October 5, 2011

VOL. 83, No. 4

Here Comes the Sun

Seven Buildings on Campus to Have Solar Panels Installed

LAUREN GARCIA ASSISTANT NEWS EDITOR

panels on seven campus buildings through a Power Purchase Agreement (PPA) before the for us." end of the year.

"Monmouth University is leader in sustainable energy programs to create a more enerour students and employees," Plangere Center.

said President Paul G. Gaffney II in a recent press release.

"I think this is a really good The University has an- idea," senior Maria Ferrara nounced its plan to install solar said. "We're always talking about looking forward and going green. This is a good step

According to Vice President of Administrative Services, committed to being a national Patricia Swannack, the panels will be installed on Edison Sciand will continue to implement ence Hall, Howard Hall, Magill Commons, McAllan Hall, the gy efficient and environmental- Guggenheim Library, Multily responsible environment for purpose Activity Center and

"We are still finalizing the installation schedule, but we hope to get started before the end of this year," Swannack said.

The plan to put in solar panels was instituted by Swannack and her staff of energy advisors. Pro-Tech Energy Solutions and their partner Torcon Inc. will install the panels with no charge to the University due to the Power Purchase Agreement.

"The solar panels will be installed through a PPA (Power Purchase Agreement) program with Torcon at no up-front cost to the University," Swannack said. "Torcon owns, designs, installs, and operates the system for an agreed upon term. The University buys the power produced at a rate below the utility rate."

The necessary steps to make this happen have been done to enforce the University's concern for the environment.

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Former N.J. Governor to Serve as 2011-2012 Public Servant in Residence

WALLY STEPHENS

Brendan Byrne, who served as the 47th Governor of the State of New Jersey from 1974 to 1982, will take on a new role as the University's Public Servant in include guest speaking at cam-Residence for the 2011-2012 academic year.

Through his two terms as governor, Byrne was involved in the campus. building of the Meadowlands Sports Complex, transforming Atlantic City's hotel-casino industry and passing the Pinelands Protection Act.

In 2000, the University's Departments of Political Science and Sociology, along with the Office of Global Initiatives, created the Public Servant in Residence Program. Some of the responsibilities of a public servant pus events, participating in campus activities, lecturing classes, and simply having a presence on

Dr. Saliba Sarsar, Associate Vice President for the Office of Global Initiatives, believes that Department of Political Science the Public Servant in Residence Program has and will continue to

enrich the University.

"Over the years, we have been fortunate to host key public servants with diverse opinions who taught, guest lectured and gave public presentations on important local, state, regional and international issues," he said. "Our students hear firsthand from public servants, interact with them and often maintain contact with them past their sojourn at Monmouth University.

Dr. Joseph Patten, Chair of the

Governor continued on pg. 3

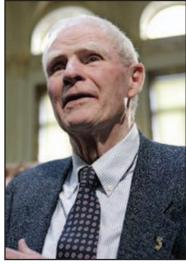


PHOTO COURTESY of ni.com Byrne served as the 47th Governor of New Jersey.

Community Garden Reports 8.2% Increase in Food Production

TIFFANY MATTERA STAFF WRITER

The University's Community Garden, a field study project initiated by former Graduate student Sean Foran in 2010, experienced an 8.2% increase on top of their primary goal of 1,000 pounds of past summer.

Work, has been involved with the Community Garden from the beginning.

"We had high hopes when we began the garden that it would be productive and would become a fully self-sustaining project. It is evolving on a natural course that food grown, which was then do- many other community gardens nated to local organizations, this take - we just recently formed a Steering Committee comprised

Robin Mama, Dean of Social of gardeners who have been gardening on the individual side of the garden for the last one or two years and they will begin to help run the garden," Mama said.

> The Community Garden is supported by a diverse group of students dedicated to environmental stability.

> The Environmental Club has planted two cherry trees in the garden and will continue to con

tribute to the garden in the fu-

Additionally, Tau Kappa Epsilon, a fraternity with an active presence in the University, helped to build a shed and plant daffodils in the garden. Also, Dr. Pedram Daneshgar, Assistant Professor of Biology, brought

Garden continued on pg. 4

Alternative Methods for Conquering Addiction

JACLYN GUYER LIFESTYLES EDITOR

Needles. The pierce of the skin pinches and penetrates the body, often leaving a lingering, sometimes painful, and sometimes euphoric posteffect. While illicit drug users utilize needles as a means to inject harmful substances to their bodies, needles can also be strategically used to holistically cure the body of blocked energies that contribute to addiction.

It's easy for college students to form addictive habits. Whether it is coffee, cigarettes, food, or alcohol, chances are you can think of one addictive trait that you have. These habits are unhealthy, but fortunately, there are a variety of ways to deal with all ranges of addiction.

Traditional addiction rehabilitation methods include practices such as the 12-step group program, and a raw detoxification regimen. However, according to the Freedom Center

Addiction continued on pg. 10

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News

Look to see who the keynote speaker is for the next "Future of the Ocean Symposium."

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Opinion

Is anybody a doctor? One student vents about the Health Center's open hours.





Entertainment

Did you see La Bruja? Read the recap on the poet/writer/hiphop artist who came to campus.



Club & Greek

The SAB took some students on a trip to Ellis Island.

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Professor Recognized for Work in Experiential Education

ELIZA MILLER CONTRIBUTING WRITER

The University's Dr. Rekha Datta, professor of political science, was selected last month to receive the Outstanding Leader in Experiential Education: Higher Education Award from the Na-Education (NSEE).

Datta was nominated for this award by her University col- envisaged in the Monmouth of the Center for Student Success, and Marilyn Ward, Coordinator of Service Learning and Community Programs. A followup award presentation and luncheon at the NSEE Annual Con-tial education, volunteerism, and ference will be held October 21, civic engagement on campus, and in Dallas, Texas.

"I am honored to have been nominated and happy to receive the award," Datta said. "I consider it an affirmation to the and employees who give meaning where University students vol-rights awareness and intercultur-

work and dedication every day."

Datta is the founding director of the Institute for Global Understanding at the University. She has spent the last ten years promoting global understanding through academic programs,

"Experiential Education, as program, is unique and a fundamental aspect of the college education experience," Datta said. "It comes through a holistic experience, integrating experienin the local and global communi-

The mission of the institute is to "promote awareness of issues and challenges of our dynamic, experiential education, service interdependent world," accord-learning, and volunteer service ing to the University's website.

to student engagement and ser- unteer to mentor students in lo- al exchanges in local and global tivities on and off campus. Last vice learning through their hard cal high schools. Project BAM pairs Asbury Park High School and University students through Big Brother Big Sister, while the other program partners University students with members of the Boys and Girls Clubs of America.

Project BAM was created aftional Society for Experiential field experiences, and service ter a student came to Datta and wanted to give back to the local community. The student wanted to know how to mentor students leagues, Dr. Mercy Azeke, Dean University General Education in schools that do not prepare their students to attend college or counsel them on whether or not they should attend college.

Datta worked with this student to create partnerships between the University and Big Brother Big Sister of Monmouth County and Asbury Park High School. Fifteen University students currently act as the mentors to 15 students at Asbury Park High School. The University students bring the high school students to campus, where they promote and programs at Monmouth Universi- In order to achieve this goal, align projects to increase eduty, and to all the students, faculty, Datta has initiated two programs cational opportunities, human

communities.

The University's partnership with the Boys and Girls Club of awareness about hunger in local America also focuses on college.

and vision has grown this wonderful program that is spinning off in a lot of directions and offering students a variety of opportunities regarding higher edu-"Many students who have gone through the program have found themselves as prospective employees quite attractive for jobs."

Lastly, as Chair of the Department of Political Science and ant world," said Provost Thomas Sociology, Datta has developed an international service learning course, which has served as a template for other departments munity service through many as well. Through this course, students have engaged in community service in Argentina, Chile, Guatemala, and India.

Datta also introduced a onecredit civic engagement course for political science and sociol- programs that Datta runs or to ogy majors that are geared to in-

spring, students in this class organized a hunger banquet to raise and global communities, and "Out of Dr. Datta's hard work how students can participate in making a difference through research, advocacy and volunteer-

'Under Dr. Rekha Datta's passionate and wise leadership, faccation in college," said Azeke. ulty, students, and administrators work together to enhance the global knowledge and understanding of our University community and commit to making a more peaceful, just, and toler-

> Datta said she commends University students for their comevents, including the Big Event, in which they volunteer in local agencies. She said she believes in a seamless unity in local and global community service.

For more information about the get involved, visit http://nsee.org/

University to Install Solar Panels

Solar continued from pg. 1

"Save costs first, be green next," said Gaffney. "I believe I have written to several NJ Governors about this-that when future leaders (students) see good energy and sustainability practices, they carry the lessons with them through life."

negative effect on the environment. this time, there is no formal plan, has noted that the University We're not wait-

ing for things to get bad."

In addition to installing solar panels, the University has had the six buildings coated with EPOX-Z. EPOX-Z is a

sun's heat and UV rays and leads to a reduction of interior temperatures and cooling costs," accord- had solar panels operating on four ing to a press release.

"Following careful analysis, these roofs were selected for the solar installation based upon the ing to the Asbury Park Press area available to maximize the number of panels and their expothe solar panels and to act as a bar-agreement with the U.S. Environ-

rier to the sun's heat and ultraviolet rays," Swannack said. "The coatings also provide heat reduction inside the buildings to further reduce the costs of cooling the buildings."

As of now, there are no plans to coat any other buildings with EPOX-Z.

"The University is continuously "It'll save money and it's going to investigating and implementing help us too," said James Carney, a ways to save energy and reduce opsophomore. "It's not going to cause a erating costs," Swannack said. "At

mental Protection Agency in 2009.

"The purpose of this EPA Memorandum of Understanding is to document Monmouth University's commitment as an environmental steward who pledges to reduce its carbon footprint and generally contribute to a better environment by collaborating with the United States Environmental Protection Agency," Swannack said.

Since the agreement, the EPA

has decreased footprint by 11,299 metric tons of Carbon Dioxide Equivalents, which is comparable to removing 2,160 vehicles from

"The installation of the solar panels will benefit the students and the school in cost control. I hope it makes a lasting impression on future leaders – our students," Gaffney said. "Someday our students will be making energy decisions for their families and companies. I hope that these investments at MU will be good examples for them to remember when they are making choices."

terest students in events and ac- and www.monmouth.edu/igu. HOW SOLAR POWER WORKS NIGHT = ENERGY FROM GRID **ROOF MOUNTED SOLAR PANELS** these panels absorb FREE solar energy from the sun this device converts the solar energy into power for your home or business

ELECTRICAL PANEL this is where the power gets distributed

throughout your home or business for use UTILITY METER any excess energy created by your solar system

will flow into the utility grid through the meter **UTILITY GRID**

state and national infrastructure that provides power to your home and business when demand exceeds solar production

PHOTO COURTESY of http://freecleansolar.com/solarpower.php This diagram demonstrates how solar panels convert the sun's trapped energy to provide power to the buildings that use them.

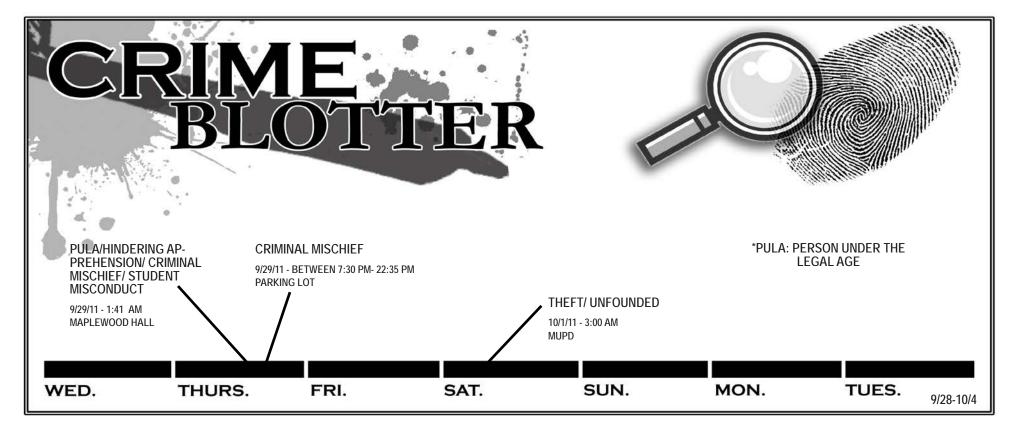
"The University is continuously investigating and implementing ways to save energy and reduce operating costs."

PATRICIA SWANNACK Vice President of Administrative Services

"cool roof coating which provides however, we are investigating other the road for a year, according to a highly effective barrier to the appropriate roof locations for this a press release. coating on campus."

> Since 2005, the university has buildings, which gave it the largest solar panel system of any university "east of the Mississippi," accord-

The University's environmental and green energy awareness made sure to the sun. The coatings were it the first independent university in installed to prepare the roofs for New Jersey to sign a green operation



Circle K to Host Halloween Extravaganza

CASSANDRA FIGUEROA CONTRIBUTING WRITER

Circle K will be hosting a free Halloween Extravaganza on Saturday, October 22 from 4:00 p.m. to 7:00 p.m. on the second and third floors of the Rebecca Stafford Student Center.

Both floors will be transformed into Halloween excitement for everyone involved to enjoy, said Brooke Lichter, the Vice Presi-

dent of Circle K. There will be candy and prizes to rewhile ceive trick-or-treatthrough ing the halls, costume contests, games, and music throughout the building during the event.

"The event focuses having a fun

and exciting environment for children and their parents who would not normally get the chance to participate in the holiday season due to their personal situations," Lichter said.

Different organizations are coming together to take part in the event, including Ronald McDonald House, Boys and Girls Clubs of America, Linkages, Manna House, and Dottie's House.

This is the second year that the Halloween Extravaganza is occurring. The idea was proposed by an event committee member last year and turned out to be worthwhile, according to Lichter. years to come. The organization has decided that they will keep hosting the event visor of Circle K, has high hopes for many years to come.

Circle K has been a part of the University community for three travaganza will be as successful years and has experienced an in- as last year," Smith said. crease in membership each year.

ger network, we have to have at children and students running the least 15 due-paid members to be program enjoyed it. considered an active chapter, but The organization is inviting we always shoot for more than different student clubs and orga-

"The event focuses on having a

fun and exciting environment for

children and their parents who would

not normally get the chance to

participate in the holiday season, due

to their personal situations."

BROOKE LICHTER

Vice President of Circle K

through leadership, service, and

Co-President of Circle K.

Deborah Smith, the former adfor the upcoming event.

"We hope that this year's ex-

Smith said she was a part of "Since our club is part of a big- last year's event and saw how the

nizations from the University to participate and do holiday-themed activities with the children.

"This event seems like a great opportunity to help children need and lets them have a little fun while doing it," said Belinda Rao, a

that," said Elizabeth Rimassa, student at the University and an active member at Hawk TV. "I'm Circle K is the world's larg- sure that many organizations on est collegiate organization that campus will want to participate.' strives for leadership among its Rao said she hopes that more stumembers. Its goal is to meet the dent organizations partake in the personal needs of college students event.

Circle K wants other students friendship. The group focuses to get involved with the event and on having a lifelong commitment create games to play. Any group toward being responsible lead- around campus that is interested ers and being active in helping in participating in the extravatheir community. It attempts to ganza can contact monmouthcirinspire individuals who deal with clek@gmail.com. The Halloween important decisions in their life extravaganza is paid for by fundand also those who, in the future, raisers created by Circle K memwill mold the vision of society for bers.

University Acquires New Public Servant

Governor continued from pg. 1

and Sociology, is optimistic that Byrne will have a strong influence on the students and surrounding

"I think he will have a direct impact visiting classes, speaking on issues that really matter to him. He had a transforming impact on the state," Patten said. "He was very much involved in the same activities our students are involved in. He loves students and being around young people. He is a bona fide political icon.'

Patten said he believes that guest lectures serve as an important tool to teach and pass wisdom on to stu-

"Say you are sitting in class talking about governors. What better to have than a real former Governor?" Patten said. "They are no longer constrained to say the wrong things based on their political stance and are free to truly express themselves."

President Paul G. Gaffney II said he is thrilled and confident that Governor Byrne will have a great impact on the University campus and community.

"He was one of, if not the, most popular governors in New Jersey history. He made big changes in New Jersey and watched many other changes as a political leader in our state," Gaffney said. "I believe he will relate experiences and impart wisdom especially in the area of 'how to get things done in public office."

Gaffney also said he hopes to achieve one simple but important goal this year from the Public Servant in Residence Program.

"I want students to meet and get to talk with a man of his incredible stature, to hear his stories and to realize one can be effective, tough, decisive, re-electable and still have the greatest sense of humor," Gaffney said.

President Gaffney said he also is looking forward to Byrne's guest speeches.

"Well the next presidential election is heating up. I hope he will give his views on that, the regional economy, taxes in New Jersey, and employment trends. I hope he will tell us who his heroes have been in politics," Gaffney said. "Mostly, I see him as a respected leader, one who stands out and stands up. America needs leaders in the next decade who immediately enjoy the respect of an increasingly competitive world. I would be interested in hearing him speak about what it takes to be that kind of global leader.'

Patten said that the former governor will also speak about what he considers to be his proudest achievements, the passing of the Pinelands Protection Act and the role he had in relation to the Meadowlands Sports Complex and Atlantic City.

"Byrne will have the opportunity to personally interact with students and become immersed in their affairs," Patten said.

Gaffney said that Byrne can help further propel the campus and community in a positive direction.

"I think the Governor will appreciate what we have done," Gaffney said, speaking of the school's accomplishments. "I hope he relates his philosophy and strategy in getting the Pinelands legislation passed."

19th Century Maritime Art: Our History in Paintings

PRESS RELEASE

West Long Branch, NJ (October 3, 2011) The University is pleased to present the exhibition 19th Century Maritime Art: Our History in Paintings in Pollak Theatre Gallery, October

The public will have the opportunity to view artwork from several private collections of famed 19th century marine artists James Buttersworth, Antonio Jacobsen, James Bard, Francis Silva, E.T. Baker, William Yorke, and many other Many of the paintings have never been displayed in a public

The exhibit will feature 45 exquisite paintings in addition to prints, and photographs including scenes from New York harbor and the New Jersey Shore. The illuminating compositions of historically significant structures and scenes such as Sandy Hook Lighthouse and Lightship, Twin Lights of the Navesink, the Long Branch Iron Pier, and New York Harbor landmarks will be showcased along with the artist's portrayals of ships involved in commerce, transportation, recreation, and sport. Also featured are dramatic depictions of early America's Cup yacht races.

A guest lecture by maritime art expert and author Alan Granby will be held on October 13 at 7:30 pm. Alan Granby produced the book A Yachtsman's Eye: The Glen S. Foster Collection of Marine Paintings and co-authored the book Flying the Colors: The Unseen Treasures of Nineteenth-Century American Marine Art with Janice Hyland. He is currently involved in authoring a book about the art and artifacts of the America's Cup.

For additional information on this gallery exhibition at Monmouth University, please call 732-571-3526 or visit www. monmouth.edu/arts.





YOUR OPTIONS!

GRADUATE SCHOOL FAIR Wednesday, October 19 3-4pm, Wilson Hall

- ➤ Anthropology New!
- ➤ Computer Science
- ➤ Corporate & Public Communication
- ➤ Criminal Justice
- ➤ Doctor of Nursing Practice (DNP) New!
- ➤ Education (MAT, Accelerated MAT, MEd, MSEd, Endorsements & **Certificates**)
- ➤ English

- ➤ Financial Mathematics
- ➤ History
- ➤ MBA/Accelerated MBA
- ➤ Mental Health Counseling
- ➤ Nursing (MSN)
- ➤ Psychological Counseling
- ➤ Public Policy
- ➤ Social Work (MSW)
- ➤ Software Engineering



Be sure to stop by!

Renowned Environmentalist to Speak at Ocean Symposium

The renowned ocean explorer and environmentalist, Jean-Michel Cousteau, will be this year's keynote speaker at The "Seventh Annual Future of the Ocean Symposium and Champions of the Ocean Awards Luncheon." The event will take place on October 21 in Woodrow Wilson Hall at 10:00 am. Along with speaking at the conference, Cousteau will be honored as a National Champion of the Ocean.

With his founding of Ocean Futures Society in 1999, Cousteau has been the "voice of the ocean" by educating people on the vulnerability of the sea. The organization inspires people to be environmentally friendly, and also brings awareness to the importance of the ocean for the survival of all life on Earth.

"At Ocean Futures Society. we are constantly involved with trying to help the environment," Cousteau said. "We bring awareness to the people from our experiences in the ocean and let them assimilate that information."

Cousteau particularly enjoys speaking to a younger audience because they are receptive to his message. "Students formulate their opinions on the knowledge they acquire. Forty-five years ago, we did not have the information that we have today, so by listening to our message, students can be better decision makers than the generation before them."

Tony MacDonald, Director of

ring with the conservation of the

"Jean-Michel has done tremendous work with the oceans by being a hands-on environmentalist who brings awareness to the public on issues such as plastic pollutants and the Pacific Northwest gyre problem."

The gyre, which is a combination of currents between the Americas and Asia, collects trash and plastics that are disposed of improperly and washes them ashore on the Northern Hawaiian Islands. As a result, sea life and birds perish by ingesting the harmful waste products.

But on June 15, 2006, President George W. Bush signed a proclamation designating the waters of the Northwestern Hawaiian Islands a national monument due to the information presented to him by Cousteau. "I brought the problem to the attention of the President and he acted. If shown the problem, people will respond."

Cousteau said, "I am honored to be receiving the Champion of the Ocean Award, but there are many people in the world who do just as much for the environment as I do. Those who do their part deserve recognition too."

"Cousteau is an international leader in ocean conservation, and to have him speak at the University is a tremendous honor", MacDonald said. "The Award has given the University a lot of recognition over the past several years by honoring accomplished and high-profile people.'

the Urban Coast Institute at the Dr. Shirley Pomponi, President University, says that Cousteau of the Harbor Branch Oceanohas been a motivator for many graphic Institution and U.S. Rep. dan@monmouth.

positive changes that are occur- James Saxton, a senior member of the House Natural Resource Committee's Fisheries, Wildlife and Oceans Subcommittee.

> Following in his father's footsteps, Cousteau explores the ocean world and shares with the public his findings through film projects and lectures. He also works diligently to protect wetlands, estuaries, and coral reefs. "He is an excellent spokesman for what we promote here at UCI of Monmouth University," said MacDonald.

> Megan Mahon, a junior at the University, is planning on attending the event.

> "I am interested in what Cousteau will speak about. I spend my summers at the beach, so I support any positive influences that will protect the ocean."

> By attending the event, Mahon believes that she will gain insight into Cousteau's dedicated approach to protecting the oceans and the life that depends on it.

> "I want to be aware of the problems that affect the oceans. If I can be a factor in helping, I would be satisfied."

> Ocean Futures Society welcomes those who want to become members. "Being a member will allow a person to better educate themselves on the issues of conservation and protection of our oceans," said Cousteau.

> Members also receive a monthly e-newsletter with updates on the organization along with marine conservation news and educational programs.

Those interested in attend-Last year's winners included ing the symposium are urged to make reservations by calling 732-263-5662 or online at ljor-

"On Screen In Person" Event with Director Jim Hanon

PRESS RELEASE

Could you practice nonviolence and follow your faith while living in a conflict zone in the Middle East? Director Jim Hanon brings his film "Little Town of Bethlehem" to Wilson Auditorium at Monmouth University in West Long Branch, NJ on Monday, October 10 at 7:30 pm.

Little Town of Bethlehem shares the story of three men of different faiths, and their lives in Israel and Palestine. Each grew up in the Holy Land surrounded by conflict and battle, and each found the courage to end violence through nonviolence. The film examines the struggle to promote equality through nonviolent engagement in the midst of incredible hostility that has dehumanized all sides. Their story explores each man's decision to risk everything, in order to bring an end to violence in their lifetime.

A Question & Answer session with filmmaker Jim Hanon will be held after the screening.

The event is sponsored by the Department of Communication and the Performing Arts Series, and part of the "On Screen: In Person" film series, which brings six films and filmmakers to Monmouth University as part of a tour of the Eastern seaboard. On Screen: In Person is made possible in part through the generous support of the National Endowment for the Arts' Regional Touring Program.

For more information, contact: Dr. Chad Dell, chair Department of Communication 732-263-5192 cdell@monmouth.edu

Jim Hanon is the filmmaker and artist in residence of EGM Films. As film director and screenwriter, he is the creative force behind Little Town of Bethlehem (2009), The Grandfathers (2009), Miss HIV (2008), End of the Spear (2005), and Beyond the Gates of Splendor (2002). Hanon grew up with the simple values of a farming community in eastern Washington State. After attending a small art college, he began his first career in advertising. His career has included being a vice president at Leo Burnett, co-founding Hanon McKendry and Compass Arts, and serving as chief creative officer of Every Tribe Entertainment.

He has won numerous international, national and regional awards for creative achievement. Hanon transitioned from advertising to filmmaking as a natural expansion of his artistic abilities and because he felt stories are the most respectful and engaging way to explore emotional insight. He believes that art is a fusion of the subject and the artist. Before he spends a couple of years making a film, he must find a deeply personal meaning within the story.

Did you apply for graduation?

A ATTENTION STUDENTS A

Community Garden Keeps on Giving

Garden continued from pg. 1

his students to plant vegetables in the greenhouse, which were later relocated to the community plots, and made up a part of what was eventually donated.

This year, Caitlin Sprague and Jennifer Jervert, both Graduate Social Work students, will work as interns to the garden and take on a few different projects.

"I won't say what these are now, you will have to wait and see," Mama commented on

the new projects. Soup Shore, founded Professor Buzza's John Entrepreneurship class last spring, accepted donations from the Community Garden to support their dinners held every Tuesday from

4:00 pm to 7:00 pm at St. Lukes Methodist Church in Long Branch.

"We love the Community Garden and everyone involved in the process. The products are fresh, healthy and are being produced and donated for all the right reasons," Buzza said.

In addition to the University's Community Garden, Soup D' Shore works alongside Shop Rite, Delicious Orchards, and Costco, as well as service organizations and local charities.

"Our patrons, upwards of 150 people each Tuesday, are not concerned with where our food comes from, only that they know they will get a full and well balanced, health meal every Tuesday," Buzza said. Additional services under consider-

ation that Soup D' Shore can provide are tax filing, budgeting seminars, health and wellness, and social work advocacy, according to their website.

Some other recipients of the donations provided by the Community Garden were the Lutheran Church of the Reformation Food Pantry in West Long Branch, Ronald McDonald House in Long Branch. American Recreational Military Services in Eatontown, and the Long Branch Senior Center.

The Lutheran Church of the Refor-

"Unsolicited donations like this really help us continue to serve the families who stay here," said Camitha Whipple, house manager.

The Ronald McDonald House accepts monetary donations, encourages people to volunteer for cooking and gardening and office work, and hosts a pop tab collection for recy-

American Recreational Military Services accepted food donations from the Community Garden to support families of deployed service-

> men and women. Branch Long Center, Senior which offers programs including exercise, computer training, and medical screenings, accepted food donations from the Community Garden to put towards lunch on Tuesdays and

Thursdays, for home-bound seniors, and goodie-bags for visitors.

More food will be donated this month to other local organizations, a majority of which accept volunteers as well.

Students interested in getting involved with the Community Garden can download an agreement form from bluehawk.monmouth.edu/swork/ CommunityGarden/ to obtain a plot for planting, join the mailing list, or stop by in person between Brookwillow and Beechwood Avenues.

According to Dean Mama, "There are many rewards from participating with the garden; basic rewards like learning about gardening and how plants grow, to how to care for a garden to how to build community around a garden."

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

this additional time allows you the opportunity to register for any

additional required courses or requirements.

Good luck with your coursework this semester!

PLEASE TAKE NOTE OF THESE IMPORTANT DATES FOR THE **JANUARY 2012 GRADUATION:**

- November 1, 2011: Deadline to submit Graduation Applications through e-FORM's
- November 15th, 2011: Deadline to submit any additional e-FORM's requests (i.e. Substitutions, Waivers, Declare/Remove Minor, etc.) **Please note: e-FORM requests received after the deadline dates will not be processed**



"We love the Community Garden and everyone involved in the process. The products are fresh, healthy and are being produced and donated for all the right reasons."

> JOHN BUZZA Specialist Professor and Soup D'Shore Founder

mation Food Pantry has grown from serving eight to 12 families per month to over 350 families within the past 15 years, according to their website.

According to Debbie Keszler, Food Pantry Coordinator, "The Community Garden's donation enabled us to provide fresh vegetables during their growing seasons to families who wouldn't normally be able to afford such nutritious, in-season food,"

The Ronald McDonald House, whose goal is to create a home away from home for families of seriously ill children receiving care at nearby medical facilities such as the Monmouth Medical Center, benefitted from the Community Garden's donations this fall. The produce was delivered right to their door and used for stew.



FOUNDERS' DAY CONVOCATION

Wednesday, October 12, 2011 Pollak Theatre, 2:15 PM

This event will be simulcast in the Rebecca Stafford Student Center and H.R. Young Auditorium.

Convocation Address

John F. Crowley
Executive Chairman, Amicus Therapeutics

SCHEDULE OF EVENTS

10:00 AM Wilson Auditorium, Wilson Hall **Chester B. Kaletkowski '70**

President and CEO of South Jersey Health System "Advancing Healthcare Leadership, Many Roads to Success"

10:00 AM H.R. Young Auditorium, Bey Hall **George Kolber**

Chairman, GVK Limited Partners
Commissioner, New Jersey Sports and Exposition Authority
"Turning Around Distressed Companies"

2:15 PM
Convocation Ceremony
Pollak Theatre

3:45 PM
Reception
Great Hall, Wilson Hall

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

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To Club or Not to Club?

THE OUTLOOK STAFF OPINION

It's a tale as old as time, and as true as it can be. A lazy Sunday afternoon after a week's worth of hustle and bustle. A day to relax and maybe, well, do something. to be doing something. Or perhaps they're with someone new. Someone they met by becomtivities. While they are at it, they a preventing factor. Students

are probably doing something more productive than watching a rerun of the Jersey Shore.

While there students are who get involved school activi-

seem skeptical or downright re- clubs or associations that interest sistant. What some may not realize is that when they take a part in student involvement, they are not only opening themselves up to new opportunities, but they are benefiting themselves and perhaps someone else as well.

Becoming an active member For example, if you're an art or of student activities shows that photography major, become a students not only want to do more than just be a member of the University, but it shows that want to be a part of after your

they can do more. By joining time at Monmouth, then start clubs on campus, whether it is The Outlook, Hawk TV or even a fraternity or sorority, students are displaying their willingness

But what? Everybody else seems indeed have its perks, some students may point out busy schedules or simply a lack of interest as a reason to not get involved. ing more involved in school ac- A lack of interest should not be

Not only does it allow the students

to get involved on campus, but it

also allows them to make lifelong

friends while doing something they

are passionate about.

them; involvement is all about

working on something in which

they are passionate as well as

sharing their interests with oth-

Reach out to an organization

that has to do with your major.

part of those organizations. If

this is the profession or field you

to broaden their horizons.

getting some hands-on experience now. And the best part is, you don't need to get a grade for it- it's all about the experience.

However, students should not Although involvement does overdo it. Being involved is taking time out to participate in an enjoyable activity and to create networking opportunities. Learning to manage time can also play a part in involvement.

Instead of checking Facebook

searching through Tumblr, maybe it is a good idea to finish that English paper. It will certainly lighten the workload and provide more time to trek across campus

ties, there still remain those who should involve themselves in to sit down at a meeting for the Italian Club or to socialize with other members of the Catholic

Getting involved with campus activities is a major part of the college experience that all students should take advantage of. Not only does it allow the students to get involved on campus, but it also allows them to make lifelong friends while doing something they are passionate





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Time Management is Not Overrated

CAROLINE BABULA

Students are told all throughout their school careers to manage their time wisely. Time management, we are told, will help us to become more organized and thus more effective students. It will also cause us to have more free time and reduce stress.

Most students acknowledge this information, but do not act upon it. They maintain that this is a good idea in theory, but simply not attainable in real life, given just how much work and other activities they have.

According to an article in the International Journal of Social Psychiatry, college students, by nature, are more apt to be stressed. Additionally, stress can interfere with health and academic execution.

However, time management can truly change a student's life. From firsthand experience, I have found that using time management effi-

VICTORIA JORDAN

Students can find the University on

the weekends to be at its all-time qui-

etest since many pack up their bags

and head out until the start of classes

again on Monday. Over the course of

the weekend, students like me have

adjusted to these cold, hard facts: the

Dining Hall hours are shortened, Java

City coffees and Einstein Bagels are

inaccessible, the gym closes at 4:00

pm on Saturday, and almost any-

where you walk on campus grounds

I do not mind the shortened hours

at the Dining Hall, and a run to the

beach is more of my style then using

the treadmill or elliptical. As much as

I would love an iced pumpkin latte

from Java City on a Sunday morning,

I can be happy boiling my own cup of

coffee in my kitchen. However, what

is not exactly "my cup of tea" is that

is deserted.

I used to be a tremendous procrastinator. If I had two weeks to do a paper, I would maybe think about it a little two days before it was due, but would not actually write it until the night before.

Sometimes, I would even wake up a little extra early to finish it the morning it was due.

This process did not fail me. Despite when I wrote the paper, I still got good grades on them; the assignment was still completed and handed in on time.

Even when psychologists would come in to a class as part of a speaker series to explain the benefits of time management, I did not change my

Many students maintain that they do not have motivation to complete an assignment too far in advance of when it is due. If they do not have

ciently really can alter some parts of complete the assignment, and if they of an idea and maybe what the introby some chance can, it is not at the level it could be.

While this may or may not be true, time management can still help with becoming a better student allaround.

Last semester, I began an experiment. I would try to complete "easy homework" (typically an assignment that does not take more than a half hour to finish) the day it was assigned. Doing this then freed up time the night before it was due for longer assignments that would require more

Bigger assignments, like a paper, would have a more intricate process.

No one wants to sit down to write a five or seven page paper, especially with sources, in one sitting. It's not an attractive task. So, I would give myself about a week to do these as-

Each day would have a quota: day

duction would say. Day two could be devoted to conducting research. Day three would be outlining and so on, until finally the paper was written.

This breakdown of a large assignment into smaller ones made it not as daunting to finish. The best part was that each day's "task" could be crossed off the to-do list, boosting the feeling of productivity.

This process definitely improved my grades. With papers, I now had time to really sit down and revise them before it was due, catching little errors that would normally get me a few points off. Extra time also enabled me to further analyze the topic.

From an article in the Journal of Advanced Academics, "To be successful in homework completion, learners need to be self-regulated by setting homework goals, selecting appropriate learning strategies, maintaining motivation, monitoring motivation, they argue, they cannot one, for example, could be thinking progress, and evaluating homework

outcomes." My little experiment is a prime example of this theory. Setting attainable goals makes a big project seem less overwhelming.

According to this same article, students who maintain motivation do better. While this is not an easy task, managing time in a diligent way helps. Setting small goals and rewards for achieving these goals can help with keeping motivated with schoolwork.

For example, if a student wants to go out on the weekend, but has a paper to do, he or she might write a detailed outline and find sources first, go out, and then finish the paper by the end of the weekend. This way, the assignment gets done because he or she is constantly motivated.

Time management is about give and take. To learn more about time management, register for the Tutoring Center's workshops on October 18 and 26. More information can be found on the University's website.

Sick on Sunday? Suck it Up!

on Friday and does not reopen until 9:00 am on Monday.

Fall weather is here, bringing with it the sniffling noses, head colds, sore

throats, and allergies for many students. For those of us that do not have a vehicle on campus, a friend with a vehicle, or a way to get home for a weekend, I find it to be very frustrating that

our campus's access to nurses and medicine is closed, especially if we

Sure, the Hawk's Nest in the Student Center is open for students to buy cough medicine or even a bottle of orange juice to help us get through the day. However, I believe it is much more comforting, especially for first-

the Health Center closes at 5:00 pm year students, to have a place to go, a the unfortunate experience of getting

professional to speak with, and proper sick while being away from home. treatment and medicine to help them Shouldn't there be a place where we feel well during the weekend if they can go?

From personal experience, lying in bed

all weekend waiting for my body to

recuperate does not work as well as I

always hope.

in bed all weekend waiting for my

body to recuperate does not work as

been weekends when I could not get

home, could not get to Walgreens,

and did not have medicine that could

If the University could open the

Health Center even for a few hours during the morning or afternoon on Saturdays and Sundays, students who are sick and stuck in the dorms for the week-

From personal experience, lying end would have access to people and medicines that will help them get well

Besides, if students are not able to well as I always hope. There have take care of their sickness over the weekend, they will be disadvantaged during the school week filled with classes and extracurricular activities. best cure my cough. I am positive that Even if they decide to brave through most students have had, or will have, class, those around them may catch a on campus during the weekends.

cold and be left with the same situation the next weekend.

On a further note, this is a college environment, and weekend nights do happen. Disregarding where people go, who they meet, and what they do, it is important that the Health Center services be available for safety purposes.

I am in no way encouraging any unsafe behaviors; I am supporting my own belief that if a student feels uneasy about last night's actions, then he or she should have a place on campus to go to speak with a nurse or doctor.

I strongly believe that a few hours dedicated to our students on the weekends at the Health Center will offer a more positive outlook on campus accessibilities, will help students get the medical attention they need, will be a backbone for students' needs, and will help parents feel more comfortable leaving their child

MySpace, Facebook, Twitter. What's Next?

NANA BONSU

First there was MySpace, and then came Facebook. Today, people also have social networking websites such as Twitter and Tumblr. As the world of technology changes, so does the way we communicate with each other.

Social networking websites have been in existence since the mid-1990's. Classmates.com was launched in 1995 solely as a way for old classmates to reconnect with each other and stay in touch. Today, people can stay in touch with as many people as they want using almost every modern social networking site available.

Social networking sites were first meant as a tool for teenagers and young adults to socialize, but they have slowly crept into the workforce and academics. People in business use networking sites such as Facebook and LinkedIn to stay in touch with clients. Facebook provides more personalized communication while LinkedIn is strictly professional. Companies also utilize blogs and Twitter to advertise their products.

Open Diary was the first online blogging community, and it was among the many stepping stones and blueprints for modern day social media. Today, there are so many blogging websites for people to choose from such as LiveJournal and Blogster. Both sites serve the same purpose, but each one has its own features which set it apart from the rest.

Sharing photos with others no longer has to be done through email or other "old fashioned"

sites such as Flickr and DailyBooth which provide a means of sharing photos with a larger audience. These websites provide society with the convenience we have come to rely on and expect.

Colleges now use these tools as place on campus.

methods. Now, people have popular with their school more easily, or to connect with other students they ordinarily wouldn't talk to.

> Student activities, as well as important bulletins are posted on these Facebook group pages to alert the student body of what is taking

WebAdvisor are examples of how internet usage and reliance has made its way into our classrooms. Professors no longer want papers to be submitted in person. These days, everything is done through a dropbox. Anything a student may want

The University's eCampus and it can be found on eCampus. The "classlist" tab on eCampus even gives students the option of sending an email to other students in the

> Years ago, the only time a student was encouraged to use the computer was to either type a paper for school or to conduct research for homework. However, the last decade has seen a drastic change in what the internet can do for society and how people should use it.

> When the internet first became popular, everything about it was uniform. There was no individuality or uniqueness by today's standards. Today, everyone can find a place to channel their energy and creativity online. There are social networking websites that are available for all types of people with any type of interest imaginable. People can find forums about travel, relationships, anime, and even geneal-

> Although social media has enhanced our lives, it has also had a negative impact as well. People no longer take the time to get to know each other in person because they can "Facebook stalk" them later. Why pick up the phone to call them when you can send them a Facebook message or tweet them?

The reliance on social networking websites as the way to communicate with other people has become so great that applications are available on almost all Smart phones that allow people to have these tools at their fingertips at all times. Despite the many benefits social networking websites can provide, people should not forget the importance of basic human contact



PHOTO COURTESY of satimesuk.com

a method to connect with prospective, as well as current students. The University's "Class of 2015 Group" is one of the many groups available on Facebook for Monmouth stu-

dents looking for a way to connect

way into our classrooms. Some professors have required their classes to "Like" the class's page on Facebook, and some students have been required to create a "Wiki".

Social media was once banned in classrooms, but is quickly becoming a valuable resource.

Social media has even made its to know about grades, financial aid, class selection, and semester schedules can be found on WebAdvisor. If a student needs another copy of the syllabus or something that was handed out in class, chances are and interpersonal skills.

Governor Christie Vetoes the Jersey Shore

JENNA DORSI

It was rumored that New Jersey residents would pay \$420,000 in production costs for the inaugural 2009 season of MTV's, "Jersey Shore," last week.

This tax break was awarded to the reality series by the New Jersey Economic Development Authority, as part of their tax credit program.

This was one of the first tax credits the EDA approved since Governor Chris Christie suspended the program in 2010, in order to close the state's budget

However, on September 26, Christie announced he would veto the award.

In a statement to the EDA, Christie stated, "In this difficult fiscal climate, the taxpayers of New Jersey should not be forced to subsidize projects such as 'Jersey Shore'...I am duty-bound to ensure taxpayers are not footwhich does nothing more than the state and its citizens.'

Kaelyn Crede, a junior, is upset about the stereotypes the "Jersey Shore" has developed. "When I travel, people from all over the country assume that everyone from our state is like the characters on the Jersey Shore. It's an awful image for us to have and I'm glad Christie made the decision he did."

Christie further expressed tax



PHOTO COURTESY of poponthepop.com

Funding for MTV's hit reality series "Jersey Shore" has been vetoed by Governor Chris Christie. The cast had been asked to leave by Florentine officials this past summer.

"\$420,000 could have done so need school supplies or fundon the show.'

Shore" has invoked controversy since its inception.

Though popular with MTV viewers, the program has often drawn the ire of one of the nation's leading Italian-American groups, UNICO National.

Upon hearing of the tax credit, dollars should only go towards its President Andre DiMino said, nouncement. State Senator Jo-

Senior Heather Baginski agreed, Authority has abrogated the public trust by awarding a tax credit ing a \$420,000 bill for a project much more for children who to a show that not only stereotypes Italians but promotes vioperpetuate misconceptions about ing for significant programs, to lence, and cast members who avoid ending up like those fools revel in openly breaking the

Created by University Alum "'Jersey Shore' has a negative Anthony Beltempo, "Jersey impact on how everyone views "'Jersey Shore' has a negative the real Jersey Shore," said History and Education major John Dorsi, agreeing with Christie's stance. "I'm also offended as an Italian."

In addition to New Jersey residents, several politicians were outraged by the original anprograms that benefit the state. "The Economic Development seph Vitale (D-Middlesex) had

credit, and later commended the Republican's action. "It's about words the cast members use to disparaging]. It wouldn't be an complete drivel," offered Dorsi. appropriate use of taxpayer dol-

Although State Senator Paul in New Jersey.

EDA describes the agency's purcreating jobs and promoting economic growth in the state.'

The show's production company, 495 Productions, said it claimed *HBO* drama, "Boardbrought \$2.1 million into New walk Empire," which chronicles Jersey, as well as making Sea-Prohibition in Atlantic City, side Heights a hot tourist attraction again.

"Hopefully [Christie will] work with us to revamp the program for worthwhile projects," said Sarlo, who is pursuing legislation to increase the tax initiative, reported NJ.com. This is unlikely as Christie has always been critical of the program, New Jersey residents are left even stating in his address that, "I have no interest in policing the content of eligible projects."

However, if this is true, it begs the question as to why then the governor vetoed the "Jersey Shore" award, a decision based guidelines of the tax program stand, content is not a factor. determined soon enough.

immediately called for Christie This has led some to suggest to veto the "Jersey Shore" tax the specifications should be re-

"Who receives tax credits the words, and words matter. The should be based on if the program's quality or not. ["Jersey describe Italian-Americans [are Shore"] should be canceled. It's

HBO's "The Sopranos" filmed lars to support that kind of lan- in the Garden State for several

While a success among view-Sarlo (D-Bergen) too praised ers and critics, the award-win-Christie's veto, he is one of ning series was not without conmany who feel the incentives are troversy. The mob drama was a good way to stimulate business disparaged for several of the same reasons "Jersey Shore" is-According to its website, the perpetuating negative Italian-American stereotypes. Would pose as, "Being a catalyst for this scripted show of quality have earned its tax breaks under Christie?

> The only reason another acshoots in Brooklyn is that New York offered better tax incentives for filming, at a time when Christie was suspending New

> As such, the State gets nothing back from a show whose New Jersey locale is so essential.

> Today, the television programs with to represent them and help support them financially, are unrefined ones like "Jerseylicious" and "Jersey Couture." Reality shows both modeled on the "Jersey Shore."

Whether other New Jersey polon its negative content. As the iticians and residents will agree with Christie's decision will be

Candidates Wanted by Top Republicans



Governor Chris Christie made it clear this week that he will not be running for the Presidency in 2012.

DEREK DELUCA STAFF WRITER

Governor, Chris Christie has grown to be enormously popular among conservatives and Republicans.

blue of New Jersey, he continues to enjoy high approval rat-

According to a Farleigh Dickinson Poll last week, the Governor had the approval of about 54 percent of New Jerseyans.

Many top conservatives and Republicans have been talking about Governor Chris Christie earlier this week following a nationally televised and closely watched speech he delivered at the Ronald Reagan Presidential Library in Simi Valley, Califor-

He has garnered the admiration of many of the top figures in the news today.

governor. I think he's feisty and entertaining. I think he's honest. But I think he should fulfill his obligation to the people of New Jersey who elected him to clean up the state.'

Dr. Joseph Patten, Chair of Even in the overwhelmingly the Political Science Department, said, "Politics is striking while the iron is hot."

If Christie wants to take advantage of his popularity, he needs to get in now. When asked if Christie would have the same chance he does now, Dr. Patten explained that one year is an eternity in politics, never mind five years.

He said he could see there being some trouble with Christie, since he has stated repeatedly that he is not ready to be President, he doesn't want to be President, that he'd rather "commit suicide" than be President.

When it comes to the next gubernatorial election in 2013, he Bill O'Reilly of FOX News might lose and that would dampsaid on his show, "I like the en any chances of higher office.

Patten explained that Governor Perry of Texas has not been very convincing in debates and has flopped, to say the least.

Patten also said that the Conservative wing of the Republican Party is hesitant to throw their support behind Governor Romney because of his fairly moderate leanings.

So essentially the field is still wide open and there is a strong demand for another candidate and most of the demand is for Chris Christie

There are hundreds of millions of dollars of potential donor funds just waiting to have a target candidate. Christie must make a decision soon.

The prevailing view among Washington strategists who steered the Presidential campaigns of Ronald Reagan, George W. Bush and John Mc-Cain is that it's not too late for Christie to run, but 2016 will be

Strategists also suspected that

Roll Call: Words from the SGA Senate

of the work they accomplished and the energy level during the when I say thank you for making our last one so memorable," Nicole Levy, President of SGA

This past Sunday, SGA hosted the annual Fall Leadership ing Out Day which will feature Conference for all the clubs and organizations.

SGA is also playing a more active role in the conference and conducting two workshops: Understanding SEF and Budgets, and a member retention workshop titled Retention Re-

PRSSA was approved by the on campus. Senate for special event funding to attend a national conferedge to better the organization at the University.

the Anime Club and the International Business Club who are currently working on their constitutions.

Sport) will be coming up soon, and there are Wrestling and the works. The Criminal Jus- as well.

The Senators are very proud tice and Pre-Law Clubs are also working to be reinstated.

Attorney General, Bryan annual retreat last weekend. Larco is working on side proj-"I think I speak for all seniors ects, such as a student discount card that can be used at local vendors for different days of the week, such as 30 percent off at Surf Taco on Mondays.

> a panel of educators, politicians, and lawyers who talk about coming out and the experience of working in diverse organizations which can also act as a networking opportunity.

> Committee chair of the Big Event, Becca Baier will be tabling to help spread the word

All clubs and organizations sports teams will receive perence in Orlando in order to gain sonal invitations to sign up. more experience and knowl- One of our worksites, Move for Hunger, is asking for every volunteer to bring a canned food The Senate has pre-approved item to the Big Event to help their efforts.

Sam Schaffer, committee chair for Homecoming Weekend is working on acquiring The Baseball Club (Club blue and white mardi gras, pirate themed bandanas, and stress relief footballs. The t-Women's Lacrosse Clubs in shirt design is being worked on

if Christie did decide to run, he ing network and star power would undoubtedly become the Republican frontrunner within the first month of the campaign trail. The most important thing looking for strenth, candor, and conviction, characteristics experts believe Christie wholeheartedly possess.

Christie's growing fundrais-

would give him an edge, they said, opening several routes to clinch the nomination.

In the next three years of his to remember is that voters are first term in office, Christie promised to concentrate on getting New Jersey on the course to fiscal responsibility, something that is usually lacking in a blue

We Balance Our Checkbooks, Why Can't Washington?

CHRISTOPHER ORLANDO CONTRIBUTING WRITER

Unless you were under a rock this summer, most of the political headlines in July and August were about the debt ceiling de-

For those who have no idea what this means it means that America was about to top its 14.3 trillion dollar limit for borrowing money.

This was important because without this borrowed money the United States would not be able to pay its bills, causing a default.

A default on these payments would send a message that the United States would not be able to make necessary payments to operate and in today's economic struggles, it would put less confidence in America's already struggling market and economy.

Trillion of dollars is a lot of money and while yes the debt ceiling is important, there is something to be recognized here. As the economy continues to struggle and unemployment is at nine percent, Americans are cutting out luxuries and spending only on necessities.

complish their needs on limited and see the economy can be income yet somehow the government can't handle its finances with over 14.3 trillion dollars at its disposal.

Most students are willing to assume debts in hopes of landing a solid job once out of college. University sophomore, Adam Sharkey said, "It makes me cringe every time I receive a paycheck."

This is the view of many worried college students who are concerned about whether they will be able to pay off their tuition one day.

Republicans and Democrats continue to play the blame game and claim the other party is at fault and not willing to compro-

Professor John Buzza, Director of the Monmouth University Center for Entrepreneurship said, "It seems to be all about getting re-elected. Just voting against proposals simply because they are presented by the "other side" is totally unacceptable." This is giving Americans no sense of confidence in the government and tarnishes the international view of the United States. According to a poll conducted in March by ABC News and The Washington Post, only 26 percent of Americans are optimistic about our system of government and how well it works.

This is the lowest number since 1974 and this was before the debt ceiling standoff even began to heat up. Dr. Eugene Simko, accomplished writer and Associate Professor of Management, believes that if egos were put aside and all options were listened to and weighted based on fact there would not be these problems.

Simko said, "Do not change the system, change the attitudes and stress accountability to the politicians."

Republicans argue that mas-Most American families ac- sive spending cuts are required fixed by helping business owners with tax cuts to allow them to hire more workers, while Democrats believe that raising taxes is the correct method. In President Obama's recent "Warren Buffett Jobs Bill", he recommends using both ideas as part of the solution but as part of his idea of "shared sacrifice", the rich will have to pay more in taxes since they make more annually.

Dr. Simko offers a different solution. He recommends a "Rainy Day" fund. Instead of dealing with the problem as it arises he believes that there should be money saved up for when it is needed. When asked to input his suggestions to Washington, he fessors run the budget for a week to see what they can do."

The whole problem is that the government expects families to make their payments on time and in the correct manner yet they set the worst example. The numbers are staggering as more people lose their homes and jobs along with having to make large financial sacrifices. Americans are getting discouraged and are losing sight of the American Dream our ancestors strove for. Those involved in the government need to stop fighting and start compromising. Start cutting out the luxuries and focus on the main goals.

Moreover, cutting out luxuries is an important part of this process. Spending millions of dollars on useless scientific studies is a great place to start.

This past May, ABC News revealed that the government used tax payer money to do a study on a shrimp on a treadmill. This cost taxpayers \$500,000.

According to this same article, there seems to be no real a large sum of money.

jokingly said, "Let business pro-scientific backing to it and no real reason for this study aside from trying to advance robotics. Unless the robot pays bills most people would not be thrilled with this "investment." The government needs to buckle down and start focusing on the necessary costs while saving for the future.

According to the United States Census Bureau, the average American makes a little over on necessities while saving for \$49,000 a year. While members of Congress make \$174,000 a year and if you have a title such as Speaker of the House, it's even more.

There should be more concern about the Average Joe. So despite not doing what they are elected to do, they still collect a very nice paycheck. I doubt most members of Congress are cutting it close with their bills.

Shared sacrifice has been a theme from every political figure during this entire debacle. Yet is it really?

When an American family falls through the cracks, they can't turn to another country for

No one is willing to help them out. The struggle of the American people to make ends meet is an everyday battle yet our government refuses to take responsibility for something that includes a 14.3 trillion dollar bank account. Shared sacrifice would be doing what every family is being forced to do and that is buckling down on luxuries and focusing children's college funds among other future expenses.

While in a family household, parents must compromise on what is given up, the Republicans and Democrats are both putting their fingers in their ears not willing to listen to the other

Most people don't care if you are Republican, Democrat, Independent or Tea Party.

They just want viable solutions and for them to actually be put into effect and release some of the burdens. In fact, instead of identifying yourself as a party member, perhaps Washington should consider themselves as Americans first.

New York Passes Marriage Equality Act as New Jersey Stands in the Shadows

DAN STE. MARIE

New York State Senate passed the Marriage Equality Act, legalizing same-sex marriage across the state. It was signed immediately by Governor Andrew Cuomo on June 24, 2011.

One month after the law became legal, hundreds of young and old lesbian and gay couples, along with friends and family members, lined the streets of New York City to finally be

"The state vote in New York to legalize gay marriage is an exciting move forward toward equal rights for lesbian and gay Americans," said Dr. Nancy Mezey, As-

my district and across this state, the state of New York, and those people who make this the great state that it is the same rights that I have with my wife."

On January 12, 2004, New Jersey enacted the Domestic Partnership Act, offering partnership between same-sex couples and elderly couples with some of the same rights as a married couple. There was limited coverage offered with healthcare and property rights.

The New Jersey Civil Union Act was created to allow samesex couples have most of the same rights as any other married couple, such as receiving coverage and benefits through insurance companies and their employers. The act took effect on instituted. As New Jersey does

New Jersey does not recognize

and transgender (LGBT) rights as

Americans in younger generations go

to the polls."

DR. NANCY MEZEY

Associate Professor of Sociology

SAME SEX COUPLES SHOULD BE ALLOWED... NO LEGAL RECOGNITION CIVIL UNIONS LEGALLY MARRY 42%

A poll revealed by CBS depicts that only 42 percept of participants favored the legalization of samesex marriage.

recognize same-sex civil unions as having a spouse, a ploy used by employers and insurers to deny benefits.

The state has tried multiple times to pass a marriage equality act. Former Governor Jon Corzine was adamant in signing the act into law if given the chance before his successor, Governor Chris Christie took office.

Christie has been a vocal opponent of a same-sex marriage act, promising to veto any act.

After the heavily covered Marriage Equality Act in New York, handful of New Jersey politicians voiced their support for a similar law, like United States Senator Frank Lautenberg.

There was even some expressing regret in not passing a law when given the chance, such as Republican State Senator Jennifer Beck.

State Senate President Stephen Sweeney said, "I made a decision purely based on political calculation to not vote for marriage equality. I failed in my responsibility as majority leader to actually lead. I was wrong.'

"It is really hard to predict the future," said Dr. Mezey. "New However, there have been Jersey will eventually allow lesbians and gay men to marry, instead of sticking to the separate and unequal system that they have currently created through a LGBT civil rights organization, civil unions. I think this is true

Sophomore Senator sociate Professor and Sociology Program Director at Monmouth February 19, 2007. Mike Migliaro is a sophomore "My involvement in the or-New York joins five fellow same-sex marriage, but instead a ganization will help my time at majoring in Applied Communi-American states, and the Wash- civil union or registered partnercation. Migliaro is a Sophomore Monmouth be so much more en-Senator and is also involved on joyable. So far, in such a short the Human Relations Commitamount of time, I've made great "I think we will see more Republicans tee which works on public refriends and am happy to be a voting for lesbian, gay, bisexual, lations around the nearby com-

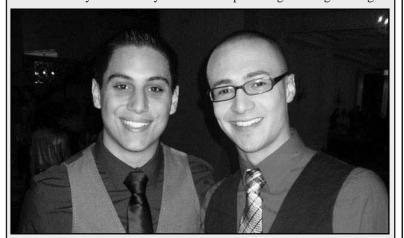
Big Event. As a Senator, he gives his to know that your voice is heard opinion on certain issues and and you make a difference," Mivotes on topics that should ben-

munities and promoting events

efit the University community. Migliaro became involved in SGA last year so he can get more involved on campus and make decisions that will benefit the University community.

leader on the campus. I suggest others to get involved with the open to the public, such as the Student Government Association as well. It's a great feeling gliaro said.

> The Sophomore Senator is looking forward to what unfolds this semester but is anticipating the BIG Event, after all the hard work that has been put into planning and organizing it.



Who's Who in SGA:

Mike Migliaro

Migliaro (left) is excited about what the rest of the semester has to offer. He works closely with Oscar Sanchez (right), Vice President of

ington DC area, in legalizing ship between same-sex couples. same-sex marriage. Handful of countries like Canada, Argentina and Spain also recognize same-sex marriage.

Dr. Mezey, also a Director for the Institute for Global Understanding, commented, "The Republicans who broke rank and voted for gay marriage in New York showed a lot of courage and conviction...I think we will see more Republicans voting for lesbian, gay, bisexual, and transgender (LGBT) rights as Americans in younger generations go to the polls."

One Republican State Senator, Mark Grisanti, said on the State Senate floor that he could not "deny a person, a human being, a taxpayer, a worker, the people of

This is the same measure followed by other states like Nevada, Maine, and Hawaii.

Britney Dupuis, a resident of Freehold and a University senior, believes all the rights of marriage should be available to everybody.

"I don't care what the word is, as long as they're given the privilege," said Dupuis, Sales Director at WMCX. "If you have a civil union, a government document, that solidifies [a] marriage, then that's what really matters."

many complaints of the law not being instituted properly.

At least 102 couples filed complaints to Garden State Equality. within 90 days of the law being for the United States as a whole."

Conquering Addiction Alternatively

Addiction continued from pg. 1

around 22 million people who have attempted to go into rehab have been unsuccessful or discouraged by those who tell them how few people succeed after completing treatment.

Acupuncture, one of the oldest forms of holistic medicine, has advanced into a successful, nontraditional addiction rehabilitation method used today.

According to the National (NADA), medical research combined with experimentation has revealed acupuncture as a highly effective weapon in the battle against chemical dependency.

The NADA website evidences clinical success stories that implicate the alleviation of serious withdrawal symptoms directly with the strategic pin pointing of needles, ultimately encouraging addicts to stick with a treatment regimen.

Licensed acupuncturist and owner of the Sen Institute in Manasquan, NJ, Melissa Skelly, has been practicing acupuncture since 2008 after graduating from the Eastern School of Acupuncture in Montclair, NJ.

For addiction purposes, Skelly most commonly treats people who are trying to stop smoking, with her experience indicating around an 80% success rate. "I will only take people into my stop smoking program who are serious about quitting smoking and willing to commit to a treatment plan," said Skelly.

According to Skelly, the Na-

tional Acupuncture Detox Association has formulated a specific five-point protocol in the ear, where very thin needles are used to stimulate points that help to detoxify the body. She said that by using these points, the patient is able to relax, therefore helping their brain chemistry change to reduce cravings. The body is then capable of safely detoxifying with minimal or no side ef-

Skelly also said that for detoxi-Acupuncture Detox Association fication, various acupressure and acupuncture points on the body can affect the way a cigarette or other dependencies (such as alcohol) would taste. "When there is a negative taste associated with the chemical dependency, the body relaxes and keeps the person from experiencing unwanted side-effects during the detoxification process," said Skelly.

Cara Kovats, a Monmouth graduate and first year student at Eastern School of Acupuncture in Montclair was inspired by the alternative and complementary medicine class she took at Monmouth as an undergraduate. "After trying acupuncture and having it work so well for me, I knew it was something I wanted to be involved in," said Kovats. "I recommend for everyone to at least try it. There are so many illnesses and conditions it helps in treating and preventing such as anxiety, stress, arthritis, the side effects of chemotherapy, gynecological problems, addiction, weight issues, pain, nasal and breathing difficulties, fibromyalgia and so much more."

some patients come for treatment nator of Health Studies, feels after being in a traditional rehabilitation treatment for narcotic addiction. For serious cases, she suggests that patients incorporate both holistic and traditional methods for optimal results. "For example, someone who is trying to overcome a cocaine addiction could be more successful if they joined a traditional support group while having acupuncture to increase their chances of success," said Skelly.

Dr. Alan Cavaiola, professor in the University's Department of Psychological Counseling, agrees that acupuncutre can be very beneficial. "Where I have found acupuncture to be especially helpful is with chronic pain patients who cannot use pain medications (because of addiction problems) or because they cannot tolerate painkiller medication," said Cavaiola. "Some people get really bad side effects from pain medications so acupuncture becomes a safer alternative for these individuals."

Not all health practitioners find that acupuncture is a successful combatant against addiction. According to a study published in the Journal of Substance Abuse Treatment, 82 opiate-addicted patients participated in a study where half were given professional acupuncture and the rest a false treatment. The study indicated that after 14 days there was no difference in the patient's withdrawal severity or cravings.

that standard care is the most effective first step in conquering addiction. "Standard care is getting help from a professionally trained specialist such as a substance abuse coordinator, and getting a medical prescription if needed," said Konopack. He recommends visiting sites such as the Centers for Disease Control website at cdc.gov for an expert referral first, then later down the line trying alternative methods that might assist your specific needs. "More often than not, it is not the treatment method that is the problem, but the compliance," said Konopack.

Dr. Laura T. Jannone, associate professor, Substance Abuse Coordinator, and Coordinator of School Nursing Program, introduced the "Quit 2 Win" program three years ago at the University for students trying to conquer their addiction to smoking.

According to Jannone, "Quit 2 Win" uses group therapy in combination with methods such as relaxation techniques, coping strategies, and guided imagery. Jannone agrees that as with all addictions, combination therapy and finding what works personally for you is the best way to work on conquering your addicor a supplementary drug such as Chantix.

'Quit 2 win' welcomes new members all the time," said Jannone. "It's easier to quit with a bigger group and to have group support so we encour-Dr. James Konopack, As- age all new comers." Over the years, choice to be more effective."

Skelly said that she has also had sistant Professor and Coordi- Jannone said that the "Quit 2 Win" program has helped four students officially quit smoking and successfully stay clean.

If acupuncture or group therapy isn't quite what your addictive habit needs to cease, Kovats suggests replacing any unhealthy addiction with a healthy one, like exercise. "Find an activity you like whether it is yoga, walking, kickboxing, swimming, biking, surfing or running, and focus on it. Exercise not only prevents illness but also releases endorphins that make you feel good. When you start treating your body right you are not going to want to poison it with toxins like cigarettes, alcohol, or other drugs," said Kovats.

For those seeking assistance, it's comforting to know the many options out there, and all of the people who want to help you feel good about your body and health. The University's Office of Substance Awareness, located in the Health Center, offers full time counseling services for students and a variety of information on drugs, alcohol, and substance abuse.

Skelly encourages people seeking help to find a highly qualified and licensed practitioner to aid them in their process. "I believe that every person's recovery process is going to be different, so one program that is extremely successful for one person, may not work for tion, whether that is acupuncture another," said Skelly. "Any method should be researched on the effectiveness, and what feels comfortable and right for you. By asking lots of questions and researching the success of others, I think that they will find their program of

Dating on a College Budget

JILL BENANTI

has its ups and downs. You want to take this time to live it up and being on a tight budget burdens our plans, especially if these plans include dating.

meet a cute boy or girl that you not plan a weekend camping want to spend more time with, trip? West Long Branch is only but you are hindered by your rap- an hour or so drive to various idly shrinking bank account. On campsites so planning a camping the one hand, you can't afford to trip with your boyfriend or girltake your date to an expensive friend is easy. Newjerseycamprestaurant. On the other hand, grounds.com provides an entire

ing cheap or un-interested.

What you may not realize is Being a broke college student that there are many different options when it comes to dating on a budget. Here are some ideas have as much fun as possible. and tips for fun and unique dates However, most of us realize that that won't break your bank account. Open your mind –it's time to get creative.

Sure, you can go to a local bar We have all been there. You to play pool or darts, but why

organized by region. According to the site, most campgrounds are under \$50 to rent a space and are located not too far from the University. If you do not have a tent, ask around -more people camp than you think. Pack a cooler with your favorite food and drinks and the entire weekend will end up costing you less than \$100.

On any given day in New York City, there are numerous free activities that would make for a fun and exciting date. The city always offers free art shows, outdoor movies, and various food and drink tastings. Check out the listings of free weekly events and activities. Best of all, New York Long Branch. The City is a fresh something exciting and different that will help keep your budget in

outdoors. For one thing, it is completely free. The University is less than a mile from some of East Coast. Enjoy the last few weeks of nice weather and go for a stroll along the ocean. Walk the boardwalk down to Pier Village,

same time.

Alana really enjoy."

expensive, together.

you don't want to come off look- list of New Jersey campgrounds website gonyc.com for up to date very fast. Instead, plan a night in. Go to a Red-Box with your date and pick out a movie that City is only about an hour and a you both want to watch. Accordhalf drive or train ride from West ing to redbox.com, all movies are \$1.00, unless it is a Blue-Ray then new atmosphere, and offers you the price goes up to \$1.50. Either way, you only end up spending around two dollars on the movie rather than close to \$30. Best Take advantage of the great of all, you get to watch it in the comfort of your own home.

Going along with the idea of staying in and renting a movie, the most beautiful beaches on the cook your date dinner. Take the time to find a recipe and prepare it. This shows your date that you care, and is much more affordable then going out to a fancy restaupack a lunch, and rant. Nothing is more romantic enjoy the scenery. than a home-cooked meal. Food. This allows you com devotes an entire section to to have time for "College Budget Recipes." Acquality conversa- cording to the site, the recipes tions and to really are geared towards those with get to know each only a few ingredients available, other while enjoy- yet still looking to put together a ing nature at the healthy and satisfying meal.

> If you're ever truly stuck Sil- thinking about a creative idea, va. a senior at the Monmouth County Tourism Monmouth, likes department constantly updates to take advantage a monthly calendar of events, of what the local which according to the departarea has to offer, ment's site, is filled with sea-"I love the fact sonal activities, fundraisers, and that Monmouth exhibits that highlight the many is so close to the beautiful features that the area beach," said Silva. has to offer. For more informa-"I like to spend as tion on weekly Monmouth Counmuch time outside ty events visit Tourism.visitmonas possible so go- mouth.com/index.aspx.

> ing on a date that Alas, do not stress when you involves outdoor are planning a night out with activities would someone you are interested in be something I'd because you may not have the money to go to that five star res-Going to the taurant. Dating when you are on movies is a classic a budget forces you to be more first date, but now creative and open-minded. Dothat movie tickets ing things you wouldn't origiare up to \$15 each, nally think to do is fun and will the night can turn bring you and your date closer



PROJECTO Autism speaks PROJECTO

Turn your own universal puzzle piece into a unique work of art and insert it into the Monmouth University Puzzle Project, which will continue to grow over time on the walls of the Pollak Gallery. The University's puzzle will eventually be added to over 5,000 other pieces for an exhibition in New York City.

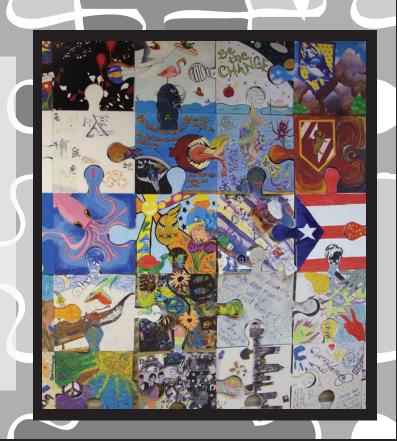
Tim Kelly comes to campus to talk about the Puzzle Project & deliver 100 puzzle pieces

october 5th 2:30pm · Pollak Theatre

the puzzle project will be an ongoing project and will grow over time in the Pollak Gallery

Puzzle Pieces are \$10 each sponsored by SAB & Center for the Arts email SAB for puzzle piece orders

* all funds go towards Autism Awareness *



EXHIBITION DATES

OCTOBER 25th through NOVEMBER 23rd OPENING RECEPTION · NOVEMBER 9TH

La Bruja Drops Hispanic Poetry and Hip-Hop on University

DAN STE. MARIE CONTRIBUTING WRITER

microphone. On a small table sat one laptop and one water bottle.

Performing for students and professors at a packed Lauren K. Woods Theatre, La Bruja brought her one-woman show to the University last Thursday, September 29 in celebration of National Hispanic Heritage Month.

Sponsored by the Office of Affirmative Action & Human Relations, the Office of Student Activities & Student Center Operations, and along with the University Library, La Bruja's performance was a mix of comedy, slam/spoken word poetry, and songs from her multiple albums that infused hip-hop with Latin roots.

men Coordinator/Counselor for of gold," La Bruja said. the University's Educational Opyear, so we brought her back," as at the end of last year's performance.

La Bruja was born Caridad when they made me," she said name La Bruja, or "The Good awhile." Witch" a superhero name, when

can" to its Puerto Rican citizens. The stage was set with one She got her start "holding open open stage. stool, one music stand, and one mics" at her house at the age of five with her family as her audience. great grandmother, who couldn't

> Overall, La Bruja had plenty of messages to spread in her performance such as "be true to yourself..."

Nicole Martinez, the Fresh- read or write, "but had a memory

The first song she performed portunity Fund Program, said La was "For Witch It Stands," the title Bruja had a "great reception last track off her latest album. It highlighted her upbringing as a Puerto many students were left standing Rican New Yorker while pursuing bum Brujalicious dived into the a career as a poet and Latin hiphop artist.

In between her verses that in-De La Luz, which translates to fused poetry and rap, she belted rendition of Rihanna's "Umbrella" "Charity of the Light." "My par- out during the choruses in Spanents were not playing around ish, showcasing her many skills as an artist. La Bruja said she likes very humorous way, and got the about her name. She chose the to "belt a tune every once and

La Bruja's poetry ranged from considering W.W.M.D. (What gut-busting humor with haiku's Rosas's second time seeing La Would Madonna Do?), until she about love and bathing, poetry asked herself "No, what would I skits of various characters one would find in the "Boogeydown dor, Rosas "sometimes laughed at La Bruja was raised in Bronx, Bronx" like a pretty senorita or a parts" that related to his upbring-

New York, better known as wannabe rapper. "New York City "Boogeydown Bronx" or "Nuyori- will inspire a lot of things," La Bruja said while wandering the

While a lot of her performance left the audience gasping for air Her inspiration came from her in between laughs, La Bruja was quick to turn to the dark side of life. She recited her poem, "Lola," a story of a drug addicted woman that sells her body to get drugs, which got her on HBO's "Def Jam Poetry" in 2002.

Although "Lola" got La Bruja on "Def Jam Poetry," her poem about the 9/11 tragedy titled "WTC" was what made a mark on the poetry scene and at the University event. "You gotta go dark sometimes. That's where the truth is," La Bru-

La Bruja kept the remainder of the show light on the topics, highlighting aspects of being raised in a Hipsanic/Latino household, by performing more songs from her various albums which can be found on LaBrujaMusic.com.

Her songs "Keep It Movin' Like" and "Nuyorico" off her al-Puerto Rican culture while growing up in South Bronx.

An audience favorite was her which described Puerto Rican's love for pork and pigs feet in a audience to sing the chorus along with her (look it up on YouTube).

This was sophomore Michael Bruja perform, who said it was "still fresh." Being from Ecua-

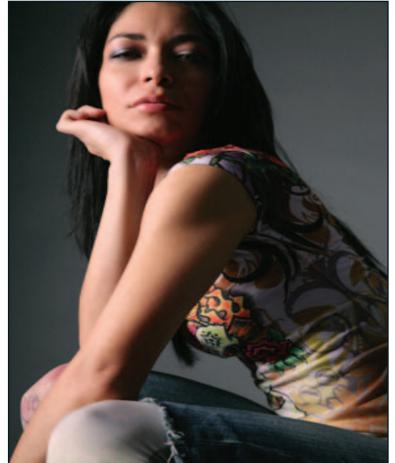


PHOTO COURTESY of pepatian.org

The artist La Bruja peformed poetry and songs at Woods Theatre in celebration of National Hispanic Heritage Month.

ing. "It's not meant to be an in- didn't have a set structure. Last like," he said.

Martinez added that "the pro- liked it so much better." gram is light and students like teract and have fun."

performance better, because "I "Let love be your religion."

side joke, but that's what it feels time I had an agenda. I just felt the energy and went with it, and I

Overall, La Bruja had plenty of the diverse events. Students get messages to spread in her perfortalked to and here they can in- mance such as "be true to yourself," "Don't let people label you," La Bruja said she liked this "Be honest," "Keep it real," and

Financial Advice from the Ancient\$

ANTHONY PANISSIDI CO-NEWS EDITOR

Reading "The Richest Man in Babylon" by George S. Clason is a surefire way to place yourself on the path to great wealth... well, at least it would've been if you had lived during Babylonian

Clason's book, which is just under 200 pages, seeks to teach proper money management through financial advice. The reader is taken through fictional scenarios set in ancient Babylon, once the richest city in the world.

In each chapter, Clason breaks down Babylon's citizens into those who are financially clueless and those richer than the gods who counsel the average people.

The prosperous Babylonians teach many lessons to their fellow citizens who, in modern terms, live paycheck-to-paycheck. The lessons taught include saving 10 percent of all income, using the other 90 percent to pay for all expenditures, investing to make savings multiply, seeking monetary advice from experts in their respective fields (for instance, don't ask a farmer about the value of a diamond), and increasing earning potential by acquiring all of the skills in one's area of expertise.

Other lessons are more abstract in nature, such as the realization that good luck is actually

MORE THAN TWO MILLION BOOKS SOLD

THE SUCCESS SECRETS OF THE ANCIENTS-THE MOST INSPIRING BOOK ON WEALTH EVER WRITTEN

GEORGE S.

PHOTO COURTESY of booksellers.penguin.com George S. Clason's 1926 book offers readers advice on how to handle money successfully.

according to Clason.

extremely easy to follow. Just place yourself in the shoes of those being lectured by the affluent and listen intently.

However, the lessons taught imply that the book was created for pression for 12 years. simple-minded individuals who the seizing of opportunity when never heard of saving, a strategy it presents itself. The goddess of that Clason's money-wise characgood luck favors men of action, ters reiterate in multiple chapters.

does get irritating, as one might find the same message.

ies, "The Richest Man in Babylon" claims wealth ever written."

The redundant meschild earning their investments." first allowance, or rate needs from desires.

However, it is difficult to imagine that the average, working class American doesn't already know a savings account is beneficial. In a world where many companies already offer money-smart options,

such as 401Ks, this The structure of Clason's book is book seems to present more common sense than it does inspiration.

> To be fair, Clason did write the book in 1926, just three years prior to the great stock market crash of 1929 that ushered in the Great De-

imaginary Babylonian characters account. Still, a CD's interest could have been of great use then, rates vary and aren't always all as people never used to think of that profitable, especially during itself to be an ageless problem.

ing what little savings they had. When the banks failed in 1929, themselves reading an individual's money disaptale only to receive the creation of the Federal De- they won't help. posit Insurance Corporation Having sold more (FDIC) in 1933, which today inthan two million cop- sures a customer's money for up to \$250,000 per insured bank.

that it is "the most the FDIC's birth, Clason foreinspiring book on saw the value of such a system and advised his readers to secure their money behind the "impregsage of saving may be nable walls of insurance, sav-

an older college stu- this is an easily recognizable modern day importance of an dent who still hasn't bright spot in Clason's book, as expensive higher education. learned how to sepa- his foresight is impressive. Unfortunately, the rest of his book's lesson to take away from "The advice is vague.

One of the primary lessons that Clason seeks to teach through the ancient Babylonians is the importance of creating future income by investing one's have come to consider the savings. However, the reader is left hanging as to what exactly constitutes a profitable invest- long time ago.

must be a safer place to augment one's savings.

account that offers a higher rate years ago. Certainly, the advice of his of interest than a regular savings

repetitiveness simple measures, such as insur-recession times such as the current one. Is there a quicker and equally secure method by which to increase one's earnings? through a different peared with them. This led to Don't ask Clason's Babylonians,

> Clason's book also offers little help to college students graduating with debt due to college loans. Saving 10 percent Almost two decades before from every paycheck may not be feasible, depending on a college graduate's salary, the amount of money they owe, and the time they need to repay it.

Clason does mention to avoid of value to the young ings accounts, and dependable debt, but, because of when he wrote "The Richest Man in To the 21st century reader, Babylon," fails to consider the

> If there is one overarching Richest Man in Babylon," it's that there is no such thing as guaranteed wealth.

> If Clason's book truly was a road map to riches, as many 85-year-old work, then poverty would have been eradicated a

Perhaps the current recession Maybe you should buy some that's affecting the world is the stocks, but, they fluctuate up and best reminder that accumulatdown in value, and surely there ing money and making smart investments is an everlasting problem. Clason inadvertently A safer option might be a reminds the reader of this by bank's certificate of deposit showing that the Babylonians (CD), a special type of deposit struggled financially 1,400

> While the monetary advice of the Babylonians is ancient, financial management has proven

ng to a Latin Beat at Woods Theat

ENTERTAINMENT EDITOR

Forget "Dancing With the Stars." University students and faculty danced around the world as the Juan Calderon's Cultural Explosion Dance Company presented 10 different dances from the Hispanic culture at the Lauren K. Woods Theatre on September 28.

This was part of National Hispanic Heritage Month, which ends on October 15, and sponsored by the School of Humanities and Social Sciences and the Hispanic Heritage Month Committee.

Before the show, first-year sion. Calderon student Becca Zidik, sophomore Amina Devries, and senior Jess Weygant, who attended for Dance Appreciation, said they could apply their class to this performance. "We can watch, and we can picture all the different techniques used in the live performance," Zidik said. Devries said seeing this show could help "learn some new dance moves."

The show began with Judy Ramos, Assistant to the Dean of the School of Humanities and member of the Hispanic Heritage Month Committee, introducing herself and Calderon.

She said he graduated with a MBA in business and combined his degree with his passion for dancing. Ramos also said he has visited the University in the past and offered dance lessons, but this year decided on a show.

Next, Calderon thanked the crowd and the departments that sponsored the show. He prepared the audience for the performance by saying it would "take you on a little journey to several countries."

Calderon said many of the dances shown can be seen in films like Dirty Dancing and TV shows such as "Dancing with

"What ties Latin heritage together?" and answered, "Spanish."

He first introduced the flamenco from Spain. A man and woman took to the stage and gave a loud and vibrant demonstration with claps and stomps. Calderon said flamenco was a mix of different cultures in Spain usually danced by Gypsies but also comprised of elements from the Middle East and Europe. The loud stomping and clapping, Calderon said, is an art form in Spain to help create the

The second dance was the tango from Argentina as the two dancers held each other closely and

said the Tango is "hot, it's sexy, and it's easily marketable."

However, he explained the tango began in the ports of Buenos Aires. There, the men visited the local brothel where they waited in line, and as the mistress had a band play mu-

When a French visitor came to Buenos Aires and saw this dance, he brought it back with him, which started its global journey.

Next was the bachata from the Dominican Republic. Calderon said this dance is part of a "new craze" and played at parties, but actually started in poor areas.

He compared it to the Blues in America, where music and dance reflect one's hardships. like the tango of the Caribbean," Calderon said. Calderon performed this dance with a female dance partner and showed how the bachata had the attraction of the tango but with a livelier beat.

Afro-Caribbean was a folk the Stars." Calderon then asked, dance from the Caribbean, specif-

ically Puerto Rico, Cuba, and the Dominican Republic. A woman danced with graceful gestures as if praying in a tribe. Calderon said that Afro-Caribbean was meant as a dance for the goddess of storm and wind, where the individual prayed for transformation of virtue and wisdom.

The dancer, Yesenia Fernandez, said of the show, "I see these types of shows like living experiences of different cultures. This is the way to see these cultural performances."

Peru offered marinera, which experienced technical difficulties but later found its beat. The glided around the stage with pas- dancers were traditional garbs and

quieter dance and featured two women in red and white dresses moving gracefully on the stage. They danced around each other and held hands as if sharing a thought. Bullergenue is a folk dance, Calderon said, where women wear maternity dresses.

The Brazilian dance, capoeira, mixed martial arts and dancing together. Calderon said, "Many hip-hop dancers train in this for one-arm stands." The capoerira dancer incorporated defensive fighting techniques into the dance smoothly from one position to another. The first dance was soothing while the second was light-

ing fast with punches, kicks, and flips.

As for jarabe from tapatio Mexico (a.k.a. the Mexican dance), Calderon said it was influmenco and that to the culture. stomps Loud and shouts of

"Hey!" from the male dancer were heard by the female dancer, who screamed back. This part was energetic, and more so when the man dropped his hat on the ground and danced around, giving the performance its name.

The final dance was the salsa but its country of origin depends on who you ask. Calderon said, "A Puerto Rican will tell you Puerto Rico. A Colombian will tell you Colombia. A Cuban will tell you Cuba, and a New Yorker will tell you New York." However, he said all these countries "have helped create salsa today."

The salsa was a lively and entertaining way to end this performance. Calderon took to the stage ron with dancing, he said, "Evwith his female dance partner as eryday, it doesn't feel like work."

ing dance that had all the right ingredients of movement and music. When the female dancer was center stage for a solo, she brought this hot dance to life.

As the event ended, Calderon said he would show anyone who had time a quick dance on stage and left people with some advice. He said, "Take your passion and take your education to create your career," citing how he combined his business degree with dancing.

Music industry majors Janet Mendez and Rob Campbell attended the show and participated in the dance lesson, too. "I thought it was cool. I'm Hispanic, so I like to see the history of [the culture]," Mendez said. Campbell said he enjoyed the salsa and capoeira.

Ramos said to The Outlook events like this are what make National Hispanic Heritage Month so interesting. "What it does is make people aware of enced by fla- Hispanic culture, the richness of the culture, and widens their costumes view of it instead of just music similar and food. This gives people a clear perspective of Latin culture and educates them," she said.

While talking to The Outlook, Calderon said he chose to do a performance rather than hold another dance lesson because "normally in dance lessons people are shy." He said with a performance, shy people can see these dances, which in turn, can "inspire them."

Calderon said that while sports were his first passion in high school, he discovered dancing at Seton Hall University. He said, to him, dancing is "like a healthy addiction," and this drove him toward starting the Cultural Explosion Dance Company.

Yet, when it comes to doing what one is passionate about and making it into career like Calde-

The salsa was a lively and entertaining way to end this performance. [Juan] Calderon took to the stage with his female dance partner as they presented a quick and exciting dance that had all the right ingredients of movement and music.

sic, they danced with each other. orbited around each other, hoping to get closer with quick footsteps and strong stomps. Calderon said marinera is a poplar traditional dance in Peru used for courtships.

Cha-cha-cha from Cuba came next and Calderon said that "like salsa, it has roots in folklore dance." He also said cha-cha-cha had a syncopated rhythm, so it used a beat and a half for the music. The dance "has three steps, which is where cha-cha-cha comes from," Calderon said.

Calderon returned to the stage for cha-cha-cha with his bachata dance partner. This three-step dance was like a Latin version of the three-step waltz as Calderon and his partner danced across the stage with style.

omen Rule Primetime TV Among Other Shows of 'Interest'

DAN STE. MARIE

Autumn is back in swing, but the other change in the air is the new television season.

This is when networks present new shows they hope viewers will like and want to return for more seasons.

With the 2011 primetime season now in session, here is a breakdown of my top comedy and tina Applegate and Will Arnett role in Avatar as drama picks to watch... or wait for cancellation.

"New Girl" Fox Tuesdays 9pm

The biggest hype for the new Girl," starring hipster queen Zooey Deschanel.

Deschanel plays Jess Day, who recently broke up with her model boyfriend after catching him cheating. In a desperate move to get out of her place and away from her model friends, she moves in with three average Joes.

While trying to help Jess get over her ex and find a new love interest (to be played by Justin Long in future episodes) her guy roommates attempt to woo her model friends and learn what it's like to live with a girl.

"Pan Am" ABC Sundays 10 pm

After the successes of "Mad Men" and "Boardwalk Empire," dramas set in the past have begun to pop up like whack-a-moles.

Pan Am," set in the 60's stars Christina Ricci and features the iconic lives of pretty airline stewardesses and the suave pilots. We'll see if the series lasts long enough to reach the 70's.

"Up All Night" NBC Wednesdays 8 pm

On paper, the new NBC show, "Up All Night," starring Chris- known for his looks like gold that you could Colonel never sell. Applegate and Arnett play Regean and Chris, a married Nova" looks like couple that just had a baby named a mix of Juras-

While Regean returns to work and Avatar. The comedy this fall is Fox's "New as a production manager for a TV talk show host, played by Maya down to asking Rudolph, Chris puts his career on hold to be a stay at home dad.

They learn that their old ways of partying all night and cursing all the time is not the best way to raise a baby.

"Terra Nova" FOX Monday 8 pm

FOX has always taken the lead in sci-fi dramas with "The X-Files" and the current otherworldly obsession, "Fringe."

With "Terra Nova," produced by Steven Spielberg, FOX hopes to continue that trend, starting in the year 2149 as Earth is coming to its last orbit around the sun. To beat overpopulation and depleting air quality, the Shannon family and a handful of other line has never lifted a finger to

Chicago citizens time-travel back to prehistoric civilization where the air is clean, the earth is green and when dinosaurs ruled the Earth.

Featuring Stephen Lang, well Miles Quaritch, "Terra sic Park, "Lost" show itself comes what is worse, fighting to survive a crumbling Earth, or going against a Tyrannosaurus Rex?

"2 Broke Girls" CBS Mondays 8 pm

This is a show that is flying low on the radar about two girls struggling to survive in New York City with dreams of starting a cupcake shop. It stars quick-witted Kat Dennings as Max and newcomer Beth Behr as former rich girl Caroline working at a Brooklyn restaurant as waitresses.

While Max has a knack for interacting with people, Caro-

Kat Dennings (left) and Beth Behr (right) star in the CBS comedy, "2 Broke Girls," one of the new series on television this fall. do work before. Hopefully they won't kill each other before they open the bakery. Produced by comedian Whitney Cummings, this is great addition to the CBS Mon-

"Person of Interest" CBS Thursdays 9 pm

day lineup.

This suspense-drama from J.J. Abrams and Jonathan Nolan, stars Michael Emerson as a the best show of the year, gaining billionaire looking to spend his a lot of attention from the minds cash, and Jim Caviezel as a for- of the writer of The Dark Knight mer CIA agent that was presumed (Nolan) and Super 8 (Abrams).

With the help of a computer program that reveals limited information about future crimes, they try to stop crimes before they occur. On their violent and questionable path for justice, they are hunted down by a NYPD detective played by the wonderful Taraji P. Henson.

"Persons of Interest" will be



Photo Courtesy of dailytribune.com

33 Things to do at MU Before You Graduate

Since we only get four years at college, why not make them the best we can? Often times, students journey through college and never experience the full package of all that their undergraduate experience has to offer simply because they get too caught up in schoolwork or extracurricular activities. If you clear the 33 tasks below before graduating, you are well on your way to cap the surface of your undergraduate years.

- 1. Miss class just because it's raining.
- 2. Try every type of bagel available at Einstein's.
- 3. Go on a bike ride down the boardwalk by the Diplomats.
- 4. Connive your way out of a University parking ticket.
- 5. Gain the freshman 15 and then lose it (and then some) at the Fitness Center.
- 6. Visit the Annie bathroom in Wilson Hall.
- 7. Search for the disappearing pet gravestones by the gnome hut.
- 8. Make out in the gnome hut.
- 9. Have a snowball fight on the Quad.
- 10. Ride down through the underpass on the trays from the dining hall while it's snowing.
- 11. Go to the beach when it's snowing.
- 12. Eat 30 cent wings at Jack's.
- 13. Have a squirrel walk you to class... and then watch it get eaten by a Hawk.
- 14. Pretend you're sick so that someone in a golf cart will drive you somewhere.
- 15. Stay at the library until 12:00 am.
- 16. Ride the 'haunted' Wilson Hall elevator.
- 17. Jump into wedding photos in front of Wil-
- 18. Take a midnight trip to Shadow's.

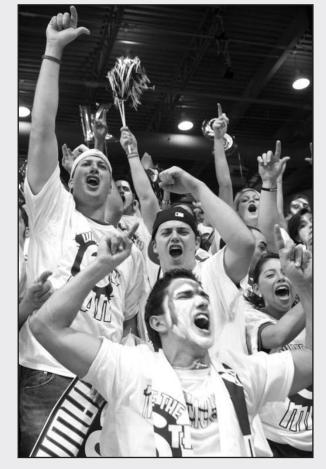


PHOTO COURTESY of Monmouth University A 6:00 am basketball game is one event that every student should take the time to see.

- 19. Have a chat with Evelyn Herrera, the Plangere custodian.
- 20. Eat a fat sandwich from Nelly's.
- 21. Attend a 6:00 am basketball game.
- 22. Have a conversation with Shadow the Hawk.
- 23. Try on the Shadow costume.
- 24. Get splashed by sprinklers in December.
- 25. Learn to garden as well as the MU gardeners.
- 26. Become best friends with the security guard in your dorm.
- 27. Get "over-quota" in your Squirrel Mail
- 28. Leave your comfort zone by joining a club by yourself.
- 29. Introduce yourself to President Gaffney in his office.
- 30. Bid your farewells to the Jersey Shore and study abroad for one semester.
- 31. Eat an omelet made by Carlos in Magill Commons.
- 32. Eat one of those strange themed cupcakes from the Dining Hall.
- 33. Write an article for *The Outlook*!

Editor's Note: This list was compiled by The Outlook Editorial Staff.

Curing the First Date Jitters

How to Make the Most Out of Your Dating Life

JOANNA ZIETARA CO-NEWS EDITOR

She puts on her shoes and her sweater, and gives her reflection in the mirror a last glance. She stops, looks flustered, and lets out a big sigh. "I look terrible," she says. She looks perfect to me. Elizabeth Pepe, junior, is going on a first date, and has goes smooth and perfect," she ford said. says.

Her expectations are high, just like her anxiety levels. Her phone beeps. He's here. She puts one last coating of lip gloss on her lips and walks out of her apartment. It's showtime.

According to a survey con-American dating agency for single professionals, 51% of men in the United States had over six first dates in 2010, and 58% of women had four first dates in 2010.

The same survey showed that 68% of men would not waste their time with a second date if there was no chemistry on the first one. Women, on the other hand, will give it a second chance and hope that the chemistry develops.

So why is it that first dates sometimes just don't work out? And why do so many of us make silly mistakes that we look back on now and laugh, but were really not funny at the time?

cation professor, has been fo- met one another, if you've had cusing her research on relation- a friendship with them prior al formation. She believes that to the date or if it's someone first dates is caused by our investment in a positive outcome. the person, what kind of a date "We are performing impression is it, is it formal, are we just management, meaning to make hanging out or spending time ourselves present as our best in a group of people," Mancini selves. This factor can cause spent the last two hours getting our apprehension levels to be ready to "make sure everything high prior to a first date," San- mistakes made on first dates

gist and has been a matchmaker thinking about something, in for over 25 years, as well as the this case, perhaps about the founder of the relationship center at drkate.com, and the author of "Relationships for Dummies" and "Dr. Kate's Love Secrets."

She said, "Some people get ducted by It's Just Lunch, an excited and look forward to the potential of something great coming. Even the excitement is part of the anxiety. It involves increased heart rate, muscle tension, stomach acid, increased blood pressure and shallow breathing. It also has to do with your history in dating and your experience with dating," Dr. Wachs said.

Dr. Franca Mancini, Director of Counseling and Psychological Services, believes there are many factors that can give us anxiety before a first date. "It has a lot to do with acceptance and wondering if one is going to be okay and if there is going to be a judgment process. There

Rebecca Sanford, Communi- how nervous you are. How you that we shouldn't be trying to Wachs said. having no past experience with

Sanford believes the silly are caused by the self-fulfill-Dr. Kate Wachs is a psycholo- ing prophecy. "When we keep things that could go wrong, we can create that same outcome we keep thinking about," Sanford said.

> Matt Pagan, senior, urges to stay away from experimenting with food on a first date. Wanting to impress his new flame, Matt picked an Indian restaurant to appear more diverse and sophisticated. As the rumbles in his stomach started soon after he began eating his chicken curry, Matt recalls having to run from his table to the bathroom to prevent an 'accident' from happening right at the table. He ran back and forth a few more times, leaving his date by herself at the table during this awkward situ-

"It was a shitty time... literally. So much for looking sophisticated," Matt laughs. From Matt, we learn that sometimes a simple are so many factors that go into salad bar will do the trick and

"look diverse or sophisticated," we should just be ourselves.

was just a bit too addicted to his technology.

Sarah wanted to walk out of the movie theater because she cell phone to her right. But she Wachs added. decided to stay and see what would happen during dinner.

message from her date sitting across from her at the table saying how much he wanted to kiss her. If that didn't make it awkthing in the car, asking her to hold his hand while he drove her home. Upon the conclusion of the date from hell, he told Sarah that he was simply nervous and hid behind his cell phone.

So what can we do to lessen our nerves before first dates after reading about all these unpleasant and awkward first dates?

Dr. Wachs mentions the importance of deep breathing when experiencing that anxiety. The breathing should be slow and even, lasting 20 seconds, eight seconds for inhaling, four for holding the breath, and eight for a very peaceful feeling, almost as if you're floating. It's practical because you can do this relaxation method anywhere," Dr. of something new and exciting.

"If you're thinking 'what if he doesn't like me, no one ever Sarah Freeman, senior, recalls likes me' that leads to that anxithe anxiety experienced before that was just introduced to you, her date from hell when the guy ety thinking about the future. Stop! And reverse what you were just thinking. This is the thought stopping technique, it's so simple. And say something couldn't even focus on the movie like 'it's only a date, I'm going due to the constant light from a to go out and have fun," Dr.

Mancini believes that in order to overcome the anxiety, there Not much changed during din- must be a level of ease and comner, but she did receive a text fort established within the individual and towards their date.

"We need to get comfortable with who we are as individuals, and get a feel for who you usuward enough, he did the same ally have fun with, and know that those will be the best type of people who you can date," Mancini said.

"Dating is the tip of the iceberg. You're just starting, it's nothing yet. If it works out, great! If it doesn't, that's okay! Why stress out about it? All you have to do is have some fun!" Dr. Wachs added.

Elizabeth Pepe comes back from her date with a wide smile and eyes that sparkle with excitement and happiness. She walks to her room, looks at the mirror and smiles. She looks satisfied with her reflection and giggles exhaling. "This will give you at the beep of her cell phone as she frantically looks for it in her bag. She looks at her phone, and smiles... the smile marks a start

Meet the Library Dean

Ravindra Sharma, Former Sports Journalist and Current Author

MICHELLE CALLAS

Surrounded by a wealth of information, books and reference leaders will spend more time on materials, Ravindra Sharma, Dean of the Library, remains enthusiastic in his passion for ed to give a complete picture of research and writing. With roots what's happening in libraries all in journalism, his love for writ- over the world," he said. Many ing holds strong.

This November, the first vol- do not have basic necessities. ume of his twelfth book, "Libraries in the Early Twenty-First Century: An International Perspective," will be released. Edited by Sharma, the twovolume book contains chapters added. written by authors from around as Hungary, Japan, Russia, Morocco and New Zealand, the future state of library science and release in March of 2012.

"For the first time in the hisbook's publisher) all the living and Middle Eastern Section. Presidents of IFLA have contributed chapters in this book," his excellent contributions and Sharma said. "History has been service to the Asian Pacific made."

focus on the future of libraries sented at the annual conference and integrating technology from of the American Library Assothe present day until 2025. Shar-ciation. Also, in 2005, ACRL ma said that a balance needs to presented him the Academic be maintained between tradi- Research Award which is the tional sources and technology. highest award given by the or-With access to 150 online data- ganization. bases and information available

on mobile devices, books and many accomplishments in the Library. traditional reference materials field of library science in the will remain a research tool.

Sharma's hope is that world education and improving libraries than fighting wars. "I wantlibraries in third-world countries

"There's hunger, there's poverty, there's so much going on all over, and education can really reduce all of this if we all work together as a team," he India to Canada in 1967, his technology

Sharma received two awards the world. From countries such for his dedication and accomplishments in the field of library science and research. In June, he received a special recognitechnology is discussed. The tion award from the Association second volume is planned for of College and Research Libraries (ACRL) for his distinguished service as chairperson of the tory of the International Federa- constitution and bylaws comtion of Library Associations (the mittee for the Asian, African,

In 2010 he was awarded for American Librarians Asso-Many of the book's chapters ciation. Both awards were pre-

Although Sharma has made about his position as Dean of the them to talk

past 25 years, his career began formation needs of students and dents and faculty are happy. in journalism. Working as a faculty is a sports writer in India, he cov- priority ered events for national maga- Sharma. zines and journals. He described March, the lireporting on the 1976 Olympics brary staff inas a "very unique experience" and a most memorable news sto- technology ry. "It was so nice to sit down allowing stuwith the athletes and talk about dents access their experience and how they to resources became good players and what through their they want to achieve," he said.

When Sharma migrated from vices. career as a journalist came to gives a standstill. In Canada, he was unable to find a job in journal- to 1.6 billion ism without a master's degree in items that field. "People look at your 10,000 librarcredentials, not what you have ies around the to offer," Sharma said.

With his brother's encourage- job is to make ment, he made the decision to sure that stugo back to college in 1968 and dents and facmade the move to the United ulty get what States. He went on to receive a they're lookmaster's degree in Library and ing for here, Information Science at the Uni- all informaversity of North Texas and a tion for their doctorate degree in higher edu-research," cation at the State University of Sharma said.

Transitioning to library sci- vises students ence from journalism in 1981, to ask for help Sharma still enjoys writing and with their reresearch. "Writing is my pas- search and if sion," he said. As he reminisc- they have any es about his days as a journal- problems he ist, Sharma is also enthusiastic encourages

troduced new de-This students access world. "Our

to him. He is willing to go out Meeting the research and in- of his way to make sure the stu-

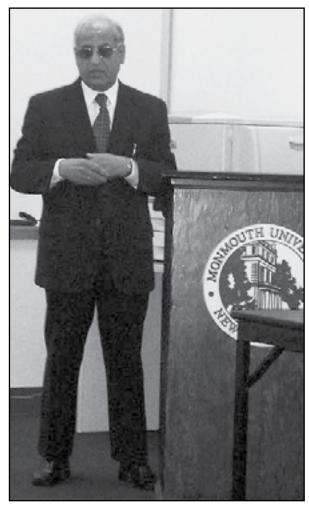


PHOTO COURTESY of Monmouth University

Dr. Ravindra Sharma recently edited "Libraries in the Twenty-First Century: An International Perspective."

Einstein's Last Opera

SHAHARYAR AHMAD

Has Einstein's Theory of Special Relativity actually been refuted? Just last week, an international collaboration of physicists at the European Organization for Nuclear Research, CERN, dared to find out.

A time interval on the scale of trillionths of a second is all that's needed to make or break the underlying basis of modern physics. The CERN physicists clocked subatomic particles, known as neutrinos, journeying a distance of 454 miles from an underground laboratory in Geneva, Switzerland to one in Gran Sasso, Italy 60 nanoseconds faster than the cosmic speed limit postulated by Einstein in 1905 – about 300 million meters per second.

Dario Autiero of the Institut de Phisique Nucléaire de Lyon in France told CERN physicists, "We cannot explain the observed effect in terms of systematic uncertainties ... Therefore, the measurement indicates a neutrino velocity higher than the speed of light."

Dr. Azzam Elayan, chemistry professor at Monmouth, said, "It may be possible for a neutrino, or any mass, to travel at a speed greater than the speed of light if and only if it is first converted, perhaps temporarily, to a type of particle that is lighter than a photon. This is especially difficult since a photon has no 'rest mass."

Autiero's experiment, Dr. known collectively as the Oscillation Project with Emulsion-Tracking Apparatus (Opera) consists of a team of 160 physicists from 11 countries based in the Gran Sasso laboratory.

According to *The New York* from Geneva to Gran Sasso into an Times website, the Opera experiment begins inside a tank of hydrogen gas at a CERN building. The hydrogen atoms become oxidized (with the loss of their electrons), resulting in lone protons that get bolted through a network of underground particle accelerators eventually ending up in the Large cay into neutrinos that fly towards Hadron Collider (LHC), the largest Gran Sasso into an assemblage of

assemblage of lead bricks and photographic emulsion.

high energies and slammed in pulses ten microseconds apiece into a century." graphite tablet, where they produce a pulse of lesser particles known as mesons. The mesons then de-

Despite the claims set forth by the Opera researchers, skepticism fills the cups of a great majority The protons are then hurled at of the world's physicists. Some are even calling it the "rumor of the

One common critique of the results was that the laboratory was simply giving too much weight to a premature result by a group (Opera) that was not even part of

Among the first efforts to confirm Opera's results, the Main Injector Neutrino Oscillation Search (Minos) will be able to do a more precise measurement in four to six months. The Minos researchers completed a similar measurement of neutrino speeds in 2007.

Wardha Qureshi, sophomore biology major, said, "Like the effects of a tsunami, this groundbreaking and exciting discovery will lead to the foundation of our present knowledge being completely shaken, whereby creating a 'ripple effect' in the physical sciences. We must embrace the fact that new discoveries will result in a vast improvement of our knowledge and will create the foundation of making more quan-

Shivam Patel, sophomore biology major, said, "This break in science may cause a big impact if enough evidence is provide to ensure the veracity of the results. 'If' true, then our building blocks of science may have to be changed. Nonetheless, this break could explain many mysteries of science that are undiscovered thus far."

Einstein's theory sets a speed limit on all particles as the speed of light which, if surpassed, would cause the particles to go back in time. Opera's results show the subatomic neutrinos as the missing link behind this supposed time travel and at the same time as the greatest antagonist to the theory of special relativity – which has nonetheless withstood blows from competing theories and speculations for over a century, and kept pulling victorious in the end...some say for a rea-



PHOTO COURTESY of newvorktimes.com

Neutrinos launched 454 miles from Geneva, Switzerland to Gran Sasso, Italy 60 nanoseconds faster than the speed of light.

and most expensive particle accelerator on the planet.

The LHC then blasts the protons at super-high velocities and slams them in pulses ten microseconds apiece into a graphite tablet, where the protons actually produce a pulse of lesser particles known as

Quickly following their genesis, the mesons decay into neutrally charged subatomic particles called neutrinos which fly the distance lead bricks and photographic emul-

Theoretically, some neutrinos during this trip can resonate between forms from muon neutrinos to tau neutrinos. The original goal of the Opera experiments was to map out, characterize, and analyze this transformation. In three years of research, only one tau neutrino has been detected out of the 16,000 total neutrinos in the Opera lab's detector.

Nima Arkani-Hamed, a particle theorist at the Institute for Advanced Study in Princeton University, said on The New York Times website, "There was no need for a press release or indeed even for a scientific paper, till much more work was done. They claim that they wanted the community to scrutinize their result – well, they could have accomplished that by going around and giving talks son.

Lorraine Warren: The Original Ghost Hunter

Paranormalist Tells Her Experiences to Over 250 People in Wilson Hall

MICHELLE CALLAS

It is that time of year again. With Halloween only a few weeks away, the hot topics are all things spooky and scary. Ghosts, demons and things that go bump in the night are out to scare the unsuspecting. One woman witnessed firsthand the frightening side of the paranormal and shared her experiences with stu-

Lorraine Warren, a medium and paranormal investigator, spoke to an audience of over 250 rium on Saturday, October 1 at 8:00 pm.

Accompanied by her son-inlaw and fellow paranormal investigator, Tony Spera, the two shared videos and photographs has investigated.

The most well-known case were the murders that took place November 13, 1974 at 3:15 am, ploited for money. Ronald DeFeo Jr. murdered his ents and four siblings.

After the murders, George Lutz and his family moved into the house and spent 28 days there until they fled and never returned. The Warrens were called in to investigate the parathe house. Along with her late husband Ed Warren, the couple went to the house at 112 Ocean Avenue which Warren described can't." as "terrifying." In one of the videos discussing the investigation, Warren said, "I hope this is as close to hell as I'll ever get."

When the Warrens returned home after investigating the Amityville home, they both set-

she heard loud banging and footsteps coming up the stairs, then "a massive black thing actually manifested." Both her and her rienced the supernatural or the husband came under an identical attack, and have not gone back to the Amityville house since.

"Mrs. Warren can see, hear and feel the things that we can't," Spera said. "She sees them psychically. When she walks into a home or dwelling or building like this, she can tell by that supernatural ability she has if there is actually a spirit in the room."

For 60 years Warren has used people at Wilson Hall Audito- her abilities to help people experiencing paranormal activity in their homes.

'Ghosts and demons transcend the boundaries of faith," Warren said. A religious woman, she said her faith is her protection with the audience and talked and drive. She and her husband about some of the cases Warren offered their assistance requesting only that their travel expenses be covered. She said she was given a gift allowing her to help in Amityville, New York. On others and it should not be ex-

The couple made a living by entire family including his par- lecturing around the country and contributing to several books.

Kody Castor, a junior at the University, attended the event and is a fan of the television show "Paranormal State", which features Warren as a consultant on several investigations. "I was normal activity taking place at so excited when she came here," she said. "I think it's pretty incredible she can just tune in to certain things that other people

> Warren explained to the audience, "The real bad things come as a result of doors being opened." She added that Ouija boards play the biggest role in opening doors and to never use them. Some of her worst cas-

boards and one should dispose of the board and bury it.

"People that never have expe-

tled in to go to bed. Warren said es had come from using these ordained clergy to perform the really historical figures, considthe house of the negative pres-

preternatural find it very dif- God's protection and envision-



PHOTO COURTESY of Megan McGowan

Lorraine Warren has dealt with famous cases such as the Haunting in Connecticut and the Amityville Horror.

ficult to believe that things of ing being surrounded by a white ry of an investigation she worked this nature occur," Warren said. "But they occur very, very often. The only way to get rid of it is Koch, who has had her own and is supposed to begin filming through, sometimes, an exor-

is to determine if there is a preswhether it is a human spirit or experiences was so remarkable," Psychic Research at www.waran inhuman entity. It is up to an Koch said. "Lorraine and Ed are rens.net.

light.

Audience member Michele share of psychic experiences, jumped at the chance to see War-Warren's role in investigations ren's lecture. "It was an honor and her career visit her Web site to be in her presence. The wis- at edandlorrainewarren.com or ence, what type of presence and dom she exudes from all of her The New England Society for

necessary exorcism to cleanse ering their work with the Amityville house."

Warren and Spera shared four She also suggests asking for videos and an array of photographic slides showing the audi-

ence proof of the supernatural. Several photos included people that have passed away and showed up in a photograph. One woman who had killed her baby and then herself appeared in the background of a photo. She was positioned holding her baby and sitting in a chair that was not really

Another photo showed the clearly-visible face of a woman known as the "white lady" who haunts a Connecticut cemetery.

A week after the September 11 attack on the World Trade Center, a photo was taken of ground zero depicting the aura of the trade center as a red shadow in the sky.

The audience also had the opportunity to see the only photos taken of the interior of the Amityville house. One of the photos, taken a year after the murders, showed the ghost of a boy's head peeking out above the stairway railing.

Warren continues to actively work on cases and hold lectures. She recently signed a contract for a movie titled "The Conjuring" that depicts the stoon in the late 1980's. The case involved a bewitched farmhouse in the next 12 months.

To learn more about Warren

Student Activities Host Trip to New York

Students Visit Ellis Island, Battery Park and the Statue of Liberty

ALEXIS ORLACCHIO

There was an opportunity for University students to attend a trip set up by Student Activities to New York City on Sunday, September

the Student Center, organized the whole trip. The students departed in a bus from the Student Center around 11:00 am and were given tickets for the ferry.

For only \$10 the trip included a visit to Battery Park, a ferry ride to Ellis Island, and another ferry ride Megan McGowan, Assistant to the Statue of Liberty. Tickets for Director of Student Activities and a Ferry to the Statue of Liberty and

Ellis Island alone are normally \$13. award-winning documentary.

Battery Park is a public park located in the southern tip of Manhattan, right along the New York Immigrant Wall of Honor and The advance. Harbor.

Years before Ellis Island or the Statue of Liberty was even built, States through Battery Park. Battery Park is a historical site filled

with old war monuments as well as flower gardens.

The Ellis Island museum is actually considered a part of the Statue of Liberty National Monument.

The Museum includes an audio tour that lasts about 45 minutes and explains the journey of an immigrant in great detail.

The descendants of the 12 million immigrants that passed through Ellis Island to get to America currently make up American popula-

The museum provides visitors with videos, photographs, artifacts and prints, as well as a viewing of "Island of Hope,

Theatre, as well as The American must be made at least two weeks in

into the Statue of Liberty, however There is an Ellis Island Living reservations to visit the monument

"I thought it was interesting to learn statue of Liberty was even built, immigrants would enter the United about the ships the immigrants took to come over here and the hardships and persecution they faced."

> ALEXANDRA FERRARA Junior

American Family Immigration History Center. The Ellis Island Museum provides sophisticated technology to help people look into family history, family documents, and genealogical investigation.

Ellis Island has temporary exhibits all year round. The current exhibits are "Forgotten Gateway: Coming to America Through Galveston Island," and "The Spirit of America" a Gibson Les Paul

The Statue of Liberty is a national monument located on Liberty Island, its own island, just south of about half of the Ellis Island. The Statue of Liberty was given to America as a gift from France and was declared a National Monument in 1924.

After the terrorist attacks on September 11, the Statue of Liberty was closed and no one was allowed to walk up the monument. The Island of Tears", an for tourists. There is no entry fee

"I thought it was interesting to learn about the ships the immigrants took to come over here and the hardships and persecution they faced," said Alexanda Ferrara, junior, "I can't imagine what it would be like to just pack up and leave and go to a whole new country. I haven't been there since I was a kid so I was able to understand a lot more."

This was the first school-organized event Ferrara decided to go

"I attended because I have never been to the Statue of Liberty or Ellis Island before and thought it would be interesting to finally see them both," she said.

Students can check for more upcoming school activities via the Student Activities Calendar. "I had a nice time. It reminded me of field trips from high school. It was a nice Sunday activity for me and Statue has since been re-opened my roommate to do and the weather was beautiful," said Ferrara.



PHOTO COURTESY of Robert Accettura

The descendants of the 12 million immigrants that passed through Ellis Island to get to America currently make up about half of the American Population.

Alpha Kappa Psi Raises Money for the Ronald McDonald House

ALEXIS ORLACCHIO

The members of Alpha Kappa Psi volunteered in a bike-a-thon on the coast of the Jersey shore. All proceeds are going to the Ronald Mc-Donald House in Long Branch.

The Ronald McDonald House and St. Luke's Soup Kitchen in Long Branch are the two philanthropic organizations supported by Alpha Kappa Psi. The Ronald McDonald House is an organization that houses the families of ill children who are being treated far away from home. Their mission is "to create, find and support programs that directly improve the health and well being of children." The Ronald McDonald House services include giving the families' basic meals, private bedrooms, and playrooms for the children. The Ride for Ronald McDonald House was presented by IOA insurance along with the Children's Hospital of Monmouth Medical Center.

The Ronald McDonald House bike-a-thon was set up at Seven Presidents Park near Pier Village. The bike-a-thon started at 7:30 am and there was a \$35.00 entrance fee per biker. Children 12 and under could participate for free. Participants had to fill out a registration form prior to the bike-a-thon in order to participate. Individuals who donated \$300 or a group of two riders or more who presented \$250 dollars to the cause were awarded with a "Ride for the Ronald Mc-Donald House" bike jersey. There were three courses set up ranging from ten miles, thirty miles, and sixty miles long.

Some Alpha Kappa Psi brothers went to the Monmouth Medical Center the night before the bike-a-thon to make ants on a log (celery with peanut butter and raisins) to hand out to the partici-

"They had everything covered from rest stops to bike mechanics," said Louis Yuliano, E Board Chair of Philanthropy for Alpha Kappa Psi. There were four rest stops placed 15 miles apart located in Long Branch, Asbury, Farming-



PHOTO COLIRTESY of Christian Klein

Alpha Kappa Psi helped to raise over \$1,000 towards the Ronald McDonald House.

Ronald McDonald House bike ride, but most volunteers were from Monmouth University Alpha Kappa Psi," said Yuliano. There were seven Alpha Kappa Psi colonists as well as other volunteers at every rest stop to hand out food and drink to the participants. The bike-a-thon ran until about two o'clock in the afternoon. "I think it went well, it was a great way to raise money and everything went smoothly," said

The planning for this bike-a-thon started back in April, "Without Lou (Yuliano) none of this would have been possible," said Christian Klein, Chair of Philanthropy for St. Luke's Soup Kitchen, "He doesn't get enough credit for all the work he does.'

The members of Alpha Kappa Psi were supervised while making snacks and at the bike-a-thon by the Chief Operating Officer of Monmouth Medical Center along with other volunteers. Thirty Aldale and Colts Neck. "It was the pha Kappa Psi members arrived at

six o'clock in the morning, an hour before the event, to help set up.

Alpha Kappa Psi plans to discuss future philanthropic events with John Buzza, Business Professor and Alpha Kappa Psi advisor. For their next event, they plan on doing a fundraiser for Saint Luke's Soup Kitchen in Long Branch.

"Professor Gorman has been very helpful. He does everything with us," said Yuliano. William Gorman, History Professor and an advisor of Alpha Kappa Psi, went to the pre-event volunteer meeting on Thursday night with Yuliano and Jenna Bartley, senior. At this meeting, information on where to set up and what to do for the bike-a-thon event was given out. Gorman also helped make snacks at Monmouth Medical Center Friday night.

Altogether, The Ronald Mc-Donald bike-a-thon raised over \$1,000. "This was the inaugural bike-a-thon in which we hope to have each year from here on out," said Klein.

Director of Public Relations for Barnabas Health to Speak at the University

PRESS RELEASE

WEST LONG BRANCH, NJ - - Kristine Brown, director of Public Relations for Barnabas Health will be speaking at PRSSA's Speaker Series on Wednesday, October 5, at 3:00 pm in room 234 of the Plangere Center.

Barnabas Health is the state's largest health care system, comprised of six acute care hospitals. Locally those hospitals include Monmouth Medical Center in Long Branch, Kimball Medical Center in Lakewood and Community Medical Center in Toms River.

Brown received her undergraduate degree in Communications with a concentration in PR and Journalism from Monmouth University in 1995. She returned to the University and earned her master's degree in Corporate and Public Communication in 1999.

Brown began her career as a reporter for the Asbury Park Press before being hired by Community Medical Center as a Public Relations Specialist. She also spent two years working as the director of Communications at Thomas Edison State College in Trenton, NJ, before returning to her current position at Barnabas Health eight years ago.

In her current position Kristine is responsible for the public relations, media relations, crisis communications, internal and external communications and social media activities for the hospitals she represents. She is a member of the PRSA and the Jersey Shore Public Relations and Advertising Association.

The PRSSA bio-monthly Speaker Series was instituted in 2009 to provide networking opportunities for public relations students and professionals. To stay up to date about who is speaking when follow us on Facebook at www.facebook.com/speakerseries . For more information about the speaker series or Monmouth's PRSSA Chapter go to www.monmouth. edu/prssa or contact Amanda Erdmann, Communication Director, at s0756510@monmouth. edu, or Dr. Shelia McAllister-Spooner, Faculty Advisor, at smcallis@monmouth.edu.

New Jersey Repertory Company Offers Special Tickets for Monmouth Students

PRESS RELEASE

LONG BRANCH, NJ- The New Jersey Repertory Company is offering special discounted tickets to Monmouth University students interested in attending the previews of the new comicdrama, Jericho; on Thursday October 13 at 2:00 pm, and Friday October 14 at 2:00 pm and 8:00 pm. Students can purchase tickets that were originally \$35-\$40, for \$10. Discount tickets are also available on select performances, Thursday October 20 at 8:00 pm and Thursday October 27 at 8:00 pm.

Jericho focuses on current and important issues, including family dysfunction, 9/11 and its aftermath, and Judaism in our modern society. The comic-sense of life is never lost in this powerful and raucous comic drama by playwright Jack Canfora.

The world-premiere of Jericho is part of a National New Play Network rolling premiere. Following its opening at the New Jersey Repertory Company, Jericho will have productions in Sarasota at the Florida Studio Theater and the Phoenix Theater in Indianapolis.

NJ Rep is a non-profit, professional theater located at 179 Broadway in Long Branch, only minutes from the Jersey Shore. Free on-site parking and easy access from NJ Transit (North Jersey Coast Line) and Academy Buses. For more information on New Jersey Repertory Company visit www.njrep.org. To purchase tickets call the box office at (732) 229-3166.

Club and Greek Announcements

Delta Phi Epsilon

On Tuesday, September 20, the students at Monmouth University came out to support Delta Phi Epsilon and Tau Kappa Epsilon at Dunk a Deepher/ Tank a TKE

Delta Phi Epsilon would like to thank everyone who came out to support both organizations!

It was such a success and couldn't have been done without all of you!

Also, don't forget October 12 at 10:00 pm in Pollak Theatre Delta Phi Epsilon will be holding their fall 2011 Lip Sync.

Come out and show your support!

Alpha Xi Delta

Alpha Xi Delta would like to congratulate and welcome our 9 new members:

Danielle Puma Gabriella La Rosa Jacklyn Nathan Jacqueline Waller Jillian Pelletier Kelly Chapman Lauren Mlinar Leslie Carmaco Morgan McKeller

We can't wait to make amaX-Ing memories with you girls!

Student Alumni Association

SAA is sponsoring a birthday party celebration for our mascot, Shadow, in the dining hall on Tuesday, October 25 at 7:15 pm, the week of Homecoming.

In honor of the Homecoming theme this year the party will be Pirate themed.

There will also be birthday cake and giveaways.

We'd like to encourage everyone to come show their MU spirit and enjoy games, prizes, and cake, all in honor of Shadow's birthday!

Economics and Finance club

The Economics and Finance Club will be meeting every Wednesday at 2:30 pm in Bey Hall Room 231 and that students can check out our website for further information as well as our ur calendar of events at muefc.wordpress.com.

The Outdoors Club (Surf Club)

The Surf Club will be hosting surfing lessons this Friday from 1:00-4:00 pm and Saturday from 2:00-4:00 pm at Phillips Beach in

There will be long and short surfboards, as well as kayaks and paddle

There will also be beach chairs and wetsuits supplied if you would like to use one.

For more information and directions contact Steven Steger at 609 675 4978.

African American Student Union

The African American Student Union will be having a meeting on Sunday October 9 at 6:00 pm in the Oakwood Lounge.

Circle K

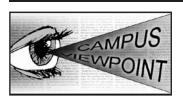
Hello MU students and faculty, Monmouth Circle K will be hosting a fundraiser at Surf Taco, Long Branch on October 6 from 11:00 am to 9:00 pm.

All the proceeds will go to supporting our upcoming service projects including the Halloween Extravaganza on October 22.

You must bring the flier attached with the email sent out.

With the flier, 20 percent of your total bill will go to our club. Please bring as many people as you can.

Surf Taco Long Branch 94 Brighton Ave Long Branch, NJ



What made you decide to go to Monmouth?

COMPILED BY: JACKLYN KOUEFATI



sophomore
"The beautiful campus."



Michelle senior "The opportunities to intern and work in the city."



junior "Close to home."



junior"The campus seemed to fit me and my personality."



Nick junior "The girls."



Pete senior
"The small classes."



Brandon senior "Study abroad."



Concetta junior
"Wasn't far from home."



junior"It was close to where I live."

Jessie



Nene sophomore "Wanted to meet new people."

Fall Break starts Thursday, October 13th and runs until Sunday, October 16th. The Resident Halls will be closed starting Thursday night at 7:30pm. If you need to stay later, please contact the Residence Life Staff. The Resident Halls will reopen on Sunday at 12pm.

Have a wonderful break!

SPECIAL EVENTS

6th: Visiting Writer- Nick Flynn
4:30pm Wilson
Social Night 7pm Catholic Center
Late Night Lounge 10pm Oakwood

7th: Psychic Night7:30pm Mullaney LoungeHomeless Not Hopeless

8th: Kicking for Kids Kickball
1pm Great Lawn
Trick or Treat Bingo 7pm RSSC

10th: Prom Night in MS 8pm Mullaney

11th: "Ask the Priest" 7:30 Java City

12th: Lip Sync 10pm Pollak

13th: Social Night 7pm Catholic Center

WEEKEND MOVIES

7pm 8 11pm Oakwood Lounge

Friday, October 7th

Cars 2

Saturday, October 8th Horrible Bosses

FREE movies and popcorn!

TICKET INFO

21st: Dorney Park: Halloween Haunt On Sale Oct. 10th 9-5pm RSSC \$20 Nov. 5th: Joel McHale On Sale RSSC

HAWK PRION

7th: 7pm Soccer Field Women's Soccer vs. Mt. St. Marys

8th: 1pm Kessler Field Football vs. Colgate

9th: 1pm Soccer Field Women's Soccer vs. Columbia

14th: 4pm S.S.A.C. Field Field Hockey vs. Quinnipiac

FOUNDERS DAY 2011

October 12th • 2:15pm • Pollak Theatre with a convocation address by Mr. John Crowley

The unbelievable story of a father who raised \$100 million dollars to save his children John's story has inspired the movie, Extraordinary Measures





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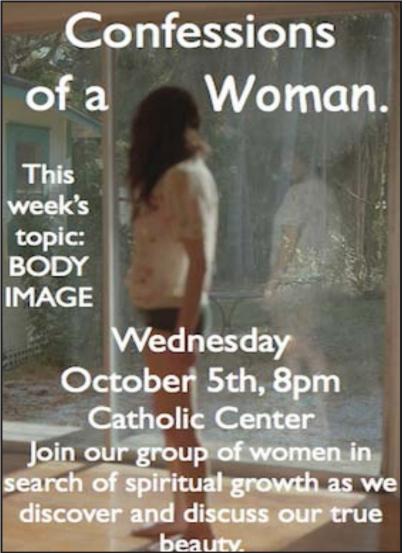


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GHD
HAIR RULES
IT'S A 10
JONATHAN
L'ANZA
LIVING PROOF
MOROCCANOIL
OSCAR BLANDI

& MORE SKINCARE

BLISS
CLARISONIC
DERMALOGICA
FAKE BAKE
FREEZE 24/7
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MICHAEL KORS
NICOLE MILLER
OSCAR DE LA RENTA
PARIS HILTON
PHILOSOPHY
RIHANNA
VERA WANG
& MORE
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omics Fans Enter

MATTHEW FISHER

The number 52 has been a significant figure for DC Comics. Back in 2006, miniseries, "52," presented a world without Superman, Batman, and Wonder Woman and featured the return of 52 parallel worlds. Today, 52 stands for something new and bold in the comic book industry.

has relaunched all their comics and presented readers with 52 new #1 issues for old and new heroes alike. This event has been referred to as DCnU (DC New Universe) as every title from long-running series ("Action Comics") to shortlived ones ("Batman: The Dark Knight") are getting this reboot treatment. So, past continuity is a thing of the past as these characters are being presented with a Post, new "Batman" writer Scott modern perspective.
On "The Source," DC Comics'

Blog, a viral video featuring individuals like co-publishers Dan ry issues means for Batman fans. Didio and Jim Lee and Editor-in-Chief Bob Harras explained what this venture means for DC. "This is a great opportunity for readers who aren't familiar with our character to jump aboard, to come join the party that is the DC universe," Harras said.

The catalyst for this game-changer was "Flashpoint" #5. "Flashpoint" followed Barry Allen/The Flash as he entered a world that was turned upside down, where Batman was Thomas Wavne (Bruce Wayne's father) and Wonder Woman fought with Aquaman through their kingdoms. At the conclusion of "Flashpoint," the world didn't look the same, and that same week, "Justice League" #1 ushered in the age of the DC 52.

Since then, other titles have rolled off the printing presses to the eagerness of fans. Series like "Action Comics" are retelling the origin of these icons while titles like "I, Vampire" and "Resurrec-

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CHAMPIONSHIP!

while. A few titles have even integrated the fallen Wildstorm heroes into their own titles ("Grifter) or team books ("Stormwatch"). However for other series, major changes have occurred in what was the status quo like with "Batman" for example.

Before DCnU, Dick Grayson and Bruce Wayne shared duties by both being Batman while Da-For over a month, DC Comics mian Wayne acted as Robin and Stephanie Brown was Batgirl. In this new universe, Bruce Wayne is back as the one and only Dark Knight while Damian is still Robin. Meanwhile, Dick is Nightwing (his first post-Robin identity) again and the paralyzed computer hacker, Barbara Gordon, has returned to her first calling as Bat- ries are appearing strong and there

> While talking to the Huffington Snyder, who is also penning the new "Swamp Thing" series, explained what this new introducto-Although Snyder said that the origin of Batman is still intact, there are other ways it will work within DCnU.

...I'm really excited for it to be a jumping on point for new fans because it's a story that, as much as I was excited to bring to fans of the character with tons of references and Easter eggs, it's also a story that's designed to be able to introduce new fans, like my son when he gets a little older for example. Or for it to be the first Batman book for someone and have them be able to pick it up and say, 'Oh this is why I love Bruce Wayne, why the writer likes Bruce Wayne, I can see it from the beginning," Snyder said.

Yet, there are a few exceptions to DC's relaunch. The Green Lantern titles, for example, didn't turn the clock back as much as Superman and seems to be focusing on the same storyline that came before this massive change. So, Hal tion Man" are bringing back char- Jordan having his Green Lantern

MY FAVORITE

PART IS THE

TRASH-

TALKING!

ROBOTS

BATTLE EACH

OTHER FOR OUR

AMUSEMENT!

acters that have been absent for a ring and title removed while Sinestro is reinstated into the Green Lantern Corps.

> Although the idea of DC's business move seemed risky at first, the first month worth of new #1 issues appear to be a success for this iconic company. According to The New York Times, "The first issue of the new Justice League, the company's flagship book, has sold more than 200,000 copies compared with the roughly 46,000 for each of the last few issues before the reboot." The Times continued to report that "...nine other series, including Action Comics, Batgirl, and the Flash, at least doubled their normal sales and sold over 100,000 copies...'

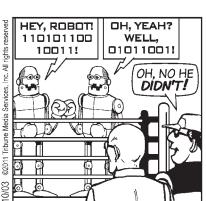
While these new comic book seis excitment for this new approach toward old favorites, some comic book titles haven't fared as well. According to comicbookresources.com. John Rozum. co-writer of "Static Shock," left this new series while Green Arrow writer, J.T. Krul, who wrote the previous Green Arrow series, will no longer write for the emerald archer after issue #4. Keith Giffen will continue the story duties from there.

As for the new "Superman" series, whose first issue arrived in stores last week, writer/breakdown artist George Pérez will remain with the book until issue #7.

Newsarama.com reported that "The new creative team as of Superman #7 will be writer Keith Giffen and Dan Jurgens on layouts and/or pencils. Pérez may remain on the title as finisher/inker."

When it comes to comic books and stories of good versus evil, no one knows what to expect. The same can be said of DC Comics' attempt to reach out to more readers and offer veteran readers a twist on these classic heroes.

So, although some series have faced some rather early issues, overall it appears as if the DCnU has found a way to put the super back in their superheroes.



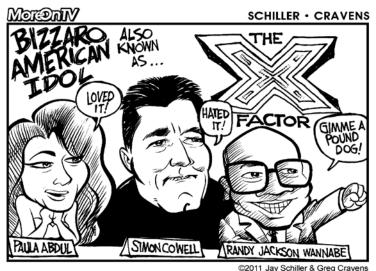
Best In Show











"Are your eel rolls electric?"

THE TV CROSSWORD

by Jacqueline E. Mathews

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ACROSS

John Malkovich"; John Cusack movie

9 Series for Paul Guilfovle

for Jim Carrev

13 Knight's steel coat 14 "__ in the Family"

15 Cleaning cloth

16 In __; furious 17 Charge; payment

18 Promo on a book jacket

22 Actress on "CSI: NY" 26 Eriq La __, once of "ER" 27 "__ Given Sunday"; Al Pacino

movie

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Zimbalist Jr.

47 Actress __ Thompson 48 __ Arthur; star of "Maude"

49 No longer fresh

50 Guided a Wonderful

52 Newscaster __ Newman 53 "I __"; Bill Cosby/Robert Culp

series

DOWN

Streisand, to friends, perhaps

City in central Florida
We've Only Just ___"; signature song for The Carpenters
"__, black sheep, have you..."
Make a blunder

"__ Celebrity...Get Me Out of Here!"

Eggy holiday drink
"My Big Fat __ Wedding"
Ankle-length robe

10 One of the Seven Dwarfs
11 Robert __ of "The Sopranos"

19 Some hosp, personnel
21 Actress Ortiz of "Ugly Betty"
23 "__ It on Rio"; Demi Moore film
24 Singer Fitzgerald and others

24 Singer Fitzgerald and others
25 Smallest amount
29 "Sesame __"
30 "Gone With the Wind" family
31 Pg. 12 of the calendar
33 "No Country for __"
4 "The __ Adventures of Old
Christine"
36 Actress Della
77 Convinces of an idea

37 Convinces of an idea
38 "The Big __"; Humphrey
Bogart/Lauren Bacall movie
39 Desert in Mongolia and China

41 "__ and the Tramp"
44 Floral wire delivery service

45 "__ Deal"; Scharzenegger movie 46 Actor Marienthal

Field Hockey Team Shows Promise at the Midway Point of the Season

GAVIN MAZZAGLIA CONTRIBUTING WRITER

Standing at 8-4 looking into October, head coach Carli Figlio and the field hockey team has plenty to be proud of, but have plenty of work to do as well.

The Hawks started off the season in a rough fashion, as they dropped their first two matches. They opened up the season on August 27 at Syracuse Uni-Hawks were dominated by the

by a score of 4-0, but Coach Figlio stresses the fact that games like these against very strong opponents prove to be learning experiences.

"Playing up always benefits us in the long run. It shows our character, concentration, and what we need to fix as a team,' Coach Figlio said.

then fell to Hofstra University an epic 2-1 win. Firmstone had in the home opener by a score of 4-3. Senior Morganne Firmstone scored twice for the Hawks.

to open up September. They defeated the University of Miami (Ohio) 3-2 in overtime. Sophomore Michelle Pieczynski scored the game winning goal deep into overtime to seal the victory for the Hawks.

After a loss to the College of William and Mary two days later, Monmouth bounced back in their next game to defeat Lehigh University, 4-1. Pieczynski was dominant once again, as she recorded a hat trick. The victory

was the first of an upcoming five finally came to end at five game win streak for Monmouth.

On Sunday September 11, the Hawks recorded their third win of the season as they dominated Columbia University 4-0. Sophomore Patricia O'Dwyer scored two goals for the Hawks while sophomore goalie Teresa another victory, as the Hawks Mathews recorded eight saves as well as her first shutout of the

About a week later, Monmouth versity, who was ranked fifth defeated The University of Verin the nation at the time. The mont 4-2 to continue the win tory. Pieczynski and O'Dwyer streak. The very next day, the much stronger Syracuse squad Hawks traveled to play Rutgers

> "We are really starting to peak. We've been focusing on grasping different concepts very quickly and we want to get better every single day."

> > **CARLI FIGLIO Head Coach**

Later that week, the Hawks University, where they recorded the game winning goal at the 46th minute.

The following Wednesday, The Hawks got their first win Monmouth had another thrilling victory, this time in overtime. Pieczynski recorded her second hat trick of the season, including the game winning goal in over-

"I think as a team we've been playing up to our expectations. We just have to connect our passes more. Individually, I've worked hard in the offseason at taking the ball to the baseline as well as looking for inside circle passes," Pieczynski stated.

games. The Hawks lost their next game to 16th ranked Albany University 2-1. Monmouth bounced back the very next day with a 2-1 victory of their own, against Temple University.

The most recent game brought defeated Georgetown University on Sunday in West Long Branch. The final score was 5-1, as Monmouth scored five consecutive goals to seal the viceach had two goals. Monmouth dominated on shots and penalty

> corners, 20-6 and 12-4, respectively.

Michelle zynski has proved herself as a dominant force on the offensive end for the Hawks, as she has scored 11 goals so far this season. O'Dwyer has six goals and four assists while Alex Carrol has five goals with four assists. Firmstone has

"Compared to last season, I feel a lot more comfortable in the back. We have also been playing the ball off of each other very well, but we have to work on continuing possession," explained Carroll.

Junior Nicole Manziano has been dominant on the defensive side with nine defensive saves already. She also received the NEC Player of the Week a week

"I'm very excited, especially as a defender. There are no words to describe it. It is also my first time winning it. I've been able to put on a lot of pressure, making Unfortunately, the win streak them make the mistake before



PHOTO COURTESY Monmouth University Photography Junior Nicole Manziano was named NEC player of the week, after leading her team to victory by registering six defensive saves in the Hawks' last two games.

you do," Manziano explained.

been dominant as well in the net. quickly and we want to get bet-She has allowed just under two goals per game this season.

tough opponents, but Coach Figlio and her team know that they are more than ready for the chal-

"We are really starting to game starts at 7:00 pm.

peak. We've been focusing on Goalie Teresa Mathews has grasping different concepts very ter every single day. We want to create depth from our bench. Looking into conference play, Ball movement and possession is the Hawks will have to face some also very important," Coach Figlio explained.

The next game is this Friday against Bryant University in Smithfield, Rhode Island. The

Football Team Falls to RMU 23-20

ED MORLOCK

The Hawks lost to the Robert Morris Colonials on Saturday 23-20. The Hawks fall to 2-2 on the season, 1-1 in the Northeast Confer-

The Hawks shot themselves in the foot all day. Penalty yardage was unacceptable. 13 penalties for 136 yards. The biggest penalty came in for the Hawks in this game, grabthe fourth quarter.

and facing a fourth down in their own territory. As they lined up to punt, Monmouth had too many players on the field. The five-yard penalty resulted in a Robert Morris first down, and they went on to score the game-winning touchdown on that drive.

The Hawks' offense never got into a groove in this one. Kyle Frazier threw for 241 yards, but had two costly interceptions.

Their running game was never established. Julian Hayes led the team on the ground, taking 14 carries for 41 yards.

"We knew going into the game that Robert Morris is excellent against the run. The strength of their defense is in their front seven and probably in their defensive line. I think that they kind of won the battle on the defensive line, particularly in the run game there up there," said Coach Callahan.

Callahan also pointed to penalties as a reason why the run game never got going. "There was also some

we had ourselves in first and twenties, first and twenty-fives, first and fifteens. It's really difficult to say 'okay we're going to come out and establish the run'.

Frazier found some success on the ground. He kept the ball six times and picked up 37 yards on the

Mitchell Pollard was a bright spot bing ten catches for 88 yards and a

"They gave us a lot of good looks, a lot of one-on-one looks, just me and the corner," said Pollard. "Set us up for a lot of one-on-one opportunities and we are confident in our receivers to make those plays."

The Defense continued their strong play.

Robert Morris was only able to run for 14 yards in the game, a measly 0.4 yards per carry. Dan Sullivan led the defense with eight-and-ahalf tackles.

Monmouth's pass rush was creating pressure all day. They brought down opposing quarterback, Jeff Sinclair, four times. Ian Simon led the way with one-and-a-half sacks for a loss of 16 yards.

The defense continued going for the ball, forcing four fumbles in the game. Jose Gumbs, Reggie Hildebrandt, Steve Barroso, and Kwabena Asante each stripped the opponent of the ball. Monmouth was able to capitalize on three of these by recovering the football. Patrick Gray was able to recover one and return it

times though, because of penalties eleven yards for a touchdown.

Kicker Eric Spillane played a key role in the game today. On a kickoff early in the game, Robert Morris return man Anthony Coleman found space and made his way down the sideline. Eric Spillane saved the touchdown by having a big-time collision with Coleman. Spillane was down for a few moments, having the wind knocked out of him, but rose up quickly. He brought his teammates and the crowd to their feet with the big tackle

Later in the game, Spillane had a chance to make the game-tying field goal. His career long is a 46-yard field goal. Here, he lined up from 48 yards away, against the wind. Spillane's kick traveled through the air, and fell just short.

Coach Callahan believed that this was a makeable kick, as Spillane was converting kicks from that distance in warm ups.

Callahan may be second-guessed for attempting the long field goal, but he had to show confidence in his kicker. With a chance to tie the game, he chose to kick rather than try a fourth down against a defense that had played well all day.

This week, Monmouth will have to work on eliminating mistakes. Mental errors like false starts and illegal motions cannot be a regular occurrence for a winning football team. Look for a more disciplined team after a few days of practice.

The Hawks are home again this weekend. They play Saturday at 1:00 pm against Colgate.



Men's Soccer Starts NEC Play with a Victory and a Loss

The Men's soccer team battled in league opponents Long Island University and Central Connecticut State University to a draw this

Within the first ten minutes of Friday's game against LIU, it was clear that Monmouth would be controlling the play. By using the width of the field rather than the length, the team was able to manage the game in an efficient manner.

To start the scoring spree, freshman Matt Jeffery headed the ball into the right pocket of the goal off a corner kick by junior Ryan Clark to put MU on the scoreboard. Clark continued to be a dominant force as he weaved through three LIU defenders and made a perfect pass while falling on the ground to sophomore Joseph Schmid making the game 2-0 MU.

When Schmid was asked how he and Clark played so fluently together, he replied "In general if you are a good soccer player, when you play around good soccer players it becomes natural. I had a whole spring with them, practice four times a week, played a few games."

As the clock wound down to four minutes left in the first half, the Hawks gained another corner. Clark took the kick and placed it perfectly to junior Kevin Davis who headed it towards George Quintano who put the ball in the back of the net. At the halftime, the scoreboard read 3-0 Monmouth.

Although MU maintained their game in the second half, Long Island University began to play a new of the field and applied more pressure on the Hawks.

Within the first eight minutes of the second half, freshman Andres Penfold passed the ball to senior Quintano who found a way to weave through four defenders and score the Hawk's final goal. Clark ended the game with three assists and Quintano had two goals.

Knowing that the Hawks have not lost an opening conference game at home since he arrived, Coach Mc-Court did not base the game off this statistic. "I have a lot of confidence in my guys but I have a lot of respect for Long Island. I don't look at the past at all but it's nice we won a lot of those opening contests," McCourt continues, "I think it was important to get off to a good start but I don't base anything that has been done in this past on what is done now."

Things were not as simple against CCSU. At halftime, the scoreboard read 1-0 MU but by the end of the game it was 2-1 CCSU. Providing the Hawks with their only goal was freshman Kalle Sotka on a corner kick from none other than Ryan Clark. With 12 shots and eight corners, the Hawks definitely had their share of opportunities but just could not find the net. Part of this was because of the physical competition between the two teams.

In the second half with 30 minutes on the clock, Sotka fell to the ground after being tripped by the CCSU's goalie but no foul was called. A similar play was seen with five minutes left in the game when senior Max Hamilton was dragged to the ground by a CCSU player. Receiving a yellow card with 13 minutes left in the

one. LIU started to utilize the width game was sophomore star Schmid.

As the final minute of play began, fans could hear the CCSU coaches yelling to their players "run the clock, run the clock." With 36 seconds left to play, MU got a corner kick which ended up being knocked out of bounds by a CCSU player. With 27 seconds left in the game, the Hawks acted on their final chance to score by taking another corner kick. Unfortunately, neither of these plays resulted in a goal and MU hosted their second loss at home.

There is only one problem in the Hawks play: miscommunication. Long Island University almost scored due to miscommunication but the shot was weak. CSSU took their lead due to miscommunication between Jeffery and junior goalie Alex Blackburn. Once the team builds on this flaw, losses will no longer be accumulating in their re-

A driving force in why the Hawks are in first place for the Northeast Conference is because the versatility of their players. Coach McCourt comments by saying, "We recruit players because they are good players. A lot of the time they help out on the defensive side but a lot of the time they help out on the offensive side. We are interchangeable guys which is good when you get to this part of the season.'

When Penfold was asked how their coach prepares them for games like these, he replied "We go into every game with the same mindset; to come out with three points." With this said, the boys will be traveling to league opponent Bryant University on Sunday at 1:00 pm with the goal of leaving with an 8-3 record.



BRETT BODNER MANAGING EDITOR

ganne Firmstone.

Outlook: How do you believe this year's team is in comparison to last year's team?

MF: I'm not going to say we're better this year because we lost really big players in Meredith (Violi), Nora (Bosmans), and Katz (Melissa) but I think that we filled the spots that we had to. Obviously I'm hoping to not get second at NEC's this year.

Outlook: How much do you miss The Outlook and what do you miss the most?

MF: I miss The Outlook a lot. I had so much fun being involved in another student group. What do I miss the most? You (laughs), and Anthony, Gina, Netta, Amanda, and Matt too.

Outlook: What are you going to Graduate School for?

MF: I'm going for a degree in public policy.

Outlook: What do you believe will

be the keys to success this season in order to win the NEC?

MF: I have to say consistency and Managing Editor Brett Bodner sits not playing into other team's game lose sight of the fun aspect of being down with graduate midfielder and plans. Playing our defensive press is on a college sports team. Sometimes former Entertainment Editor Mor- also very important and just our heart and fight because the games in the NEC are very emotional.

> Outlook: What is your favorite song right now?

> MF: The first song on our warmup CD, which is "Warning" by Uncle

Outlook: If I were to suit up and play goalie, would I be able to stop

MF: Definitely not (laughing). There's no chance.

Outlook: What's your greatest memory so far, while being on the

MF: It would probably be not last year but the year before, we were seeded fourth going into NECs and we upset the number one seeded team in Rider. We went to the finals and ultimately lost to Loch Haven but that was a really big victory for us. It was very memorable.

Outlook: What advice can you

pass on to the younger players in the

MF: My advice would be to never you get caught up in trying to do well, but ultimately you're going to look back and remember all the fun times.

Outlook: What was your favorite class as an undergrad here at Monmouth?

MF: I would have to say Gender, Race, and Media with Professor Claude Taylor. He was an awesome teacher and I was a gender studies minor as well, and it was both communication and gender studies.

Outlook: Is there any message you would like me to take back to The *Outlook* for you?

MF: Tell them I love them and tell Gina to relax.

Outlook: What do you and the team need to do in order to have success this upcoming week?

MF: I think it's going back to consistency and putting two halves together. Some games we come out really strong and we begin to level off, so we just need to keep the intensity up the entire time and we can win.



Is Race Still a Factor in the Hirings of College Football Coaches?

DAN GUNDERMAN

It's Saturday afternoon during the fall season, and inevitably the vibrant college football season. You flip on an ESPN game to find top notch, bowlcontending matchups. With the fans crazy and players amped, there's nothing more you could look for in a college game. Except, that's where you're wrong; what is missing from this scene? The answer is the presence of African-American (and minority) coaches in NCAA football.

NCAA Division I-A teams attract high caliber recruitments and a large fan base but cannot hire/draw in African-American coaches. In 2011, only 11 black coaches are at the helm of a College Football Sub Bowl Division

Although this is a high amount compared to years past, it is a remarkably low number considering the 117 schools involved. It is a problem that still reigns clear throughout the sport and uncovers the fact that still today, there remains discrimination. It is still a problem that is right out there in front of our eyes, and poked and prodded at by a variety of analysts in the past.

No direct link can be correlated and no concrete answer will solve the problem. In a sport dominated by African-American athletes, the coaching staffs misrepresent the sport's population and show that greed and image still lie at the heart of hiring.

Minority coaches that eventually do get the privilege of heading a program seem to take control of programs which have had notoriously losing traditions, placing a negative damper on the image of the black coach. Although many have been successful in changing their respective programs, only a few have had winning records, possibly deterring college officials from hiring more black coaches.

What is needed in the sport to provoke change? Is it a rule change, affirmative action program? If so, how does one pinpoint the existing problems and transform them with the new program. In the hiring process, the NCAA is a component, along with college presidents, athletic directors and head coaches. The NCAA cannot make coaching changes, but it does enact the guidelines. Making it mandatory to interview at least two African-American candidates may increase the number of those driven to apply. Also the NCAA could expand the coaching staff to allow more assistants, prompting more explayers to join the staff, and seeing as over 50 percent of college football players are of a minority, this could add to the minority coaching population.

A big key in the hiring process seems to be the college president, who always is out to better the image of the college and may be influenced by public opinion of donating alumni and fan perceptions.

Predominantly, all the high caliber schools have head coaches who are white. Could it be that racism still excists in some Universities? Could it be an issue with the president wishing to maintain a white image?

People of all races have the same capability of being great head coaches in college football.

Head coaches, in maintaining their staff, should always look toward the future and the coaching prospects that lie at hand. By taking a little time to set forth more opportunities for black coaches and all other racial background coaches, they will begin to see the same successes of the Nick Sabans, or Steve Spurriers or Bobby Petrinos of today.

Any and all efforts to increase the black population of coaches will jump start this effort. This way, the NCAA football program won't have to be called out by such talented coaches as Tony Dungy, who completely disapproved of the state of the black coach in the NCAA.

Today, Jon Embree of Colorado, Turner Gill of Kansas, Kevin Sumlin of Houston, Charlie Strong of Louisville, Joker Phillips of Kentucky, Ruffin McNeil of Easy Carolina, Mike London of Virginia, DeWayne Walker of New Mexico State, Larry Porter of Memphis, Willie Taggart of Western Kentucky and Ron English of Easter Michigan are the only black names in the head coach slot of Division I schools.

If the total mindset of the NCAA can incorporate some of the ideas mentioned above, hopefully these men, and others will partake in the sport in the near future. Should a doubling of this figure be a hopeful goal?

I believe that making the problem known, and seeking the true talent that lies in the black coaching field, an end to this silly discrimination within the sport will end. Here, we won't need columns written about the pathetic attempts made by schools hiring under-qualified white coaches over better black applicants. Instead, no problem would even be recognized.

Here at Monmouth, two black assistant coaches proudly serve on Coach Callahan's staff, although that is no astonishing number, these two men front the linebackers' calls and the allimportant defensive line.

Just a look at their everyday work would surely uncover a talent for teaching the game. So even Monmouth, on the smaller scope and probably even unknowingly, can and does promote an end to this discrimination problem. Like the talent that lies within MU's staff, more throughout the country surround programs.

With that talent, head coaching jobs throughout the nation should change so that during that big ESPN game, a quick camera shot of the head coach shouting a play call through the head set will be that of a highly regarded, successful black head coach.



Field Hockey is running down their dream of winning the Northeast Conference Championship this season.