THE OUTLOOK

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Heroin Use on the Rise in Monmouth County

PHOTO TAKEN from blogspot.com

"Monmouth County has the purest heroin in the world," said Christopher Gramiccioni, Acting Monmouth County Prosecutor, in an interview with *94.3 FM The Point on* Sept. 19.

BRIANNA MCCABE
CLUB & GREEK EDITOR

Heroin use in Monmouth County has been on the rise with over 37 overdose deaths this year. Doctors, substance abuse counselors, and police believe this is due to the increase in prescribed opiates which leads to progressive addiction, and its overall purity and availability.

Suanne Schaad, Substance Awareness Coordinator in Health Services, said that prescription pill abuse has been on the rise within the past 10 years, and this can lead to heroin addiction. Such experts are blaming doctors on overprescribing opiate-based drugs for this increase in user dependence.

"If people want to know what's killing our people who live in the county, especially what's killing our youth, it is heroin and other drug abuse," Acting Monmouth County Prosecutor, Christopher Gramiccioni, said.

Psychology professor Alan Cavaiola said, "I always ask my classes, 'How many of you have ever been prescribed a painkiller like Vicodin or Percocet?'"

Cavaiola explained that most students answer that they have been administered these drugs and that the medication made them nauseous or dizzy. The students explained that they each chose to stop taking the drug as soon as possible.

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New Four-Story Press Box to be Added to Kessler Field

ANGELA CIROALO
NEWS EDITOR

Construction for a new four-story building at Kessler Field has been confirmed to begin this year. The new multi-purpose building will replace the current press box built at the University in 1993.

The building will meet the standards of the Big South Conference, Metro Athletic Atlantic Conference and National Collegiate Athletic Association, according to Marilyn McNeil, Vice President and Director of Athletics.

"The current press box does not accommodate the needs of the University community," said McNeil. "Permanent indoor bathrooms for fans attending events, multipurpose meeting space that can be utilized year-round, and adequate media and game-day operations space simply do not exist within the current facility."

Features of the new building will include new concessions stands, a scoreboard, radio booths, video operations, a coaching booth, and many other uses.

Each floor of the building has separate purposes, according to McNeil. The first floor will feature new indoor restrooms and concession stands. The second floor multi-use space has not yet been determined. The third floor will replace the previous press box and the fourth floor will serve as a president's suite to accommodate donors and guests along with space for camera decks.

University President Dr. Paul Brown said sketches of the inside of each floor are currently being drawn up, and although the second floor has not yet been determined, it will most likely be "open space that could be used for special events, classrooms, instruction," along with other events as needed.

An exact price has not yet been determined. Once the bid documents are sent out and selected a final cost will be announced.

Construction of the new building will cost an estimated $4 million, according to Vice President for Administrative Services, Patti Swannack. "The anticipated cost of the project was based on estimates received by the university from independent firms."

Faculty explained that the new building will offer many opportunities to the University. "The new four-tier structure will provide space and amenities that will enhance the game day experience for student athletes and fans," said Swannack.

Swannack continued that the new building will also "serve as a training ground for students interested in sports production communications."

Brown said, "For students that are majoring in communication

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IMAGE TAKEN from gomuhawks.com

A sketch of what the new press box is predicted to look like once construction is complete is pictured above.

MU Awarded JedCampus Seal For Comprehensive Mental Health and Suicide Prevention Programing

CASSANDRA FIGUEROA
ASSISTANT NEWS EDITOR

The University is now recognized nationwide by the Jed Foundation as one of the 30 JedCampus seal schools. This two year recognition was awarded on Oct. 2 because of MU's comprehensive mental health and suicide prevention programming.

The Jed Foundation, a non-profit organization dedicated to promoting emotional health and preventing suicide among college students, issued this seal of approval to the University. Yale University, Cornell University, New York University, and Columbia University are a few others who have received the seal.

According to the JedCampus website, the program is a nationwide initiative to promote wellness on college campuses.

This recognition was based off of an 80 question, two-hour online assessment that evaluated the school's mental health programming in comparison to the Jed Foundation's recommended practices. Schools were provided confidential feedback after completing the assessment relating to crisis management, strategic planning, and identifying at risk students.

"When a school is awarded the JedCampus Seal, it shows that they follow the recommended practices in providing comprehensive mental health care on their campus, as evidenced by

JedCampus continued on pg. 2

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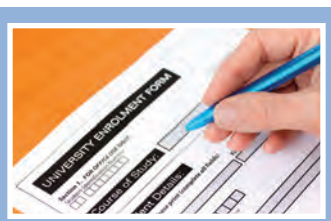
The Outlook and @muoutlook



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SAB hosted Casino Night during Parent's Weekend this past Saturday.

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The Vegetarian Diet is Increasing Across the Country

ANGELA CIROALO
NEWS EDITOR

October's vegetarian awareness month is one of the initiatives that continue to increase the 7.3 million American's interest in eating a plant-based diet. A study completed by the Vegetarian Times in 2012 found that 3.2 percent of American adults follow a vegetarian diet and 22.8 million follow a vegetarian-inclined diet.

By definition a vegetarian diet consists of mostly plant-based foods, without the conclusion of meat. Julie Schaaf, a professor of health and physical education describes vegetarianism as a "diet based on plant foods (fruits, vegetables, grains, legumes, beans, nuts and seeds)."

According to About.com there are actually six types of vegetarian diets. The pescatarian diet includes fish, the lacto-ovo (vegetarian) diet includes eggs and dairy, the flexitarian diet is flexible and includes meat on occasion, the vegan diet excludes eggs, dairy, fish and meat, the raw vegan diet involves foods that are cooked under 118 degrees and the macrobiotic diet is similar to raw vegan, although it is more lenient.

Vegetarian Awareness Month was originally created by the North American Vegetarian Society in 1977. The idea was created to allow people to share the benefits of a vegetarian diet and welcome others try excluding animals products from their diet.

Since the creation of the month, many have expressed an interest. "I love that there is a vegetarian month," Mary Harris, Specialist Professor in Communication and Director of the Monmouth Area Vegetarian Society (MAVS) at the University said. "I believe it encourages more individuals and families to try a meatless Monday or to incorporate more plant foods into their meals."

Since the increase in vegetarian among Americans, college students have also taken an interest. College website, Peta2.com reported that, "The number of vegan college students has more than doubled nationwide since 2005.

Rachel Kenny, a senior communication major, became a vegetarian at 12-years-old stated that she became a vegetarian because she was grossed out by the idea of meat. She explained that the decision was largely based on ethical and moral reasons and she is very satisfied with her decision. "Personally being a vegetarian has helped me be healthier because I've learned about a lot of other vegetables and healthy meal options," added Kenny.

University students have also taken up an interest in vegetarian options. Edward Gomez, ARAMARK food director said, "Our chefs work to ensure that vegetarians feel that they have just as many well rounded meals as meat eaters do," said Gomez. "They have definitely increased over the past 15 years as the vegetarian diet has become more popular."

According to Gomez, there are a variety of vegetarian options available on campus. "We have options like vegetable burritos, veggie pizza, vegetable sandwiches, salads, vegetarian soup and a variety of vegetarian grab-and-go options to name a few," said Gomez.

ARAMARK has made an effort to create a vegetarian option at each food station on campus, while also offering veggie burgers, tofu, salads, beans and super grains to students, Gomez added.

Schaad agrees that vegetarianism is on the rise also at the University. "I do find a few in my classes," said Schaadd. "I think students are more open to the idea, but need some help on the implementation."

There are many reasons that people choose to adopt vegetarian diets into their life and steer away from the American standard diet. Just a few of the more popular reasons for the diet are health factors, animal cruelty, environmental factors and even a desire to be different.

Christopher Hirschler, professor of Health and Physical Education said, "Vegetarian and vegan diets are becoming more popular because there is a growing recognition of the health benefits of plant-based diets and the problems associated with meat-based diets."

Schaadd also states that health is a major concern, "The scientific evidence is mounting, both about the many health benefits of a vegetarian diet and the health risks associated with consuming large quantities of animal products."

While consuming a vegetarian diet, an increased amount of vegetables and fruits are eaten, therefore allowing the body to absorb more nutrients, according to Schaad. "Plant products are full of vitamins, nutrients, phytochemicals and fiber. Eating a plant-focused diet is associated with lower risk of heart disease, cancer, obesity and diabetes."

The common argument between non-vegetarians and vegetarians is that the vegetarian diet does not include enough vitamin D or protein and therefore, the diet is said to be unhealthy. Kenny who often finds herself in an argument about her diet choice said, "I'm constantly annoyed by claims that I don't get enough nutrients."

What many people do not realize is that vitamins do not have to be consumed through only animal products. There are many more types of food available that contain the same nutrients. "In fact, 100 calories of broccoli has twice as much protein as 100 calories of steak," said Schaadd. "Also, think of some of the biggest animals out there, the gorilla, hippopotamus, giraffe, they're all vegans."

PHOTO TAKEN from ladylux.xom

Vegetarians have many options to consider when dining on or around campus. Pictured above are several different vegetarian meals.

The reason behind the skepticism in vegetarian diets normally stems from incomplete information. "Many people are uninformed about plant-based diets, and this lack of knowledge combined with a fear of difference can cause someone to disregard or disparage a person who eats this way," said Hirschler.

Andrew Bern, a senior communication major, who has never considered becoming a vegetarian said,

"Eating meat allows me to eat a well-balanced meal, therefore I won't become a vegetarian in the future."

Harris explained that the awareness of vegetarian diets, healthy eating, wellness, and ethical decision making at the University has also increased with the presence of MAVS.

Harris believes that adopting a healthier diet will allow people to learn about foods, health, the environment, and animals in ways that will strengthen their understanding of the world and allow them to make better conscious and ethical decision.

The MAVS organization holds three vegetarian potluck dinners a year on campus. Each dinner features a guest speaker that shares information about the beneficial impacts of living meat-free. "I most certainly believe that this organization is fulfilling its mission," said Harris. "It has a positive impact on students and on our entire community."

University Recieves Seal of Approval by the Jed Foundation

Award from pg 1

their JedCampus survey results."

Being acknowledged by the Jed Foundation has further enhanced the already effective programming on campus. President Dr. Paul Brown explained in a press release, "The physical and emotional well-being of our students is a priority for Monmouth University."

John MacPhee, Executive Director of The Jed Foundation, said, "Schools like Monmouth University have shown they employ a comprehensive, community-based approach to mental health care which will result in the identification of and care for more at-risk students." He added, "We believe that the implementation of a campus-wide approach to mental health promotion will lead to safer, healthier campuses and possibly greater student retention."

The University has been expanding its abilities as a leading University in mental health throughout the years. In 2007, the campus was recognized as a best practices campus model in the state of New Jersey for its inclusive mental health programming. Last year, the University was awarded a three year $301,215 grant to promote suicide prevention by The Substance Abuse and Mental Health Administration. Since then, Counseling and Psychological Services have been further expanding wellness and resiliency on campus.

"Thank you to the Jed Foundation for recognizing our outstanding mental health programs, services, and suicide prevention activities that promote resiliency within our community," said Brown.

Franca Mancini, Director of Counseling and Psychological Services, said, "It's hard to talk about mental health…but I think that we find a lot of ways to demonstrate that we are very accessible and that we will do what we can to help the students reach their full potential."

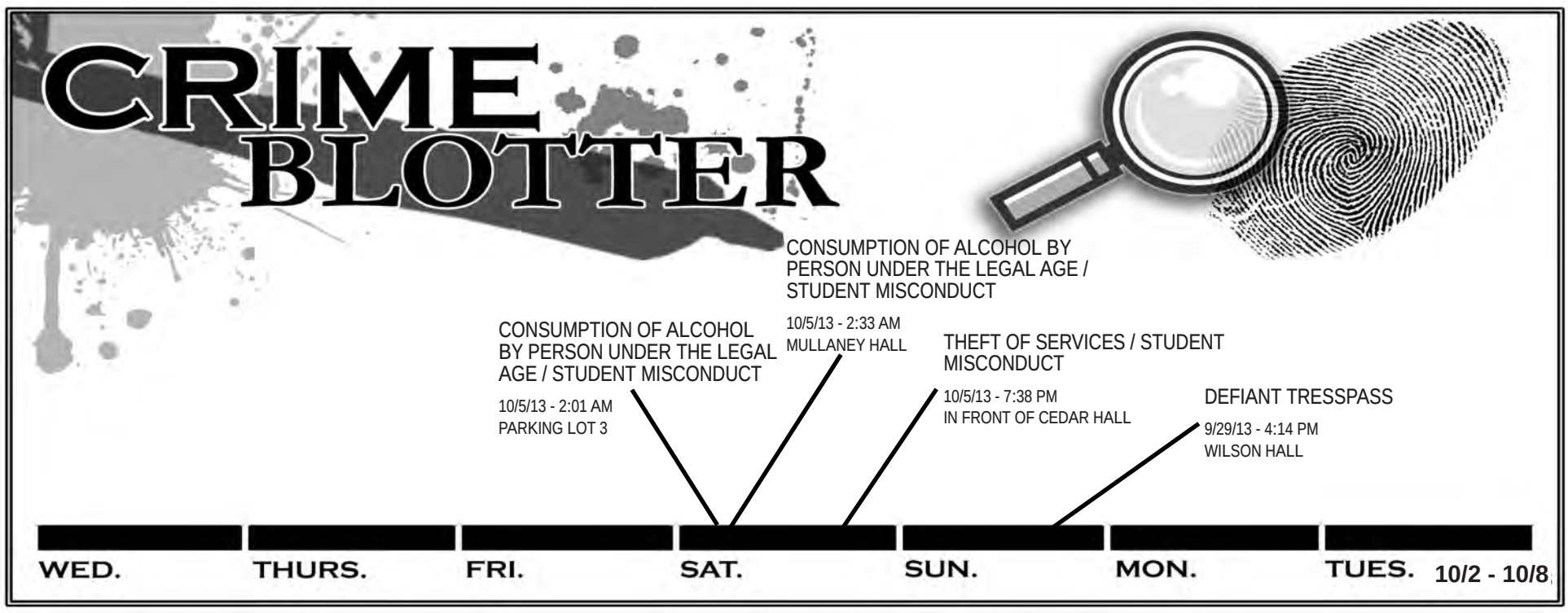
Mancini says everyone on campus is a part of the solution to help students reach their full potential. Counseling and Psychological Services has training sessions with student leaders, faculty and even the off-campus community to create a holistic focus of reducing the stigma surrounding mental health.

Counseling and Psychological Services have executed programming surrounding mental health promotion and suicide prevention. One of their more recent events was Take Back the Night. This program focused on a march to end violence, where students and faculty walked throughout campus, sharing facts and statistics about violence and sexual assault along the way.

The department is also taking part in an interactive online training called Kognito. This online stimulation training program helps to identify students who are experiencing distress, assists with the process of approaching these students, and provides information for referring students to on-campus support services. To access, students can visit: kognitocampus.com/student and employees can visit: kognitocampus.com/faculty.

These are only some of the many programming efforts to promote mental health and suicide prevention on campus.

"To have acquired national recognition truly acknowledges the work that we do and Monmouth's commitment, not only to academic excellence, but also to student wellness," said Mancini.



Construction of New Press Box to Begin this Winter

Kessler from pg. 1

and students that are majoring in sports management, this will actually be a learning tool." The new facilitiy will provide students with up-to-date technology to complete tasks such as sports broadcasts and many other communication or sports management related tasks year-round.

"I think it will benefit every type of media that we use," said Michael Zimmerman, WMCX Sports Director. "Because for radio, we will have our own booth, the home and away radio will have their own booth, and the guys in athletics with the cameras will have much more room to move around."

Zimmerman explained that the current press box is old and outdated. The internet capabilities are limited, which can pose as an issue when conducting news broadcasts and other related tasks.

"We need the building in order to accommodate the press, the game day crews, the NFL scouts, the web streaming, video needs, and the replay requirements," said McNeil.

According to McNeil the upgrades to Kessler Field are sorely needed "if we want to recruit a higher caliber athlete and to make the experience of coming to a game much better for all, including the students."

Brown also said the new four-story building will be able to do much more than meet the needs of the new conference the football team will enter next year. "…It will do more than just what it looks like it will do, so I love it in that context," said Brown.

Student athletes are also looking forward to the construction. "I am very happy about the renovations to the football field because our stadium is not big at all in comparison to other schools," said Greg DePugh, University quarterback. "Since we changed conferences, we really needed it to expand. I just wish they had done it sooner, because it is a great idea."

Jason Kroll, Vice President for University Advancement, explained that funding for the new building will be supplied through private donations. Numerous commitments from donors have already been received, including the Jules L. Plangere Jr. Family Foundation, Inc., who addressed a personal interest in the construction.

"[Kessler Field] has been in need of an upgrade for quite some time," said Kroll. "The interest and commitment from donors, particularly the Plangere Family, put the planning and design process into action approximately two years ago."

The building was planned and designed by Ewing Cole in conjunction with key members of facility management, university administration, athletics, and the Board of Trustees, Swannack said.

The University received approval for the building by the borough of West Long Branch zoning board. A resolution allowing the University to construct the building was approved in July and memorialized on Sept. 26.

An exact construction date has not been determined, although the University plans to begin after the fall football season, Swannack explained. The construction process will take approximately 10 to 12 months to complete, weather permitting.

The building will be constructed behind the Kessler Field bleachers. During the construction process, students will have full access to the field.

Brown added, "I like it because it's not just a press box, it can be used for many different purposes."

Additional reporting done by Nina Marie Costa

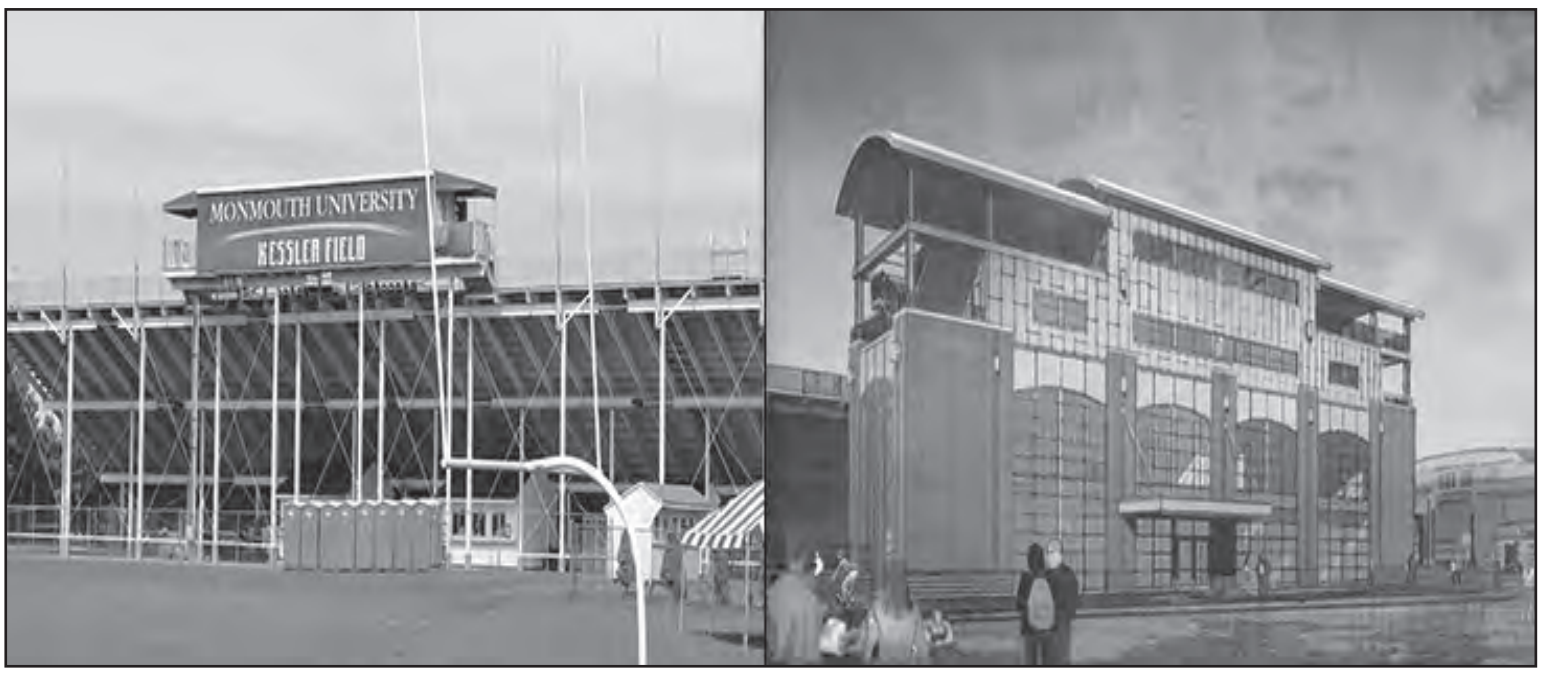


IMAGE CREATED by Angela Ciroalo

An image of the current press box that sits on top of the stands at Kessler Field (left) and a sketch of the new four-story building that will begin construction later this year (right).

Over 30 Monmouth Residents have Overdosed on Heroin this Year

Heroin from pg. 1

"There is, however, a small percentage who will continue using and who will become addicted," Cavaiola added.

"The only issue with [prescription pill abuse] is it gets really expensive," said Schaad. The counselor said pills such as Oxycontin can cost anywhere up to $80 per dose when purchased illegally, whereas heroin only costs approximately $5 to $7 a bag, with a purity ranging anywhere from 50 to 95 percent.

In an interview with *94.3 FM The Point* on Sept. 19, Gramiccioni said, "Monmouth County has the purest heroin in the world."

As defined by *DrugFree.org*, heroin is a highly addictive drug derived from morphine. Heroin is a "downer" that interferes with the brain's ability to perceive pain.

Schaad said that depending on the user, one bag can get some addicts through the day; however, there are those who need more depending on their tolerance level. These bags can be injected, snorted, or smoked.

When a tolerance for drugs increases, a user will need more, explained Schaad. Eventually, this will lead to a user needing stronger dosages, which means more money will be spent. "At some point, for lack of better words, it becomes worth it for some people to switch to heroin for a similar high at a much cheaper rate," she added.

A previous heroin addict and graduate student in the mental health counseling program who wishes to remain anonymous, said he/she has been clean for four years. He/she started using drugs at the age of 12 due to the mystique and allure, as well as the pressure of fitting in socially. He/she progressed from alcohol to marijuana. This later led to Vicodin use and then to Oxycontin, and eventually heroin.

"I eventually switched to heroin because I couldn't afford anything else. From that point on, there were years of heroin abuse where I was using 40 or 50 bags a day at my worst," he/she said. "Heroin got me higher faster than anything else, really."

"I was going through rehab for years," added the mental health counseling student. "I overdosed multiple times where I pretty much died and was revived. Unfortunately, addiction is a disease. I would've done anything in my power to stop my addiction, but nothing could stop me, including myself."

> "I overdosed multiple times where I pretty much died and was revived. Unfortunately, addiction is a disease. I would've done anything in my power to stop my addiction, but nothing could stop me including myself."
>
> Graduate Student

Gramiccioni said New Jersey ranks as one of the top five states for overall heroin seizures, with this number increasing dramatically over the past several years.

"[Heroin] is one of the drugs, along with cocaine and methamphetamine, that really transforms our brains on a cellular level where it makes addiction happen easier and therefore, making it harder to quit. It goes to that pleasure center of our brain and blows it up," said Schaad.

Heroin used to be considered an inner city drug, but now it "knows no racial or socio-economic boundaries," commented William McElrath, Chief of Monmouth University Police Department (MUPD).

Cavaiola said heroin has flooded into the American market from Afghanistan, Turkey, Mexico, and Columbia. The movement of heroin is apparent in Monmouth County, particularly in the case back in December where more than 50 people were charged for being in a heroin-trafficking ring called "Operation Hats Off." The prosecutor announced that approximately 10,000 bags of the drug were moved each week during the movement.

Although heroin is highly available, Jason Caianiello, junior psychology major, said, "I was unaware of this increase in heroin availability. I am actually shocked."

When asked if increased knowledge of this epidemic will drive students into wanting to experiment with the drug, both Schaad and McElrath answered there is no correlation. McElrath explained there has been no recent arrests for possession or distribution of heroin amongst students, "but it would be foolish to think that heroin use has somehow bypassed the University. It's here just like it's everywhere."

According to Gramiccioni, the number of children and adults who have sought treatment for admitted heroin addiction are 721 in the Freehold Regional School District, 255 in Middleton, 110 in Hazlet, and 164 in Manasquan Sending District area.

In an effort to combat these deaths, Governor Chris Christie signed the Good Samaritan Overdose Law in May, a measure that encourages people to report drug overdoses without the fear of getting arrested for possession. The campaign urges people to immediately call emergency personnel if they suspect a user is suffering from an overdose.

"The Good Samaritan Overdose Law is essentially an extension of the University's Good Samaritan Practice, except it applies to all residents of New Jersey, not just students," said Schaad.

It is stated in the 2013 to 2014 student handbook that under the Good Samaritan Practice, students who seek assistance from the University to address a situation involving a significantly intoxicated or under the influence individual will not be charged with a violation of the University's alcohol or drug policy.

A little over four million Americans, aged 12 or older, report using heroin at least once in their lives and an estimated one out of four of these users became addicted, as stated by Gramiccioni.

Those suffering from addiction are urged to seek help. "Everyone is at their place of willingness to change or not change," said Schaad. "I would like students to know there is a safe, free, confidential place on campus where they can go to if someone is addicted to an opiate like heroin. I can't tell you how many times we have helped students."

Students can seek help on the third floor of the student center in the office of substance awareness.

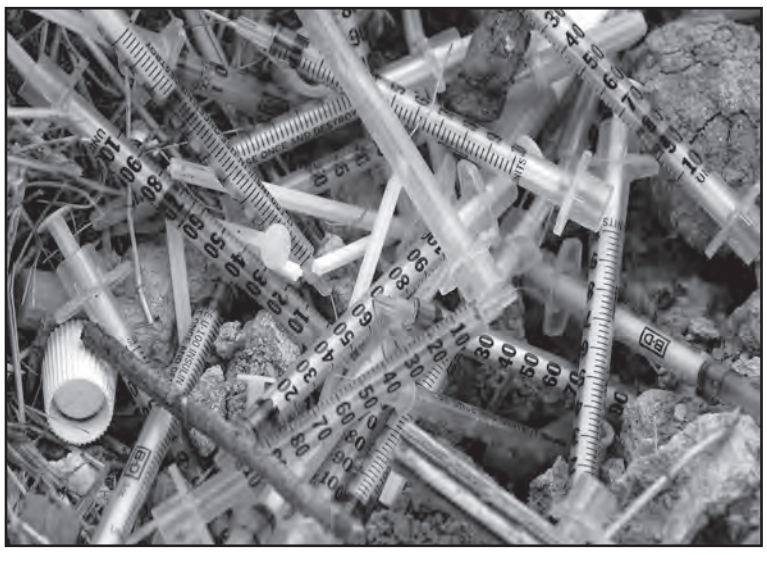


PHOTO TAKEN from harmreduction.org

Syringes are one of the three ways that heroin users are able to receive a high from the drug.

Ghost Hunting in Wilson Hall

KILLIAN FERDINE
CONTRIBUTING WRITER

Jason Hawes and Steve Gonsalves from SyFy's hit series, Ghost Hunters, visited The University to demonstrate a ghost hunting skit in Wilson Hall and show a video presentation in Pollak Theatre on Friday, October 4.

The Ghost Hunters are a team of paranormal investigators who examine claims of paranormal hauntings. Hawes explained during the presentation the investigations that the team does throughout the world aim to disprove paranormal haunting claims. "The truth is that actual demonic hauntings are extremely rare," said Hawes.

Hawes is the founder of The Atlantic Paranormal Society (TAPS) and star/co-producer of Ghost Hunters. Gonsalves is the show's technology manager and evidence analyst who is responsible for training investigators and the staff about the equipment.

The University presentation was arranged by Vaune Peck, counselor and coordinator of arts programming for The University's Center of Distinction for the Arts. Peck, who enjoys the show, explained that she felt like she needed to have the Ghost Hunters come the University and speak.

During the Wilson Hall walkthrough of how the ghost hunting is done, Hawes and Gonsalves listened to stories of paranormal claims while walking through the halls. The group then climbed the staircase to tour the ladies and gentlemen's lounges of the building. Hawes and Gonsalves asked numerous questions while admiring the architecture.

Following the walk through of Wilson Hall, Hawes and Gonsalves gave a two hour presentation along with an informational lecture on ghosts. The investigators explained the characteristics of different types of ghosts such as demonic, angelic and elemental spirits. Hawes then identified that these types of ghosts can be further categorized by spirits that are intelligent, residuals, and poltergeists. Gonsalves followed this categorization with a brief explanation of the ways they address haunting spirits.

Gonsalves and Hawes also presented electronic voice phenomenon recordings from previous investigation for the audience to hear. From one of the recordings, the audience was able to hear a mother fighting with her 4-year-old girl. During the recording the small voice of a child can be heard saying, "They don't want us," when the mother says that she no longer wanted the spirits to leave. The voice recording allows the investigators to hear things they were unable to previously hear.

The recordings were followed by six video clips. An exmaple of one clip showed a loud banging noise and a light spontaneously turning on while asleep in a bed and breakfast in Mackinaw Island. As Hawes begins to lift his head to look around, the bedside lamp flicks on. This was another presentation of the ghost activity that the team works together to investigate.

Following the video was a question and answer session. Samantha Furlong, a Brookdale Community College student, said, "They were amazing, I can't wait to make [my sister and mother] sit through the six hour live Halloween episode."

PHOTO TAKEN from www.falon.com
The Syfy's Ghost Hunters gave a presentation at Monmouth University on October 4.

Common App Available to Prospective Students

ERIN MCMULLEN
ASSOCIATE NEWS EDITOR

High school students interested in applying to the University now have the opportunity to use the Common Application.

In previous years, students looking to apply to the University could only do so by filling out the University application available online.

This year however, the University has officially become a member of the Common Application. The Common App is a single application that can be found online and submitted to a large number of various institutions of higher education.

According to commonapp.org, "We serve students, member institutions, and secondary schools by providing applications that students and school officials may submit to any of our over 500 members."

The colleges and universities that are not members of the Common Application typically have an application that is specific to their institution that prospective students are required to fill out. Up until this year, the University was one of these universities.

Victoria Bobik, Director of Undergraduate Admission, is excited about this recent change. "The Common Application has become a premiere application for students from all over the country, and we think that this will assist in students applying to Monmouth," she said.

Although the previous application used by the University was fairly easy to complete, students currently enrolled would have much rather preferred to use the Common Application when they were applying.

Kristen Catalano, freshman biology major, was able to use the Common Application for several of the schools she applied to during her college application process. The University, however, was not one of them.

"I didn't think [MU's application] was a lot more work than the Common Application, but it would probably be a lot easier if Monmouth was a part of the Common App so it's one less application to do," Catalano said.

Due to the fact that most high school seniors generally apply to more than one college, the Common Application is said to be an easier way for students to submit applications to multiple schools while simultaneously lessening their workload.

Casey Kohut, freshman management and marketing major, said, "The application process at Monmouth was pretty simple and self-explanatory, although it was a little more work filling out an extra application."

Some students may only apply to schools that use the Common Application just so they can avoid having to fill out more than one application. If that is the case, there is a chance that the University's former application may have been ignored by many high school students looking to apply to college in previous years.

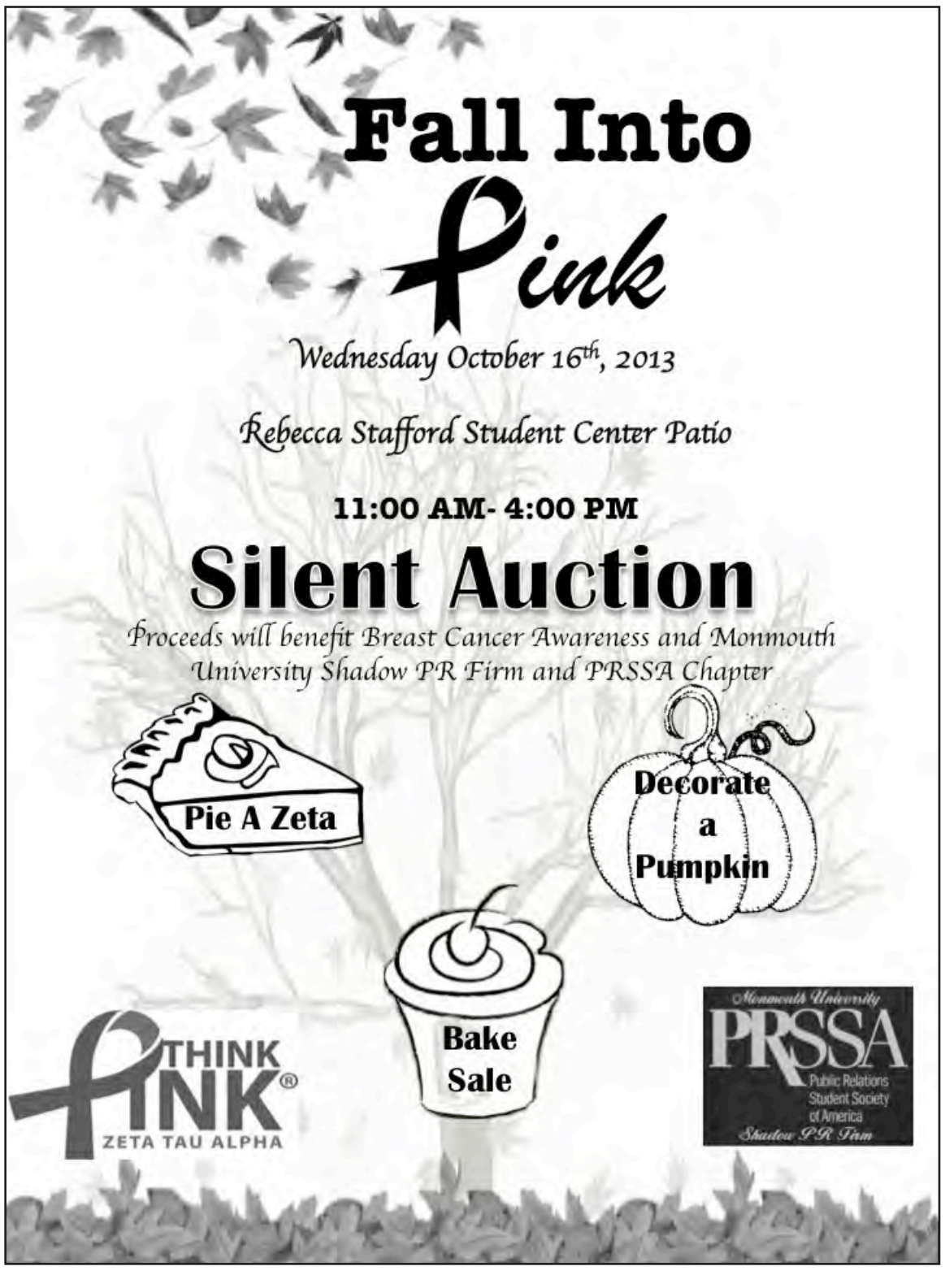
Every college student knows how much work goes into applying to school, but the Common Application exists to help make the process a little easier. Catalano said, "Applying to college is stressful enough, so the less applications you have to fill out, the better."

The University hopes that with the addition of the Common Application, the Office of Admission will see an increase in interested students. "We are anticipating that more students will apply to Monmouth because we are now a member of the Common Application," explained Bobik. "The application is convenient for both students and guidance or college counselors, and as a member, Monmouth will gain more national exposure," she added.

Mary Anne Nagy, Vice President for Student and Community Services, agrees with Bobik. She feels that the Common Application will bring in more student applications and also increase our exposure to potential students. "I think it is a good idea and I look forward to seeing the impact," Nagy said.

> "Applying to college is stressful enough, so the less applications you have to fill out the better."
>
> KRISTEN CATALANO
> Freshman Biology Major

PHOTO TAKEN from blindgossip.com
The Common Application will make it easier for prospective students to apply to the University.



GRADUATE SCHOOL PROGRAMS

- Anthropology
- Business Administration (MBA)
  -Accelerated MBA option
- Computer Science
- Corporate & Public Communication
- Criminal Justice
- Education (MAT, MSEd)
  -Accelerated MAT option
- English
- History
- Homeland Security
- Information Systems *(NEW for Fall 2014)*
- Mental Health Counseling
- Nursing
- Doctor of Nursing Practice
- Psychological Counseling
- Physician Assistant *(NEW for Fall 2014)*
- Public Policy
- Social Work
  - Traditional/Advanced Standing MSW
- Software Engineering
- Speech-Language Pathology
  (NEW for Summer 2014, pending ASHA approval)

Graduate School Information Sessions

Wednesday, October 16th, 7 p.m.

Saturday, November 9th, 9:30 a.m.

Wilson Hall Auditorium

www.monmouth.edu/GR_infosession

MONMOUTH UNIVERSITY

WHERE LEADERS LOOK *forward*

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Student Involvement? Not So Much.

THE OUTLOOK STAFF OPINION

Multiple clubs and organization make great efforts at hosting events on campus, but *The Outlook* staff believes that improvement on student attendance can be made.

We believe that one possibility can be whether the events offered on-campus are of student interest or not. This is still up for debate amongst the staff, yet we do give organizations and clubs like the Student Activities Board (SAB) credit for the way they advertise their events and push for student involvement. Email is usually the common form of how clubs and organizations reach out to students,. However, the vast majority of the student body deletes these invitations upon receiving them.

While there are certain events that occur on campus which have hosted a larger amount of students, these events usually only obtain such an audience when there is an obligation for a class or a chance for extra credit. While *The Outlook* staff does notice that Monmouth has a record of hosting events with large student turnouts that aren't a part of an academic commitment, like the Involvement Fair or the Fall Carnival. However most of the other events fall under the wayside with less than a couple dozen students attending.

Commuters in particular find it difficult at times to attend events on campus in their free time. Since the majority of the University's student body is made up of commuter students, we feel that events must be more commuter-friendly. With events that clash with work, class and other obligations, events on campus appear to be aimed at the small population of students already living on campus.

It comes as no surprise that people like to stay in their comfort-zone because it is familiar and safe. Usually though, certain campus offered events attempt to lull students outside of that comfort-zone. As a result those students are going to look to their group of friends and see what they're reaction is to the event. If your group of friends is not motivated to go to that on-campus psychic reading or to the football game then, more often than not, you're not going to go. So it might very well be that poor student turn out is responsible for the lack of involvement.

How could this be remedied though? Some editors at *The Outlook* believe having better head-lining bands at the Multipurpose Activity Center (MAC) or having better advertising of the tailgating policy during sports events are possible solutions.

The staff isn't rallying for alcohol to be served at all campus events, but we do believe alcohol can be enjoyed as long as you are of-age and drink responsibly.

When asking why some of the staff believed there isn't much student attendance at events, one of the editors had no response. She could not understand why so few people show up when the University as a whole tries so hard to bring in students.

At *The Outlook*, we acknowledge how hard student organizations, clubs, faculty members and the University try to get more students involved in their events. We realize that it is on the students' part too. We also see that there are great student turnouts at certain events, we would just like to see even more students attend.

We do hope that student involvement will change and more people will start attending more events. However, this is something that will require a slight change on both ends.

HOW TO SUBMIT ARTICLES OR LETTERS

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

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

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The Struggle Of Joining Multiple Clubs

MARISSA CORNFORD
CONTRIBUTING WRITER

One of the reasons I was looking forward to coming to Monmouth University was the wide array of clubs and other extracurricular activities the campus had to offer.

I was excited to get involved on campus as soon as possible. I wanted to join every club or group that I was interested in.

Yes, there's only one time block in the week where clubs are guaranteed the chance to meet (2:30 to 3:30 on Wednesdays), but I figured I could do it since not every club meets during that particular hour.

Some groups I have already joined, such as Hawk TV and even RHA, which meet at night, so I thought I was getting more time in the day to attend other meetings.

Imagine my horror when I attended the Involvement Fair and discovered that not one, two, three, but four groups I wanted to join were all scheduled to meet at the exact same time! Not cool. I can't be in four places at once. This is why we need more club hours (or a cloning machine).

Each time I toured the Universities' campus as a prospective student, I discovered even more ways for me to get involved in my major which made me fall in love with the school even more. This of course evidently led to my decision to enroll at Monmouth.

I was looking forward to arriving on campus and joining each of these groups, such as The Monmouth Review or The Verge because I enjoy writing. I was interested in joining Shadows Yearbook because I have always wanted to work on a yearbook, or even Boom Roasted Productions because I have a passion for theater.

I never expected to be forced to choose between any of them, which probably intensified the shock of the situation. As much as I want to be a part of all of these organizations, it just won't work if they all occupy a single club hour.

> "I felt like I was being pulled in all different directions when I was trying to decide which of the four clubs I would be attending on Wednesdays at 2:30."

I can't even overextend myself, because again, I can't be in four places at once. I was ready to do it all, but now I see that isn't entirely possible nor realistic.

It's great that we have a set time in place to give clubs the chance to meet regularly, but when students looking to get involved and pursue interests are forced to choose between two equally fun clubs they love, that's not a good situation.

I felt like I was being pulled in all different directions when I was trying to decide which of the four clubs I would be attending on Wednesdays at 2:30.

No matter how much I weighed the pros and cons of choosing one club's meeting over another, I was at a loss for an answer and still am

I finally made my decision with eventually choosing Boom Roasted Productions to fill that cursed time slot, because I already write for The Outlook and parts of Hawk TV anyway.

Monmouth heavily encourages its students to get involved with campus life by joining various activities in order to make friends and feel a part of something. But it's a lot harder to find your niche when you're pressed to make a choice as opposed to having the chance to try everything out.

If you try to join multiple clubs, you'll still be able to make it to some meetings, but in reality you'll look like you have commitment issues.

Another frustrating aspect of the single hour time slot- having to run across campus to travel from one meeting to the next because they're all jam-packed together in just sixty minutes. It's almost like changing classes. If one meeting runs overtime, I'm late to the next.

Nobody likes the feeling of awkwardly shuffling into a room during an ongoing meeting and everyone staring at you because they know you're late. I certainly don't.

One hour a week is a rather small time frame, only one hour for over 90 clubs and organizations on campus. Club meetings need to be further spread out to better accommodate students' schedules. With more time set aside for club hours so that students will have more opportunities to get involved.

It's hard to choose between two great things. But in student life, we shouldn't be forced to.

"Hold On, I Wanna Instagram This"

JENNIFER MURPHY
CONTRIBUTING WRITER

PHOTO TAKEN from freddyo.com
The Instagram obsession continues to grow amongst all groups of people.

With all the hype and attention that social media has brought to the world in the past few years, as well as its importance in the media, Instagram has become an extremely popular social media device.

Following in the footsteps of its top competitors such as Facebook, Twitter, and Linked In, Instagram is becoming immensely popular.

Most people assume that it is just the younger generations that consume this photo-sharing app, Instagram attracts all different groups of people.

While Instagram continues to grow, more age groups become victim to the Instagram life. Many adults, parents, and even senior citizens are a part of this social media craze.

Instagram has become a great way to keep a sense of contact with people. Including myself, many people don't exactly need to be in direct contact with every person at all times.

Sometimes we just want to see what everyone is doing on a day-to-day basis and we are able to achieve this by viewing the pictures people continuously upload. Users upload everything from pictures of their pancakes, to their cute puppy taking a nap.

It creates a sense of communication without going too far. You are able to see what's going on without having to talk to anyone.

As nonsocializing as that sounds, it's a great way to connect with people. You can choose to follow whoever you'd like. You can show a little love by liking or commenting on their photos or 15 second videos.

Almost all businesses, universities, and professional athletic teams have Instagram profiles. The visual aspect of photos is very significant, and can provide a different angle to what ever you're looking to promote, which can become very vital when looking to reach out to more people.

Even the University has an Instagram account. MU which is very active with its account, utilizes it to keep up to date with things around campus and even get people more involved with different aspects on campus.

Instagramers tend to get caught up in having an insanely large number of followers with how many likes their pictures receive. As ridiculous as that may sound, it has become a part of the everyday life in the eyes of an instagrammer. Since many people, businesses, and universities are all looking to reach out to as many people as possible, gaining followers is very valuable.

You would be incredibly surprised by how many people have become prominent in the world just from photos they've posted on Instagram.

You never know who will come across your photo one day. Many things have come in result of social media. Keep on posting away my friends

Being Involved In Reality Television

SHREEJA KADAKIA
CONTRIBUTING WRITER

Reality TV shows have become extremely popular in recent years. "American Idol," "The Voice" and "Dancing With the Stars" are often the subjects of many conversations amongst young Americans.

What exactly is it about such reality television shows that we inevitably find ourselves attracted to?

The answer is a simple one: we find ourselves attracted to such TV shows because we are directly participating in the competition.

We often vote for our favorite contestants and doing so makes that competition a personal one for us. From a psychological perspective, our minds automatically give more importance to the things that are directly related to us.

By voting for a contestant, we are giving our personal support. So, they automatically become an elevated priority in our minds.

Such a trend has caused other types of TV shows to offer audience interaction. For example, many news channels now have Twitter and Facebook pages where viewers can leave comments and sometimes, the most intriguing ones are displayed on the show.

Another reason why people are attracted to reality TV shows is because, somehow, it makes them feel better about their own problems.

Psychologically speaking, this is a problem coping strategy that we often use. Stress is not an uncommon phenomenon in our lives.

In order to deal with it effectively, we have developed several problem coping strategies. One of them includes how we deal situations that we cannot physically manipulate on an emotional level.

For such situations, we tend to seek out others who have worse problems than us. This somehow makes us feel better about our own problems and relieves us. Such relief is offered by reality TV shows.

Though they may not be the most intellectually stimulating, reality TV shows have become a huge part of the American entertainment system and they're only becoming more popular.

PHOTO TAKEN from examiner.com
"Dancing With The Stars" allows you to vote via text, phone or online to vote for your favorite contestants.

Too Many Legal Ages?

Should There Be One Legal Age For Everything?

NATALI GRECO
CONTRIBUTING WRITER

The party-planning, the celebrations with friends, the gifts, and more importantly, the rights. What more could you possibly ask for from your 18th birthday?

It's no secret we all spend our entire teen years looking forward to the big 18, but why exactly do we, though? Is it because technically, we're finally considered legal? Is it because we can finally get our adult license?

I remember looking forward to my 18th birthday like it was the greatest thing in the world and I'm not going to lie, I had an awesome time celebrating it.

However, once the weekend was over, it was back to business and being 18 didn't feel any different from 17. It's not even like I registered to vote or anything.

According to the government, after turning 18, I had the options to join the army and legally play the lottery, two things I had never cared for.

The following birthday was even worse. At 19, Uncle Sam gives you his blessing to go ahead and contaminate your lungs. At 19 I was now able to go into any corner store and buy my mom her cigarettes.

I recently turned 20 this past May. Of course the partying was great, but the fact that I was no longer a teenager and still not treated as a full adult really annoyed me. I still can't get into clubs and bars which is depressing.

As my 20th birthday approached, all I kept thinking was that I was reaching my "limbo-stage," as I like to call it. I am no longer a young teenager, but I'm still not legal either.

At 20, the movies just don't always cut it as Friday night fun anymore. Also, who doesn't like to have a little wine on the side of dinner?

> "An average 20 year old is halfway through college, working towards a stable job or internship, and probably working on their credit."

The point is, 21 should not be the legal drinking age while 18 and 19 are possible gateways to your death, such as putting your life at risk in the military and being able to smoke legally.

If an 18-year-old has the ability to move out and support him or herself, then why can't he (or she) decide whether to have a drink or not?

What about all of our friends who leave us right after high school graduation to enroll in the army? Don't they deserve the right to go into a bar and unwind after fighting for our country?

If the government doesn't believe for whatever reason, that the drinking age should be 18, at least make it 20.

An average 20 year old is halfway through college, working towards a stable job or internship, and probably working on their credit (yes at 20 we realize that most of our accomplishments in life will depend on three digits).

If they can do that, then why not be given the freedom to legally drink? I mean, they're going to do it anyway. Might as well make it legal and give us all a break on the arrestments and worries.

Twenty-one is such a random number. Was the decision based on some medical research? If so, you might as well neglect it, because now-a-days either all medical results backfire on themselves or prove that something else we consume will lead to cancer.

It is ridiculous to have so many different legal ages. The government should either decide on one legal age or at least lower the drinking age.

Let's admit it, all we truly care about is having the freedom to choose how we have fun. Whether it's legal or not, we're going to do as we please.

Booker in the Lead of New Jersey Special Election

Lonegan Tailing Behind by 13 Percent in Recent Monmouth University Polling Institute

BILL SCARANO
CONTRIBUTING WRITER

Only one week remains until the people of New Jersey head to the polls on Wednesday, Oct. 16 for a special election, to select the state's next U.S. Senator, filling the seat left vacant by the death of former Senator Frank Lautenberg.

Newark Mayor Cory Booker is representing the Democratic Party and former Gubernatorial Candidate Steve Lonegan is the Republican candidate.

As of October 1, a Monmouth University poll showed Booker maintaining a 13 percentage point lead over Lonegan.

Booker's presence on social media sites such as Twitter and Facebook has increased. He also entered a burning home to rescue a woman who had been trapped amid flames and acrid smoke have gained him popularity over the last few years.

If elected to the Senate, Booker vows to fight for continued improvements to the healthcare system, to bolster education, to continue advancing the causes of women's rights, to ensure marriage equality for same-sex couples, and to safeguard the long term health of the environment.

For his part, Lonegan is far from backing down despite facing a clear uphill battle. He recieves support among staunch New Jersey Republicans and Tea Party supporters. However Lonegan's agenda calls for across the board spending cuts, the repeal of the Affordable Care Act, scaling down federal entitlement programs, lower taxes, and reduced federal involvement in the educational system. This may prove too divisive and heavy-handed given New Jersey's historically blue-state image.

Senior business finance major Adam Sharkey believes that Lonegan's agenda of fiscal responsibility is precisely what is needed given America's current economic woes.

Sharkey said, "We need Republicans to step up and reign in the federal government's excessive and often unnecessary spending. We've made virtually no inroads on paying off the national debt, which only continues to grow as a result of continued federal spending increases."

Sharkey added that Lonegan's desire to lower taxes "Would give everyone a little more breathing room as most people's money is rather tight these days."

As for the election itself, it is unprecedented in New Jersey history. It marks the first time that an election has been held in October as well as on a Wednesday, which adds an element of the unknown with regard to the degree in which New Jersey voters will head to the polls.

Dr. Michael Phillips-Anderson, professor of communication, believes that, despite media outlets allowing the race more exposure given its unconventional timing. The average likely voter is actually paying less attention to the proceedings - he said, "a Wednesday in October makes it harder to get voters, especially non-attentive voters, to the polls," said Phillips- Anderson.

Dr. Joseph Patten, chair of the Political Science and Sociology Department said that "Voters are understandably confused as to why the election isn't on the first Tuesday in November like other federal elections," adding that "the turnout for this race will be extremely low."

Regardless of who is ultimately victorious on Oct. 16, the result of the special election will not have any immediate national consequences with regard to the balance of power in the Senate, where the Democrats retain a considerable majority.

If Booker should win, there could be farther-reaching implications with regard to the 2016 presidential election. Although Booker has not expressed any intentions concerning further political aspirations,

Dr. Charles Cotton, professor of political science, points out similarities between Booker's growing presence in the national spotlight and that of President Obama, who, in similar circumstances to Booker, was elected to the U.S. Senate in 2004 before running for President in 2008.

Cotton believes that "a Booker victory might lead to something bigger - perhaps residency in the Governor's Mansion or maybe even the Presidency."

PHOTO TAKEN from news.yahoo.com
Cory Booker (left) and Steven Lonegan (right) posing before first New Jersey senatorial debate.

Whatever the future holds, the people of New Jersey will first decide whether it will be Steve Lonegan or Cory Booker who will represent the Garden State in the U.S. Senate. Polls open Oct. 16.

"Essential" Government Employees Being Paid During Government Shutdown

President and Congress Among the Government Employees Still Being Paid

IZIAH THOMPSON
CONTRIBUTING WRITER

As the shutdown of our government continues, now on its ninth day since congress failed to pass a budget on September 1st, 2013. Eight-hundred thousand federal workers have been furloughed, and the economic repercussions are still unknown, mostly depending on how long this shutdown lasts.

During the shutdown what our government calls, "non-essential" services are no longer funded. There are also "essential" government jobs that will be affected, like active duty servicemen, Department of Labor mine inspectors, and Secret Service agents but most will not receive pay. The constitution dictates that certain people must be paid, even during a shutdown.

As it stands our president and our legislators in the house and senate will still be receiving their paychecks. Congress's salaries fall under what is called "mandatory funds". Their paychecks do not fall under the umbrella of discretionary spending that is affected by an un-passed budget.

It has raised some eyebrows and created a few headlines as to why the Congress and President are paid when they are the ones who have resulted in the government shutdown.

As of Friday, September 27, one hundred and forty-four members of Congress have decided to give or refuse to take their earnings during the shutdown.

Questions of motive and ingenuousness followed congressional announcements of what they would do with their pay. Are they just making a political move or is this an honest decision that congress feels will relieve the burden of the government shutdown off the American people.

"The chief problem is we don't have competition in House elections because congressional districts are gerrymandered to ensure electoral victory for candidates from one political party or the other. Having political parties draw congressional districts is an obvious conflict of interest and serves to subvert the best principles associated with American democracy."

Phillips-Anderson continued, "It could also backfire if federal workers see it as disingenuous and not really a sacrifice. Missing a paycheck is a smaller deal if you make $174,000, than if you make $40,000."

Phillips Anderson added, "If I were their opponent in an upcoming election, I would ask why they don't donate more back to the Treasury if they can afford to."

The symbolism expressed through the Congress representatives donations could be taken different ways depending on how you look at it. In this instance party lines seem not to make any difference.

For example Republican Representative, Andy Barr from Kentucky posted Tuesday on Facebook, "as a result of partisan bickering and gridlock, I will be donating my salary for the duration of the government shutdown to local charities until the Senate and President agree to negotiate with the House and…reopen the government."

Across the aisle Democrat Representative, Ami Bera will decline his pay because "Congress should lead by example and put people before politics," he said in a statement.

> "[The shutdown is] embarrassing and another sign that Congress is our broken branch of government."
>
> DR. JOSEPH PATTEN
> Chair of Political Science and Sociology Department

Professor of Communications, Dr. Michael Phillips-Anderson, said that it is a ploy that they think will help them. "The amount [of congressmen] are returning makes no difference in the federal budget, but it is symbolic communication that might be effective with people who already agree with them (and that is mostly what they are concerned about since most members of Congress are easily reelected."

Dr. Joseph Patten, Chair of the Political Science and Sociology Department commented,

"If Congress can't do its job and put the American people first, then they certainly shouldn't get paid during a crisis that they are causing." He also we must stop finger pointing and act like adults.

Some congress people are choosing to give their salaries to charities others will just not take it. This nibble, out of their salaries wont effect the economy. Will it have a substantial political effect and what does it mean politically?

Patten continued, "We now have mostly single party districts that are represented by members from the extreme wings of both parties. About thirty years ago forty percent of House members were politically moderate, today only 10 percent are classified as moderates. My hope is that the U.S. Supreme Court will reverse course and declare partisan gerrymandering unconstitutional."

"We typically associate nintey-five percent reelection rates with political systems in places like Iran, it's horrifying to know it exists in our U.S. House of Representatives," Patten said.

As Monmouth students await for the upcoming elections there is so much to think about. Ed Hunt, biology major at the University said, "The current situation in the government leaves a lot of students feeling helpless in the voting booth, it leaves us asking what exactly can we do to get positive change in [our government]."

The shutdown and actions of lawmakers have put many at odds. On October 16, NJ will have its general election for the Senate, and in November we have the gubernatorial and state assembly election. As votes are casted across this country, we will see exactly what effects the lawmaker's decisions have.

Patten stated, "[The shutdown is] embarrassing and another sign that Congress is our broken branch of government."

New Jersey State Superior Court Rules in Favor of Same-Sex Marriage Starting Oct. 21

Gov. Chris Christie Still Wants Issue Put on Ballot for Voters to Decide in November

JACQUELYN CORSENTINO
CONTRIBUTING WRITER

The Superior Court of New Jersey, located in Mercer County, made a "historic" decision in the case, *Garden State Equality v. Dow* where Head Judge Mary Jacobson ordered state officials to begin officiating same-sex marriages as of Oct. 21, 2013.

This decision was 10 years in the making. Lamda Legal and Garden State Equality, New Jersey's statewide LGBT advocacy organization, represented six same-sex couples and their children. Lamda Legal and Garden State Equality claimed that their clients were harmed because of the unequal civil union system. They claimed that civil unions violate both the NJ Constitution and the 14th Amendment of the U.S. Constitution.

After the landmark decision this past summer in *U.S. v. Windsor*, the Supreme Court declared the Defense of Marriage Act (DOMA) as unconstitutional. DOMA, a federal law, defined marriage as a union strictly between one man and one woman.

Judge Jacobson declared that the state government is violating New Jersey's Constitution by denying federal benefits to the couples by not allowing them marry.

In her opinion, Jacobson stated, "The ineligibility of same-sex couples for federal benefits is currently harming same-sex couples in New Jersey in a wide range of contexts" She continued by specifically noting the Family and Medical Leave Act. Judge Jacobson declared that under the current system, "…civil union couples may not access the federal tax benefits that married couples enjoy."

Finally, Judge Jacobson stated, "Same-sex couples must be allowed to marry in order to obtain equal protection of the law under the New Jersey constitution."

With that statement, Judge Jacobson was the first state judge to apply the striking down of DOMA under the *U.S. v. Windsor* decision as precedent for legalizing same-sex marriage in New Jersey. Judge Jacobson accomplished this by using New Jersey's own legal precedents to make her decision in favor of same-sex marriage.

This decision was seen as a step forward for New Jersey. Many MU students passionately agreed with Judge Jacobson's decision.

Daniel Roman, a junior political science major and president of the pre-law club stated, "I am extremely proud of my state. A judge used the DOMA ruling as precedent in NJ to finally rule that gay marriage should be legal."

John Marchetti, a junior business major, also viewed this decision as an advance for civil rights in New Jersey. Marchetti stated, "I am happy that the State of New Jersey is now treating all of its citizens equally. Love is love."

Before this ruling, New Jersey only allowed same-sex citizens to obtain a civil union. There are fundamental differences between marriage and civil unions. Marriage is a legal commitment between two people. The state and federal government also recognize the marriage between two people.

Heterosexual married couples have 1,138 federal rights. These are protections and responsibilities that are obtained when they sign their marriage license. Some of these federal rights include: Social Security benefits upon death, Workers' Compensation protections for the family of a worker injured on the job, exemptions from estate taxes when a spouse dies, and even the right to visit a sick or injured loved one and have a say in life and death matters during hospitalization.

Civil unions do not protect the right of the same-sex couples outside of the state. If a same-sex couple that has documentation of a civil union moves to another state, it does not need to be recognized if any state does not consider it legal. There are no federal rights associated with civil unions and only obtains minimal rights and responsibilities as heterosexual marriage, but only at state level. civil unions do not allow couples to file joint tax return nor does it grant homosexual citizens eligibility for tax breaks and protections that the government awards to heterosexual married couples.

There are only four states that still offer civil unions and not marriage to same-sex couples. These four states include New Jersey, Colorado, Hawaii, and Illinois.

Professor Gregory Bordelon, lecturer in political science and sociology department, said, "The Windsor case, decided by the U.S. Supreme Court did not direclty affect state marriage and civil union laws but the Mercer County court analyzed the differences created by the Windor's case implementation because federal agencies were adjusting to to the DOMA's repeal by attempting to grant same-sex couples vadility married the same rights as opposite sex couples."

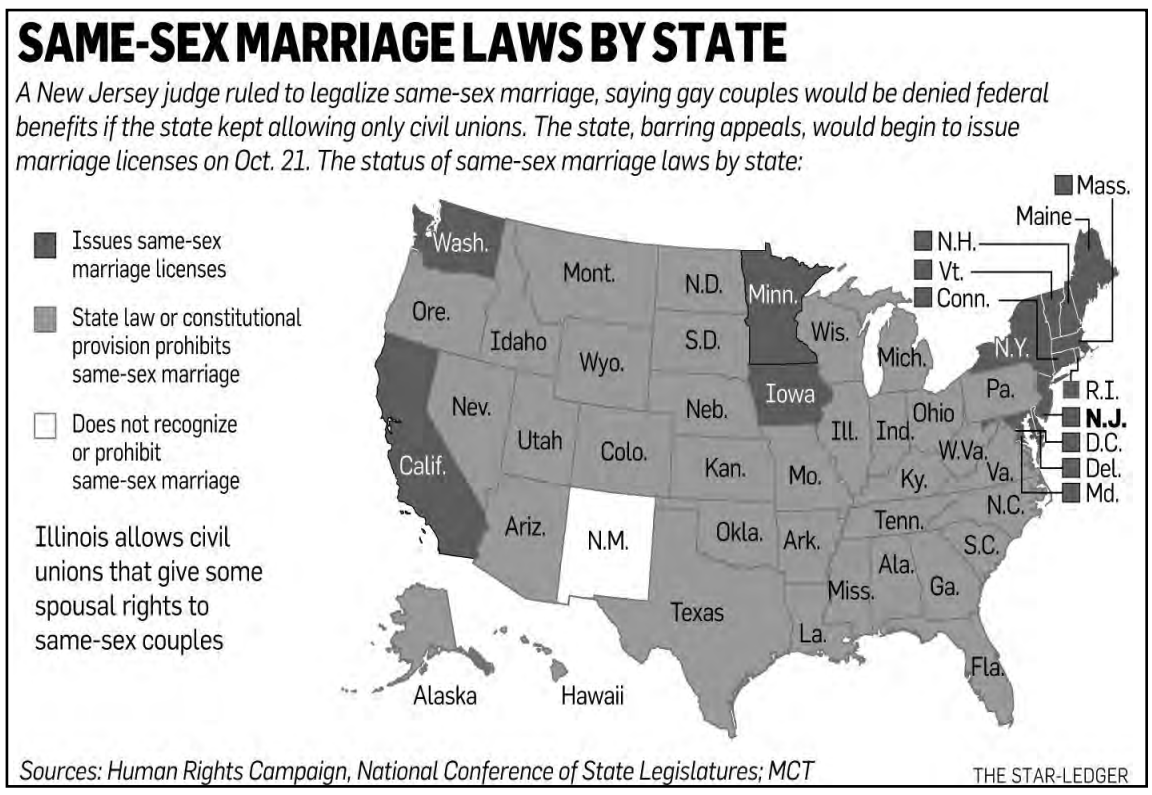


IMAGE TAKEN from prospect.org

This map displays which states have same-sex marriage or where in the process they are with making same-sex marriage legal.

Bordelon continued, "Those few states with civil unions and domestic partnerships fell through the cracks. The irony is that to grant rights to gays akin to marriage. In 2006, New Jersey may be the springboard for striking down all laws that don't grant complete marriage equality."

Professor Noah Lipman, instructor of history stated, "New Jersey was one of the first state's to recognize civil unions. NJ's problem was that in recognizing civil unions it carved out a niche and in its most recent decision the state Suprior Court specifically asked state legislature to take the lead rather than having the court do it. The state legislature attempted to do so but could not obtain the votes necessary to override the promised governor's veto."

Same-sex marriage has certainly stirred up controversy in America, but it has also become a crucial equality issue. As of right now, New Mexico is the only state that has no laws allowing or banning same-sex marriage. Despite the peaceful protests, same-sex marriage is only legal in 13 states and the District of Columbia. These states include: California, Connecticut, Delaware, Iowa, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, and Washington. If Judge Jacobson's decision stands, New Jersey will follow suit with the rest of the Northeast and become the 14th state to legally allow same-sex marriage.

Despite the Judge Jacobson's decision, some New Jerseryans are not as ecstatic about the "historic" news. A strong opponent of this decision is Governor Christie. The Governor has "vowed" that he will personally appeal the ruling all the way up to the New Jersey Supreme Court.

United States Senator from New Jersey Robert Menendez and State Assembly Speaker Sheila Oliver have both urged Christie not to appeal.

Roman identified with Menendez and Oliver by stating, "Unfortunately, Christie has appealed this decision. A large majority now supports marriage equality and it's time for Governor Christie to follow suit."

The Christie administration has argued that same- sex marriage is not a state issue. His administration believes it is out of New Jersey's hands since the only demanding concerns revolve around federal, not state, benefits.

Over a year ago, Governor Christie vetoed legislation that would have allowed same-sex marriage in New Jersey. Christie has made it extremely apparent that he does not believe that same-sex marriage is for the legislators to decide. Instead, he intends to make same-sex marriage an issue that New Jerseryans can vote for or against at the ballots this November.

This issue is not just a controversial issue for America, but also for Governor Christie. The incumbent is up for re-election this year. However, his ambition is not limited to being a two term Governor of New Jersey. Speculation by many political analysts, reporters, and Republicans in general believe he will become a Republican contender for the 2016 presidential election.

Roman stated, "…but of course Governor Christie wants to win the republican nomination for President, so he won't allow gay marriage to become legal in New Jersey."

Lipman also commented on Governor Christie's ambitious future and his stance on marriage equality. Lipman stated, "As for the 2016 nomination battle in the Republican Party, [Christie's] present stance will sit well with the party's base conservative voting block."

Lipman continued, " It was just several years ago that President Obama, as a state legislator in Illinois, took the position that he was against same-sex marriage. His thinking evolved on the subject as time passed. Governor Christie has always stood for equality in so far as civil unions so he has a position upon which his thinking may evolve as well in the future."

On one hand, many people are skeptical of that separation of religion and state. Mat Langenberger, a junior business major, does not believe in this separation. Langenberger bluntly stated, "Religion is the epitome of everything that is wrong with this country." He believes that religion is the only reason why same-sex couples are not legally permitted to be married in "the land of the free."

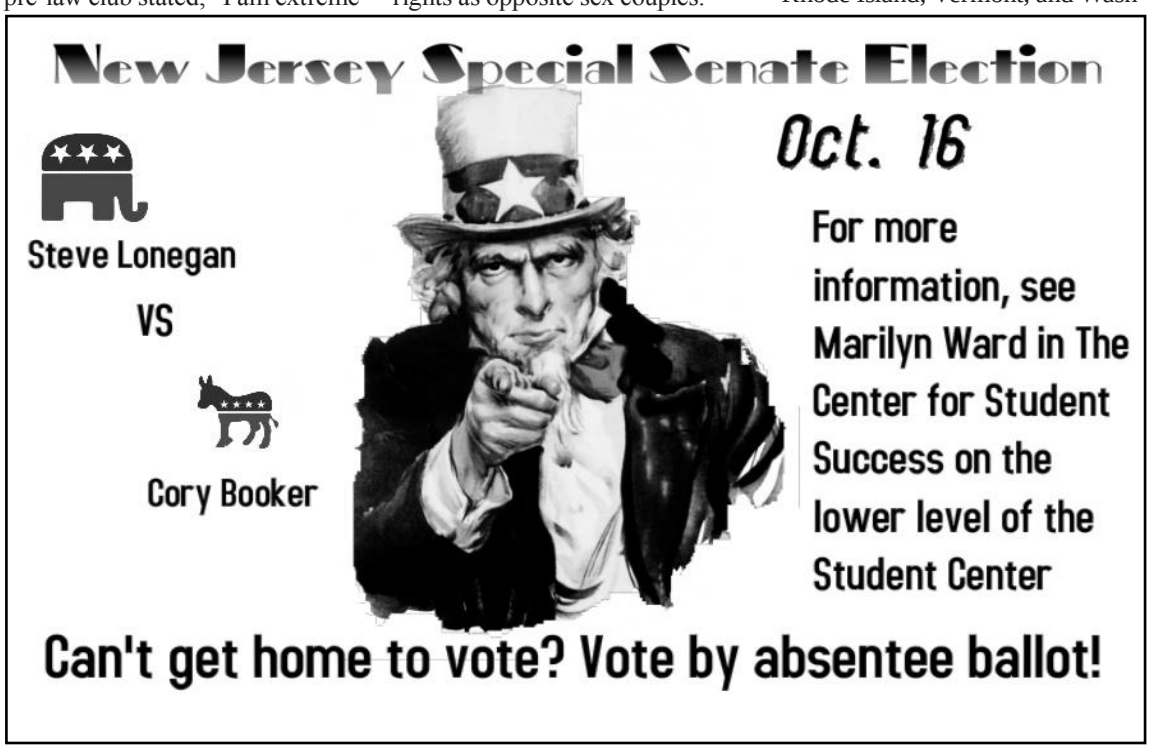
On the other hand, other people believe that same-sex marriage is an equality issue that is not dictated by a person's religion.

Alannah Caulfield, junior psychology major stated, "I was raised Catholic. I was also raised to believe that we are all created equal and should be treated equally. Skin color does not matter, nor gender, so why should sexual preference? We all want one thing in life, happiness." Caulfirnd continued, "Let everyone live happily, live their way; it is not our business what makes others happy."

So the question remains, will Judge Jacobson's decision stand and make NJ the 14th state to legally allow same-sex marriage?

Lipman stated, "Should the Supreme Court of New Jersey uphold the lower court decision it would make NJ the first state to have its judicial system mandate the constitutionality of same-sex marriage based upon the U.S. Supreme Court's decision in the DOMA case.

However, the lower court ruling was based on NJ's own constitution." Lipman continued, "I personally believe the NJ Supreme Court WILL uphold the right of same sex couples to marry in our state relying upon our state constitution."



"Think Pink" for Breast Cancer Awareness Month

TAYLOR KELLY
LIFESTYLES EDITOR

October is Breast Cancer Awareness Month, and you may be seeing more shades of pink than you would at any other time of year. Going pink can show your support for the cause, but wearing a ribbon may not be the route you want to take. If you want to "go pink" in more creative ways, there's plenty of simple, yet creative approaches you can take.

Highlighting a piece of your hair with pink dye is a recent, popular idea that many use. But, if you don't want to permanently color your locks, you can use hair chalk to represent the cause temporarily. You can also buy a clip-in pink extension that is easy to remove at night. Hair chalk is sold in your local convenience store like Walgreens and CVS, while you can buy the extensions in stores like Sally's Beauty Supply or online.

Junior english and elementary education major Krysten Brannick said, "I always get a pink extension in my hair every October, so it has turned into a tradition for me."

Clothes are another obvious way to show your support. "Support the Tatas" t-shirts are a witty, yet thoughtful way to support the cause. Simply wearing a pink dress or shirt can also do the trick. Colored jeans are in style in the moment, so buy a pair of pink ones to wear with a plain white tank top or blouse.

Accessories can help you pull the color into an outfit. Necklaces, earrings and bracelets are all an option. Alex and Ani has just released a starfish charm that features a pink stone in the center, and 20 percent of the sales made will support the Gloria Gemma Breast Cancer Fund.

PHOTO TAKEN by Madison Pinto

Monmouth students showed their support for Breast Cancer Awareness Month by wearing pink t-shirts to last week's football game.

Shoes are a perfect way to make an outfit pop, especially if they're pink. Dress up jeans with a simple pink stiletto to channel your inner Barbie while supporting the cause.

A simple way to think pink is by putting it on your nails. The next time you're at the nail salon, find your favorite shade of pink for a manicure and pedicure. You can even ask your manicurist to incorporate the ribbon into the design.

Sophomore graphic design major Natalie Carpentieri said, "Pink nails with the breast cancer ribbon on your ring fingers is a simple and cute way to show your support."

Makeup is another easy option. Incorporate pink into your look with lipstick that will pop. MAC Cosmetics has a Nikki Minaj "Viva La Glam" shade that is the perfect shade of pink, as well as tons of other lipsticks and glosses that will compliment any skin tone. Create a dramatic evening look with the pop of pink lips and a gray smoky eye. If you're feeling adventurous, try a pink eye shadow and pair it with a nude lip.

Going pink doesn't have to be just for the girls. Guys can show support too by wearing things like pink shirts or ties. The popular rubber bracelets that are worn to show support for a cause are also another easy, gender neutral option as well.

The football team is showing their support with pink stickers on their helmets this month. Wearing pink at games has become a trend in the NFL as well.

Zeta Tau Alpha's philanthropy is Breast Cancer Awareness. They will be having events all month, such as tables outside of the student center every Monday, and a "Fall into Pink" event co-sponsored by PRSSA on Oct. 16.

Junior communications major and ZTA philanthropy chair Erin Ally said, "We're encouraging people to wear pink every Wednesday in support of breast cancer awareness."

This month is the perfect time to think pink in support of Breast Cancer Awareness. From hair to nails, clothes to accessories, there are many ways to show your support on a day to day basis. Make October pretty in pink by thinking creatively and showing your support for the cause.

The Pros and Cons of the Popular Paleo Diet

This Diet is Based off of the Paleolithic Time Period, which Means Absolutely no Carbs or Grains

KELLY HUGHES
STAFF WRITER

We are bombarded with images of weight loss through new diets and fitness techniques all the time, try this try that. Some include the Atkins diet, South Beach diet, P90X, and Cross Fit just to name a few. These established plans have all been targeted to the same audience of people constantly struggling to get the body they've always wanted.

There is a new diet, however, making a buzz among these groups. The paleo diet, founded by PH. D Loren Cordain, was actually published in 2002, but has only just recently gained popularity.

The diet gets its name from the paleolithic time period and is essentially channeling the times of hunting and gathering. It is not literally hunting and gathering, but it is similar to the food groups that were being consumed during the prehistoric times. This means foods like meats, fish, leafy greens, nuts, vegetables, eggs and seeds.

There have been arguments against the Paleo Diet for its tight restrictions.

Completely cutting out grains is one strict part of the diet that has come under attack, as the government recommends six to 11 servings per day. However, one of the key persuasions of the diet is that during caveman times, grains were not part of daily intake.

According to a blog on nerdfitness.com, the diet argues that society's excessive carb consumption is why we are overweight. Altough many nutrition professionals recognize carbs as necessary for an energy source, part of the diet's marketing ploy is that you actually don't need carbs for energy. Instead, your body will burn already existing fat. Besides, carbohydrates come from paleo-friendly foods like vegetables and fruits too.

Director of Health Services Kathy Maloney said, "The recommendation is to eat from all of the food groups as outlined in www.myfoodpyramid.gov. The paleo diet covers vegetables and fruits (carbs), nuts (carbs and protein) and meats (protein). It is missing dairy and starches. A person would have to get their calcium from another means and provide enough carbs via fruits and vegetables for energy so that the body does not have to break down proteins for energy."

Another restriction of the paleo diet is the sugar consumption. The diet forbids eating unnecessary sugar unless it comes from fruit. This means no grains, dairy, or sugar and absolutely no processed foods.

Although there are many restrictions, there are tons of recipes that stick to the diet's guidelines. Using ingredients like almond flour, honey, and coconut or macadamia oil, you can even make paleo-friendly desserts.

You may not have thought you could have chocolate cupcakes on the diet, but it is possible. With coconut flour, coconut oil, and cacao powder as a few of the ingredients, you can create a gluten and grain-free snack. For more paleo-friendly recipes, check out elanaspantry.com.

With new diets, people are always skeptical of losing the weight and then putting it back on once they see results. However, the paleo diet isn't just about weight loss. The Huffington Post states that it lowers the risk of cardiovascular disease and blood pressure, can reduce acne and promote optimum health as well as athletic performance.

Still, some of the claims have come under fire by weight loss specialists. One of the main arguments against the diet is that during the Stone Age, when people ate like this, the average life span was only 25 years.

Junior English major Ariana Tepedino, who heard of the diet through a doctor that specializes in herbal remedies, is a supporter of the diet.

Tepedino said, "I've lost about 10 pounds since I've been on it but I modify it to fit my daily needs so it's actually not as effective as it could be. Ultimately it's a hard adjustment but it's definitely a healthier way of living and it's worth it."

Since the paleo diet is so precise, it can be a rocky transition for those starting out. It would be particularly difficult for college students who rely heavily on campus food services.

It's possible to experience the yo-yo dieting effect of losing weight and putting it back on if not committed. The paleo way is a lifestyle change for those committed to a healthier body.

Tepedino said, "The diet works, as long as you're diligent with it, and it can be difficult to stick with just because you do have to cut out major food groups like carbohydrates and dairy. At times when you're rushing you can't just make a quick sandwich or eat a slice of pizza, you have to make an intricate meal and avoid all the prohibited foods."

Like any diet, there are pros and cons and advocates and opponents. It has proven to demonstrate weight loss results, so if you're looking to drop some pounds keep the diet in mind. It's a drastic change, but perhaps feeding your inner caveman while cutting out the grains and carbs will be worth it.

Paleo Recipes

Orange Dark Chocolate Chip Scones

Ingredients:
- 2 cups blanched almond flour
- 3/4 tsp baking soda
- 1/2 cup chocolate chips
- 1 tbsp orange zest
- 1 egg
- 3 tbsp agave nectar or honey

Directions:
- In a large bowl, combine almond flour, baking soda, chips, and zest
- In a smaller bowl, combine egg and agave nectar or honey
- Mix wet ingredients into dry
- Knead dough into a circle that is about 1/2 inch thick
- Cut dough like a pizza into 8 slices
- Using a metal baking spatula, transfer to a parchment paper lined baking sheet
- Bake at 350 degress for 10 - 15 minutes
- Serve

Pomegranate Salad

Ingredients:
- 4 cups arugula
- 1/2 cup pomegranate seeds
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar

Directions:
- In a large bowl, combine arugula and pomegranate seeds
- Drizzle with olive oil and vinegar
- Toss and serve

Courtesy of *elanaspantry.com*

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Justin Timberlake Overload?

One reviewer thinks JT went overboard

PETER QUINTON
STAFF WRITER

PHOTO TAKEN from djsdoingwork.com
Justin Timberlake released "The 20/20 Experience - Part 2" six months after releasing "Part 1." These albums were released after a five year hiatus from music to focus on acting.

Maybe it's just me, but after two smash hit singles, a massive hit of a comeback album, frequently appearing in commercials, guest-appearing in a mediocre Jay Z song and a VMA performance/tribute that made the man appear as a god amongst mere mortals, I began to think that maybe we've had enough Justin Timberlake for one year.

Not to say that it hasn't been a pretty good ride. "The 20/20 Experience," for all its excesses, is still one of the sharpest and most dazzling pop records in recent memory, and though I'd love to go a day without hearing one of them, "Suit & Tie" and "Mirrors" are still pretty great singles. And yes, I was hit with a few nostalgic warm fuzzies watching JT reunite with *NSYNC for all of two minutes.

But what's this? Another Justin Timberlake record? The second piece of the puzzle nobody even knew was missing? I don't really see what more JT had to prove this year, but I'll bite. "The 20/20 Experience," after all, is still pretty great, and seeing as how these were all recorded in the same session, so it's just more of a good thing, right?

Well, I can see why he held these songs back for a while. Though there are a few catchy moments, "The 20/20 Experience – 2 of 2" feels less like a continuation of a great thing and more of a collection of mediocre B-sides that nobody really needed in the first place, making this collection a much more forgettable experience.

To understand why "Part 2" lags in comparison to its first half, it's important to understand what made "The 20/20 Experience" work so well in the first place. Though it certainly wasn't an easy pop record and had its fair share of indulgences, the fluorescent, six-plus minute extravaganzas that made up "The 20/20 Experience" stood strong with catchy hooks, mesmerizing production, and JT's pristine, soulful vocals. Yes, some songs overstayed their welcome, but tracks like "Pusher Love Girl," "Don't Hold the Wall" and the stunning "Tunnel Vision" conjured pure euphoria with each passing minute.

At a passing glance, "Part 2" doesn't seem like it should be much different than its predecessor. The album is just as rich and expansive as "Part 1," and the same cosmic Timbaland production still defines much of the record as it did previously. There's even an unnecessary Jay Z feature once again, and, as a bonus, Drake even makes an appearance in the satisfying "Cabaret."

But unlike the first record, "Part 2," for the most part, feels far too wrapped up in its indulgences and is significantly lacking in strong hooks to make up for it. "True Blood," for instance, feels far too muddled and confused to justify its nine minute run time, juggling rave beats, piled-on vocal flourishes, and wolf howls (seriously) for much of its duration (and yes, the title is based on the show… sigh).

Other such moments impress, but nowhere near to the same extent as they did on the first album. The album's first single, "Take Back the Night," recalls much of the shimmering neon glow of the finer moments of "Part 1" and is sure to be a crowd pleaser. Yet I can't help but feel that it's just a weaker version of "Suit & Tie."

Meanwhile, single "TKO," perhaps the album's finest moment, brings in the space-freak energy that made "Tunnel Vision" so wonderful. However, the song is still held back by a number of unnecessary details, namely the cringe-worthy Timbaland hook: "She killed me with that kootchy-koo."

I'd argue that "Part 2" does a bit more genre-hopping than its predecessor, but by no means does that pay off. Take "Drink You Away," a bit of a downer that incorporates elements of classic blues rock with a guitar line that sounds suspiciously close to Queen's "Crazy Little Thing Called Love."

"Only When I Walk Away," possibly the most uncharacteristically aggressive sung Timberlake has ever song, is carried by a number of Clapton-esque riffs and guitar leads. While these are noble attempts at variety, they prove a horrible match for JT's pop sensibilities and stick out as cheesy and inauthentic.

The biggest blemish on the album, however, is the 11 minute epic cheese-fest that is "Not a Bad Thing," the album's unfortunate closing statement. The track is basically two songs stuck together. The first could be mistaken for a classic *NSYNC ballad, while the other half is basically Plain White T's "Hey Delilah." They're joined by the absolute sappiest and corniest love lyrics I've heard come out of Timberlake's mouth: "If I had one wish / I know what I'd wish for / I'd fly away on this pair of wings with you." You're better than this Hallmark stuff, JT.

But "Part 2" doesn't spend too much time on the sentimentalities. In fact, one of the main things that sets it apart from its predecessor is its songs' more promiscuous lyrical content. Timberlake isn't a tail-chasing kid anymore (he's a grown man in a happy marriage with actress Jessica Biel), and on "Part 1," the themes of love and attraction he explored felt mature and geared towards one person.

"Part 2," however, paints a more immature picture of a young, single guy prowling night clubs for his next lay, with the lyrics of like "Gimme What I Don't Know (I Want)" and "Murder" coming off more like bad pick-up lines than honest declarations of desire ("Now take me to your jungle, I'm not afraid / And if you're looking for your animal, hop in my cage," he so bluntly suggests on the former). Promiscuity in pop music is fine, but for an artist like Justin Timberlake, it feels far less genuine at this point.

It's hard to really say I'm disappointed by this record, but only because there really seemed like no need for this record to exist in the first place. I think we were all more than satisfied with "Part 1" as a comeback album, and it seems like his current hits will be on the radio for the foreseeable future. "Part 2," by comparison, simply feels like an inessential cash grab, and it's strong evidence that everyone's favorite pop star might be overstaying his welcome.

A Typical "First Date"

NICOLE MASSABROOK
ENTERTAINMENT EDITOR

Girl and boy meet. Girl and boy hate each other. Girl and boy fall in love, despite their initial first impressions. You've seen the plot of "First Date" before. Chances are you've seen it way too often. Playwright Austin Winsberg didn't come up with anything new. That doesn't mean "First Date" isn't worth seeing though.

The musical premiered on Broadway in July after its world premiere in Seattle last year. It centers on a blind date between Aaron (Zachary Levi) and Casey (Krysta Rodriguez). Aaron has just gotten out of a serious relationship and is on his first blind date ever while Casey dates frequently and doesn't get tied down often. Casey is the artistic, indie type while Aaron is a clean-cut businessman. At first they don't think they like each other, but that's only their first impression.

Okay, it's predictable. You know that this is ending with a big kiss and an implied happily ever after, but the way there is fun. "First Date" makes jokes out of all the awkward topics of first dates: awkward pauses, bringing up the ex, looking each other up on the internet. Google is probably the best reference. When Casey discovers Aaron looked her up before hand, she searches for him on her smartphone. Let's just say that hellfire comes with it, and it's hysterical.

Also fun are the personifications of Aaron's and Casey's inner thoughts. Casey's sister nags her to finally commit. Her ex-boyfriends play devil's advocate and try to convince her that she needs a bad boy. Aaron's best friend tries to snap him out of thinking about his ex, while his ex-fiancé shows up to make him reconsider moving on. The personification is a good way to get across a lot of the characters' backstories.

Some aspects were rather over the top, particularly Aaron's discovery that Casey isn't Jewish. The dreaded topic of religion is brought up, and Aaron's imagination conjures up his grandmother singing about matzo balls and temple while Hasidic Jewish men are her back up dancers and his future son raps. It's massively over-the-top, and it's a little hit or miss. It's hilarious for the first few seconds, but it gets ridiculous pretty fast.

Also, the gay best friend Reggie (Kristoffer Cusick) really stopped being funny after his first appearance. He calls every so often, giving Casey her bailout call. Casey never picks up, but we get to hear the voicemail of her stereotypically flamboyant gay best friend. It's like a drunken Ke$ha song but worse. He sings, "I'm feeling totes ignored/Later, slut!" It was kind of funny the first time, but I quickly grew irritated by him.

The music overall, though, is pretty good. Alan Zachary and Michael Weiner wrote the music and lyrics, and sometimes it hits the mark ("Awkward Pause" is particularly perfect: "Would gladly eat a plate of glass if it would make this moment pass/ Would rather skydive with no parachute/Get caught soliciting a prostitute") and sometimes it misses by a long shot (must I bring up the rapping future son or Ke$ha-esque friend?).

Occasionally, it felt like Rodriguez was supposed to be hitting notes higher than she was, but Levi was surprisingly good. Then I realized I shouldn't be surprised. Levi was nominated for an Oscar with the song "I Have Seen the Light" from Disney's "Tangled."

Surprisingly, though, I wasn't a huge fan of Rodriguez' acting either. While the promos are trying to draw a television audience by advertising her role on "Smash," Rodriguez has been on Broadway many times, even originating the role of Wednesday in "The Addam's Family." She doesn't come off to be quite as genuine as Levi, who is making his Broadway debut.

The supporting cast also does well, particularly in their role switches. Each of them has to play multiple characters in Aaron and Casey's lives, and they transition between roles easily without any confusion or awkwardness.

Overall, "First Date" isn't going to win any Tony's and it shouldn't. If you're looking for something new and innovative to knock your socks off, this isn't what you want to see. If you're looking to see a decent show for not a ton of money (and at this point, any show with tickets under $50 on Broadway is cheap), "First Date" is probably a good choice.

Also worth mentioning to anyone considering attending is the fact that the cast is known to come meet every single person who waits for them at the stage door. Levi makes sure every fan who wants a picture gets a picture.

Both employees and students can go see "First Date" at the Longacre Theatre with the Employee Activities Committee. Contact Kathy Stein at kstein@monmouth.edu or 732-571-4445 to purchase tickets.

PHOTO TAKEN from thehartmangrouppr.com
"First Date" is a new Broadway musical currently being offered as a trip from the Employee Activities Committee, and all students and employees are eligible for the trip.

Student Spotlight: Taylor Hope

PHOTO TAKEN from facebook.com/TaylorHViolin

Taylor Hope has played in legendary venues, from The Stone Pony to Carnegie Hall, and for legendary artists, like Bruce Springsteen.

CHRISTINA FISHER
CONTRIBUTING WRITER

Sophomore Taylor Hope is more than just the average musician from Sayreville, NJ. She is double-majoring in math and music here at Monmouth University. At only 19, she has already opened up for big stars such as Jason Aldean and Tim McGraw, played a solo at Carnegie Hall, and had Bruce Springsteen himself come and watch her entire solo set.

Hope started playing the violin when she was only 5 years old, but had the interest a couple years before. Hope said, "I wanted to [start playing] at 3. I saw a violinist playing in the park when I was little, and I loved the sound of it."

Like any normal parents, they did not believe that their 3 year old would actually continue with such a delicate instrument. Hope explained, "[My Parents] bought me a fake violin, but I was like 'No! I want a real one!'"

It was actually a teacher at her school that confirmed her desire to play, although that was not his intention. Hope said, "There was this teacher who taught third graders and up, and he said 'Bring her in, she'll be too intimidated and won't want to play'…and after the first time he said, 'Get her a violin.'" So persistence paid off for toddler Taylor, and her parents finally gave in and bought a real violin.

Her musical talents do not just stop at the violin. Over the years, Taylor has learned how to play the piano, guitar, and the mandolin. She also enjoys singing while playing on her multiple instruments.

The violin was not just a hobby for the young child. Hope played in many orchestras when she was little and was completely dedicated. Her mom always received questions from other parents, who were basically forcing their kids to play an instrument. "The biggest question was 'How do you make your daughter practice?' and [my mom] was like 'What do you mean, I have to ask her to put it away!'"

Her parents would support her performing, as long as she stayed interested. "Their biggest thing is to follow your heart, and if you don't like it then that's when we stop."

Taylor was constantly involved in her passion, starting to play in multiple orchestras at 6 years old, and all the way through high school. She continues now to play with the Monmouth University Chamber Orchestra. Hope said, "I did a lot of solo stuff as a young kid. I did my first solo show at 7 years old…"

Playing all those solo shows and bands must have been great practice, leading up to her Carnegie Hall audition at age 13. "I auditioned with hundreds of other musicians, and I didn't get a call for a few weeks…and then the phone call came and I was ecstatic…it was really cool," Hope said. Other venues she has played at include the PNC Bank Arts Center, Susquehanna Bank Center, and down in Nashville for the CMA Fest.

Hope has also played at local venues such as The Stone Pony and The Wonder Bar, which is where Springsteen came and watched her play. "[Springsteen] showed up and watched my entire set, and then afterwards, he spoke to me for a good 15-20 minutes," Hope said.

Springsteen is actually connected to her biggest inspiration, Soozie Tyrell, who is Springsteen's violinist. "When I was [8 years old] I wrote to [Tyrell], and she wrote me back this hand-written, 3 page letter," Hope said. Hope still has it hung up on her wall for constant inspiration and as a reminder to, "follow your dreams and follow your heart," which was the main point of the letter.

When asked if she ever gets nervous, Hope says "I love performing…it's just so exciting on stage…and the more people on stage the better…but I just love performing, big or small [shows]." Performing with huge country artists makes for some huge crowds, so it is great that she does not experience stage fright.

Taylor Hope is not taking a break from performing either. She has a few shows coming up in the tri-state and Philly areas, along with the South Jersey area. If you are interested in seeing Hope perform, then you can go to her website www.taylorhopemusic.com and check out tickets and information.

Theo Katzman Rocks NYC

NICOLE MASSABROOK
ENTERTAINMENT EDITOR

Theo Katzman played The Studio at Webster Hall to a full house on Saturday Oct. 5. The show wrapped up his "Why Not" Tour in New York City after touring around the Northeast and Midwest through most of September.

Theo Katzman is a New York-based musician who graduated from the University of Michigan with a degree in jazz studies. While in Michigan, he was a part of My Dear Disco with Michelle Chamuel (she was runner up on the last season of NBC's "The Voice"). His album "Romance Without Finance" was released in 2011, and he released the first single off his next album, "Pop Song," in September.

The crowd was comprised of a lot of young women. It's not like Katzman isn't attractive, but nothing about him or his music makes one immediately think of him as a teenage girl magnet. It's less surprising when you discover that Katzman has spent a lot of time opening up various shows for "Glee" star Darren Criss, including every show on Criss' summer "Listen Up" Tour.

PHOTO TAKEN by Nicole Massabrook

Joey Dosik is a Los Angeles-based musician who is currently recording his first LP.

Joey Dosik opened the show with a handful of songs from his EP, "Where Do They Come From?," and unreleased album.

It didn't seem like many people in the audience were very familiar with Dosik's music (though he had worked with Katzman before in My Dear Disco). First of all, when Dosik walked on stage he made every girl swoon. He is pretty adorable. Then he opened his mouth. He's not just pretty. That boy's voice was amazing.

Dosik's music was laid back but really soulful. One audience member compared his voice to Adam Levine's voice. She wasn't far off in that description, but Dosik is definitely a little less nasally (and I think I prefer Dosik's voice to Levine).

His cover of The Beatles' "Don't Let Me Down" was wonderful. His original music was equally impressive.

In one song, Dosik took advantage of the small space. He quieted the audience and asked if we could hear him. We could. Then he started singing acapella, singing that he was using his "inside voice," for a few verses before bringing instrumentals in.

Relaxed music can be tricky when played live because it can easily turn into a snoozefest. Luckily, both Dosik and Katzman avoided that easily.

The cool thing about a Theo Katzman show is how his music changes when he is live. While his music is chill and relaxing on his album, he and his band bring a whole different kind of energy when he is live. They were excited and so into the music. Soft songs, like "White Picket Castle" and "I Feel Love" are transformed by their enThey rock out, and the audience feeds that same energy back.

PHOTO TAKEN by Nicole Massabrook

Theo Katzman, best known for playing with Darren Criss and Michelle Chamuel, wrapped up his solo tour in New York City at Webster Hall over the weekend.

When Katzman came out, the screams were deafening and Katzman seemed genuinely surprised by how excited his audience was. It seemed like a proper homecoming for the Brooklyn native.

When the audience sang back all of his lyrics, Katzman was impressed. When they sang the lyrics to his newly released single, he looked floored.

It's understandable why the audience was singing along, though. Katzman's music is fantastic. He played fan favorites ("Brooklyn" and "Country Backroads"), new songs ("Pop Song" and "Romans") and a cover (Frank Ocean's "Pilot Jones"). The Frank Ocean cover was unexpected, but it worked really well with his set.

He interacted with the audience well. Aside from the usual small talk with the crowd, he made a lot of eye contact with audience members (a perk of a small venue) and even said to one girl who was singing along quite well, "We can do this, just you and me." It makes the entire performance feel so much more personal. He seemed comfortable on stage, as did his band. (Dosik joined Katzman's set on the keyboard with Jack Stratton on drums, Tomek Miernowski on guitar and Joe Dart on bass.) Combine that with good music and that's a great concert.

Joey Dosik's music is available at joeydosik.bandcamp.com. Katzman plays in New York City pretty regularly. Check out www.theokatzman.com for future tour dates and theokatzman.bandcamp.com for his album. His latest single, "Pop Song," is available on iTunes and bandcamp.

Seeing Through the Eyes of a Commuter

BRYAN EPSTEIN
CONTRIBUTING WRITER

The University has such a wide spread community that gives commuters just as many opportunities as residents. The only difference is the distance that one has to travel to make it here. Some say it is worth it, and others say they would never even consider it.

Commuting to any school is a challenge, whether it's driving an hour every day, five days a week or looking for a parking spot for sometimes 20 minutes. However, even with all of the different schedules that commuters and residents have at the University, on campus all students are united and share common interests and goals.

PHOTO TAKEN by Bryan Epstein

Marco Ferraro, first year student at the University, takes advantage of the beautiful campus setting by studying outside the Student Center.

Vaughn Clay, Director of Off-Campus and Commuter Services, said, "Commuter and off-campus students can take advantage of a number of the opportunities that resident students may access. However, the fact that they are commuting from a home or local address will always introduce a level of difference between resident and commuter students." He added that family and responsibilities at home affet the extent to which commuter students are involved on campus.

PHOTO TAKEN by Bryan Epstein

Meghan Gibson and Denisse Amrilla (left to right) utilize the Student Center as their on campus hang-out.

Marco Ferraro is a first year student but is in his third year of college. With a commute from Matawan, New Jersey, Ferraro said he "leaves an hour early every day so that I can beat the traffic and relax before class."

On a good day it takes him about 20 to 25 minutes to get to the University, while on days with a lot of traffic it takes him 30 to 35 minutes. However, he does not complain about the traffic because leaving an hour before his first class begins gives him a perfect opportunity to listen to music in his car and not have to rush to school. Still, Ferraro struggles with trying to balance his schedule with classes and club events along with his on campus job working at athletic event staff.

With this being Ferraro's first year at the University, he already decided that he really likes the school due to its fun and beautiful atmosphere. Also, he has met a lot of friends and looks forward to meeting more friends while maintaining good grades and getting even more involved on campus.

Meghan Gibson and Denisse Amrilla, both juniors, live off campus together in West Long Branch with five other girls. They both are extremely happy and eager to live off campus this year for the first time. However, even though they live just under five minutes away from school, there is a lot of work that comes with living in a non-residential house.

One of the hardest things that all seven girls struggle with is the arrangement of cars in the driveway. Seven cars in one driveway with girls who leave for class at all different times is a challenge.

Gibson said she enjoys "having my own kitchen so that I could cook what I want to eat and when it's most convenient for me."

Both of the housemates agreed that they spend most of their free time on campus in the Rebecca Stafford Student Center.

Junior Maxwell Kenney gets the privilege to live off campus, but spends three of his nights on campus working for residential life as a desk assistant. With living off campus Kenney expressed that he needs to work to pay for expenses that one would not pay for on campus such as utilities and groceries.

Kenny said having an off campus home has its benefits. He loves having his own bedroom and bathroom so that he can make his own schedule every day and not worry about conflicting with anyone else.

"Being in TKE, it gives me more opportunities to not only meet a whole bunch of people, but to spend more time on campus and become involved in the Monmouth University community," said Kenney.

Clearly, living off campus and commuting has its ups and downs. However, whether students are commuting or living on campus, the University gives its students such great opportunities to connect with one another and feel united. Hawks truly do fly together.

PHOTO TAKEN by Bryan Epstein

Commuter Maxwell Kenney, junior, gets involved by participating in campus activities such as fraternity, TKE.

October is Disability Awareness Month

WESLEY BROOKS
STAFF WRITER

October is Disability Awareness Month and students and faculty are encouraged to learn more about disabilities from events that will occur throughout the month. Students and staff were greeted by an email on the first day of October, highlighting the many events and the importance of Disability Awareness Month.

Many people do not know how much time is spent increasing awareness on these issues. Many things can be done to assist individuals with special needs on campus. Meredith Courtney, freshman, is excited about the upcoming activities. She was not aware that October is Disability Awareness Month until the month began. "I think that it is great that October is dedicated to bringing awareness to people with disabilities," said Courtney. "I believe that it is unfortunate that the month is also shared with other issues such as Breast Cancer Awareness, Bullying Prevention Awareness, Domestic Violence Awareness and many, others. I think that disability awareness is being overlooked because it is being shared with so many other awareness causes."

Courtney said she hadn't heard of Disability Awareness Month until very recently. "Personally, I wish that more people were aware that this month is Disability Awareness Month because so many people in our world suffer from disabilities and other humans tend to take their lives for granted."

Krysten Brannick, junior education major, shared the same idea. "I feel that it is necessary to have disability awareness because all students and faculty should know about the importance of having disabilities resources on campus," said Brannick.

Senior psychology major and head Resident Assistant, Rachel Conners, did not even know about the special happenings to celebrate the month. "I don't know much about the events to be honest," she explained. That was until a student came up and shared some of the happenings to her. This is one of many causes to be celebrated in October along with Breast Cancer. Other events include a quiz which students can take online and a speaker discussing his internship experience despite a physical challenge on Tuesday, Oct. 29 at 11:30 am.

Some may have not had experience working with special needs people until very recently. Sophomore Brianne O'Neill was intrigued when her special education class recently went to the Harbor School in Eatontown. "I never knew they had so much out there in terms of technology for people with disabilities," said O'Neil. "I think it is very important that all students see this so they have a better understanding on what is going on around them."

This is very important not only because she is a teacher candidate, but also as a college student. There could be people sitting in class struggling due to a disability and one may not even know because some disabilities are hidden. It is also important to see people being active because helping to make the campus more diverse and increasing one's understanding of the world around him or her can have a significant effect on people with disabilities.

One of the events, called "Disability in the Workplace," will feature a panel with University students with disabilities. Many students currently attend the University and others are in the workforce. In addition, agencies such as the Commission for the Blind and the Department of Vocational Rehabilitation will be on it as well to help give attendees a better understanding of the resources available to them.

Director of Disabilities Services, Skip Carey, said, "This has been evolving nicely and much larger than in the past." He added, "In the past we have had very few people attend, but we expect to have a sizeable group this year." Panelists will tell their story about strengths and the challenges they have encountered while in college and the workplace.

IMAGE TAKEN from artabilitystudio.org

The University will host speakers and activities throughout the month of October in recognition of Disability Awareness Month.

Learning is Not a No-Brainer

Different Learning Styles Expand the Theory of Right and Left Brain Thinkers

NICOLE PARISANO
CONTRIBUTING WRITER

What is the best way to learn? There are many different suggestions, options and theories out there that boast the most effective way to learn or study. Two most common are the "Left Brain, Right Brain Theory" and the "VARK Model." But there is much controversy against these theories, so how are students supposed to learn? There has been a discovery of a process called "desired difficulty" that has shown very promising results when the students' recollection of information was tested.

The Left Brain, Right Brain Theory has been around since the 1960's when an epileptic had their brain split, separating the right and left hemisphere, severely limiting communications between the sides. People developed theories that one side of the brain was dominant and therefore your personality reflected the traits attributed to the dominant half. For example left brained people were viewed as logical, systematic and organized. While right brained people were seen as more artistic, intuitive and expressive. This theory really bloomed through time and people even adapted the idea into learning styles.

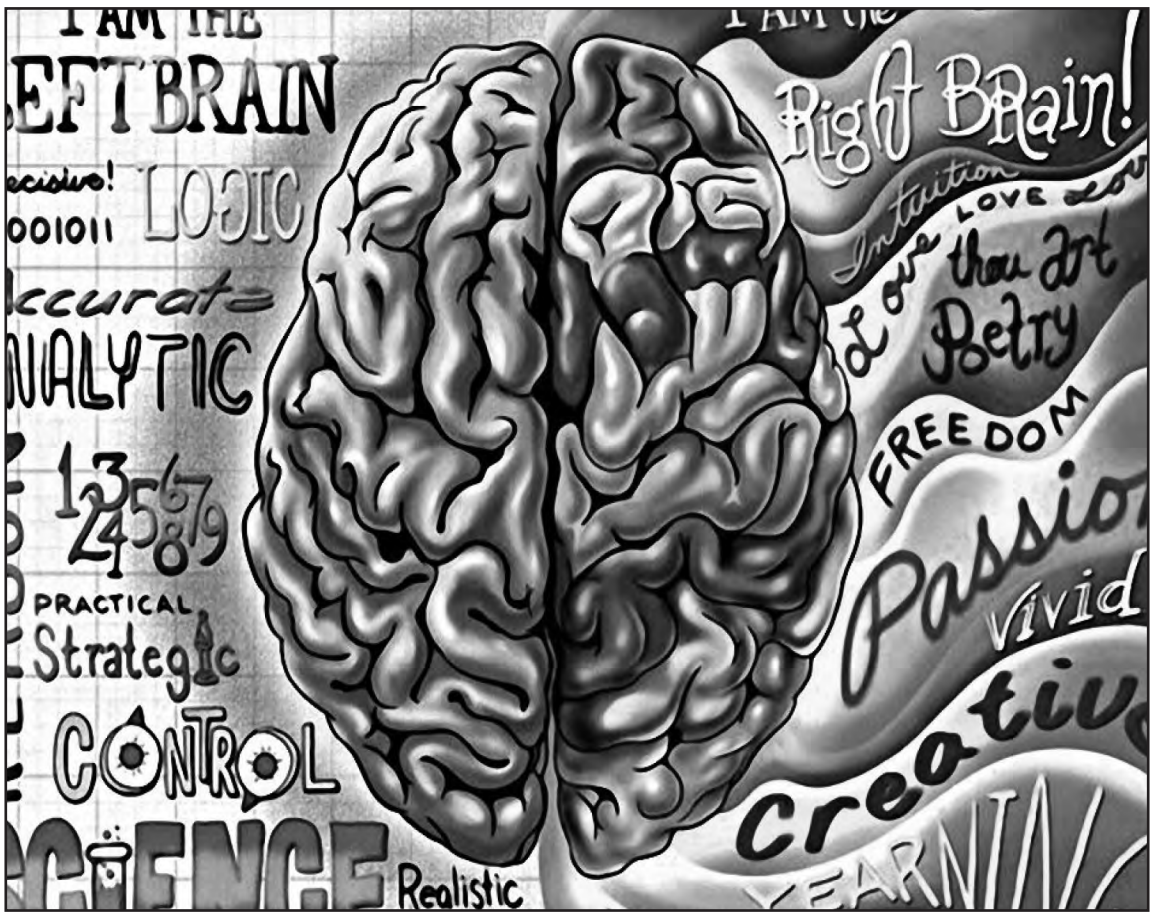

PHOTO TAKEN from hqscreen.com

The left side of the brain is in charge of logical and analytical while the right side of the brain is responsible for creative and asthetic matters.

Hypothetically, left brained people would learn better through reading, taking notes and right brained people preferred lectures, visuals and hands-on experiences. However many recent studies have disproven this theory.

Dr. Jack Demarest, psychology professor, explained while each side of the brain does process certain information first, the brain shares the info with the other half almost instantly. With the whole theory disproven, the learning style becomes obsolete as well.

Some students, however, still believe in the right and left brain learning styles. "I think that there is some truth to this theory," said Junior Lindsey Pieschl. "While there are different things the left and right hemispheres are known for, most processes are so intertwined it is hard to tell which side of the brain they come from.

The VARK model claims that every person learns best through a visual, auditory, reading or kinesthetic (hands on) approach. On the VARK official website there is a questionnaire that will determine which type of learner you are. There has not been much research done to prove the VARK's efficiency. Even on the site there are some statistics 58 percent of people claimed that the VARK matched their learning style, 38 percent of people didn't know and 4 percent had no match at all. Less than 60 percent may not seem very promising. The most effective method that has been proven shows that people don't know when they are truly learning.

The process of "desirable difficulty" is actually not a learning theory that differs from person to person. It is a process of making information more difficult to learn, therefore highlighting it in your mind and making it more easily accessible. How does one do that? There are simple things people can do to make information stick in their memory better, for example, waiting until they almost completely forget information then re-testing themselves. It makes studying much more difficult but improves the recollection of the information. This can be achieved by studying two things one week, then switching to two completely new information and studying that. Later, they go back to studying the first thing. This is called interweaving studying.

David Payne, associate professor of psychology, explained that this method stimulates the hippocampus and the medial temporal lobe to store the information better. The increased difficulty makes that information stand out better than something you read in the paper, or on a billboard, it made you think. For example, you always remember one of your classes or teachers because they were the worst. The more difficult or unique memories keep in your mind more prominently than everyday mundane things. However most people don't feel that they are learning as well because they aren't as comfortable- people don't like pushing themselves.

Psychologist Robert Bjork did an experiment on the spelling of words displayed on index cards. People who were shown the cards normally scored worse than people who were shown the cards upside down. This is because processing information that is upside down is unique and the brain latched on to that information and recalled the words dramatically better than the control group. Bjork and other researchers have conducted many similar studies and the results have been consistent. Schools have been just catching on to this idea and are starting to adapt courses to compliment the idea of desirable difficulty.

There may be preference of methods to learn so you don't fall asleep, however in the end all brains end up processing information the same way. Almost all learning style theories have been disproved since their FAD in the '80s. However, the desirable difficulty method is an effective way to help remember information- but might take some practice to fully use.

Quality Research Resources: Let's Google It

CASEY WOLFE
FEATURES EDITOR

Google is a vast portal of information on everything from news to recipes to song lyrics and more. It is the simplest form of finding research, some would say, but does simple research mean quality content?

Dr. Rebecca Sanford, associate professor of communication, said that Google is used extensively by students. "I think that it becomes just a given that if you don't know something or want to know more about something, Googling is the way to access information," Sanford said. She added that Google is a great resource that most people have right at their fingertips. With smartphones, we can get the information we want, when we want it.

However, Google has its flaws in terms of serious research. "The internet is a democracy. It has all sorts of information at ranging levels of accuracy," said Sanford. "I may find information, but the credibility of my information may or may not be as strong as it should be."

Because information is so easy to find, our overconfidence in determining good research from bad often causes us to lose respect for the research process, according to Sanford. Researchers may in turn mistake an inaccurate source of information as being credible.

Dr. Marina Vujnovic, assistant professor of communication, teaches an online journalism class where she discusses top level domain with her students. "Those things that are on top of the search when you search for something, it's not because it's the best. It's because they paid to be there," Vujnovic said.

One of the websites that is most commonly at the top of any search is Wikipedia. Most professors forbid students to use Wikipedia, which can be edited by any internet user. Vujnovic, however, does not tell her students that they cannot use it. She allows her students to do research on Wikipedia as long as they are using the direct reference links on the bottom of each information page.

Online research databases for scholarly sources are available to all students with their student ID and password. The University Library often gives research tutorials for classes whose professors request them. Students may also ask a librarian for individual help using the available databases. Although students have accurate information from academic journals, articles and other publications, navigating these resources is not as easy as clicking "search" on Google.

University alum and current Director of Pep Band and Instrumental Ensembles, Bryan Jenner, said he completed an extensive amount of research at the University. He is now in Rowan University's doctoral program for higher education. "The Library has great resources with access to academic and peer reviewed journals which is where I did most of my research," said Jenner. He uses similar resources for his studies at Rowan.

Though the library staff is more than willing to help students with their research, many of them still find themselves on Google. The period of time that is given for a class tutorial in the library does not always afford them lessons on how to use the search engine wisely. Sanford said that, even in classes, students are mostly taught how to use the academic databases rather than common search engines. "But then, we, as faculty, might be guilty in assuming that a student who is showing up already knows how to use Google or other search engines," Sanford added.

> "The internet is a democracy. It has all sorts of information at ranging levels of accuracy."
>
> REBECCA SANFORD
> Associate Professor of Communication

Vujnovic agreed. "I can only assume…I don't think students really know how to search. They think they do, but when they need to look for research, they don't even know that Google Scholar exists," she said. Google Scholar is a feature on the Google search engine that allows users to look up accurate information from credible sources. The only flaw to this is that users can not always get the entire journal or article for free.

"Undergraduates tend to look at Google for source material in certain subject areas, but generally that is often to address project presentation material that may not require scholarly journals or peer reviewed material," Jenner said. "I don't see Google used much at the graduate level, as much of the research requires scholarly journals and such."

Vujnovic suggested that before students go to Google or scholarly databases, they should try to reach out to real places and real organizations. "Go talk to people. They will pull out images, they will pull out information, even show you a really rare document," Vujnovic said. "You will get a lot more excited about it than if you found something on Google."

She also said that she sometimes finds that students who use non-scholarly sources from Google do not credit the author of the information. "Students tend not to cite, especially if the information is coming from magazines or blogs or sources that they do not think we will find," Vujnovic said. However, many professors use Turn It In, a program that checks written work for plagiarism.

It is not always the portal that students use to find information that hinders their source accuracy, but the ability, or lack thereof, to be critical in determining good research and bad research. "The information is neutral…it's what we do with it that matters. It's how we critically evaluate it, how we assess whether it's good quality," said Sanford. "You could find [information] on Google or you could find it on Lexus Nexus and it would be the same information and the credibility would be fine."

Information is everywhere, but it is a person's ability to determine what is credible that makes for good research. Before diving into pools of information, Sanford advises, "Think. Think lots, think often, think deeply, think critically."

"Double or Nothing!"

SAB Hosts Annual Casino Night in Anacon Hall

LOUIS GARBARINI
STAFF WRITER

The Student Activities Board (SAB) hosted its annual Casino Night in Anacon Hall on Saturday, Oct. 5 from 7:30 - 10:30 pm for Family Weekend. The event was free and open to all students and their families.

SAB advisor Megan McGowan said, "It was a great event for families, students and all the student leaders who worked to put it together this year."

SAB turned Anacon Hall into a fully functional casino that included games such as poker, black jack, and craps. A money wheel was also available.

Students and their families were given three cups of poker chips throughout the night and at the end of the event were allowed to trade in those poker chips for raffle tickets to win baskets. Some of the big prizes of the night were a mini iPad, Dr. Dre Beats Headphones, and a Keurig. Other themed gift baskets included bundles of Monmouth apparel, beauty accessories, fitness gear, and men's accessories.

SAB paid for and brought a company to school that supplies game tables and poker chips. The tables were run by the students of SAB with the help of a few advisors from the Office of Student Activities and Residential Life after they were trained by casino game professionals.

All of the supplies and decorations were paid for out of the SAB budget and they also provided a DJ, food and refreshments.

SAB's Festival Chair, senior Samatha Kofsky, has been in charge of Casino Night for two consecutive years. Kofsky said, "I can't believe I just did my last casino night for Monmouth. Thank you so much to the SAB E-board and general members [for making this possible]. I know it was a really long day but you guys honestly carried out my vision better than I could have imagined."

"At the end of the day, SAB was really proud of what they accomplished and the attendees were all very happy that they had attended the event," added Kofsky.

Several parents said that this was the best casino night they have ever attended and that they can't wait until next year because it is one of their favorite events here at the University.

Last year during Family Weekend, Hurricane Sandy had hit the University and the entire weekend of events was postponed until the following spring semester.

Students participating in SAB create events and ideas for all students. The club meets every Wednesday at 2:30 pm on the third floor of the Student Center in the Carol Afflitto conference room.

SAB's next event will be a Coffee House Concert with Landon Austin on Tuesday, Oct. 8 at 7 pm on the Magill Lounge Patio, located behind the dining hall.

Senior Elisha Henderson said, "Casino night turned out to be very successful. It was as much fun for my parents as it was for me. They said it was one of the highlights of their visit!"

PHOTO TAKEN by Louis Garbarini

Students and their families gathered in Anacon Hall for Casino Night as part of Family Weekend on Saturday, Oct. 5 from 7:30 to 10:30 pm.

Fall Into Pink! Event to Support Breast Cancer Awareness

WEST LONG BRANCH, NJ – The Public Relations Student Society of America (PRSSA) and the sisters of Zeta Tau Alpha (ZTA) are hosting a "Fall Into Pink!" event to support Breast Cancer awareness on Wednesday, Oct. 16 from 11 am to 4 pm on the Rebecca Stafford Student Center Patio. Proceeds will benefit the ZTA philanthropy and Monmouth University's Shadow PR Firm and PRSSA Chapter.

October is Breast Cancer Awareness Month, and across the country, members of Zeta Tau Alpha hold special events to increase awareness about early detection and raise funds for education and research. Activities at the "Fall Into Pink!" event will include pie a Zeta, pumpkin painting, a bake sale, music, and a silent auction of donated goods from local businesses to bid on. All support and donations are greatly appreciated.

Kristi Silver, CEO of Shadow PR firm and Co-President of PRSSA, said, "Every year, we donate a proceed of all fundraising efforts to some nonprofit organization. This event's proceeds are supporting Breast Cancer awareness so we decided to work with ZTA being that is their philanthropy and it is a great collaboration."

For more information about the event or getting involved, visit the Shadow PR Firm in the Communication Department located in Plangere room 235A. Contact Co-Presidents Kelly Brockett or Kristi Silver with any questions.

President Brown Invites Students to the Opera at Pollak Theatre

WEST LONG BRANCH, NJ – Monmouth University's new President, Dr. Paul Brown, has extended an invite for ten Monmouth University students to join him in the viewing of the simulcast performance of Tosca on Saturday, Nov. 9 at 1 p.m.

In order to give a fair chance to every student enrolled at the University, President Brown has decided to have a contest. In order to enter, a student must log onto www.surveymonkey.com/s/opera50 and write why they should be picked to accompany President Brown to the opera in 50 words or less. The deadline for responses is on Wednesday, Oct. 9. If chosen, the student will be notified by Friday, Oct. 25.

"Opera is great entertainment, but unfortunately too many students have not been exposed to it. In fact, my love of opera came about from studying German at Franklin and Marshall College, so I thought this was a great way to payback. The winning students will enjoy Tosca and a brunch before the performance with us – and what better way for me to meet more MU students," President Brown said.

Monmouth University is a leading private institution that offers a comprehensive array of undergraduate and graduate degree programs. The University provides students with a highly personalized education that builds the knowledge and confidence of tomorrow's leaders. Located in West Long Branch, New Jersey, Monmouth University's magnificent and historic campus is approximately one hour from both New York City and Philadelphia and is within walking distance of the Atlantic Ocean shoreline.

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The Outdoors Club Takes on Shark River State Park

HEATHER MUH
CONTRIBUTING WRITER

The University's Outdoors Club ventured to Shark River State Park for an afternoon picnic on Saturday, Oct. 5 starting at 11:30 am.

Fifteen members of the Outdoors Club met on campus to carpool to the park grounds.

Upon arrival, the club members began their barbeque. Students enjoyed hotdogs, hamburgers, chips, donuts, and beverages, paid for by the club's funds and budget.

"This picnic gave students the opportunity to relax in the picnic area while listening to music and enjoying the company of friends," said Lindsey Pieschl, junior psychology major. "This was a great time to go for a picnic because the leaves are starting to change colors and it's still not too cold out."

After lunch, many of the members participated in competitive games of football, kickball, and even ultimate Frisbee.

While a good portion of the students chose to play games, a few others decided to go for a hike on one of the many wooded trails that make up Shark River Park. "The trail was full of unique foliage, photo-opportunities, and even a few water features," said Jackie Leming, junior health studies major. "We crossed a really cool bridge that was messed up from Hurricane Sandy, but still intact," she stated, "That was my favorite part of the hike."

After the students returned from the hike and rejoined the rest of the club, the members all took part in yet another round of ultimate Frisbee and hung out around the picnic site. At around 4 pm, they finally began to depart for the trip back to campus.

The members of the Outdoors Club who attended the picnic found that the trip was a fun experience. Professor Reynolds, the faculty advisor for the Outdoors Club, agrees that it was a success, by stating, "It was a very relaxing time with wonderful people enjoying each other and the beautiful weather."

Rachel Fox, Secretary of Outdoos Club, said, "The event was yet again successful. It differed from last year because not as many people attended, but it was understandable because it was parents weekend. The most appealing aspect about the picnic was that it is a free opportunity to eat food and spend time with friends in nature."

Shark River State Park, which is located in Neptune Township, Wall Township, and Tinton Falls, is 946 acres of fields, trails, ponds, and picnicking areas.

The Outdoors Club is always engaging in activities. Within the next few weeks, they will be going on an apple-picking and haunted hayride trip, as well as participating in the University's Big Event.

All students are welcomed to join the Outdoors Club and attend the weekly meetings in Bey Hall on Wednesdays at 3:30 pm to find out about even more of their upcoming trips and events.

PHOTO COURTESY of William Reynolds
The Outdoors Club visited Shark River State Park on Saturday, Oct. 5, for a picnic.

Get Pink with ZTA

AYLA YILDIZ
STAFF WRITER

Zeta Tau Alpha (ZTA) held a Pink Lemonade Stand outside of the Rebecca Stafford Student Center on Tuesday, Oct. 1, to help fundraise over $200 for their national philanthropy, Breast Cancer Awareness and Education.

Lemonade was being sold for $1 as well as baked goods. Donations were also appreciated at the event.

ZTA member Casey Inguagiato said, "The Pink Lemonade made a ton of people aware that October is Breast Cancer Awareness month. I think it's really important because Breast Cancer has affected so many people and really hits home for some… I love being able to fundraise and advocate for such an incredible cause."

October is breast cancer awareness month and Zeta Tau Alpha will be holding events all throughout the month of October to spread awareness.

Erin Ally, ZTA philanthropy chair, said, "I think the pink lemonade stand was an amazing way to start off Breast Cancer Awareness month. It was a great way to catch the entire campus's attention, get them excited about all the other upcoming events, and make them want to show their support."

"It was such a beautiful day that you could hardly resist a glass of pink lemonade! It was a successful start and we're excited for our other events," added Ally.

ZTA will be tabling every Monday at the Student Center to continue to raise awareness. The sorority encourages everyone to wear pink and advocate for their philanthropy.

> "The Pink Lemonade Stand made a ton of people aware that October is Breast Cancer Awareness Month."
>
> CASEY INGUAGIATO
> ZTA Member

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Got Jobs, MU?

Freshmen **Christopher Rubinetti** and **Ariel Guzman** are two of the many Federal Work Study students looking for an on campus job.
Please call Student Employment at 732-571-3569 to hire MU's great FWS students!

CLUB AND GREEK ANNOUNCEMENTS

Delta Phi Epsilon

Delta Phi Epsilon is hosting an ANAD Vigil on Tuesday, Oct. 22, at 7:30 pm in Anacon Hall. Please come out help us support and raise awareness of eating disorders. Enterence is free and donations will be accepted. Hope to see you all there!

Residence Hall Association

The next meeting will be Wednesday, Oct. 16 at 8p m in the Mullaney First Floor Lounge. Contact Krista Varanyak at s0827808@monmouth.edu .

Italian Club

There will be an Italian Club meeting on Tuesday, Oct. 15 from 3:50 - 4:20 pm in room 202B. If you have any questions, contact Maria Carvalho at s0774450@monmouth.edu

Social Work Society

The Social Work Society needs volunteers for its 9th Annual Teach-In on Tuesday, October 29, from 3 to 7 pm. If you are interested, please contact club president Tess La Fera at s0779102@monmouth.edu.

Phi Sigma Sigma

Phi Sigma Sigma presents its annual "Monmouth Idol" on Wednesday, Oct. 23, in Pollak Theatre at 10:15 pm to support our philanthrophy, school, and college readiness. Interested contestants can register by contacting Renée Oleniacz at s0789194@monmouth.edu or Marissa Iradi at s0885338@monmouth.edu. Tickets will be available for $5 presale or $7 at the door. If anyone has any further information or questions, please do not hesitate to contact one of the sisters via email. Hope to see you all there! You are going to have an absolute blast!

Eye to Eye

Eye to Eye is a mentoring program that mentors children with learning disabilities and ADHD at St. Jerome's School. The program pairs mentors from the Department of Disabilities Services with children with similar disabilities. The goal of the program is to help the students feel empowered when it comes to being in the classroom. The children express themselves through art projects and this ultimately helps them learn about themselves. This program is run on Wednesdays at 2:30 pm. Email Christina Gonzalez at s0819331@Monmouth.edu.

Running Club

Meetings are every Tuesday and Thursday at 2:45 pm in front of the Multipurpose Activity Center. Come join us in running and having some fun!

Student Alumni Association

Come wish your favorite mascot "Happy Birthday" at Shadow's Birthday Party to kick off Spirit Week on Monday, Oct. 14 in the dining area of the Rebecca Stafford Student Center at 7:30 pm. There will be cake, games, and giveaways! So come and join us in this celebration!

CAMPUS VIEWPOINT

What are you most excited to do during Fall Break?

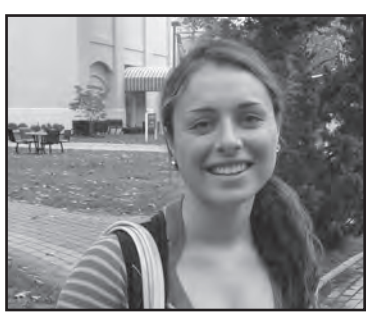
COMPILED BY: ALYSSA GRAY

Maddie
freshman

"I'm really excited to go home for a little."

Veronica
sophomore

"I'm excited to just go home. I haven't been home at all yet."

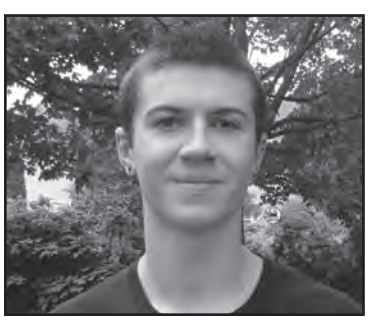


Bryanna
sophomore

"Sleep!"

Chris
senior

"Get work done. I just applied for graduate school and I'm trying to get a paper published."



Matt
freshman

"I'm exited to see friends that I haven't seen in a while."

Christina
sophomore

"Probably just hang out with friends and go vistit them at their colleges."

Nora
sophomore

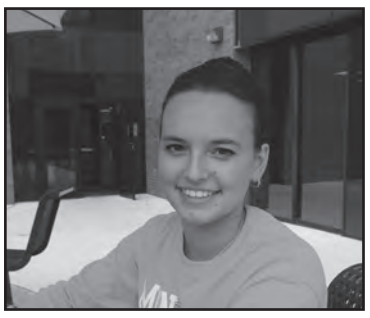
"I'm going to see family in Pennsylvania."

Nick
sophomore

"I guess just seeing my friends who are coming home during the break."

Mike
sophomore

"Go see friends from home and go to Vintage Vinyl, a record store by home."



Kelly
freshman

"Getting away from school work and getting a break from it all."

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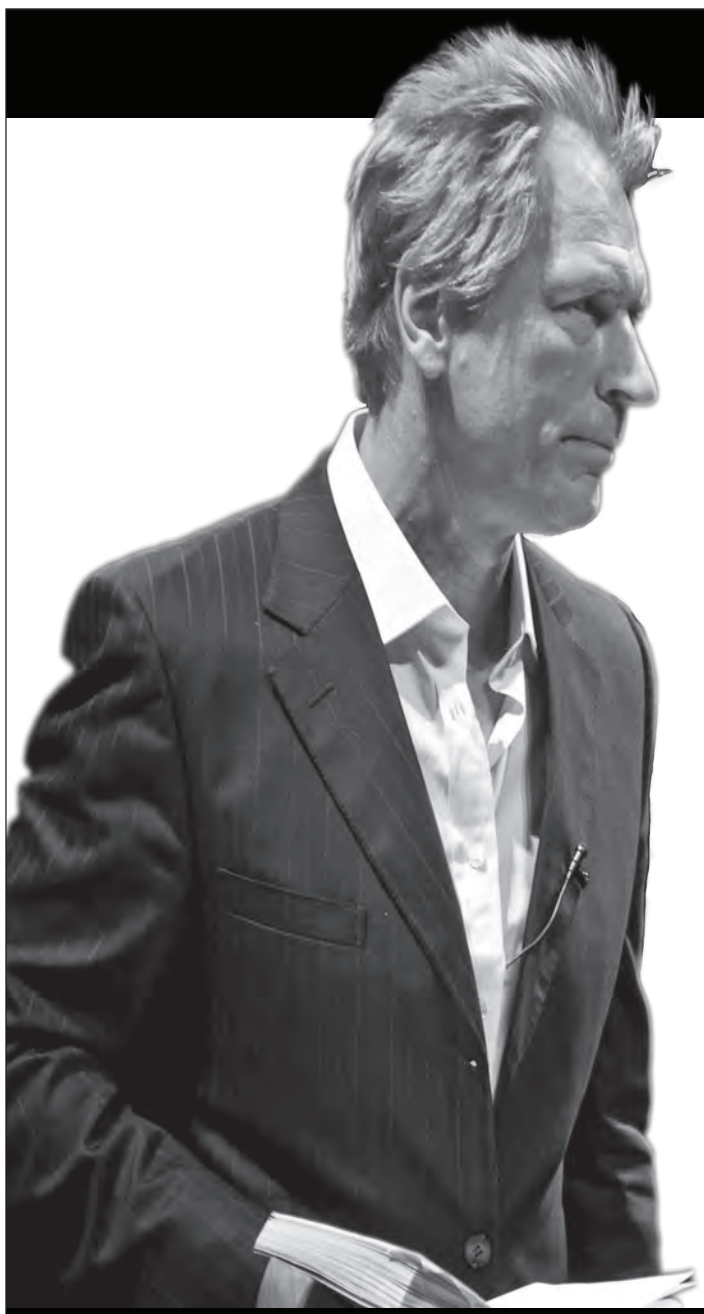

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Expires October 31, 2013

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Stress Session Schedule

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October 23	November 13
October 30	November 20

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Counseling and Psychological Services, RSSC
Tel. 732-571-7517 email: mucounseling@monmouth.edu
For special accommodations or more information, contact us prior to the program.

MOMENTS AT MONMOUTH

ABOVE LEFT:
JUNIOR ROBBIE REINER ROCKS OUT WITH HIS BAND, IDLE THREAT (PHOTO COURTESY OF ALYSSA GRAY)

CENTER:
STUDENTS (FROM LEFT) COURTNEY CARR, ALEXA DEROSA, AND OLIVIA CARUSO GET READY TO FILM FOR *HAWK TV* (PHOTO COURTESY OF ALYSSA GRAY)

ABOVE RIGHT:
A COUPLE OF STUDENTS ENJOY THE WEATHER WITH A LITTLE BREAKDANCING IN FRONT OF MCALLEN HALL (PHOTO COURTESY OF ALYSSA GRAY)

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COMICS

"MISGUIDED UNDERSTANDINGS" BY ALYSSA GRAY

A SO-YOU-SAY COMIX #27

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The Outlook Celebrates its 80th Anniversary

Stay tuned for upcoming details about *The Outlook*'s 80th Anniversary contest and how to win fabulous prizes!

Football Downs Colonials for Third Consecutive Win

ALFRED TILLERSON
STAFF WRITER

The Monmouth Hawks' football team (3-3) defeated the Robert Morris University Colonials (2-3) by a score of 35-9 at Kessler Field on Friday, Oct 4. With the victory, MU continues their three game winning streak and improves their record to 3-3.

"I thought in the first half, we left some opportunities out there on the field and didn't always take advantage of some excellent field position," said head coach Kevin Callahan. "In the second half, we came out and I think we continued to play very solid defense. We were able to get the ball back to our offense with good field position and capitalize on those opportunities with points."

In the fourth quarter, following a third quarter that took 24 minutes to play, the Hawks put the game away for good by riding the legs of senior running back Kwabena Asante. With 10 minutes remaining in the fourth quarter, Asante got into the end zone on a 10-yard run following a turnover on downs for the Colonials' offense.

"I think we're building a lot of chemistry. Down the stretch, we wanted to build an identity and become more of a team," fifth year defense back Clark Coe said. Coe, when asked about the play that led to his interception, said, "The call was to the left and the play went to the right. I just went under it, and sure enough, he threw it my way and I was able to pick it."

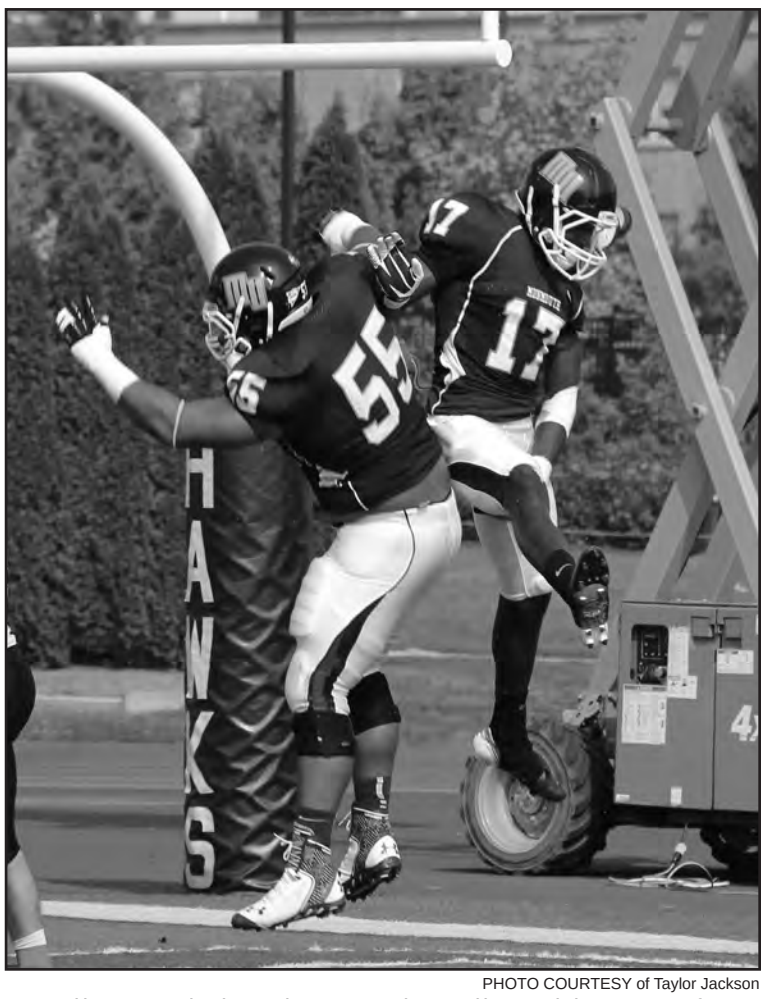

PHOTO COURTESY of Taylor Jackson

OL Mike Hunchak and WR Neal Sterling celebrate one of MU's five touchdowns against Robert Morris University.

Following the interception by Coe, Asante dashed down the Hawks' sideline for a 55-yard touchdown run. Junior Julian Hayes, the other half of the running back duo, led the Hawks with 104-yards on the ground on 26-carries while Asante chipped in with 103-yards on 15-carries and two scores. For the fourth consecutive week, the Hawks were able to field two 100-yard rushers in a game.

"Our O-Line does a great job of opening the running lanes for us. They do their job and it just makes things easy," Asante continued. "We [he and Hayes] like to believe that we run the ball really hard, so we won't let the first man tackle us. With that, mixed with our O-Line, I feel like it makes us really successful."

Callahan concurred with Asante as he said, "Any time you can play good defense and run the ball very well, those are two very important ingredients into being successful and I think that's where I think our identity is beginning to take shape."

Senior wide receiver Neal Sterling had his first multi-touchdown game of his career with three scores. Also contributing to the passing attack were Eric Sumlin who had three catches for 53-yards, Lamar Davenport with two receptions for 26-yards, and Elijah Phillips made one catch for 11-yards.

"Everything was just falling in place," Sterling continued. "Coverages were just getting me open and Brandon seemed to get me the ball at the right time. With the play-calling and the coverages, it opened things up for me on the outside. Different plays we were doing were getting me open."

It would appear as if Hill has found his place in the offensive line-up as he threw for 189 yards on 12 completions and accounted for three touchdowns.

When asked about his comfort level with the offense and his new teammates, Hill said, "We have all of our base plays in and we add in play weekly, but I feel comfortable back there." Hill continued by saying, "We had a good run game and I feel like today, me and Neal clicked a little bit."

On the opposite side of the football, the Hawks' defense managed to hold the Colonials' offense to 254-yards, yielding only 71-yards on the ground. Coe and fifth year linebacker Gary Onuekwusi led the way for the Hawks with 6-tackles with junior Nick Carroll and senior Tevrin Brandon contributing with five and four tackles, respectively. Over the last three weeks, the Hawks have managed to hold the opposition to only two third down conversions, giving up the only two to the Colonials. "This team is continuing to make progress every step of the way," Callahan said. "A season is a process. It's not about plateaus and peaks and valleys."

The Hawks will next verse Saint Francis at Loretto, PA on Saturday, Oct 12. Game time is set for noon.

Golf Looking for a Breakout Season this Fall

MAGGIE ZELINKA
SPORTS EDITOR

The University's golf team has been competing valiantly, and keeping busy, as they took part in the Rutgers Invitational, the Iona Quad Match and the Eastern College Athletic Conference (ECAC) all in the month of September.

They began their season at Rutgers Invitational where they placed ninth out of 17 teams, four of which are Metro Atlantic Athletic Conference (MAAC) rivals.

Sophomore Kyle Deisher showcased his best performance with a total of 219 for 54 holes earning him 15th place overall.

The golfers next competed in the Iona Quad Match on Monday, Sept 16. The team captured a third place victory and notched a score of 311 for the 54 hole course.

Junior Brady Goodling took his first career medal as he shot two-over-par with a score of 72. Even though the team performed well, Shea believed that there was room for improvement.

"We can get better," head coach Dennis Shea continued. "We're headed in the right direction."

Shea's notion held true as the men took first place in the ECAC Tournament at the Twisted Dune Country Club in Egg Harbor Township on Sunday, Sept 29 and Monday, Sept 30.

"The wind was howling on the first day. The second day, the wind was a little calmer but the pin placements were tough," Shea said of the environment.

Regardless of the playing conditions, Goodling was able to take first place for the second consecutive week as he carded 148 total strokes on a par-72 course.

"Brady happened to do very well, shot one under par, 71, and was leading by seven shots after the first round. He happened to be tied with the lowest score for the second day and won the championship," Shea said.

Goodling was able to secure his first place victory as he finished six strokes in front of Rider University's James Buttermark. He was also the first Hawk to finish the tournament in first place still since 2005. Along with his victory, Goodling also accounted for the only golfer to shoot sub-par in the tournament.

Due to his recent accomplishments, Goodling was awarded MAAC Men's Golf of the Month on Wednesday, Oct 2. He is currently posting a 74.0 stroke average for the season.

Goodling's teammates also prevailed in the tournament. Deisher finished third overall with a 76 and 79 for a 155 in the tournament. Teammates senior Corey Carrick and sophomore Cody Gross finished both rounds at 80 for a 160 in the tournament and a tie at sixth place. Junior Colin Buckley rounded out MU's finishers with a 165 total.

The ECAC first place victory counts for the first team victory of the season. The Hawks finished 17 shots ahead of MAAC-rival Farfield and 22 strokes in front of other MAAC opponent, Rider. MU finished with 623 strokes in the tournament.

"It was a nice victory for us, does it mean that we have to continue to work hard and get better? I wasn't extremely happy with the total team score, I think we could have done a little better on the fourth and fifth team player," Shea said.

The team competed in Binghamton Invitational on Monday, Oct 7. Goodling finished first out of the MU men and the team placed tenth overall. The second round, which was supposed to be played the following day, was rained out.

Shea and his team will have another chance to further their success this fall on Thursday, Oct 10 as they host Monmouth University's Quad Match in Deal at 10 am.

WEEKLY NFL PICKS
WEEK 6

	Away	New York Giants	Green Bay Packers	Philadelphia Eagles	Pittsburgh Steelers	New Orleans Saints	Washington Redskins	Tennessee Titans	Indianapolis Colts
	Home	Chicago Bears	Baltimore Ravens	Tampa Bay Buccaneers	New York Jets	New England Patriots	Dallas Cowboys	Seattle Seahawks	San Diego Chargers
Maggie Zelinka, Sports Editor (13-11)									
Charlie Battis, Writer (15-9)									
Kyle Walter, Asst. Sports Editor (13-11)									
Dr. Joseph Patten, Associate Professor, Political Science									

Hawks Soar to Fifth Straight Victory

EDDIE ALLEGRETTO
STAFF WRITER

The Hawks (10-1; 4-0) dominated the Manhattan Jaspers (3-8-1; 0-3-1) and won with a final score of 6-0 on Wednesday, Oct 2 at The Great Lawn. Freshman forward Alexis McTamney tallied one goal and three assists, senior midfielder Dana Costello contributed one goal and two assists, while senior forward Monique Plescia added two goals in the victory.

The Hawks scored early and often in the first half of the game. The first goal came in the fifth minute when McTamney took a shot that was originally saved by Jaspers keeper Maria Sanzari, but Plescia scored off of the rebound.

The blue and white continued to put pressure on Manhattan, and in the 12th minute, Costello played a ball back to freshman forward Julie Spracklin in the box. She collected it and drilled it past the keeper for a 2-0 lead. "I knew Julie was behind me and I saw the defender was going to come and get it so I kind of stepped in front of the defender and played it backwards and she placed it right into the back of the net," Costello said.

In the 17th minute, McTamney was dribbling down the left wing and sent a low cross towards Costello. She flicked the ball with her back heel to score the third goal of the game and her third of the season.

"We were getting a lot of end line services this game which is something we've been practicing a lot," Costello continued. "I have so much confidence in our freshman [Alexis] McTamney, I knew she was going to beat her girl and she did, so I sprinted near post and I just chipped it past the goalie."

In the 29th minute of play, McTamney was bringing the ball down the wing and then sent the ball into the box where Plescia finished it by sending the ball to the bottom corner of the goal.

"Tammey made a run with the ball down the end line and she held it until the pressure came onto her and I ran into the box and finished it into the corner," Plescia explained.

At half, the Hawks were winning 4-0. Prior to the contest, the Hawks have not had a four goal advantage at the half since November 1, 2009 against Farleigh Dickinson.

In the 48th minute, the blue and white continued to pile on the goals as McTamney dribbled the ball down the left wing and made a crossover move to cut towards goal and she fired a rocket that went perfectly into the corner of the far post.

PHOTO COURTESY of MU Athletics

Freshman Alexis McTamney was named MAAC Rookie of the Week for the fourth time this season.

The final goal of the game occurred in the 71st minute when junior defender Alexa Freguletti headed home a corner kick from Costello.

"I just played a driven ball to the middle of the 18 and she got on it, beat her defender, fought hard for the ball and finished it with an awesome header," Costello explained.

The Hawks heavily outshot the Jaspers 28-5, forcing Sanzari to make eight saves for Manhattan. With the seventh shutout of their season, fifth-year senior goalie Ashley Lewis collected one save in 63 minutes of action. While junior keeper Jocelyn McCoy made a stop of her own in just 27 minutes to hold onto the clean sheet. The blue and white also held a 7-2 advantage in corner kicks.

MU gained another win when they defeated the Fairfield Stags (6-5-1; 2-1-1) on the Great Lawn Saturday night by the final score of 2-0.

With the win, the Hawks improve their overall record to 10-1 and their MAAC record to 4-0. Goals were scored by McTamney and Freguletti en route to victory.

In a back and forth game, the Hawks avoided giving up an early lead in 16th minute when a Stags player crossed it to the far post to a teammate who headed it just wide. However, in the 20th minute, the blue and white looked to capitalize as Costello sent the ball off the corner kick on the ground into the box. McTamney collected the ball and shot it as Stags keeper Kathleen Early just got her fingertips on the ball and forced another corner.

In the 28th minute, Spracklin sent a long pass down the left wing to a sprinting McTamney. She beat two defenders with a scissor move and cut right onto the top of the box and shot a low line drive past the keeper and into the corner of the goal. "Julie [Spracklin] played a beautiful ball and I just shot it into the goal," stated McTamney.

With that goal McTamney increased her team-leading totals in goals to eight and points to 21 on the season. That goal was her fourth game-winner of the year.

Fairfield nearly tied the game with 12 minutes remaining in the first half. As Lewis came out to defend a corner kick, the ball was lobbed over her head and flying toward the goal, but sophomore defender Monique Goncalves made a header clearance off of the goal line. The game went into halftime with the Hawks leading 1-0.

In the 56th minute, Costello drew a foul in the box. Freguletti stepped out to take the penalty kick and calmly fired it into the bottom left corner of the goal to increase MU's lead to 2-0.

With less than a minute to play, the blue and white were looking for their third goal of the game as sophomore defender Colleen Howard sent a lobbed pass down the field to Costello, collected the ball, and dribbled it past the sprawling keeper, but her shot rang off the crossbar.

MU outshot the Stags 9-7 and Lewis added four saves to complete the Hawks eighth shutout of the season. The blue and white are now 7-0 at home and have won five straight games out-scoring their opponents 12-1 throughout that stretch.

Head Coach Krissy Turner explained the importance of winning at home, "It's hard to win on the road, so I think it makes winning at home so much more important. Even if it's not a win, you have to get points at home".

The Hawks will return to action on Wednesday, Oct 9 when they travel to take on Iona College for a MAAC conference showdown at 3 pm.

Soccer Ties Fairfield in Conference Opener

KYLE WALTER
ASSISTANT SPORTS EDITOR

The men's soccer team tied the Fairfield University Stags by a score of 1-1 this past Saturday, October 5th. With the tie Monmouth is now 1-5-3 on the year, while the Stags moved to 3-2-2. The game was the Hawks' fifth overtime game of the season, and the fourth that went into two overtimes.

"I thought the guys responded well to a difficult game," said Head Coach Robert McCourt. We had a soft penalty kick called against us, and the reaction wasn't one where they put their heads down, and moped about it. I actually thought we were stronger after the penalty kick than before it."

Play was pretty even through the first half of the match as neither team was able to control time of possession or generate any great scoring opportunities.

This changed in the second half as both teams began to pick up the pace and generate more scoring chances. Fairfield was able to break the scoreless tie in the 57th minute of the game when senior forward, Jon Clements, was awarded a penalty kick. Clements was able to sneak the ball into the top corner of the goal to give his team the 1-0 lead.

With less than 20 minutes remaining in the match Monmouth was able to battle back, and went on the offensive, when senior forward Jacob Rubinstein gained control of the ball and crossed it through the box. Freshman forward, Dave Nigro, was on the receiving end of the pass and put it past the Fairfield goalie to knot the score at 1.

"I certainly feel the guys have been showing character," said McCourt. "There have been a couple of times this year where we've been up against it, and have shown character by coming back and tying up games. Their ability to stay on course and stay positive and focused has been fantastic all year."

The Hawks kept the pressure on for the rest of the half, and put multiple shots on goal, but were unable to come away with the game winner.

The Stags had a few chances to take the lead in overtime, but Freshman Goalkeeper Eric Klenofsky made key saves, and the game ended in a 1-1 tie.

This game marked the Hawks' first conference game as new members of the MAAC, and the atmosphere was similar to what McCourt expected.

"We're very familiar with MAAC teams. We've played against them before because they're in our region, so there wasn't a huge difference in the level of the game or anything like that," McCourt said.

For the game the Hawks outshot the Stage 8-7, and also had the advantage on cornerkicks 5-3. Klenofsky had two saves for Monmouth in, what was, his first career start.

With the tie MU continues to struggle after a disappointing first part of the season.

"It's been an interesting season for us. Some mistakes that wouldn't normally be characteristic of Monmouth Soccer have been happening, but we've been trying to minimize them and get better," said McCourt. "There's been a couple of times this year where we've given up soft goals that have resulted in us gettie a tie or loss, and that's tough. We certainly have to manage games from the back a little better between our goalies and defenders."

Due to these early season, non-conference, struggles, this years conference play becomes even more important for the Hawks as the team still hopes to gain enterance into the NCAA tournament.

"We've always tried to be a team that isn't just about conference play. We try to set our non-conference schedule up so we can get an at-large bid so we're not soley focusing on the conference tournament," said McCourt. "Unfortunately, the non-conference part of our schedule didn't go to well this year, so now we get to put the first part of the season behind us, and kind of start over new, and try to learn from everything."

MU will hold their first MAAC home game this Wednesday, Oct 9 when they host the Iona College Gaels on The Great Lawn. Kick off is set for 3 pm.

SIDE LINES

Former MU goalkeeper, Bryan Meredith, has signed to play professional soccer with the New York Cosmos. While at MU, he helped the Hawks capture four-straight Northeast Conference Regular Season Titles. Originally from Scotch Plains, NJ, Meredith finished his collegiate career with36 shutouts and a 44-7-10 record.

The men and women's cross country team recorded an MU history's best at the Paul Short Run at Lehigh University on Saturday, Oct 5.

Junior Khari Bowen led the men's side with a first place finish assiting the team to third place overall ranking. Bowen became the first MU runner to ever take first place in the race.

The women were steered by freshman Lennon Cooper and notched a sixth place victory. This is Cooper's second consecutive race in which she led the women's team.

The University's field hockey team lost to No. 5 Syracuse Orange on Sunday, Oct 6 at Coyne Stadium. With the 8-1 loss, MU falls to 3-7 for the year while Orange improves to 10-1. MU scored their lone goal in the 51st minute of play when junior midfielder Melanie Dawson had her shot deflected in by a Syracuse defender. Syracuse marks the third nationally ranked team that the Hawks have faced this season.

The women's tennis team fell to Sacred Heart University on Wednesday, Oct 2. With the loss, the women's record drops to 1-3 for the season. Freshman Robyn Belen scored the Hawks lone pont in the 6-1 defeat.

UPCOMING GAMES

Wednesday, Oct. 9
MSOC vs. Iona*
The Great Lawn 7:00 pm

WSOC at Iona
New Rochelle, NY 3:00 pm

FH at Rutgers
Piscataway, NJ 4:00 pm

Thursday, Oct. 10
MGLF Quad Match
Deal, NJ 10:00 am

WTEN vs. Wagner
W. Long Branch, NJ 3:30 pm

Saturday, Oct. 12
Football at Saint Francis
Loretto, PA 12:00 pm

MSOC vs Siena*
The Great Lawn 7:00 pm

WSOC at Siena
Loudonville, NY 7:00 pm

WTEN at Rhode Island
Kingston, R.I. 11:00 am

Sunday, Oct. 13
FH vs Saint Francis
W. Long Branch, NJ 1:00 pm

THE OUTLOOK
SPORTS
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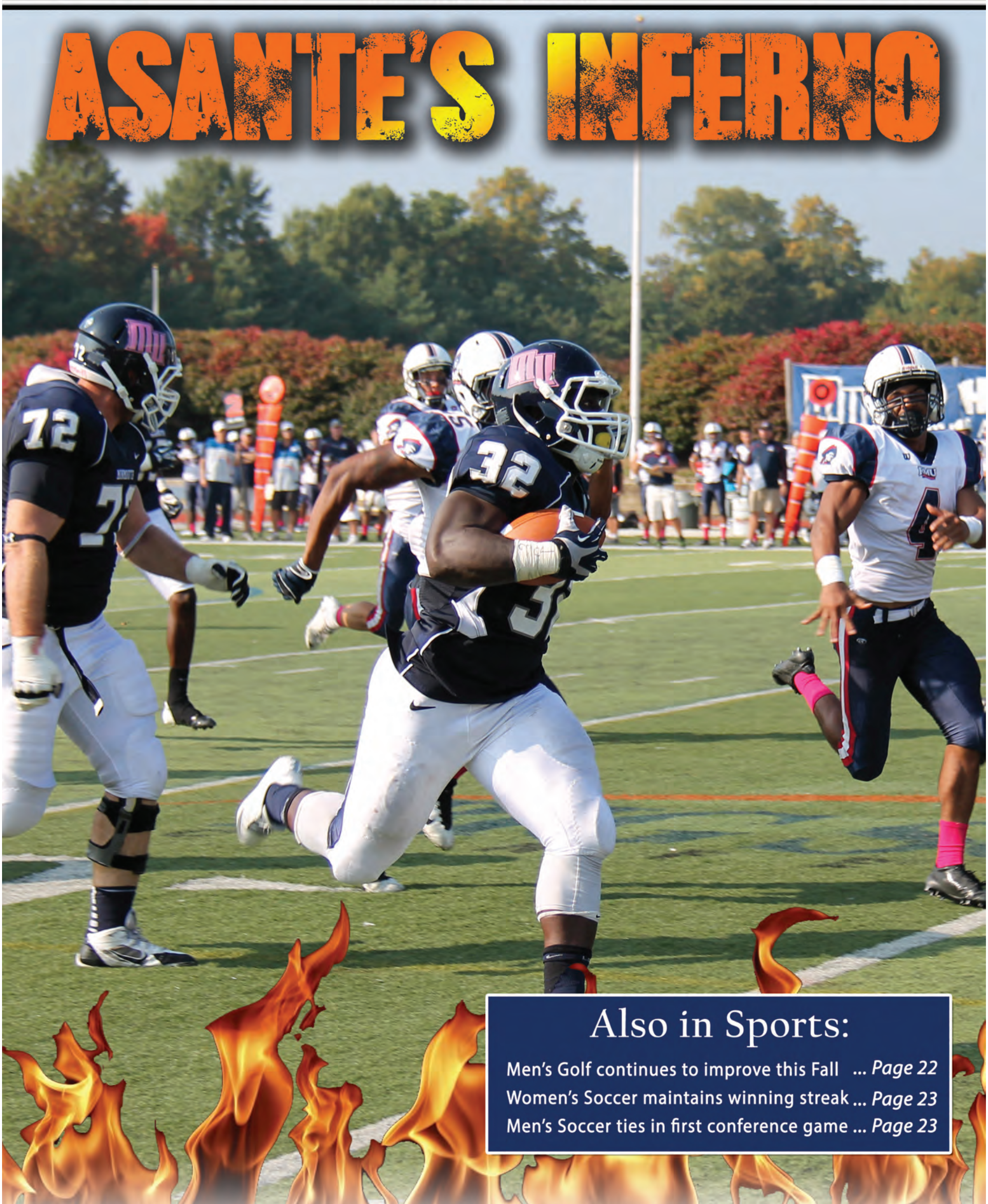
ASANTE'S INFERNO



Also in Sports:

Men's Golf continues to improve this Fall ... *Page 22*
Women's Soccer maintains winning streak ... *Page 23*
Men's Soccer ties in first conference game ... *Page 23*

MU Senior Running Back Kwabena Asante played a key role in the Hawks 35-9 win over Robert Morris. Asante finished with over 100 yards and scored twice in the game.

Full Story on page 22