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Making Vitamins and Minerals a Part of Your Daily Routine

SLOANE CORAN
CONTRIBUTING WRITER

The change of seasons means saying goodbye to the more mild autumn and saying hello to the arctic chill of winter and all that comes with it: freezing temperatures, colds, the flu, stuffy noses and more. Health.org suggests incorporating a new routine of vitamins and minerals into your diet each season. Research shows that the body needs a minimum amount of vitamins and minerals each day to remain healthy and to function properly.

University Professor Mary Harris, Director of the Monmouth Area Vegetarian Society, said depending on a person's nutrition, there is an importance to taking certain vitamins to supplement one's diet. "Even a person who partakes in good nutrition is almost always deficient in certain vitamins and minerals," Harris said. "However, good nutrition is number one, and combining that with the appropriate vitamins is the appropriate thing to do. Supplementation in combination with a proper diet is really essential. One without the other is not as beneficial. If a

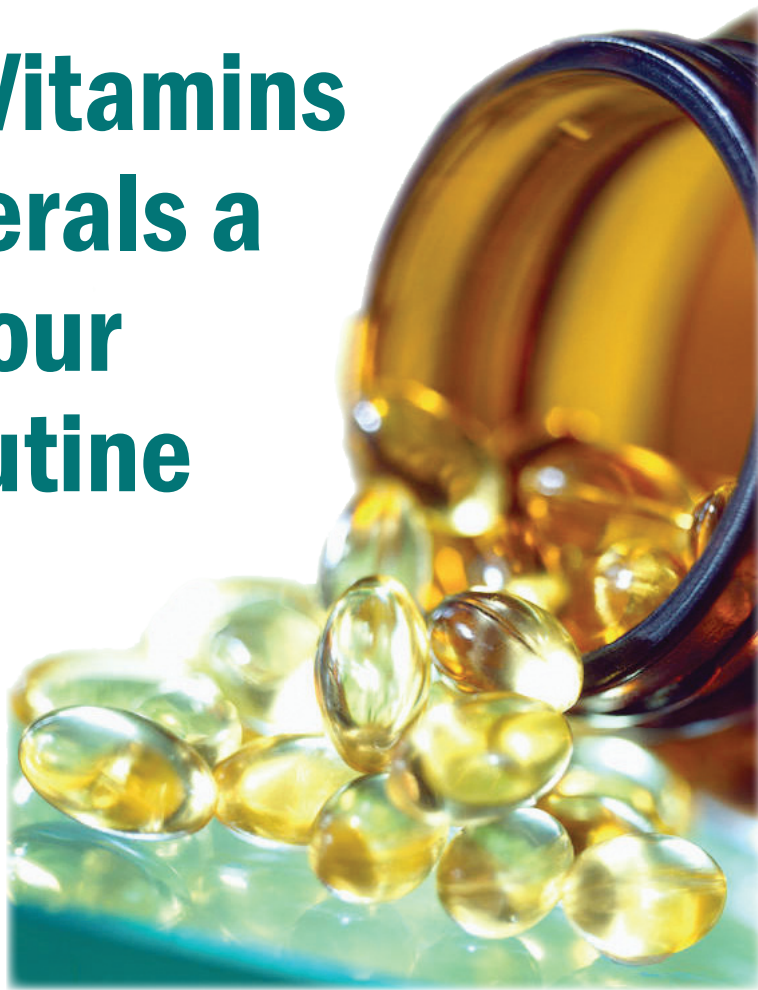


PHOTO COURTESY of gnarfard.com

Vitamins, pictured above, can be divided into two categories: fat-soluble and water-soluble, serving different purposes for the body.

person eats a horrible diet, but takes a multivitamin, they are missing the mark."

At first glance, a shelf of vitamins may seem overwhelming with variety. How do people know which types to choose? *The Cornell University Chronicle* states that vitamins are divided into two categories: fat-soluble and water-soluble. Fat-soluble vitamins are found in foods containing fats and oils and are stored in body fat. Water-soluble vitamins dissolve in water and mix easily in the

blood. Some vitamins are antioxidants—chemicals that prevent damaging changes in cells and may help protect against cancer, heart disease, and aging. Consumerreports.org lists the pros and cons of vitamins, mainly indicating that vitamins serve as buffers in the event that your diet does not fully meet your daily requirements. According to the site, some popular brands of vitamins include

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Facebook Affecting Law School Applicants

COLIN SARGENT
STAFF WRITER

A recent study by Kaplan Test Prep has found that 41 percent of law school admission officers perform a Google search of their applicants before admission, while 37 percent use Facebook to check out a potential student. This is compared to 20 percent of college admissions officers and 27 percent of business school admissions officers.

Jeff Thomas, Director of pre-law programs at Kaplan Test Prep, says this is justifiable behavior for the admission process.

"Despite jokes and negative stereotyping of lawyers, the reality is that the legal community takes ethics among its members very seriously," Thomas said. "You not only have to be accepted to a state bar to practice law, but once you are admitted, unethical behavior can lead to your disbarment, stripping you of your ability to practice."

Greg Borderlon, pre-law advisor, said law school applicants should be very cautious as to what they post on Facebook both at the time of application to law schools and during the time that bar authority character and fitness investigations are underway, as early as the first year of law school. "Many students

have a false sense of security relying on privacy settings within the program itself and often do not realize that unprotected third-party communications can be used if discovered. There is, for the most part, no constitutional right to privacy in social networking postings. The bottom line is, if you don't want potential law schools to see it, don't put it up or be tagged doing it," Borderlon said.

Thomas added, "Not many other professions have that kind of enforceable code of conduct, so it's

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Tenth Anniversary of 9/11 Lecture to Take Place

Thomas Kean, Former N.J. Governor, to Speak at Program

DIANA KUMPF
STAFF WRITER

The University will present the program "9/11, A Ten Year Perspective" on Thursday, November 3 at 4:30 pm in Wilson Hall. With the passing of a decade, this event will allow people to gather at the University and reflect on their own perspectives of the terrorist attacks.

"It is surreal that it has been 10 years already," said Rebecca Ryan, a senior, who was only 11-years-old on 9/11. "I can't believe I lived through such a huge tragedy."

Ryan said that she still recalls exactly where she was as that fateful day unfolded.

"I was in sixth grade English class. I remember my teacher coming into the classroom crying," she said. "My school had students ranging from kindergarten to eighth grade. She was not allowed to tell us anything. We kept asking, 'What's wrong?,' but she never said."

Ryan said that her mother had picked her up from school, which struck her as unusual. When she asked her mom to tell her what



PHOTO COURTESY of blogspot.com
Kean served as the 48th Governor of New Jersey.

was going on, she explained what had happened to the World Trade Center. Ryan spent the rest of the day watching the smoking towers fall on every news station.

"9/11, A Ten Year Perspective" will have a variety of speakers including former New Jersey Governor Thomas H. Kean, who was chair of the National Commission on Terrorist Attacks after 9/11.

Other speakers who will share their perspectives of 9/11 Eisen-

Perspective continued on pg. 4

Mt. Vernon Nazarene University Models EOF Program after Monmouth

EMILY JODRY
COPY EDITOR

A panel of Educational Opportunity Fund (EOF) students met last Tuesday morning with staff from Mt. Vernon Nazarene University (MVNU) in Ohio, in a collaborative effort to start a program that mirrors the University's.

On November 2, 2010, EOF Director Colleen Johnson and Dean of the Center for Student Success, Dr. Mercy Azeke, traveled to Mobile, Alabama for the Sixth Annual National Symposium on Student Retention. There, Johnson presented a paper written by herself, Aze-

ke, and history and anthropology professor Dr. Richard Veit, titled "Building for Success: A Model for Improving Retention and Building Diversity through the Educational Opportunity Fund."

Also present at last November's symposium, among representatives from numerous schools across the country, was John Ballenger, Director of Student Success at MVNU.

"Ballenger thought [Johnson's] program would best suit [MVNU's] needs, and he chose to reach out to Colleen," said Albert Fure, a long-time math

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News

A workshop dedicated on how to talk to your roommate was held last week.

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Entertainment

Justin Timberlake is just *In Time* for his next movie, an action-adventure flick.

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Club & Greek

TKE hosted a "Car Smash" in front of the Student Center last Wednesday for charity.

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University Hosts First Public Relations Panel

ASHLEY CORREIA
CONTRIBUTING WRITER

The University hosted its first public relations focus panel on October 25. The panel, "Today's Public Relations Strategy: Tools of the Trade for Effective Online News," featured an array of local professionals in both the public relations and journalism fields.

The event was held in the Magill Commons Club Dining Room from 9:00 am to 11:00 am. Over 40 students, faculty, and public relations and journalism professionals piled into the event, which was organized by Kristine Simoes, a Public Relations Specialist Professor.

The focus of the panel was to help expose the new tides of the industry from the point of view of local public relations and journalism professionals. These panel members discussed topics such as the changing of the industry and also highlighted new tools being used within both fields.

A big topic of discussion among

panel members was tips for students entering the professional world. According to Kristine Brown, the Director of Public Relations for Barnabas Health, "the greatest skill PR professionals can have is the ability to develop relationships; get out there and start networking."

Judy M. Feeney is the Digital Editor for NJ Press Media as well as for the *Asbury Park Press*. When questioned about skills she looks for in potential job candidates, she stressed the importance of spelling. She also went on to say, "I cannot stress how important writing is."

Students were also given tips on how to better prepare themselves for life outside of college, more specifically job interviews. Advice given by the panel members ranged from making eye contact and engaging with the interviewer, to making sure that students are accessible for all facets of the industry.

The actual panel discussion lasted approximately an hour and a half, upon which time all those in attendance had the chance to have

their questions answered by the panel. When the Q&A portion was finished students had the chance to speak directly with the panels guests in order to establish connections, network, and exchange resumes for business cards.

When asked about her overall impression of the event, MU's PRSSA Co-President Kim Mahon stated, "I learned a lot of useful tips and valuable information; it is hugely important for someone like me to know how the industry is changing and how those changes affect how successful I can be in the industry."

Mary Harris, a new PR professor who will be teaching Social Media in the spring, thought that overall the event had "an outstanding turnout," and was excellent for anyone who attended because they got to hear a variety from the speakers.

Last year, the University became certified for education in public relations; it is the only other school in the state of New Jersey to have this accreditation besides Rowan University.

Time is Foe for Older Students

MATTHEW MALYSA
MCT CAMPUS WIRE

Alicia Graham has her entire day planned to the minute from the time her children get on the school bus to when she gets to work to what time she gets to class, and how much time she has to cook and clean before getting her homework done for the next day.

"It's a challenge. I find myself overwhelmed sometimes by everything I have to do," said Graham, 38, of Englewood, N.J., who is a single mother working toward her college degree.

For her, time is a commodity that is extremely hard to come by. And according to a new study, as a college student she is not alone.

According to the findings of the non-profit organization Complete College America, 75 percent of students today are college commuters, juggling families, jobs and school.

The major factor preventing many from completing their degrees is time or to be more exact, the lack of it.

These competing demands are forcing many of today's students to stay in school longer which, according to the study, can severely hurt their chances of actually completing their degrees.

"As the clock runs, students' lives fill up with jobs, relationships, marriages, children and mortgages. The list goes on and on," said the founder of Complete College America, Stan Jones.

And with the majority of students taking at least six years to complete a bachelor's degree, Jones said it's time that colleges rethink the way they structure their programs.

"Colleges need to realize that the way that they are doing things isn't working," he said.

His organization's report, "Time is the Enemy," says that the key to increasing graduation rates is creating programs that help students make better use of their time rather than let them "waste it" on excess credits, remedial classes and attending part-time.

Many colleges and universities acknowledge the need to help students complete their degrees in a timely fashion.

Bergen Community College is attacking the problem by getting students on the right track early. With the aid of a \$2.9 million

Title Five grant, the college has implemented an institution-wide program 1-2-3 Connect to improve academic success and student retention.

The program consists of a summer orientation and two not-for-credit courses that focus on giving first-year students the advice and mentoring they need to succeed.

"Research and data shows that students who see success in their first three semesters tend to continue that success," said Jose Adames, president of Bergen, N.J., Community College.

While some students do not succeed because they do not have time to complete their assignments, other students can complete their work faster when given the opportunity to work at their own pace.

This is exactly the idea behind the new math computer lab on campus that allows students to take a virtual course at their own pace rather than over a 15-week

semester, often completing the work in as little as six weeks.

"It's amazing what students can do when they are given the flexibility to work at their own speed," Adames said.

Passaic County Community College, meanwhile,

is working with the national non-profit Achieving the Dream to figure out what factors interfere with student achievement. Steven Rose, president of the college, said that the school will consider improvements in course offerings, scheduling, remediation and advisement.

"There is no magic bullet or one-size-fits-all solution to the issues that prevent some of our students from completing, but it all starts with creating new pathways and strategies," Rose said.

At Montclair State University, a new office was created especially to address issues that prevent students from completing their degrees. Headed by Tara Zulo, the new Academic Success and Retention Program aims to change the way students think about completing their degrees.

"We want to change 'I wish there was something I could do' into 'Let's see what we can do,'" said Zulo, whose department is focusing on helping Montclair seniors and juniors complete their course work.

"Sometimes all they need is one or two courses to graduate, and they don't even know it," she said.

"As the clock runs, students' lives fill up with jobs, relationships, marriages, children and mortgages. The list goes on and on."

STAN JONES
Founder of Complete College America

Remembrance Event and Roll Call Set for Veteran's Day

TAMMY SYBEL
CONTRIBUTING WRITER

This Veteran's Day, a seemingly endless amount of names will be read for approximately eight hours as a part of the University's service to honor U.S. veterans.

This service will occur from 9:30 am to 5:30 pm on November 11 at the Rebecca Strafford Student Center.

A moment of silence will be held at 2:00 pm as sign of remembrance.

The University has joined a nationwide effort to honor service men and women who gave their lives while serving in Afghanistan and Iraq during the past 10 years.

At the moment, 157 other colleges and universities from across the nation will read the names of the more than 6,000 casualties of war

who have perished during operations Enduring Freedom and Iraqi Freedom.

"We wanted to rally campus communities across the nation to send a powerful message to the troops currently serving that their peers have not forgotten their sacrifices, or those of the fallen," said Lt. Col. Brett Morris, the National Roll Call Coordinator.

"We will be reading the names of every military member who lost their lives in support of operations overseas since 9/11/01. They come from all over the United States," said Jeffrey Hood, the Veterans Service Coordinator at the University. "This is the first year we will be doing the roll call. I expect it to be something we do every year because it is important to remember those who gave their lives."

The reading of all the names is expected to take close to eight hours to complete. The names will be read in chronological order.

In addition to the reading of the names, the Monmouth Veterans Association also will take part in its second march in New York City's Veterans' Day Parade.

"The reading will last most of the day. As students go from class to class and they walk by the student center hearing names from 9:30 am and on throughout the afternoon, hopefully it will sink in ... the number of men and women who paid the ultimate price," Hood said.

On November 12, which also is Military Appreciation Day, fellow veterans will be honored at the University's home football game against Albany.

Pre-Law Students and Facebook

Facebook continued from pg. 1

natural that law schools screen more stringently and more often."

From that 41 percent of Googling admissions officers, an astonishing 32 percent of them found something which has negatively had an impact on an applicant and their admission chances. But is it just law schools who are screening their applicants? In fact, many other students who have graduated in the past year have realized potential employers will also look them up on Facebook.

"I had to change my name on

Facebook," admitted alumnus Jess Limatola. "I was an education major, and you don't want school districts to find embarrassing pictures or stupid status updates about being at a party. The same goes for future students; I don't want them to know, either, and you know everyone is on Facebook."

Many people have been complaining recently about the lack of privacy Facebook offers its users.

"It's inevitable [that] an employer [will] look you up. Facebook is just there with everyone we know using it," said Jamie Barnao, a junior. "It isn't going away any time soon. I

think it's an invasion of my privacy, but, at the same time, I would probably Google someone or look them up on Facebook if I were going to be their boss. Most people do it now just when they've met someone new."

"While admissions is based on high LSAT scores, strong GPAs and compelling personal statements, an overarching theme to the entire application is whether an applicant is able to exercise good judgment," Thomas said. "Clearly, an applicant's digital trail can be an indicator of whether or not he or she possesses that quality."

CRIME BLOTTER

POSSESSION OF MARIJUANA / PARAPHERNALIA
10/27/11 - 5:09 PM
ELMWOOD HALL

HARASSING COMMUNICATIONS
10/28/11 - 12:21 PM
FACEBOOK / EMAIL

UNDERAGE CONSUMPTION OF ALCOHOL / STUDENT MISCONDUCT
10/30/11 - 3:25 AM
WILLOW HALL

*PULA: PERSON UNDER THE LEGAL AGE

WED.

THURS.

FRI.

SAT.

SUN.

MON.

TUES.

10/26-11/1

Hawks Learn to Resolve Roommate Conflicts

CASSANDRA FIGUEROA
CONTRIBUTING WRITER

Counseling and Psychological Services held a meeting called "How to Talk to Your Roommate" that provided communication tips for residents at the University.

The event gave students the opportunity to explain the problems they encountered while living with different individuals and how they should use communication to fix these issues.

"This is an attempt to get students to be aware of and use certain skills that can resolve some roommate conflicts, before they become a big deal," said Tom McCarthy, the psychological counselor that held the meeting.

McCarthy began his discussion by asking the students what types of conflicts they faced while living with someone new. The students mentioned many problems which included sharing, overnight guests, personal space, personality differences and partying.

The students were asked about the differences between communicating and talking. Talking is when an individual hears what another is saying but does not necessarily understand, while communicating involves actively listening by giving eye contact, feedback, and responding to what the individual is saying, according to McCarthy and different students at the meeting.

McCarthy said examples of

feedback include a head nod or even just the inaudible sound of "mhm." He said the way to actively listen is by "putting yourself in their shoes" and being able to relate to what a person is saying.

Conflicts originate from either a lack of communication or miscommunication.

"IDEAS" is an acronym explained by McCarthy that is an easy way to remember problem-solving models to use with a

what exactly it is that needs to be fixed.

The "D" represents defining possible, alternative solutions. This means that the people involved in the conflict must brainstorm and generate as many pos-

"A" stands for analyzing the preferred solution or basically checking to make sure that there are no problems with your compromise. With this step, a person should also figure out who to talk to if there are any problems.

Michael Palardy, a resident assistant (RA) at the University said, "Don't be afraid to go to your RA." Palardy wants people to feel comfortable confiding in RAs when there is a roommate issue because they can help find the best solution.

The last step is "S," which means to stick with it. This step focuses on making a conscious effort to stick with the decision, trying to resolve the problem and maintaining a beneficial solution.

One key thing to remember while trying to solve a problem is that it is not a competition. According to the participants and faculty at the meeting, an individual must not attempt to win an argument, but instead he or she should always try to compromise.

"Always give your roommate the benefit of the doubt," said Kelsey Rinear, a participant at the meeting. Rinear said that you should not judge your roommate, but instead try to understand them.

Counseling and Psychological Services offers many other workshops that help with student-related problems, such as sexual assault, eating disorders, bereavement, LGBT and crisis talks to name a few.



PHOTO COURTESY of Kim Grier

Counseling and Psychological Services taught residents how to properly resolve conflicts with their roommates at a recent workshop.

"I believe that the biggest problem facing students who live on campus pertains to communication," said Chris McKittrick, a residence hall director at the University. "Most roommate con-

roommate.

The "I" stands for identifying the problem. This means to be as specific as possible and, since people interpret things differently, individuals must figure out

sible solutions to the problem at hand.

"E" is for evaluating the alternative solutions and picking one that is mutually accepted and is also a compromise on all parts.

University's EOF Program is Model for Midwest College

EOF continued from pg. 1

specialist for the University's EOF department.

At the request of MVNU's President Dr. Daniel Martin and inspired by the paper, Ballenger reached out to the University. Upon Ballenger's request, Johnson made arrangements for him and Dr. Bradley Whitaker, professor of mathematics at MVNU, to visit the University and meet with EOF staff and students which took place last Monday.

In attendance were Provost Dr. Thomas Pearson, Azeke, Director of First Year Advising Debbie Kavourias, Vice President for Student & Community Services Mary Ann Nagy, Director of the Writing Center Jane DeTullio, Admission Counselor Andrew Amendola and Assistant Director of Financial Aid Robert Hennessey.

According to the Higher Education Student Assistance Authority (HESAA), EOF was created by law in 1968 to ensure meaningful access to higher education for those who come from backgrounds of economic disadvantage. It is a scholarship program that provides supplemental financial aid to help cover the cost of books, fees, tuition, room and board.

Every spring, the University's EOF staff interviews over 100 eligible candidates, and only 40 of those interviewed receive admittance to the program. To be considered for the EOF program, students must first meet the University's admission requirements and be a New Jersey resident for at least one year. Financial eligibility is dependent on the relationship between students' families' standard gross annual income and the number of dependents in the family (\$21,600 for a one-dependent family; \$74,000 for a family with eight dependents).

"When you are one of our EOF students, it is our job to make sure

you graduate and continue to bring pride to this program, and we take that job very seriously," Johnson said. "Students are held to a much higher level of responsibility."

On Tuesday, Ballenger and Whitaker sat down with a panel of eight EOF student leaders who shared their thoughts and experiences about what EOF has come to mean in their lives.

will be given the same priceless opportunities that come with access to higher education."

Just as the President of MVNU supports the start of a similar program at his institution, Johnson explained that the University's program's prosperity is largely due to support from campus administrators.

"Our program's success has a lot

To date, over 80 percent of current EOF students are inducted into Chi Alpha Epsilon, the EOF National Honors Society, for maintaining a cumulative GPA of 3.0 or higher for at least two consecutive semesters. Johnson asserted that all EOF scholarship students are held to a higher level of expectation, responsibility and behavior.

First-year EOF students par-

peer counselors, as well as regular EOF staff. A typical day includes a highly-structured schedule with allotted times for meals, classes, seminars and study.

"I was a summer peer counselor for two years in a row, and we had strict rules we had to abide by," said Balkees Parveen, a senior in EOF. "The program builds your character, teaches you how to be a leader on campus, and how to deal with real life situations. You learn to truly respect your peers and your education."

Whitaker said that he and Ballenger were impressed by the success of the program and moved by the students' resilience and stories of accomplishment, and they hope to have MVNU start a similar program beginning in the fall of 2012.

Due to lack of public funding from the state of Ohio, MVNU hopes to start small—with around 10 students next summer in anticipation of expanding their program to one day replicate the mission of the University's EOF program on their campus.

Johnson has held every position in the EOF office over the past 30 years, including her current title of Director for 12 of those years. With over 150 students currently enrolled in EOF at the University, she recalled a time when EOF was only accepting 20 students every fall semester, but that number has since increased to 40 thanks to the University administration's support and dedication to the EOF mission.

Johnson and the rest of the EOF community said that they are excited and hopeful for the success of MVNU's developing program.

"I always say my favorite two days of the year are freshmen move-in day and the day those same freshmen walk across the stage at graduation," Johnson said. "It is a gift to be invited in to someone's life, and it is a joy to watch the kids transform from teenagers into responsible adults."



PHOTO COURTESY of Nicole Martinez

Students from Mount Vernon Nazarene University in Ohio and members of the University's EOF program gather for a picture in Wilson Hall.

"The University's EOF program has given me the opportunity to experience so many things that I otherwise would not have been able to do," said Michelle Malanga, a senior in EOF majoring in criminal justice. "With a similar program, MVNU's financially-disadvantaged students

to do with the backing and encouragement of President Gaffney, Vice President Mary Anne Nagy and Provost Pearson," Johnson said. "Of course, it is also up to the students that we select and how much those students give back to both the University and EOF communities."

participate in a rigorous five-week, on-campus summer program that immerses them in campus life, academic diligence and real-life situations that serve as opportunities for personal growth. They are put under the constant supervision of four hand-picked and specially trained

Catholic Center Brings the Scares During Annual Party

LAUREN GARCIA
ASSOCIATE NEWS EDITOR

The Catholic Center hosted its annual Halloween party on Thursday, October 27 at 16 Beechwood Avenue, where the Catholic Center is located.

"We like to give the students an opportunity to celebrate Halloween in a safe and friendly environment," said Stephanie Simnor, a junior and Events Coordinator for the Catholic Center.

"The party was a lot of fun. We like to hold parties like our Halloween party because it gives students an opportunity to meet new people and join in fellowship in a safe and homey place.

We thought it would be fun to all dress up and celebrate Halloween together," said Amanda Simnor, a member of the Catholic Center.

The event was planned in advance for the students to prepare for the upcoming year. A series of events for the Catholic Center and other interested students, such as pumpkin carving, had also taken place prior to the get-together. The party itself had been finalized within the month and was open to all students within the University.

"We started planning this at the end of the last semester," said Maggie Szymczyk, a junior and Events Coordinator for the Catho-

lic Center.

"The party had been planned since May, but the details were worked out probably about week before," said Simnor.

"We have to make sure that certain events are listed on the calendar," said Mark Meyer, President of the Catholic Center. "So this was planned in May."

Party preparations made during the month included the decoration of the house with orange signs signifying the celebration of the month, googly-eyed skeletons, and participants in an assortment of costumes.

"We needed to decorate the house, as well as buy and prepare food," said Simnor.

According to Simnor, the students went through a bonding experience by working together to decorate the house and preparing dinner. According to Meyer, the evening proved to be a laid-back festivity with a great deal of discussion amongst friends and acquaintances in between wholesome games and preplanned activities. The party consisted of card games, non-competitive dance battles, and caramel apple creations.

Guests of the party dressed in an assortment of outfits including Minnie Mouse, witches, Dr. Seuss, and twins. Other chose to take the casual route by being themselves and adding to the calm atmosphere of the relaxed

party.

One of the highlights of the event was the cake made by Simnor and Szymczyk; a chocolate cake in the form of a graveyard with Milano cookies serving as tombstones with the initials of all the members of the Catholic Center adorning them, gummy worms, and handmade ghosts haunting the sides.

The Catholic Center hosts its meetings at 16 Beechwood Avenue, behind the Health Center, every Thursday for social nights and is always on the lookout for new members. Masses are held at Whitney Chapel in Wilson Hall every Sunday at 7:00 pm. Everyone interested is welcome.

Government Saves, Graduate Students Lose A Law Will Eliminate Repayment Rebates and Loan Subsidies

HERB JACKSON
MCT CAMPUS WIRE

Graduate students will pay more for loans taken out next July, and recent graduates will lose rebates for on-time repayment under a law Congress passed this summer to keep the federal deficit in check while protecting Pell Grants for low-income students.

The Congressional Budget Office estimates that the changes will save the government \$21.6 billion meaning students would pay that much more or borrow less over the next 10 years.

Another change that a key Senate committee voted to include in the 2012 federal budget would "save" an additional \$6.1 billion by getting rid of a grace period subsidy for undergraduate loans.

The elimination of repayment rebates and loan subsidies for graduate students was included in the bipartisan deal reached in July known as the Budget Control Act, the law that set 10-year spending caps while raising the federal debt ceiling.

Financial aid departments at colleges and universities are now starting to notify graduate students that Stafford loans they take out next summer will no longer include a subsidy that keeps interest from accruing while they are in school.

"This was one of the few federal subsidies provided to graduate students," said Haley Chitty, communications director for the National Association of Student Financial Aid Administrators. "It is a pretty significant blow."

Under the new law, students seeking advanced degrees will start owing interest immediately on loans issued after July 1, though they will have the option of deferring payments until they finish school.

"They can defer it but it adds to what they owe, and we always encourage students to pay as they go so in the end it's not so expensive," said Ivon Nunez, financial aid director at the New Jersey Institute of Technology in Newark.

Exactly how much the subsidy is worth depends on how much a student borrows and how many years he or she is in school.

Nunez said a student borrowing the federal maximum of \$65,000 could end up owing an extra \$200 a month over 10 years.

Chitty said an analysis by NASFAA found that a medical or dental student taking out the maximum subsidized loan of \$8,500 a year for four years got a \$4,624 subsidy while in school.

Even if it's a much smaller amount, however, students are worried about the impact.

"Students can barely make it now," said Jacqueline Velastegui of Kearny, who's seeking an advanced degree in industrial engineering at NJIT. "We don't live. We survive."

Evan Toth is working full time as a teacher at the Community School in Teaneck while pursuing his master's degree in English at Rutgers University in Newark. He said he's borrowed nearly all of the roughly \$20,000 in tuition and fees, and "it was really helpful" not to have to pay interest while studying.

"I looked at that as being a great benefit," Toth said. "An extra \$1,500, or whatever it would end up being,

Dickinson University. Borrowers could keep the rebate if they made their first 12 payments on time.

From the \$21.6 billion the two changes to loans are expected to save, Congress applied \$4.6 billion to deficit relief and \$17 billion to the Pell Grant program, which benefits lower-income students.

A spending bill for 2012 approved last month by the Senate Appropriations Committee would end another interest subsidy, this time for undergraduates. Right now, there's a six-month grace period after graduation during which students who have taken subsidized Stafford loans do not have to make loan repayments.

Under the current system, the government pays the interest during those six months, but that would end under the proposal that the Senate committee said in a report it ad-

opted "reluctantly."

If the proposal becomes law, there will still be a six-month grace period on loans issued after July 2012, but interest will accrue during those six months.

Over the next 10 years, the change is expected to save the government \$6.1 billion, according to the office of Sen. Tom Harkin, D-Iowa, who is chairman of the appropriations subcommittee that controls education funding.

From that amount, \$1.3 billion would go to fill a shortfall in Pell Grants in 2012 and an additional \$1 billion would go toward Pell Grants in 2013.

A draft bill in the House Appropriations Committee would leave the grace period alone but make

"Students can barely make it now...We don't live. We survive."

JACQUELINE VELASTEGUI
NJIT Graduate Student

would be a great financial burden."

He expects to finish his coursework next semester, so the change in the law won't hit him. But he said that in the future, it will hurt "the self-driven student who lacks independent wealth."

"This is exactly the kind of student that our country must encourage to stay in the classroom," Toth said.

Congress also voted to end subsidies, starting with loans issued next July, that reward graduates who pay back their loans on time.

Under the program that is ending, borrowers who signed up for automatic debit repayment got a bonus equal to half the loan origination fee they paid, said Vincent Tunstall, financial aid director at Fairleigh

changes to Pell Grants eligibility to cover the shortfall. Harkin's office said the House changes would make 500,000 current grant recipients ineligible.

The different approaches taken by the House and Senate committees would have to be reconciled before a final spending plan for 2012 is adopted.

Anabell Polloni, a senior at Rutgers in New Brunswick and former

state board chairman of the New Jersey Public Interest Research Group, said most students are not aware of the changes Congress is making to loan programs.

"I had no idea about this and I'm extremely well-aware of what's going on. Everyone knows about the six-month grace period, and no one knows it's a possibility it might end. That's a complete shock," she said.



PHOTO COURTESY of Joanna Zietara

Graduate students will have to adjust to a few changes with their loans starting in 2012.

"9/11, A Ten Year Perspective" to be Held in Wilson

Perspective continued from pg. 1

berg, former chairman of the Port Authority in both New York and New Jersey during the terrorist attacks, and Virginia S. Bauer, the current commissioner of the Port Authority.

Photography of the aftermath of 9/11 by award-winning photographer Joel Meyerowitz will also be shown during the event.

According to Meyerowitz's website, only a few days after the attacks is when he "began to create an archive of the destruction and recovery at Ground Zero and

the immediate neighborhood. The World Trade Center Archive consists of over 8,000 images [and] is

"You hear old people talk about Vietnam and all that crazy stuff. I can't believe I have seen something just as big."

REBECCA RYAN
Senior

an historic, photographic record of the immediate aftermath of the tragedy and the neighborhood as it evolved." He has donated some

of the original photographs to the University.

Many students at the University,

Vietnam and all that crazy stuff," Ryan said. "I can't believe I have seen something just as big."

The event is a part of the H.R. Young Lecture Series and the Stephen B. Siegel Lecture at the University. The program is open to students and the public, but a reservation is required.

About 400 guests are expected to attend, according to Theresa Lowy, the Associated Director for the Kislak Real Estate Institute at the University. To reserve a seat, contact her by phone at 732-571-4412 or email her at tlowy@monmouth.edu.

including Ryan, said that the mental images still haunt their memories.

"You hear old people talk about

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 Thursday, Nov. 3 ~ Meet at 6:40 PM at the CC to carpool

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 Thursday, Nov. 10 at 7 PM at the CC

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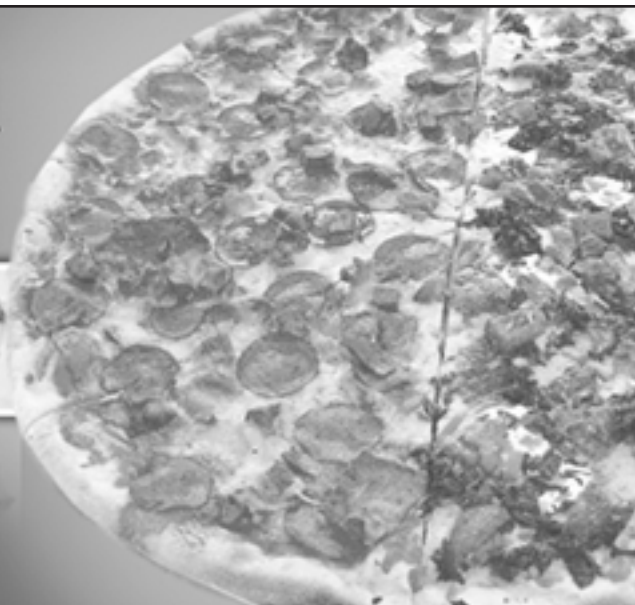
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Start Job Hunting Now

THE OUTLOOK STAFF OPINION

How soon should graduating seniors start job searching? Many professors on campus deem it a full-time job in of itself, but *The Outlook* staff feels that many students aren't prepared for what awaits them after accepting their diploma.

Students don't know where to start when it comes to job seeking. Who to talk to and where to look are common concerns among students. It can be overwhelming searching on an employment database site such as monster.com, when many of the job postings seem to require five to seven years of experience.

Thankfully, the University provides countless services on campus to guide students along with their career goals. However, many students are unaware of these services until crunch time creeps up on them towards the end of the semester.

First off, job searching can be much more efficient if students start as soon as possible.

The University's Center for Student Success (CSS) acts as an integrated advising system that provides all students with career counseling services. These include everything from help with resume and cover letter writing to mock interviews, LinkedIn workshops, and job placement assistance. The advising program within CSS assists students narrow down career goals and matching up with perspective employers.

Assistant Dean for Career Services Will Hill said there are three important things students can do in the job market to increase their odds of success. "First, start your job search early. Rushing your job search at the last minute prior to graduation can lead to poor decisions and lost opportunities. Second, use the power of networking to get the word out that you are

in the market and actively looking for a career. Use LinkedIn.com, go to job fairs, networking events or anywhere you can connect with potential connections. And third, make sure your resume, cover letter and interviewing skills are top notch. In this market even small mistakes are deal-breakers for employers. The staff in Career Services can help you plan your job search strategy, so include us in your plans."

During the economically healthy 1990's, there were more job offers than students. Hard to believe, right? Today, the case is sadly the opposite. Students have been told time and time again to make themselves stand out against the thousands of other students applying for the same jobs. It's a given that many students feel unprepared for what life awaits after college. Skills learned in the classroom will most likely be completely different than skills applied while on a job. While classes at the University teach students the necessary material they will need to know in their respective field of study, some classes lack real life experiential material and application to future employment.

However, there is a class that prepares students for the looming job market. Career Search (LC300) is a one-credit class that meets once a week each semester. The course focuses on resume and cover letter writing, interviewing, researching perspective companies, and how to appropriately market oneself on the Internet. While this is a valuable asset, only a handful of students take advantage of the course. Perhaps registering for LC300 should be a mandatory course for all students because no other class teaches how to correctly write a thank you letter, the essential point of communication between an applicant and employer after an interview. The course also addresses

how to network with professionals and how to dress and behave at a career fair. Students need all the help they can get, especially in pressing economic times.

While graduation may seem a long ways away, it is never too early to start looking for a job. Ideally, wouldn't we all want to be accepting our diploma in January or May, knowing we have job offers awaiting us?

Here's a sample step-by-step approach to start your hunt:

Step One: Figure out what you're interested in doing after graduation. This will narrow down your job search and your focus. Clean up your online appearance to display a professional, responsible job candidate. Your name will undoubtedly be "Googled" before an employer even considers interviewing you. Make a LinkedIn profile to advertise yourself and connect with alumni and professionals. LinkedIn is essentially an online resume so utilize it!

Step Two: Meet with an advisor in your academic department or in the CSS. The faculty will guide you toward the right employment databases or even offer you the names of professionals to contact and network with. Resume building should also be addressed early on. It's important to market yourself in the best way possible, but there is a standard format to do so.

Step Three: Apply to jobs and prepare for the nerve-wracking interview process. It's especially important to practice common interview questions and answers and to research the companies before interviewing. Make sure you're dressed appropriately for a meeting with an employer. It's always better to be over-dressed than under-dressed. Conservatively, stain and wrinkle-free is the way to go. Most importantly, be patient, keep your options open, and maintain motivation.

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The Truth About Technology

MICHELLE COSTA
CONTRIBUTING WRITER

If someone told you that our technologies are fueling a war, you would probably laugh it off, look at your Blackberry and go on with your highly dependent technological life. The deep dark reality of this is that we as consumers are responsible for the suffering of innocent people in the Congo.

That's Africa right? Miles and miles away, yet somehow we are controlling a rebel nation over natural minerals that are used to create our phones, cameras, computers and televisions. These minerals have now become conflict minerals, but that is naming it nicely.

Leading companies are paying rebel groups in the Congo to get their hands on these needed minerals. These rebel groups have corrupted the government and are controlling citizens through scare tactics of murder, rape, brutal weapon usage, and drug and gang cartels. So back to the question, how is this our fault?

Companies like Mac, Dell, and Playstation for instance, all keep what goes into their

products extremely hush hush, but what is not so silent are the cries of innocent children losing their lives, and the beatings of mothers and fathers in a world so far from ours, over minerals like Tantalum, Tin and Tungsten. We all saw *Blood Diamond* with the stunning Leonardo DiCaprio, but why weren't people moved then to do anything to protect these people?

According to the Enough Project, ran by John Prendergast and actor George Clooney, about 5.4 million people have died since the start of this war in 1998. This is known to be the deadliest conflict since World War II. About 47 percent of deaths are young children. Because of these unlivable and cruel conditions, about 1.5 million citizens have been displaced and categorized as refugees. Approximately 45,000 Congolese citizens will continue to die each month.

In 2011, the U.S. Congress passed the Conflict Minerals Trade Act. The first attributed guideline within the act called for an end to all commercial activity and involvement with the Congo and it's natural resources. Sadly, this has not

happened.

Congo is a nation full of desperation, extreme poverty, and corruption, and yet we are only making it worse. I get that we cannot live a second without our phones, but can't we do something to force these companies to use conflict-free minerals? Nintendo now uses conflict-free minerals due to public demand and outcry, so we know it can be done if we can act together.

Writing to these companies will save lives. We need to engage our citizens to be advocates for justice and humanity. Don't let your children have to ask you why you didn't try to stop this genocide. We as consumers have the power to put an end to this massacre. Stop enabling these brands by purchasing their products. Lobby and write to our government officials to get more involvement and demand conflict-free products.

In a recent trip to the Congo, U.S. Secretary of State Hillary Clinton pushed university students to take action. "You are the ones who have to speak out," she told university students in Kinshasa. "Speak out to end the corruption, the violence, the conflict that for too

long have eroded the opportunities across this country. Together, you can write a new chapter in Congolese history."

The United Nations has called the Congo "a neglected catastrophe, a silent but deadly disaster."

I ask that we be the voice of the voiceless and stop the genocide of our time. Bring peace to the Congo now. I merely ask for awareness and advocacy. To create movement for change and justice. No miracle can be performed over night, but we can save lives.

Why would you want to use a product that killed a family? Act now before it's too late.

Cabs Are Here!

NINA INCORVAIA
CONTRIBUTING WRITER

Every weekend the University parking lots turn into a regular cab depot. A person could easily count over 10 cabs residing in the parking lots whether they are picking up students or dropping them off. The cab service is primarily used for transporting students to parties in the area, but they are also used for transportation for students who do not have their own car on campus. These cabs have become a staple on our college campus, which would make their absence peculiar.

According to student allegations floating around the University, the MUPD would not find it too peculiar if the cabs suddenly became absent. Apparently, the University police department is not very fond of the cabs that are coming to campus. The amount of cabs coming through our parking lots is definitely excessive, but isn't choosing a cab a necessary and smart decision in many situations associated with campus life?

Freshman Lindsay Redfern, said, "It is a safer decision to call a cab. Would the police rather have students make the wrong decision or keep allowing them to make the right one?" Even though this is one perspective, Redfern's opinion accurately demonstrates the reactions that I received when I inquired about the cab rumors to many other students.

An overall consensus of students living on campus was that the cabs were a necessity and offer a safe alternative to transportation around the surrounding area.

These cabs are preventing students from multiple unsafe situations, such as drunk driving and walking to a destination. I am not saying it is unsafe to walk around the neighborhoods of West Long Branch, but as in any town and community, you never know the dangers that lurk around every corner.

For example, many students use the cabs in order to transport themselves and their luggage to the train station in Long Branch. Though the train station is only two miles away, the area around

the station can make some people feel like they are in a different world.

Now, I am not saying it is an extremely unsafe area, but it is a far cry from the University's beautiful campus. Many students may not feel comfortable walking through this area by themselves while trying to make it to the train station with their entire caravan of luggage. This is where the cabs provide the perfect and safe alternative.

Though the cabs have many benefits, from personal experience I have seen some problems with the cabs on campus. When entering the parking lot on a weekend; it is common to see at least 10 people squeezing into one of the small vans provided by the cab service.

This is definitely not the safest situation. Cab drivers often put money before the students and clearly overload their cabs to make top dollar. Aside from overloading the cabs, I also witnessed the poor driving skills of one of the cab drivers first hand.

While stopped at the light coming from the residential parking lot onto Cedar Avenue, a cab pulled up behind me. The driver, who was obviously frustrated that I was obeying the rules of the road, proceeded to beep his horn and pull around my car into the intersection to make his turn.

This was an extremely dangerous maneuver and could have resulted in a terrible accident. I was surprised by the impatience and lack of driving skills exhibited by this cab driver, but you cannot punish all the cabs because of one driver's actions.

I attempted to put these rumors to rest by contacting the Monmouth University Police Department. After speaking with Chief McElrath, I understood that he was unaware of these rumors and proceeded to tell me that he would look into it.

The Chief's lack of knowledge of the rumors gives hope to believe that our beloved cabs are not going anywhere. Now students, you can continue calling cabs and exclaiming, "Cabs are here," for the rest of your days on campus.



PHOTO COURTESY of thenational.ae

The people of Congo are paid by companies to acquire the conflict minerals needed to make cell phones, cameras, computers, and televisions.

Calling All Gagas and Beyonces

RACHEL GRAMUGLIA
CONTRIBUTING WRITER

Everyone knows why women buy super high heels, right? It's because they are drop-dead gorgeous, and as an added bonus, they make our legs look awesome. Taking this into account, we add the factor of walking in super-mega-high heels on campus; the sum of this equation just spells "ouch." College girls always wear high heels when they go out, and some may even wear them to class. Girls need to have at least two solid pairs of high heels...or maybe eight. I guess it all depends. But in college, heels go with outfits like Oreos go with peanut butter (*Parent Trap* reference intended).

We see super high heels everywhere on TV, in the magazines, and on the movie screen. They're impossible to ignore. All of our mouths drop as soon as we see Lady Gaga walking in 12 inch heels, that are fantastically covered with glitter (or whatever crazy thing Lady Gaga wants to put on her shoes), walking on the red carpet.

Now, let me just say that she can walk in those heels flawlessly. I'm sure that I can speak for some people when I say I can barely walk without wearing any heels at all. Like really, I can't even walk

straight let alone walk straight in high heels. Yet, even though I can barely walk in high heels, I continue to wear them because they make my legs look good.

I know some of you reading this are probably thinking, "Rachel, they are just high heels. Anybody can walk in them." And to that I say, "Really? Well then I guess I have achy foot syndrome." Listen, I have absolutely nothing against high heels, I wear them, but I just can't imagine myself walking around campus having my feet screaming at me.

I'm positive that most girls on campus, after wearing high heels, would have their feet screaming at them in pain. You can't sit there, read this and disagree. Everybody has those days

(no "Hannah Montana" pun intended). You can't say that you've never worn heels that didn't hurt you at

nights where you've worn high heels, only to regret the fact that you even wore them in the first place.

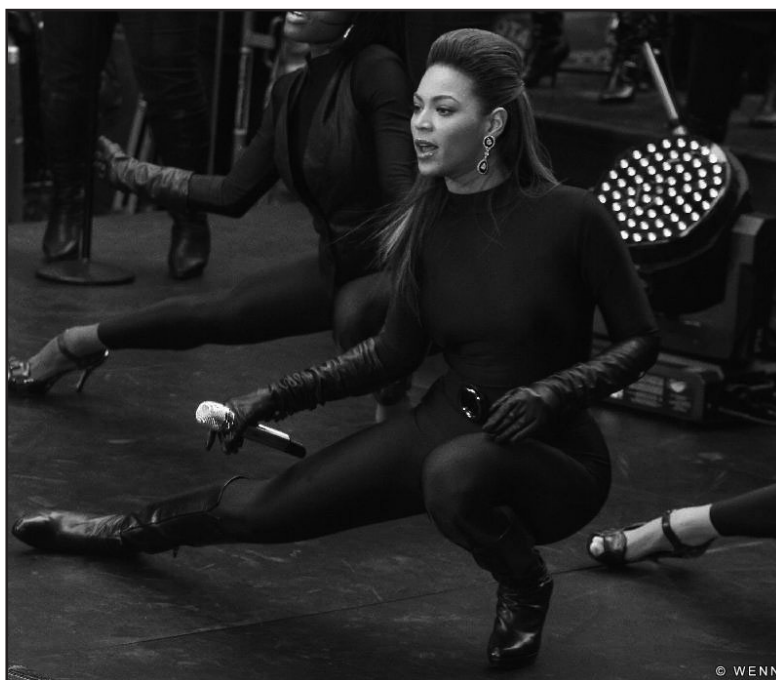


PHOTO COURTESY of shoe-collection.us

Beyoncé can not only walk with ease in heels, but she can dance flawlessly in them, too.

first, really needing to break them in in order to feel comfortable.

I'm sure that there have been

Then you have the "ugh, stilettos were a bad choice" moment, but hey you looked good in them, right? I totally get that heels are a confidence booster and make legs look 10 miles long, but don't your feet kill you by the end of the night? But I guess pain is beauty, right?

Another icon that infamously wears high heels, and no doubt looks amazing in them, is Beyoncé. No one can deny that she is fierce, Sasha Fierce if I'm being specific, and that she can definitely rock a pair of super-duper

high heels. Now I look at Beyoncé (being all Sasha Fierce-y, dancing on stage and telling people that if they like them they should've put a ring on it), and then look at myself and want to be able to run around on a dance floor in high-heeled stilettos and make it look effortless.

If anyone can actually do this, please let me know. I'm a quick learner. Not only is Beyoncé able to run around and perform in high heels, but they're also stilettos, meaning high-yet-skinny heels. So now take stilettos, mix them in with me walking around campus, and that just spells "disaster."

Clearly, heels are a definite must-have in college. We all want to be like Beyoncé and Lady Gaga as they strut their bad-romantic-run-the-world walk on stage. I guess I see heels as not only just an accessory but also as something that gives girls confidence. It might sound kind of lame, but it's a true fact.

Yes, heels are pretty and yes, they make us confident, and duh, they kill our feet, but it's definitely the price we pay to wear those high heeled stilettos. Even though we probably don't know it, we all channel that inner Gaga-Fierce persona every time we slip on a pair of black pumps or nude stilettos.

The Polling Institute: More Opportunities to Come

SANDRA MEOLA
POLITICS EDITOR

Many students do not recognize the Polling Institute as one of the University's reputable gems, or the opportunities it has to offer.

The Institute offers numerous opportunities for students to gain experience concerning the way polls are administered and data is analyzed.

Introduced to the University in 2005, the Polling Institute was established in order to act as a nerve center for the study of public opinion on important local, state, regional, and national issues.

Patrick Murray, Director of the Polling Institute, explained that the Institute's mission is to produce involvement externally and internally from the University. The Institute incorporates the assistance from different departments on campus to administer polls.

The Polling Institute's activities include research services for government agencies as well as private organizations. The poll results assist with policy analysis, measuring effectiveness and assessment.

In 2005, the Institute was named a winner by New Jersey Politifax for the accuracy of its predictions prior to the 2005 gubernatorial election. However, Murray stressed that the polling the Institute conducts is unique in that it is not merely political candidate polling.

Rather, the Polling Institute works to ensure that the voice of the public is heard concerning relevant social issues and standards

that everyday people are concerned about.

"The Institute is unique in that it covers quality of life issues that affect New Jersey residents as well as residents up and down the East Coast," Murray said. For example, the Institute released a survey this past April which measured the quality of life in New Jersey.

"We want to know what makes New Jersey tick," Murray said. Roughly 3,000 residents in the state were polled, raising about \$100,000 of revenue for the University.

While the Polling Institute is funded by the University, it brings in external money from partnerships with media outlets that use the researched data.

A strong partnership is held between the Institute and the string of Gannett Company Inc. newspapers, which include the *Asbury Park Press*. Results of the Institute's polls are also mass-mediated by New Jersey 12 News and 101.5 Radio, among many other outlets. Polls are also distributed throughout the East Coast region from New York to Virginia.

For instance, the Institute conducted a survey in 2009 in conjunction with the Urban Coast Institute which measured the attitudes of residents in New York, New Jersey, Delaware, Maryland, and Virginia living along the coast line.

Polls are not only conducted by professional researchers, but students assist with the process, as well as supplying background research, organizing data, and forming ways to represent it.

Murray explained that polls can

include anything from measuring the effectiveness of a social service program to analyzing the effectiveness of a municipality's website.

"Students should be noticing more opportunities from the Institute," said Murray.

He explained that six years ago, the mission of the Institute was to get its name out to the public and get people interested. Today, the Institute works to gain interest internally throughout academic departments and create opportunities through cross-discipline work.

Murray also explained that he is currently looking into introducing a class that would give undergraduate students the opportunity to work with a client and form a research project with the Polling Institute.

Dr. Kevin Dooley of the Political Science Department said, "I think a class that incorporates the Polling Institute would be a great addition to the Political Science curriculum."

Fred Strahl, a senior political science major said, "A class involving real-life survey analysis of important issues would be extremely beneficial because it could possibly fulfill the experiential education requirement and would provide students with both the knowledge of how polling works and the experience of working with an institution that serves an important role in the political process."

"Our aim is to encourage different departments to work together," Murray said. "This allows the campus to become larger inter-



PHOTO COURTESY of monmouth.edu

Patrick Murray, Director of the Polling Institute, stresses that there will be upcoming opportunities for students to gain experience in research projects.

nally. We want people to know the University as a place with many experts in various fields."

Along with serving as the founding Director of the Polling Institute, Murray also writes articles and op-ed pieces and is a frequent guest speaker on news stations throughout the state.

Murray was named Pollster of the Year by *politickernj.com* and one of the 100 most influential people in New Jersey politics. With his support, the Institute has grown to become a valued survey research center due to its quality of life issues and meticulous tracking.

Roll Call: Words from the SGA Senate

Six students from the Student Government Association had the opportunity to attend a student leadership conference at the State House in Trenton on October 24.

At this conference, the Senate met with students from other New Jersey schools to represent the interests of each particular school.

The student leadership day was hosted by the Association of Independent Colleges and Universities in New Jersey (AICUNJ) in hopes of increasing awareness of some of the budget cuts from the 14 independent schools in the state.

The students who were in attendance had the opportunity to learn about the legislative process and had a chance to voice concerns about such budget cuts to programs like the Tuition Assistance Grant (TAG) and the Equal Opportunity Fund (EOF).

Robert J. Polakowski, the Vice President of AICUNJ, wanted students to be a part of this process to make sure politicians in Trenton remained accountable for their decisions on issues that directly affect the independent schools in New Jersey.

Student Opinion Survey- Dr. Strohmetz, a Psychology Professor and the Associate Vice President for Academic and Institutional Assessment, attended last week's executive board meeting to discuss the Student Opinion Survey. This, similar to the BESSE and NESSE students take, is a new survey for all undergraduate students to gauge their satisfaction with the University and various aspects including residential life, dining services, and academics. The Senate has offered to help promote it through various outlets. It will be sent out through email.

The Running Club's constitution has officially been approved as

the newest club on campus.

The club will bring students together who enjoy running and wellness.

They will meet to discuss running techniques and equipment, run together, and host events on campus and compete with other schools. The Running Club also intends on actively participating in community charity walks. The International Business Club has also been approved, which will bring students together from all majors and help one another with business initiatives. Guest speakers have already been booked and networking opportunities are in place. The Pre-Law Club and Christian Crusaders will also be coming soon.

Advisor Nagy would like to announce that online parking passes will be enabled shortly. Nagy has been speaking to Aramark and assures that changes will be made regarding the quality and presentation of the food.

She has been going to the dining hall for at least one meal a day and sending her staff there as well.

Aramark's menu will be rewritten so that it will include more recognizable food dishes and more of what students want to see. Aramark's contract is up at the end of June and administrators are discussing whether to continue it or not. Also being discussed is the possibility of allowing meal plan swipes to be used in different food locations around campus other than just the dining hall.

Construction of the new 800 building was discussed. Plans for ground breaking are underway. The building is expected to open September 2012.

It has been determined that 11 new parking spaces were added to the commuter lot. An additional 18 spaces were created throughout other lots for students, by assigning staff to other parking lots. Residents who carry instruments with them to Woods

Theatre are now allowed to park in the Woods Theatre parking lot.

New recycling initiatives may be underway. Options include single stream recycling, and separating plastic bottles that will be resold.

During a meeting with Police Captain Dean Volpe and Ravi Shah, representing student safety and campus affairs, the traffic concern in the main residential parking lot was addressed. The issue will be studied by the Police Department.

Soraya Quezada, Academics Chair met with Dr. Nye of the Psychology Department last week to discuss new plagiarism initiatives. Nye explained the "Turn It In" program, used to check research papers for any signs of plagiarism. She wants professors to stress to students that this program is used as a tool and is not meant to replace actual grading or professor's judgment whatsoever.

This is the first year that the program will be used. If professors use it and students are responding well to it, the program will continue to be used.

Quezada also met with Provost, Dr. Pearson last week and discussed scheduling conflicts. Pearson will work with students if they are closed out of classes needed for graduation. He will also discuss with registrar about sending email notifications when a student is accepted into a class after being on the waitlist.

The Senate's Spirit Initiatives Committee intends on getting freshmen more involved with upcoming basketball games. The night before the first game the Senate will invite all freshmen to come to the MAC and give out t-shirts and novelties.

There will be a point system for each person who attends all the games. Students will be awarded prizes for different point markers.

Who's Who in SGA: Soraya Quezada Academics Chair

Soraya Quezada is a senior majoring in Biology. She hopes to be a doctor and will be attending medical school once she graduates in May. Quezada is from Keyport, New Jersey.

She has the position of Academic Affairs Chair in SGA. Quezada works with the Provost and the academic departments to improve the overall academic quality for the student body. This includes any issues from class scheduling to concerns with professors or advisors.

For example, Quezada was recently briefed on the new plagiarism tool that professors will now be using. She has also held the position of Elections Committee Co-Chair.

She joined SGA her sophomore year to get more involved on campus and to meet new people. "I thought it was impor-

tant for me to get involved, especially as a commuter. I really care about Monmouth and want to see the University and its students succeed," Quezada said.

SGA is the governing body for all clubs and organizations on campus and acts as a voice for the students.

Quezada explained that everyone should look into SGA to help improve the University and make it the best it can be for students.

She said her proudest moment on SGA thus far was being voted into the Senate from a general member, to a voting Senator her sophomore year, as well as holding committee chair positions her junior and senior year.

"I am looking forward to having a great year on Senate and getting as much done as we can and more to improve the University for the students. I am also looking forward to a great senior year and making it worth my while the short time that I have left at Monmouth," Quezada said.

Her advice for freshmen is to get involved on campus especially through student government. It's never too late.

"Be active in the organization and join as many committees and volunteer as much as possible to get the most out of this organization," Quezada.

She described that she will miss weekly meetings next year when she's graduated. "I will especially miss working with a group of overall fun, loud, and interesting people on Senate," Quezada said.



PHOTO COURTESY of Soraya Quezada

Quezada is the Senate's Academic Chair. She oversees all academic issues on campus.

President Obama Looking to Help College Students

CHRISTOPHER ORLANDO
STAFF WRITER

President Obama announced his newest executive order to help reboot the struggling economy last week. He is making changes to federal policy to make student loans more affordable and easier to pay back for recent college graduates who are struggling to find work after graduation.

With college tuition growing each year, it is a relief to most students that this is happening. The "Know Before You Owe" plan was originally an initiative to help with mortgages, but the same principles are being used for student loans.

This order was announced at the University of Colorado to thunderous applause from college students. This plan would allow students to repay at a slow-

er rate and consolidate multiple payments into one payment with a better interest rate. Obama also plans to cap student loan payments at 10 percent. The plan is actually an acceleration of a federal law due to take effect in two years, but because of the executive order it will begin in January 2012. Also under the new rule, after 20 years on federal loans, the remaining debt would be forgiven, five years earlier than the present system.

Obama believes a college education is essential. "In a global economy, putting a college education within reach for every American has never been more important, but it's also never been more expensive," he said.

One of the major concerns of enacting such an order is to free up more money for students upon graduation. The hope is with more money to spend, recent

graduates can put more money into the economy and help get it going again. Obama said, "And when a big chunk of every paycheck goes towards student loans instead of being spent on other things, that's not just tough for middle-class families, it's painful for the economy and it's harmful to our recovery because that money is not going to help businesses grow." He explained that the best part of the entire plan is that there is no additional charge on taxpayers.

However, some Republicans, especially presidential candidate, Michelle Bachmann, see this as an abuse of power. Recently as the economy continues to fail, the Congress and President have not been seeing eye-to-eye. Bachmann believes that Obama is getting tired of waiting and is using his executive order powers to try and get the

economy moving again.

During an educational forum last Wednesday, Bachmann said, "There is a morality in keeping our financial promises, and I don't think we should push that off onto the taxpayer. The individual needs to repay and be responsible for repaying their student loan debt." Newt Gingrich also agrees with Bachmann calling it a "Ponzi scheme."

However, Gingrich offers a solution. He states that federal loans should be privatized. The Obama administration said it could actually save the government up to two billion dollars a year because it would be a direct loan under the Federal Family Education Loan Program.

University sophomore Adam Sharkey does not have much faith in anyone to do the right thing in government. Sharkey said, "While I trust Obama more than

I trust the collective Congress, I still do not believe that he has the knowledge to understand the damage that even spending one dollar today has on the national debt."

He also believes this does not help students or the debt crisis the government must solve. Referring to the executive order, he said, "This is not a victory, it is a postponement of failure."

Sharkey suggested that perhaps Obama passed this order to help in his reelection campaign. As Occupy Wall Street continues to make national headlines, one of the major pedestals of the protest is the amount of students in debt and out of work.

Obama motivated and involved thousands of young people in his run to the White House last election, and some believe he is trying to tap that resource once again by issuing this order.

Political Debate: Will Occupy Wall Street Protests Benefit the Economy?

Here students debate political issues of the week. Side 1 students make their initial argument followed by side 2 in which they respond to their opponent.

Side 1: In Favor of Occupy Wall Street: Our Mark on History

DAN ROMAN
CONTRIBUTING WRITER

A people-powered movement began in Liberty Square in Manhattan's financial district on September 17. Today, it has expanded to over 100 cities in the United States and 1,500 worldwide. It is a peaceful movement whose main goal is to expose how the richest one percent of people in America is writing the rules of an unfair global economy.

That same one percent of Americans currently hold 42 percent of our country's wealth, while there are 46 million people in America currently living in poverty, according to CNN Money.

Occupy Wall Street sees this inequality in our country, and they are standing up against greed and corruption in corporate America. Taxes on people making over one million dollars have gone down from 91 percent during the 1950s to a historically low 28 percent in 2010, according to the U.S. Census. The fewer taxes the rich pay, the less revenue that goes towards the government, which has now had to cut down on benefits for the poor and middle class. See-

ing this social divide, protesters are stepping up and calling for equality for all.

Those participating in Occupy Wall Street are not hippies, and they are not bums. Many of them are college students struggling with the mountain of debt hanging over them.

They are students with little to no prospects of finding a well paying job to pay just bare minimum loan payments. Many around the world fail to recognize the fact that this is a youth-led movement aimed at moving a political system that seems inept at best to solve the growing problems of the 99 percent of Americans who have to pay taxes and get nothing in return for it. CNN interviewed an anonymous protestor. He said, "My grandparents participated in the civil rights movement, my parents participated in the protests against the Vietnam War, and it's my time to stand up for what I believe in." He is not alone.

According to politifact.com, 67 percent of Americans favor increases on taxes on the rich, while even 68 percent of millionaires would favor an increase on their own taxes, according to the Huffington Post.

So, why isn't the government increasing taxes on millionaires? Republicans in Congress have signed pledges promising to never increase taxes on millionaires.

This pledge was created by a man named Grover Norquist, who is the head of Americans for Tax Reform (ATR), a conservative committee against tax increases. ATR spent three million dollars in 2010 against Democratic campaigns. 41 Senators and 238 members of the House of Representatives signed this pledge ensuring they would never vote for tax increases. This includes Republican Speaker of the House John Boehner and Republican Senate Minority Leader Mitch McConnell.

When the most powerful man in the House of Representatives signs a pledge for one man who is willing to give as much money as he wants to ensure Republicans are elected, this results in the breakdown of the democratic system. This then leads to an uprising of people in this country who are fed up with

corrupt politicians and demand one simple thing that Americans have been battling for since the creation of this great nation: equality.

With unemployment at nine percent and a President who is trying to push through a jobs bill that will ensure at least two million Americans will be put back to work. Please support Occupy Wall Street. It is a peaceful movement who only asks for one thing from this country that

has failed them so many times. They want opportunity, which is something all Americans deserve.

The movement will not end until corrupt politicians and greedy corporations are held accountable for the mess and destruction they have caused.

We are currently living in a society where 46 million Americans are poor and 14 million people are unemployed, according to the Census.



PHOTO COURTESY of politico.com

Occupy Wall Street protestors joined in on Halloween festivities this weekend. The man pictured above, is dressed as a money-eating zombie, mocking one percent citizens.

Side 2: Against Occupy Wall Street

SAM MAYNARD
CONTRIBUTING WRITER

The protests on Wall Street have been the focal point of political controversy for the past month. The Occupy Wall Street movement has breached state and international borders. The 99 percent seems to be growing larger by the day, and there are no signs of the grievances letting up. While the demonstrators are exercising their rights as American citizens to protest for their specific causes or goals, it is highly arguable that the movements have, or will accomplish anything that will change the American economic system.

As a group that is challenging the long-embedded tradition of the American two-party political system, as well as the basis of the capitalistic, free-market economy that embodies our

country's individualistic ideals, they are destined to fall by the wayside sooner or later. Also, the lack of specific goals and objectives from the OWS movement is distracting any real work from being carried out. The protestors are certainly fed up with corporate irresponsibility and lack of accountability, as they should be, but they are facing unavoidable barricades that will ensure the eventual return of the status quo.

When you examine a country with a stable history, such as the United States, one commonality that many of these countries share is a stable, two-party political system. This system typically does not leave room for any sizeable third-party to gain public support and attain significant representation in government. Based on past radical movements on the left and right,

this leads me to believe that any third-party organizations like OWS or the Tea Party will eventually be crushed by the dominant parties that represent the majority of the public that share their general ideologies. For example, the Green Party can be seen as a more liberal wing of the Democratic Party, but the majority of Democratic voters are more moderate, keeping the Green Party relatively unimportant in American politics. Of course, this is not to say that the Tea Party or OWS are not important with the current political climate in the country. Simply, as time passes, they will become less significant as the main political parties regain their grasp on issues and voters.

The second factor up against the OWS movement is the lack of organization and goals. This, in my opinion, is a simple obstacle

to overcome. After a month of protesting, there should be some sort of consensus as to what you're actually demonstrating for. Currently, the protests happening worldwide appear to be outlets for frustration against corporate misconduct. It is quite understandable to be upset at the economic system right now, but if the movement truly wishes to make a difference they will have to seriously assess their goals and put their energy into productive efforts rather than flashy signs and the "human microphone." Open forums consisting of hundreds (perhaps thousands) of people in Zuccotti Park are illogical and do not produce results that will better the economic condition of the 99 percent. The reason the United States doesn't use open forums to formulate policy is because we've found it more effective to elect officials,

but maybe the protestors are on to something. As bad as the political process looks right now, this movement must utilize it to see real effective policies passed that will serve their interests. This is an opportunity that may increase trust in our institutions, rather than demonize them with no real solutions.

The stable political system that has been the basis for American politics threatens the success of any radical organizations seeking to change the fundamental institutions of our government. Rather than wasting time chastising the banks on Wall Street, these demonstrators should take advantage of our political process and create goals that are well achievable with the assistance of elected officials. History shows us that if they continue to fight against the system, they will be buried by it.

College Students Take Business into Their Own Hands

ANDREA DOOLEY
STAFF WRITER

The term “the college experience” is often used, but what exactly does it mean? For senior Erica Murray, the college experience is simply four years of freedom while learning the necessary aspects of a future career.

Some students, like senior and previous Push the Envelope PR intern,

of any word, you receive some clever results. Urbandictionary.com defines college as “an alternative to buying a Ferrari (they cost about the same).”

According to the National Center for Education Statistics, the average cost for a four-year private institution, such as Monmouth, between the years 2009 and 2010 was \$32,475. Keep in mind that number is per year. When all is said and done, four years

grocery shop, let alone allow you to have extra spending money to enjoy yourself. A high-paying profession doesn't happen usually until after graduation, so really, what is a college student to do?

Instead of waiting to graduate to join a business or company that someone else started years before, students have begun starting their own businesses while still in college to benefit financially and experientially.

Jamey Flaccavento, senior, created her own small business to satisfy a high customer demand.

“I took a popular trend and made it into my own small business,” said Flaccavento. “I was always good with doing hair, and when the feather trend came to Monmouth, I ordered a box of hair feathers, and my friends became my clients.”

Flaccavento went on to explain that her hair feather business spread throughout the University and the surrounding

skills of communication and leadership,” said Buzza.

Chris Spirito, senior, and founder and CEO of All Shore Entertainment has been DJing since the age of 13, but took his business to the next level when he began college. “I registered with the state as an official business, created a website, and invested in equipment to develop the company even further,” said Spirito.

“Having my own business has taught me to be more organized, maintain client relations, and develop confidence with my customers so that they know I will provide them with the best service every time,” said Spirito.

In addition, Spirito said that his business helped him get involved in the University's WMCX radio station where he now DJ's live every Friday night from 6 pm to 8 pm. His custom mixes won him the title of October's “DJ of the Month.”

Allied Entertainment is one of the new buzzes on campus regarding night life. Allied, a clever acronym for “All In Every Day” is a company Keith McPhearson, University senior, started this September by recruiting a small group of young entertainers.

“What we do is set up events providing DJs/MCs, promoters, and bartenders if needed for any kind of event. We plan to expand and become a lot bigger over the next year. The majority of the members right now are University students,” said McPhearson. “I came up with the idea after working for a few different companies and seeing how things were done in the DJ entertainment business. I know how hard it is to get gigs in a bar or book private parties alone as an independent DJ.”

McPhearson went on to explain that he has dealt with many different companies that do not always treat their employees right. “I wanted to

start my own thing, do it my way and do it right. I graduate in December and will have time to really take the next steps in furthering Allied Entertainment,” said McPhearson.

Flaccavento had business cards made with all of her contact information. “Selling yourself is everything,” said Flaccavento. “I give them out on campus, and leave them at places where I know girls will see them. Last semester I booked an entire day at Beach Bum Tanning Salon in Eatontown to do feather extensions because people were asking about them so often.” Flaccavento agrees that managing her own business has provided a wealth of insight into the professional world, highlighting the many benefits and challenges.

Starting your own business, of course, isn't for everyone. “As a matter of fact, it's only for a select few,” said Buzza. “That should not be a reason to at least explore the possibilities. Risk and reward are not for the faint of heart, but a prerequisite for any entrepreneur.”

Spirito agrees that time management is an essential factor for having your own business as a college student and can certainly be a challenge. “Keeping up with music genres can be overwhelming because everyone has different preferences,” said Spirito. Spirito manages tens of thousands of songs which he said alone takes up a significant amount of organization and dedication aside from school work.

Flaccavento, McPhearson, Spirito, and Buzza all agree that a solid business plan is most important part of creating your own company. “Gather as much information as you can about your business idea, and ask for help from faculty and industry professionals,” said Buzza. “Starting out on the right foot is critical to your long-term success.”



PHOTO COURTESY of Chris Spirito

DJ Chris Spirito uses his talents to run his own company “All Shore Entertainment.”

Kara Hunt, consider the college experience an opportunity to gain real world exposure in their perspective field.

Some students, however, think outside the box.

If you type the word “college” into the search bar of urbandictionary.com, an online website in which users can submit their own definition

at a private institution costs well over \$100,000.

During that four-year period, if you need to pay off loans after graduation, the smart and most obvious thing to do would be to save money. However, college students and the idea of saving money go together like water and oil. Most part-time jobs don't pay enough to

towns.

According to Professor John Buzza, Director of the Center for Entrepreneurship, “Starting a business while in college, even with a group of friends, gives you a perspective of the business world that you may not learn in a classroom. It also gets you out into the business arena where you can network and learn the valuable

A Daily Dose of Vitamin Goodness

Vitamins continued from pg. 1

Centrum, Nature Made, Nordic Naturals, and Twin Lab. Local vitamin shops such as The Vitamin Shoppe on Route 36 in Eatontown, Walgreens on Route 26 in West Long Branch, and Ace Pharmacy located on Broadway in Long Branch offer a variety of vitamin brands for consumers to choose from.

According to the Harvard School of Public Health, the key components you must look for in a supplement are the vitamins B6, B12, D, E and folic acid. Studies performed in the school show that vitamin A is responsible for repair and restores the growth of tissues, B6 vitamins promote healthy skin and are the building blocks of protein, vitamin B12 maintains a healthy nervous system and increases energy, vitamin D is required for healthy bones and joints, vitamin C builds immunity, and vitamin E aids in bringing nourishment to cells. In addition, folic acid may lower the risk of heart disease, colon cancer, and breast cancer.

Nicole Andretta, a senior, said that she takes a multi-vitamin, calcium, and echinacea, which she purchases at the Vitamin Shoppe or Vitamin World. “I try to take them every day to boost my immunity levels,” said Andretta.

One supplement that is currently a trend is cod liver oil. According to Carlson Labs, a leading supplier in nutritional supplements, cod liver oil is a nutritional supplement derived from the liver of cod fish and contains high levels of the omega-3 fatty acids, EPA and DHA, and very high levels of vitamin A and vitamin D. Cod liver oil is widely taken to ease the pain and joint stiffness associated with arthritis, says Carlson labs.

While taking supplements is a straight-forward approach to getting your vitamins and minerals, there are other options as well. Harris adds people can get added vitamins and minerals from their foods and juices, as opposed to tak-

Studies and professional nurse practitioner. Knapp mentions that foods that are rich in vitamin D include omega-3 fish oils, orange juice, soy milk, low fat milk, and oatmeal.

Fresh vitamin rich foods can be

grown in your own or in a community garden,” said Dr. Bojana Beric, Assistant Professor of Health Studies and Co-Director of Center for Human and Community Wellness.

Freshly squeezed fruit and vegetable juices may also be the daily

every day, lists foods like carrots, leafy greens, peppers and citrus fruits to maintain good vision, immunity and dental health.

Brian Haliskoe, a senior, said the only vitamin he takes is vitamin C, and only if he feels a cold coming on. Otherwise, Haliskoe says that he doesn't believe in taking supplements and opts to get his nutrients the old-fashioned way, through his daily diet.

If taking vitamins isn't part of your daily lifestyle, Dr. Sharon Stark, Associate Dean/Associate Professor in the School of Nursing and Health Studies, agrees that “the best source of vitamins is in the natural products we eat, however we aren't sure how those foods are grown (pesticides, preservatives, etc.) so we may actually be losing valuable vitamins.”

Serious disorders and deficiencies can still develop if the diet does not meet your body's needs. According to vitamindcouncil.org, the common causes of these vitamin deficiencies include poor eating habits, alcoholism, emotional stress, the improper absorption of vitamins and minerals, the intake of medicines that interfere with the ingestion of vitamins and lack of exposure to sunlight.

Be sure to abide by the old adage “everything in moderation” when it comes to taking vitamin and mineral supplements. According to health.org, when taken in excess, the fat-soluble vitamins A, D, E and K are stored in body fat tissues. This can lead to toxic buildup in the liver, brain and heart. Excess amounts of water-soluble vitamins, on the other hand, are less hazardous because they are eliminated from the body in the urine.

Before starting a vitamin regimen, it is important to speak with your doctor or healthcare physician.



PHOTO COURTESY of 123rf.com

The table of vitamins identifies various foods and their respective vitamin contents.

ing too many supplements. “Nature is on our side,” she said.

“A balanced diet normally supplies sufficient vitamins,” said Rose Knapp, Assistant Professor in the School of Nursing and Health

purchased locally through farmers markets and the organic section of the local food store. “An excellent source of some vitamins and minerals are fresh fruit and vegetables organically grown, and if possible,

source of vitamins and minerals your body needs. The Environmental Working Group, an organization devoted to protecting society from toxic chemicals in food, water, air and the products we use



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Graduate School Information Session

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Wilson Hall Auditorium

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POLLAK THEATRE ECHOES WITH 'CIVIL WAR VOICES'

TIFFANY MATTERA
STAFF WRITER

One hundred fifty years after the American Civil War erupted between the Northern and Southern states, "Civil War Voices: Songs and Memoirs of Five Extraordinary Lives" was performed at the University to commemorate those affected by the war and bring new perspectives to history.

Students, professors, and townspeople gathered at Pollak Theatre this past Sunday to hear the testimonies of Joe Harris, Elizabeth Keckley, Theo Perry, Harriet Perry, and Joshua Chamberlain through music.

Ten phenomenal actors and two flawless musicians brought history to life through their emotional portrayals of prominent events both large and small, as told through author James R. Harris's play and composer Mark Hayes's music.

The physical setting of the stage, though simple, was equally functional and symbolic. The stage was bordered by multiple American flags through all of its phases, as the actors sat or stood on and around wooden benches.

When scenes changed from one to another, it was subtle yet effective as the lights were altered, benches were moved, and actors changed coats to transform themselves into other characters.

The women wore frilly patterned long dresses with hoop skirts, while the men were fashioned with suits. There were few props, one being bayonets that were nearly the size of the men in the show.

One of the most moving sto-

ries presented was that of Elizabeth Keckley, a woman who went from slavery to Mary Todd Lincoln's seamstress and close friend.

In the beginning, she and her son George served a master in the South, until working as a small town seamstress and fundraising through clients, purchased their freedom with \$1,200. George went on to attend college, and was initially refused entry into the Northern army, but was accepted after lying about his ancestry.

George died in battle, leaving Elizabeth alone. However, the Lincoln's treated her as one of the family and following Lincoln's death, Elizabeth stated, "No common mortal had died. The Moses of my people died at the moment of his triumph. The whole world bowed their heads in grief when Abraham Lincoln died."

She also mentioned that the flags were black that day.

Another memorable story concerned the romance between Theo and Harriet Perry, a Texan couple. After Theo joined the rebels, the

During his absence their daughter, referred to as Sugarlumpy, got sick and died, and their son Theo, was born. The children took a great toll on Harriet, but she was comforted by constantly reading Theo's letters that were filled with sweet phrases like "home isn't home without you" and "I'm coming back if I go 10,000 miles."

Although it was predictable that he would not return home, her devastating reaction was enough to initiate tears in the eyes of some audience members.

Not all of the performance was somber. There was a humorous scene where Southern soldiers were "eating goober peas," and inspiring scenes when slaves won their freedom. Included within this point were traditional songs like

"When Johnny Comes Marching Home" and "Amazing Grace," as well as original material.

There were times when both sides supported the same causes. This concept was illustrated best when the actors were split in half facing one another yelling, "God Save the South" and "God save the North."



PHOTO COURTESY of wolfltrap.com

In "Civil War Voices: Songs and Memoirs of Five Extraordinary Lives," actors brought individual stories about people involved on both sides of the Civil War to life.

"I definitely learned from a new perspective than what I learned in school. This showed a more personal dynamic of the war and their own personal feelings."

ANNA CHAMBERLAIN
Sophomore

couple wrote letters back and forth the entire time Theo was fighting, spanning close to a year.

actors were split in half facing one another yelling, "God Save the South" and "God save the North."

They got their inspiration from the same places and were so convinced that God was on their side. Additionally, as time drew closer to the end of the war, everyone wanted peace. Hence 1895 became known as a "year of war and of peace."

Ryan Kelly, freshman, joked "I was a little lost with the singing. It's not as though the song and dance was in the journals!"

Anna Chamberlain, sophomore, enjoyed the performance greatly. She said, "I thought the show was quite interesting from what I expected. At first I thought it was going to be really boring with several drawn out monologues. However, when it turned out to be a musical I was really surprised and I enjoyed it. My favorite part was the songs between Theo and Harriet, see-

ing as I am a hopeless romantic at heart. I also liked that there was a character with the same name as me. I definitely learned from a new perspective than what I learned in school. This showed a more personal dynamic of the war, and their own personal feelings."

The performance turned out to be an enlightening experience as the actors were beyond believable in their performances. I was glad to return to American history, however, the performance was a bit long peaking at just over two hours.

Overall, "Civil War Voices" brought a sense of reality to a generation unfamiliar with this unforgettable time in America that resulted in the death of 620,000 Americans, and the freedom of 4,000,000 African Americans.

Some Songs Stronger Than Others on New Kelly Clarkson Album

NICOLE MASSABROOK
STAFF WRITER

In a time when it is hard to find a pop album that isn't auto-tuned to death, Kelly Clarkson's *Stronger* is a welcome change.

Clarkson is a vocal powerhouse who could sing items off a grocery list and sound phenomenal. So it isn't surprising the first "American Idol" winner's voice is flawless on her fifth studio album.

Clarkson traded in much of the electro-pop that was found on her last album, 2009's *All I Ever Wanted*, for an edgier, slightly more urban sound. *Stronger* still works as a dance album even though Clarkson scaled back the synthesizer and added some more electric guitar riffs.

Stronger doesn't exactly have the strongest opening, though. The album's first single and track "Mr. Know It All" is a bit more generic than the rest of the album. Clarkson is feisty, and most of the album displays her sass and tough cookie attitude.

"You Can't Win" is one of the best tracks, but for some reason it was put towards the end of the album. It has the fury and vigor that Clarkson has pretty much perfected ever since "Since U Been Gone" and deals with the feeling of never being good enough as when Clarkson sings, "If it's wrong...you're nailing it/If it's right...you always miss."

"I Forgive You" is a fantastic track that opens boldly with the lines "I forgive you, I forgive me/ Now when do I start to feel again." The song deals with the frustration

of getting over a relationship and attempting to move on.

"Dark Side" is a vulnerable tune that has Clarkson questioning if the person she loves will love all her bad qualities, as with the lyric, "If I show it to you now/Will it make you run away/Or will you stay even if it

who believes she is naïve. The math analogy seems a little silly in the beginning, but it gets even worse when the chorus ends with "dumb plus dumb equals you." Really?

There are four songwriters credited for the track (Toby Gab, Bridget Kelly, and James Fauntleroy with

Own Heart" seem like they were only on the album because there has to be a couple of ballads to break up the flow of the album a little bit.

Clarkson spends most of the album frustrated and angry, and it feels awkward listening to her tell

judge me, love me/If you're hating me, do it honestly." She finds a classy way to tell people that it's fine if they hate her, but asks them not to pretend they like her.

The deluxe version includes four bonus tracks. Jason Aldean's "Don't You Wanna Stay," which Clarkson is featured on, and a duet with "American Idol" judge Kara DioGuardi called "Sun Will Rise." Both are country tunes, but only one of them is worth listening to.

Aldean's heartbreaking duet already proved to be a hit this summer, but the duet with DioGuardi doesn't have the same potential. It's a pop song, but every time DioGuardi's voice comes on, a banjo starts up and suddenly it's a country song. The two genres can be combined well (just ask Taylor Swift), but here it feels forced.

The two other bonus tracks are "Alone," about distance in a relationship, and "Don't Be a Girl About It," where Clarkson asks her boyfriend to stop being such a "girl."

The latter probably didn't make the regular version of the album because, although it's a good song, it heavily promotes gender stereotypes. The former though is probably one of the best tracks, and it's confusing as to why it wasn't included on the regular version.

In the end, it's Kelly Clarkson with a typical album filled with songs about breaking up, moving on and coming out of a bad relationship stronger than ever (hence the title).

It's not an ingenious, groundbreaking, innovative album, but that doesn't mean that it can't be a good listen.



PHOTO COURTESY of kellyclarkson.com

For the most part, Kelly Clarkson's new album, *Stronger*, has a number of songs that use her firm vocals although some tunes don't fair as well.

hurts."

That isn't to say that all of the lyrics are smart. "Einstein," ironically, has some of the most idiotic lyrics. It is a catchy, fun track about Clarkson ending a bad relationship with a guy

Clarkson), and not one of them could come up with anything slightly more articulate?

Two of the three ballads on the album feel a bit forced. "Standing in Front of You" and "Breaking Your

a lover, "I'll be here in the morning," in between tracks about breaking up and moving on.

"Honestly" is the only ballad that feels, for lack of better term, honest. Clarkson belts, "You can

Global Understanding Through Percussion and Song

DAN STE. MAIRE
STAFF WRITER

Pollak Theatre hosted its first Caravanserai event October 27, featuring qawwali music performed by Qawal Najmuddin Saifuddin and Brothers and percussion compositions performed by the Tari Khan Ensemble.

The Caravanserai is described as “a place where cultures meet” and “celebrate global diversity, building bridges to a better tomorrow.” The event was sponsored by the University Center of Distinction for the Arts and supervised by Dean Stanton Green.

“We are one of five venues and the only university in the U.S. selected for Caravanserai,” Green said. “The program features Islamic art and culture. This programming is the fifth in the School’s annual Cultural Understanding programming where the aim is to bridge cultures through the arts.”

The night started with tour road manager Lindajoy Fenley welcoming guests to the event and commenting on the group’s “wonderful week” at the University where she and the musicians felt “welcomed” and “so at home.” Fenley described Caravanserai as “a beautiful word, and a really beautiful experience.”

Ustad Tari Khan, a renowned world-class percussionist, was the first to perform on his hand drums known as Tablas. Similar to bongos, Tari Khan used two different hand drums that varied in size, creating various sounds and pitches. The larger of the two drums was deeper in tone, and the pitch was able to be



PHOTO COURTESY of caravanserai-arts.org

Qawal Najmuddin Saifuddin and Brothers, a qawwali singing group, performed at Pollak Theatre last week as part of the first Caravanserai event on campus. The Tari Kahn Ensemble (not pictured) also performed.

altered through applying pressure.

Tari Khan, referring to the audience as friends, would mouth the various rhythms and pitches before replicating them on the Tablas. His hands and fingers would move swiftly across the skin, creating a mixture of sounds from an earthquake rumble to the faint patters of the rain. Audience members could be seen drumming their fingers and tapping their legs, eventually being invited to participate in clapping to the beat as Tari Khan pounded intricate rhythms.

Tari Khan also hosted a drum circle last Wednesday night, which was open to the University and other parts of New Jersey including Princ-

eton, attracting over 150 people. Vaune Peck, Director for the University’s Center of Distinction for Arts, planned and attended the event.

“The audience included participants from workshops, and the drum circle, students and faculty from the University, Brookdale Community College and Georgian Court University, and individuals from the general community which included Muslim and Pakistani residents,” Peck said. “It was an impressive and diverse audience.”

After the Tablas performance, Tari Khan’s student Abid Hussain came on stage to perform with his student Rasheed Abdul on Dhol drums. The

Dhol drums are much bigger in size compared to the Tablas and were strapped over the necks of Hussain and Abdul who played with a drum stick at one end and a curved stick on the other.

While Tari Khan played a mixture of songs and spoke to the audience, Hussain and Abdul continuously drummed a mix of snare and heavy bass similar to tribal music.

Using various polyrhythmic techniques, their arms flailed side-by-side to create a pulsating room of big sounds. At times, Hussain drummed furiously as his student Abdul followed in a calmer rhythm, helping to emphasize the pace.

At one point, Hussain moved to center stage and started spinning with the drum still on his shoulders.

Hussain’s drumming slowed down for a moment as he spun faster. When his drum rose up, the crowd cheered him on.

Soon afterwards, Abdul put his drum strap around Hussain, and the teacher spun with two Dhol drums, one in front and one on his back. Hussain continued to pound the rhythm without stopping, inviting the crowd to join in.

Eric Swanson of Long Branch was invited to the event by Thomas Pearson, Provost to the University, and was left speechless after the performance.

“The drum spinning they were

doing was absolutely intense. They were absolutely wild, and Tari Khan just left you in trance,” Swanson said.

The final act for the Caravanserai event was the qawwali singing group, Qawal Najmuddin Saifuddin and Brothers. It consisted of five brothers and a second cousin that are continuing a 750 year tradition of entertaining the world with their mystical singing. While the second cousin and a brother hand drummed, two brothers played harmoniums, and the five brothers would trade off in singing grand melodies.

The group started their performance with a song prayer to God that had a slow start, but once the drums began to pulse, the song took a wide turn to a grand rejoice. Coming from only a few passionate voices, the music they created sounded like a large choir. Their dynamic could be soothing and highly pulsing. Beautiful chants left the audience in a trance of spiritual connection as they extended their hands to the heavens.

Peck believed Caravanserai was “perfectly aligned” with the University’s desire of promoting global understanding. “The University has always taken a leadership role in promoting world peace, providing opportunities like Caravanserai that allow for open dialogue and the creation of new pathways towards greater understanding and tolerance.”

The University will be hosting two more Caravanserai events in the upcoming year, including a screening of the film *Made in Pakistan* with filmmaker Ayesha Kahn on campus to discuss the film on February 21, 2012.

In Time is Off a Couple of Minutes

MATTHEW FISHER
ENTERTAINMENT EDITOR

Growing up, I was never a big fan of Justin Timberlake and N*Sync (although I couldn’t avoid the songs). However, I have started to appreciate Timberlake’s acting talent after his incredible portrayal of Napster founder, Sean Parker, in *The Social Network* and strong comedic acting in *Friends with Benefits*.

In the new sci-fi film, *In Time* (originally titled *Immortal*), Timberlake attempts to broaden his acting abilities further in a more dramatic and action-packed venue. While Timberlake works with what he has, he is unable to resolve a rather dull story about a world where time is literally money and people don’t age past 25 as long as they can afford it.

In Time follows Will Salas (Timberlake), who lives in the poor part of the city with his mother, Rachel (Olivia Wilde), and works at a factory to earn money/time making cartridges that store time.

One night at a bar, Will meets Henry Hamilton (Matt Bommer), who has a century’s worth of time and saves Henry from getting killed by local thugs for his chronocurrency. While hiding out, Will shares a conversation with Henry about life and the cost of living. When Henry asks Will what he would do with Henry’s years, Will says he wouldn’t waste them.

The next morning, Will discovers Henry has given him his time and left a message that reads, “Don’t waste my time” before Henry dies. With all this time, Will can finally help his mother and himself get the life they deserve. When tragedy strikes Will, he travels to New Greenwich, where the rich lives and meets Sylvia Weiss (Amanda Seyfried), daughter of wealthy businessman, Philippe Weiss (a dastardly Vincent Kartheiser).

However, at the same time, Will is being hunted down by the police, lead by Timekeeper Raymond Leon (Cillian Murphy), who believes Will was responsible for Henry’s death. Soon, Will finds himself on the run and trying to break down the status quo as he develops an attraction for Sylvia on this time sensitive adventure.

It is great to see Timberlake branching himself out yet he doesn’t get the chance to really be an action hero here. Sure he’s presented with scenes sprinting through cities and deserts, some exciting car chases, and a few close-combat situations that show he can utilize this world, but he deserved more. Despite his demeanor and style, he appears more like a character in a music video.

While the ingredients are all there for an action hero, *In Time* doesn’t give Timberlake the action role he needs like *Wanted* did for James McAvoy.

Seyfried, who can usually make her roles interesting, is dreary for most of her introduction. In fact, when we see Sylvia in her house after her father introduces her, Seyfried makes Sylvia act robotic as do most of the rich in New Greenwich. It is only when she finds herself robbed of time and living minute by minute that she gives Sylvia depth.

Murphy tries to make the most of his role but just doesn’t give the emotion he’s capable of. Sure, Raymond Leon is a cold, calculating law enforcer but he should feel human, too. This isn’t an emotionless world like *Equilibrium*.

Certain moments allow Murphy to give Raymond flavor as when he first meets Will and is condescending, but it is not enough.

Writer and director Andrew Niccol (*Gattaca*) has an interesting idea but has trouble keeping it in time (pun intended). He thrusts the audience into this future but leaves out details. After 10 minutes, we understand how this world operates but

things feel omitted.

Questions ran rampant through my mind like the year, when did the world change, what happens if you lose an arm, how do people know how much time they spend/share, and how does this clock work? Plus, using time in the vernacular is clever, but gets tiring with lines like: “He timed himself out,” “Crossing time zones,” “I am a timekeeper,” and “Give me some time.”

Yet, Niccol manages to offer some interesting developments even if it doesn’t deter from the film’s glitches. Since, everyone looks 25 it is hard to know who is young and old. Some 30-year-old guy at a bar might be hooking up with a 60-year-old woman for all he knows, which is what makes many of the crowd scenes rather fun.

The writer also recreates arm wrestling to be less about strength and more focused on how far someone can go before their clock stops. This is done rather nicely when neighborhood thug, Will Fortis (Alex Pettyfer) engages in time wrestling to illustrate this deadly game.

Niccol’s direction works well when people look at their time and see they only have minutes left to either die or grab time. A rush of tension and excitement can run through the viewers as the minutes wind down.

When Will is playing poker and gambles years of his life, the viewer is left on the edge as seconds tick by in their green glow and approach zero. These scenes are the best of the film and generally capture the feeling Niccol wants the viewer to have of living every second, but it doesn’t last.

The rest of the film falters around with scenes having either no life or excitement as dialogue drags even when important matters are being

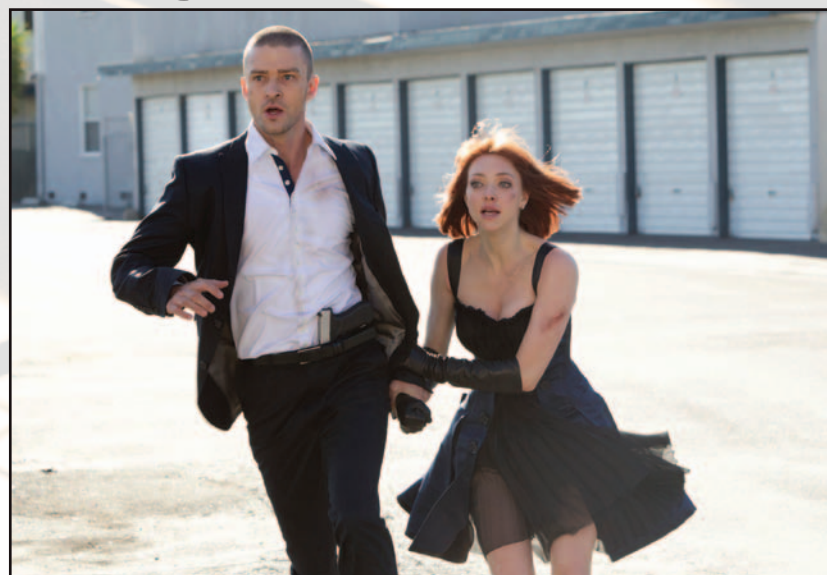


PHOTO COURTESY of movies.inquirer.net

In a world where people can be immortal as long as they can pay, Will Salas (Justin Timberlake) is given more time than he ever imagined in the new sci-fi film, *In Time*. However, he finds that it cost more than he expected, especially when he meets socialite Sylvia Weiss (Amanda Seyfried).

discussed. When Will and Sylvia are sitting in a car after an escape, their love doesn’t flow naturally, their discussion fizzles, and the character development is dense. Additionally, certain chase scenes involving Will and Sylvia evading the cops through areas like a desert road or busy city don’t offer the drive they should expect for a midnight rooftop pursuit.

One of the more interesting aspects of *In Time* is how it appears like a futuristic *Bonnie and Clyde*, where Will and Sylvia steal time from banks and give to the poor. Yet, Niccol plays around with this concept but never utilizes it as much as he should with news coverage of the heists and another job teased at the end. This should have been more of a focus than grabbing a larger prize, which Sylvia’s father holds.

It isn’t hard to see Niccol wants *In Time* to be an insightful look at humanity in the future via *Minority Report* and *A.I.: Artificial Intelligence*. Cinematographer Richard Deakins

helps to develop this cold world and the lighting of gold, swampy green and sterile white define the scenes further.

However, while *Minority Report*, *A.I.*, and even *Real Steel* looked familiar despite being decades into the future, *In Time* doesn’t have that same quality and breaks the reliability with the audience. Still, the themes of the film do stay in balance including the battle between the rich and poor, overpopulation, and appreciating each second of your life.

After Will finishes playing poker, Sylvia said to him, “Having fun, Mr. Salas?” I would say yes and no since the premise of the film sounds good but *In Time* doesn’t tick-tock as much as it should. It made me think this story would have worked better as a video game or comic book where it could take time to explore particular aspects of this futures instead of rushing head first.

“Mission: Philosophy” Pioneers Forward

Students Fight to Organize Philosophy Major

NANA BONSU
STAFF WRITER

What initially began as five inspired college students pushing to add another field of study to the curriculum has become a well-supported movement to encourage the University to offer its students philosophy as a major.

In the fall 2010, five students, Jessica Celestino, Aziz Mama, Emily Curry, Matthew-Donald Sangster, and Andrew Bell, found themselves in the same intriguing existentialism class that left them with a new appreciation for philosophy and a love for the subject.

Once the group discovered that the University did not offer a philosophy major, they mobilized in spring 2011 and have since been working to add the major.

“Mission: Philosophy” promotes the philosophy major and all of the benefits it offers. In order to raise awareness about the movement, the executive board members of the Philosophy Club, who are also the pioneers of the movement, have made numerous presentations in first-year seminar classes and introductory classes in the social sciences and humanities, according to Curry, Secretary of the Philosophy Club and one of the movement’s pio-

neers.

“We wish to make the students aware of the lack of a philosophy major, gain student support, and encourage students interested in philosophy to declare a minor,” added Curry.

Philosophy was offered as a major at the University at one point in time during the 1980’s, but it was eventually dropped due to lack of student interest. “Many students don’t take philosophy seriously because there is not an obvious career path for a philosopher,” said Bell, Vice President of the Philosophy Club. “However, philosophy is extremely important in order to analyze things critically.”

The movement has garnered the support of many students, as well as professors and administrators.

“‘Mission: Philosophy’ has over 400 signatures of students who show their support along with a few students who have declared philosophy minors,” said Mama, Philosophy Club Treasurer. “We also have the support of a number of faculty who see having a major in philosophy as beneficial to both the students and the institution.”

Despite “Mission: Philosophy”’s strong support system, the movement and its founders have also encountered a few bumps in the road.

The lack of student support and awareness about both the philosophy major and minor has been one of the administration’s main reasons for not taking into consideration the message of “Mission: Philosophy.” “The biggest roadblock has been the staff and administration,” said Curry. “On one hand, we have a ton of wonderful faculty members who support our movement, but some administration has been telling us that we still haven’t gained enough student support, and we need to get more students interested and more declared minors.”

Apart from a lack of support from the faculty, students have also been slow to endorse the movement. “Some students are hesitant to show their support because they feel unsure of how philosophy could be helpful to them or why they should add a few extra classes to their schedules, but having a philosophy major would do more for the University as a whole than it would for students alone,” said Mama. “Most liberal arts universities have philoso-

phy majors, while Monmouth does not, and having the major would further support the liberal arts program established at Monmouth.”

Many of the movement’s pioneers are upperclassmen, and a concern of the group is ensuring that the movement and word of “Mission: Philosophy” continues to spread and stay alive. “It’s extremely important that this movement continues even after we graduate because this long, bureaucratic process will not be completed until after we graduate,” added Bell. “We are looking for fellow students that are interested in carrying the mission on.”

For those who feel that philosophy has nothing to offer them and does not enhance their major, the movement’s group members believe that everyone can benefit from at least the philosophy minor.

According to Curry, the idea of philosophy is to teach people how to think and how to use their thinking in any way, rather than using rigid facts and learning methods, and these teaching practices are what make philosophy diverse and relevant to people of any major or career field.

“Philosophy is a serious major when one looks at the kind of material that would fall into the category of philosophy,” said Mama. “Ethics, existentialism, logic, existence, and reason are all topics that merit equal consideration in any serious university trying to foster the growth of the minds of its students.”

In the upcoming weeks, the group plans to meet again with the administration to discuss its progress and support and set things in motion for the philosophy major curriculum program.



PHOTO COURTESY of Nana Bonsu

“Mission: Philosophy” has garnered 400 signatures from students dedicated to re-instituting the philosophy major.

The Woman Behind Student Success

Meet Dr. Mercy Azeke, Dean of the Center for Student Success

JENNIFER DWIGGINS
STAFF WRITER

The Center for Student Success (CSS) allows students to have access to the many programs and services that help students cope with the stresses of college. These include the academic rigors, determining and declaring an appropriate major, acquiring valuable leadership and work experiences, and making progress towards degree completion. The CSS houses all of the programs that help students accomplish these goals including the Office of First Year Advising, the Tutoring Center, Career Services, Experiential Education, Service Learning and Community Programs, the Department of Disability Services, the Writing Center, Supplemental Instruction, the Office of Transfer and Undeclared Services and the Educational Opportunity Fund (EOF). Dr. Mercy Azeke is the overseer for all of the programs encompassed by the CSS.

Azeke became the Dean of the CSS in October 2009. She is originally from Nigeria where she received her bachelor’s degree from the University of Nigeria in home economics education. She came to the States in 1980 with her husband. After a few months in the U.S., she de-

cidated with the help of her parents to go to graduate school at Temple University, where she received her master’s in curriculum instruction and doctorate degree in vocational education.

Azeke has worked in both public and private two-year and four-year institutions. Prior to coming to the University, she worked at Virginia Tech as the Director of Academic Advising and Student Services for the Undergraduate Program in Pamplin College of Business. Before that, Dr. Azeke served for several years as Executive Director of the First Year Experience at Norfolk State University. She has also worked at Lewis University in Romeoville, Illinois, where she was the first Director of Academic and Personal Support Services. Her areas of expertise include student development, enrollment management, student retention, academic advising, and academic and career services. She has also taught education courses at the undergraduate and graduate

levels.

Azeke truly enjoys working at the University because it is a



PHOTO COURTESY of Mercy Azeke

Dr. Mercy Azeke has been working in the Center for Student Success since 2009.

“close knit, family-oriented community.” She has found that the

students come into the CSS every day. Since Azeke has

administration is very caring and involved, and students are great and engaged. “My folks at CSS are the best,” said Azeke, “I feel truly blessed to be in this great institution and community.”

Azeke believes that the students are the greatest resources at the University. “The best part of my job is working with students,” said Azeke. “Without the students, the job is boring.” Azeke loves the field because it allows her to “bring needed support services to students”. She has been working with students for over 25 years.

“There was one point where I wanted to go into the medical field because I was strong in the sciences. It would have been nice to learn more about it and my parents would have been very happy, but I have no regrets about the field I am in currently.”

On average, 200 students come into the CSS every day. Since Azeke has

been at the University, a few new programs, such as Supplemental Instruction, have been implemented. Some areas in the CSS include activities such as academic skill workshops, career activities, writing-related workshops, service learning projects, and advising activities. CSS is taking their services to the students at various locations throughout the campus. The use of social media sites, websites and e-mails are main resources used to reach out to students.

Also, despite the poor economy, more and more University graduates and returning students are getting jobs, whether they be full-time, part-time, internships or service learning experiences. This is partly due to CSS’s programs and offices aimed to help the students. Additionally, she said that many more students are now opting to go to graduate school.

Azeke likes the direction that the CSS is headed, but she said that getting even more students to seek help from the programs would be ideal. “CSS is not only for students who are struggling. We also get graduate students and students who want to excel in their major.”

One day, Dr. Azeke would also like to replicate Monmouth’s CSS at the University of Nigeria.

A New Hope Against Malaria

SHAHARYAR AHMAD
SCIENCE EDITOR

According to the *New England Journal of Medicine* (NEJM), malaria affects 225 million people across the globe every year, killing over 781,000 people, mainly African children. Even though the morbidity rate of malaria has been reduced due to scale ups in malaria-control-interventions in recent years, the danger malaria poses to public health remains at the forefront of concerns throughout the globe.

The World Health Organization says malaria is caused by a parasite of the genera *Plasmodium* and is transmitted intravenously from the mosquito bite on the integument to the liver, where the erythrocytes (red blood cells) are infected. Common symptoms include fever, headache, and vomiting. If left untreated, malaria can become life-threatening by severely disrupting blood supply to the organs.

On October 18, preliminary results published in the NEJM of a phase three clinical trial in Africa provided hope to millions that a new vaccine for malaria may finally have been synthesized. The vaccine, created by GlaxoSmithKline (GSK) and PATH Malaria Vaccine Initiative, is called RTS,S and has been in development for more than 25 years with support from the Bill and Melinda Gates Foundation.

Prior phase two trials have shown that the RTS,S vaccine that targets the circumsporozoite protein with an adjuvant system (AS01 or AS02) has protected against the *Plasmodium falciparum* malaria in infants and young children.

In vaccination, an antigenic material (a weakened form of a pathogen) is introduced to the body, causing an immune response without causing a disease. The immune system then develops antibodies that attack and destroy the foreign pathogen. Afterwards, the antibodies circulate in the bloodstream and actually "remember" the pathogen so that if the antibodies ever come into contact with it again, the real

pathogen would be neutralized by the trained antibodies.

In synergy with the antigens within vaccines, adjuvant systems such as the AS01 developed by GSK optimize the interactions of the vaccine with the immune system to elicit an enhanced and better targeted immune response.

In the double blind phase three clinical trial for the malaria vaccine, there were 15,460 participants enrolled in the study, including 6537 infants six

per person-year in the control group, yielding a vaccine efficacy of 55.8%. Further analysis showed that for this age group, the vaccine efficacy against all clinical malaria episodes was 55.1%.

Michael Minkin, senior health studies major, said, "It's nowhere near effective, but at least it's a start. I would like to see its effectiveness increase to 80% before it goes out publicly. Since malaria can change forms, its effectiveness would probably de-

Genevieve Fasano, sophomore biology major, said, "It's amazing to see what modern medicine can bring these days. However, as more and more drugs are developed to combat disease, there will always be concerns about the so called evolutionary arms race between humans and diseases. If the parasite continues to evolve to resist the drugs we create, can we ever really design treatments that are truly effective?"

Michael Minkin, senior health

in the study, said, "Scientists have been working to develop a malaria vaccine for 40 years, and these findings show that we are on track in the development of a vaccine for African children, those who need it most."

The RTS,S/AS01 vaccine is specifically developed for children because their immune systems still have plasticity allowing them to continue developing; the lack of complete development therefore makes them extremely susceptible to disease.

According to CNN, Dr. Louis Macareo, who directs Walter Reed's clinical trial center in Kombewa, says this vaccine is different because instead of attacking the parasite, it seeks to boost the immune system. "When you get malaria, it spawns off a cascade of events in your body where your body produces antibodies that fight against the malaria," he said. "What we try to duplicate with the vaccine is to stimulate the body's immune system to produce similar antibodies."

Even though the clinical trials resulted in an efficacy of only about 50%, this vaccine can still help millions of people, despite the viewpoint which the field's most pessimistic experts, according to the *New York Times*, hold: "making a long lasting vaccine is impossible because even the 'perfect natural vaccine' – surviving repeated bouts of malaria – fades after a few years from the malarial area."

Andrew Witty, CEO of GSK, noted that his company does not intend to make a profit, going on to say that GSK has spent \$300 million to develop RTS,S and will provide the vaccine at five percent above the cost of production and reinvest the excess amount for research into the next malaria vaccine.

Today, society stares at the pendulum of medicine as it rocks with reverberating chords of socioeconomic factors, directly shaping the future well being of our species – all stemmed from a common root of asking, "Why" which remains to this day, the heart of all progression in science.

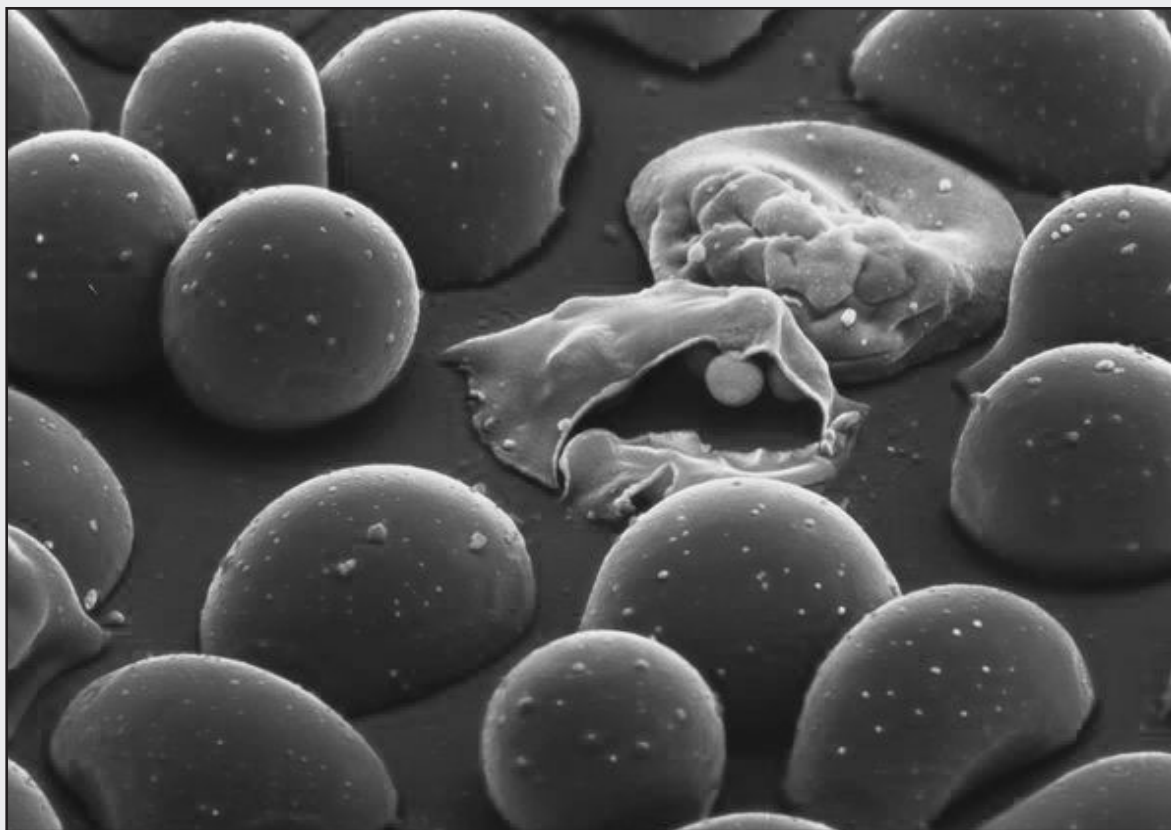


PHOTO COURTESY of nationalgeographic.com

Plasmodium falciparum, a human-infecting malaria parasite, digests a cell's hemoglobin, multiplies to the point of rupturing the cell, and rapidly spreads a new generation of infections.

to 12 weeks of age and 8293 children five to 17 months of age at the time of the first vaccination, according to the NEJM publication.

The first 6,000 children in the older age group showed during 12 months of follow-up the first episode of malaria meeting the primary case definition as 0.44 per person-year in the RTS,S/AS01 group and as 0.83

crease over time."

Sam Broadbent, sophomore chemistry major, said, "While the perfect vaccine for malaria has not yet been found, it is evident that the knowledge to combat against it is growing rapidly. It is now only a matter of time until the vaccine is able to go from curing 47 percent of those with malaria to a 90 percent cure rate."

studies major, said, "It's nowhere near effective, but at least it's a start. I would like to see its effectiveness increase to 80 percent before it goes out publicly. Since malaria can change forms, its effectiveness would probably decrease over time."

Dr. Mary Hamel of the U.S. Centers for Disease Control and Prevention, one of the principal investigators

Facebook Friend Your University

PATRICIA ALEX
MCT CAMPUS WIRE

Social networking tools, such as Facebook, blogging and Twitter, are fast becoming an integral part of college admissions around the country as students communicate with schools in the way that has become second nature to them.

More than 60 percent of schools are now using social media to recruit and contact students, which is a huge jump in just a few years, according to a survey done for the National Association of College Admissions Counseling.

And just about every college and university in New Jersey has recently started or is planning to launch some sort of social media campaign, from "live chats" online to Twitter updates and video campus tours.

Applicants to the University can now use videos submitted via Facebook — in lieu of essays — to tell the school why they should be accepted.

Online groups set up by Drew and Seton Hall Universities lets those admitted get to know each other before they ever set foot on campus, and Rutgers University freshmen are blogging for prospective students on school-sponsored sites. "It's the new and best thing, and you have to do it unless you want to look antiquated," said Peter Nacy, Vice President of undergraduate admissions at Seton Hall.

Last year, Seton Hall's admissions office put up a Facebook page for freshmen enrolling in the class of 2013, offering notices, news and a chance to interact with other students. The site grew quickly and now has nearly 850 members, out of a class of 1,140. "It doesn't take long at all when you put yourself out there," Nacy said.

Storm Wycke used such connections in making her decision about where to enroll. She corresponded with current and prospective students and got a virtual feel for the half dozen schools to which she'd been accepted.

Schools, and different groups and departments within those schools, have set up myriad Facebook groups over the last few years, everything from pages for math majors to alumni. Now, despite some hesitation, admissions offices are getting into the act.

Within the past couple of months, Montclair State University's admissions office has launched a Facebook page and opened a Twitter account, said Jason Langdon, Admissions Director.

"Students are so used to communicating this way," he said. "It's their channel. We want to interact with them."

Maintaining the networks is labor intensive. It often requires additional staff charged with monitoring the sites daily and responding to inquiries and posts. Some admissions

staffers have said they feel uncomfortable with the casual nature of conversation the medium engenders. But for the most part, it looks like online social networks are taking their place as a tool in recruiting and admissions.

Companies have sprung up on the Web that help students create online profiles suitable for admissions to help colleges reach out to students via social networking sites.

"By next year, college admissions officers won't be able to ignore this anymore," said Kristen Campbell, a director for Kaplan Test Prep. She said there has been a major shift among students as well. In the past, some were upset that admissions officers might see their personal Facebook pages, which are often a place for party pictures and off-color banter. Now, more students are reaching out to schools via Facebook.

"They've gone from being leery to thinking about it in a more savvy way," Campbell said. "They think 'Why not use Facebook to help me sell myself?'"

Kaplan found that 71 percent of admissions officers surveyed reported that they had been "friended" by prospective students. Once someone accepts your friend request, they generally have access to your online profile. Prudence remains a good rule of thumb, experts say.

"It would be important for students to keep in mind that we do

have access to their accounts once they've friended us," said Lauren Vento Cifelli, Admissions Director at the University. "They should present themselves in a positive way on these pages."

Some local admissions staffers said they likely wouldn't look at an applicant's Facebook page, but the prohibition is by no means universal. Nationally, about a quarter of admissions officers reported using search engines and social networking sites to check out candidates for scholarships or entry into selective programs, the college counseling group found. Only about 13 percent of schools have actual policies on the issue, Campbell said.

"A vast majority of schools are still trying to figure it out," she said. "In many ways social networking is the frontier, the Wild West." Though Facebook has become the predominant social networking site, some admissions offices are holding off for now. "We haven't found a huge desire for students to communicate with admissions through Facebook, it's more that they're connecting with other students," said Jon Wexler, admissions director at Fairleigh Dickinson University.

But Wexler and admissions officers at Ramapo College and William Paterson University said they are all exploring the use of sites such as Facebook. At Rutgers, there are several Facebook pages for the University but none specifically for admissions.

"We are unconvinced that this is the main way our population does college searches," said Lee Ann Dmochowski, senior admissions officer. "We're going to go for quality contacts versus that brain candy that is Facebook."

The office has opted for other social media, however. Rutgers student bloggers went live last month as members of the class of 2013 talk online with the prospective students in the class of 2014. The blogs now get more than 100 hits a day, Dmochowski said.

Monmouth admissions has embraced social media in a big way, and in late 2008 began a presence on Facebook, MySpace, Twitter, YouTube, and Ning, another social networking site.

The University recently announced it would allow students to make the optional video submission via Facebook, although none has yet been received, said Cifelli, the admissions director. "Monmouth wanted to bring part of the application to them using a medium they are comfortable with. We're excited to see how a student presents themselves, sells themselves," she said. "But grades in high school remain the most important factor."

Indeed, the experts say the medium would never supplant the staples of selection: grades and test scores. Said Campbell: "At the end of the day, being a Facebook friend with a college admissions officer is not going to make up for weak academics."

You Can't "Beat" This Fundraiser

TKE Hosts Annual Car Smash Behind the Student Center

BRIAN HALISKOE
STAFF WRITER

Tau Kappa Epsilon (TKE) hosted its second annual Car Smash last Wednesday, October 26, in an effort to raise money for St. Jude Children's Research Hospital. The event took place behind the Student Center, and participants were charged money to hit the car.

Participants were provided with safety goggles and a sledge hammer. Signing a waiver was required for liability reasons.

At the end of the day over \$200 was raised for St. Jude by donations of students, faculty, and staff.

Duquesne, the opposing team for Homecoming weekend, was painted on the car to help promote school spirit.

The car was donated by Mazza & Sons Demolition and Recycling. Mazza & Sons helped by towing the car to the Student Center and then towing it back to their Recycling Center, to salvage the scrap metal.

Joe Deller, sophomore, works at Mazza & Sons as a desk assistant. He is a member of Tau Kappa Epsilon and organized the event. He said, "I think it is a really good event, because it is interactive and everyone has an opportunity to participate. I've seen each department come and support St. Jude Children's Research Hospital and it does raise a lot of money. Plus it's fun!"

Demanuel Edmonson, senior, and current Vice President of TKE said, "I'm glad it's not just students participating but faculty and staff as well." When asked why students enjoyed hitting the car so much, he said, "It helps take frustrations out for midterms!"

However, students were not the only ones attracted to the event. Professor Richard Veit

said "The Car Smash was a great stress reliever and a lot of fun." He also noted that this was his first time donating to St. Jude.

Professor Joseph Patten said, "It was a great way to relieve some stress while helping a great cause. TKE did a great job in creating a lot of energy around the event and it's great to know the organization is helping awareness and funds for St. Jude Children's Hospital."

Specialized techniques were used when striking the car. Some ventured on top of the car and struck down, while others attacked from the side. All participants were cheered on when smashing, especially if you were a professor. However, one member of TKE stated he knew the correct way to strike.

Matthew Avellino, a biology major, said, "People think if you hold the sledge hammer at the bottom, you'll get a better swing. That is incorrect. You want to hold it mid-way and slide your top hand down. You have the weight of the sledge hammer, gravity bringing the weight down, and the force of your muscles exerting on the sledge hammer. That movement gives added force." He concluded that the car smash is great because, "If you're walking by, you can get out a little aggression. It helps with all the people to cheer you on."



Members of Tau Kappa Epsilon helped raise over \$200 for St. Jude Children's Research Hospital at their annual TKE Car Smash.

PHOTO COURTESY of Brian Haliskoe

TKE has always contributed to St. Jude Children's Research Hospital. So far this year they have organized a dodge-ball tournament and co-sponsored a dunk

tank event.

According to St. Jude Children's Research Hospital, their goal is to "advance cures, and means of prevention for pedi-

atric catastrophic diseases through research and treatment. No child is denied treatment based on race, religion or a family's ability to pay."

Social Media Expert Presents at Speaker Series

PRESS RELEASE

WEST LONG BRANCH, NJ -- Christine Rochelle, Vice President of Operations for PCG Digital Marketing, will be giving a presentation November 2 at 3:00 pm in room 234 of Plangere to offer students advice on the advancing social media field.

With her position at PCG, Rochelle travels with a team to propose compelling information about involving social media and other digital marketing strategies.

Prior to her work with PCG, Rochelle gained experience at *Star Magazine*, HRP, MTV.com, LifeStyler, Eatontown Patch and AOL.com. In addition she has been featured in *The New York Post*, Crushable, Get Busy Media, DrivingSales, Wanderlust & Lipstick, and Daily Single.

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

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Autism Awareness in 60 Seconds or Less

Sisters of Alpha Xi Delta Raise Money for Philanthropy

TAYLOR KELLY
CONTRIBUTING WRITER

Alpha Xi Delta hosted their first annual Minute to Win It contest for autism awareness at Pollak Theatre on Tuesday, October 25 at 10:00 pm. The sorority raised \$500 in ticket sales and all proceeds from the event went to the Autism Speaks organization.

Kae Crede, Public Relations Vice President for Alpha Xi Delta, said, "We chose 'Minute to Win it' because it is a fun and easy game show to copy. Since we are one of the newer organizations on campus it was tough finding an idea that has yet to be used, but we were really happy with the results."

In lieu of the occasion, Pollak was transformed into a party atmosphere, complete with DJ Spirito, two hosts, music, decorations, and a crowd. A door prize was raffled off among each attendant, and the winner went home with a basket of candy and four tickets to Six Flag's Frightfest.

The winning teams also received prizes for their achievements. Sororities and fraternities turned out in big numbers, each one rooting for their own contestants.

The concept of the event came from the popular TV game show of the same name. Teams of two competed against each other to see who could complete a task in less than sixty seconds. Elimination rounds would eventually determine first, second, and third place. First up were Zeta Tau Alpha



The sisters of Alpha Xi Delta raised \$500 for their philanthropy, Autism Speaks at their first annual Minute to Win It contest.

PHOTO COURTESY of Kay Crede

and Delta Phi Epsilon with a challenge called "the baby rattle." One member of each team had to move 25 gumballs from one soda bottle to another, one at a time. As the seconds passed, Delta Phi Epsilon came out on top with time to spare.

Other events like "defying gravity" challenged contestants to keep multiple balloons up in the air without allowing them to touch the ground. "Extreme hanky panky" consisted of one contestant removing every tissue from a box using only one hand. Balloons and

tissues were not the only things flying across stage as competitive contestants tried anything to achieve victory.

The semi-finals pinned Delta Phi Epsilon against Phi Kappa Psi in a challenge called the "paper dragon" in which Phi Kappa Psi

took the crown. Tau Kappa Epsilon and Zeta Tau Alpha played "flip your lid," and Zeta Tau Alpha won in a matter of one seconds.

A short intermission boasted a stepping performance by Alpha Kappa Alpha and more music that riled the crowd up once again.

In the competition for third place, Delta Phi Epsilon and Phi Kappa Psi participated in "stack attack" where one partner constructed a 36 cup pyramid, and the other took it down to form one single stack. Both teams suffered a few falls of the pyramid, but after much concentration and determination, Delta Phi Epsilon won for the bronze.

The finals became a competition between Zeta Tau Alpha and another Phi Kappa Psi team. The Autism Speaks Foundation became the highlight of this challenge as their symbol is a puzzle piece. The teams were dared to construct an identical puzzle in the fastest time. All four contestants had to channel their inner child in order to construct the puzzle the quickest.

The final countdown revealed Zeta Tau Alpha as the overall winner of the first Alpha Xi Delta Minute to Win It challenge.

Crede, said, "The event was a lot of fun and it was rewarding knowing that we were able to raise money for Autism Speaks in such a fun way."

With their first annual event for autism completed, Alpha Xi Delta proved they could win it for Autism Speaks.

MOCC Begins Tutoring in Public Speaking

PRESS RELEASE

WEST LONG BRANCH, NJ, OCTOBER 30: Monmouth Oral Communication Center has taken on the job of tutoring those in need of help with public speaking.

Tutoring will begin this week and take place in the Center of Student Success, located in the Rebecca Stafford Student Center. Students can sign up for public speaking tutoring on tutortrac.

Hours for Public Speaking tutoring are as follows: Monday 1:00-3:00 pm, Tuesday from 10:00 am -12:00 pm, Wednesday from 10:00 am - 3:00 pm, and Thursday from 10:00 am-12:00 pm and 1:00 pm - 3:00 pm. For questions or comments, e-mail Kyle Carty, MOCC President at s0724204@monmouth.edu. Hope to see you all there!

Public Speaking is one of the biggest and most common fears that people have. Don't let that be you! The MOCC is looking to help students who are uncomfortable in this challenge, as well as recruit students who feel comfortable speaking in public and helping others. Give it a shot!

Fat, Sick and Nearly Deadly Screening is a Success

PRESS RELEASE

West Long Branch, NJ-- The Monmouth Area Vegetarian Society (MAVS) and the Monmouth University chapter of the Public Relations Student Society of America (PRSSA) invited students and community members to a free screening of the award-winning documentary film Fat, Sick & Nearly Dead this past weekend. The film screening, which took place in the Samuel Hays Magill Commons Club on Sunday, October 30, at 1:00 pm, was followed by a special Q&A session with the film's star and director, Joe Cross.

As part of the festivities, guests were encouraged to contribute to and take part in a vegan potluck. Guests had the opportunity to sample vegan cookies and cupcakes, wraps and sandwiches, squash casserole, a lentil loaf, and cold press juices. Each guest also had the opportunity to try Dean's Natural Food Market's Lemon-Made juice consisting of lemon, apple, and ginger.

"I loved the vegan potluck. Trying all of the delicious dishes encouraged me to improve my health by incorporating more natural, healthy options into my diet," said Amanda Henry, a Monmouth University junior.

The film screening had a strong turnout of Monmouth students and health enthusiasts from as far away as Washington D.C.

"We were proud to partner with the Monmouth Area Vegetarian Society and Professor Mary Harris to bring Joe Cross, a well recognized figure in the health community, to Monmouth to lend insight into the benefits of healthy alternative lifestyle choices. I think Monmouth University students and community members came away with a much greater understanding of how to live healthier," said Kimberly Mahon, co-president of PRSSA.

For information about Joe Cross, Fat, Sick & Nearly Dead or the Reboot Your Life juice mission, please visit <http://fatsickandnearlydead.com/> and <http://jointhereboot.com/>. Or, for more information about the Monmouth Area Vegetarian Society, contact Mary Harris at mcharris@monmouth.edu.

Club and Greek Announcements

The Outdoors Club

The Outdoors Club will be hosting a paintball trip on November 12 at 8:30 am at Top Gun Paintball which is located across the street from Six Flags.

If you are interested in going please email Travis Jenkins at s0818846@monmouth.edu by Wednesday, November 3.

The price to paintball is \$40. This includes your gun, mask, tank, all day play, and unlimited air refills. Please note that it does not include paint and you will have to purchase their paint.

Paintball is a lot of fun, come out and try it.

If you have any questions or concerns don't hesitate to contact me.

Delta Phi Epsilon

The sisters of Delta Phi Epsilon would like to thank everyone who came out and supported us at Lip Sync on October 12!

We were able to raise \$1,100 and we have all of you to thank!

We want to give a special thanks to Phi Kappa Psi, Alpha Xi Delta, Sigma Pi, Theta Xi, and Sigma Tau Gamma for participating and doing such a fantastic job!

Keep an eye out for Delta Phi Epsilon's next event next semester!

Begin by Believing

Begin by Believing will be holding meetings on November 9 and 16 at 3:30 pm in McAllan room 227. They are both open to all MU students. Thanks!

LASO

The Latin American Student Organization (LASO) now offers students with an opportunity to practice their Spanish every week!

LASO now holds conversation practices from 5:00-5:30 pm on Thursdays in the Student Center.

The first meeting will take place this Thursday, November 3 in room 202b.

All meetings after November 3 will be in room 202a.

All new members are welcome to come and practice speaking in Spanish. Hasta Jueves!

If you have any questions, please contact Tess La Fera at s0779102@monmouth.edu.

Economics and Finance Club

The Economics and Finance Club will be meeting every Wednesday at 2:30 pm in Bey Hall, room 231.

Students can check out our website for further information as well as our calendar of events at muefc.wordpress.com.

Alpha Xi Delta

Thank you to everyone who came out last Tuesday to Alpha Xi Delta's first annual Minute to Win it event!

Congratulations to the first place winners, the ladies of Zeta Tau Alpha.

Together we raised a great amount of donations for our philanthropy, Autism Speaks.



Where do you see yourself in 10 years?

COMPILED BY: JACKLYN KOUEFATI



Carlos
sophomore

"Married with two kids, a third on the way, and having a job at an accounting firm."



Katie
sophomore

"Working in the ABC studio behind the scenes and editing movies."



Kiley
senior

"With a job and getting close to starting a family."



Mary
sophomore

"Having a career in the health field."



Elisha
sophomore

"With a job and married with kids."



Marissa
senior

"In Hawaii being a lawyer."



Jenna
sophomore

"Employed and married with kids."



Sarah
sophomore

"Working in public relations and not living in New Jersey."



Gina
junior

"With my masters and doing something in social work."



Matt
sophomore

"Owning my own garage."

NOVEMBER EVENTS

2nd thru 16th

Can you believe it's November already? Come out to this weeks' campus events to get involved around campus! Family Weekend begins on the 11th with a Murder Mystery at 7pm in Anacon and ends with Casino Night* on the 12th at 7pm in Anacon

MONMOUTH PRIDE

- 4th- Men's Soccer vs Mt. St. Mary's
7pm Soccer Field
- 6th- Men's Soccer vs Mt. St. Mary's
1pm Soccer Field
- 12th- Football vs U at Albany
12pm Kessler Field
- 13th- Women's Basketball vs UMBC
3pm MAC

SPECIAL EVENTS

- 2nd- Scented Gel Scapes 12-4pm RSSC*
- 3rd- Break the Cycle, Be the Change
10-11:15am, 2:30-3:45pm Anacon
Bingo Night 6:40 Catholic Center
- 5th- JOEL MCHALE 8:30pm MAC*
- 8th- Visiting Writer, Michael Waters
4:30pm Wilson Auditorium
Invisible Children- Tony 8pm Wilson
- 9th- Monmouth Idol 10pm Pollak
"Crimes of the Heart" Beth Henley
8pm Woods Theatre (thru the 13th)
- 10th- Puzzle Project Opening Reception*
7:30pm Pollak Gallery
Birth-day Party 7pm Catholic Center
- 14th- Save a Life Tour 10am-4pm Anacon*
- 16th- Comedy Night: Geoff Keith 7pm Java City*

MOVIES & LOUNGES

Located in Oakwood Lounge

- 3rd- Late Night Lounge 10pm
- 4th- The Help. 7pm & 11pm
- 5th- Transformers 3. 7pm & 11pm
- 11th- Kung Fu Panda 2 7pm & 11pm
- 12th- Crazy Stupid Love 7pm & 11pm



* brought to you by SAB

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November 5th
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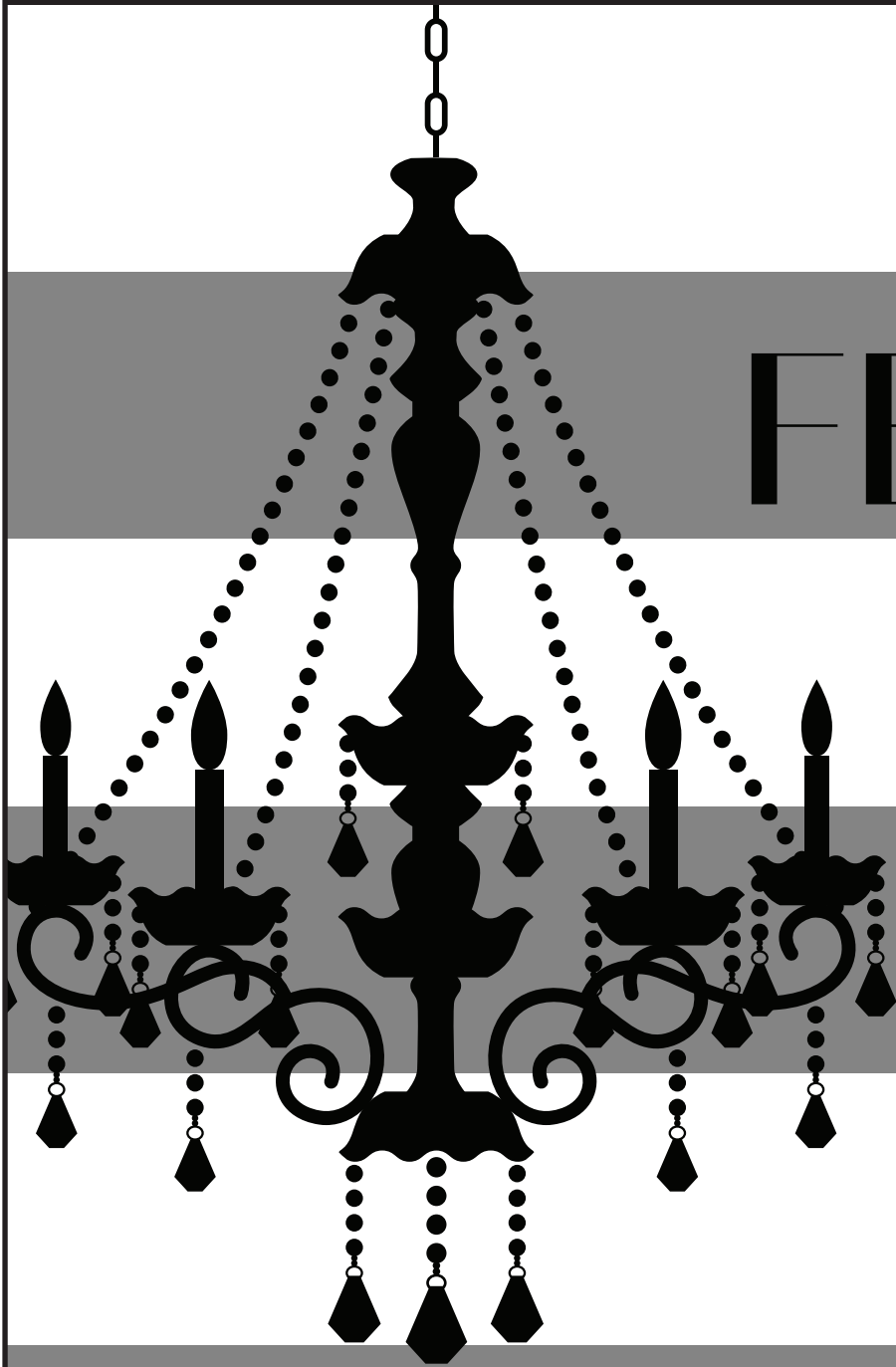
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OSCAR BLANDI
& MORE

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DERMALOGICA
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'30 Days of Night' Has Year-Round Horror

MATTHEW FISHER
COMICS EDITOR

By the time this article gets published, Halloween will be over. However, when it comes to comic books, the ghouls, monsters and frights of Halloween are nonstop. For example, within DC Comics' relaunch, they are presenting new tales of their Frankenstein monster in "Frankenstein: Agent of S.H.A.D.E.," developing distinct bloodsuckers in "I, Vampire," and bringing together their magical heroes and anti-heroes in "Justice League Dark."

Marvel is also having a monster bash with their new miniseries "Legion of Monsters," which features creatures like Morbius, the Living Vampire and Manphibian uniting with Elsa Bloodstone to deal with the supernatural horrors of their world.

Yet, if there was only one comic that could be picked to keep the Halloween spirit alive in the comic book community, it would have to be "30 Days of Night" from IDW.

Created by writer Steve Niles and artist Ben Templesmith in 2002, "30 Days of Night" was a three issue miniseries that focused on the fictional town of Barrow, Alaska, which experiences a month of darkness every year. However, this year, some unexpected vampires came to town to enjoy a smorgasbord of human blood. While the book offered a strong, original, and terrifying take on the vampire mythos, Niles also helped to reinvent horror comics for a new generation.

However, "30 Days of Night" was not always planned out as a comic book but originally set to be a movie that was continuously turned down ("30 Days of Night" finally became a movie in 2007 with a DVD sequel in 2010). "I pitched it to just blank faces. And they'd say, 'It sounds like *Buffy*,' it

sounds like *Buffy*.' And honestly I had just about given up," Niles told IGN.com in 2007. Things changed, though, when Niles got a call from IDW and he presented them with the "30 Days of Night" story.

Niles continued to tell IGN.com, "And the day the ad for the first issue hit, we started getting calls from every studio, every producer, even people I had pitched before. People to this day deny that they rejected it, and I love it! Even one of the producers on the movie had originally rejected it."

Since then, IDW has published sequels to "30 Days of Night" to establish a trilogy with "30 Days of Night: Dark Days" and "30 Days of Night: Return to Barrow." (There was also "30 Days of Night: Eben and Stella," which continued from "Dark Days").

In addition to the main storyline, there have also been a number of tie-in tales that further explore this deadly breed of vampires and the humans that encounter them such as "30 Days of Night: Bloodsucker Tales," "30 Days of Night: Spreading the Disease," and "30 Days of Night: Dead Space." Some have returned to the past to look at Barrow's history with vampires in "30 Days of Night: Beyond Barrow" and "30 Days of Night: Red Snow" (which was set in WWII).

Titles like "Dark Days" and "Eben and Stella" were penned by Niles but other writers and artists have taken a bite (pun intended) to this scary world. One example was "30 Days of Night: 30 Days 'Til Death" written and drawn by David Lapham. The miniseries focused on a vampire, who tries to evade his own kind and live a normal life despite his condition.

While talking to newsarama.com, Lapham said what it meant for him to work within the world of "30 Days of Night." Lapham

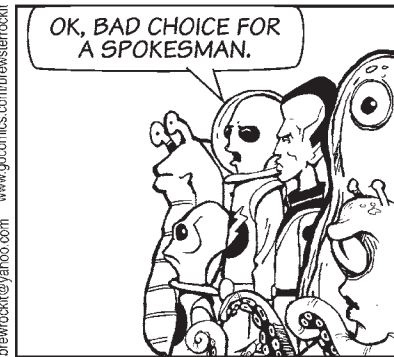
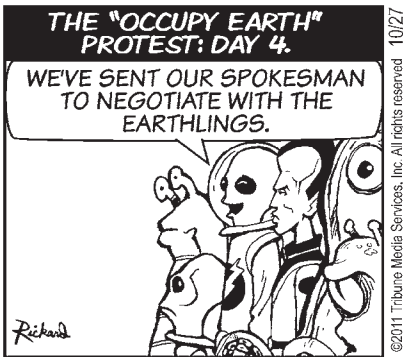
said, "These are not traditional vampires with all the usual vampire rules. They're just vicious creatures. Writing wise, it's a no-holds-barred situation. I can be as nasty and vile as I want to be. Horror plays well into what I like to do, which is to manipulate emotions, scare—really hit readers in the gut. It's very close to noir."

While IDW has been busy expanding "30 Days of Night," they aren't about to stop. First and foremost, the publisher has finally made "30 Days of Night" an ongoing series that will run each month and explore this terrifying world more. Not only that but co-creator, Niles is returning to tell new tales of his carnivorous vampires alongside artist Sam Keith (who also wrote/drew "30 Days of Night: Night, Again").

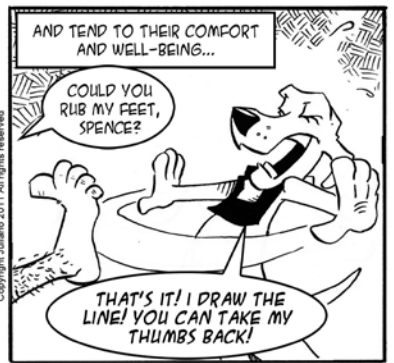
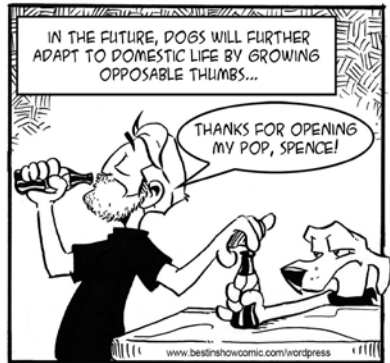
However, the fright doesn't stop with "30 Days of Night's" new ongoing series as these vampires will go up against zombies in "Infestation 2" alongside series like "Teenage Mutant Ninja Turtles" and "Dungeons and Dragons." "Infestation 2" is a sequel to "Infestation," which was a cross titled event series where zombies plague characters like the Transformers and the Ghostbusters.

Chris Ryall, Chief Creative Officer and Editor-in-Chief for IDW, spoke to comicbookresources.com at this year's New York Comic-Con about including "30 Days of Night" into this mega-event and said, "With "30 Days of Night," we thought, it's kind of fun to explore the idea of, in the '30 Days' world, the vampires are the bad guys, and what happens when they become not as bad as the main bad guys. Are we actually sympathetic toward them? That sort of stuff."

So, yes Halloween movie marathons and scary costumes might be done for another year, but when it comes to "30 Days of Night," the frights can still be found.



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by Jacqueline E. Mathews

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10/30/11

ACROSS

- "NYPD _"
- Rather or Aykroyd
- Actor Jack of "Hawaii Five-O"
- "Give it _!"; cry from someone who's being harped at
- People, places and things
- "_ at a Time"
- Wading bird
- _ collar; pet store purchase
- Actress _ Farrow
- Burro
- "My Two _"; series for Paul Reiser
- Possesses
- "Let's Make a _"
- Erin go _; Irish phrase
- Train track piece
- "_ the Clock"
- CNN's _ Morgan
- Competent
- Winehouse and Grant
- Verb in an apple pie recipe
- President Hayes' monogram
- Group praised by Churchill: abbr.
- Thin opening

DOWN

- Shapeless masses
- Julia _
- Fancy vases
- Sullivan and Begley
- Actress Claire _
- Region
- "_ Kelly"; Heath Ledger movie
- Actor on "Law & Order"
- _ the knot; marrying
- Peeples or Long
- "The New Adventures of _ Christine"
- "The _ Guy"; Lee Majors series
- Bit of sooty residue
- Speaker's platform
- Televangelist _ Roberts
- All _; listening intently
- Actress _ Neuwirth
- Character on "The Simpsons"
- _ for the course; normal
- Spitting _; perfect likeness
- Broadway productions
- "Up in the _"; George Clooney movie
- Wilma Flintstone's neighbor
- "_ Jude"; song for the Beatles
- Puncture
- Villain in "Othello"
- "Love _ Many-Splendored Thing"
- "The _ and the Pendulum"; film based on a Poe short story

Solution to Last Week's Puzzle

C	A	R	O	L		A	L	L			
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Women's Soccer Team Looks to Reach New Heights in the NEC Tournament

MAGGIE ZELINKA
STAFF WRITER

The women's soccer team has concluded their regular season play this weekend by facing the Sacred Heart University Pioneers and the Farleigh Dickinson University Knights. The Hawks were able to even out this weekend and bring their final record to an impressive 11-7 stature.

MU entered the game against the Pioneers with a 10-6 record but unfortunately left the game with a 10-7 record. Right from the opening ten minutes, it was easy to see how evenly matched the two teams were. Both teams also showed their aggressive side by gaining two fouls each within the first five minutes of play. SHU quickly took over the game from there on.

They managed to take six shots off of MU goalie Joclyn McCoy within a seven minute span, McCoy was able to stop the Pioneers from all of their 16 shots taken during the first half. Although Monmouth only recorded two shots during the first half, one of those shots landed in the back of Sacred Heart's net. It was junior Stacey Kadell who was able to score her second goal of the season off a pass from freshman Alexa Freguletti with two minutes

With their heads held high, the Hawks came back on the field knowing they had to win this game against their NEC rival. Sadly, the chaos began within three minutes of the second half. Sacred Heart put a one on their side of the scoreboard with no effort lost. One MU's own player's headed the ball into her own net by accident, but it was not an accident which the Hawks could afford.

Understanding that the score was even once more, the women did not let their energy wane. Shortly after the Pioneers first goal, they were able to make the game 2-1 and eventually, this became the final score. The Hawks must have changed their mentality after the second goal because they appeared to become a new team. The women managed to limit SHU's shots on goal to four after the goals instead of a previous 16 shots on goal. Even though they improved greatly, it was not enough to get another goal and



PHOTO COURTESY of MU Photography
Dana Costello leads the team in points this season with 19, and tallied an assist in the Hawks 2-1 victory over FDU.

"We have waited all year for this and we have the talent, now all we have to do is execute."

JILLIAN ROOT
Midfielder

left in the first half.

As the women retreated towards the sidelines for half time, the score was 1-0 in their favor.

the Hawks fell to Sacred Heart.

With two days in between their weekend games, the Hawks were able to catch their breath

before facing a current 4-12-1 Farleigh Dickinson University. Playing on the Great Lawn Halloween night, the girls headed into their final game before the playoff berth. The women were able to beat the Knights with a final score of 2-1. Sophomore Monique Plescia and senior Courtney Synder were able to get Monmouth on the board while sophomores Alexandra Baca and Dana Costello were awarded the assists. The Hawks

boasted 26 shots with 12 of them being on goal. It was a fairly easy day for goalie McCoy by stopping merely two shots.

Reflecting on the season was freshman Jillian Root, "In the beginning, we did not come out as strong as we should have, but as the season progressed, we continued to grow as a team." As for preparing for the play-offs, Root commented, "We have waited all year for this and we have the talent, now all we have

to do is execute."

The Hawks have taken major steps this season, after failing to make the NEC tournament last season. This year they were able to pull out some big victories and qualify for the tournament. They finished in the top four in the NEC, giving them a chance to compete for the NEC title. The women will be competing in the NEC semi-finals this upcoming Friday. Their opponent is still to be announced.

Football Team Blanked by Duquesne in Homecoming Game

ED MORLOCK
ASSOCIATE SPORTS EDITOR

The Hawks were shut out on Homecoming Saturday against Duquesne, 16-0. With this loss, Monmouth really hurt its chance at a Northeast Conference (NEC) title.

The Homecoming football game was a disappointment this year. The fans had to deal with tough conditions, and the team was unable to get anything done on the field.

The weather was wild for this game. When you think of October football, snow and freezing rain doesn't usually come to mind. Along with 35 mile per hour wind, these were some crazy conditions.

MU fell to 4-4 on the season, 3-2 in the NEC. Duquesne is now 7-2 on the season, 5-1 in the conference. The Hawks would need some luck to be able to catch DU in the standings.

It's been a while since the last time Monmouth was shut out in a game. The last time was September 25, 2004 against Stony Brook. The Hawks lost this game 27-0, and it was their only loss that season.

The home field struggles continue for the Blue and White. They are now 0-4 at Kessler field. Two of these games were against strong non-conference

opponents (Lehigh and Colgate) and two came against conference teams (Robert Morris and Duquesne).

"It was a tough afternoon for us. I think field position and turnovers were two keys in the game. We gave them a couple of short fields, which they capitalized on. We had a short field early, and weren't really able to get anything out of it," said Head Coach Kevin Callahan. "I thought they were a little more successful when they tried to throw the ball than we were able to be. Ultimately, that was the difference in the game. They were able to capitalize more so on those situations than we were."

Monmouth's best chance at scoring came early in the game. On Duquesne's first possession, Monmouth's Ian Simon hit the quarterback and knocked the ball loose. The Hawks recovered and took over in Duquesne's territory. They were not able to capitalize and score points.

Julian Hayes had a huge workload in this contest. He was given the ball 34 times. He gained 114 yards, but was kept out of the end zone. In the two previous games, Hayes had scored three times in each. Hayes also had one reception for 12 yards. Hayes fumbled the ball twice, losing one of them.

Craig Peterson didn't have too many opportunities to throw the

ball. That's to be expected when playing in 35 mph winds. He completed just five of 13 passes for 41 yards. He also threw an interception and was sacked three times.

Tight end Tyler George was the leading receiver. He had two catches for 18 yards. He also lost a fumble in this contest.

The defense put forth a solid performance, only allowing 16 points. Simon recorded the team's only sack. Safety Jose Gumbs led the team in tackling with eight tackles, seven of which were solo.

Duquesne remains second in the NEC. Albany won again, improving to 5-0 in the conference and stand alone in first place. Bryant and Sacred Heart are tied with Monmouth in third place. Monmouth no longer controls its own destiny to win the conference. They would need to win the rest of their games, and have a lot of help.

As a young team, the Blue and White can't just roll over now that the season appears lost. This is an opportunity for players to step up and become leaders. A strong finish to the season can create confidence for the team moving forward.

The Hawks look to get back on track next week. They travel to Pennsylvania for an NEC game against Saint Francis.

THE OUTLOOK'S WEEKLY NFL PICKS

Week Nine



	Brett	Dan	Ed	Big Al (Alan Foster Sociology Professor)
Jets vs. Bills				
Giants vs. Patriots				
Packers vs. Chargers				
Steelers vs. Ravens				
Eagles vs. Bears				
Saints vs. Buccaneers				
Titans vs. Bengals				
Raiders vs. Broncos				
	(6-2 Last Wk) (40-16 Overall)	(6-2 Last Wk) (32-24 Overall)	(5-3 Last Wk) (32-24 Overall)	Last weeks guest picker: Provost Pearson (5-3 Last Wk)

Now featuring
guest picks!

Defensive Back Jose Gumbs Sets His Sights on the NFL

DARIA DELUCCIA
CONTRIBUTING WRITER

All New England MVP as a senior in high school, NEC Defensive Rookie of the year, NEC Defensive Player of the year, First Team All-NEC Honors, and First Team Preseason All-American can only be the accomplishments of one of the Hawk's finest, Jose Gumbs. This fifth year senior has already made history on the football team, and his future is only looking brighter.

In the middle of his 15th season of playing football, Gumbs first picked up a football in 1996 when he was eight-years-old. His career started off as many young football stars careers do, playing for their local Pop Warner football team.

"Everyone played baseball in my family," explained Gumbs. "My uncle even played 12 years on the major leagues." Then how did Gumbs end up as the only football star in a family of baseball players?

"Football just came along for me," stated Gumbs. "I used to play baseball, but everyone just told me to stick to football." And good thing they did. Gumbs started making history well before he even made it to college. As a sophomore and senior he led his team in tackles and was the two-time All-League selection sophomore and junior year. Gumbs helped lead his team to the New England Bowl with a winning record for the season.

Gumbs continued his football

legacy his sophomore year in college after being red shirted as a freshman. Sophomore year he led the team with 60 tackles, 43 unassisted, five pass break-ups, and one fumble recovery. After his first year on the team, it was clear that Gumbs was a force to be reckoned with. His junior year only brought him more success as he finished the season with a team high of 95 tackles, including 45 solo stops. Gumbs was the second in the NEC in tackles per game with 10.6, and was named Defensive Player of the Week against Wagner with 95 tackles, which is the seventh most in school history.

"Everybody dreams of this, but not everyone gets to live it."

JOSE GUMBS
Defensive Back

As a senior, Gumbs led his team with 76 tackles, and finished with nine pass breakups, making him fifth in the NEC. He was named NEC Defensive Player of the week after a 10-tackle performance against Bryant, and NEC Special Teams player of the week with a fumble recovery and an interception to win over Saint Francis.

As a walk on to the University's football team, Gumbs did everything he could to stay in shape by training year round. "I hate being out of shape and then trying to get back into shape," describes Gumbs who considers his time at the University to be the "best time of my life."

Who is his inspiration? Bryan

Dawkins from the Philadelphia Eagles of course. "He has the passion for the game that I do," illustrates Gumbs. "He plays a physical game too." There is no doubt that Gumbs plays his own physical game on the field as well.

With all of this success comes great reward, Gumbs is being scouted by NFL recruiters. With his impressive stats that continue to grow with every season, it is no wonder why scouts are eager to grab Gumbs for their team.

"Everybody dreams of this, but not everyone gets to live it," Gumbs states humbly. "It's surreal." With his final season on the Hawks half way over; Gumbs seems excited and ready for wherever his football career chooses to take him.

After interviewing Gumbs, I learned a lot about his journey to being a star on the football field. With that being said, if I could describe Jose Gumbs in one word, it would be humble. For an athlete who has such outstanding stats along with the potential to play in the NFL, he is not one to toot his own horn. Gumbs has taken his father's words of wisdom, "You are who you are no matter where you are," everywhere with him. Whether he is playing for the Pop Warner Falcons, the Lumberjacks at Hebron Academy, or the Hawks, Gumbs shows how his love for the game is just as unconditionally strong as his stats are in the books. I know I do not speak alone when I say how excited I am to see where Gumbs career takes him next.

Field Hockey Team Knocks off RMU; NEC Tournament on the Horizon

GAVIN MAZZAGLIA
STAFF WRITER

The field hockey team finished their regular season on a very strong note. They defeated Robert Morris University 4-1 on Sunday in Moon Township, Pennsylvania.

The game was dominated by the Hawks on both sides of the ball, as they were able to take a comfortable lead which was preserved into a 4-1 victory.

The Hawks got on the board first when Alex Carroll converted a corner in the 22nd minute. Only about a minute later, Patricia O'Dwyer blasted a shot from the top of the circle to increase the Monmouth lead to 2-0. Robert Morris got on the board three minutes later, making it a 2-1 ballgame.

The score remained 2-1 at halftime. It took until the 62nd minute to see another goal. Patricia O'Dwyer scored off of a corner, which was assisted by Carroll and Kimmy Baligian. O'Dwyer scored again four minutes later off of another corner attempt. The 4-1 Monmouth lead was sealed, and the Hawks were about to earn their 14th victory of the season, including their sixth conference win. Robert Morris would drop to 8-12(2-5).

"It took us until the second half to get going. We stressed forward movement today which we have

been working on all year," explained Coach Figlio.

O'Dwyer was dominant, recording seven points, including three goals. It was her first career hat trick. Alex Carroll put up four points, including one goal. Teresa Mathews racked up four saves for the Hawks.

"Playing on field turf definitely helps on corners. Our game plan was to score off of short corners, so that's what we concentrated on," O'Dwyer explained. She also received the NEC Player of the Week

"We have to remember where our program came from and we have to concentrate on taking it to the next level."

MORGANNE FIRMSTONE
Midfielder

award this week for her second time.

Monmouth dominated on shot attempts, 23-8, and on penalty corners, 14-5.

The Hawks are now entering their third straight NEC Tournament appearance. They have locked up the #2 seed in the four team pool and will face Quinnipiac University in the first round. The first round of the tournament will be played on Friday, with the championship on Saturday. The tournament will be held at top seeded Rider University in Lawrenceville, New Jersey.

Quinnipiac is 11-7(5-2). Monmouth defeated Quinnipiac by a score of 3-2 on October 14.

Rider University's field surface has a reputation of avoidance, regarding scheduling. Since it is grass, unlike most field hockey field surfaces which are either Astroturf or grass turf, the game can change drastically. Grass is considered to slow down the pace of the game including how fast the ball moves against the ground.

"The field surface changes the game for sure, but we just have to adjust. Our goal is to play at a level of 100 percent," said Coach Figlio.

The opening whistle will be at 11:00 am on Friday. If Monmouth wins, they will face the winner of Rider and fourth seeded Bryant University.

This is the second straight season that Monmouth has recorded 14 victories. When it comes to postseason appearances, the seniors are always looked upon to lead the team and motivate each other.

"We have to remember where our program came from and we have to concentrate on taking it to the next level," senior Morganne Firmstone said.

"Quinnipiac is a very fast team and they hit the ball very hard. The most important thing is for us to execute what we have been working on for the last two months," Coach Figlio stated.



The 2011 NCAA Puzzle: A Look at the Conference Realignment

DAN GUNDERMAN
STAFF WRITER

Thought you knew NCAA sports? An expert on the ins and outs of the sport? Well that may be all fine and dandy, until the NCAA completely undergoes its conference realignment.

Yes, the NCAA has been in the process of shuffling around teams to different conferences. By the time it's all said and done, you may not even recognize the structures of the conferences you once knew! So if you're still anticipating on being that avid follower... better read up on some of these changes to find out who your favorite team may be playing against next year.

The ACC is letting the changes come to it, believing that they may be able to attain UCONN and Notre Dame. On September 18, the conference added Syracuse University and Pittsburgh to its lineup. That increase in the conference lineup could expand to 16 teams, including Rutgers by the time the re-shuffling is complete.

In the Big East, similar changes have been baffling fans of late. The next move planned seems hard to read, but according to CollegeSportsInfo.com, the conference is also in a waiting mode. It lost Pitt and Syracuse to the ACC and recently saw the Mountaineers of West Virginia bolt for the Big 12. With Louisville on the chopping board now, its nerve-racking to see what the Big East will do next.

The Big Ten, unlike many other conferences, seems to be doing alright for itself, stabilizing its programs and not really looking to expand, unless it were to incorporate a Fighting Irish program into its midst. If push came to shove and they were forced to change, it's rumored they would eye schools like Rutgers, Boston College and UCONN as well.

The Big 12 is the epicenter of the conference shifts and holds of a lot of power in its decisions and effects on other conferences. Missouri was asked by the Big 12 to come under its wing, but the Tigers seemed tempted by the offer from the SEC. The conference did add West Virginia University though, a program notoriously seen in the upper rankings in both football and basketball. Brigham Young University is also a consideration for the conference but are flying under the radar as of yet. And all the teams within the conference have been noted as seeking outside opportunities and/or pushing for a change in the conference in itself. For the structure to be what the heads of the conference want, a lot of work must still be done.

Conference USA and the Mountain West have recently developed a football partnership, a further change in the football scene throughout the nation. The group will be a 22

group conference for football. But facing some schools leaving for the Big East, that 22 group number may be more reasonably assumed to be around 16, or if tempted, some schools discontent with the Big East may make the switch over to CUSA.

In the independent field, BYU is being pressed by the Big 12 and Notre Dame is seen as a puzzle piece in the larger puzzle of many other conferences. It is being prematurely pulled into the grasp of many different conferences, but as of now is still weighing its options as an independent team. The Army and Navy are said to have considered making a change to the Big East, which also seems to be in the epicenter of conference shifts.

The Mountain West, partnered with the Conference USA in football, is waiting on the decisions of a handful of teams to determine its future outlook. Either way, they will partake in a substantial amount of good football with the high amount of teams and talent in the new joint-conference.

The PAC-12 is a conference proudly leaning towards the more stable size, but has fostered ideas such as the Pac-14, upon the possible inclusion of Texas and Texas A&M and/or another similar program. But in late September, Texas A&M went to the SEC.

The SEC; the notoriously strong football conference, has tendered offers towards Missouri, who seems close to joining the conference and Texas A&M, who joined the conference in late September.

In our NEC, the conference could be out to obtain Maine and New Hampshire on the football side, and these minor upkeeps seem to be the only behind-the-scenes work going on.

Although countless other transactions have occurred within the NCAA, many of the moves not mentioned are negligible or small, rumored changes. So, looks like we covered most of the major shifts. Seems like the average fan needs to draw a whole new diagram just to stay up-to-date with all the moves. A question of whether the shifts are beneficial to the sport can only be answered by time, and almost assuredly, by the end of the 2012 season, we'll see a lot of change in place.

If you're looking to take up a new sport, remember it's not just knowing the basic rules for on the field, or memorizing the roster like the back of your hand...it just may also include memorizing which conference your team may be thrust towards and the opponents within that conference that are in the same boat. NCAA sports are in a transitional stage and these conference realignments are the first step in a wave of changes; hopefully all for the better.



HOMECOMING FREEZE - OUT



Also in Sports:

Hawks Defensive Back Jose Gumbs makes the NFL his goal.

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Winter weather wreaked havoc on the 2011 Homecoming weekend and was a factor in the football team's 16-0 loss at home to Duquesne.

Full Story on page 22