. It’s the journalists fault for not sitting him down and asking him the tough questions and making him answer. Perhaps we might then have known what really happened, and even if we didn’t it sure as heck would have been fun to see him squirming in his chair surrounded by his father’s old staff.

A much overlooked reason for which some news stations only broadcast certain stories is profit motive. What I mean by profit motive is that cable news stations are selecting what they put on the air based upon how much profit they will make from airing that particular story. For instance a story about Corey Clark from the American Idol Scandal is more likely to generate revenue for the news station than a story about a child that has been abducted in Wichita, Kansas. Or a story about how Martha Stewart spent her down time in jail is more profitable than a story about the vetoed gay marriage bill in California. All of this is done for one single thing... money. So let’s look at the big picture, not only are we asking the wrong questions, but we are also covering the wrong stories, and basically creating a giant media scandal.

So to get back to my original point, if all we are hearing is scattered truths from biased resources that are basing their information on fluff and profit motive and we doing nothing about it, then how can we consider ourselves a democracy? We have no ability to make an objective decision. We have no clause in our contracts that lets us change our minds if we elect an official and find out later on that what the media was telling us about that official was actually a load of crap.

There is good news, we do have options. Every day of our lives we have the ability to get up off our collective a** and complain to the stations, the newspapers, radio stations, schools etc. It might not happen today or tomorrow, it might not happen in our generation, but one day when enough people complain, we might once again return to the lifestyle our forefathers envisioned for us when we broke away from England. This is a lifestyle that lets us live in an objective, democratic nation, free from media bias. Maybe then can we elect a president, a senator, a mayor, or governor, based upon how they feel about issues WE care about. Maybe then, we can stand tall and proud, raise our hands to our chests, and proudly recite our national anthem, knowing that we live in a democracy, we are proud, we are AMERICANS.

In Defense of Jules Jr.

Dear Anonymous Member of the Monmouth University Community

I am writing a response to the “Open Letter to Mr. Jules L. Plangere” that ran in last week’s Op/Ed section of The Outlook. Let me first start off by saying that the letter was very well-written, from a grammatical standpoint at least, and I am happy to see someone taking such a zealous interest in the future of media and unbiased journalism. With that said, now to what my response is really about.

this campus yet. And I again ask last week’s author of the letter, was her speech unbiased simply because you agreed with what she had to say? Is it only fair when someone speaks out against something you agreed with, and when the tables are turned, the pen comes out. I hesitated to even say “when the tables are turned” because Mr. Plangere’s speech had no manner of any kind of bias, whereas last year’s MACE winner’s speech was polluted with it. We must not lose sight of the fact that both speeches were accep-

I attended last year’s MACE dinner, and [Helen Thomas’] speech may very well have been the most biased and irresponsible I’ve heard on this campus yet...was her speech unbiased simply because you agreed with what she had to say?

The author of last week’s letter eloquently congratulated Mr. Plangere for his being named the second Monmouth Award for Communication Excellence (MACE) winner. Allow me the chance to also congratulate you as well Mr. Plangere. As a student who is a Communication major at Monmouth, I am deeply thankful to you sir for having the opportunity to learn and further my craft in a state-of-the-art building that will no doubt more than prepare me for what the real world offers. However, the heart of what I am getting at it is this; the person who wrote that open letter last week

tance speeches, and therefore the recipient has the right to say whatever they want. Mr. Plangere speaking of how the media needs to be more responsible and unbiased at the dinner is exactly the right time and place for such remarks. When I was invited to the MACE dinner last year, I had no idea Helen Thomas would choose to use her speech time for setting her own agenda against the current administration. Had I known, I probably wouldn’t have attended save the open bar.

In closing, I have to say that Mr. Plangere’s speech was an uplifting and motivational one

Maybe we should rethink putting pen to paper about a man who has the generosity of donating a place for you to work and I to learn.

couldn’t have been further from the truth in their writing about your speech.

I attended the MACE award dinner, and I heard all the speeches that the author from the previous letter heard. I heard great speakers like Jack Ford and our own schools President Paul Gaffney say such kind words about Mr. Plangere, and they were all correct. Perhaps the best speech of the night was indeed Mr. Plangere’s, and its plea for an unbiased media. I ask the person who wrote last week’s letter, wouldn’t your interpretation of the speech, being so blatantly one-sided from the tone of your letter, alone constitute the very bias in which Mr. Plangere spoke against? I never once heard him crack a joke about a national political figure while giving his speech like Helen Thomas did last year. I also attended last year’s MACE dinner, and her speech may very well have been the most biased and irresponsible I’ve heard on

for a young journalist like myself. I am blessed that I get to go to class and work in a building the caliber of the Plangere Center. That may sound corny, but it’s true. I will pose one last question to the author of last week’s letter. If you feel so strongly about

Mr. Plangere’s speech, why didn’t you say something to him then? Why not now? And to sum up, I ask, what is the name of the building that we walk into everyday? That’s correct, it’s the Jules L. Plangere Center for Communication and Instructional Technology. Maybe we should rethink putting pen to paper about a man who has the generosity of donating a place for you to work and I to learn. Or is that a bias view?

Respectfully Yours,
A Member of the Monmouth University Student Community



CAMPUS VIEWPOINT
BY: SUZANNE GUARINO

“What kind of music are you into?”



Corey
senior

“I like all music but most of all rock.”



Jonathan
super senior

“Easy listening on 106.7 Lite FM. Yanni, Rod Stewart, and Kenny G are huge inspirations.”



Jen
sophomore

“I’ll listen to everything from Billy Joel to The Killers.”



Kevin
senior

“Acoustic Dave Matthews and Jack Johnson.”



McKenzy
junior

“All, but I’m big on Kanye West, Bob Marley and the Fugees (they’re back in full force!)”



David
senior

“Reggae, like Elephant Man and Beenie Man and hip hop like Kanye and Jay-Z. Also, old skool like Marvin Gaye and Al Green.”



Rob
freshman

“R&B like 112 and reggaeton like Maxi Priest. Oh, and Motown oldies like the Temptations.”



Ashley & Nikki
juniors

“We like Fall Out Boy and anything danceable.”



Dudley
freshman

“Rock and Alternative like Senses Fail and Taking Back Sunday.”



Jeremy
senior

“Hip Hop and R&B and Ram Jam.”



CLUB TNA

Live & Unplugged

Featuring Local Star

Pat Roddy

Featured performer at the legendary

Parkhills

Thursday, October 6

10:00 PM

Oakwood Lounge

ENTER TO WIN A MONMOUTH MALL GIFT CERTIFICATE!

This is an alcohol free event sponsored by the Office of Residential Life, the Residence Hall Association the Substance Awareness Department, and funded by NJ Department of Human Services, Division of Addiction Services

Credit card rules and acts

LAUREN NAPOLITANO
FEATURES EDITOR

We all request for credit cards and use them without knowing the exact laws and regulations that apply to thier usage. Companies as well as card users must follow certain rules. Here is a list of some rules and acts so you can be a smarter and more informed consumer.

Fair Credit Billing Act: This act promotes accuracy, fairness, and privacy of information in the files of consumer reporting agencies. It deals with billing errors such as being billed twice, billed for merchandise returned or never received, or failed to be credited for a return. The law applies to “open end” credit accounts, such as credit cards, and revolving charge accounts, such as department store accounts. It does not cover installment contracts - loans or extensions of credit you repay on a fixed schedule.

The Identity Theft and Assumption Deterrence Act of 1998 : This act makes identity theft a Federal crime with penalties up to 15 years imprisonment and a maximum fine of \$250,000. It establishes that the person whose identity was stolen is a true victim. Previously, only the credit grantors who suffered monetary losses were considered victims. This legislation enables the Secret Service, the Federal Bureau of Investigation, and other law enforcement agencies to combat this crime.

Truth in Lending Act: This act was originally enacted by Congress in 1968 as a part of the Consumer Protection Act. The law is designed to protect consumers in credit transactions by requiring clear disclosure of key terms of the lending arrangement and all costs. The law was simplified and reformed as a part the Depository Institutions Deregulations and Monetary Control Act of 1980. The Truth in Lending Act is important for small businesses involved in consumer credit transactions or consumer leasing.

Fair Debt Collection Practices Act:



The spender’s guide to using a credit card

AMY MUSANTI
STAFF WRITER

“I’ll only use it for emergencies.” That is the famous line used when applying for credit cards. While it is great to have a credit card for emergencies only, suddenly everything (including online shopping at one in the morning) is an emergency.

A recent About.com survey proves this, finding that 79% of college students reported using credit cards for multiple purposes, while only 13% reported limiting credit card use to emergencies only.

What qualifies as an emergency and what does not? How can college students learn to use a credit card and establish good credit from the start? Consider this your guide and warning for credit cards.

If you are using your credit card for emergencies only, keep it that way. Having a payment method for an unexpected car expense or small repair on your apartment is a legitimate use for the card. If you use your credit card for additional, somewhat unnecessary purchases, make sure you will be able to pay it back.

A very wise person once told me that I should only charge something to my card if I will have enough cash to pay for it when the bill comes in. You can build a good credit score by abiding by that rule. Think of it this way: if you cannot afford to pay the minimum payment on your statement, you cannot afford to buy whatever it was that you intended to purchase.

The average American household is \$7500 to \$8000 in debt due to credit cards alone. You can bet those people with credit card debt are not receiving good scores on their credit report.

Credit card companies encourage college students that using a card is a great way to build credit and learn responsibility. One website I found was geared directly at college students and claimed that credit cards are great money management tools. We all know from experience what this really means: credit cards are a great way to buy what you want now and pay for it over the next 30 years of your life.

These companies are experts when it comes to trapping you

once you have the card. About.com warns that credit card companies can raise interest rates at any time. There are no limits to how high that rate can climb (35% is not unheard of).

You should also be suspicious if the minimum payment seems surprisingly low. Allowing a card holder to pay only 2% of the balance may sound appealing, but it is a scam to keep you paying over a longer period of time. By paying such a small amount, you are actually creating more debt for yourself because the payments are being expanded over time.

If you are a professional at maxing out your credit card, here are some suggestions to escape that debt as quickly and as wisely as possible.

First, save the card with the best rates and pay off and cut up the others. Having too many cards will tempt you right back into debt. Find out how to move your high interest cards onto the lower interest cards and pay one bill. Keep the card in a safe place, (besides in your wallet); this way, you will not be tempted to use it during an impulsive shopping spree. Show the credit card company that you are wise to their tricks: ALWAYS pay much more than the minimum balance. If all else fails, use your savings (if you have any money left after all of this!) to pay off the debt. You are probably only earning 1% to 3% on your savings account, so it would be better to use it to knock down that 15% to 18% interest rate payment on your credit card.

Now, if you really want to punish yourself, make a list of all the fun things you could be doing with your money besides owing it to a credit card company. Rethink the items that you bought, which you felt were absolutely necessary. Then think about what is necessary to you now, and how you cannot afford it because of your self inflicted debt.

If you are one of the lucky people who does not have a credit card, congratulations! Keep it that way and keep your life out of debt. However, if you feel that this article was written specifically for you, keep those purchases to a minimum! What you think you need to buy now won’t even be important to you by the time that bill comes in the mail.

The Fair Debt Collection Practices Act (FDCPA) was enacted in 1996 to protect individuals from all debt collectors. The purpose of the FDCPA is to eliminate abusive debt collection practices by debt collectors, ensure that those debt collectors who refrain from using abusive debt collection practices are not competitively disadvantaged, and promote consistent state action to protect consumers against debt collection abuses.

Equal Credit Opportunity Act: This act prohibits creditors from discriminating against credit applicants on the basis of race, color, religion, national origin, sex, marital status, age, or because an applicant receives income from a public assistance program. Also under ECOA, a creditor is required to notify you within 30 days after you have completed your credit application whether your application has been approved or denied. If credit is denied, the reasons for the declination must be provided or you must be told how to obtain such information. Violation of ECOA may be redressed by filing a federal lawsuit for the actual damages you have suffered plus punitive damages of up to \$10,000.

Credit Repair Organizations Act: This law prohibits credit repair companies from charging a fee until their services have been performed. It also requires them to tell you about your legal rights. They must provide a written contract that details what services are to be performed, how long it will take, the total cost of the service and any guarantees that are offered. According to this law, these contracts must also explain that consumers have a three-day grace period to cancel the service at no charge.

Consumer Leasing Act: A federal law that requires lease agreements to include certain terms, including a statement of the number of lease payments and their dollar amounts, penalties for not paying on time and whether a lump sum payment is due at the end of the agreement. Despite this law, leases are still confusing.

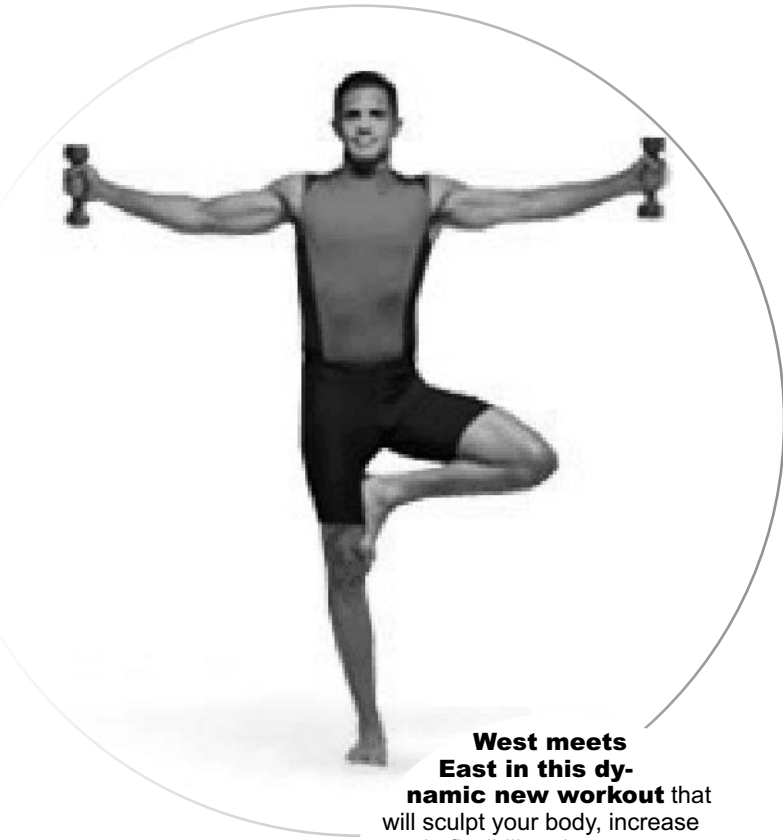
Iron yoga-lose weight & feel great

LINDSAY WEISS
COLUMNIST

There is a new spin on yoga, and not only is it beneficial for your health and well being but you will have a boost of additional energy and it is also a great stress reliever. According to thirty-one year old Gisela Canepa, a graduate student, and administrative assistant at the Bank of New York fits her workout schedule in before work. The time saving workout combines two popular forms of exercise into one total-body-firming routine. While you are lunging or balancing in a yoga pose, your legs and torso muscles are working hard to keep you in an upright position. The exercise implements dumbbells into the routine, and your upper-body muscles will benefit immensely. The result is very rewarding and the yoga capitulates a stronger lower body, greater flexibility, straighter posture, and reduces stress. If you want to tone your arms, shoulders and back then this is the workout for you. Triathlete Anthony Carillo created Iron Yoga as a means to fit yoga into his arduous training schedule. If you are at the beginner level practice the poses without weights for two to four weeks until

you feel comfortable enough to include the dumbbells. As you move from one position to the next, breathe deeply, and inhale and exhale through your nose, while feeling your lungs, rib cage, stomach, and chest expand and then contract. The inhalations and exhalations should take 4 to 5 seconds each. On the last repetition, hold the dumbbell at the top of the lift as you squeeze and contract the muscles tighter and stronger while exhaling and inhaling. It is recommended that you do Iron Yoga two to three times a week, and you will begin to notice results. Not only will you feel stronger, but you will also look firmer within four weeks. There are numerous poses, which are simple and great for novices. The tree pose is a fun and exciting move. Begin by balancing on your right foot, and place your left foot on the inside of your right thigh. Inhale and press the right dumbbell overhead, keeping your arms close to your ear, and then exhale and pull back down. Repeat with the left arm once, and then with both arms at the same time. As you inhale and rotate the left shoulder, bring the dumbbell forward and up until it is directly above your el-

bow, and then lower the dumbbells and your right leg so your feet will be together. Another fun and exciting pose is the Warrior 2 pose, which is another favorite among yoga connoisseurs. You should begin this pose by placing your left foot back about four feet. Then turn your left foot out and rotate your torso to the left, and keep your head straight. After you are balanced, raise your left arm behind you, and hold your right arm over your right knee. Do not forget to inhale as you practice this pose, and as you are inhaling, raise your right dumbbell over your head. Exhale slowly, and lower your dumbbell. After you place the dumbbells down raise your right arm and bend your left arm at the same time and hold it in place for one minute. Your workout is almost complete, and you may now return to your starting position and repeat the pose, but remember to finish with your feet together. Good luck with your work out and remember beauty is pain. You must continue these exercises for four weeks in order to notice results. If you want to tone your arms and back then this is definitely one workout you won't want to pass up.



West meets East in this dynamic new workout that will sculpt your body, increase muscle flexibility, sharpen concentration, and release stress. Triathlete Anthony Carillo serendipitously combined yoga with weight training and discovered that it improved his body mechanics, which, in turn, led to better performance in each of his sports--swimming, running, and cycling. See what it can do for you!

IRON YOGA THE BENEFITS

What makes Iron Yoga distinctive is that it has the combined benefits of yoga and weight training all in one workout. Iron Yoga will help you ...

Improve lean muscle mass. Increased lean muscle helps fire up your metabolism and assist with losing weight. The more lean muscle mass you have, the easier it will be to control and maintain

your weight. Muscle acts like a fat-burning machine. When you're losing weight, the goal is to replace fat with lean muscle. Performing a variety of weight-training exercises with low-weight resistance executed in a slow and controlled manner is a great way to stimulate lean muscle.

Increase your flexibility and range of motion. When your body is tight and stiff, you are

more likely to get injured. This applies to playing your favorite sport or performing everyday activities like carrying groceries and pushing the baby stroller. Iron Yoga helps you keep your muscles and joints limber and active.

Sharpen your mental focus and concentration skills. The Iron Yoga practice increases oxygen and bloodflow to the brain. It helps keep your mind focused no matter what you're doing—whether you're running

a marathon or working on a business proposal. A focused mind can better handle the rigors of everyday life.

Develop proper breathing techniques. One of the best ways to reduce stress and tension is through deep breathing. When you consider that by some estimates, 80 percent of all illness is stress related, you'll probably find that practicing Iron Yoga can help keep you out of the doctor's office.

Enhance your functional strength and muscular endurance in your legs and core areas. Good posture is important to so many aspects of a healthy life. Whether you're sitting or standing, awareness of the muscles in your legs and core helps you keep your body in proper alignment.

Muscular endurance and functional strength are also important to enhance any cardio activity such as running, cycling, swimming, skiing, and rowing.

Sex and the City meets Monmouth University

Is optimism the cost of security? And is it better to settle or be without at all?

REBECCA HEYDON
COLUMNIST

Is optimism the cost of security? And is it better to settle or be without at all? As I walk around campus and go to classes, I can't help to notice a certain optimism about life and the students' future work life. They seem to still believe that there is the perfect job out there that they will love. From experience at my work place, I had come to believe that dream had died. It seemed that the economy has been so bad that people were thrilled to have a job, and were not at all picky about having a job they actually liked. I first noticed the difference when school first started. As we had more time to chat at work, my co-workers and I discussed our work and life. Most of us, not so much myself as others who have been with the company for such a long time, expressed a lack of feeling of excitement directed towards our job. We all appeared to be there for one reason-to make money so we could live the life

we wanted. I was the youngest of all us, the oldest being in their mid-40s, most being about 25. We all wanted to go out and have a good time, wear the fashionable clothes, and be able to go anywhere, vacations, dinners, other places, with our friends. Our entire point of being at work was to make money so we could have fun with the people who mattered in our lives, a mean to an end. When talking with friends in the evenings, they had very different points of views. They did not simply want a job that would let them live their lives how they saw fit; they implied that a fun life outside of work ended with graduation, so work needed to be fun. They believed that they knew what they could do as far as "work" was concerned that would make the truly happy, and that they could find that job out there. My friend Bianca loves to dance and is in full-force mode of trying to become a back-up dancer in a music video or concert, and eventually might want to have her own dance studio. Mary

wants to be a school psychologist and is already planning on how she'll be going to graduate school during her senior year of undergrad. As I talk to them about coming to the real world and a "real" job, they are very optimistic. They talk about how they could never do a job they didn't like, no matter how good the money was. They say how they just really think they'll find the career that's right for them. When I get on the phone with my roommate who graduated last year, she talks about how I should not just up and leave work, because the money is so good and it's a guaranteed job after graduation. I'm reading Suze Orman's "The Money Book for the Young, Fabulous, & Broke." Not because I'm broke, because 1)I'm a finance major so these things interest me, 2)I don't EVER want to be broke, and 3)I like to know what other people views on things(even how to solve young people's bad money issues) are. Point is, there is one chapter about careers. She says that "When you are YF&B you have far more flexibility than you will ten or twenty years down the line. Use that to your advantage to build that better future...Focus on the right career, not a job that simply pays the bills. There is no reason to settle for less when you are so young." (Chapter 2, Career Moves). I see her point, I'm not going to say that I don't. However, when you're in school the important things involve having enough money to go out whenever you're friends want to, which is almost all the time. Those that work, can usually afford to do that, and have the nice clothes, good car, and pay their bills without

much worry. That's what seems fine. I could pay my rent, pay utilities, go out with money the four nights a week required, and still have money for anything else I felt was necessary for life. When we graduate, this changes. Most people seem to have to trade in the martini or Manhattan for a job commuting to the city. If those of us who are working, already have that job that pays the bills and gives us the security so our parents aren't worried about what we're going to do when we graduate, how do we change gears? At that point in time, there are two sets of priorities for people-making the money versus finding the dream career. The second of the two mostly found in people graduating, who haven't had a "real" job yet. Why do these priorities change? Have my younger friends, who don't have a job at all during the school year, not been jaded by the real world? Can they be so hopeful because they don't truly understand what the real world is? Have they been kept sheltered from the reality of the real world and the job market that they can still have their dreams? Are those of us that were exposed to the job market early on in our lives scarred about it? Are we so bombarded with the lack of security, with the fact that we could all be terminated at any time, that we've lost our optimism? Did we give up our optimistic attitude for finding a dream job, for the security of having any job? Can we ever get it back? What does it take to get it back? If I didn't have my job, if I gave it up, because I was so unhappy and wanted to have time to find the right career, I'd be without a lot of things.

Sure, I have to work a relatively large amount of hours at a job I don't love. However, I have the money to get a new car that I need, because mine will be lucky to last a month or so. More importantly, I have the money to go on the vacations and nights out that I feel are most important. When my work group of friends want to go to Atlantic City of Vegas, I don't have to worry about whether or not I have the money. I just worry about how I'll get the time off. If I gave up this job and attempted to find one that I really, truly loved, I'd give this up. I would no longer be able to spend as much time out with my friends, and this is what I feel is important in life. A job is just a job. It is not your're life. Although, on the flip side, if you could have one that you liked AND allowed you the time and money to experience life with your friends, why wouldn't you try and get that? If you settle for a job that isn't all you want it to be, you don't have as much opportunity to find what it is you want. But if destiny is destiny, even if you do settle, shouldn't you still wind up with you're "right" job? Shouldn't you get there eventually? If you're meant to have a fabulous job that you love, won't you get there eventually, won't fate get you to that place somehow? Should you settle for what you have right now, because you're enjoying life, or worry about what you'll think when you turn around and look at your career and realize you're 40? Again-Is it better to settle for a job or do without one in hopes of finding something amazing? And if you do settle, do you have to give up your optimism that you could someday, find your dream job?

Confessions of Abroad



The bridge is located in the region of Castile and Leon, which lies northwest to Madrid.



If you're thinking about studying abroad, you should. If you've never thought about it, you should.

LAUREN KORCZ
Study Abroad
Madrid '05

and went back to my daydreaming. Only now I was daydreaming about what it would be like to be able to say, “Yeah, I studied abroad in college.”

So what would it be like? Well, I can honestly say that since high school, studying abroad has been something I’ve wanted to do, but it was always too much of something- too expensive, too far, too much of a hassle...I’d often find myself thinking, “ok Laur, like you’re ever going to actually be able to do something like that.” The funny thing is that here I am now, a junior in college, writing about my experience studying abroad in Spain. I did it. I answered one e-mail, filled out an application, and before I knew it I was on the plane to Madrid.

I’m not going to sit here and tell you about every building I saw, every painting I heard interpreted, or every landmark Spain might be known for. Those are things that will make you stop reading this article right now. What I will tell you is see them for yourself. Whether or not you think you can study abroad, go to a First Step meeting, because you’ll be surprised and you will certainly be hooked. I can explain everything I saw, read, ate, drank, wrote, studied, and did, but it won’t be the same unless you do it yourself.

Studying abroad wasn’t just summer classes. It wasn’t just a college requirement, and it was more than just a trip. Studying abroad was an experience of a lifetime, and one that other life experiences may equal, but probably never top. I was lucky enough to live with a family during my stay, which I have to say was a little nerve-wracking at first, but turned out to be the best thing I could have had the opportunity to do. They were amazing, and Carmen’s homemade Spanish food sure beat McDonald’s. The classes were

fun, the professors were extremely helpful, and the school overall was wonderful. The culture itself was warm and welcoming, and I learned more there in five weeks than I could have ever learned sitting in a classroom for a whole semester. You can see Salvador Dali’s work in a textbook, or you can visit the place he once lived and see his paintings right before your eyes. You can read about Spain’s history of an unstable government, or you can go see the Constitution itself that’s only been around since 1978, but is the longest standing democracy Spain has seen since the dictator Franco. I learned so much more than I realized at the time, especially the language. I had no choice but to use my Spanish in class, at home, in stores, at clubs- wherever I went, and I couldn’t have asked for a better way to learn it.

If you’re thinking about studying abroad, you should. If you’ve never thought about it, you should. You can visit England, Australia, or Spain on vacation, but you won’t get the experience you get from studying abroad. You aren’t just visiting- you’re learning the language, the culture, and everyday life in that country firsthand. You can stay at a fancy hotel if you vacation, but if you study abroad you can live with a family and learn things those who stay in hotels never will. Overall, whether you’re studying or whether you’re dancing, you will have the time of your life. And don’t worry about being away from home- everything will be here when you get back.

So let me tell you this as a final thought: you might be a little nervous at first, but you’ll be fine. You’ll be in touch with your family, but you’ll be so caught up in the experience that they’ll be contacting you more than you contacting them. You’ll meet people from all over the world. You’ll laugh. You might cry. You’ll take pictures (lots of them). You’ll probably have dirty feet, but you’ll love it. You might miss driving, but you’ll miss the metro when you come home. You’ll be busy, and you’ll want to be. You’ll write lots of postcards. You’ll learn more than you can imagine. You’ll buy more stuff than you can fit in your suitcase and realize you brought too many clothes to begin with. You’ll probably spend more money than you thought you would, but it will be worth it. When you come home, you’ll wonder where the time went, and you’ll wish it hadn’t gone by so fast. You will build strong friendships. You’ll dance. Though there will be more “ups” than “downs,” sometimes it’s the “downs” that you’ll learn from the most looking back. You’ll see breathtaking sights. You’ll walk a lot. You’ll think to yourself, “am I really here? Is this really happening?” You’ll feel great when you say, “yes.” You’ll drink lots of water (and maybe a glass of sangria or two). You’ll still be speaking Spanish when you’re home for 2 weeks. You will come back a different person for the better, and the memories you’ll have from studying abroad will be ones you will cherish for the rest of your life.

Trust me.

Lauren Korcz
Junior
Madrid 2005

Top 10 Reasons to Study Abroad

- 1) Study abroad is a life altering experience
- 2) You can learn about your self and you become independent.
- 3) It's a chance to gain perspective on your own culture
- 4) Studying Abroad is a chance to gain true language fluency
- 5) You don't have to speak a foreign language to do it
- 6) There are many foreign language classes available
- 7) Looks good on a resume
- 8) Programs for study abroad will work with any major
- 9) Many programs offer unique academic structures
- 10)You will make connections that will last a life time



Lamancha Island lies between Madrid and Andalucia. The region is known as Castilla La nuevo, which translates to new castle.

Facts: Spain

- Population - 39,650,000
- Currency - The Euro
- Laungauge - Castilian Spanish
- Religion - 98% are Roman Catholic
- Temperate - clear, hot summers in interior, more moderate and cloudy along coast; cloudy, cold winters in interior, partly cloudy and cool along coast



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

The Stash Jar

For quality time outside the classroom



MARTIN HALO
STAFF WRITER

Exile on Main Street
Virgin Records © 1972



What do you get when you mix the world's quintessential rock n' roll band, an isolated villa in the south of France, and all of the heroine in eastern Europe? The recording sessions for the Rolling Stones 1972 release of *Exile on Main Street*. After a lackluster 1971 English tour, the Stones were engulfed in a drug induced haze when Keith Richards offered his oceanfront property, Nellcote, located in Villefranche to the band for what he would dub "The Tropical Disease Sessions." Richard's mansion was occupied by German officers during the War and was surrounded by palm trees imported from around the world. There was a long flight of steps that led down to a private beach and Richards decked the place out with exotic parrot cages, balcony side water beds, and various Stones' promotional items from the Sticky Fingers Tour.

Ian Stewart and the rest of the Stones production crew spent most of the spring months moving the vast amount of recording equipment into Keith's cellar. The only problem was that Nelcotte's wiring was weak and faulty so Stewart and company illegally tapped into the nearby French railway power system and ran cables in through the kitchen and deep into

the dreariness of the basement.

The stage was set for what would become arguably the greatest testament to a band of outlaws and rock n' roll for that matter, period. Exile's opener "Rocks Off" is a tale of seductive lust, while "Rip This Joint" was penned by Mick after hours of vowel experimentation over Keith's rhythms. "Hip Shake" is a Slim Harpo inspired boogie, and the lyrics for "Tumbling Dice" arose from heavy gambling at the casinos of Monte Carlo, which was just down the road from Nellcote. "Sweet Virginia" and "Torn & Frayed" highlighted the Stones' signature country twang with the presence of Gram Parsons at the French villa. "Loving Cup" swings and "Ventilator Blues" chronicles the humidity laden torture of long Mediterranean nights deep in the basement of Nelcote. The basement was so sweltering that Mick and Keith would medicate their vocal chords with Tennessee Whiskey as the only flowing air into the cellar was provided by a lone ventilator shaft just above Charlie Watt's drum set.

The sessions dragged as Richards was torn between his family, stash, and band responsibilities. Mick's wife grew disenchanted with the lifestyle of the summer of 1971 and moved out. The band wondered whether their time spent in France would amount to anything tangible at all. When Jimmy Miller returned to Los Angelus to mix the Nelcote tapes, what they found was a dreary mix of country, gospel, and rhythm & blues. The result from the hellish recording sessions was an undeniable artistic achievement that marked not just the Stones' most beloved work, but the last recording session with guitarist Mick Taylor.



The Stooges: Fun House
Elektra Records © 1970 © 2005



The year is 1970; the sexual revolution is in full swing and folk music has given way to the bombastic explosiveness of primitive rock n' roll. The Doors commanded California and mesmerized the experimental community while Zeppelin is preparing their sophomore release, and the void left by Jimmy Hendrix is turning out to be cataclysmic. The band that would lay the framework for punk and personify the mythical realities of sex, drugs, and rock n' roll proved to be the Stooges. Spear headed by the onstage antics of Iggy Pop, the Stooges were an underground gem at the time *Fun House's* release. Iggy and David Alexander were still working odds jobs and under the vice of Chinese intoxicants. The emotional stability of four musicians all without secure futures, under the influence of a vast amount of narcotics, and literally living on the edge fueled the creative process that made *Fun House* an all out assault of hear pounding, sexually charged, psychedelic rock n' roll. Featured tracks are, "Down on the Street," "Loose," and "1970." The true beauty of the reissue, besides the re-mastering, is a complete second disc with alternate studio takes as well as demos from the *Fun House* sessions.

Asian remakes dominate American cinema

DEBRA PACHUCKI
STAFF WRITER

I think I'm turning Japanese...

Every 10 years or so, the horror movie genre seems to be redefined. Horror films of the 1960s dealt largely with the devil (and all of his offspring). The 1970s were the era of the serial killer (both on-screen and off). The 1980s re-invented monster flicks (do the words "red and green sweater" mean anything to you?) and the 1990s contributed an unprecedented amount of corny teen screams to American movie history.

And for the 00s? I think it's fairly safe to say that the first decade of the new millennium will go down in horror film history as the age of the Asian remake, thanks to one of the scariest movies of all time: *The Ring*.

A remake of the low budget Japanese film *Ringu*, *The Ring* brought big-screen terror to new heights that not only kept us from walking past our television sets at night, but sparked a new Hollywood filmmaking trend referred to as J-Horror as well.

So what is it about Asian horror flicks that have captivated the interest of U.S. audiences and Hollywood executives? For starters, the films aren't centered around your typical hack 'n' slash/big boobies combo. Instead, Asian filmmakers "draw upon thousands of years of oral and literary folklore, rife with ghosts, demons, spirits, supernatural creatures and themes of

reincarnation, revenge, honor, and familial loyalty", says Asian journalist Shirley Hsu.

Although the notion of Asian horror is still novel in America, Eastern cultures have been exploring the nature of evil for thousands of years. According to Hsu, the Japanese fascination with ghost stories reached such proportions in the early nineteenth century that Japanese authorities banned them altogether in 1808. So what better a resource for keeping America's youth up at night?

Horror-movie magazine Fangoria's editor Anthony Timpone hits the nail on the head in trying to explain the success of the J-Horror trend in America when he says: "[Japanese filmmakers] take their time in telling the story, they set up their characters, they set up their horror, and it builds very incrementally into a really big, scary payoff."

The Asian horror remakes we've seen thus far include *Rings 1 & 2*, *The Grudge*, and *Dark Water*. With the exception of the latter, a Disney production that serves as testament to the fact that they really should just stick with G rated animations, J-Horror has proven to be just what the film industry needed to revitalize an increasingly redundant lull in horror movies as of late. And apparently, I'm not the only one to realize this; a number of A-list actors have also taken a liking to the new wave of scare tactics, and have hopped on

board a number of J-Horror projects in the works.

Renée Zellweger has purportedly signed on for the Tom Cruise production of the Hong Kong thriller *The Eye*, set to begin filming in early 2006. The remake, originally produced by the Pang brothers, revolves around a blind woman who has the misfortune of seeing dead people as a result of a cornea transplant.

Robert De Niro's also got a hand in the cinematic movement; he'll be starring in a U.S. remake called *Chaos*, in which a kidnaper gets more than he bargained for when his hostage is mysteriously murdered.

Last but not least, the terror-master himself, Wes Craven, has purchased the remake rights to Kiyoshi Kurosawa's *Kairo*, thus establishing the magnitude of the age of the Asian remake. The U.S. remake, entitled *Pulse*, will tell the tale of one poor soul who's realized that suicide is most definitely not the answer to any of life's problems.

With the buzz that J-Horror's created, it looks as though we're in for a number of spine tingling stories that will keep us on the edges of our seats for some time to come. Until then, rent the original versions, take in a little cultural diversity, and shudder in horror as you imagine what a Hollywood budget and some CGI can do for these terrorizing tales of the macabre. Welcome to the age of the Asian remake.

The Greatest Game Ever Played is a hole in one

NATALIE B. ANZAROUTH
CONTRIBUTING WRITER

When you think about the game of golf, the words exciting and energetic may never cross your mind. But in *The Greatest Game Ever Played* director Bill Paxton brings an entertaining 113 minutes to the screen with the true story of amateur golfer Francis Ouimet, played brilliantly by Shia LaBeouf.

Based on his best selling book, and written by Mark Frost, the film tells the ultimate underdog story of a 20-year-old caddy from Brookline, Massachusetts that becomes fixated

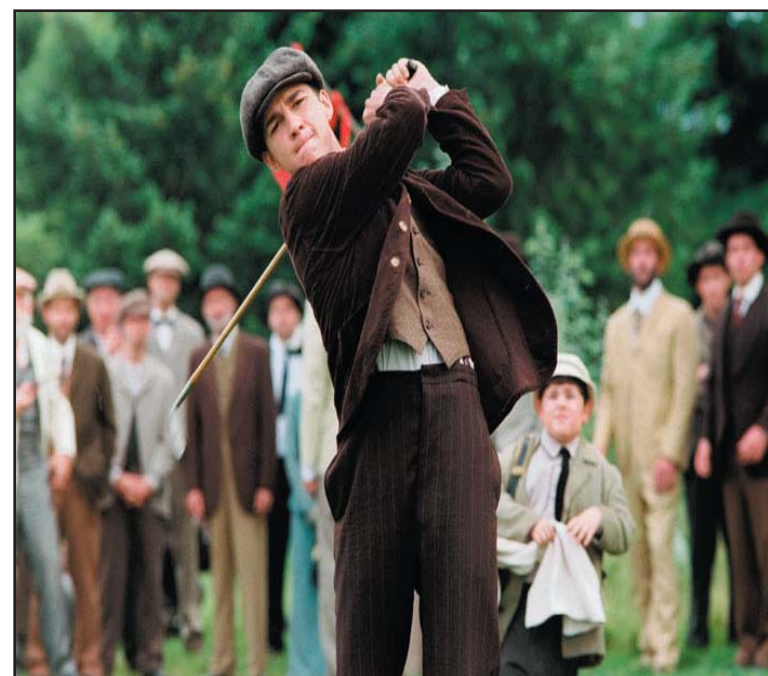
here," from fellow players and club members. Amid dead end stares between Harry and Francis, we see a sort of parallel between the two players, both of which came from low income families, when Vardon is cheered on by his opponent after making a tough shot during the competition. Vardon later admits that if Francis wins it would be because he is the best player, regardless of his social upbringing. But the duo of Eddie and Francis is what really keeps the film on its course. With a "got your back" relationship that translates perfectly on-screen, Flitter's character is a strong contrast to the very poised performance that LaBeouf upholds throughout the film.

Dillane delivers a solid performance as the amiable Vardon, along with the rest of the cast which includes rising actress Peyton List, as Sara Wallis, a young girl who ignores the social standards and falls for Ouimet, and Francis' mother Mary, played by Marnie McPhail, along with the hysterical performance by Stephen Marcus, who plays golf champion Ted Ray.

Paxton keeps the audience attentive with the beautiful milieu of the golf course, with shots following the ball from the point of contact until its landing. The close camera shots of Francis make you feel as if you are standing on the golf course breathing and shaking with his every move.

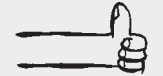
The film is an inspiring story, golf fan or not, adult or child, and is sure to evoke emotions of happiness and triumph. It is as much about character and will as it is about the game of golf. You will find yourself yelling "shoot" (or maybe even a stronger expletive) out loud every time Francis misses a shot, and a whopping "yay" every time he makes one. During the last scenes I found myself clenching and biting my thumb as the pressure kept rising with every hole.

In the words of British reporter Bernard Darwin, who covered the story of the 1913 U.S. Open, "It should be the greatest game ever played." And it was.



Shia LaBeouf (pictured above) continues to build his career with Disney in *The Greatest Game Ever Played*.

"TWO THUMBS UP!"
-EBERT & ROEPER



STARRING
LOU PUCCI
TILDA SWINTON
VINCENT D'ONOFRIO
KEANU REEVES
BENJAMIN BRATT
KELLI GARNER
AND VINCE VAUGHN

"ONE OF THE YEAR'S VERY BEST!"
-DENNIS DERMODY, PAPER MAGAZINE



THUMBSUCKER

WRITTEN AND DIRECTED BY MIKE MILLS



CLAIRVIEW CINEMAS
MONTCLAIR 777-FILM #574

REGAL CINEMAS
COMMERCIAL CENTER 18
NORTH BRUNSWICK
940-0300

LOEWS EAST
HANOVER THEATRE
EAST HANOVER
1-800-FANDANGO #749

FLORIN CREATIVE
MONTGOMERY CINEMAS 7
ROCKY HILL 924-7444

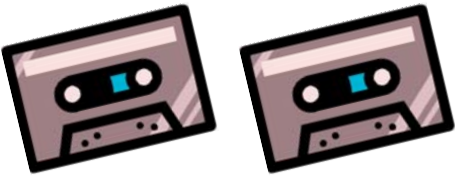
PRINCETON
GARDEN
PRINCETON
683-7595

CLEARVIEW CINEMAS
RED BANK
777-FILM #721

CLEARVIEW CINEMAS
WASHINGTON TOWNSHIP
777-FILM #916

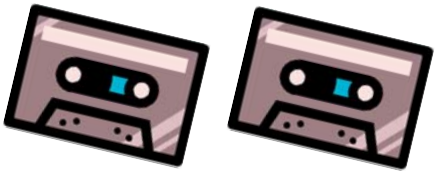
AND AT A THEATRE NEAR YOU!

VIEW THE TRAILER AT WWW.THUMBSUCKERTHEMOVIE.COM



The Mixtape

The lyrics that shape our lives



FRANKIE MORALES
STAFF WRITER

Everyone develops different ways of expressing their stress, be it healthy or not. One of my favorites is riding in the car with the windows down, the system up, and singing at the top of my lungs. There's nothing quite like having those annoying break-up songs show up on the radio moments after you drive away from your ex's house, or even one of the songs you shared for that matter. Either way, you can't find yourself being able to turn away from the music. It's almost as if these songs truly provide a soundtrack for all of us to live by. Although everyone will have a different interpretation of what the songs truly mean, someone somewhere will always find a way to cut and paste the words to their Internet away message advantage. Therefore, I submit for your approval this look at the songs that revolve our lives, and apply them to the situations that are going on in our lives today. To find a meaning and focus for our lives, all we have to do is look in the songs.

"Summer has come and past, the innocent can never last, wake me up when September ends." - Green Day

It's everyone's song of the moment,

as Green Day has made a dent in the music scene much larger than the one they made with prior albums like *Dookie*. Their latest album "American Idiot" is full of political themes and stories that have been dubbed by the band themselves as a "punk rock op-

"To find a meaning and focus for our lives, all we have to do is look in the songs."

era." This makes the latest single of the album, "Wake Me up When September Ends," a song whose meaning is not clear cut. Many use the song as lead singer's Billy Joe Armstrong's way to vent his father's death, a time period he never wants to relive. Others follow the political climate of the album, citing that song is a way of representing the September 11th attacks (Ironically, the song is number 11 on the track listing). However, the video for the song also couples the song with rela-

tionship problems, along with going off to war, but the idea is there. Well, now that September is coming to an end, a look back into the world over the past month offers plenty of reasons as to why people wish it would end. However, the most common reason, at least along some freshmen, I've come across is adjusting to the fact that "summer has come and past." September in the state of New Jersey is usually associated with no more beaching, no more summer nooks, back to school to open books.

However, for incoming freshmen, that means being ripped away from worlds they were so used to. The comfort zone, the late night fiascos and the moments that inside jokes are made of are drastically cut down, or least not spent with what you've been familiar with. Many are dealing with the adjustment quite well making a home for themselves on campus, others are having the hardest times trying to adjust to being away from home for the first time, to be apart from friends whose relationships are being strained. I, for one, am finding hard to adapt to being a small fish in a big pond from the person I used to be back home. Yet, I've been around when people

I've gotten to know here, and although they seem happy, the fact remains that there is still an empty space that is created. Some are taking their relationships on the road, trying to make long distance relationships work. Many experience a falling out with their best friends, can't say I wasn't one of them. Truth is, I probably won't see my best friend until September is over, but those are the punches life offers and you have to roll with. Its one of those hard adjustments to make, when you have spent everyday with someone you care for and do everything with only to come to school, and go a day without talking to them, or calling them, as petty as it may sound, its a big adjustment to make when you're coming into a atmosphere that you know nothing about.

"As my memory rests, it never forgets what I lost." Now, those afflicted by the change, they are only left with the memories of what was, and the loss of what was once the everyday routine. I can't even begin to tell you how much I miss how things were, but that doesn't mean I have to stop looking forward to the future. The way I see it, is that September is that moment in life we are given

to adjust to these changes. Things might not be like they used to be, but it doesn't mean that things are changing for the better. When September ends, it'll be a load taken off the shoulders of those who are regretting leaving their old lives behind. We have survived the first month, we become comfortable with the routines we lead. We wish for September to end, because we want to be comfortable again, just like we all were back at home. We are all full of questions that might not even be answered by month's end, but the anxiety of starting out in a new place will gradually begin to subside. Eventually, as the song tells us, we'll all "[become] who we are."

Of course, that's only how the song could pertain to my and a few others lives. That is why I reach out to you, the readers, to do me one better. If you have a lyric you think deserves a special attention, and should be added to the mix tape of our lives here at Monmouth University, or a verse you are over using on AIM or MySpace, drop me a line here at The Outlook. Even if you guys would like to offer your own interpretation of a song lyric, I would love to hear it. This is your mix tape, make sure it's heard.

Box Office Ranks:

- 1- Flight Plan \$14.8 million
- 2- Serenity \$10.1 million
- 3- Corpse Bride \$10 million
- 4- A History of Violence \$8.1 million
- 5- Into the Blue \$7.1 million

New technology can be damaging to your hearing

RUSSELL CARSTENS
STAFF WRITER

You're at a local show or a concert, having the time of your life...what could be wrong? Maybe you're at home, at the library, studying or working out with your ipod or Discman blasting away into your ears. However, you could be putting yourself at risk for hearing loss.

INFORMATIVE

Today, many people and Monmouth students carelessly breeze through their fast-paced day with their ipod's earbuds loudly pumping music into their eardrums. It can be heard on campus easily, just walking past one another. What many people don't know is that this exposure to loud music, particularly with headphones and also when attending concerts, can permanently damage your hearing. Besides losing your hearing abilities, Tinnitus is a major cause of stress and sleep loss to those who have it.

A recent article by CNN reported that with new portable mp3 players such as the ipod, "It's becoming more of a full-day listening experience." Af-

ter listening for too long at too loud of a volume, many people hear a slight but constant ringing sound in the ears that may last for hours. This is called Tinnitus, and it is temporary at first. Tinnitus is basically the cilia (hair cells) in the eardrums collapsing due to permanent damage from loud noise. The scary part is, once these small follicles are damaged, they do not regenerate.

Tinnitus is also common among concert-goers for the rest of the evening after the event; sometimes well into the next day, or even weeks. Even though it's an annoyance, most people are uninformed about the potential negative effects of what causes the ringing, and once it goes away they forget about it. After each exposure to loud volumes, their hearing gets less and less. Since it happens slowly for the most part, hearing loss is usually not detected until it's too late.

Many musicians have damaged their most valued human sense due to exposure to loudness without protection. For example, drummer Lars Ulrich from Metallica and wild-man Ted Nugent have gone public about their hearing loss due to years and years of excessive loudness without wearing earplugs.

Thankfully, there is a cheap and

easy solution you can use to keep your hearing safe and in top shape for many years to come. All you need to do is purchase a pair of earplugs, and/or listen to your headphones at low volumes and for shorter periods of time. An hour at a time is considered safe. Although many people would scoff at the idea of wearing earplugs to a music event, more people do it than you think, and it sounds better as well. Wearing earplugs cuts off the nasty, shrill high-end that tends to do the majority of damage to eardrums. Afraid of looking like a dork? Nobody will even notice, and many pairs available are flesh-colored and blend right in with your ear.

Disposable, one-time use styro-foam earplugs can be purchased for about 99 cents at hardware stores. Many drug stores also carry cleanable sets of earplugs called Hearos that can be used many times until they wear out. They are also comfortable and easily tolerable to wear for a few hours.

In the end, wearing hearing protection and refraining from excessive volumes and time using headphones is well worth being able to enjoy music and everyday conversation in your later years. Trust me... you and your ears will be thanking yourself that you did.



STRING CHEESE INCIDENT
Saturday
OCTOBER 15TH
DOORS 6PM



Henry ROLLINS
25 YEARS OF BULL**** SPOKEN WORD TOUR
FRIDAY, OCTOBER 21, 2005 8PM SHOWTIME
PARAMOUNT THEATRE, ASPURY PARK



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



STARLAND BALLROOM
570 JERNEE MILL ROAD • SAYREVILLE NJ • (732) 238-5500 • WWW.STARLANDBALLROOM.COM



THIRDEYEBLIND TUE.OCT.4TH
with THE BENJAMINS
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK



SLAYER FRI.OCT.7TH
with DEVIL DRIVER
A DOZEN FURIES
MENSREA
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK



Legs FRI.OCT.14TH
with **Playpool**
DOORS 7:30PM ALL AGES TO ENTER, 21 TO DRINK



Zakk Wylde's Black Label Society SUN.OCT.23RD
WITH BRAND NEW SIN
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK



TRAPT MON.OCT.24TH
WITH SPECIAL GUESTS **Blindside** & **APHASIA**
DOORS 7PM ALL AGES TO ENTER, 21 TO DRINK



RELIENT K TUE.OCT.25TH
with MXPX and RUFIO
DOORS 7:30PM ALL AGES TO ENTER, 21 TO DRINK

201.507.8900 • 212.307.7171 • 609.520.8383
Tickets available at Ticketmaster Charge By Phone, Ticketmaster.com, Ticketmaster retail outlets (including Score's Records in Morristown, Citicore Mall and Summit), Vantage Vinyl in Perth and the Starland Ballroom box office, Open 1-7pm M-F, 12-5 Sat 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

ticketmaster

**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

**Four black
iron Bar
Stools
like new,
Asking
\$300
CALL
(732)
616-4777**

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

Great job opportunity to learn and grow!
Gain exposure to the exciting field of management consultancy with a well known company that has over 20 years of experience with the chance to earn school credit. Yohalem & Associates Ltd. is a management consulting firm with experienced professionals who create business solutions to complex issues and challenges with, and for its clients. This is a great opportunity to gain experience working alongside a team as well as with the President of the company, while at the same time gaining exposure to many different types of companies and industries. The office is located 20 minutes from campus. If interested, email your resume to Kathy@kcy ltd.com. Freshman and sophomores preferred. For additional information about the company, you can visit <http://www.kcy ltd.com>.

**Electric
Beach**
Cobblestone Village
871 West Park Ave. • Ocean Twp.
732-493-9010
**SPRAY TANNING AVAILABLE
NEW LAMPS!**
**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.

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


NEW JERSEY FOP FUNDRAISING CENTER
**PART/FULL TIME 3 SHIFTS DAILY
7 DAYS A WEEK.**
EARN \$10 HR + BENEFITS.
NO EXPERIENCE NEEDED.
CALL TODAY.
1-800-809-8775

**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

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!

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

HOROSCOPES

By Linda C. Black,
Tribune Media Services

Today's Birthday (Oct. 5th)

Make financial independence a top priority this year. But don't fool yourself into spending more than you bring in.

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 6

Providing for your own future security is a good idea. If you don't know how, get advice from one who has lots of money in the bank.

♉

Taurus • (April 20 - May 20) - Today is a 5

A good strategist would be helpful now, to set priorities. You're good at multitasking, but this is ridiculous.

♊

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

Devise your strategy. Define your goals and then you'll see what you need to do, to get from here to there

♋

Cancer • (June 22 - July 22) - Today is a 7

Conditions are excellent for family planning and planning a family, not necessarily in that order. Just plain old relaxing at home works, too.

♌

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

A private conversation with a close member of your family deepens your understanding. Be curious, and listen.

♍

Virgo • (Aug 23 - Sept. 22) - Today is a 6

Loving attention to detail is one of your endearing qualities. Don't be sidetracked by fantasies, stick with the important stuff.

♎

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

Conditions are good for making money now, so don't just sit there. Imaginative creative work pays especially well.

♏

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

It's always darkest just before the dawn, and you're about to emerge triumphant. You end up looking good.

♐

Sagittarius • (Nov. 22 - Dec. 21) Today is an 6

Find a quiet hiding place to rest and ruminate. You need some time and quiet to let new ideas sink in.

♑

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

Time's right to call your team together for a planning session. Once you've got the big picture, the little stuff will be easy.

♒

Aquarius • (Jan. 20 - Feb. 18) Today is a 7

Don't get too far out when explaining your latest innovation. Keep it simple, so even your boss can understand you.

♓

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

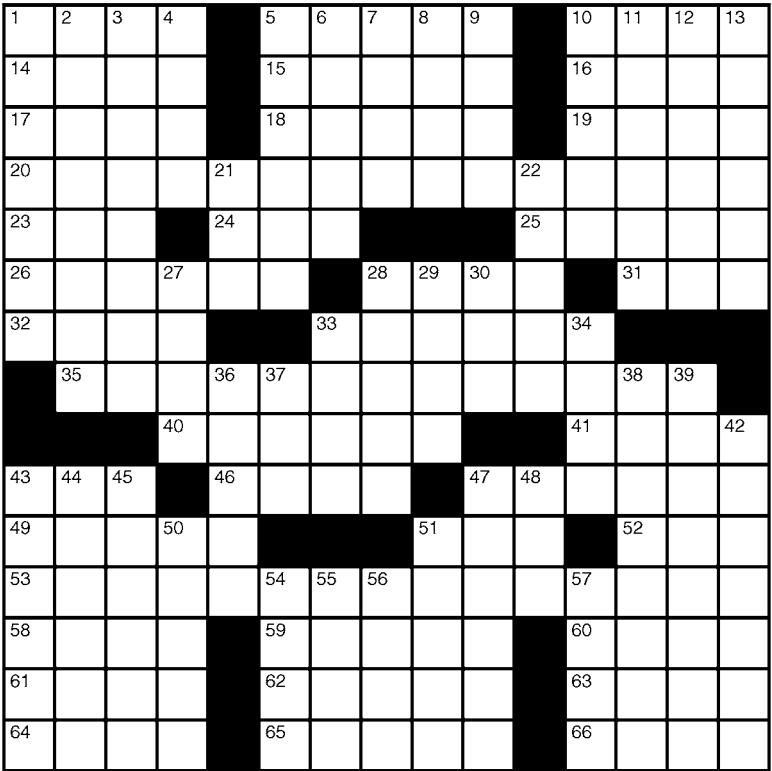
Venture a little farther out than you've ever gone. Conditions for you now indicate a positive outcome.

ACROSS

- 1 Work units
- 5 Black card
- 10 Throw
- 14 Be without
- 15 Greek colony
- 16 Der__ (Adenauer)
- 17 Gillette shaver
- 18 Lawn makeup
- 19 Campus sports org.
- 20 Fraud at the restaurant?
- 23 Heavy weight
- 24 Actress Susan
- 25 Earthen dike
- 26 Draw out
- 28 French cheese
- 31 Actor Byrnes
- 32 Display model
- 33 Vagabond
- 35 Fraud at the ice cream parlor?
- 40 Did some carpentry work
- 41 Volcano near Manila
- 43 Pompous person
- 46 March date
- 47 Snoopy, for one
- 49 "Skittle Players" painter
- 51 Heart of a hurricane
- 52 Gore and Jarreau
- 53 Fraud at the mattress factory?
- 58 Levin and Gershwin
- 59 George Sand novel
- 60 Bern's river
- 61 Nerve network
- 62 Singer Bonnie
- 63 Body covering
- 64 Biographer of Henry James
- 65 Cheeky
- 66 Barcelona aunts

DOWN

- 1 Made into law
- 2 Upgraded machinery
- 3 Apache leader
- 4 Nebr. neighbor
- 5 Official seal
- 6 "__ and Bess"



- 7 Henry Gray subj.
- 8 Real looker
- 9 Relaxation
- 10 Tippy craft
- 11 Room recess
- 12 Provided capital for
- 13 Ribbed
- 21 Dictator Amin
- 22 Censor's insertion
- 27 __ de grace
- 28 Portends
- 29 Sudden attack
- 30 Fiendish little one
- 33 Coty or Descartes
- 34 Poet Dove
- 36 Russian pancakes
- 37 Young Scot
- 38 Atomic bomb blast site
- 39 Italian mall
- 42 Abates
- 43 Strive toward an end
- 44 Eyed a while
- 45 Tranquil
- 47 Out-of-the-way way
- 48 Shoe-box letters
- 50 Short-lived Ford
- 51 Departs
- 54 Workers' rights grp.
- 55 Toothed wheel
- 56 Director Kazan
- 57 Boss Tweed's lampooner

Two Dudes

CLIP-A-TIP COLLEGE COUPON

by Aaron Warner

I FOUND MODEL BODY STRUCTURES TO BE FLAWLESS, AND COMPARATIVELY SUPERIOR TO SAMPLES FOUND IN THE CLASSROOM, DUDE.

RATING GIRLS DOES NOT COUNT AS INDEPENDENT STUDY.

FREE ADVICE

A College Girl Named Joe

by Aaron Warner

SO, ARE YOU AND RYAN GOING OUT?

I DON'T KNOW. WE WENT OUT.

HE'S CUTE. HE SEEMS NICE. DO YOU LIKE HIM?

I DON'T KNOW. HE'S OKAY.

GEE WHIZ, JOE. I'VE SEEN YOU MORE EXCITED ABOUT PIZZA TOPPINGS.

I'VE NEVER BEEN DISAPPOINTED WITH A GOOD LOOKING PIZZA.

MU Students:

Interested in Comic Illustration?

Get your own comic published in the Outlook!

Call 732-571-3481

HAD KNOX

BY LOUIS CAPPOLA

OH, HMM, IT MUST BE NICE TO BE KNOX AND SIT AROUND ALL DAY. YOU KNOW, I COULD GET YOU A NEW JOB.

WHAT? SO I CAN WORK AT KAUFINGTON'S AND BE AS MISERABLE AS YOU ARE THERE?

HMPH. NO, KNOX. I DON'T WANT YOU TO BE AS MISERABLE AS I AM THERE."

I WANT YOU TO BE MORE MISERABLE.

S

V

I

T

H

S

A

S

B

R

L

E

O

E

N

I

K

S

T

I

V

E

R

E

A

V

A

V

A

L

E

L

S

V

I

R

A

S

E

S

N

E

X

E

G

N

I

D

D

P

A

D

S

T

E

S

T

A

V

E

E

A

E

N

E

S

A

S

S

I

D

E

S

S

A

V

L

A

N

D

E

D

P

L

A

N

E

D

P

O

U

R

B

E

D

O

W

E

R

E

M

A

O

R

O

W

E

D

E

E

I

R

B

R

I

T

C

O

I

L

E

E

A

L

E

L

E

D

N

O

T

S

K

O

O

B

E

H

T

G

N

I

K

O

O

A

V

A

N

S

S

A

V

A

T

R

A

L

T

E

A

L

T

E

C

A

S

T

E

S

P

A

D

E

S

P

A

D

E

S

E

R

G

S

Wednesday's Puzzle Solved

PAUL

THANKS FOR RUINING MY DATE!!

AH, SHE WAS ALL WRONG FOR YOU ANYWAY. I DID YOU A FAVOR.

OH LET ME GUESS WHY SHE WAS WRONG FOR ME. BECAUSE SHE WAS A GIRL?! A PERSON?! NOT INFLATABLE?! NOT BLIND?! SHE ATE SOLID FOODS?! SHE WASN'T A ROBOT?! I DIDN'T PICK HER OUT OF A MAIL-ORDER BRIDE CATALOG?!

I WANT IT ON THE RECORD THAT YOU SAID ALL THOSE THINGS, NOT ME. ALL RIGHT? OKAY.

YOU KNOW WHAT, I DON'T LIKE YOU VERY MUCH RIGHT NOW. OH YEAH, I JUST WENT THERE!

BY BILLY O'KEEFE

WWW.MRBILLY.COM

Natural light

Solar continued from pg. 1

\$2.8 million dollars of which we received a grant (which the school will not have to repay) from the State of New Jersey Board of Public Utilities in the amount of \$1.7 million dollars.”

Over the next 30 years the solar generated electricity will reduce emissions of carbon dioxide by more than 5,000 tons. These emission reductions are equivalent to planting 1,500 acres of trees, removing 1,000 cars from the road or not driving 13 million miles on New Jersey roadways.

“This will reduce our reliance on fossil fuels, and hopefully, help us stabilize energy costs. We have all recently felt the impact that a natural disaster can have on energy and gasoline costs. In addition, Monmouth is doing its part to improve the environment which is beneficial to all of us, including the community outside our boundary,” said Swannack.

If the solar power project goes well, Swannack said, “we will evaluate the savings and impact of this project and will consider including other buildings. We have been evaluating alternate energy sources for several years, including geo-thermal, fuel cell, and

co-generation. Solar seems to provide the best opportunities for Monmouth and the community at this time.”

MU isn’t the only school in New Jersey to make the conversion, Rutgers University is also taking on the opportunity to improve the environment with their new agenda, “Rutgers Going Solar,” even so, Swannack notes, “we are the first college or university in New Jersey to undertake a project of this size.” Currently Kane University is preparing for a 40 kilowatt project, Rutgers, Newark is powering up at 50 kilowatts while MU takes on 454 kilowatts. PowerLight representatives note that the “Updates to New Jersey’s Clean Energy Program, combined with federal tax credits and solar renewable energy certificates (SRECs), now make solar energy both practical and affordable for commercial and government entities in New Jersey.”

President Gaffney believes the conversion to solar power will be promising for the MU community.

“Solar energy will allow us to be less dependent on fossil fuel. I believe you will see more and more use of renewable energy (solar, wind, geothermal) everywhere. MU is pleased to be taking this leadership step now.”

Love is a battlefield

ALISON MCSHERRY
CONTRIBUTING WRITER

Dating is comparable to war. In both situations there has been immense preparation, a lot of anxiety, and one wrong step could be the end. I have to admit, at times I would rather be taken captive by the opposition in battle that complete a date with any member of the legion of losers that I typically attract.

First dates are like parachuting behind enemy lines and not knowing if you’re going to survive or not. You would think the whole process would be easier when you’re on a date with someone who is trained by the U.S. army to get through battle, but let me be the first to tell you that it’s not.

My first date with the Corporal was a nightmare to say the least. He pulled up to my house half an hour late in a car that barely made it down my driveway, named Bessie. It was the size of an army tank. He saw it as a classic, I saw it as crap.

We drove the 45 minutes to Seaside Heights in an awkward silence. He had just returned from war and I tried to break the ice by telling a joke about amputations. As I finished describing a pirate having his hand cut off my cheeks began to burn and I slipped further down into my seat. I silently scolded myself. “Who tells a veteran a joke about amputation?” my mind screamed. I knew that I was crashing and burning, but still I soldiered on. I wanted desperately for us to fall in love, get married, and have lots of patriotic babies.

The drive turned out to be too much for dear old Bessie who decided to take a rest just down the block from the boardwalk. The Corporal stubbed out his cigarette and cursed under his breath before asking me to help him push the tank into the lot. I knew relationships took work, but this was ridiculous.

After the car fiasco we roamed up and down the boardwalk and quickly learned that we had very

little in common. He liked death metal and I like Britney Spears. He knew how to fire a gun and I couldn’t even fire my mechanic. We were opposites in every way and it wasn’t long before he resorted to making fun of people who passed us in an effort to break the silence. I began wondering if I’d ever make it home from battle.

“Look at that guy,” he pointed at a boy no older than 14 who was walking in between two girls, an arm around each of them. “That kid right there is a P-I-M-P pimp!”

I marveled at his ability to spell.

The night finally came to a close and we putted home in Bessie. When the hood started smoking more than the Corporal and his Camels, I worried that the date would go from the short engagement in Desert Storm to the prolonged agony of Vietnam.

When we eventually arrived at my doorstep, he removed his cigarette just long enough to stick his tongue so far down my throat that I’m sure he could taste the cheese fries that we ate on the boardwalk earlier that evening. I gave him a quick smile and ran into my house. I heaved a sigh behind the closed door and thought that while I had survived, perhaps our chances of dating had not. But just as I was beginning to feel truly defeated, Pat Benetar’s words of wisdom blared through my mind. Love is a battlefield, I thought, determined to give him another chance.

He called the following day and despite the air raid sirens that blared in my head, I agreed to go out with him on a second date. In the end we dated for a year and a half. The first month was comparable to the Pax Romana or the calm before a storm, but the other seventeen were World War III. And when it comes to living in the trenches, I’ve got nothing on a G.I. Today when people ask me why I stuck with him for so long I simply tell them that I was doing my patriotic duty. I think Uncle Sam would be proud.

brush

The Salon Slightly South of SoHo

129 brighton avenue long branch nj 07740 732.222.3026



Attention Students:
As a member of **Monmouth University**, you are entitled to 30% off all services at Monmouth County's hottest salon. Please mention that you are an **MU** student when you call and bring your student ID card at the time of your appointment.
(New Stylists Only)



“Here kitty, kitty.”

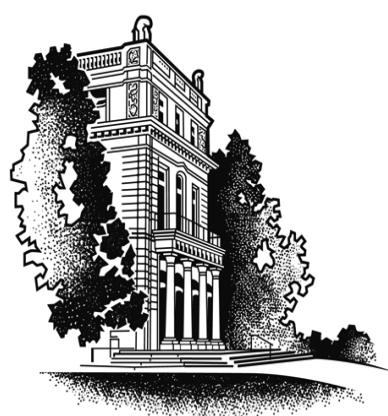
You’d think it would be easy to spot a kid with a vision problem, but the signs aren’t always so obvious. One in four children has a vision problem, but only an eye doctor can tell for sure. And, since 80 percent of all childhood learning is visual, good grades and good vision go hand in hand. For more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



RIF
Reading Is Fundamental®



**Check Yearly.
See Clearly.®**



**MONMOUTH
UNIVERSITY**

Urban Coast Institute Symposium

“The Oceans and the Future”

October 6, 2005

2:30 to 4:00

Wilson Hall Auditorium

A Panel Discussion led by

Admiral James D. Watkins

U.S. Navy (Retired)

Chair, US Commission on Ocean Policy (USCOP)

Honorable Leon E. Panetta

Chair, Pew Ocean Commission

Moderated by

Tony MacDonald

Director of the Urban Coast Institute

Panel Members

Mrs. Lillian Borrone

*Commissioner USCOP & former Port
Director, Port Authority of NY/NJ*

Brad Campbell, J.D.

Commissioner, New Jersey DEP

Dr. James Sinclair, P.E.

Dr. William Rosenblatt

The event is free and open to the public.

Please call 732-263-5143 to Register.

The Urban Coast Institute was established by Monmouth University to support collaborative research, policy development and educational programs that focus on sustaining the quality of New Jersey's coastal environment, and which can serve as models for the region and nation.

MU opens doors for prospective students

House continued from pg. 1

"It was a great day and I had a lot of fun sharing my Monmouth experience so far with the visitors," said Marissa Moore, a Monmouth sophomore.

This is the first year that the student organizations were arranged in the Erlanger Gardens, which is located behind Wilson Hall. Students seemed to enjoy the new location as they were able to share their experiences of cam-

pus involvement with prospective students.

"I am excited about the new potential class of 2010," said Jaime Caracappa, a sister of Delta Phi Epsilon. "The girls seemed very interested in the Greek Life experience. However, the parents seemed to be more concerned on what goes on in Greek Life."

Kelly Korz, Undergraduate Admissions Counselor for Special Initiatives, was pleased to see that this year's Open House was a success.



PHOTO BY RYAN SCALLY

President Paul Gaffney addresses future students and parents about opportunities available Monmouth University (top and bottom)



PHOTO BY RYAN SCALLY



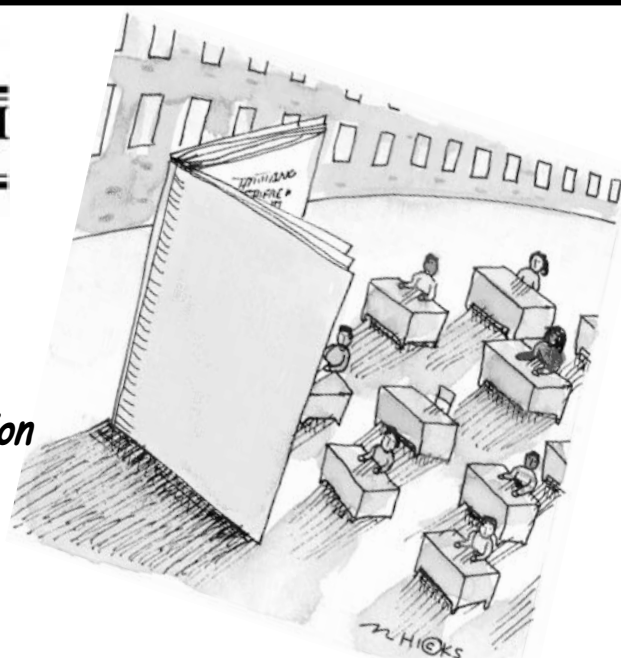
**MONMOUTH
UNIVERSITY**

School of Education Literacy Symposium

*Innovative Literacy Instruction
for all Learners*

Keynote Address
Bruce Lansky

Friday, October 21, 2005
8:30 am - 2:00 pm



DIRECTOR
LYNN ROMEO

STATE OF NJ PROFESSIONAL DEVELOPMENT
PROVIDER #135

Workshop I

1. Responding To and Conferring with Writers: A Key to Growing Strong Writers, 5-8
Kim Christman, Little Silver Schools
2. Creative Ways to Meet State Standards in Literacy, 4-8
Robin Socol, Barnegat Public Schools
3. Differentiated Instruction through Multiple Intelligences, 1-5
Vidhya Nageswaran, Andrea Menheart Howell Twp Schools
4. Literature Circles in the Elementary Classroom, K-8
(double workshop 4 & 12)
Kristie DeLuca, Kathy Czizik Monroe Twp Schools
5. What is a Reading Coach Anyway?, 1-6
Gail Fazio, Linden Schools
6. Preschool Inclusion: Integrating Literacy into the Daily Routine, Preschool
Heather Lopusznik, LRC-Central

Workshop II

7. One Test Doesn't Fit All: How to Differentiate Assessments in a Primary Level Classroom, K-6
Christine Keleman, Marlboro Schools
8. You Too Can Be An Author, K-12
Donna Jacobson, Woodbridge Schools
9. Motivating Reluctant Readers, 2-5
Wendy Nagle, Brick Twp Schools
10. Using Children's Literature to Model Comprehension Strategies K-8
Debra Weck, Old Bridge Schools
11. Literacy Activities to Support Pre-School and Kindergarten Programs, P-K
Anita Petersen, Franklin Twp Schools
12. Literature Circles (double workshop)

Program Schedule

8:30 am - 9:00 am

*Registration
Light Refreshments*

Anacon Hall

9:15 am - 10:15 am

*Keynote Address
Bruce Lansky*

Wilson Auditorium

10:30 am - 11:45 am

Workshop Session I

11:45 am - 12:15 pm

Featured Author Session

*Book Signing
Bruce Lansky*

Anacon Hall

12:15 pm - 12:45 pm

*Refreshments
Door Prizes*

Anacon Hall

1:00 pm - 2:00 pm

Workshop Session II

"I feel that it was an excellent day all around, very well planned and organized," said Korz. "It was definitely a collaborative team effort that wouldn't have run smoothly without everyone's hard work. I hope that prospective students and families were able to realize that Monmouth is a great place and that their positive outlooks spread to others and their families. Hopefully, they made some connections with students, faculty and staff, in addition to gaining a better idea of what Monmouth has to offer."

Monmouth has had an increased enrollment the last few years with most freshman classes closing by May 1st. On average, students are coming in with an increased SAT score of 100

points. Monmouth also has added more state-of-the-art classrooms while hiring more than 150 new faculty members.

All of the new additions have propelled Monmouth to be named as one of the best schools in the Northeast by the Princeton Review. The University also made Princeton's top 360 schools in the country.

"A visit to the campus is an

integral part of the college selection process," said Claire Alasio, acting Vice President for enrollment management, in a press release on the Monmouth University Web site. "It enables prospective students to experience first-hand the daily environment and atmosphere of a particular institution, and the visit can be the defining factor in the decision-making process."

"We look forward to having many of the prospective students that were here for Open House as Monmouth University students for the class of 2010."

ANDRE RICHBURG
Admission Director

Andre Richburg, Admission Director of Monmouth University, was glad to see that the day went so well.

"This year's Open House was very successful," said Richburg. "We had a record number of students and their families on campus, with over 1,200 students registered. Traffic moved efficiently and steadily around campus as families enjoyed

tours, marveled at historic Wilson Hall, took advantage of the various academic sessions and basked in the summer-like weather. I can speak for the rest of the undergraduate admission staff when I say that we look forward to having many of the prospective students that were here for Open House as Monmouth University students for the class of 2010."

-Valerie Leone contributed to this article

**For Information Call: 732-571-4484 or email:
lromeo@monmouth.edu**

Ghost hunt on campus

SUZANNE GUARINO
PHOTOGRAPHY EDITOR

Approximately 135 students gathered in Wilson Auditorium at 7 p.m. on Monday, October 3rd, to meet a real life Ghost Hunter. John Zaffis, a Paranormal and Demonology researcher gave what turned out to be a two hour speech and power point presentation while students sat in the dark auditorium. "Have you ever felt your body jerk as you are almost falling asleep?", Zaffis asked. Most of the audience raised their hands. He explained that this common experience is your energy or spirit lifting.



"I thought for a two hour lecture, it was so interesting that the majority of the crowd stayed"

JENNY SLOAN

S.A.B Awareness Chair

Zaffis showed many photographs he had collected over the years. He explained that many pictures that contain "strange" objects are just mistakes in photography or printing. He explained the difference between this and what

could be a spirit. The crowd uttered many "ooh's" in response to the photographs. "I'm a ghost buster", claimed Zaffis.

Zaffis explained that a human spirit, even though they may try to communicate with you, will never hurt you. Spirits from your deceased family members are always with you. They may try to communicate with you

though. There are, however "negative" spirits such as demons who may attack. He told stories of people with spirits in their homes that actually bit, pinched, and thrown them. Also, the spirit may make the person think or behave in a demonic way and taunt them. A lot of children are affected since they are so pure and innocent. They also do not have the intelligence to stop them from interacting with or believing in a ghost. Sometimes objects in the home such as antiques may be "possessed" and are the reason for a sudden illness or disease in the family ever since it was brought into the home. If you have something in your home that you think may contain a negative or "evil" spirit and you want it removed, do not burn or break the object. This will release the spirit. Instead, bury it or leave it in a body of water. Another option is to call someone like John Zaffis. He has a museum of all of the objects he has taken from homes. To reach him or get more information about his line of work, visit www.prsne.com.

When asked how he dealt with this spiritually dangerous line of work, Zaffis replied, "I believe very strongly in the power of prayer. I'm a Roman Catholic. I pray before and after a job." He said it doesn't matter what religion you are as long as it's positive it's a good one. He shared that he has been present during many exorcisms, during which he has to stay "guarded" to protect himself. He also said that only very pure priests, rabbis, etc. can perform exorcisms.

He warned people not to fool around with anything on "the dark side" unless you are prepared for what you are getting yourself into because it opens doors to evil. Ouija boards, tarot cards, psychics, etc. do not contain spirits but are tools through which spirits may be brought out and onto people. Also, spirits do not necessarily dwell in homes and buildings alone, they are attracted to people because people are energy through which they can live.

After the presentation, he gave stu-

dents a chance to purchase his book and then led students around Wilson Hall, the pet cemetery, and the Guggenheim to "hunt for ghosts". Zaffis along with some students in the crowd took pictures to hopefully catch a spirit within them. Zaffis walked around and tried to sense the presence of ghosts and spirits. He did not feel much at the pet cemetery or library but he claimed that there were definitely spirits in the mansion in two classrooms on the first floor and in classroom 309 on the third floor. He said some were the spirits of the people who used to live in the mansion and some were not. He also claimed that he got a sense that someone had once dropped dead in a blocked off room in the basement.

The event had a great turnout of students and was thought to be perfect for this time of year.



PHOTO BY Suzanne Guarino

John Zaffis, the ghost hunter presented a picture of a "possessed" clown doll that he removed from a women's house.

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



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



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

MU adds new program to maintain an active lifestyle

KRISTEN CORSALE
CONTRIBUTING WRITER

This fall semester, Monmouth’s Wellness and Fitness Program has added “10,000 Steps to an Active Lifestyle,” a new program promoting activity for inactive people.

“This is actually the minimum amount of steps recommended to prevent health problems that may occur due to a lack of physical activity,” said Marta Neumann, the head of the Fitness and Wellness Program, an exercise physiologist and adjunct at Monmouth.

Neumann goes on to say that the addition of this program is in response to the update of the U.S. Department of Agriculture’s food guide pyramid, which now includes the importance of exercise in staying healthy.

All participants in the program are required to wear a pedometer each day in order to assess their total number of steps. They are encouraged to walk or jog 300,000 to 490,000 steps in a seven week period. Students and faculty have until Sept. 30th to purchase the pedometers, which cost about \$10 to \$35. Although a specific brand is not needed, the Fitness Center recommends A New-Lifestyle Pedometer, which is very accurate and can be purchased by logging onto www.thepedometercompany.com.

This walking program ends on Nov. 13th and until then, participants should report to the Fitness Center once a week to show and record their number of steps. Rewards include a certificate for

those completing 300,000 steps, T-shirts and a certificate for 400,000 steps and T-shirts, a certificate and a free custom exercise program for those who complete 490,000 or more.

The main goal of “10,000 Steps to an Active Lifestyle” and the Wellness and Fitness program in general, is to promote awareness of a healthy lifestyle among those who are not involved in athletic activities.

“I’m taking six classes this semester so I don’t really have time to join a gym. This program is a good way to fit some exercise into

“This is actually the minimum amount of steps recommended to prevent health problems that may occur due to a lack of physical activity.”

MARTA NEUMANN
Exercise Physiologist

my busy schedule,” said John Hu, a senior at Monmouth.

The Wellness and Fitness Program is designed for students, faculty and staff at Monmouth University. The program consists of free educational tools such as fitness assessments, basic exercise programs, fitness counseling and lectures. The fitness assessment includes body composition analysis, submaximal exercise tolerance

testing, flexibility testing and muscular strength/endurance training. Neumann especially recommends taking advantage of the assessment because it gives you an idea of what your weaknesses are and what you need to work on.

This program consists of one time presentations. The idea of this is to give people a basic knowledge about exercising that they can carry with them throughout their lives. There is no limit to how many presentations a person can attend and an appointment is not needed. However, for things such as a fitness assessment, it is a good idea to email or call Neumann prior to attending. This way she has a better idea of how many people to expect.

Even though there are new people participating each semester, Neumann finds that the

largest response has been from the faculty and freshmen.

“I first heard about the program through my friend who attended a lecture about circuit training. Now, when we go to the gym, she knows what every machine does,” said Justin Dickstein, a freshman at Monmouth.

Since physical education is not a requirement for all students at Monmouth, Neumann feels there is an enormous lack of activity on campus and hopes this program will be able to change that.

For more information about the program and schedule of presentations, you can stop by the Fitness Center or look on the Athletic webpage.

Open Your Mon-mouth




PHOTO BY Ryan Scally

The Student Government Association [SGA] held “Open Your Mon-mouth” on Sept. 28th in The Pit.



PHOTO BY Ryan Scally

MU students were able to voice their opinions on such things as what they thought about Monmouth and what they would like to see in the future.



MU Students FREE w/ ID

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
-

Monmouth University...where leaders look forward.

Founders' Day Convocation

Wednesday, October 12th
Pollak Theatre 2:15 p.m.

Convocation address by
Israel Hadany,
internationally renowned sculptor and environmental artist

SCHEDULE OF EVENTS

10 – 11:15 a.m.	Israel Hadany – Master Class	Art Department
11:30 – 12:30 p.m.	Noel L. Hillman, Esq. – Remarks on Political Ethics	Bey Hall, Turrell Board Room
2:15 p.m.	Convocation Ceremony	Pollak Theatre
3:45 p.m.	Reception	Wilson Hall, Great Hall
8:00 p.m.	Student Talent Show	Anacon Hall

EXHIBITS

The Art of Israel Hadany – Club Lounge

Art from the Monmouth University Collection – Pollak Theatre Gallery

All members of the University community are invited to all events.

Battling to stay home

Battle continued from pg. 1

Bill Larkin, Mayor of Ocean Township comments, “In conjunction with Long Branch we did some research into what type of an ordinance might work in terms of helping with the rental problems.”

“We decided that if we enacted an ordinance that restricted the number of times that you could rent a property in a year that this might help,” says Larkin.

Almost immediately following Ocean Township’s implementation of the restriction a series of property owners represented by Attorney Gary Fox filed a lawsuit which resulted in nullification of the ordinance.

“We [Ocean Township] were advised by our attorney that we should not pursue this lawsuit, and rescinded the ordinance,” says Mayor Larkin.

“It is economic discrimination,” says Attorney Gary Fox, “they knew they were dead in the water so they settled, you can’t tell people how they can or cannot rent their property.”

“Long Branch still is in it, we really don’t know why,” says Larkin. “One of the benefits of Long Branch still staying in the lawsuit is if they are successful it will set precedent and then we can re-implement our ordinance.”

But as taxpayers, Matches and a significant number of other Ocean Township residents feel betrayed at the fact that their local government chose not to pursue the action.

With Ocean Township’s efforts to fix the rental problem stalled within the courts the Township has organized a task force to satisfy taxpayer complaints. “We organized a quality of life taskforce that patrols

a specific problem neighborhood rented by Monmouth University Students,” says Mayor Larkin.

The task force consists of officers who are paid overtime. Each resident has a cell phone number to call so if there is a home that has a problem the task force can provide an immediate response.

A series of articles that appeared in the Asbury Park Press during the last week of August entitled, “Rowdies in rentals rub some wrong way,” and an editorial entitled, “Monmouth University needs to keep its animals on short leash,” were featured in a recruiting pamphlet that was disturbed to residents by the Quality of Life Association.

The growing opinion among residents who choose not to be a part of the Ocean Township Quality of Life Association view Chris Matches as a concerned homeowner with good motivations but feel that an Ocean Township without rentals wouldn’t benefit the community or it’s businesses.

In the wake of years of University scrutiny and relentless finger pointing some Ocean Township residents feel that college students are not the indented victims being targeted by the Association’s crosshairs.

Nick Epifano, of 432 Redmond Ave, expresses his feeling on the issue, “I just don’t get involved in that sort of stuff, I’ve been here for 40 years, and I have yet to ever have a problem with college kids.”

Living directly across the street from Matches, Epifano says, “The Asbury Park Press attributes the motive of the signs to college kids, but the truth is the Association is trying to stop the people that live in these houses during the summer and then rent in the winter.”

Epifano explained how the landlords of these properties would not be able to afford their homes if it was not for the business of renting that takes place during the winter.

“The people that own the property next door to Chris [Matches] live in Brooklyn and come down for the summer,” says Epifano, “the landlord does rent to college kids in the winter but is still a target from the association.”

If landlords in Ocean Township cannot use their home for business purposes they might consider selling, which would result in a socially engineered town.

David Zimel, also of Redmond Ave, and a resident directly across the street from a college rental, says “I haven’t had any problem with the college renters and I’ve been here for 3 years; if I did I would knock on their door like a human being and ask them to fix it.”

“The association is a mob mentality,” says Zimel, “my parents rented their entire lives. They are good tenants and good people. They shouldn’t deserve to be treated like garbage because they rent, why should college students?”

Zimel feels that Monmouth University college students are a beard to the truth because they are weak, vulnerable, and an easy target. “It’s the Animal House stereotype,” Zimel says. “The real problem is the town does not enforce the ordinances fairly, if I’m chopping a tree down or blasting my stereo at five in the morning, then I need to be fined. Some of the landlords are worse than the kids they rent to.”

“Nobody should be bulletproof when it comes to responsibly in a microcosmic sense of the neighborhood,” says Zimel.

MU software engineering students awarded John J. McMulled scholarship

Bryan Gonzales and Stefanie Martin first recipients of the John J.

PRESS RELEASE

Bryan Gonzales and Stefanie Martin are the first recipients of the John J. McMullen Science, Technology and Engineering Scholarship. Both students are pursuing

student, started at Monmouth University as a computer science major in 2004. He became a software engineering major in spring 2005.

Freshman Stefanie Martin of Point Pleasant is a graduate of Point Pleasant Boro High School. She is a software engineering major.

Established by The McMullen Family Foundation, The John J. McMullen Science and Engineering Scholarship provide scholarships to students in Monmouth University’s School of Science, Technology, and Engineering.

The students were selected for the competitive scholarship due to their outstanding academic achievements and interest in science, technology, and engineering.

software engineering degrees and will receive \$4,000 toward their tuition for each year they are an undergraduate student.

The students were selected for the competitive scholarship due to their outstanding academic achievements and interest in science, technology, and engineering.

Sophomore Bryan Gonzales of Red Bank, an international

The educational programs build a foundation for life-long learning, critical thinking, and collaborative, technical problem solving in professional and business contexts. All programs of study are directed toward preparing students for working and living in a multicultural, technologically complex, global environment.

TODAY

MENTOR ORIENTATION EVENT

A "MENTOR" WILL HELP YOU WITH CAREER CHOICES

COME MEET ALUMNI MENTORS

2:15-4:15

H.R. YOUNG AUDITORIUM - BEY HALL

REFRESHMENTS WILL BE SERVED

Co-sponsored by the MU Alumni Association, Business Council, and LCAC Placement Office

**The most indepth documentary on
the hauntings of Monmouth University
ever produced!**



"SHADOWS OF SHADOW LAWN"

**THURSDAY, OCTOBER 13th
8:00 PM**

**WILSON AUDITORIUM
(BASEMENT OF WILSON HALL)**

SPONSORED BY



Important Announcement

from the Registrar's Office

If you are planning on graduating at the completion of this semester, and have not officially applied for graduation, you must do so IMMEDIATELY!

DEADLINE was Friday, Sept. 30th.
Any questions, call 571-3477.

Regarding January 2006 Graduates

2005 Homecoming “MU goes Hollywood”

PRESS RELEASE

Homecoming 2005. Events will begin on Wednesday, October 19th and conclude on Saturday, October 22, 2005.

On Wednesday, October 19, Online Election of Homecoming King, Queen, and Court begin at 12 p.m.

On Thursday, October 20 Online Election of Homecoming King, Queen and Court ends at 12 p.m.

On Friday, October 21, the Float Building Party begins at 12 p.m. in parking lot 25 followed by the Pep Rally/Bonfire at 7 p.m. by parking lot 25.

On Saturday, October 22, there will be a variety of fun and entertainment throughout the day. The schedule includes the following: 9:00 a.m. to 5:00 p.m., Alumni Homecoming Registration, Hospitality Tent, Main Parking Lot. Free souvenirs to the first 300 alumni to register. 9:00 a.m. to 3:00 p.m., Alumni Reunions & Tailgate Parties, Main Parking Lot. Please note that any individuals who wish to consume alcohol must be 21 years of age. Tailgating set-up will begin at 9:00 a.m. and there will be a \$3 parking fee at the gate. 10:30 to 5:00 p.m. Mega Alumni Sale, Monmouth University Bookstore. 11:00 a.m. to 12:00 p.m., Book Signing at Campus Bookstore. Meet Monmouth University instructor Helen Chantel-Pike, who will be autographing copies of her most recent book “Asbury Park’s Glory Days.” 11:00 a.m. to 1:00 p.m. MBA Alumni

BBQ, Bey Hall Lawn. 11:00 a.m. to 1:00 p.m., Annual WMCX 88.9 & Hawk TV Tailgate Party at two locations. 11:00 a.m. to 12:00 p.m., Guided Wilson Hall Tour, Woodrow Wilson Hall. Tour is limited to 40 people so reserve early! 11:00 a.m. to 3:00 p.m., MU Goes Hollywood for Kids 2 to 12, sponsored by the Alumni Association, adjacent to parking lot. Children will enjoy their very own adventure bouncing, as well as crawling, climbing, and sliding on giant attractions. 12:00 - 1:00 p.m., Tailgate and Spirit Competitions, Main Parking Lot.

Prizes will be awarded. 12:00 p.m., “MU Goes Hollywood” Parade. 1:00 p.m., Monmouth vs. Robert Morris University, Kessler Field. Wear your blue and white. There will be a special half-time program on Kessler Field and the announcement of the 2005 Alumni Service Award, followed by a post game party at the Alumni Tent, rain or shine. Go Hawks! 9:00 p.m. - 2:00 a.m., Jack’s Alumni Party, Jack’s Rib & Ale.

Additional information can be found at www.monmouth.edu/alumni.

READ MORE....

Check out the Op/Ed section for students, and alumni feelings on new Homecoming rules.

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

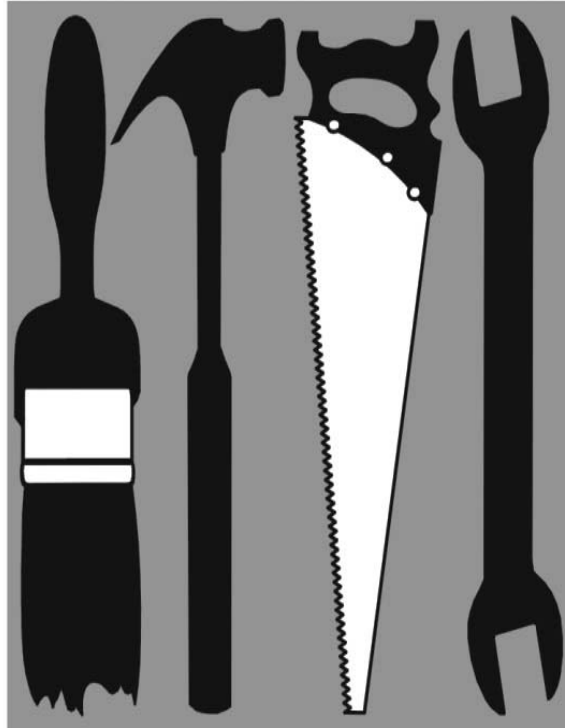
12/01/05



LAST DAY TO SUBMIT SUBSTITUTIONS OR WAIVERS

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.



THE END ZONE

Hawks dismantle Stony Brook 36-7 to win conference opener

Balanced offense, stingy defense lead way for MU; Austin and Addonizio honored by NEC

EDDY OCCHIPINTI
SPORTS EDITOR

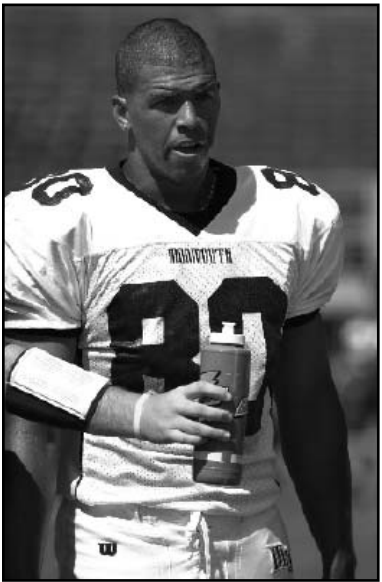
It turns out the Hawks can do more than move swiftly through the air; they also can tear it up on the ground.

The Monmouth University football team re-found its running game to go along with its potent passing attack in a 36-7 win over Stony Brook at Kenneth P. Lavalle Stadium in Long Island in both school's Northeast Conference opener.

It marked Monmouth's third consecutive win as the Hawks moved to 3-1 overall and 1-0 in the NEC. Stony Brook fell to 1-3 and 0-1 in the NEC.

The Hawks totaled 569 yards of total offense in the game, with a season-high 273 coming on the ground.

Monmouth had five players rush for at least 30 yards in the game, led by Leonard Brice's 64 yards on 12 carries. Rob Lutz ran eight times for 62 yards, Miles Austin had 45 yards on five carries, while Bobby Smith and Walter Carter each chipped in with 34 yards on four and eight carries, respectively. Brice and Carter also each ran for touchdowns.



Miles Austin continues to pile up the accolades during his career at Monmouth. The wide receiver was named the NEC Special Teams Player of the Week for blocking a fourth-quarter punt and returning it 18 yards for a touchdown in the Hawk's conference win at Stony Brook.

The record-setting seasons continued for Austin and quarterback Brian Boland in the contest as well. Boland completed 28 of 41 passes for 296 yards and two touchdowns (along with three interceptions).

He tied his own school record with 28 completions in the game, which he set in the season's first contest at Lehigh. He also became the first Monmouth quarterback to throw for 1,000 yards in the first four games of the season as his yearly total stands at 1,189.

Austin caught eight passes for 107 yards and a touchdown in the



Linebacker Anthony Addonizio was honored as the Northeast Conference Defensive Player of the Week for his efforts against Stony Brook. The senior collected seven tackles for the game (6 solo), including two for loss of yardage

game. With his effort, the senior ran his school-record of consecutive 100-yard receiving games to five, dating back to last season's finale.

It also upped his career total of 100-yard receiving games to 11.

Monmouth set the tempo early as they jumped out to an early 7-0 lead on its first drive of the game as Brice found a hole and punched it in from six yards out with Fred Weingart converting the extra point.

After forcing a Stony Brook punt, the Hawks doubled their lead as Carter scored on a two-yard scamper and Weingart's extra point made it 14-0 Hawks with about five minutes left in the first quarter. The Hawks extended their lead early in the second quarter when Boland connected with Austin for a 15-yard score. The ensuing extra point gave Monmouth a 21-0 cushion heading into halftime.

The Seawolves lone score came on a 59-yard pass from Toms River native Josh Dudash to make the score 21-7 early in the third quarter.

The Hawks added two more touchdowns as Boland connected with Brendan Kennedy for a 21-yard score and Austin blocked a punt and returned it for a touchdown to seal the deal.

Kennedy's touchdown catch was his first scoring grab since being converted to wide receiver this season. In his career at Monmouth, he has now thrown for a touchdown, ran for a touchdown and caught a score. The game exacted a bit of revenge for the Hawks as they avenged their lone loss from a year ago, a 27-0 defeat at the hands of the Seawolves at Kessler Field.

"It was very important to start the NEC schedule with a solid win against a good team," said Monmouth head coach Kevin Callahan.

Monmouth returns to action next Saturday as they travel to the Constitution State for a 1 p.m. contest at Sacred Heart in Fairfield, Conn. The Pioneers are coming off a 26-21 defeat to the Wagner Seahawks, a team Monmouth sees in two weeks at Kessler.

Sacred Heart features one of the best running backs in the conference in Ed Pricolo, who ran for 103 yards against Wagner. He needs only 46 more yards to become the all-time leading rusher in school history. They also feature quarterback Tyler Arciaga, a transfer from UNLV. The game will be the first of two straight for the Hawks against a Division-I-A quarterback transfer, as next week the Hawk's will see Wagner signal-caller John Sciarra, who transferred to Staten Island from UCLA.

On the season, Sacred Heart is 1-3. They will bring in an old-school mindset that keeps them competitive against whomever they line up against. They can run the football, as Sacred Heart averages 122 yards per game on the ground. They also can stop the run -- they are second in the NEC giving up just over 100 yards a game.

They are prone to the turnover, however. Sacred Heart has committed nine turnovers while only forcing three. Arciaga has thrown seven interceptions on the year, tying him for the most in the NEC with Wagner's Sciarra.

The Pioneers do tout one of the best all-around athletes in the conference in Joey Henley, a wide receiver/tight end who also is the basketball team's leading scorer and rebounder. He uses his basketball skills to help him on the gridiron. The fade route and go route help him use his size against smaller defensive backs. It will be up to the Hawk defenders, namely Matt Hill and the outside linebackers, to slow him down.

"Sacred Heart has been up and down all season," Callahan added.

"They have the ability to score points, and their defense is very unpredictable."

"We know we are everybody's big game. We have won two consecutive conference titles, and we know teams are gunning for us. The league is as balanced as it has been in a few years, and we know on any team can win on any week."

HAWK NOTES

Austin and Addonizio join cornerback David Jiles as the only other Hawk to be honored by the NEC so far this season... Callahan said that safety Nick Castellano's shoulder should be 100% by Saturday... Monmouth is 6-4 all-time against Sacred Heart, including 4-1 in Fairfield.

The Sports Network 2005 I-AA Top-10 Mid-Major Poll

Team (1st-place votes) Record

1. Dayton (23) 5-0
2. San Diego (3) 4-1
3. **Monmouth 3-1**
4. Duquesne 2-2
5. Drake (1) 3-2
6. Morehead State 4-1
7. Marist 3-2
8. CCSU 3-2
9. Wagner 4-1
10. Robert Morris 1-3

Others receiving votes (in order of points, minimum of five required): Iona 7, Jacksonville 5, La Salle 5, St. Francis (PA) 3, Sacred Heart 2, Albany 1, Davidson 1.



... every team has players that contribute to success without always receiving headline recognition...sometimes one play or player can change a game, or someone enjoys personal success under the radar, for them we recognize...

The Outlook Unsung Player of the Week



Brendan Kennedy

Senior
WR

Kennedy, who made the transition from quarterback to wide receiver during the offseason, caught his first touchdown pass, a 21-yarder from quarterback Brian Boland, in the Hawks 36-7 win at Stony Brook. He caught two passes for 28 yards in the game. In his career at Monmouth, he has thrown for 10 touchdowns, ran for two and now caught one and counting.

Women’s tennis edged out by Manhattan

PRESS RELEASE

Monmouth University’s late rally came up short as the Blue and White dropped a 4-3 decision to Manhattan College in women’s collegiate tennis action Friday afternoon at the MU Tennis Complex in West Long Branch, New Jersey.

Manhattan took the early 1-0 lead in the contest as the Jaspers won the doubles point, winning two of the three matches. Laura Giuliani and Krista McCormick posted an 8-2 win at No. 3 doubles, but the Hawks’ No. 1 and No. 2 doubles teams both lost by identical 8-5 scores.

Manhattan jumped out to a 3-1 lead as Jennifer Fowler defeated

Sarah Ragan, 6-1, 6-1 at No. 1 singles and Lindsey Keeler toppled Ashleigh Johnson, 6-0, 6-1 at No. 2 singles. The Jaspers clinched the victory when Casey Conklin reported a 6-2, 6-0 win over Giuliani at No. 3 singles.

Monmouth’s kept the final result tight as Kaitlin Gallagher posted a 6-1, 6-4 win over Patrice Reiley at No. 4 singles and Kelly Shedbower was victorious 2-6, 7-5, 10-4 at No. 5 singles.

Monmouth returns to action on the weekend as the Hawks travel to Drew University to participate in the New Jersey Association of Intercollegiate Athletics for Women Championships.



PHOTO BY Darren Earl

Ashleigh Johnson prepares to return a shot against Manhattan at second singles.

Men’s Golf captures ECAC Division I crown

KELLY FITZGERALD
SPORTS STAFF WRITER

If you ask any athlete, winning a championship is something that happens few and far between. Everyday the athletes here at Monmouth University practice hard, and try to improve their game no matter what it may be. They do this in hopes that one day that hard work and determination will pay off and help them bring home a championship.

The MU men’s golf team was lucky enough for that to happen this past weekend.

The long bus ride didn’t seem to hinder the performance the Hawks displayed as they traveled to Farmington, Connecticut to the Tunxis Plantation on the par 72, 6,638 yard White Course, for the Eastern College Athletic Conference Division I Championship.

The ECAC is an important tournament in the world of golf. Monmouth along with Central Connecticut State, Dartmouth, Harvard, Fairfield, Hofstra, UCONN, Sacred Heart, Quinnipiac, and Colgate all competed.

After the first day of competition the Hawks led on the scoreboard by two strokes with a score of 288, which broke the school record of 299 set at the Rutgers Invitational in mid September. Sophomore Anthony Campanile and Senior Brian Hart were large contributors to this impressive first day.

Both Campanile and Hart shot rounds of 71. Campanile booked a 35 on the front nine and 36 on the back nine. Hart went out with a 37 and came back in with an exceptional 34. “The first day of competition set the tempo for our second round and it turned out to be big win for our program. It gets us even better prepared to make our run at the NEC’s in the spring,” said Hart.

Next in line for the Hawks were Junior Andy Beittel and Junior Dave Marshall. They both shot rounds of 73 to tie for 18th place on the day.

On Sunday, the Hawks set out for another 18 holes and to improve on their first day of play, and that’s exactly what they did. They broke the single-round school record that was set one day earlier by shooting 7-over-par with a score of 287 on the par 70, 6,446 yard Green Course. The Hawks’ score of 575 surpassed second

place Dartmouth by three strokes.

The standout of this tournament was undoubtedly Campanile. “It was really nice to play a tournament where we all played well the second day and were able to break the school record that we set the previous day,” said Campanile. He finished the tournament with a school record second round 6 under par, 64 and school record two round tally of 135 on the weekend, which led him to win the ECAC individual crown.



PHOTO COURTESY OF MU Athletic Department

Anthony Campanile led Monmouth with a record-setting performance of his own. The sophomore carded a school-record 6-under-par, 64 on Sunday and ended the tournament with a school-record two-round tally of 7-under-par, 135 to win the ECAC individual crown.

“Right now, Anthony would have to rank as one of the best golfers in the conference,” Head Coach Dennis Shea said.

“He has shown an ability to play his best golf at big tournaments.” Senior Hart was next on the leader board for the Hawks with a score of 145 to finish in 14th place. Hart opened the tournament with a 71 Saturday and closed out with a 74 on Sunday.

Junior Beittel and Marshall also competed well with scores of 147 and 148 to finish the weekend and earn them 18th and 24th place. “We all played very well this weekend and the two back to back record breaking rounds showed us that our hard work from the past two tournaments has paid off. Also, beating last year’s conference champions makes us feel confident in what’s to come in the spring,” said Beittel.

Monmouth cross-country runners set records

ALEXANDER TRUNCALE
STAFF WRITER

The Monmouth men’s and women’s cross-country teams competed in the Paul Shore Run this past week, an annual event held in Bethlehem, Pa. Senior Katina Alexander led the way on the women’s side, running the six kilometer race in 21:55, good enough for 61st place out of a field of 308 runners, and a school record. Alexander finished 62nd overall. On the men’s side, Junior Larry Schau ran the eight kilometer course in a time of 25:47. Schau’s time was the eighth fastest in school history at the Paul Short Run.






































Overall, the women’s squad finished 43rd, a solid performance for an event that featured 10 nationally ranked teams. Malia Lyles was the second Monmouth runner to finish, coming in with a time of 23:05, good for 176th place. The next three Hawk finishers were freshmen Jessica Jones, Nayda Pirela and Melissa Vientos.

The men’s side saw a field of 44 teams, 11 of which were nationally ranked. The Hawks finished 39th overall. All seven runners in the event finished with personal best times. Matt Caporaso was the next Monmouth finisher, taking 213th place with a time of 26:14. The next five finishers for the Hawks were sophomores Dustin Coleman, and Randy Hadzor. Freshmen Ryan Madrid and Steven Chennells. This was by far the most competitive meet the cross-country teams have taken place in at this point in the year.

A couple of weeks ago, both teams finished in the top ten at the Fordham Invitational. Alexander again had an excellent performance, finishing in the top twenty and setting a school record for five kilometers to lead the way for the Monmouth women’s team, which finished in the top 10 overall, and second among Northeast Conference teams. The men’s team finished in ninth place overall, and fourth among Northeast Conference teams, running without Martin Suarez and Matt Comporaso, two of the team’s top runners.

This Saturday, the Hawks will host the Monmouth Invitational. They will look to take the momentum from their solid performance at the Paul Short Run to their own event. This is the 11th consecutive year Monmouth has hosted this event.

Outlook’s Weekly NFL Picks - Week 5

	Away	Baltimore Ravens	Miami Dolphins	New England Patriots	New Orleans Saints	Tampa Bay Buccaneers	Philadelphia Eagles	Washington Redskins	Cincinnati Bengals
	Home	Detroit Lions	Buffalo Bills	Atlanta Falcons	Green Bay Packers	New York Jets	Dallas Cowboys	Denver Broncos	Jacksonville Jaguars
 Eddy (3-5 Last Wk) (10-6 Overall)									
 Craig (5-3 Last Wk) (7-9 Overall)									
 Lauren (3-5 Last Wk) (6-10 Overall)									
 Alex (4-4 Last Wk) (10-6 Overall)									

Hawks open NEC play with win at Robert Morris

CRAIG D'AMICO
SPORTS STAFF WRITER

After a week off from match play, the Monmouth Hawks women's soccer team was back on the field this week, as they closed up their non-conference schedule and opened up NEC play with two conference matches as well.

Before the Hawks hit the road for the conference opening road trip to Robert Morris and St. Francis PA, they stayed in-state and traveled to Piscataway to play their inter-state rivals, the Rutgers Scarlet Knights.

Two time NEC player of the week, senior Kate Sands, scored just minutes into the game as she shot one into the far post to give the Hawks the early 1-0 lead.

The Knights would answer right back, scoring the next two goals. The first came 15 minutes later when Courtney Roarty beat the Hawks defense inside the box and scored to even the match at one goal a piece. It would remain that way at the half, but 13 minutes in, Knights freshman Kristen Edmonds, who assisted on the first goal, scored from approximately 15 yards out to give the Knights a 2-1 lead.

Trailing for the first time in the game, the Hawks took advantage of a corner kick opportunity in the 65th minute, as senior Megan Manney recovered the rebound and scored her first goal of the season to tie the game at two.

After two overtime periods, the score would remain the same, and the Hawks had earned their second tie of 2005.

In just her third career start in goal, freshman Katie Buffa, coming off her first career shut-out against Lehigh, made two big saves. Rutgers had outshot the Hawks 12-4.

Just three days later, Monmouth would begin their conference opening Pennsylvania road trip in Moon Township, PA with a big 3-2 victory over the Colonials of Robert Morris. It was the Hawks 12th consecutive win over the Colonials, as Monmouth has won every meeting since the teams started playing in 1993.

A pair of Hawks would score their first career goals on the day. First, freshman Megan Bry got the scoring started at the 33 minute mark off an assist from Sands to give the Hawks the 1-0 lead.

A pair of Hawks would score their first career goals on the day. First, freshman Megan Bry got the scoring started at the 33 minute mark off an assist from Sands to give the Hawks the 1-0 lead.

Robert Morris came back with the next two goals, both scored by Angela Story, to take a 2-1 lead at halftime. The Hawks made a switch in goal at the break, as freshman Addie Kozlowski returned from injury for the first time since September 13th against Lafayette in relief of Buffa.

Just eight minutes into the second half, sophomore Katie Bubnis scored her first career goal off of a pass from senior Tara Froehlich to tie the game at two. Then at the 71 minute mark, Sands gave the Hawks the lead for good with her sixth goal of the year, on Froehlich's second assist on the afternoon.

To finish off the week and the long road trip, the Hawks would be tested by a mighty Red Flash team of St. Francis PA, who hold the second best record in the conference and going into the game with the Hawks, featured an impressive six game home winning streak dating back to last year.

However, last year the two teams met in a close game that went into overtime, with the Flash barely squeaking out a 2-1 victory in West Long Branch. This years meeting was decided in regulation, but was just as close. PA's Viviane Villar scored her fourth goal of the season 34 minutes in, and that would be all the Flash would need as they won the game 1-0.

Buffa started the game for the Hawks and played the entire way, allowing just the one goal and making three saves. On the other side, the Hawks, who were outshot in the match 13-8, forced the Flash goalie to make seven saves.

So now coming back home the Hawks record stands at 3-5-2 overall, and 1-1 in the Northeast Conference. The Hawks return to action Thursday afternoon at 3 p.m. against Mount St Mary's.

So far this season, the leading Hawks scorer is Sands with 17 points on six goals and five assists. Froelich is second with seven points, and Tobi Wrice and Mo Masto are tied with six points apiece.

Buffa and Kozlowski have been a viable tandem in goal, with each allowing less than two goals per contest.



Amy Hoyer sends a ball downfield in recent action for the Hawks on the Great Lawn.

PHOTO COURTESY of Jim Rema

Mens Soccer

Hawks tie in double OT

DOMINICK RINELLI
STAFF WRITER

In 110-minutes of play, neither Monmouth nor St. Joseph's was able to score on The Great Lawn this past Saturday. The non-conference match up ended in a 0-0 score at the end of two overtimes. For the Hawks, this was their second

terwhite garnered his fourth shutout of the season as Lavorerio was forced to stop 10 balls. "Art played solid as he usually does and when he was tested, he came up big," commented McCourt.

Monmouth out shot St. Joseph's 20-7 in the game. "Our offense created ample opportunities to score but just could not find the back of

are on the road with the reaming four on The Great Lawn and eight are NEC games.

"We are excited to begin conference play this week and have been preparing for the stretch since the beginning of the season. Our ultimate goal is to come away with the NEC championship," McCourt said.

"We are excited to begin conference play this week and have been preparing for the stretch since the beginning of the season. Our ultimate goal is to come away with the NEC championship."

ROB MCCOURT
Men's Soccer - Head Coach

consecutive double overtime tie at home; their previous was against Northeast Conference foe Long Island on Sept. 25.

"We played a great soccer game overall against St. Joseph's but we just could not find a way to put the ball in the net," said head coach Rob McCourt.

Both goalkeepers, Art Satterwhite for the Blue and White and Rob Lavorerio for St. Joseph's, did not allow a goal in the 110-minutes of play. Making three saves on the day, Sat-

terwhite said McCourt.

The tie gives Monmouth a 3-3-3 record as they conclude the first half of their 2005 campaign.

"I certainly feel like we are playing much better soccer at this time of the year than the same time last season and that can be credited to the progression of our program," commented McCourt.

Monmouth, currently 3-3-3 has nine games remaining; five of which

The Hawks will be in action twice this week. They will travel to Charlottesville, Virginia to finish off their non-conference schedule on Oct. 5 against No. 11 ranked University of Virginia. On Oct. 9, Monmouth returns home to The Great Lawn where they will begin its first of eight NEC games, first against St. Francis of New York at 3 p.m.

Monmouth is currently ranked first in the NEC in the following categories: Shots (154), points (44), assists (16) and shutouts (4).



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



LOCKED IN



The Monmouth Men's golf team was focused during a historic weekend in which they won the ECAC Division I Championship led by Andy Beittel (left) and Anthony Campanile (right)