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and much more



COURTNEY MUIR
STAFF WRITER

Ocean Symposium

Authorities discussed policy issues for New Jersey coastal environment

The Urban Coast Institute Symposium was held in the Wilson Hall Auditorium on Thursday, October 6th, from 2:30 to 4:00 p.m. Featured speakers were Admiral James D. Watkins of the U.S. Navy, and The Honorable Leon E. Panetta. Joining them were Mrs. Lillian Borbone, Commissioner Bradley M. Campbell, Dr. Jim Sinclair, PE, and Bill Rosenblatt, Ed.D.

Moderating the Symposium was the director of the Urban Coast Institute, Tony MacDonald, who discussed the collaboration of research and educations programs that will focus on sustaining the quality of New Jersey's coastal environment. Reports re-



PHOTO BY Jim Reme

Urban Coast Institute Symposium held lectures at Ocean Place Resort and Wilson Auditorium on Thursday October 6th.

Ocean Commission Initiative is to create a meaningful ocean policy by accelerating the pace of change.

"We are on the threshold of doing something great for the country," stated Watkins, who was among the first to speak. Watkins was appointed the sixth Secretary of Energy of the United States by George Bush in 1989. Watkins began in the United States Naval Academy and succeeded in attaining the Navy's highest uniformed office, Chief and Naval Operations. In 1993 he was President of the Joint Oceanographic Institutions where he also established the Consortium for Oceanographic Research and Education. Currently, Watkins is the Chairman of the U.S. Commission on Ocean Policy. During his speech, Watkins discussed issues on global warming and the prediction of Hurricane Katrina. In an effort to prevent incidents like this from occurring, Watkins claimed, "We should worry more about the future, than cleaning up the debris."

Following Watkins, was speak-

er Leon E. Panetta, who started off by quoting John F. Kennedy. "The oceans are the salt in our veins." During the discussion, Panetta talked about how there are 18-20,000 beaches closed due to pollution, and that 90% of the large fish in the ocean are gone because of it.

FACTS

The United States is endowed with the largest Exclusive Economic Zone and with the greatest system of fresh water lakes in the world.

More than half of the U.S. population - 141 million people -- live within 50 miles of the coast.

Coastal and marine waters support over 28 million jobs, while providing tourist destinations for 189 million Americans each year.

It is expected that by 2025, approximately 75 percent of Americans will live in coastal areas.

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"The oceans are the salt in our veins."

JOHN F. KENNEDY
35th President

leased by the U.S. Commission on Ocean Policy and the Pew Oceans Commissions in 2003 and 2004, identified the need for a wide incorporation of ecosystem-based management, improved fisheries management, ocean governance reforms, increased reliance on science in management decisions, and additional funding for coastal and ocean programs. Because of the work of these joint commissions, the Bush administration recognized and developed the "U.S. Ocean Action Plan" that will offer historic opportunity to shape U.S. Ocean and coastal policy.

The primary goal of the Joint

MU receives zoning approval to build new facilities

West Long Branch 's Coalition of Neighbors express their disappointment

ERIN ROSE
STAFF WRITER

Monmouth University received Zoning Board of Adjustment approval for a new dormitory and other facilities, despite objections from residents of the surrounding neighborhood.

After nearly two years of debate, the board members voted 5-1 to accept the plan that calls for a 196 bed dormitory, 122-stall parking lot, six tennis courts, and large water retention basin to be built on the north side of campus where the majority of student housing is currently located.

"We are very pleased with the decision of the Zoning Board," Patricia Swannack, Vice Presi-

dent for Administrative Services for the university, said after the hearing. "The board has committed a lot of time to this application."

The decision comes as a blow to the West Long Branch Coalition of Neighbors, dedicated to preserving open space in the area around Pinewood, Beechwood, Hollywood, and Brookwillow Avenues, and their president, Joseph Hughes.

"Their 'yes' votes for the application were 'no' votes for the quality of life in this town," Hughes told the Atlanticville newspaper. "This plan is going to have a huge impact on the neighborhood."

Hughes and his wife, Pamela, who live across from the proposed

site on Pinewood Avenue, are concerned about noise and light pollution from car headlights and street lights from the parking lot destroying their quality of life.

ing and not getting any better."

The university maintains that the project will enhance the neighborhood and the relationship with their neighbors.

"Their 'yes' votes for the application were 'no' votes for the quality of life in this town."

JOSEPH HUGHES

West Long Branch Coalition of Neighbors President

Also, the Coalition feels that the university is expanding too far into the residential areas surrounding the north side of campus and that the plan will lower the value of their homes

Dorothy Schulze, a Real Estate Broker located in town, tells her clients, "Years ago, Monmouth College enhanced the town. However, it is now like an octopus, expand-

"I am pleased that such processes are transparent, tend to build trust and enable neighbors, university and residents alike, to communicate their desires and find common ground," the university's President, Paul G. Gaffney II, said in a statement.

Dorm continued on pg. 23

The big event, a big success

KELLI FLETCHER
STAFF WRITER

The Student Government Association held its fifth annual Big Event Saturday, October 8 at 11 a.m. This year had the biggest turnout with 450 students signing up to volunteer and 31 work sites, opposed to 300 volunteers last year. The purpose of this event is to aid the surrounding area of Monmouth University and Monmouth County with community service.

"This year we had 450 student volunteers sign up, which is the largest amount of volunteers in Big Event history. Due to inclement weather conditions about 275 students showed up, but we were still really happy with the turnout," said SGA Vice President Lynsey White.

Student Government President, Alyson Goode, began working on this project with only a few months to prepare and a long list of things to accomplish. "The Big Event is usually held in spring semester, typically at the end of March. We decided to change it up this year, hoping the weather would be warmer and expand the type of service because a lot of businesses needed fall clean-ups. We also wanted to spread out our events during the year and not just have everything in the spring semester."

Volunteers registered in the Student Center and were notified which work site they were assigned to. They also received breakfast and a free Big Event T-shirt.

Many of the student volunteers represented various clubs and organizations on campus.

World According to MU: *Educational decline in U.S. schools*

KELLI FLETCHER
CONTRIBUTING WRITER

A Sept. 30th article in the University of Southern California's student newspaper, the "Daily Trojan," said the United States is falling far behind other countries when educational standards and systems are compared.

In a study for children in grades four to twelve, which was conducted by the Trends in International Mathematics and Science Study, education in the U.S. was found inadequate when compared to countries like Australia, Finland and Hungary.

A 2003 study conducted by the United Nations Children's Fund (UNICEF) said the U.S. only ranked 18th out of 24 countries. There are a number of possible reasons for this decline in the ability to maintain a certain standard for education. The main difference noted between other countries and the U.S. was the literal way lessons were being taught in most school systems.

The U.S. tends to teach children the procedure not the concept, and children mimic what they have learned instead of understanding why. This can cause students to turn away from the essential lessons being taught in the schools.

When asked what he thought about the situation in education, Business Analyst Derek Beauchum stated, "Due to this type of teaching, a greater number of students are self-converting to a more entrepreneurial mindset once privy to real world information."

This practice is more promi-

nent in the higher levels of education, such as grades nine to twelve. However, it still has a lasting effect on lower grades.

The article reported that more students are becoming less concerned with education and more focused on the future and financial freedom. Other learning institutions abroad tend to teach their students to understand the concept behind the lesson.

This gives students the ability to better comprehend what is more or less being taught. For example, a school in Belgium may teach their students how to add, subtract and multiply fractions as well as what fractions really are and why fractions are used. Teaching a student the "whys" and not just the "hows" gives them the opportunity to question other things and to learn how to make an educated decision. In the U.S., schools are teaching their children in a fashion of expedience over excellence.

In 2002, Congress passed a law called, No Child Left Behind. This law helps to improve standards of education for children as well as providing more funding to meet the new requirements. Each school district is analyzed and funding is disbursed dependent upon the classrooms achievement. For example, in a lower economic class district the funding may be higher than that of a middle class district to ensure that the students are receiving the proper resources in education. Although these school districts are in urgent need of this funding, some teachers believe that the emphasis is not being put in the appropriate place. Children should be taught from the beginning the most efficient means of learning and implementing the skills taught in a classroom.

Romaine Roberts, the Director of a Preschool, commented on the No Child Left Behind Law.

"I don't think it's realistic. You have to start from the basics." She went on to say, "The curriculum is written by people who don't really understand the community they are writing it for."

Most of these laws are being written by political officials that are not affected by a lack in funding or an overabundance of standardized testing simply because their school districts already possess the appropriate school funding. Consequently, many of the students are not getting the type of education they need but the type that will help them pass. The one thing that was paramount in the writing of this law was the increase in standardized testing for students amounting to at least once a year. This frequent testing is forcing teachers to briefly skim through a lesson and focus on showing the proper ways to take a standardized test. Teachers are showing their students how to take the test with the information given and not how to utilize this in a comprehensive manner. This method may not allow children the capability to retain any information. All they really have to do is learn it long enough to get a passing mark on a test. Although the teaching style is the first to be attacked when the students are not performing adequately, it is essentially the children that suffer.

When compared to other countries, the U.S. can not contend. However, in the long run, it is making great strides towards improvement in the education system. With the countless resources available, the U.S. should find it relatively easy to climb the ranks of the educational institution ladder with a few small adjustments.

"Shadows of Shadow Lawn" documentary to be screened in Wilson Hall

JENNY ROBERTS
STAFF WRITER

On Thursday, October 13th prepare yourself Monmouth University. Hawk TV and The Outlook are sponsoring a free screening of a student-produced documentary in the basement of Wilson Hall titled "Shadows of Shadow Lawn." This documentary was produced by Monmouth graduate student Tom Hanley and Monmouth graduate Patrick Perrotto. It features stories and first-hand accounts about the alleged ghosts that lurk in the older buildings on campus, including the Guggenheim Library, Woods Theatre and Wilson Hall.

The concept came from Hanley, after hearing about ghost stories on campus. "I talked to Pat about it and we came up with the idea to do a documentary," said Hanley.

The pair started filming in April and have shot 15 hours of footage and acquired six to seven hours of

allegedly haunted by a stable boy who died there in the turn of the century. The Guggenheim Library is said to be haunted by Mary and Leonie Guggenheim.

Then there is Wilson Hall, which is the least known to be haunted but the producers believe once you see this documentary you will realize there is more than meets the eye.

"There are times when we are editing now when we creep ourselves out because there are sounds we caught on tape and images we caught on tape that can't be explained," said Perrotto.

"We've been told certain stories from multiple police officers about experiences in Wilson Hall," said Hanley. "So we went and we spent the night in Wilson Hall and every one of those experiences we had synched up with the police officer's story."

"We heard footsteps walking with a cane," said Perrotto. "We've felt drafts coming up the stairs in



PHOTO BY Steve Mervine

Monmouth graduate student Tom Hanley and Monmouth alum Patrick Perrotto produced the documentary "Shadows of Shadow Lawn".

old archived University footage as well as 60 to 70 photos. The documentary will be one hour long.

Hanley said that the University has been "incredibly supportive" of this documentary. "The university has pretty much assisted us every step of the way," said Hanley.

Perrotto said, "President Gaffney jumped right in and supported us."

According to Perrotto, the cooperation of the Monmouth University Police was an important part of making this documentary. "We couldn't have done this without the help of the police," said Perrotto. "You can't do a documentary like this without full access." The police not only let the students into buildings late at night, but they offered their personal stories about the ghosts."

The two don't want to give too much away about what viewers will see in the documentary. However, they did agree to give some clues.

"When we started this I wasn't really like a real believer in the whole ghost thing," said Perrotto. "Then I experienced something while we were shooting."

"We'll say that we have something doing something that it shouldn't be doing that cannot be explained in the realm of science or logic," said Hanley. "We had a technological expert look at the footage and at first he was skeptical. When we showed him what Pat caught on tape we said, 'Please feel free to disprove us.' Not only could he not explain it, but it creeped him out."

The producers have had multiple experiences in all three buildings. The stories say Woods Theatre is

small areas and computers were turning on and off on their own."

According to Hanley, there are noises they heard that wouldn't equate to a structure made of limestone but one you would equate to a wooden structure. "The way Wilson Hall is set up is that it's limestone but it does have wooden floors," said Hanley. "The only way these floors are going to make noise is if someone's walking on them."

Last week, the producers and a few friends went to Wilson Hall late at night. "We had two officers sweep the building for human life," said Hanley. "We sat down on the big staircase and literally just sat there alone in the dark. And about 20 minutes to a half hour after the police left it all started."

Perrotto and Hanley both attest to noises coming from different corners of the building-above, below, and to the side. "The most convincing of which is I don't know if you've ever been walking and scuffed your foot," said Hanley. "I heard step, step, step, squeak."

"Some might say the building is settling but a limestone building doesn't settle," said Hanley. "We heard the elevator wind up all by itself and go to another floor. Somebody called the elevator and it sure wasn't us."

"We had this feeling in all three buildings, like an off balance feeling," said Perrotto. "You could walk along fine and then you would hit a spot and feel it in your joints."

To put all these experiences to film, the pair had to get clearance

Correction:

In an article titled "MU OPEN HOUSE" featured in the October 5th issue of *The Outlook*, Andre Richburg was incorrectly identified as the Admission Director. Lauren Vento Ciselli is the Admission Director and Richburg serves as the Assistant Director of Undergraduate Admissions.

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SGA retreat: the beginning of a successful year



PHOTO BY Katelyn Mirabelli

SGA senators participate in a retreat where they get the opportunity to get to know other senators and plan for the school year.

KATELYN MIRABELLI
CONTRIBUTING WRITER

The Student Government Association [SGA] at Monmouth University held its annual overnight retreat from Sept. 30th to Oct. 1st. It took place at Camp Bernie in Port Murray, NJ. It was a funfilled weekend that included numerous icebreakers, making moonpies by a campfire, the executive board

“I thought the retreat went very well. It was a great way to get the senate together and be put in a different atmosphere besides just our meetings.”

LYNSEY WHITE
SGA Vice President

members and senators getting to know each other through team-building exercises, and of course, planning for the upcoming year. In addition, the senate and e-board created goals for the year, and discussed and brainstormed

some solutions for the issues that were brought to the SGA’s attention through “Open Your Mon-Mouth,” which was held on Sept. 28th. Homecoming also was discussed, which is just around the corner, as well as The Big Event, which was held on Oct. 8th.

Lynsey White, a senior and Vice President of the Student Government Association said, “I thought the retreat went very well. It was a great way to get the senate together and be put in a different atmo-

sphere besides just our meetings. We also just elected nine new people to the senate, and it was a great way to get to know them.”

SGA is about active students who encourage, and work for positive change within the school and community.

Freshman and SGA senator Lindsay Plesniarski commented on the weekend getaway, “I thought the retreat was an absolutely amazing

idea. I definitely got a lot closer to other SGA members. It was very beneficial to everyone.”

Even SGA veterans had a good time. According to Lauren Francis, a sophomore who is currently serving as the public relations and advertising chairperson for SGA, “The retreat gave us the opportunity to have fun and work together as a cooperative senate.”

The success of the weekend prevailed over the severe lack of sleep and camp food. The SGA retreat was a great experience for all of those who attended.

With such a good start for the year, the Student Government Association can only improve as a valuable school-wide and community resource.



PHOTO BY Katelyn Mirabelli

Members of SGA gather around the campfire at Camp Bernie, the location of this year’s SGA retreat.

SGA President’s Corner

Greetings MU!

Well, October is here and so is the colder Fall weather. And we all know what that means...HOME-COMING!

Monmouth University presents MU GOES HOLLYWOOD on Saturday, October 22nd. Start the weekend off right with SGA’s traditional Bonfire and Pep Rally Friday night at 7:00 p.m. in lots 25/25A. Come show your school spirit around the fire. There are special things in store for everyone that night including Yell Like Hell and the announcement of Homecoming Court.

Speaking of which, Homecoming Court elections will take place on WebAdvisor Wednesday, October 19th at noon until Thursday, October 20th at noon. Let’s make this the best election turnout MU has ever seen!

The Homecoming float parade begins at 12 noon on Saturday the 22nd in the commuter parking lot. Game starts at 1:00. The commuter parking lot opens at 9:00a.m. for tailgating to begin. All alcohol consumption at tailgating must cease at 3:00p.m. Come join the family, friends, alumni and your fellow students in this Monmouth tradition!

All students in tailgating must pick up and fill out a tailgating reservation

form from the SGA secretary on the 2nd floor of the R.S. Student Center by Monday, October 17th. Resident students, please leave your cars on the residential side of campus. No glass bottles or pets are permitted in the tailgating area.

Thank you to everyone who participated in the BIG EVENT! It was the most successful Big Event that Monmouth has seen yet. We had 150 more volunteers (450 total!) sign up this year than last year. Let’s hope that next year it doesn’t rain...again!

Finally, Wednesday, October 12th is Founders Day, Monmouth’s celebration of all its years of success! The convocation is at 2:30 in Pollak Theatre. Come and join the tribute to MU.

Ok now for the questions...

What is there for commuter students to do on campus?

There is a commuter club which works to enhance the commuter life at MU. It gives non-residential students the opportunity to voice their thoughts, opinions and concerns as well as work with administration and provide co-curricular opportunities. See Vaughn Clay, Director of Off Campus and Commuter Services, if you are interested!

How can I get involved in a club or organization since its already October?

All clubs and organizations welcome new members all year round no matter

if you are a first year or a fourth year student. Look in the Student Handbook for a list of clubs and/or visit the Office of Student Activities to see what MU can offer. There is a weekly e-mail that goes out to all students telling which clubs meet at what times. If you are interested in starting a club that you cannot find, visit Heather Kelly in Student Activities to start the process of forming your own club.

Where is the third floor of the R.S. Student Center?

The third floor of the R.S.S.C is where many student clubs and organizations have offices. Other offices include Study Abroad and Service Learning. The easiest way to find these locations is to take the elevator to the third level. Otherwise, you can take the stairs all the way up. Sounds easy enough, but it’s also easy to get lost the first time (I know I did!).

Interested in the Student Government? Join us every Wednesday at 2:30 in our suite on the third floor of the R.S. Student Center.

Until next week, have a nice FALL ;-)

Best regards,

Alyson Goode
SGA President
x4701



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Thursday night alternative features local musician

AMY MUSANTI
CONTRIBUTING WRITER

Campus surveys show that most Monmouth students drink once a week or less, and know how to have fun without alcohol. The group of students who attended Thursday Night Alternatives [TNA] on Oct. 6 at 10 p.m. are proof of this statistic. Over 50 people showed up for the event, which was sponsored by the Office of Residential Life, the Residence Hall Association, and the Substance Awareness Department.

There are some very important people involved in these organizations, one of them being Suanne Schaad. Schaad is the Substance Awareness Coordinator at Health Services and helps to manage this program on the first Thursday of every month. The goal of TNA is to provide a fun option to the typical Thursday. Even if students decide to go out afterward, the hope is that they will drink less because they came to TNA *first*. This program was started a number of years ago by past members of the Office of Residential Life. Now that a Social Norms Grant is given to the school, it is more convenient than ever to provide this type of alternative atmosphere for students.

This month's TNA featured well known local singer and musician Pat Roddy. Roddy is from the Belmar area and has been playing in New Jersey for over 10 years. He can usually be found playing with a band or solo in local bars and weddings. However, this Thursday night, he was found right here in Oakwood residence hall. Roddy played an impressive variety of covers, including favorites from Jack Johnson, Red Hot Chili Peppers, Oasis, Dave Matthews Band, Eric Clapton and Bruce Springsteen. The audience munched on free snacks while singing along and shouting out

their requests, which Pat seemed to enjoy. The final song of the night was requested unanimously: Garth Brooks' "Friends in Low Places" which everyone joined in on. Roddy said that playing at Monmouth for the first time was "fantastic" and seeing all the students almost inspires him to become a professor. This kind of intimate atmosphere is attractive to Pat because the bars he plays in tend to be very busy. On this occasion, he was able to get personal with the audience, and agreed that he liked the private set up.

At around 11:15 p.m., Roddy sang his last song of the night and Suanne Schaad, Substance Awareness Coordinator at Health Services, handed out beach balls and CD cases with informational messages and survey results regarding alcohol. Roddy picked winners for the raffle that was held as well. Michelle Morgan and Eric Czerwinski each won a thirty dollar gift certificate to the Monmouth Mall and Dan Brockman won two free large pizzas!

Student Becky Joyce had a great time listening to Pat and hanging out with her friends at TNA, "There should be more events like this."

For those who are interested in attending another TNA event, look for informational posters in the beginning of November. As of now, the next event will be an open mic night where everyone is welcome to display their talents.

Suanne Schaad attributed much of the recent success of TNA to Resident Assistants who make efforts to get their residents involved, and to the students who show up each month with enthusiasm.

If you would like to be a part of this grand opportunity to do something different, contact any of the above mentioned organizations.

Be different, and enjoy your Thursday in a new way with TNA.

Writing Center gets a makeover

BECKY MORTON
CONTRIBUTING WRITER

The Writing Center has been reworked over the summer with shorter session times, and is no longer a requirement for certain English classes to attend.

Sessions are now 30 minutes as opposed to the 75 minutes in previous years. Professor Jane DeTullio, the Writing Center's Coordinator, said that they looked at other Centers and found that 30 minute sessions were common. "Tutors and students seem to prefer the new sessions, but a student can arrange back to back sessions if they have more extensive work," DeTullio said.

Allison Bolte, a faculty tutor, said, "The shorter sessions allow tutors to focus on higher-order problems in their students' assignment. The longer sessions allowed time for focusing on the lesser-order problems, which could potentially lead to the tutor proofreading a student's paper. This way students have a chance to proofread their own papers, which is a skill they'll need in the future".

Dr. Caryl Sills, the English Department's Chair, said that

special Schlaefter sections of EN 101 and 102 have been eliminated since freshmen are now being mainstreamed. "At the same time, new freshmen will be assigned if necessary by the instructor. By making the Writing Center mainly voluntary, we hope to encourage writers at all levels to use the Center's services without the past stigma of 'remediation,'" said Dr. Sills.

Sophomore Michael Titta attended the Writing Center last year for his English class. He is continuing his visits this year even though it is no longer mandatory. When asked why Titta said, "It helped me and I like to get a second opinion on my work before turning it in. Besides, it's right here and it's free. Why not make use of it?"

The Writing Center is open to all the students of Monmouth. Tutors are available for general assistance, as well as in specialized areas including resumes and cover letters. Tutors at the Writing Center are undergraduate and graduate students, professionals from the community, and faculty members. If interested in setting up an appointment at the Writing Center call (732) 571-7542.

Ghost Documentary



PHOTO BY Pat Perrotto

The Guggenheim Library is one of the locations featured in the documentary, "Shadows of Shadow Lawn".

Ghosts continued from pg. 2

and permission with everything they shot. A lot of planning also went into the documentary. "Let's say for a shot of the exterior of Guggenheim it takes me about 20 minutes just for one shot," said Perrotto. "Everything we have done in this project has been top-notch."

The project, in their eyes, does not reflect your everyday student project. "It definitely doesn't have an amateur feel to it," said Hanley. "It's been such an honor to work

with Pat on this project."

In fact, both of the producers have strong backgrounds in their respective fields. Perrotto is considered a professional now since graduating from Monmouth last year. He has been working on a film about Asbury Park for the Sundance Film Festival. Hanley is known around campus and on the airwaves as a radio host of his own show "The Night Train."

To see the work of these producers and to learn more about the ghosts on campus, go to the Wilson Hall basement Thursday night. According to the producers, you will be about 50 feet from where

the documentary was filmed in the auditorium. "You're going to find out everything there is to know about the alleged hauntings in Wilson Hall, Guggenheim Library and Woods Theatre," said Hanley. "Furthermore you are going to be presented with evidence, new evidence that is no doubt going to add to the supernatural legends that surround this institution of higher learning."

"If you're prepared to see the unexplainable on tape from campus, then come out to this documentary," Hanley said. "You will not be disappointed." And maybe the ghosts and spirits will join.

A look at college relationships

ERIN LUCAS
STAFF WRITER

"College is supposed to be the best four years of your life." "Live it up, do everything you could because that it's on to the real world." "Don't get tied down, you have the rest of your life for that." Do any of these sentences sound familiar? Of course they do. One out of the three seems to be every college students mantra. How many of you came here with a great relationship back at home that you never once doubted? I'm sure many of you have and after being here for a month or so why did all of these doubts creep up upon us, and how could things that we considered solid, stable parts of our lives become suddenly unstable? Most of our relationships end once college begins and it has always been something that's bogged my mind.

I'll be completely honest, I questioned my three year relationship a week into my freshman year. Once I was free, I had a great time, going out and meeting new people, but when the fun was done, I was forced to face myself. I wondered how three years wasn't enough but knowing someone for three days was. I looked around at my friends and noticed the same pattern was occurring. We all yearned for this freedom away from being tied down, and lying to our boyfriends about where we were going was like second nature, and to some cheating became routine.

So why are college students so adamant about being single? Are so we scared of being committed that we run away, occasionally stopping for a random person or a random hook up? We've all seen it or even have seen ourselves, being out one night at a party with one person, and the next night a different one. Do we do this to give ourselves some temporary comfort to replace the security we've stripped ourselves of when we ended our relationships? Some of us may be stuck in the fantasy that our high school sweetheart is our soul mate and we'll eventually find our way back together. Others may have been hurt in the past and find it easier not to get any emotions involved. Are we so stuck in the past that we're afraid to move into the future because it means letting a part of ourselves go, or opening up again to something new?

Does the idea of becoming that close with someone again scare us so much that we choose to run? And if we do run, how far will we go and how long will it take us to stop? After running for so long we refuse to slow down and only when we do is when we may realize we passed some amazing things by.

Life doesn't come with a remote control but suddenly we find ourselves wishing we could hit the rewind button. Some of us girls may wish we would have given that nice guy a chance, possibly let our guard down a little, and try trusting him. Guys may wish they didn't take that great girl for

Relationships

granted, the one who promised she was really going to leave if he didn't realize what he was missing. Ten girls later, when she really is gone, he might find himself wishing he appreciated her just a little more.

How long is long enough when your single, how many people is enough to make us want to settle down? After two years of being single I thought I was ready to throw in my temporary comfort for some sort of permanent kind. Yet, once I had it, I realize I wasn't ready for it. Do I regret it? Yes, yet after realizing I'm still not ready, I wondered to myself, when will I be? Is the pressure of being tied down to much for us college kids to take? It's not so much that I want to meet all of these people, I believe we all have a problem of wanting something more, or finding something better than what we already have. After many late night hook-ups that are forgotten in the morning, do we feel safer not caring, compared to making ourselves vulnerable?

Everyone has their own needs and a way of meeting them and everyone here knows what is right for them as well. Yet, after awhile running gets tiring and hopefully, eventually, we'll realize that permanence, while not always perfect, is sometimes worth the risk. Slow down, realize what you have, what you could lose, and what's really worth it.



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GET INVOLVED!

UPCOMING STUDENT EVENTS

Wednesday, October 12
Founder's Day Convocation
2:15 PM, Billak Theatre

Everyone Wants To Be A STAR!
8:00 PM, RSSC Cafeteria

Thursday, October 13
Shadows of Shadow Lawn
8:00 PM, Wilson Auditorium

Friday, October 14 - Family Weekend Begins
Women's Soccer vs. LIU
3:00 PM, Great Lawn

Field Hockey vs. Rider, 4:00 PM

Murder Mystery "Attack of the Slinky People"
7:00 PM, RSSC Anacon Hall - SOLD OUT

Weekend Movie Series - BEWITCHED
8:00 PM, Young Auditorium, Bey Hall

Saturday, October 15 - Family Weekend
Football vs. Wagner
1:00 PM, Kessler Field

Weekend Movie Series - BEWITCHED
3:00 PM & 9:00 PM, Young Auditorium, Bey Hall

Casino Night
7:00 PM, RSSC Anacon Hall

Sunday, October 16
Womens Soccer vs. Wagner
1:00 PM, Great Lawn

Softball vs. Drexel
1:00 PM, Softball Field

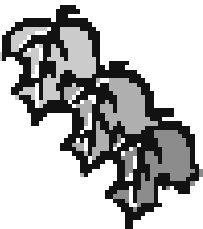
Race for the Cure
7:00 AM, Princeton, NJ
www.komencenj.org

Monday, October 17
Emerging Leaders 2 Apps. Due

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EVERY WEEK
FOR GREAT
EVENTS COMING
YOUR WAY.

Family Weekend Events

FRIDAY: Murder Mystery, 7:00 PM, Anacon Hall Sold Out	SATURDAY: Information Fair 11:00 AM, Magill	SUNDAY: Brunch 10:30 AM, Magill
SATURDAY: Parents Workshops Mental Health 10:15 AM, Magill Club	Pre-Game Luncheon 11:00 AM, Magill	Guided Tours of Wilson 11:00 AM, Magill
Career Planning 11:15 AM, Magill Club	MU Football vs. Wagner 1:00 PM, Kessler	
	Movie-Bewitched 3:00 & 9:00 PM, Bey Hall	
	Casino Night 7:00 PM, RSSC Anacon	





Nicole Kidman Will Ferrell

Weekly Film Series
Friday, October 14
8:00 PM, Young Aud.

Saturday, October 15
3:00 PM & 9:00 PM,
Young Aud.

Bewitched

Free MOVIE,
Free POPCORN &
Free FUN!



Happy
FOUNDER'S
Day
Monmouth!

How to get the best scare on Halloween

AMY MUSANTI
STAFF WRITER

If you want to steer away from the standard trick or treating this year, this area has a wide array of treats for adults and children on Halloween. There are events and exhibits to entertain, scare, and baffle. Many of the places mentioned have websites to visit to get further information or make reservations. If you are going to celebrate Halloween this year, make sure to put at least one of these events on your list!

- FrightFest 2005 is open at Six Flags in Jackson, NJ until Oct. 31 on weekends only. It has been nicknamed the “Northeast’s Largest Halloween Party” and is ready to prove it! Special scary events include a terror trail, scary karaoke, haunted hayride, funhouse, hypnotist, and a monster mash bash for younger kids. If you buy tickets online you can save 10 dollars and they also offer group rates starting at 15 people. (www.sixflags.com)
 - Toms River’s 68th annual Halloween Parade on Oct. 31 at 7 p.m. This is sponsored by the Tom’s River Fire Company No. 1 and would be a good event to bring your little siblings to. (www.occis.com/events/halloweenparade/)
 - Hell in Paradise Costume Ball at 101 Asbury Avenue, Asbury Park, NJ. This ball begins at 10:30 and ends until you drop!
- The cost is 15 dollars if you arrive before midnight, and 18 dollars after midnight.

- If riding in a pile of hay is your Halloween dream, New Jersey has a variety of locations to give you just what you are looking for: (www.scaryplace.com, www.shore-guide.com)
- Grochowicz Farms, Glenn Gardner, NJ
 - Marshall’s Farm Market, Route 46, Delaware, NJ
 - Heaven Hill Farm, two miles south of Vernon, six miles North of Warwick, NJ
 - Indian Rock Resort, Jackson, NJ
 - Race Farm, Route 94, South of Blirstown, NJ
 - Hallock Farms, New Egypt, NJ

- If you want corpses and bloody bodies jumping out at you, opt for these haunted houses and exhibits: (www.scaryplace.com, www.shore-guide.com)
- Haunted Hotel, Autoland, Springfield, NJ
 - New Jersey Kingdom Renaissance Fair with haunted village, West Orange, NJ
 - Haunted Manor, Funtown Pier at Seaside Heights, NJ
 - Haunted House, Maple Shade, NJ (fundraiser for Maple Shade First Aid)
 - Schaefer Farm’s Frightfest with house, maze, and hayride, Flemington, NJ
 - New Jersey Halloween Horror Expo, Sussex County Fair Grounds, Augusta, NJ
 - Zombie Hall, Bayonne, NJ
 - Green House of Fear, Montvale, NJ
 - Haunted Horror Walk, Aber-

- deen, NJ
- The Jersey Devil’s Haunted Woods, Williamstown, NJ
 - Ride of Terror, Mullica Hill, NJ
 - The Halloween Express, Whippany, NJ
 - HallowMarine- a haunted seaside family experience, Oct. 22 at Sandy Hook, NJ
 - Nightmare’s Haunted House of the Doctor at Despiero’s Farm, West Montvale, NJ
 - Exodus of the 13th Hour at Red Mill, Clinton, NJ
 - Screaming Run, Haunted Walk at Leaming’s Run Gardens, Swainton, NJ
 - Rallville’s Wicked Woods, Waretown, NJ

- For those willing to venture to Pennsylvania:
- Fright Factory’s Forgotten Insane Asylum, Philadelphia, Pa. It is open weekends until Halloween, tickets can be purchased online, and bus trips can be organized on the website. (www.frightfactory.tv)
 - Shocktoberfest is held inside an abandoned industrial park which used to house psychiatric hospitals and a toxic waste dumping site. A \$30 ticket will allow you into the Prison of the Dead, the Biohazard Hayride, and the Toxic Asylum 3D Extreme. Shocktoberfest will be open Thursdays through Sundays until Halloween. (www.shocktoberfest.com)

- For those partial to New York, there are a few popular places to get your scares and excitement:
- The Great Third Avenue Festi-

- val, Oct. 23, New York, NY. Dress in your best costume!
- Double M’s Haunted Hayrides, Ballston, New York. Includes a ride and a maze. (www.mmhauntedhayrides.com)
 - House of Frankenstein Wax Museum, Lake George, NY. Open on weekends only. (www.frankensteinwaxmuseum.com)
 - Halloween Masquerade Ball at Capitale on Oct. 29 in New York, NY. Costumes are mandatory and it is for the 21 and over crowd.
 - Halloween Costume Party at Dewey’s Flatiron on Oct. 29 in New York, NY. It will only cost five dollars if you come in costume.
 - Halloween Massacre H20 at Nikki and Sam’s on Oct. 29 in New York, NY.
 - Halloween Masquerade Ball at The Puck Building on Oct. 29 in New York, NY. (www.clubzone.com)

Since I’m a Connecticut native, I have to promote a great haunted trail, located right in my hometown of Wallingford. If anyone is ambitious enough to drive that far, The Trail of Terror is worth it. It costs nine dollars for adults and five dollars for children. All of the proceeds benefit the American Red Cross (www.trialofterror.com).

After you get jolted at The Trail of Terror, make it your priority to attend the Halloween party on Oct. 29 at Tuxedo Junction in Danbury. I can personally say that the costumes and the guests at this club are like nothing you have ever seen before. Up to \$2,500 in



prizes will be given away for the best costumes!

If you are entertaining a younger crowd at Halloween this year, turn to www.family-fun.go.com for plenty of different ideas for kids and adults who still act like kids! You will find recipes for bug juice, monster toes, pumpkin cupcakes, creepy peepers, and worms on a bun.

Are those recipes too gross for you? Click on the pumpkin carving page to find helpful tips and tricks. This site even has a section where you can print out templates to guide you in your carving of more advanced pumpkin projects.

- Another way to enjoy a pumpkin on Halloween is to roast the seeds that you shovel out of it! Here is a foolproof recipe:
- Spray a baking sheet with non stick cooking spray
 - Pick off any left over chunks of pumpkin
 - Mix seeds in a bowl with two teaspoons of melted butter, or olive oil, and as much salt as you feel necessary (if you want a zestier recipe, add garlic and cayenne pepper)
 - Spread on the baking sheet and bake for 45 minutes or until golden brown on a temperature of 300 degrees
- However you choose to celebrate your spookiness, just be sure to have a great time this Halloween!

Gruesome drinks

Halloween is a great opportunity to make ordinary refreshments look absolutely ghastly. Embrace the holiday spirit and make the grossest treats at Monmouth University. Whether you are having a full-blown Halloween smash or just a small get-together with your favorite monsters, indulge in the festive drink ideas provided by www.allrecipes.com that will impress even the most gruesome of all!

- Putrid Punch:** A big bowl of punch is the perfect prop for gory and ghastly Halloween trickery. There are lots of ways to make your party punch extra eerie!
- Make a slime ring from green punch- Freeze green punch in a gelatin mold along with plastic bugs, spiders and eyeballs. Place a few small glow sticks underneath the punch bowl -- when the lights are turned down, the brew will radiate in a mysterious and unearthly fashion.
 - Float life-size zombie hands made from ice- Buy a couple of latex or rubber gloves. Wash them thoroughly with dish soap and turn them inside out. Carefully pour in water. Fasten tightly at the wrist with a rubber band. The shape will turn out best if you hang the gloves, fingers down, from your freezer shelf. Plan to freeze your uncanny hands for at least one full day.
- When it’s party time, run warm water over the gloves very briefly (just long enough to loosen the gloves from the ice) and carefully peel them off the frozen hands. The ice fingers

- break off easily, but that’s okay, the disembodied digits just add to the “zombie” effect.
- Make uncanny ice cubes for chilly concoctions- If you’re not using a punch bowl, use ice cube trays to freeze green, red, or orange-colored punch. They will look creepy, yet delicious, in a glass of any clear or light-colored beverage.
- Potent Potions for Grown-Up Ghouls:** You may have taken lots of time and care putting together your Halloween costume, but don’t forget the costumes for your favorite cocktails, too!
- Float creepy-colored liqueurs and mixers on top (some will sink to the bottom, but that’s even creepier!. Try grenadine syrup (to look like blood), crème de menthe or melon liqueur (to look like green slime), or sour peach or orange schnapps (to look like pumpkin ooze).
 - Make a batch of gelatin shooters in red, green or black cherry flavors. When they are set but not yet firm, place a gummy worm “crawling” out of each one.
 - Serve samples from your mad scientist’s lab: Buy plastic beakers from a party supply store or florist. Pour shots of brightly-colored booze into them, and invite your guests to take part in your “experiments.” (For the non-drinkers in the bunch, serve vivid, fizzy drinks in the beakers. Try adding color to lemon-lime soda with food color or flavored syrup.)

Ghoulish Punch

Recipe Rating: ★★
Prep Time: 15 min
Total Time: 15 min
Makes: 10 servings, about 1 cup each
Source: Kraftfoods.com

Ingredients

- 2 cups boiling water
- 1 pkg. (8-serving size) JELL-O Brand Lime Flavor Gelatin
- 2 cups cold orange juice
- 1 bottle (1 liter) seltzer, chilled
- Ice cubes
- 1 pt. (2 cups) orange sherbet, slightly softened
- 1 orange, thinly sliced
- 1 lime, thinly sliced

Procedure
STIR boiling water

into dry gelatin in large bowl at least 2 minutes until completely dissolved. Stir in juice. Cool to room temperature.
POUR into punch bowl just before serving. Add seltzer and ice; stir.
ADD scoops of sherbet and fruit slices.



Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 150

Total Fat 1g
Saturated Fat 0 g
Cholesterol 5mg
Sodium 100 mg
Carbohydrate 34 mg
Dietary Fiber 1g
Sugar 34 g
Protein 2g

Vitamin A 2%
Vitamin C 45%
Calcium 4%

WOMEN

Halloween Couture

MEN

ANDREA TIBALDO
FASHION EDITOR



Fashion doesn't have to be glamorous and chic all the time. Halloween is only a few weeks away, and it's time to begin the search for the perfect costume. You and your friends can go with a group theme for Halloween, or you can set yourself apart from the crowd with your own idea. Whether you plan on being spooky or sexy on October 31st, there are an overwhelming number of costumes to choose from in stores and online. A few pointers when costume shopping and enjoying your Halloween night:

- Make sure you feel comfortable in the costume, especially if you're a female and plan on wearing something revealing. You don't want your fun night to turn into a downer because you're too busy worrying if your 'hump' is peeping out from your skirt/dress.
- Try to steer clear from costume makeup since it's bad for your skin, not to mention difficult to take off due to its thickness. Instead, opt for brands sold at drug stores such as Revlon, Wet 'n Wild, or L'Oreal. No matter how many drinks you had at that Halloween party, remember to take your makeup off at the end of the night to ward off breakouts.
- If you're on a budget, hunt through your closet, or even your parents', for old clothes you can turn into a costume. If you're really talented, grab a sewing kit and some fabric from the Rag Shop and make your costume.
- Not to sound like your mother, but be safe! If you're going to trick-or-treat (you're never too old to), be aware of your surroundings and try to avoid dark colors.



Other costume ideas for women:
I Love Lucy, cartoon characters, cowgirl, naughty nurse, 'sexy home wrecker'



Other costume ideas for men:
Shrek, pirate, Elvis, Sugar Daddy, Santa

COUPLES

GROUPS



Other costume ideas for couples:
'Lock and key', mustard and ketchup, Adam and Eve, 'ball and chain'

Other ideas for groups:
The Flintstones, fast food items, Wizard of Oz, Smurfs, Osbourne family



The Outlook

Lauren Benedetti	EDITOR-IN-CHIEF
Kimberly Lynn Mallen	ADVERTISING MANAGER
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Nick Hernandez	GRAPHIC DESIGNER
John Morano	ADVISOR
Sandy Brown	OFFICE COORDINATOR

STAFF WRITERS

Natalie Anzarouth	Kevin North	Nikki Reed
Martin Halo	Alex Truncale	Jacqueline Phillips
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Jennifer Roberts	Russell J. Carstens	Graham Heilwell
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Lindsay Weiss		Erin Lucas

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Fax: (732) 263-5151

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

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

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HOW TO SUBMIT ARTICLES OR LETTERS

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

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Homecoming hopefuls

Editorial

LAUREN BENEDETTI
EDITOR IN CHIEF

Dear Homecoming wannabe's,

Did you wake up this morning and look in the mirror and say to yourself, "I want to be homecoming Queen!" I bet you did. I bet you are one of those pretty faces in the stars that fill up 3 full pages of my precious **Outlook** space. I don't hate, I pity.

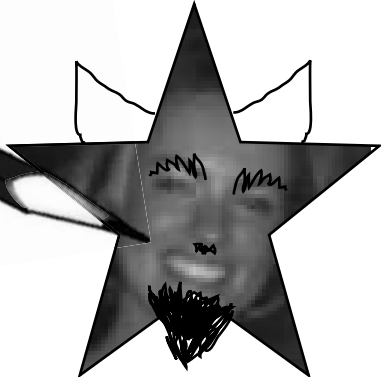
Sorry for you,
LCB
EIC

As I sat in my office yesterday afternoon and tried to avoid the people who pranced into the Outlook office with their hair done, and faces painted on I could not help but wonder why these people feel as if homecoming is one of the most important things that ever happened. Don't get me wrong there were a handful of students who came in and made a mockery of the entire thing (props to you). Then there are those homecoming hopefuls who went to the salon and paid money for those ridiculous hair styles. We aren't glamour shots. We're the *Outlook*.

It was not until I heard the words



spoken by an intellectual, a freshman who responded with, "why can't people just vote for me for who I am." This young lady's question was something I had asked myself junior year of high school when the prom queen was announced and she started crying because nothing in life would top an occasion like that one. Unfortunately the intellectual who asked the question conformed with the rest of the plastics and took her turn against the solid white wall and smiled as we snapped her photograph. Little does she and the rest of the crew know what their pictures look like hours later. For most of us newspaper geeks we have the tool, Adobe Photoshop at our disposal. And when you have 60 something pictures of people who you have come to despise at your fingertips there's nothing left but good times. Looking forward to seeing all your pictures next week.



LAUREN BENEDETTI
THE OUTLOOK

WAYS TO FEEL MORE SECURE:

Repeat the following phrases 10 times in the mirror each morning upon awakening:

"I am a worthy individual"

"I don't need 10 pounds of MAC makeup to make myself look beautiful."

"My dues are not just for buying friends."

"Even if I don't make homecoming court, I can still get a crown from burger king."

NEED SOME RELATIONSHIP ADVICE?

of course you do.

Lindsay & Suzanne are here for you.

e-mail Outlook@monmouth.edu

make subject: "advice"

AMUSED

By: CHRIS NETTA



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More hours for our health

DANIELLE CIANDELLA
CONTRIBUTING WRITER

The Health Center on campus, located in Birch Hall, is supposed to be there for all the students at Monmouth University. It’s supposed to give students medical attention whenever they need it. If that’s so, then why do they close at 5 p.m. most of the week and aren’t even open on the weekends? Everyday the health center opens at 8:45 a.m. and on Tuesdays, Thursdays, and Fridays it closes at 5 p.m. while on Mondays and Wednesdays it closes at 7 p.m. They say on there Web site that their, “Services range from interventional, therapeutic care for acute episodic illnesses to preventative health screening and education. It is the goal of Health Services to remove or alter health-related barriers to learning so that the educational experience at Monmouth University is optimized. It is our mission to promote health, happiness, and well-being.” Then why aren’t they there for students more on weekends and at night when there needed most?

Many students remain on campus on weekends. Where are they supposed to go if they get sick or need help with a health issue, such as the emergency contraceptive pill, or the flu? Monmouth Medical Center is very close to campus but what can those students do if they don’t have transportation to the hospital? If they’re not sick enough to need an ambulance to go to the hospital and the health center is closed, are they just supposed to wait until Monday when then they may really have to go to the hospital for a serious illness? The entire ordeal could have been prevented with a visit to the Health Center if it was open on weekends.

We as students of Monmouth University were all required to purchase or prove that we have some type of health insurance. On the Health Centers Web site it is said that they provide **free** care to all students, yet we have to pay for physicals, birth control pills, and things like that. These should be provided for free because not everyone on campus has enough money to pay medical services. What are those people supposed to do about their health problems if they can’t afford the medicine they need? Then those students who are sick end up spreading the illness to the other people in their suites and an epidemic can even be started throughout the residence halls. We all live in such close contact with each other and because of the ventilation systems in on-campus residence halls things are spread very easily.

At Monmouth University the Health Center should be open much later and on weekends to fit the needs of the students attending the university. As a campus community, we need the assurance that if we are ill, or need health services for other reasons, we have a place to go no matter what time of day or what the reason is. More services should also be offered for free because as college students we have little or no money to begin with. When it gets colder and many students are sick, there is a greater chance for spreading illness, especially if people can’t afford medication. Disease and illness is spread very easily on college campuses and there is one way that an epidemic of the flu or other similar illnesses can be prevented. Extend the Health Center hours and provide more free services to Monmouth University students, and then we will have an environment where we can learn and live safely.

Love is a battlefield?

CHRIS NETTA
OPINION EDITOR

- Hyperbole – (hy•per•bo•le) n.**
- A figure of speech in which exaggeration is used for emphasis or effect**
 - Extravagant exaggeration**
 - Love is a battlefield**

Last week an article was published in The Outlook entitled “Love is a Battlefield,”which compared a first date to a battle in an ongoing war. To be fair, dating is not a “walk in the park,” or all sunshine and roses, but it is certainly not war.

To be fair, dating is not a “walk in the park,” or all sunshine and roses, but it is certainly not war.

War is a state of open, armed combat between two parties for any variety of reasons. If your dates seem like war, maybe he’s not your type, and besides, if a trip to the boardwalk is war, what the hell would you call sex?

That’s not to say that everyone you might date in your life is going to be your ideal man. Odds are, most of them you can’t stand. One good method of judgment is to gather “intelligence” on the lucky boy, seeing if he uses any “weapons” (i.e. Camel cigarettes, amazing spelling, and death metal) which you may not have the proper defenses for. These WMD’s can

estrogen-charged Donald Rumsfeld, or perhaps a drum and fife player, keeping your morale up while the Corporal inundates you with second-hand smoke.

I understand dating can be rough, and dating a member of the services may seem like a good reason to write an article comparing war to love. In reality, however, these are polar opposites, and, not for nothing, but how many wars have you been in? Fist-fights? How about even a demolition derby or a paintball game? Leave the war to the warriors and figure out how to either break up with somebody or pick a man who you can stand. By the way, war is nothing like M*A*S*H.

Stark Raving Bland

Weekly observations and ravings

REUVEN FELDMAN
STAFF WRITER

In the beginning, there was nothing.

Well, not exactly nothing.

There were still those cheesy “you’ve been selected to win a million dollars” letters, lost and single socks still trying to get back with their significant other, numerous miracle diets designed by skinny people in cubicles, and a great amount of wrappers lining the back alleys of convenience stores everywhere.

So God invented darkness. Like most inventions, this one came about serendipitously. After jumping up from his ergonomic chair (which actually had no arm rests) and clapping his hands together the light went off.

But this was all worthless and boring so God decided to create some stuff so that he could watch a more amusing show. (You can’t really blame him, those letters are so annoying).

After Googling for “new market strategies,” “effective designing tactics,” (and “cheerleaders”) God saw that if he split his work effort into certain time periods he would be able to get something called “peak efficiency” and “better product-to- person delivery time.” This pleased God because these ideas seemed very smart and allowed him to sleep late each day.

On the first day he made sure he had everything ready and that his cell was set to “vibrate.” But he couldn’t see a damn thing.

“Damn this ‘peak-person-efficiency-time’ baloney!” (Swear words weren’t invented yet, we will see them in use on the 7th day). “How can I get any work done if I can’t see anything?” And so God created Light so he could see what he was making.

Fantastic, this light stuff!

God quickly took a short coffee break at Starbucks and walked out with something called a “Mocha Latte Enema” and a new mortgage on his house.

After IMing “hotangal22” for – what? 47 minutes! God realized that he still had work to do if he wanted to keep up with his development ideas.

Thinking about this one, caffeine slowly leaving him, he put his head down and tried to think. This was severely hampered by his latest and first invention. Damn he thought, this light stuff is OK but I can’t sleep with it on. What to

do? He knew he couldn’t scratch his first investment, all the board members would follow his lead and his reputation would suffer a hit – “God buys into Light Inc. and then quickly dumps all shares” – there would be a panic on the trade floor. Light Inc. would be doomed!

What to do?

So God invented darkness. Like most inventions, this one came about serendipitously. After jumping up from his ergonomic chair (which actually had no arm rests) and clapping his hands together the

light went off.

Baloney! (Remember no swear words yet)

God was in the dark on this one, what had happened?

After the emergency lights went on around him he saw that some moron had installed a clapper for the Light. And so to this day God merely claps his hands and it’s dark out, of course this sometimes takes a while to happen when the batteries are low so Daylight Savings Time was invented and somehow God convinced all the shareholders that this was normal and its OK to get out of work in the middle of the winter when it’s pitch black and your car is buried in snow. For their trouble God promised to take off some of their time in hell.

“But what is hell? I thought you only invented Light & Dark!” cried a board member.

“Damn” thought God she’s right!

And so God came clean and told her that since she was on the board she was allowed to know that there really was no Hell, he had just invented the idea of it so some people had something to do Sunday morning and so others could really live like idiots and have something to think about “the morning after.”

The board reluctantly backed this approach not sure who the hell would fall for it but so far God had not steered his shareholders wrongly so they went along with it.

Masochistic chat rooms were not created yet. All was good. God clapped and went to sleep.

QUOTES OF THE WEEK

“It is unwise to be too sure of one’s own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.”

Mahatma Gandhi
(1869-1948)

“Everyone has a right to a university degree in America, even if it’s in hamburger technology. .”

Clive James
(1939-)

“You’re not to be so blind with patriotism that you can’t face reality. Wrong is wrong, no matter who does it or says it.”

Malcom X
(1925-1965)

“If you aren’t fired with enthusiasm, you will be fired with enthusiasm.”

Vince Lombardi
(1913-1970)

“Sometimes life, it moves too slow. Slows to a crawl, and then the poetry is lost. And without speed, hope becomes certainty”

Mike Patton
(1968-)

“We hang the petty thieves and appoint the great ones to public office.”

Aseop
(620?-560? BCE)

“When a man tells you that he got rich through hard work, ask him: ‘Whose?’ ”

Don Marquis
(1878 - 1937)

“I glance at the headlines just to kind of get a flavor for what’s moving. I rarely read the stories, and get briefed by people who probably read the news themselves.”

George W. Bush
(1946-)

Letter to the Editor

Dear Outlook,

What is the deal with Nellies? When I first came to Monmouth four years ago I had heard rumors about the “legend of Nellies.” Nellie’s is the best food this side of the equator. Yet year after year I find it has gotten more and more grotesque. Granted at first fat blunts had my interest but now I find myself at a loss every time I try to decide what to order. To begin with I can’t understand anyone of the people that answers the phone, then I spend 10 minutes trying to explain to them that I do not want anchovies on my pizza, all I want is a large pie with half pepperoni and a bottle of soda. Then I have to argue with them over the fact that my total has come to only \$9.75 instead of the

\$10 that they require in order to deliver. I mean I know gas prices are high but I haven’t seen anyone that cheap since I watched a woman return a used diaper when I worked at Shoprite. After that I wait as an hour passes and they are still not here. Then they have the gall to get angry with me when I call to make sure they haven’t died. 2 hours later my food finally gets there. The pizza is barely better than the dining halls’ and the French fries are soggy. How hard is it to make a pizza and fries, get it there in less than 45 minutes, toss in some napkins and ketchup and not beg for a tip. I’ve actually seen the delivery boys complain about not getting a tip. Well how bout this, your food is overpriced, I wasted 10 minutes of my life try-

ing to explain to the order lady what a pizza is, and then I waited 2 hours for you to get here. In other words you’d be more likely to get a tip from a corpse then you would from me. Someone please explain to me how I am wrong in expecting some descent service? I mean we do basically make their living, enabling them to provide for their families. Do they care? I’d call for a Nellies boycott but I know that could never happen. Instead I call for a stop tip. Stop giving them tips if they are over 45 minutes. That will show them that we want good food and descent service.

Sincerely,
Steve Pimpkin

Dearest Seniors

AMANDA RIZZO
CONTRIBUTING WRITER

As we know, this is our last official year here at Monmouth University. Some of you may be on the five or even six year plan, some might be going to graduate school here, and others will be forced to grow up and move onto the REAL WORLD. But now is the time to live it up and experience everything college has to offer, because sooner or later you'll look back and regret not doing something you should have. So, if you never experienced Jack's on a Tuesday night, take some time off and sing a little karaoke with your friends. If you never went to a football game, get a group of people together and go cheer on your winning team. If you never made it to homecoming, now's your last chance to show some school spirit and have a blast doing it. If you never got to ask that special person out to dinner or a movie, gather up some courage and go for it. If you never studied in the library, maybe try it out one night and actually see what it looks like inside. Hang around campus after class a little longer. Make new friends. Go to events. Do as much as you can! Seniors, this is it, this is our time to make the best out of our last year here, so go out with a bang and make sure you have no regrets. Here's something to think about as you step your last foot on to the Great Lawn, eat your last quesadilla at the Student Center, walk up the three million steps of Wilson Hall, or simply walk through campus for your last year.

To all the senior athletes, this is your last season so win as many games as you can, put all you have into practice, get a little more dirty, and experience all you can with your teammates. Because before you know it, the season is over, and

who knows, that may be the last time you lace up your cleats, kick or throw a ball, or score that extra point.

To those in Greek life, this is your last year with your brothers or sisters, so spend some more quality time together, put away past grudges and battles with others, kick some butt at Greek Week, and wear your letters with pride because you never know when you'll wear them again.

To those in all the clubs and organizations, get involved with everything you can on campus, throw an extra event, make a lasting impression, take chances and try something new because this is your last year as a member of whatever organization you belong to.

To everyone else who will graduate on May 17, 2006, take the time to say "thank you" to that professor who gave you an extension on a paper or helped you figure out what you were doing with the rest of your life. Say hello and smile at someone who works here, like a custodian, or the lady that rings you up at the student center. They work hard to keep this school looking the way you'll always remember it. No matter how you look at it, this school and all the people you met along the way helped shape you into the person you are today and will affect the person you will become in the future. We should thank everyone that crossed our paths, and show appreciation for all we've gained from our experiences here at Monmouth. I end wishing all of you the best of luck for your final year, and only good things for the years to come. So seniors, live it up this year, make it count, and have no regrets, because this year will fly by faster than you realize, and in a blink of an eye, we'll all be sitting in the PNC Bank Arts Center for the last time as the class of 2006!

Have we all lost it?

JOHN GENOVESE
GRADUATE ASSISTANT

Have we all lost our minds?

Are we so wrapped up in our brash American ways that we forgot what we're dealing with?

I'm not too keen on the idea of dying in a subway, bus or airplane.

How about you?

But when people, whether it be Washington officials or the Average Joe, jump all over New York City Mayor Michael Bloomberg for his aggressive reaction to an alleged terrorist plot to bomb the city's subway on Oct. 7, it makes me think that some are falling into a dangerous trap.

It's a trap we all yielded to prior to Sept. 11. We're not invincible. In fact, in some ways, we may be more vulnerable now to terrorist attacks than ever before.

So check my bags, check my cell phone and pat me down. It might annoy me. I might mumble some choice words to the brave man or woman standing in front of me. But at that point you and I must take a deep breath and remember that being late to work or to a party in the City is better than choking on the smoke of charred bodies and demolished steel.

So then why was the Associated Press reporting on Oct. 7 that security officials in Washington felt Bloomberg overreacted? It's because we (the Washington official, the mechanic down the street and the stock broker in New York, etc.) never learn from the past.

Couple these misguided reactions with groups like the American Civil Liberties Union (ACLU), who rather cite every amendment from the U.S. Constitution than actually protect U.S. citizens, and here we are.

Instead of being thankful for the thousands of uniformed and plainclothes officers who patrolled the subway and the Port Authority Bus Terminal, people are left complaining about Bloomberg and company "crying wolf."

The fact that Homeland Security officials in Washington said the threat was of "doubtful credibility" should make us rejoice – not point fingers. Those same finger pointers would have jumped all over New York City officials if a more passive approach was taken.

If we agree on nothing else let's remember that terrorism has a far worse bite than bark. To be inconvenienced

Lost it continued on pg. 11

Parking Spots For Sale

KELLI FLETCHER
CONTRIBUTING WRITER

It seems that there are never enough parking spaces on campus. Part of the problem is resident students may be allowed access to receive commuter sticker parking decals. Some students, that do not wish to be named, have in the past received commuter stickers even though they live on campus.

The parking decals for commuters cost \$70 compared to the resident decals which can range anywhere from \$250 to \$400. What student, resident or commuter, could pass up an opportunity to save a couple hundred dollars? It could not be confirmed by the police station if residents receive commuter decals. They could only relate that the police station checks every student application for a parking decal to verify which category they should be placed in. Although this process seems rigid, there have been special circumstances under which a resident will receive a commuter sticker.

These special circumstances may

If it is the commuter parking lot, why are there so many cars there that late at night? Do that many commuters find somewhere to stay on campus when it gets late?

happen more often than not. The student center closes most nights at 1 a.m. At that time, there should not be any cars in the parking lot. There are no classes being held and the main center of campus is closed. Nevertheless, the parking lot will have anywhere from 10 to 20 cars in it. If it is the commuter parking lot, why are there so many cars there that late at night? Do that many commuters find somewhere to stay on campus when it gets late? Maybe they do or maybe they are residents just trying to save a few dollars. That amount of cars may not seem like a high number to most, but to a commuter trying to park on campus, it is gigantic. Students are not going to admit to beating the Monmouth system, but it has happened.

DAN: Unleashed and Uncensored

DAN ROTH
ASSOCIATE EDITOR

Welcome to Dan Unleashed and Uncensored! This is a new weekly column in which I will go off on a tangent about any number of topics that I've either thought about or just pop into my head. For those of you that know me, you might be wondering what the heck they were thinking giving me my own column. For those of you that don't know me you might soon be thinking the same thing. To give you an example of the type of off-beat

three things happened every time; the first is that she always had a really disgusted look on her face, then she laughed, and finally she vomited. To see if this was just coincidence I did a little research. I randomly asked a group of girls what their reaction would be if their significant other or crush surprised them in a male thong. Even the women were repulsed by the idea, in fact so much so that I received my fair share of dirty looks and explicit comments for bringing up the topic. I was less than surprised by the reaction.

Besides being incredibly dis-

So what's worse than spandex... It's a piece of clothing most people don't know exists, it is called a male thong. Let's look at the name of it and do a little examining... m-a-l-e t-h-o-n-g, are you getting chills?

writing I do, I was the author of "What's the Deal with Spandex?" which appeared in the second edition of this year's Outlook. Now to get to the fun stuff... after doing my piece on spandex, it occurred to me that there was a more horrific, nightmarish piece of clothing out there on the market. When I approached some of The Outlook staff, they seemed eager for me to write about it (mostly so they could go through the pictures). So, if your reading this, this is for you.

So what's worse than spandex? What article of clothing can make a person sicker than if you ate a dozen White Castle burgers and then went on a roller coaster? It's a piece of clothing most people don't know exists, it is called a male thong. Let's look at the name of it and do a little examining... m-a-l-e t-h-o-n-g, are you getting chills? A male who invented boxers just to be able to get away from the pressure and cut off circulation that a man endures upon putting on a pair of tighty whiteys, now came up with the idea to make a piece of underwear that rides up your backside and gives barely enough room to cover... Did the inventor not see the wrong in creating something like this?

I have no problem with trying to look "sexy" for your woman or man, but come on now! In all fairness, I did try to picture how a person might find this sort of fetish attractive. I closed my eyes and tried to picture myself surprising my ex one night by wearing one. In fact I tried picturing it a couple of times. The problem was that

turbing and non-sexy, there are other problems with the male thong.

To me, male thongs are about as dangerous as being in the middle of an all you can eat buffet line with the cast of NBC's "The Biggest Loser." They are not safe. It's a sad thing because we were finally in a good place. Boxers and boxer briefs were finally in full fashion and, above everything else, are comfortable. No longer did we as men have to walk around all day crying inside because those darn tighty whiteys were making it impossible for us to breathe comfortably. You see how hip-hop stars walked around for a long time with a little hip in their step? That wasn't because they were trying to be cool; it was because that was the only viable way that they could get around. In fact, the only difference between them and the rest of us is that we hid our discomfort better.

Now if we don't get these male thongs off the market, we are going to have to go back to those days. Please don't do that to us. Women, I look to you for help and guidance, don't torment us with this. Haven't we already suffered enough with Will & Grace and Sex in the City? Stores like Macy's and Bloomingdales are selling these atrocities for \$7.99 each. Please boycott. I'll end this week's edition of Dan Uncensored and Unleashed with this word of wisdom... "a man with a male thong is as useless as a bottle of Viagra in a monastery."

OPINIONATED: What is your biggest pet peeve about M.U.?



Mariah junior

"[The whole solar energy conversion] is a good idea but I think they should start smaller before they pour all that money into such a big project."



Christina senior

"The commuter parking lot situation is ridiculous."



Amanda sophomore

"How unaware students here are of anything that doesn't directly affect them."



Matt sophomore

"People here that complain about the government but won't vote."



Kimmel super senior

"The people in general. Ignorance and how people do stuff just because they need attention. I love the maturity level of students at M.U.... it's a high school you live at."

Stop the Raid on Student Aid

DEBRA PACHUCKI
STAFF WRITER

So here I am, in my junior year of college, preparing to graduate with a B.A. in English and Secondary Education. And I’ve had to do all but sell drugs and pimp out my boyfriend to be able to afford it. So I’ve already sworn to myself, (assuming I’ll be able to scrape together enough money to actually graduate) that when I’m in charge of my own classroom, I’ll never hang one of those “You can do anything. . .if you put your mind to it!” posters on the wall without substituting the word “wallet” for “mind” instead. Because apparently, no one gives a damn how smart you are if you don’t have any money.

According to the College Board article *Trends in College Pricing 2004*, tuition at four year colleges and universities increased 10.5% last year (due mostly to state budget cuts). In addition to that stab to my pocket, our wonderful government decided to slash my grant money even though I make about \$75,000 less than I did last year (being that I’m 25 and so my father can no longer claim me on his taxes), and regardless of the fact that my GPA improved to nearly perfect over last year. And so when my combination of remaining grants, loans and scholarships didn’t cover this year’s tuition bill, I was of-

largest cut in student assistance history. According to *SPIN*, a budget cut like this will force students to pay an estimated \$5,800 more over the life of their loans. It might not sound like all that much now, but *The Burden of Borrowing: A Report on the Rising Rates of Student Loan Debt* states that 39% of students graduate with “unmanageable levels of loan debt” (a term used by the government to refer to students whose debt is 8% of their monthly income or more). Tack on another \$5,800 dollars to that, and watch as more than half of America’s students will graduate with no means to pay off their debt for quite some time.

SPIN remarks that the Budget Reconciliation bill will also make it impossible for one half of current qualified, high school students to attend a four year college, at a time when the need for college-educated workers has never been greater. The Congressional Advisory Committee on Student Financial Assistance estimates that if the bill passes, 4.5 million high school graduates will not be able to enroll in four-year colleges by 2010. That’s a pretty steep drop over a short 4 years; expect to feel the economic consequences to that one.

The good news is, congress hasn’t passed the 2006 Budget Reconciliation Bill, yet. There’s still a chance that you’ll be left to fumble for the ordinary amount of staggering term bill balances.

Either my grades are so impressive that the government seems to think I’m smart enough to add hours to the day and zeros to my paycheck, or no one cares that financially, I’m struggling to be here.

ferred a lousy 600 bucks in the form of a work study program. Yes, a work study program was offered to me, a 25-35 hr. a week employee/full time student fulfilling her internship requirements.

Either my grades are so impressive that the government seems to think I’m smart enough to add hours to the day and zeros to my paycheck, or no one cares that financially, I’m struggling to be here.

To pay for the balance I was left with for this year’s tuition, I had to borrow a thousand dollars against my retirement fund, take out a personal loan, beg a friend to co-sign a second loan, and take a second job cleaning the office that I work in. I bought text books with my credit card.

In reply to this matter, I received a letter from a FASFA representative basically saying that because I am not a minority, I’m not pregnant, and I live with my real father, I do not qualify for any further federal assistance.

Apparently, I’m not the only one who’s been left high and dry by the government. According to the *Student Public Interest News* (SPIN), “college costs have risen without parallel increases in grant aid, [and] more and more students are borrowing large sums to finance their education. The current generation of student borrowers has become the first to finance higher education mostly with loans rather than with grants.”

The good news is, I’m not alone. But if you’re one of those growing number of students, brace yourselves: it’s gonna get even harder to afford college.

At some point either later this month or November, congress will be voting on the 2006 Budget Reconciliation bill. The bill’s objective is to offset the costs of proposed tax cuts (that you’ll never even see, unless you’re rich), and seeks to do so by cutting “entitlement” programs such as student grants and loans.

But just how bad will the damage be? The Budget Reconciliation bill proposes to cut higher-education student aid programs by nearly \$9 billion, which is the

There’s still a chance for our little brothers and sisters to follow in their older siblings’ footsteps. But basically, it’s up to you, because at this point, congress has to be heavily persuaded to turn the bill down.

There are two things you can do to ensure that we’ll be able to afford to finish college (thus saving my boyfriend’s butt from the corner, which I’m sure he’d thank you for). Both of them only require 5 minutes.

The first thing you can do is log on to www.unionvoice.org/campaign.ussa and sign a petition against the bill. The petition will be forwarded to congress.

The second thing you can do is to contact your member of congress at 1-800-574-4243 (if you’re not sure who it is, just tell the secretary where you live and she’ll redirect your call) and leave a message for him stating that you oppose the 2006 Budget Reconciliation bill because of the proposed \$9 billion cut to student assistance programs.

Have we all?

Lost it continued from pg. 11

during a Friday commute is a small price to pay.

I suppose it’s easy for me to speak about these traveling nuisances. I don’t commute to New York everyday. But my sister does. And so does my father, not to mention other family and friends.

But we must remember that my sister is your sister. My father is your father. We’re all in this together. We have no other choice.

A terrorist doesn’t care if you’re a liberal or a conservative; wealthy or poor. But I can promise, when they strike, it will hurt the same.

Have we all lost our minds? I hope not. But in case we have misplaced our brains now’s the time to find it.

We have no other choice.

The battle of Ocean

KEVIN NORTH
STAFF WRITER

Recently there has been some controversy in Ocean Township over the activities attributed to seasonal rentals. Members of a group of Ocean residents calling themselves the Quality of Life Association is of the opinion that the township should enforce an ordinance banning the rental of properties for any length of time less than 12 months. This group of 200 succeeded briefly until they were threatened with legal action, as the ordinance violated the rights of landlords in the community, and decided not to fight any further. They made the right move by giving up.

These citizens claim that seasonal renters, more specifically Monmouth University students leasing properties in Ocean, are responsible for speeding, creating excessive garbage, littering the area with alcohol containers, drunk driving and generally causing a ruckus within the community. There may be a grain of truth in their claims. Perhaps Monmouth’s students do get a little rowdy from time to time, but this ordinance is a clear example of discrimination against both the renters of properties in Ocean and the landlords who rent out the properties. No one has the right to tell a tenant how long their lease must be other than a landlord or there is a violation free commerce laws. This is

exactly why the Quality of Life Association was advised by their own lawyers to give in.

Monmouth University was founded in 1933 and began allowing students to live on campus a couple decades later. This means that for the past 40 or 50 years there have been Monmouth students living in and around Ocean Township. I am not sure how many residents in the association have lived in Ocean for anywhere near that amount of time, but I am willing to bet most of them have not. The residents that have not should have respect

that come up when living within a close proximity to a college, but he lacked the foresight to think before he acted.

Ocean Township has attempted to implement other strategies to harass Monmouth students since their ordinance flopped by creating a task force to patrol areas that are heavily populated primarily by university students. I personally have felt the scorn of this task force. Despite the fact that I, not any of my roommates, have not done anything wrong thus far this semester, my house is spotlighted by passing police cars on a nearly nightly basis, making me feel like a common criminal. Innocent, law abiding renters should not be treated in this way.

It is unfair to try to punish and harass university students, summer renters, homeowners who only stay in Ocean for the summer and rent for the rest of the year, and landlords who are just trying to make a living just because a statistically insignificant portion of the population, 200 in a township of thousands, is upset about the way a community they are new to has been existing since long before they ever purchased their homes. The Quality of Life Association needs to be stopped.

Perhaps Monmouth’s students do get a little rowdy from time to time, but this ordinance is a clear example of discrimination against both the renters of properties in Ocean and the landlords who rent out the properties.

for the history and dynamics of the town they decided to move to.

Ocean Township resident Chris Matches, who is heavily involved in the Quality of Life Association, is indignant because he bought his house to live quietly in a residential neighborhood and now must deal with university students. There is nothing wrong with that; however, it may have been logical for him to examine the community he chose to buy a house in before he purchased his property. He should have realized that there are certain issues

An anonymous love affair

A continuation of the Plangere argument

Dear Anonymous Member of the Monmouth University Community:

Do you remember all those things you learned about love while you were growing up? Or, maybe, you can just take a quick look around. You will discover that love is superficial, that love is only about looks and money. The truth is, love is about the mind.

I am in love. I am in love with YOU. My fear was

lonely and distraught, and cynical. You have given me hope. The concept of a debate, political or otherwise has been empty. Were you around for the only organized protest on this campus in the last ten years? THAT was exciting.-all students and loud voices and energy! Energy for principles, with a clear stand against what they believed was an injustice. But back to your letter, what I can do to thank you?

given us money? Anonymous, you seem to have character and self-respect (who else could write so well?), so I don’t think you would accept money to be silent.

More importantly, your questions were right on target. And, you raised one particular issue that gnaws at my brain like a maggot on road kill. Can we ever really be free? Can we ever be completely unbiased? I think you are correct in asking me

Were you around for the only organized protest on this campus in the last ten years? THAT was exciting.-all students and loud voices and energy! Energy for principles, with a clear stand against what they believed was an injustice.

that my interest in stimulating, dynamic, thoughtful, and CIVIL discourse was not shared by anyone else. And, then, you appeared. Your letter on that sunny day was waiting for me in a beautiful stack of unread Outlooks. I was in the middle of doing other work, but I stopped and quickly turned the pages, my fingers blackening while my heart raced. I had to hide my joy, so as not to let others know-after all, I must remain anonymous.

I have not been this happy in years. Before, I felt

First let me explain one of the hidden purposes of my letter. civil discourse might lead to ethical reporting. Also, civil discourse might help us find a way to address our leaders in a challenging, yet respectful way. I don’t believe in name calling, and you, my shining star, resisted this in your letter. BRAVO. But that leads me to ask you: Do you think we shouldn’t challenge Mr. Plangere or hold him publicly responsible for his public statements, simply because he has

whether my support of Ms. Thomas’ argument’ might be influenced by my revulsion over the presidency of George W. Bush.

Oops. I didn’t mean that. I mean, I didn’t really mean to slant my argument so that might call me a bad name like “liberal.” But I promise not to call you anything but “darling.”

Anonymously yours,
Member of the Civil Discourse Community



CAMPUS VIEWPOINT

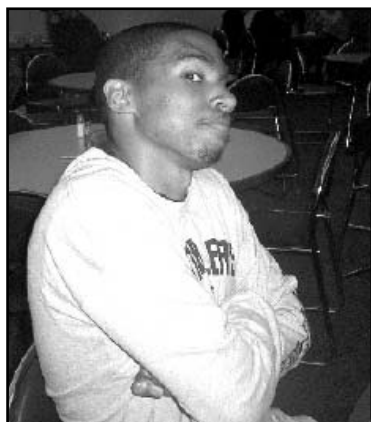
BY: SUZANNE GUARINO

“What is something people do that really pisses you off?”



Latasha
junior

“When people say ‘same difference’. It doesn’t make any sense!”



Momochi Babuza
super senior

“When people try to act cool.... like me.”



Ashley
junior

“When you get stuck walking in the fumes of someone smoking in front of you.”



Monika
sophomore

“When people chew really loud with their mouth open.”



Tall Chinese looking guy
sophomore

“When white people wear do-rags.”



Kristen
senior

“I hate when people borrow my stuff and don’t give it back.”



Shannon
sophomore

“Getting stuck behind a group of people walking *really* slow.”



James
sophomore

“When people put their feet on my pillow.”



Maxwell Sanchez
senior

“People who fake being drunk to try to be cool.”



Bill
sophomore

“Paranoia and stupidity.”

STEP FORWARD

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HOW MUCH DO YOU KNOW ABOUT THE HISTORY OF HALLOWEEN?



Do you claim that Halloween is your favorite holiday, dressing up in the most extensive costumes and engaging in all the fun Halloween activities? How much about the history of the holiday do you really know? How “Halloween smart” are you? Answer the questions below by circling the answer you think is correct, then find out how “Halloween smart” you are by checking your answers at the bottom of the page.

QUESTION 1

What is placed on a window ledge or hung by the door to protect the home from the evil Halloween spirits?
A. A Turnip
B. A Pumpkin
C. A Clove of Garlic

QUESTION 2

Which British island is the home of the giant ghost dog, Moddy Dhu?
A. Isle of Man
B. Isle of White
C. Isle of Skye

QUESTION 3

On which night of the week do witches traditionally hold their meetings?
A. Wednesday
B. Friday
C. Saturday

QUESTION 4

If armed with a silver bullet, what mythical creature must you be expecting to meet?
A. Vampire
B. Bogey-Man
C. Werewolf

QUESTION 5

According to Bram Stoker, in which English town did Count Dracula arrive by ship, packed in a coffin, filled with his native Transylvanian earth?
A. Whitby
B. Fleetwood
C. Dover

QUESTION 6

In which part of the world did Voodoo magic originate?
A. The Caribbean
B. West Africa
C. South America

QUESTION 7

In which modern-day country would you find Transylvania?
A. Bulgaria
B. Hungary
C. Romania

QUESTION 8

How many films were there in the ‘Poltergeist’ series?
A. Two
B. Three
C. Four

QUESTION 9

A copy of which execution device, called ‘The Death Row Shocker’ was installed at Blackpool Pleasure Beach?
A. Guillotine
B. Gas Chamber
C. Electric Chair

QUESTION 10

Pilliwinks were an instrument of torture, that squeezed which parts of the body until they were eventually crushed?
A. Fingers
B. Toes
C. Ears

QUESTION 11

The Final Conflict was the last film of the series - what was the first?
A. Carrie
B. The Omen
C. The Shining

QUESTION 12

Which film company produced the Dracula and Frankenstein films starring Peter Cushing and Christopher Lee?
A. Lucas Films
B. Hand Made Films
C. Hammer

QUESTION 13

Which film character was played by Lan Chaney in 1925?
A. Phantom of the Opera
B. Baron Frankenstein
C. Count Dracula

QUESTION 14

Michael Myers is the central character of which film series?
A. Friday the Thirteenth
B. Halloween
C. Scream



Question 1: Pumpkin, Question 2: Isle of Man, Question 3: Friday, Question 4: Werewolf, Question 5: Whitby, Question 6: West Africa, Question 7: Romania, Question 8: Three, Question 9: Electric chair, Question 10: Fingers, Question 11: The Omen, Question 12: Hammer, Question 13: Phantom of the Opera, Question 14: Halloween

New research proves that expressed anger is healthy

Rage, the new cool

LINDSAY WEISS
COLUMNIST

The word anger stirs a great deal of emotion in people, and females especially have a difficult time dealing with their anger. Many learn early on to bury their feelings from their mother and grandmothers. According to Deborah Cox, Ph.D, an associate professor of counseling at Missouri State University and coauthor of *The Anger Advantage*, feeling the emotion we know as anger might tempt women to show their feelings, Cox says. Society deems it inappropriate for individuals, mainly females to demonstrate their anger in public and criticizes women when doing so. If a woman acts on impulse and exhibits her anger she is called emotional or neurotic. However, the downside to concealing anger or negative emotions is far worse than the names one can be called. Last year, Cox conducted a study revealing that women who dealt with anger indirectly or attempted to suppress it were more likely to experience depression, anxiety, and physical complaints than women who were more direct with their unexpressed anger

Suppression of anger is harmful to ones health, and can result not only in depression, but conflicts with intimate partners. Concealed anger can also lead to cardiac problems, high blood pressure, headaches, and cancer. In 2003, researchers from Columbia University conducted emotional screenings on more than 300 middle-aged women with coronary heart disease, and 50% of the females tested were angry, and 37% were clinically depressed. Overeating, drinking, and smoking have also been linked to suppressed anger that women conceal. Research has also discovered that women who bury their emotions have higher tendencies for alcohol abuse. Women view alcohol as a means to numb their pain, and in cases such as a bad breakup, neglect, or abandonment, the alcohol becomes the temporary solution.

A 2003 British study discovered that women with eating disorders

tended to conceal their anger and emotions from the public. Women who battle eating disorders generally have a distorted self-image of themselves. According to Cox, anger is an energy, and if it is not expressed your heart rate and blood pressure begin to rise. Your body reacts to anger by releasing stress hormones, increasing your breathing rate, and tightening your muscles.

The following are several clues to search for in your everyday life. If you do not think that you are angry, look at other parts of your life. Do you overeat constantly, or consume large quantities of alcohol to numb your pain? These are warning signs that you are in need of help. According to psychologist Dana Jack, a professor of interdisciplinary studies at Fairhaven College in Western Washington stated, the biggest clue to anger is often depression. There are four types of anger suppressors. The first type is the container, which is the woman knows she is angry but chooses to hold it in and hopes it will eventually dissipate. The second type is the internalizer, which is the female blames herself for whatever happens to her, and the third form is the segmenter, in which the females denies her anger due to the fact that she believes it is an undesirable trait, and she becomes passive-aggressive. The final aspect is the externalizer, and in this scenario the female contains her anger until she eventually explodes.

If the symptoms above sound familiar, do not worry, there are several solutions that you can use in order to assist you with your bottled anger. If you are in a situation such as a an incredibly long line at the supermarket, being caught in traffic for over an hour, and you feel the anger building up in you simply follow these tips. Try to breathe in and out several times, or repeat a calming phrase in your head in order to take your mind off the reason that made you angry in the first place. Next time you feel the heat rushing to your face, and your nostrils begin to flare, try the helpful tips mentioned above and remember it is better to let the anger out then keep it bottled inside.



Do You Need Counseling?


If you feel that your anger is really out of control, if it is having an impact on your relationships and on important parts of your life, you might consider counseling to learn how to handle it better. A psychologist or other licensed mental health professional can work with

Counseling

you in developing a range of techniques for changing your thinking and your behavior.

When you talk to a prospective therapist, tell her or him that you have problems with anger that you want to work on, and ask about his or her approach to anger management. Make sure this isn't only a course of action designed to "put you in touch with your feelings and express them"—that may be precisely what your problem is. With counseling, psychologists say, a highly angry person can move closer to a middle range of anger in about 8 to 10 weeks, depending on the circumstances and the techniques used.

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings. There are books and courses that can teach you relaxation techniques, and once you learn the techniques, you can call upon them in any situation. If you are involved in a relationship where both partners are hot-tempered, it might be a good idea for both of you to learn these techniques.



Some simple steps you can try:

- **Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."**
- **Slowly repeat a calm word or phrase such as "relax," "take it easy." Repeat it to yourself while breathing deeply.**
- **Use imagery; visualize a relaxing experience, from either your memory or your imagination.**
- **Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer. Practice these techniques daily. Learn to use them automatically when you're in a tense situation.**

What is anger?

The Nature of Anger

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline.

Anger can be caused by both external and internal events. You could be angry at a specific person (Such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings.



GOOGLE IMAGES

Sex and the City

Meets Monmouth University

Love and marriage

REBECCA HEYDON
COLUMNIST

Marriage. It used to be one of the most sacred things you could get yourself into. If you were a woman several decades ago, marriage was the only thing you did. Slowly, you had a choice as to when and if you got married. However, everyone continued to do it, and it was still considered an amazing feat when you did because you must have found that "one" for yourself. And no one got divorced.

Today, marriage no longer seems to be considered a sacred thing. People can get married and divorced almost within the same 24 hours. I'm 21 years old and I know four or five girls who are engaged to be married. When I find out that someone my age is getting themselves "committed" I usually go into shock. I think thoughts like "Are you out of your mind? Why would you ever get married now? You have the rest of your life to do that. At 21, can you really have found the person you want to spend the rest of your life with?" I mean, I've barely discovered what I want to do for the rest of my life, never mind, finding a person I'd want to wake up with from now until the day I die...I'm 21, I have plenty of faces to meet and places to see. However, these engage-ees usually reply with something like "He's amazing, but if it doesn't work out, I can always get divorced."

If marriage is no longer considered a sacred thing or a big deal,

why are people jumping into it at such a young age? Are they jumping into marriage because they believe they might actually have found "the one?" Have they been with someone so long that marriage just seems like the next step? Or is it that they are afraid that if they don't get married to this person right now, they might not find someone else to marry again? If marriage no longer really means that you've found "the one," why are we all racing to the alter to commit to someone, before we've really discovered ourselves? Is it because marriage has simply become a goal to accomplish and check off the list, so you can say "Marriage, yea, I've done that?"

I mean, although the divorce rate may be high, marriage still seems to be the goal of everyone. People get married and stay happy; get married and get divorced due to unhappiness; or there are others who get married and stay married no matter how unhappy they are. Of course, in our dream world we all consider these people crazy-who would actually stay with someone they didn't like, for the rest of their life?

And for those that do get divorced or unengaged, most people, no matter how many times they get their heart broken or divorced, still keep trucking along, trying to find Mr./Mrs. Right. If someone gets to be 40 and is not married or hasn't been married, people start to wonder why-is there something wrong with them? Did they have their heart broken and never get over

it? Did they never go out and try to find "the one?" Or-do they have an amazing career that kept them from getting married?

So, although marriage has depreciated in value due to the increase in opportunity to get both married and divorced, society still wants people to do it? When choosing a career or major everyone is encouraged to find something they really like. Professor after professor will tell you to try to choose something you're good at and enjoy, because you have to spend 8 hours of your day at work and so you should make sure its something you enjoy. We listen to them and continue to take classes and struggle through college, because we believe in the value of the job we hope to get when we graduate. And the value of the job is not simply how much money you make, but how much of a difference you make and how much you like what you do. If you meet someone who makes a billion dollars a year but spends hours at a job they HATE, are you jealous or feel bad for them?

What if society changed its views and all that mattered was having a job? No one cared whether you had a job you liked or felt like you made some sort of contribution in. Would you still want to go to college? Isn't this similar to what marriage has become-we want people to get married, but we don't actually believe in the value of the marriage? And, is there a point to doing something that doesn't have value?

I for one, can't fake anything. You will never find me dating someone simply because I can't find someone else. I would rather be alone than waste time with someone I don't like. And yes, I have thought that this might mean I'll never end up getting married, but I'm ok with that. Of course I hope to get married, but if I'm going to spend four years struggling through college in search of a career that I think has value, I'll be damned if I'm going to get myself into a marriage for the rest of my life that doesn't have value.

FALL 2005

Pre-Professional Health Careers Meeting

Wednesday, October 19, 2005

Room E-215 ♦ 2:30 PM ♦ Refreshments

Special Guests:

Jeffrey Linfante, DMD – Office of Admissions and Recruitment
University of Medicine & Dentistry of New Jersey

Carol Biscardi, PA-C, MS
Program Director
Seton Hall University's Physician Assistant Program

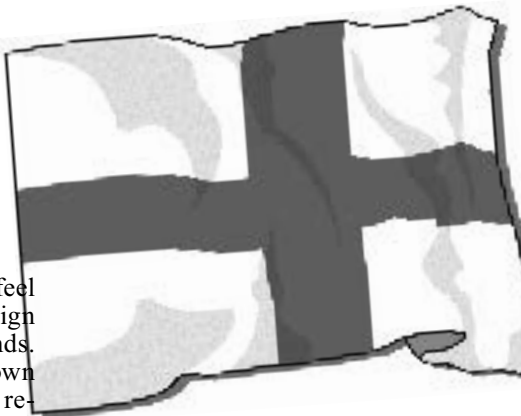
Joseph Falkowski (class of '66), D.O.
Family Practice

- Pre-Professional Health Advising Office – LCAC
- Pre-Health Registration Form & E-mail notices
- Affiliation Agreements:
 - ♦ Seton Hall University – Physician Assistant Program
 - ♦ Universidad Autonoma de Guadalajara School of Medicine
 - ♦ CentraState Medical Center
 - ♦ Monmouth Medical Center Scholars' Program – Drexel University College of Medicine
 - ♦ Hackensack University Medical Center (in progress)
- Requirements for Admission to Professional School:
 - GPA
 - MCAT/DAT/GRE, etc. Scores
 - Demonstrated Interest in a Health Professional Field
 - Courses Outside Major
 - Research
 - Online Services, e.g. AMCAS
- Strategies for Verbal and Writing Sections of Tests (MCAT, DAT, etc)
- Letters of Recommendation for Fall 2005
- When to Start The Application Process
- The Interview
- Foreign Medical Schools – Drs. Mack, Dorfman, Hutter & Naik

Pre-Professional Health Advisory Committee (PPHAC)

Dr. James Mack, Professor, Biology and Director of PPHAC	(732) 571-3687
Dr. Donald Dorfman, Professor, Biology	(732) 571-4434
Dr. Dorothy Hutter, Assistant Professor, Biology	(732) 571-5346
Dr. Datta Naik, Professor, Chemistry, and Dean, Graduate School & Continuing Education	(732) 571-7550
<u>Additional LCAC Support</u>	
Dr. Mary Lee Bass, School of Education	(732) 571-4490
Mrs. Eileen Jones, Secretary PPHAC	(732) 571-3687
David P. Paul III, D.D.S., Ph.D. (Assoc. Prof. - Marketing, & Coordinator, Health Care Mgmt Program	(732) 571-5336
Mrs. Bea Rogers, Assoc. Dean of Education & Career Planning, LCAC	(732) 263-5737

Just another episode...



You’re seated watching a rerun of Friends when you suddenly hear a voice. “We are about to begin our decent into London Heathrow Airport. Please return to your seats and fasten your safety belts. The time is now 8:59am and it is shaping up to be a beautiful day in London.” London? What? Wait, where am I? Then you remember. Only seven hours ago, you left behind your family and friends for three and a half months in a foreign country with a bunch of people you don’t know. You adjust your watch, which currently reads 3:59am, and then you look around at the faces of the people seated around you. Some are familiar. Maybe you’ve had classes with them. Some you remember from orientation meetings. Most you are not even sure whether they are from Monmouth or not.

Exhausted and going on little if any sleep, a cluster of Monmouth students exit the plane and proceed to Baggage Claim. It was the beginning of another semester of Study Abroad for Monmouth University students, and I pondered whether I was making the biggest mistake of my life. Everyone kept telling me that this was going to be the best experience of my life, yet I have to admit, the only things I was feeling were exhaustion and some butterflies in my stomach. I looked around and only recognized two others from classes, but still, I only knew their names. Was everyone else feeling the same anxiety that was circling through my veins? Why would anyone choose to leave a world that was completely comfortable to come to a foreign place where they knew no one? I couldn’t find an answer to that question...

The anxiety only intensified though the check-in process. I wished my best friend from home had come with me. The theme song from Cheers began playing through my head until I was snapped back into reality and we were handed our room assignments and keys. Most Monmouth students began moving into their rooms on the ground and first floor. I look at my room assignment – 303. It seemed I was the only one on the 3rd floor. When I went to my room, I was greeted by an empty bed. No roommate yet. I was completely alone. I felt the tears forming in my eyes. I had made a mistake. I knew it. I could not survive three and a half months here all by myself. Then, from somewhere deep inside, from a place I never even imagined was a part of me, I sensed a newfound strength. I was finally doing something that I have wanted to do ever since stepping foot onto Monmouth’s Campus – I was studying in London!

The next few days were filled with conversations with new people at every turn and then the excitement of trying to remember their names. A bond was beginning to form as we tried to help each other put names and faces together. A few other Monmouth students were also on the 3rd floor and there were many others there from all different schools. My roommate arrived and we quickly became friends. I was no longer alone. My bedroom, although nothing like the room I left be-

hind in NJ, was starting to feel like home and these once foreign faces were becoming my friends. It began to feel as if we had known each other for years, and then a realization entered my mind. We had only arrived in London a few days ago!

Now, as I write this, we have been in London for slightly over a month. I cannot believe it has been so long, yet at the same time, I feel like we have been here all our lives. We laugh at the things that once seemed confusing and so complicated – things like crossing the street or trying to figure out this complicated train system known as the “tube.” What was that street we were told to go to again? Baker Street? Where are the street signs? I have no clue where I am... Now, it is hard to even imagine getting lost trying to find Baker Street, and the street crossing and tube system seem too simple to have ever confused anyone. We think back to the “days” we first met and remember the beginnings of our individual friendships. Then, we remember that those “days” were not really that long ago.

When I first arrived in London, I never would have imagined that the anxiety I felt could disappear, but it has. And in its place has come a feeling that I cannot yet fully describe or even comprehend. I used to think I was an independent person, but I didn’t truly know independence before coming here. I often think back to the testimonials that I read over and over before I departed for London – the ones that contained stories of what a remarkable experience London was. I realize now that the only way to understand that feeling is to experience it first hand. Only one month ago, I referred to my remaining time in London as “another” three and a half months. Today, I wish time would slow down because we “only” have two and a half months left.

I can’t recall exactly when I understood why anyone would choose to go to a foreign place where they knew no one, but I do know it wasn’t long after I arrived in London. The fear of the unfamiliar only lasts a short time when you finally face it, but the experiences you will gain from the new experience will last a lifetime. Even more, I am reminded why every day – because it is the most exciting, fulfilling experience that exists. The anxiety that I felt was simply fear... fear that I would not fit in... fear that I did not deserve such an experience... fear that I would feel alone and scared. Well, you know what, there have been times when I felt as if I didn’t fit in and I have felt alone and scared on more than one occasion. Regardless, I survived to live another day and the fear doesn’t hold me back as it once did. Everyone else was right. Choosing to come to London was one of the best decisions that I could have ever made.

Jamie Lynn Masco
Study Abroad London
Fall 2005

Warwick Castle is over a thousand years old and has been well maintained with magnificent towers and ramparts. The splendid grounds are an ideal venue for a picnic. There are many attractions at Warwick Castle from dungeons to the Great Hall, State Rooms and the Royal Weekend Party of 1898. Visitors can climb some of the towers and visit the well laid out exhibitions..



GOOGLE IMAGES

Study Abroad Student Jaime Lynn Masco at Warwick Castle, Warwick Warwickshire England.

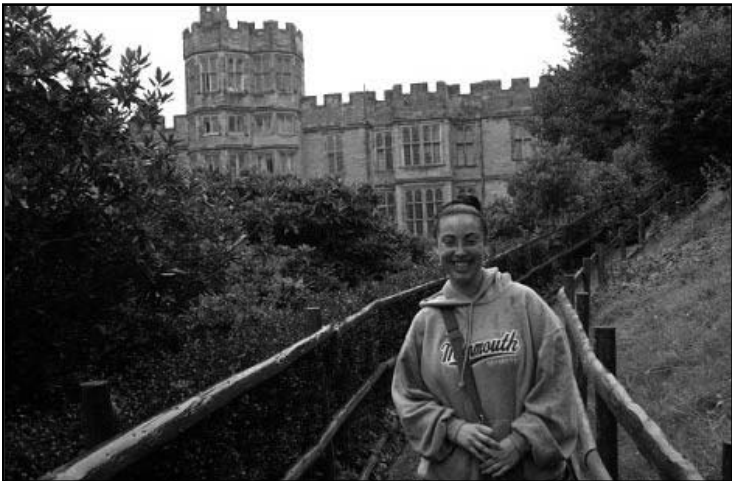
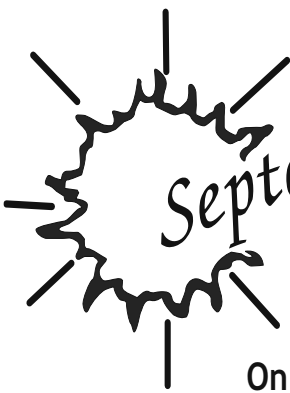


PHOTO COURTESY of Robyn Asaro

“Choosing to come to London was one of the best decisions that I could have ever made.”

JAIME LYNN MASCO
Study Abroad Student



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Pink & White on Natural Nail	55.00
Refill	35.00

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ENTERTAINMENT

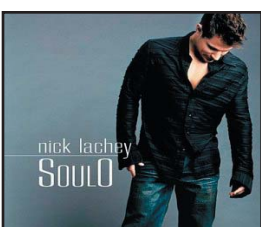
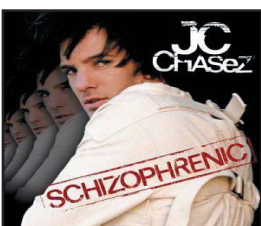
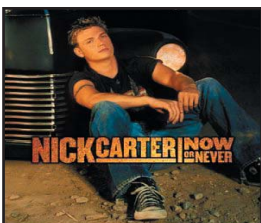
The Lyric Lounge

LISA PIKAARD
STAFF WRITER

Nick Carter's album, *Now or Never*, is exactly what you would expect from a Backstreet Boy gone solo. The lyrics on the album show Nick Carter can actually write and the vocals demonstrate his voice belongs in a harmony. His first single, "Help Me" was probably one of the weakest tracks lyrically on the album but the catchiest to the public. His next single, "I Got You," was less than appealing because of the somewhat shaky vocals, however the lyrics are deeper than expected with pop tunes. The most appealing ballad, "Heart Without a Home," would have helped boost this album to platinum status had it been released. *Now or Never* is a gold album which is generally a success in the music world; however, compared to the millions of albums the Backstreet Boys have sold, a gold record is something less than expected. The two greatest problems with *Now or Never* are poor choice of singles and Carter negated the use of dance tracks which was a popular practice of the Backstreet Boys. Instead, he used pop/rock tracks. Overall, the album has fantastically written lyrics with less than fantastic vocals.



JC Chasez's album, *Schizophrenic*, was just that. It was his first attempt at a solo album and it didn't go over as well as he had hoped. His last attempt at a successful single was, "Some Girls (Dance with Women)," and it was a worthy attempt in his eyes, however, there just didn't appear to be the proper audience for tracks like that. His first single, however, was not originally planned to be on his album, "She's Blowin' Me Up With Her Love." The track was made for the *Drumline* soundtrack, but later was added to *Schizophrenic* after receiving significant airplay. Another catchy, upbeat song worth checking out off the album is, "One Night Stand," which is about just that. A great ballad on the album which his vocals seem to fit perfectly is "Build My World." Had he released "Build My World," before "ADIDAS (All Day Long I Dream About Sex)," the album may have actually gone gold. JC Chasez is best known for his lead vocals on 'N sync ballads, however, he did not capitalize on this in his solo effort. He is a talented musician, but the album, is a great big mess. His second album, however, promises to be a bit less *Schizophrenic*.



PHOTOS PROVIDED BY WWW.AMAZON.COM

Nick Lachey's solo album, *SoulO*, is as bad as the title! With only one well written and recorded track, "This I Swear," the album was bound to be a flop. His vocals sound wonderful, but nothing could even begin to make up for the horribly written lyrics. His first attempt at a single, "Shut Up," was not only a horrible song lyrically, the vocals weren't as great as some of the other tracks on the album. He was planning on following up the success of his television show with a successful album, however, the album bombed. The biggest problem, however, was not the weak lyrics. The greatest problem was the lack of publicity. You would expect a man with his own television show to promote his own album; however, that was not the case. The combination of poorly written tracks and no publicity caused this album and Nick Lachey heartache. The track, "On and On," is the general feeling people get when they listen to this album, it just goes on and on. His voice is appealing to the ear, however, when the voice is singing about absolutely nothing of relevance or appeal, there is only so much you can take. This album certainly was more than I could take.



Justin Timberlake's album *Justified* truly justified his solo career. Justin Timberlake took all the right steps to capitalize on his boy band background and push his sales over the top. With successful catchy tracks such as, "Senorita," "Like I Love You," "Rock Your Body," and "Cry Me a River," no one can deny he deserves all the fame he has. The rest of the album is as catchy and well written as the singles he released. The catchiest track on the album, by far, is "Senorita," where he makes jokes about saying goodnight to the men and good morning to the women. Apparently JC wasn't the only N'Sync member who has sex on the brain. "Cry Me a River," exemplifies the pop ballads that N'Sync was known for. The ballad is supposedly written about his horrible breakup with Britney Spears. There is no way to deny this album its success in the pop music world, the platinum status proves that. However, if you are not into the pop/dance scene, you may not appreciate this album very much. The album really stuck with what made him famous in the first place, catchy pop tunes and heartfelt ballads. He earned his success as a solo artist.



Boy bands: The good, the bad and the SoulO

There are certain things boy band members should NOT do. Most importantly, don't go solo! Being a member of an incredibly successful pop group just wasn't enough for Justin Timberlake, Nick Carter or JC Chasez. They had to take on the music world alone. Some of them succeeded while others fell flat on their face.

Nick Carter's album, *Now or Never* went gold (selling 500,000 copies) before he returned to what he does best, being a Backstreet Boy. The album itself is a rather upbeat album with a pop/rock feel.

The lyrics are great, but the vocals seem to be lacking. Nick Carter's attempt at taking the music scene by storm alone didn't quite work as well as he had planned. His first single, "Help Me" came across quite well and received a lot of airplay, however, that was the last most people heard of Nick Carter and his solo career.

JC Chasez however, sold even fewer albums than Nick Carter with his debut *Schizophrenic*. The title of the CD was highly appropriate for his album, mostly because it appeared to have a multiple per-

sonality disorder. The album contained many songs that showed the 'N sync member's sexual side, shocking most of his fans. It also contained very blatantly sexual tracks such as "A.D.I.D.A.S (All Day Long I Dream About Sex)" and "100 Ways." Not only was the feel of the album drastically sexual and entirely different from any album 'N sync ever put out, his album jumped across all genres of music, making it less than successful. He attempted to combine everything from pop to rock to rap to just about anything you could

think of. As you could imagine, it was a great big mess.

These two men, however, were not the least successful of boy band members who attempted a solo career. That award goes to the often forgotten, Mr. Nick Lachey, ex 98 Degrees member. He is planning on releasing a second solo album even though the first, entitled *SoulO*, sold only 160,000 copies in the United States. The only successful track off of that album was the theme song to his hit reality TV show, *Newlyweds*, "This I Swear." If you were unfortunate enough to here "Shut Up," Lachey's weak attempt at a single, I feel sorry for you. JC Chasez is also releasing his second solo album later this year which he promises will contain less sexual tracks.

Justin Timberlake seems to be

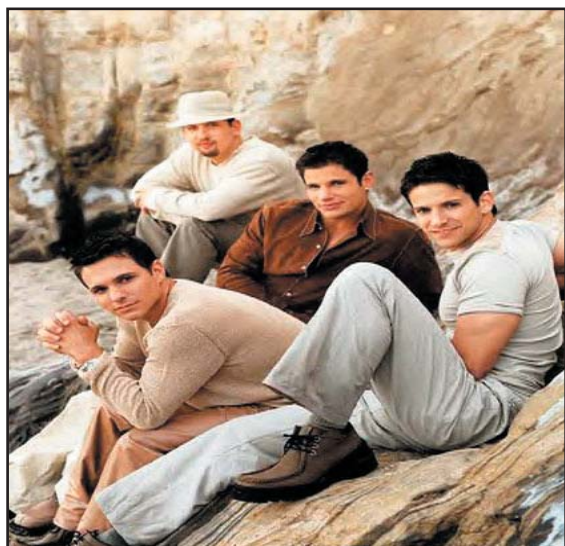
the only boy band member who *Justified* his solo move with platinum record sales and an arena tour, while both Nick Carter and JC Chasez did smaller club tours.

Nick Lachey, however, couldn't even manage to do a cross country club tour because of his lacking sales.

Justin Timberlake co-headlined the *Justified/Stripped* tour with Christina Aguilera last year and seems to be enjoying every moment of his success.

He, unlike Nick Carter, refuses to rejoin the group that made him famous for a new record.

The Backstreet Boys released a new album entitled *Never Gone* this past June which was a success for the group. It has already gone platinum and sold over two million copies world wide.



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It is absolutely incomprehensible why any member of these ultra-masculine, well-groomed boy bands would want to try a solo career.

THE STASH JAR

Shake, Rattle, & Roll

MARTIN HALO
STAFF WRITER



The White Stripes
Get Behind Me Satan
V2 Records © 2005



Desperado, axe slinger, guitar hero, and rock god. In the modern era of rock n' roll no artist has single handedly commanded the outlaw persona better than Jack White. Exploring open tunings, reviving the blues, performing with Bob Dylan and captivating a generation of rock fans who will forever be searching for their new heroes, the White Stripes have solidified themselves in blowing winds of rock n' roll.

Get Behind me Satan is the follow-up to the critically acclaimed 2003 re-

lease of Elephant. Trying to top a flawlessly produced masterpiece is no easy task, but for The White Stripes, the new record is a rehashing of a career stretching close to six years and a forge forward into a realm of rock dominance. Though guitar driven numbers are indeed prevalent, Satan offers a blend of piano driven classics as well as Calypso inspired boogies. From the ivories of "My Doorbell," through the hook of "Forever for her (It's over for me)," hip shakin' with "Little Ghost," and culminating with "Red Rain," the record is a romantic follow-up to their now sleeping giant. Rita Hayworth, 40s silver screen sweetheart, is even immortalized by Jack's lyrics on "Take, Take, Take," and "White Moon."

In the years to follow, artists will come and go, but for Jack White, his career has given him a one way ticket to the house of blues, and his throne will be at the right hand of Jimmy Page, Muddy Waters, Skip James, Buddy Guy, Jimi Hendrix, and Son House.



Cream
Wheels of Fire
Polygram Records © 1968



London is bustling and American blues has engulfed the mainland. The streets of the ancient relic are thriving on a decade of artistic explosion. The Beatles have conquered the world and have elevated psychedelics to a cultural necessity. The summer of 1968 marked the age of kings and the battle for the throne of Camelot is growing increasingly fierce. Feeling the pressure of a constant barrage from the best musicians the world as ever seen, stood an English trio with-

in arms distance of the crown. Their name was *Cream*.

Wheels of Fire is Eric Clapton, Jack Bruce, and Ginger Baker's follow up to the cosmic brew which was *Disraeli Gears*. Cream redefined the way blues was being written and heard in London as well as the states; with a mixture of pop, experimentation, and tradition. Though Cream was never hailed for their song writing, their musicianship was impeccable.

"White Room" ignites the flames as the inferno steamrolls straight through a reworking of the Chester Burnett number, "Sitting on Top of the World." The middle section drags with only a brief highlight of "Politician," as Jack Bruce sings, "Hey now baby, get into my big black car." *Wheels of Fire* finishes gracefully with a Booker T. cover of "Born Under A Bad Sign."

Though Eric Clapton left the songwriting to bassist Jack Bruce for the 1968 release, his guitar work had

matured into a onslaught of down n' dirty licks and full figured solos. Clapton became almost a mythic figure across the English countryside. While walking down the streets of London, "Clapton is God" would grace the brick walls of the city. This uprising of praise was a result of a second pressing of tracks included with the *Wheels of Fire* recording. Four live numbers divinely placed on a second disc that featured Eric Clapton and Jack Bruce absolutely solidifying themselves as the premier traditional blues act of the 1960s. Live cuts included Robert Johnson's "Crossroads," and Willie Dixon's "Spoonful."

Cream only remained a project for two and a half years before personal differences split them apart. The platform that was left vacant by their departure was humbly succeeded by an old friend of Clapton's; an ex-Yardbird by the name of Jimmy Page and his new brainchild, Led Zeppelin.

Box Office Ranks:

- 1- Wallace and Gromit \$16.1 million
- 2- Flightplan \$10.8 million
- 3- In Her Shoes \$10 million
- 4- Two For the Money \$8.4 million
- 5- The Gospel \$8 million

Nirvana's new release is a Sliver of heaven for fans

RUSSELL J. CARSTENS
STAFF WRITER

"Milk It" was a Nirvana song, but now it seems like the phrase is being taken a bit too seriously by the management of the legendary 1990's Seattle band. On November 1, a new record titled *Sliver - The Best of the Box* (named after a Nirvana song) will be released. It is a best of compilation of last November's box set, *With The Lights Out*, an album anticipated for nearly 5 years.

Sliver will feature three "unreleased" tracks, merely demo versions of songs that have already seen the light of

day in other forms. They include "Spank Thru" (the first Nirvana song, off 1985's *Fecal Matter* home demo, the holy grail of all Nirvana recordings according to fans). There is also a January 1990 studio demo of "Sappy" as well as "Come As You Are" (a full-band boombox demo given to Nevermind producer Butch Vig). This comes as a disappointment to veteran fans, but the release will serve as a good substitute for casual fans who were not interested in blowing their life savings away on *With The Lights Out* last November on a band they're only somewhat interested in.

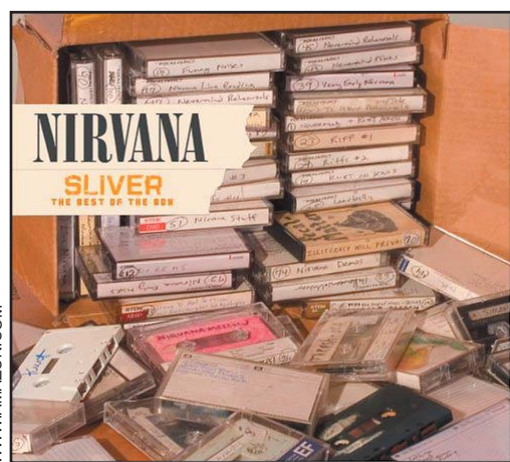
The cover art for *Sliver* might be the biggest teaser Nirvana fans have ever laid their hopeful eyes upon. With a cardboard box carelessly knocked over on its side, dozens of home recorded cassette tapes left behind by band leader Kurt Cobain are displayed. 1985's *Fecal Matter* tape can be clearly seen, which includes songs no fan has ever heard (until *Sliver* gives them "Spank Thru"). Yet another

tape is labeled "Do Re Mi"...a gorgeous, long awaited song that was first mentioned a decade ago and finally released last year. A poll conducted online concluded that another version of this song (three are said to exist) was what fans wanted most to hear next, but it will not be released on *Sliver*. Because only two songs are being released off what is a total of 109 cassettes that most likely have unheard material, longtime fans are understandably let down.

The songs taken off last year's box set include a Led Zeppelin cover of "Heartbreaker" from Nirvana's first show in 1987 at a house party. Many solo acoustic home-recorded versions of classic songs as well as full-band studio b-sides will give the casual fan a more in-depth look at the band.

To make things a little easier for longtime Nirvana fans, the three unreleased songs will be available for download on Apple's iTunes, so they don't have to shell out 15 dollars for an old album.

If you're a casual Nirvana fan interested in furthering your knowledge of this timeless rock band, *Sliver* is the perfect choice. Frustration is felt among the fan community, but hope lingers for the future of Nirvana releases, in perhaps of a Cobain solo album and a live DVD that has been reported to be in the works. Keep your fingers crossed.



Nirvana fans will be thrilled with this new compilation, but long for more.



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

Join The Outlook
The Outlook is currently seeking help in the following departments:

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

Students from any major are welcome to join, experience is not necessary.
Our meetings are held weekly in the Outlook office on Wednesday afternoons at 2:30 pm and Monday evenings at 6:30 pm
Weekly meetings are open to all members, new and old.
For more information stop by the office and talk to a member of The Outlook staff or use the contact information below to get in touch with us.

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HOROSCOPES

By Linda C. Black,
Tribune Media Services

Today's Birthday (Oct. 12th)

You're exceptionally charming this year, and you have many admirers. The one you should choose to be with is thoughtful, with a good sense of humor.

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

♈

Aries • (Mar. 21 - April 19) - Today is an 8

Don't take off on your own quite yet. There's still safety in numbers. There's also less work and more fun.

♉

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

The problem with having everyone know what a good job you're doing is that more work comes in. Set your own pace.

♊

Gemini • (May 21 - June 21) - Today is a 9

You are in a very enviable position. Conditions are in your favor. Full speed ahead!

♋

Cancer • (June 22 - July 22) - Today is a 4

Shopping for decorative household items is highly recommended. You'll have a keen sense of color, and a shrewd eye for a bargain.

♌

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

A way around the problem can be found, but not by you. Consult a person who sees it from a different point of view.

♍

Virgo • (Aug 23 - Sept. 22) - Today is a 5

Once you get the technical aspects under control, the rest is easy. Meanwhile, keep working the bugs out.

♎

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

You're highly admired, perhaps even more so than you realize. Accept the applause. You earned it.

♏

Scorpio • (Oct. 23 - Nov. 21) - Today is a 3

A little extra effort, in the privacy of your own home, and you'll create a treasure you can hand down for generations.

♐

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

Every once in a while you have a blinding insight, wherein you see the problem as very easily solved. That could happen now.

♑

Capricorn • (Dec. 22 - Jan. 19) - Today is a 4

You don't have to do more work, or harder work, to prosper. Just make sure your customer is happy and satisfied.

♒

Aquarius • (Jan. 20 - Feb. 18) Today is a 9

Go ahead and launch your new endeavor, whatever it is. Might as well try something interesting; odds now favor success.

♓

Pisces • (Feb. 19 - Mar. 20) Today is a 4

You have talent and other resources you haven't even tapped, yet. Continue to add to your savings account by using your imagination.

ACROSS

- 1 Societal standards
- 6 Rudiments
- 10 Gung-ho
- 14 Pennsylvania sect
- 15 Let fall
- 16 Actress Sorvino
- 17 French landlord's due
- 18 Swerve
- 19 Actor Morales
- 20 Softball pitcher's asset?
- 23 Length of a life
- 24 Deep-orange chalcedony
- 25 Spanish article
- 28 Dated leader?
- 30 Termination of existence
- 34 "Sanctorum"
- 36 Mare fare
- 38 Yellow-fever mosquito
- 39 Miniaturist's asset?
- 42 Marker of stones
- 43 Emerald Isle
- 44 London art gallery
- 45 Implant firmly
- 47 Parking meter site
- 49 Actor Chaney
- 50 Gruff bark
- 52 Ta-ta, Luigi!
- 54 Pugilist's asset?
- 61 Smallest Great Lake
- 62 Hamburg wife
- 63 Sticky-toed lizard
- 64 Granny
- 65 Cal Tech grad
- 66 Dine at home
- 67 Defunct
- 68 Latin being
- 69 Incline

DOWN

- 1 Japanese ship name
- 2 Harbinger
- 3 Cheese coat
- 4 Adlai's running mate
- 5 Tenzing Norgay, e.g.
- 6 Edge

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- 7 Light machine gun
- 8 Some students
- 9 Move farther apart
- 10 Constitutional afterthought?
- 11 Workbench device
- 12 Levin and Gershwin
- 13 Speaker's platform
- 21 Vietnam's capital
- 22 Not look forward to
- 25 Joust weapon
- 26 Body of water
- 27 Step
- 29 Set of values
- 31 Utopian
- 32 San Giovanni (Milan suburb)
- 33 City on the Ruhr
- 35 Kansas City stadium
- 37 Makeup
- 40 Honker
- 41 Weird
- 46 Molasses candy
- 48 Emblems
- 51 Glacial masses
- 53 Actor Ryan
- 54 Watch over
- 55 "Dies "
- 56 Ms. Lollobrigida
- 57 Hangs down
- 58 External: pref.
- 59 Omit
- 60 Unit of loudness

by Aaron Warner

Two Dudes

7-7

I THOUGHT IT WOULD BE FUN, BEING ROOMMATES WITH MY BEST FRIEND.

... BUT ALL MONYA AND I DO LATELY IS FIGHT.

MAYBE YOU SHOULD TAKE UP A NEW HOBBY, DUDE.

LIKE WHAT?

NOT FIGHTING.

A College Girl Named Joe

8-7

I'M NOT LOOKING FORWARD TO MOVING BACK INTO THE DORMS.

WE BOTH KNOW IT'S FOR THE BETTER, JOE.

YOUR GRADES WILL BE BETTER THIS YEAR SINCE YOU WON'T BE WORKING, AND YOU'LL BE MORE FOCUSED WITHOUT ALL THAT PRESSURE.

I'VE SEEN WHAT LIVES IN DORMS, MONYA. ... AND THERE'S A REASON THEY PUT BARS ON THE WINDOWS.

MU Students:

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Wednesday's Puzzle Solved

PAUL

ISN'T IT WEIRD THAT MEL HAS BEEN ON EARTH FOR A MONTH AND NOBODY'S SAID ANYTHING?

BUT HE'S GOT THREE EYES!

I GUESS HE DOESN'T LOOK LIKE YOUR STEREOTYPICAL ALIEN.

PEOPLE PROBABLY ASSUME IT'S A BIRTH DEFECT AND LOOK AWAY OR SOMETHING.

PSSH. AND THERE'S YOUR PROOF: POLITENESS? OVERRATED.

YES. WE SHOULD ALL JUST POINT AND STARE AND YELL LIKE YOU DO.

AW, YOU POOR THING. HERE YOU GO!

WHAT THE--THAT'S MY COFFEE, YOU SCHMUCK!!

BY BILLY O'KEEFE WWW.MRBILLY.COM



YUMMMM... THE DINING



You know you love it. Where else can you find such a smorgasbord of delectable cuisine? It's about time we start appreciating what we have.

The Dining Hall: we love to hate it.



SUZANNE GUARINO
PHOTOGRAPHY EDITOR



"I don't eat here unless I'm starving like a malnourished Ethiopian hostage."
- The Wild David Kratz, junior



THE GENERAL
CONSENSUS IS
THAT THE DINING
HALL SUCKS.



"It seems everytime I need ketchup there is none left. Lets keep tabs on the ketchup dispensers."
- Ray, sophomore



"As long as I have my carbs! Breakfast is really good but they need to extend the hours."
-Sasha, sophomore



"The wraps and sandwiches have virtually no meat in them. They need to pack 'em with meat!"
- Mike, sophomore



"Someone needs to pay the cable bill."
- Mike, sophomore



"I'd rather eat at my own funeral."
- Big M Geezy, junior



Sabrina, freshman, likes the salads and salad dressing choices, Karen, freshman, likes to get creative with the waffles. "I put ice cream and strawberries on them."



"They need to put fresh bagels out. The ones there are like rocks."
- Gerald, sophomore



"Between 4 and 4:30 is the only time I have to come eat here between classes and work and there is never any food out at that time."
-Stefanie, sophomore



"The food is disgusting and limited on the weekends."

"When there are visitor tours, everything looks so great. If only they knew..."

"They need to keep the supplies stocked."
-Chris, sophomore

"We need a Wawa on campus!"
- Heather, sophomore

"The food is never cooked."
- Sara, sophomore

"They need more variety of food."
- Star, transfer



"The pasta is good but it's greasy!"
- Jamise, junior

"I've been to better soup kitchens."
- Dave, freshman

"The cheesesteaks are like mold. I'd rather eat wet cat food."
- Mike, freshman

"My grandfather used to live in a nursing home and the food was better there."
- Andrew, freshman

"I never leave with a full stomach. Ever."
- Guy, freshman



"It's off the hook. Five Stars."
- Angel, freshman

"It's great when your wasted."
- Domino, freshman

Big Event

Big continued from pg. 1

The Greek Community, Monmouth dance team, WMCX, Hawk TV, Political Science Club, Council of Exceptional Children are just a few that participated. However, it wasn't just limited to campus groups, residents and commuter students signed up, as well as a few professors.

Senator Michael Martelette has been a member of the senate for four years and was happy with this year's turnout.

"This is the fourth big event that I have been involved with and I thought it was the most organized one I have seen. Even though the weather didn't cooperate, only five worksites cancelled. I like it better in the fall. It helps us boost community relations early in the year and reach out to the surrounding neighborhoods."

Volunteers were assigned a bus and went to various worksites around the area, even as far as Red Bank and Atlantic Highlands. Despite the rain, sites were still scheduled outdoors. Some jobs included a beach clean-up, landscape work, painting, taking out trash and cleaning windows. Other students helped out at the SPCA, Boys and Girls Club, Planned Parenthood, Stella Maris and elementary schools.



PHOTO BY Jim Reme

Brothers of Alpha Chi Rho enjoyed participating in the Big Event, despite the rainy weather.

Millions available for study abroad scholarships

PRESS RELEASE

Laureate International Universities has partnered with the Hispanic Association of Colleges and Universities (HACU) to award more than \$8 million in tuition scholarships for Latinos and other students to study abroad throughout Europe and Latin America.

Created to address some of the barriers preventing students, particularly Latinos, from studying abroad - lack of financial resources and access to program information, this program will provide more than 400 U.S. and Puerto Rico member schools the opportunity to study abroad at one of Laureate's 15 universities.

"Part of the challenge in providing an equal opportunity for U.S. students of all backgrounds is overcoming the impediments to participation in study abroad," said Raph Appadoo, President of Laureate Education, Inc.

The latest U.S. Census data shows that Latinos make up only 5.4 percent of students who participate in study abroad programs. Increasing this participation rate is a challenge that Laureate International Universities and HACU are addressing through

the creation of this program.

"Study abroad offers an ideal opportunity for students to extend themselves beyond their familiar surroundings and expand their education outside of the classroom," said Joseph Duffey, Laureate's Senior Vice President for Educational Strategy.

Antonio Flores, President and CEO of HACU said, "An educational experience abroad allows students to become more competitive in an increasingly international job market. This is a unique opportunity for the students of our member institutions to attend a leading university abroad and serve as champions of Hispanic success in higher education."

Each Laureate institution brings to the network an established reputation for educational and academic excellence, sensitivity to local culture and tradition, and a dedication to delivering the highest quality education with an international perspective. Students who are accepted into the HACU-Laureate International Scholarship Program will have the opportunity to spend up to one full year at schools in Spain, Mexico, Ecuador, France, Chile, Honduras, Switzerland, Costa Rica, Panama or Peru.

brush

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“Here kitty, kitty.”

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

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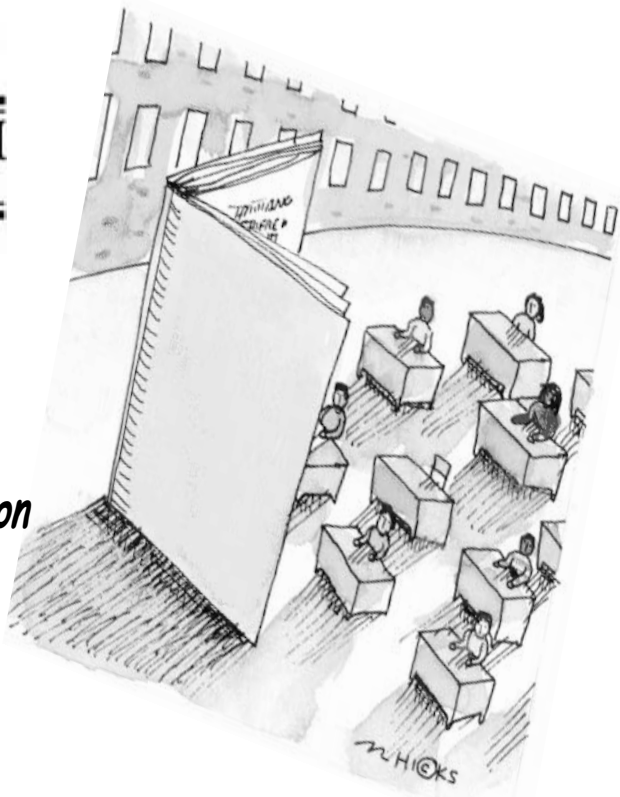
**MONMOUTH
UNIVERSITY**

School of Education Literacy Symposium

*Innovative Literacy Instruction
for all Learners*

Keynote Address **Bruce Lansky**

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



**DIRECTOR
LYNN ROMEO**

STATE OF NJ PROFESSIONAL DEVELOPMENT
PROVIDER #135

Workshop I

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

Workshop II

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

Program Schedule

8:30 am - 9:00 am

*Registration
Light Refreshments*

Anacon Hall

9:15 am - 10:15 am

*Keynote Address
Bruce Lansky*

Wilson Auditorium

10:30 am - 11:45 am

Workshop Session I

11:45 am - 12:15 pm

Featured Author Session

*Book Signing
Bruce Lansky*

Anacon Hall

12:15 pm - 12:45 pm

*Refreshments
Door Prizes*

Anacon Hall

1:00 pm - 2:00 pm

Workshop Session 11

Inkblots: A column on mental health news

DR. FRANCA MANCINI
DIRECTOR OF COUNSELING AND PSYCHOLOGICAL SERVICES



"The Time of Your Life"

You're heard it before. "Lucky you!" "College is so exciting!" "It's the time of your life." "What do you have to be upset about?" "You should be enjoying yourself." Yet for weeks you've been feeling sad and alienated; and it seems like more than just a bad mood. Parents and friends tell you to "get over it" but when you try, even if you are briefly distracted, you return to the same negative feelings over and over again. Well, maybe it's not a passing mood. Maybe it's depression.

Clinical depression is a very common, often undiagnosed illness that can be treated. It affects the way you think, feel and behave and will gradually change your life if it remains untreated. Depression is easily diagnosed, and treatment can include medication, counseling, or a combination of the two. More than 19 million Americans are affected by depression each year. On campus, 10% of college students have been diagnosed with depression, including 13% of college women. The National Institute of Mental Health (2005) also reports that more than 30% of college freshmen report feeling overwhelmed most of the time, and 38% of college women report feeling overwhelmed.

Why do college students get depressed? A number of different factors can lead to depression. While college offers many new experiences and challenges, it is for these very same reasons that it can be stressful and frustrating. Students are being pulled in different directions due to academic, social, emotional and career concerns. Often, during times of stress and change such as the college years, normal coping mechanisms can break down and signs of depression or other mood disorders may appear. College students confront greater academic demands, changes in family and social relationships, financial concerns, exposure to new people and ideas, high-risk situations, and living independently in a new environment, leaving them more vulnerable to mental health concerns. Furthermore, those who experience low self-esteem, deal poorly with stress or view the world negatively may be more prone to depression, as are people who have factors that predispose them such as genetics, hormonal imbalances or serious physical problems.

Often, people don't realize that they are suffering from depression, therefore being able to identify some typical symptoms is useful.

Symptoms of depression in students include:

- Feelings of sadness or a sense of "emptiness"
- Increased anxiety
- Decreased energy, fatigue, and feeling "slowed down"
- Loss of interest and pleasure in usual activities
- Sleep disturbances such as insomnia, oversleeping or waking earlier than usual
- Changes in appetite and in weight
- Increased use of alcohol and drugs
- Feelings of hopelessness, helplessness, guilt and worthlessness
- Thoughts of death or suicide
- Suicide attempts
- Difficulty concentrating and in making decisions
- Changes in academic performance
- Changes in memory
- Irritability or unexplained anger
- Excessive crying
- Aches and pains not explained by another physical condition

Asking for help also presents unique problems. Although self-help is useful, sometimes it just isn't enough. If speaking with friends or family, changing any unhealthy habits you may have, and self-help literature don't work, you may need to speak with a professional. Don't wait to feel "out of control" before you seek help.

Use these guidelines to determine if it makes sense for you to talk to a counselor:

- Your "mood" has persisted for several weeks.
- Your "mood" worsens and becomes more severe.
- You feel alone, separate and different from others, including family and friends.
- You're having difficulty with alcohol or other substances, including food.
- You practice unsafe sex.
- You drive recklessly.
- You have been vandalizing or stealing other people's property.
- You have begun to have self-destructive thoughts or to engage in self-destructive behaviors.
- You are thinking about suicide.

If you're experiencing any of the above symptoms, speak to a counselor. On campus, you can schedule an appointment for counseling by calling Counseling and Psychological Services at 732-571-7517. There is also ample self-help literature available.

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

New residence hall

Dorm continued from pg. 1

The need for on-campus housing increased this year when the university's lease with the Esplanade Hotel expired in May 2005. One hundred and ninety six students were housed at the hotel and 50 of those students had to utilize a shuttle bus to commute to and from campus for their meal plans, classes, and campus events or meetings.

According to the Atlanticville newspaper published February 20, 2004, the new residence hall will be shaped as an "L" with its ends extending south to Cedar Avenue and west to Pinewood Avenue, William Fitzgerald, a Professional Engineer hired by Monmouth University, told the township's Zoning Board of Adjustment at a special meeting held February 5, 2004. In response to the neighbors' concerns, the university altered the original plans to help the building fit more into the surrounding area.

"The roof slopes at the third floor to both minimize the building height and reflect the look of some of the two-story homes in the area. We located the building entrance as close to the campus and as far away from the neighbors as we possibly could," Robert Cornero, Associate Vice President of Campus Planning and Construction at Monmouth, said. "The building's shape minimizes the amount of rooms closest to our neighbors. We added some landscaping and sidewalks to the plan at the request of some of the residents."

The new building will be three-stories tall, housing a total of 196 freshmen students in mainly double rooms. Six tennis courts, a 20-space parking lot, and a larger retention basin will be built on the former Kilkare Farm site.

Once the resolution is read in the Borough and published in local newspapers, a 45-day appeals process begins. If appealed, construction cannot begin until the appeal is heard.



Proposed residence hall

Orthodox Christian Fellowship

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

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

Catholic Centre at Monmouth

Please join us every week!

Weekly Mass Every Sunday 7pm Every Tuesday 1:10pm	Men's & Women's Bible Study Every Wednesday 8pm
Faith Series 3rd Tuesday of Every Month 7pm	ASL (American Sign Language) Class Every Thursday 7:30pm

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

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

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

Food Always Served!
Catholic Centre at Monmouth University
16 Beechwood Avenue
Gate to our house is located in the rear corner of Lot 4, next to the Health Center.

Call us at 732-229-9300

Important Announcement

from the Registrar's Office

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

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

Regarding January 2006 Graduates

Notice to January 2006 Graduates

from the Office of Registration & Records

Mark the following important dates in your calendar:

09/30/05
↓
APPLICATION FOR GRADUATION DUE

12/01/05
↓
LAST DAY TO SUBMIT SUBSTITUTIONS OR WAIVERS

Ocean Symposium

Ocean continued from pg. 1

“We assume the ocean can cure itself,” stated Panetta on why more needs to be done to restore the ocean. Panetta served in the White House as a Chief of Staff to former President Bill Clinton. He is also the Director of the Office of Management and Budget, and was elected to the United States Congress in 1976. Currently, he and his wife Sylvia established an institute called the Leon & Sylvia Panetta Institute for Public Policy. This serves as a non-partisan study center for the advancement of public policy.

Next to speak was Mrs. Lillian Borrone, who started off by complimenting Watkins and Panetta for “bringing passion to the table.” Borrone is a distinguished member of the US Commission on Ocean Policy. In the past, she has served as the Port Director in the Port Commerce Department for the Port Authority of New York and New Jersey. During her speech, she talked about the most important component in all of this was education. She felt the more educated on the situation the better.

Next was Commissioner Bradley M. Campbell. Campbell was appointed in 1999 by Bill Clinton to work at the U.S. Environmental Protection Agency as Regional Administrator for the Mid-Atlantic region. He was also an Associate Director of the White House Council on Environmental Quality. From 1990-1994, he served as an attorney-advisor for the U.S. Department of Justice, Environment and Natural Resources Division. Campbell is currently a professor at the University of North Carolina’s law school.

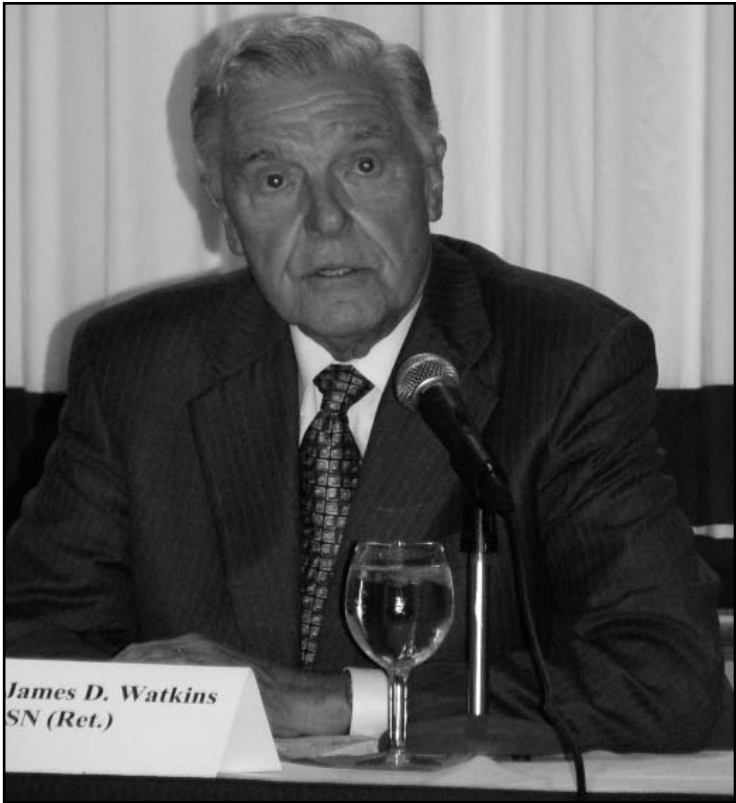


PHOTO BY Ryan Scally

Admiral James D. Watkins of the United States Navy was a speaker at the Urban Coast Institute Symposium.

In addition the following speakers, the symposium also provided a professional engineer in New Jersey, Dr. Jim Sinclair. Sinclair is a nationally recognized authority on environmental policy and design and implementation of regulatory systems. His experience is in the field of urban redevelopment, land use planning and construction code development. With his background, Sinclair explained why constant building of the coastline is a threat and how by 2020, 70% residents will live within 50 miles of the coastline.

To wrap everything up was the Mayor of Loch Arbour, Dr. William Rosenblatt. Rosenblatt is an

activist as a Mayor and citizen who is working with the state and federal officials on the coastal issues ranging from water quality, ocean dumping, renourishment, saving surf breaks, and recreational fishing areas. Rosenblatt has served on the Board of Directors of the Surfrider Foundation, and the co-founder of non-profit grassroots foundation that is dedicated to the protection of the world’s ocean, beaches, and waves.

After the speakers were finished, MacDonald summed everyone’s statement’s up and added one of his own. “Before you can move forward, you need to look back.”

MU to host 38th annual fall conference of the Metropolitan Association of College and University Biologists

PRESS RELEASE

Monmouth University will host the 38th Annual Metropolitan Association of College and University Biologists (MACUB) fall conference. MACUB is an organization of approximately 500 members comprised of biology faculty and students representing 60 institutions in New York, New Jersey, Connecticut and Pennsylvania. The Conference will feature distinguished speaker including Dr. Rita Colwell, former director of the National Science Foundation, as well as lectures, faculty workshops, student poster presentations, and student forums.

Saturday, October 29, 2005:

8:15-9:15 a.m.

Registration/Breakfast/Exhibitors, AnaconFoyer & Cafeteria

9:30-9:45 a.m.

Welcome & Opening Remarks in Pollak Theatre Dr. Gary Sarinsky, MACUB President
Dr. Michael Palladino, Conference Co-Chair and Monmouth University faculty member
Paul G. Gaffney II, President, Monmouth University

9:45-10:45 a.m.

Keynote Address, Pollak Theatre “Climate, Infectious Disease, and Human Health: The Cholera Paradigm,” presented by Dr. Rita Colwell, Distinguished University Professor, University of Maryland at College Park, Johns Hopkins University Bloomberg School of Public Health.

11:00-12:00 p.m.

Exhibitor Displays, Poster Presentations, Anacon Cafeteria

12:00-1:15 p.m.

Luncheon and Business Meeting, Anacon Hall

1:15-2:15 p.m.

Afternoon Keynote Address, Anacon Hall “Molecular Therapies for HIV Prevention,” presented by Dr. Kenneth R. Henry, National Institutes of Health

2:15-4:00 p.m.

Breakout Sessions

* Student Forum: “Job Hunting in the Sciences,” Kelly Scientific Resources, Edison Hall, E-113

* Bioinformatics Workshop: Dr. Peter Cooper, National Center for Biotechnology Information (limited to 50 participants), Edison Hall Computer Lab

* Bus Trip to Sandy Hook: Free time, planned lighthouse tours, and beach walk planned (limited to 50 people; will return approximately 4:30 p.m.)

* Guided Tour of Historic Wilson Hall

* Dr. Don Dorfman, Fossil Shark Tooth Hunting in Ramanessin Brook (limited to 12 people; must provide their own transportation, short, light hike involved, old clothes recommended - plan on getting wet)

* Member Workshops

* Bio-Rad Workshop, Edison Hall, E-214

Registration is available on-line at www.macub.org.

Counseling and Psychological Services Fall 2005 Program Schedule

September

- Tuesday, 9/27 7:30-9:00PM.
Violence and Roses. A conversation about relationship abuse and prevention presented by Karen Gillespie, Coordinator of the Abuse Prevention Program, 180-Turning Lives Around-Formerly the Women’s Center of Monmouth County. Wilson Auditorium.

October

- Thursday, 10/6 10:30AM-4:30PM.
National Depression Screening Day. Free screenings, videos and literature on depression and related mood disorders. Stafford Student Center 202A.
- Wednesday, 10/26 1:30-3:00PM.
Signs of Suicide. A program about suicide awareness and prevention presented by Elliot Katz, Monmouth County Coordinator of the Traumatic Loss Coalition for Youth of the New Jersey Division of Mental Health Services. Stafford Student Center, Anacon A.

November

- Wednesday, 11/9 7:30-9:30pm.
Program A Few Good Men. This “for men only” presentation is a proactive approach against violence among men and towards women. The program presenter is Lenny Marano, LCSW, DVS, Coordinator and Clinical Evaluator of the Domestic Violence Assessment Center of Sussex County. Wilson Auditorium.
- Tuesday, 11/15, 7:30-9:30PM, Fall Film Series. Ordinary People. This film depicts the difficult relationships within a family after the accidental death of one of their sons. Open discussion with counseling staff to follow. Wilson Auditorium.

December

- Wednesday, 12/7, 1:00-4:00PM.
De-Stress Fest. Relax and join us for some fun before you gear up for finals. Food, games, prizes and massage. Stafford Student Center, Anacon A.

Monmouth University
Counseling and Psychological Services
Tel. 732-571-7517 Fax 732-923-4777
e-mail mucounseling@monmouth.edu

For special accommodations, please contact us prior to the program.

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



"SHADOWS OF SHADOW LAWN"

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

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

SPONSORED BY



HOMECOMING GOES HOLLYWOOD

2005 HOMECOMING COURT NOMINEES



ACT I: PRINCESS



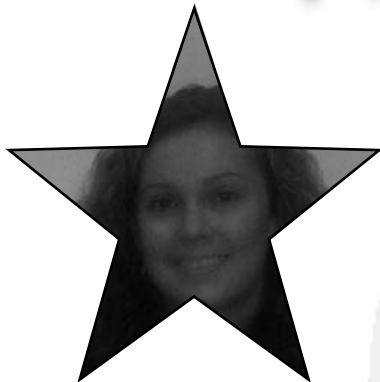
MEGAN HARVEY
MU DANCE TEAM



MELISSA DILGER
DELTA PHI EPSILON



AMY GOUGH
ZTA



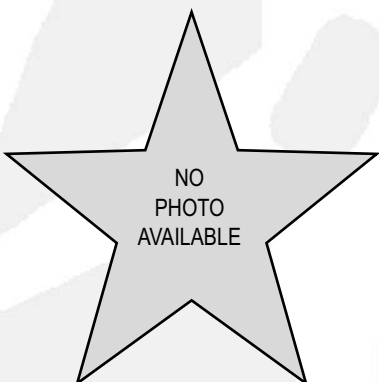
KATIE MELANSON
PHI SIGMA SIGMA



NICOLE BALDEZZARI
THETA PHI ALPHA



CHARISSE JOHNSON
NCNW



NO
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KORIN LAMOURT
PRSSA



ALI AMALFITANO
MU CHEERLEADERS



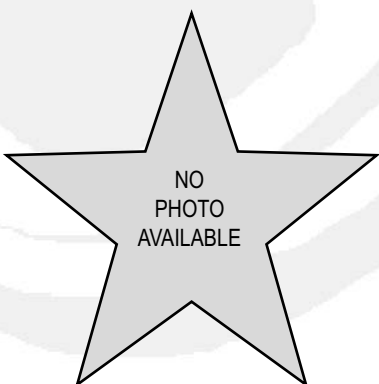
STACEY CIPRICH
SGA



ASHLEIGH JOHNSON
MSAAC

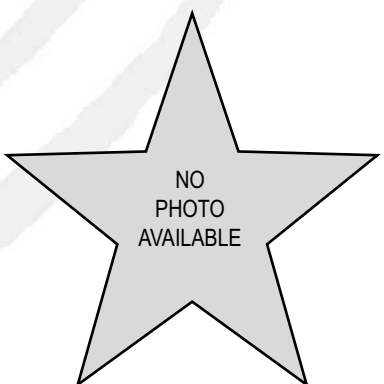


MEG MORATELLI
RHA



NO
PHOTO
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JENNIFER SLOAN
SAB



NO
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CAITLIN SWART
WMCX

ACT II: PRINCE



TONY D'AMICO
SIGMA TAU GAMMA



NO
PHOTO
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DAVID GAINES
LAMBDA THETA PHI



PETE LEFORE
WMCX



DAN MARTER
AXP



NO
PHOTO
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JASON STONE
SGA



LINDSAY PLESNIARSKI
SAB



STEPHANIE SPICER
WMCX



KATELYN MIRABELLI
SGA



HEATHER PARASCANDO
MU CHEERLEADERS

ACT III: LADY



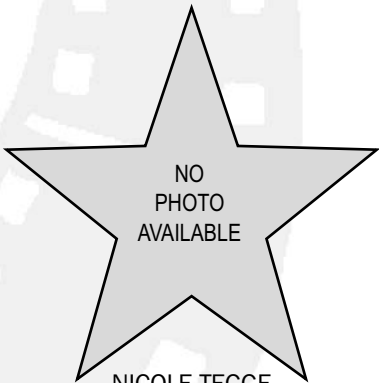
CARRIE CHARRON
RHA



BRITTANY RIVERA
NCNW



JILL EPSTEIN
MU DANCE TEAM



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NICOLE TEGGE
WMCX



TIA FREELAND
THETA PHI ALPHA



ACT IV: LORD



JORDAN ULICS
BIRCH HALL HONORS PROGRAM



MICHAEL CARUSO
SAB



ERIC CZERWINSKI
SGA



DUDLEY NORTH
WMCX



ALEX TRUNCALE
THE OUTLOOK

ACT V: DUCHESS



BRIANNE EDWARDS
NCNW



NORMA JEAN GARRISTON
ZTA



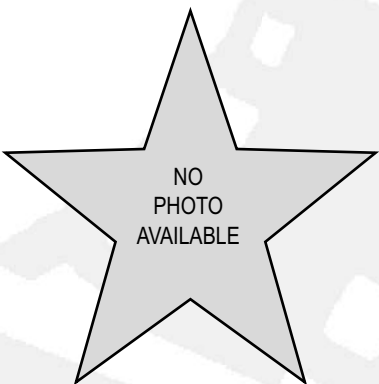
CATHERINE HEREDIA
SAB



HOLLEE HOOVEN
MSAAC



JACKIE KOLOSKI
THE OUTLOOK



AINE O'CARROLL
THETA PHI ALPHA



NIKKI REED
WMCX



HEATHER SANTOS
MU DANCE TEAM



MEGAN CANAVAN
SGA



LAUREN SCHIEFER
MU CHEERLEADERS



EMEL SENMAN
RHA

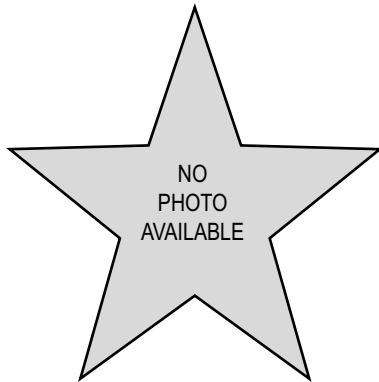


MIKE YORK
MSAAC



AARON REEVEY
NCNW

ACT VI: DUKE



BRANDON BOSQUE'
PHI SIGMA KAPPA



BOB DANHARDT
SGA



ANDREW DELANEY
WMCX



MICHAEL LIZZA
SAB



ACT VII: QUEEN



JENNIFER O'DONNELL
SAB



NIKKI PIECORO
WMCX



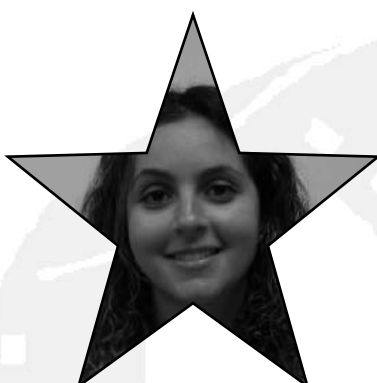
LINDSAY STETSON
MSAAC



MELISSA DREHER
RHA



CHRISTINA HERNANDEZ
THETA PHI ALPHA



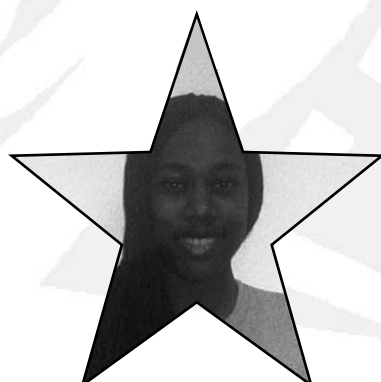
LYNSEY WHITE
SGA



ANDREA TIBALDO
PRSSA



KRISTEN VIGLIOTTI
PHI SIGMA SIGMA



LASHAUNDA MERRIWEATHER
NCNW



STACIE LIEBERMAN
ZTA



LEAH FROBERG
MU CHEERLEADERS



ACT VIII: KING



JOSEPH BUCHER
SGA



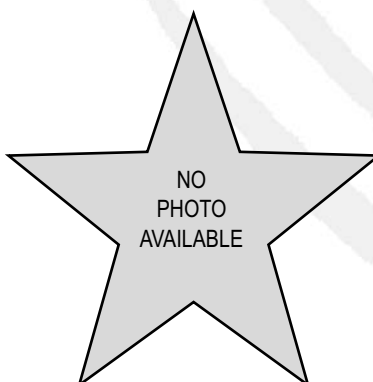
ED OCCHIPINTI
THE OUTLOOK



PETER KUBACZ
AXP



MICHAEL MALINOWSKI
SIGMA TAU GAMMA



CHRIS HURLEY
PHI SIGMA KAPPA



JOSH RAINONE
WMCX

VOTE FOR THE 2005 HOMECOMING COURT ON WEB ADVISOR

WEDNESDAY OCT. 19TH
12:00PM - OCT. 20TH
AT 12:00PM

NOMINEES WITH "NO PHOTO AVAILABLE"
PLEASE COME TO THE OUTLOOK ON
MONDAY, OCT. 17th at 7:00 P.M. TO HAVE
YOU PICTURE ADDED FOR NEXT WEEKS
PUBLICATION.



THE END ZONE

Boland to Austin aerial show leads Hawks to 45-14 win over Sacred Heart

Junior QB throws 5 TDs, 4 to senior WR, in rout to stay atop NEC

EDDY OCCHIPINTI
SPORTS EDITOR

After falling behind 7-0 to Sacred Heart, the Monmouth Hawks needed less than three minutes to firmly gain control of a game that was never in doubt as they coasted to a 45-14 win in Northeast Conference action.

Sacred Heart took a 7-0 lead on a 77-yard touchdown run by senior running back Ed Pricolo with 9:11 to play in the first quarter. After the Pioneer score, Monmouth scored the first of 45 straight points as junior quarterback Brian Boland found Miles Austin on 20-yard touch-down pass.

The duo would connect three more times on the afternoon on scoring strikes of five, 59 and 38 yards as Austin enjoyed the finest receiving day in Monmouth history. He had 10 catches for 235 yards and four touchdowns on the afternoon, including nine catches for 197 yards and three scores in the first half alone.

Boland threw for 288 yards and five touchdowns in the game.

After Austin's third first half touchdown, Sacred Heart air-mailed a long snap on a punt, leading to a Hawks' safety. Then, a 38-yard Fred Weingart field goal after the free kick possession gave Monmouth a 26-7 lead at halftime.

Sacred Heart received the opening kickoff in the second half, but Pioneer quarterback Tyler Arciaga, a UNLV transfer, was intercepted by Mike Castellano on the first play, giving the Hawks the ball in great field position. Two plays later Boland and Austin completed their record day with their fourth and final scoring toss and catch. Another bad snap on a punt for the Pi-

oneers resulted in another Monmouth safety, tying an NCAA I-AA record for safeties in a season. The Hawks have recorded five two-pointers in the first five games of the year.

The Hawks got one more score in the game when in the third quarter Boland found junior running back Walter Carter on an eight-yard hook up. Weingart tacked on a field goal with 5:37 remaining in the game to put the Hawks up 45-7.

Freshman Evin Jones scored his first career touchdown for the Pioneers on a 60-yard run with 4:05 left in the game to finish the scoring.

Weingart set a pair of school records in the game as he has made 23 consecutive extra points, the longest string during the course of a season and the longest string to start a career.

For their efforts in the game, Austin and Weingart were honored by the NEC. Austin was named the Offensive Player of the Week in the conference

and Weingart was selected the Special Teams Player of the Week.

Sacred Heart's Pricolo, who finished with 113 yards on 18 carries, became the school's all-time leading runner on his first half touchdown run. He now has 2,475 yards, passing Brian Ihlefeld who ran for the Pioneer from 1993-96.

The Hawks compiled 490 yards of total offense, 165 yards on the ground and 325 through the air. Brett Burke completed 3-of-4 passes for 37 yards in late action to complement Boland's numbers. Leonard Brice ran for all 47 of his yards on one carry to lead the team.

Monmouth held Sacred Heart to 123 total yards in the contest, including a meager 54 through the air.

The Pioneers were missing their leading receiver Joey Henley, who is also a basketball player, who is out for the season with an injury. His status for the beginning of the hoops season is unknown at this point.

Monmouth returns to action this Saturday, October 15 as the Hawks host Wagner College in a 1 p.m. contest at Kessler Field. The game features the two best quarterbacks in the conference in Boland and Wagner's John Sciarra. They are 1-2 in the NEC in passing yards per game, total offense per game, touchdown passes and passing yards.



PHOTO BY Jim Reme

Miles Austin is enjoying one of the finest seasons in all of Division I-AA football. The senior leads all NCAA Division I-AA players with 167.2 receiving yards per game, 836 yards in five contests. Austin also ranks in the top five among I-AA players in scoring (12.0 points per game) receptions (7.8 per game) and all-purpose yards (187.8 yards per game).

Hawk Notes

Austin was honored as the National I-AA Offensive Player of the Week by The Sports Network, one of the division's most widely recognized sports information services... Austin's honor marks the first time a Monmouth University player has ever earned a weekly award for the entire I-AA level from The Sports Network. Last season, the Hawks earned The Sports Network Cup, honoring the I-AA "Mid-Major" National Champion...The Hawks defense, which was torched for 391 yards and 54 points in the first game of the year against Lehigh, has since allowed an average of just under 16 points and 288 yards per game while forcing nine turnovers...Wagner comes into Kessler with a potent offense of their own, scoring 30 points and gaining 425 yards per game... The Seahawk backfield consists of two Division I-A transfer standouts in quarterback John Sciarra from UCLA and tailback Marcus Wilson Notre Dame... Both of their former teams are consensus top 15 teams in the country, with UCLA sporting a 5-0m record and the Irish standing at 4-1...Wagner WR Chris Turner is widely regarded as the second best wideout in the NEC behind Austin... He was 37 catces for 573 yards and five touchdowns on the year...Wagner placekicker Piotr Czech is a two-time NEC Special Teams Player of the Week selection so far in the 2005 season.... Monmouth leads the all-time series against Wagner 7-5, but is only 3-3 at Kessler.

Listen Live:

All Monmouth football games can be heard live on WMCX 88.9 fm, www.wmcx.com, or www.sportsjuice.com. Pre-game coverage begins at 12:40 p.m.



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

The Outlook Unsung Player of the Week



Mike Castellano

Junior

MLB

The junior Villanova transfer was a second-team All-NEC selection in his first year at Monmouth, and so far in his second is even more dominating in the middle of the Hawks defense. Against Sacred Heart, he had six tackles, an interception and a fumble recovery to fuel a defense that allowed only 123 total yards.



PHOTO BY Jim Reme

Defensive Co-Captain Brian Sweeney had two sacks against Sacred Heart, bringing his team-total to 3.5 for the season.

Hawks Take Title at Monmouth Invitational

Schau, Alexander lead the way for the Blue and White

ALEXANDER TRUNCALÉ
SPORTS STAFF WRITER

The Monmouth University men’s and women’s cross-country teams each took first place in their respective fields at this weekend’s Monmouth Invitational, held at Holmdel Park. About 100 runners from 10 different schools competed in the men’s event and nine schools competed in the women’s event.

The men’s team, led by junior Larry Schau, swept the top five spots and cruised to victory in the rain. Schau ran the hilly five mile course in a time of 28:45, good enough for first place. Sophomore Dustin Coleman and fellow classmate Randy Hadzor finished second and third, respectively. Finishing just behind them was sophomore Matt Caporaso, with a time of 29:14. Freshman Steven Chennells also turned in a solid performance, passing his competitor in the last mile to take fifth place overall

with a time of 29:31.

“We were not concerned with times today,” said head coach Joe Compagni.

“We really just wanted to finish up front. Our top five men were able to cruise a bit and it was nice to get our front group across the line close together.”

Monmouth took first place with 15 points, 38 points better than second place finisher Temple (53) and 57 points better than third place finisher Delaware State (72). The Hawks took the team title for the seventh time in the 11 year history of the event.

On the women’s side, Katina Alexander continued her dominance, claiming the individual title for the second straight year in this year. She covered the five kilometer course in a time of 19:16. This was the Hawks’ second consecutive title in the event, and third in the last four years. Finishing second behind Alexander was junior Malia Lyles with a time of 20:03.

“After the first 800 meters, Katina was alone in front, and by mid-race

“Malia was also comfortably in second,” said Compagni. “They have been very tough and focused this fall, and our freshmen did a nice job behind them as well.”

Freshmen Jessica Jones took fifth place with a time of 20:58, while fellow classmate Nayda Pirela claimed 12th place, clocking in at 21:52. Other Hawks finishing were freshman Melissa Vientos, who took 19th overall, junior Asha Arneth, competing in her first cross country meet ever, who finished 31st and sophomores Lindsey Rutter and Felicia Phiefer who finished 36th and 38th respectively. Monmouth finished with 23 points, 26 points ahead of second place finisher Delaware State (49) and 32 points ahead of Temple (52).

Next week, the Hawks cross-country teams will compete in the Lafayette Invitational, to be held on Oct. 15th.

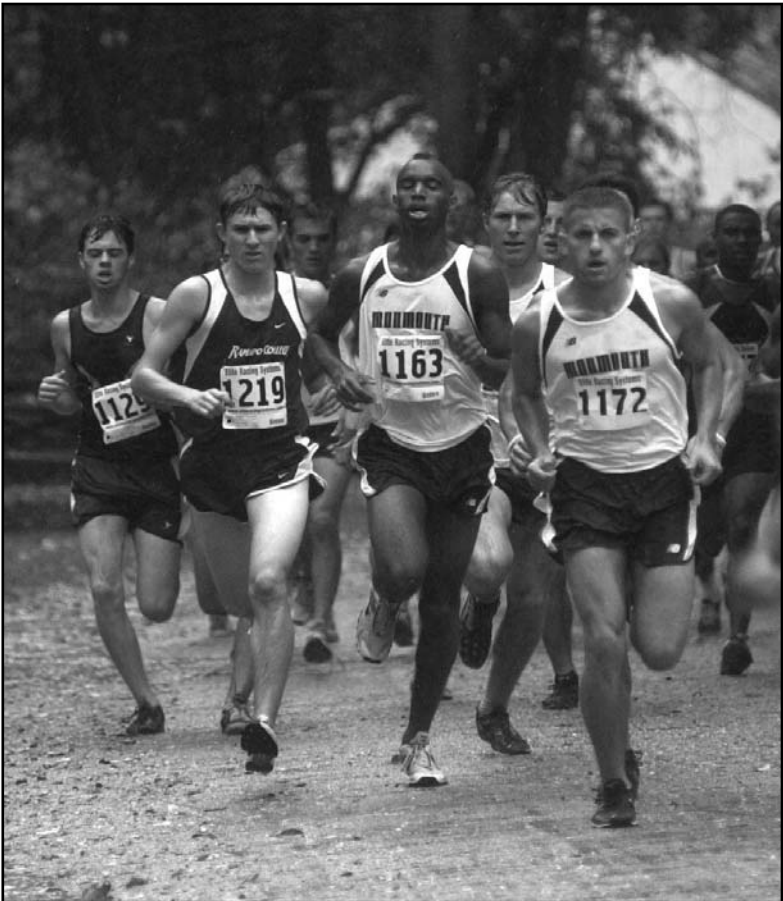


PHOTO BY Jim Reme

The Monmouth contingent of runners takes stride at the Monmouth Invitational over the weekend. Dustin Coleman (middle) placed second for the Hawks at the event behind eventual champion Larry Schau (right).



Hollée Hooven is tied for the team lead with seven points on the season. She is also tied for the team lead with three goals.

Field hockey unsuccessful in bid for consecutive wins

Hawks drop 3-0 decision to Lock Haven.

PRESS RELEASE

Monmouth University dropped a 3-0 decision to Lock Haven University in Northeast Conference field hockey action Sunday afternoon at the MU Field Hockey Complex in West Long Branch, New Jersey.

Lock Haven (8-4, 3-1 NEC) broke the scoring seal in the 20th minute of play as the Eagles capitalized on a penalty corner opportunity. Jennifer Churetta fed Courtney Hughes for the stick-stop and netward blast, where and unmarked Sarah Huber redirected the ball into the cage, staking Lock Haven to a 1-0 lead heading into the intermission.

In the second half, Nikki Sweger snuffed out any Monmouth

comeback hopes as she logged a pair of goals in the final 10 minutes of action. Sweger found the cage on an unassisted shot with 8:55 showing on the clock and just over seven minutes later she took a pass from Samantha Stoyer and registered an insurance goal with the clock just shy of two minutes.

Monmouth (3-11, 2-3 NEC) made furious charges towards the Eagles’ goal throughout the game, but a smothering Lock Haven defense held the Hawks to just one shot on goal and LHU owned a 13-1 advantage in shots for the game.

Carrie Colbert made fives saves for the Hawks in the losing effort. Lock Haven’s Becca Yerkes pitched a shutout in goal for the Eagles, making a save on

MU’s only shot of the game.






































Monmouth returns today as the Hawks travel to Philadelphia, Pa., for a night contest at the University of Pennsylvania.

After the Penn game, the Hawks resume their NEC schedule as they take on rival Rider on Friday at the MU Field Hockey Complex.

Monmouth is currently 2-3 in the conference on the season, and sits in sixth place in the NEC. The top four teams make the conference tournament, and Monmouth is 2.5 games behind Sacred Heart for that fourth and final playoff spot.

Sports Editor Eddy Occhipinti contributed to this report.

Outlook’s Weekly NFL Picks - Week 6

	Away	Carolina Panthers	Minnesota Vikings	New England Patriots	Atlanta Falcons	New York Jets	New York Giants	Washington Redskins	Jacksonville Jaguars
	Home	Detroit Lions	Chicago Bears	Denver Broncos	New Orleans Saints	Buffalo Bills	Dallas Cowboys	Kansas City Chiefs	Pittsburgh Steelers
 <div>Eddy (3-5 Last Wk) (13-11 Overall)</div>									
 <div>Craig (1-7 Last Wk) (8-16 Overall)</div>									
 <div>Lauren (1-7 Last Wk) (7-17 Overall)</div>									
 <div>Alex (2-6 Last Wk) (12-12 Overall)</div>									

Men’s soccer earns 2-2 draw at No. 6 virginia

Hawks’ high-profile match with Cavaliers ends in double overtime tie

PRESS RELEASE

The Monmouth University men’s soccer team battled to a 2-2 double overtime draw with No. 6-ranked University of Virginia on Wednesday evening at Klockner Stadium in the Hawks’ final non-conference match of the season.

The game with the Cavaliers was the second against a nationally ranked program this season for the Blue and White, which dropped at 3-1 decision to then #11 VCU in Richmond.

The Virginia contest also marks the highest ranked opponent in Monmouth soccer history. Monmouth’s overall record moves to 3-3-4, while the Cavaliers stand at 7-1-2.

Monmouth senior Kevin Hartwyk (Turnersville, N.J./Washington Township) put the Hawks in front, 1-0, at 50:06, as he took a cross and shot the ball on net. The service was blocked by the netminder but bounced right back to Hartwyk, and his header found the back of the net, for his first goal of the season.

The Cavaliers bounced right back to knot the score at 1-1, at 51:41, as freshman Yannick Reyerer tallied his seventh score of the season off an assist by sophomore Jeremy

Barlow. Reyerer’s shot from six yards out off a cross from Barlow, beat Monmouth senior goalkeeper Art Satterwhite (Somerset, N.J./Franklin) for the equalizer.

UVA took the 2-1 edge 6:16 later,

but neither team was able to capitalize in the 2-2 draw.

UVA, which advanced to the NCAA Tournament Quarterfinals in 2004 and defeated No. 2-ranked North Carolina on Saturday, 2-0,

out shot the Hawks in the match, forcing Satterwhite to make four saves. Junior Ryan Burke made three saves in goal for the Cavaliers.

“Our guys played extremely well tonight,” commented head coach Rob McCourt. “We played even with the number-six team in the

“We played even with the number-six team in the country in a tough venue. I am extremely proud of the way the team played and handled themselves.”

ROB MCCOURT
Head Coach

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UPCOMING MEN’S SOCCER 2005 SCHEDULE

at FDU 10/14/05 3:30 PM

at SH 10/16/05 2:30 PM

CCSU 10/21/05 3:00 PM

QU 10/23/05 1:00 PM

at RM 10/28/05 3:00 PM

at SFPA.10/30/05 NOON

as Barlow netted his second goal of the season, as he chipped in a service off a cross from junior Adam Cristman.

Monmouth battled back, as the freshmen duo of Ryan Castle (New London, Pa./Avon Grove) and Rob LaRocca (Holmdel, N.J./Christian Brothers Academy) connected on a tally at 83:12, to knot the score at 2-2. LaRocca fed Castle, whose shot from 18 yards out beat the UVA keeper into the upper right corner, for Castle’s first career goal. LaRocca’s assist was his first collegiate point, as well.

Despite being out shot 5-0 in the overtime sessions, the Hawks generated two corner kick opportunities in the extra session. UVA followed those with two of its own,

Women’s Soccer Hawks handle Mount behind five different goal scorers

CRAIG D’AMICO
SPORTS STAFF WRITER

The Monmouth Hawks women’s soccer team is getting hot right when it counts. With the end of the season rapidly approaching at the end of the month, the Hawks have gone 3-1-1 in their last five games, including a 5-0 victory last Thursday on the Great Lawn against Mount St. Mary’s.

Coming off of a heartbreaking 1-0 loss on the road at St. Francis PA last week, the Hawks began a string of three straight important conference home matches, and they got things started off in grand fashion. Five different Hawks scored the five goals, an overall team effort.

The Hawks first struck just past 11 minutes into the match as senior Tara Froehlich took the second corner kick of the match and set up sophomore Brittany Heller who beat the goalie with for an early 1-0 lead.

On their fourth corner kick opportunity, Froehlich found freshman Joni DeMoor for her first career goal. It was Froehlich’s second assist of the game and fifth of the season, which ties her for the team lead.

The Hawks would take the 2-0 lead into the halftime break, and just 54 seconds after the break, senior Maureen Mastro got the ball at midfield and then scored from eight yards away for her fourth goal of the season and 13th career.

Sophomore Amy Hoyer got her first goal of 2005 in the 81st minute on a shot from twelve yards away that deflected off a Mount defender and into the net. Finally, in the 88th minute the Hawks closed their scoring for the day as junior Kate Fogler took a direct kick and bounced it off of the post and into the net.

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It was a busy day in goal for Mount goalie Anna Lebo who had to make six saves in goal, plus got help from the crossbar on several other shots. She saw a barrage of shots all afternoon, and prevented the score from looking any worse than it already was for her team. The Hawks outshot the Mountaineers by an amazing 18-1 margin.

On the other side, the Hawks were led by freshman goalie Katie Buffa, who recorded her second career shutout. She also made a diving save to prevent the Mountaineers from scoring on their only shot of the game.

The Hawks played without two

of their top three scorers in this game, as Kate Sands and Tobi Wrice were held out of the lineup. But other names stepped up for the Hawks as within the five different goal scorers, three players scored their first goals of 2005.

Up next, the Hawks continue their season long three game homestand on Friday against LIU at 3pm, and then host the Seahawks of Wagner on Sunday at 1pm, both games on the Great Lawn.

Their record stands at 4-5-2 overall, but more importantly, their conference record is at 2-1 and they have moved up into the fourth place tie with Sacred Heart as both teams have six conference points. The top four teams in the standings qualify for the season ending NEC Tournament, so at four and rising is right where the Hawks want to be, as they attempt to return to the Tournament after missing it for the first time last year.

UPCOMING WOMEN’S SOCCER 2005 SCHEDULE

LIU 10/14/05 3:00 PM

WAG 10/16/05 1:00 PM

at FDU 10/21/05 2:00 PM

at SH 10/23/05 1:00 PM

CCSU 10/28/05 2:00 PM

QU 10/30/05 1:00 PM

Holloway’s second half goal leads men’s soccer to 1-0 win

PRESS RELEASE

Monmouth University junior forward Steven Holloway (Hamilton, New Zealand/Hamilton) [pictured] deposited a shot from 14 yards out into the far netting after a missed clearing attempt by a defender at 54:07 to pace the men’s soccer team to a 1-0 victory over St. Francis (N.Y.) in Northeast Conference action on Monday afternoon. With the win, Monmouth’s record improves to 4-3-4, and 1-0-1 in league play. St. Francis falls to 3-4-2, 0-2 in the NEC.

Junior Jonathan Schmid (Kingston, Pa./Wyoming Valley West) used his head to direct the ball in the box goal in the 55th minute, but a defender intercepted the service and in an attempt to clear it wide fed Holloway on the right side. Holloway beat SFC netminder Afrim Lajqi to the far net, on his third goal of the season, for the 1-0 advantage.

Monmouth senior Art Satterwhite (Somerset, N.J./Franklin) was forced to

make seven saves in goal for the Hawks, posting his league-leading fifth shut-out of the season. The seven saves tied a season-high for Satterwhite, who made seven stops at #11 VCU in September. Lajqi made four saves for the Terriers.

Overall, the Terriers out shot the Hawks 13-12 in the match, which included a 7-2 edge in the opening stanza.

David Lesmes and Joshua Alarcon had three shots apiece in the game and a total of four shots on net. Reserve Joseph Jean Baptiste unleashed two shots as well.

“Today was an important victory for us against a tough conference opponent,” commented head coach Rob McCourt. “It was a difficult week on the road and it was good to come home and get a win over a quality team.”

Monmouth returns to action on Friday, October 14 when it travels to Fairleigh Dickinson University for a 3:30 p.m. match.



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Hawks Scale the Mount-aineers



The women's soccer team defeats Mount St. Mary's to keep pace in the NEC standings



see story on pg. 31