



THE MONMOUTH UNIVERSITY'S STUDENT-RUN NEWSPAPER SINCE 1933 OUTLOOK

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Gluten-free Options Arrive on Campus

AMY GEIS
CONTRIBUTING WRITER

Gluten-free personal pizzas, potato chips, brownies and other options are now available in the Rebecca Stafford Student Center to help cater to students who are allergic to gluten.

A walk through the dining facilities in the Student Center reveals new stickers on certain products that let the public know that they are gluten-free. The pizza station even has a sign saying "Try our new gluten-free pizza!" to advertise the new addition to the menu.

The other gluten-free options in the Student Center are half of the salad bar and the parfaits, just without granola, according to Kin Tang, manager of Aramark at the University. However, the gluten-free potato chips and brownies seem to be the most popular options, according to Tang. "The pizza doesn't sell very much," he said. "The worker at the pizza station sells maybe one gluten-free pizza every other day."

Products that are offered for this allergy are in the same price range as all the other products in the Student Center. The prices of the chips and brownies are similar to those of regular snacks, which is one to two dollars. The pizza is a bit more expensive since it's a personal pan, not just a slice.

A gluten allergy is when someone cannot tolerate any products containing gluten, a protein commonly found in wheat, rye and barley, according to Mandy Unanski, the Sports Nutritionist at the University. "It is estimated that two million people in the United States, or one in 133 people, have celiac disease [a gluten allergy]," she said.

More and more people are finding out that they have gluten allergies, so there are now more products available to meet the demand, said Cristina

Gluten-free continued on pg. 3

Some College Athletes Getting More Than a Ride

NCAA Says Athletes Can Receive \$2,000 Beyond Scholarships



ED MORLOCK
ASSOCIATE SPORTS EDITOR

The National Collegiate Athletic Association (NCAA) enacted a new by-law, passed by a group of Presidents of Division I universities, allowing college athletes to receive additional money beyond a full scholarship.

The University's Athletic Director, Dr. Marilyn McNeil, further explained the rule. "What it allows is if you are receiving a full grant and aid—room, board, books, tuition fees, you are allowed to receive an additional \$2,000 or cost of attendance," she said. "Our cost of attendance is more than \$2,000, so it's whichever is less. You get an additional \$2,000 if you're already receiving a full grant and aid." Student athletes at the University who are re-

ceiving a full scholarship would all be eligible to receive the additional \$2,000.

The idea of college athletes getting paid did not just happen overnight. It has been talked about for a while. Former Hawks' football player, Matt Harmon, had some thoughts on the new by-law. "It's a subject that has been debated for a

"You have to go out and recruit against other schools, and you want to be able to say that you're doing the same as everybody else, so you don't lose in that 'recruiting war,' as we call it."

MARILYN MCNEIL
Director of Athletics

long time and will continue to be debated," Harmon said. "It could have happened sooner, yes. But it could also have never happened and could be changed at any time."

Schools like Monmouth are not the reason for this new rule. It is because of the big schools that make a lot of money. "It's really coming down from big time Division I foot-

ball and basketball players who believe that universities are making too much money off their name and their likeness both in the games that are advertised and what they get in residual income," McNeil stated. "Athletes want a piece of the pie."

Harmon, a current sports broadcaster, talked about this idea as well. "At certain schools and with certain sports there are millions of dollars that get generated by the play of student athletes, but in a lot of those cases those athletes are also going to school for free or receiving aid to attend school," Harmon said.

The University will not be paying athletes for most of its sports. "The NEC (Northeast

Athletes continued on pg. 23

Weighing in on a Healthier Lifestyle

NANA BONSU
STAFF WRITER

With all of the fast food restaurants within miles of one another and the abundance of unhealthy food people put in their bodies every day, obesity has become an epidemic among Americans. According to the National Bureau of Economics, as the number of fast food restaurants increase, so does the percentage of the population suffering from obesity. Although there are also many health risks that can cause a person to become overweight, poor diet is partially to blame for the rising rate of obese Americans.

"Healthy foods cost more money, and fast food is cheap and easy," said Kimberly Price, fresh-

Obesity continued on pg. 14

"Health Night Out" Gives Awareness on AIDS

TAMMY SYBEL
STAFF WRITER

Thursday, December 1 marked not only World AIDS Day but also the first "Health Night Out" at the University.

The event took place on the third floor of the Multipurpose Activity Center from 6:00 pm to 8:00 pm. As students arrived, they found bags on each chair which contained numerous informational pamphlets regarding both overall health and sexual health. Also available to the students and faculty that attended was fresh, healthy food such as fruit and sandwiches in the back of the room.

Once everyone was settled in

Awareness continued on pg. 2

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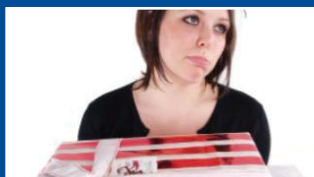
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News

Energy Service Corps will conduct their annual energy efficient light-bulb distribution.

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Opinion

Ever feel like you're rushing through the holidays once Thanksgiving hits?

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Entertainment

Read the video game review of *Sonic: Generations*.

page 12



Club & Greek

Phi Sigma Sigma held a bake sale last week to raise money for one of their charities.

page 17

CRIME BLOTTER



WED.	THURS.	FRI.	SAT.	SUN.	MON.	TUES.
			UNLAWFULL POSESSION OF A WEAPON / FOUND BY JANITOR 11/29/11 - 2:45 PM BOYLAN GYMNASIUM		CRIMINAL MISCHIEF 11/29/11 - BETWEEN 2:20 AM & 10:10 PM CEDAR HALL	HARASSMENT 11/29/11 - 10:00 PM CEDAR HALL

11/23-11/29

Get Your Free Light Bulbs Here!

University’s Energy Service Corps Chapter to Distribute Energy Efficient Bulbs

COLIN SARGENT
STAFF WRITER

The University’s chapter of the New Jersey Energy Service Corps (NJESC) will be partnering with Project Porchlight to host a community service event about energy efficiency beginning at 12:00 pm on Saturday, December 10 in Magill Commons Club Room 108. Project Porchlight, a nonprofit organization located in Matawan, NJ, will be leading the event and providing compact fluorescent light bulbs (CFLs) for distribution. The CFL bulbs use up to 75 percent less energy than an incandescent bulb and can save up to \$30.

“If each household in the United States switched one regular light bulb with a CFL, we would save \$800 million dollars,” said Tom McKeon, the chapter’s program director.

For the event, University stu-

dents will be volunteering their time to work the event and distribute the light bulbs. Along with them, Brookdale’s Environmental Club also will be lending a helping hand.

The event will begin with a presentation by Project Porchlight, during which lunch and other re-

said. “We are trying to promote and enable energy efficiency and want to bring awareness that Monmouth University is a conscious campus, and our students are just as conscious.”

“We also want to [create] awareness [about] Energy Service Corps, so more students know we

to educate and engage students, as well as local residents.

In the past, the organization has created a series of on-campus workshops, performed weatherizations on and off campus, and has worked with Project Porchlight to distribute 100 CFL bulbs. Presently, their goal is to give

cal public officials achieve greater energy efficiency to reduce energy consumption, save money and curb carbon emissions.

“We have been able to work with Project Porchlight in the past, but this will be on a bigger scale,” McKeon said. “We are going to go out on foot and knock door-to-door talking to people about who we are and asking them to take the bulbs and just switch it with one.”

The NJESC has 40 volunteers, but McKeon is continuing to look for more. In addition to the lunch, volunteers will receive a certificate and free t-shirt provided by Project Porchlight.

Those who want to volunteer can contact McKeon prior to the event by e-mail at tom@energy-servicecorps.org or by telephone at 609-271-3979. Walk-in volunteers who come at the beginning of the event also will be allowed to participate.

“If each household in the United States switched one regular light bulb with a CFL, we would save \$800 million dollars.”

TOM MCKEON
Director of NJESC’s Chapter at the University

freshments will be available. After the presentation, the students will break into small groups and head out into West Long Branch and other communities to hand out bulbs to local residents.

“I think it would be great to bring a sort of complicity to Monmouth students,” McKeon

are on campus,” McKeon added. “We want the residents to know we are in their town helping.”

The NJESC, located in the Rebecca Stafford Student Center, is a nonprofit organization in its third year working with the University. It is dedicated to energy efficiency on campus and strives

students the tools and knowledge needed to stop energy waste and act as the catalyst in the community who bring about greater energy efficiency.

With the local communities, they assist through service projects and events that help homeowners, small businesses and lo-

Aramark Now Caters to Students with Gluten Allergies

Gluten-free continued from pg. 1

Kocsis, the Marketing Director at Dean’s Natural Food Market located both in Ocean and Shrewsbury townships.

“It’s a good idea to have at least two to three gluten-free options at each meal, assuming other normally gluten-free choices exist,” Kocsis said in regards to ensuring that the University can accommodate such students.

While not all foods contain gluten, many common foods do.

According to Unanski, these include grain, pasta, cereal, beer and many processed foods.

that can be eaten by people with celiac are meats that don’t have any breading on them, fish, rice,

1998-2002, a gluten allergy wasn’t even something people really knew about.” According

“Foods that can be eaten by people with celiac are meats that don’t have any breading on them, fish, rice, fruits and vegetables.”

MANDY UNANSKI
Sports Nutritionist at the University

“There are gluten-free versions of these items which are made with potato, rice or soy in place of the flour,” she said. “Foods

fruits and vegetables.”

Rebecca Pancoast found out about her gluten allergy as an adult. “When I was in college,

to her, if she had this allergy in college, it would be necessary for her to have gluten-free dining options on campus.

“Kitchens need to be very concerned with cross contamination and make sure that utensils used for breaded foods aren’t being used for gluten-free foods,” said Pancoast. “It’s important to have an allergy-friendly kitchen.”

Pancoast said that salad bars can be tricky in a way because the general public isn’t necessarily concerned about that. If they put the crouton tongs in the lettuce bowl, it could cause problems for someone who is allergic to gluten.

Monmouth University Library



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Saturday, 12/10: 9am - 6pm
Sunday, 12/11 Noon - 1am

Monday - Thursday
12/12 - 12/15: 8am - 1am

December 16-20

Friday, Dec. 16: 8am - 8pm

Saturday, Dec. 17: 9am - Midnight

Sunday, Dec. 18: 11am - 1am

Monday & Tuesday, Dec. 19/20: 8am - 1am

New Jersey Firm Links Students and Professors

JOAN VERDON
MCT CAMPUS

An Upper Saddle River, N.J., entrepreneur and his college professor business partner saw a growing campus communications gap between professors and students as an opportunity and jumped on it.

They created a Wayne, N.J.-based company, ConnectYard, that offers colleges and university professors the ability to send messages that will reach students where they are most likely to read them, and allows students to get an e-mail in text form, as a tweet, or as a private Facebook message.

ConnectYard grew out of an observation that Donald Doane and Howard University Professor Grant Warner made in 2007; while professors love to use e-mail, students increasingly were ignoring their e-mail inboxes in favor of Twitter feeds, texts and Facebook updates.

The two have recruited 50 colleges thus far for the service.

New Jersey Institute of Technology in Newark this month signed a contract with ConnectYard.

Colleges pay an annual fee to subscribe to the service. Fees start at about \$5,000 for 500 students, or about \$10 a student, with large institutions getting volume discounts. The company has received start-up financing from the Jumpstart New Jersey Angel Network.

They've also begun to get inquiries from high schools and businesses that say they need a similar system to cut through the tangle of different technolo-

gies and reach students or salespeople.

"The whole goal really is to lower the barrier to communication, so technology does not get in the way," said Doane. The Upper Saddle River, N.J., entrepreneur has been involved in a number of technology start-ups. He also founded OpenDemand-Systems Inc., which creates testing programs for universities to make sure their registration and other online systems can withstand peak demand times.

"There are real communication challenges given how much communication has changed over the last five years," said Warner, an engineering professor at How-

ard. "You've gone from a world where social-networking sites didn't exist to one where they're now ubiquitous."

Reaching people on the social network, or mobile device they check most often has become a key objective for entrepreneurs in the electronic era. Two Princeton University graduates last year created a platform called SwoopText.com that allows Princeton student groups to send text messages to members, according to the campus newspaper. The members can also use the system to RSVP.

Colleges for several years have had systems in place to send text alerts to students in case of emergencies or weather-related closings. The ConnectYard system differs from those because

it allows students to receive, and reply, to messages in whichever format they choose to use. The professor, in turn, receives the reply in the format he or she prefers, usually e-mail.

"What we hear from our students is that they want to be communicated within the spaces they're hanging out in," said Blake Haggerty, assistant director for instructional design at NJIT.

ConnectYard, which NJIT hopes to debut in the spring, works with a college's existing message and information system typically called a "learning management system" to "push" important e-mail bulletins to students through the method or methods they select

cellphone texts, Twitter or Facebook. The professor can reach them by sending out the same kind of e-mails he or she has always used, and without having to "friend" their students on Facebook, learn how to tweet, or know a student's phone number.

"We like the fact that the instructor doesn't need to leave the space that he or she feels comfortable with," Haggerty said.

Such a system is becoming increasingly essential, Haggerty said, because if you need to get information to college students about coursework in a timely fashion, the best method "wouldn't be to send them an e-mail and it wouldn't be to ask them to log into a website. Our hope," he said, "is that once they get the text of that tweet that it will alert them that there's something going on in their course and help remind them to go there

and stay on top of their material."

Doane, 37, said ConnectYard was originally inspired by a conversation he had with his wife, who was juggling a college course and motherhood, and was lamenting the fact that she couldn't connect with other students as easily as she could connect with friends on Facebook. They mentioned the problem to Warner, a friend of Doane's from Cornell University, and he added

that as a professor he was frustrated about how difficult it was to connect electronically with some students.

"It's not uncommon for students to not log in (to e-mail), but it is very common to see them logged in to Facebook or texting away on their mobile devices," Warner said.

Doane said ConnectYard has not turned a profit yet, "but we're working on it."

"What we hear from our students is that they want to be communicated within the spaces they're hanging out in."

BLAKE HAGGERTY
Assistant Director for Instructional Design at NJIT

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Sunday Mass

(last Mass of semester 12/18)

7 PM in Wilson Chapel

Daily Mass

(last Daily Mass of semester 12/13)

Tuesdays & Wednesdays at 12 PM in Wilson Chapel

Eucharistic Adoration

(ends 12/15)

Thursdays at 12 PM in Wilson Chapel

Study Nights

(food served)

All weeknights during finals at the CC

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(angel gifts due)

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THE OUTLOOK

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Do You “Like” Social Media?

THE OUTLOOK STAFF OPINION

Over the past few years, social media has quickly grown bigger and bigger. Everywhere we look there is now some reference to social media. *CNN* has viewers tweet their thoughts in on a news story, bands and businesses have Facebook pages that you can “like” to gain more access to information about that topic, employers search for possible new employees on LinkedIn, and of course, we as individual people have our own accounts in social media. As social media continues to grow, many feel that it is important to be literate in these areas, and know both how to use them and how to stay out of trouble while doing so. There are many positives to what social media has brought to the world, but at the same time one can’t help but look at the negatives as well.

First of all, in present day it seems as though having an understanding of how to use social media is basically a necessity. Today, words like “tweet” and “friend” have become verbs and mostly everyone seems to be involved in social media in some way, whether it’s having a Facebook, Twitter, or a LinkedIn account. It’s not just an idea that exists with teenagers anymore. Now, parents, grandparents, commercial brands, and other businesses have also got involved in the trend that is social media. Because businesses are involved, knowing how to use social media is now a strength to possible employees and it looks great on a resume. Employers also like to see that you are keeping up with the digital age and are making a presence for yourself online.

There is an entertainment value that has been brought about by social media as well. People can

go on and catch up on news, or read status updates from friends or celebrities. It is very easy for one to waste countless hours on social media just because of the abundance of information that is available to you. You can listen to music, watch videos, play games, chat with friends, and many more all through social media. With these things at your fingertips, it is easy to see why the use of social media has increased as much as it has.

Social media has also given people the ability to stay connected with one another. When you move out of your hometown and into a college dorm, social media gives you the ability to stay in contact with old friends and allows you to see what they’ve been up to. The same can be said with keeping in touch with friends or family, who you may not see that often because they live far away. The unique thing social media has done with keeping people connected is allowing people to reconnect. Maybe you’ve been out of touch with someone for a long time, when all of a sudden you find them on social media and message them to catch up. This is something that the older generations have been experiencing when they made their crossover into the social media world.

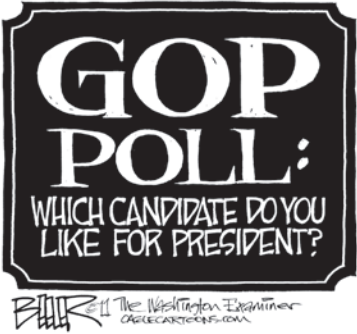
At the same time, social media may turn out to be a not so good trend in the end. They lead to a breakdown in human communication and destroy the value that was once placed on human relationships, since people are now available 24/7. People can talk to each other over these sites and relay information without ever actually having to speak in person. Additionally, since a good amount of their personal information can be accessed on social media, this takes away from the idea of pri-

vacy. Yes, it is up to decide what you display and say on Facebook, but anything you say or put on there can be seen by anyone. In case you haven’t noticed, under settings on Facebook it says that they can legally sell your information to third parties, which means that anything that goes onto your account basically becomes public information.

In a way, it leaves little to the imagination. There is almost no need to go to high school or college reunions anymore because everyone is able to know what old friends or college acquaintances are up to. Worse, say you just met someone that you’re interested in, all you have to do is type their name into Facebook and you get a world of information and visuals of them. You can see what their interests are, if they’re single, where they’re from, etc. Whatever happened to getting to know someone first before you acquire all of this information?

Then there’s also the idea that employers judge possible employees by what they found on their Facebook page. If this is true, then there are many people out there who have poor chances of landing a job. Employers should make their decisions based on resumes and interviews, not on pictures from a wild night back in college.

Social media has its ups and downs, and all the while it is continuing to grow. The question is what will be next? Will another type of social media come out that will shake up the social media world or will the trend come to an end? Only time will tell. For now, it’s important in today’s world to get a grasp and understanding of social media, before you end up stuck in the prehistoric age of having to actually represent yourself in person.



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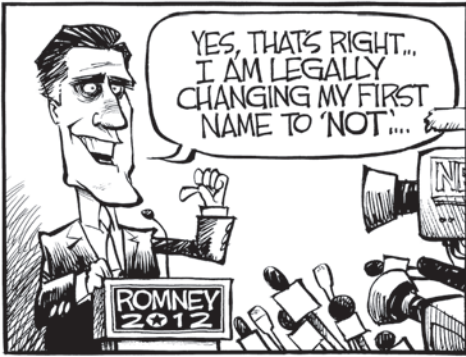
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Stay Away From the Squirrels

CAROLINE BABULA
STAFF WRITER

Smart, sneaky, stalkers. Predatory, pensive, pudgy. Only one creature is ferocious enough to embody all of these characteristics. Only one creature has the ability to infiltrate the whole University, disguised among the foliage, waiting to pounce on you. What on earth is this camouflaged, ambushing creature? Why, it's a squirrel of course.

Most students on campus have had at least one negative interaction with a Monmouth Squirrel. See, a MU Squirrel is not your average squirrel, although it looks the same to the naked eye.

Both an average squirrel and a MU squirrel are about three inches in height when standing on all fours, have grayish-brownish fur and fluffy tails. Each may look like a cuddly animal, and may even come across as playful as two or more may leap and bound from tree to tree while engaging in a game of tag.

"Oh, that's cute," one might think as he or she observes this game of tag. But, despite the fact that these creatures seem harmless, we MU students know dif-

ferently. We've experienced the dangerous effects of a MU squirrel, and now we know not to cross them.

Every student on this campus has heard the story. It probably spread faster than the recap of a girl fight during lunch at your high school. This story, however, is more frightening and causes more disbelief than that of a girl fight.

A MU student was leisurely walking down one of the paths on campus continuing on her merry way. During her walk, she had some garbage that she needed to throw out, so she walked towards the closest trash can. Absentmindedly, she tossed her trash into the can, and expected to continue on her journey.

Although this story was probable to have a happy ending, it did not. As she threw out her trash, a MU squirrel (remember, they mean business) jumped out of the can and leaped at the girl's head, scratch-

ing her face severely. Thankfully the student was all right with the exception of a few scratches on her face. She did have to go to the hospital to receive a tetanus shot though.



PHOTO COURTESY of activerain.com
The squirrels at the University seem innocent, but the students and faculty know better.

Now, some readers may not believe this story. "It's too elaborate," you may think, or "it's too unrealistic."

I thought the same thing, too, once. However, my friends and I were walking back from the Dining Hall one time and were discussing this MU legend. To our surprise, a group of girls behind us chimed in to our conversation.

One of them said that the girl in the story, the one who had the squirrel jump out at her, was her roommate at the time.

Now that the story is corroborated, there are a few warning signs and tips for dealing with a MU squirrel.

1. Be alert. A MU squirrel is never in a rush. They will wait in a trash can, on a tree branch, behind a bush, and so on, for hours at a time. They are patient enough to not be concerned about when to strike, as long as they have the opportunity to

attack suddenly.

2. Be conscious of the time. This tip pertains to both the time of day and the time of year. Just as humans have designated times for eating, so do squirrels. MU squirrels have the luxury of having the Dining Hall on campus, meaning they see an influx of people arrive there at pretty steady times throughout the day. Try to eat at less conventional meal times. If this is not possible, follow tips one and three. Additionally, it is less likely to encounter a squirrel in the dead of winter than it is to see them right before the cold months are upon us. Be extra wary of squirrels during these times. If you expect them, you cannot be startled (or hurt) by them.

3. Have a buddy (or two, or three). Like most woodland creatures, squirrels do not necessarily enjoy large groups of people. Groups are harder to infiltrate; more eyes are more vigilant. Traveling with a friend or a group is best for everyone, because it is easier to spot a squirrel, and thus, easier to avoid it.

Following these simple steps will greatly diminish your chances of being attacked by a tricky, sly MU squirrel. Good luck to us all.

MICHELLE COSTA
STAFF WRITER

Just as we take the last bite of our king size Snicker bars, and put the pumpkin carving knives away, we begin to hear the subtle sounds of jingle bells. As the door closes and the last trick-or-treater is on their way, we as controlled and obsessed consumers are pressured into wearing red and decorating for Christmas the day after Halloween.

Um hello, the pilgrims are totally offended. After all, we completely disregard the fact that Thanksgiving does come before Christmas.

Turkey and stuffing are the staple of the American heritage, yet we only honor the over eating and over indulging day for a short time. The leftovers are not even in tupperware as we quickly run to line up at malls and outlets for Black Friday sales.

As we run to the stores at 5:00 am with mashed potatoes barely digested and dessert slowly coming up our throats, we are hypnotized by the idea of completing all holiday shopping in one single

hyped day.

And as we rest our feet later that day, we then rush to storage or the attic to gather the lights, Christmas tree, garland and wreaths.

Pathetic, right? But most of our families are extreme victims of the holiday frenzy disease. Why has it become acceptable to rush through holidays and not cherish the memories and significance of culture and history?

I am completely convinced that stores are out to get us. Between the misleading coupons, outlandish decorations, luring signs and addictively joyful music, we have been whipped into

spending our money in a rather exhausting and manipulative way.

We have all witnessed the years of the sold out Tickle Me Elmo, and the craze over UGG boots, but

has a size eight in black. Is it really worth all the madness? I certainly don't think so.

Stores and media have rudely taken away the monumental idea of prolonging holidays and wanting to make them last forever. It is that child-like concept of wanting holidays to never end. But before Santa touches down with his sleigh, another holiday takes over. Make room, because Cupid is here.

So just as the last ginger bread cookie is taken from the plate, and the wrapping paper from Christmas morning is put in the trash, Cupid and his bossy love behavior takes over with cards, flowers and chocolate hearts. We have instantly gone from red and green,

to pink and romance. It is an overnight phenomenon of holiday invasion.

Only in America will you be able to hear the "Monster Mash" and "All I Want For Christmas Is You", on the radio in the same night. Okay, maybe that is a bit of an exaggeration, but literally two weeks later we are all humming the "Jingle Bell Rock" like robotic shoppers.

We have barely taken out our winter coats and scarves and yet, in a handful of weeks department stores will be selling bathing suits. This is manic and a true retail crisis.

I want the candy, fog machines, costumes, and skeletons to last. I want the Native Americans and Pilgrims to feel like they mean more than pumpkin pie and gravy. And lastly, I want Santa and his elves to stay a while and not get sent home to the North Pole so quickly.

Valentines Day is coming, but before you think of who you are going to buy a chocolate heart for, take time to open your Christmas presents, drink your eggnog, and cherish your holidays.



PHOTO COURTESY of divavillage.com
The holidays can be more than crazy when people begin to rush through each one.

is that what the holidays are really about? Remembering the hours you stood online hoping a shipment

havior takes over with cards, flowers and chocolate hearts. We have instantly gone from red and green,

Sorry, You Can't Eat Today... or the Rest of the Semester

VICTORIA JORDAN
CONTRIBUTING WRITER

For those who do not know this now, please be aware: if you do not have the unlimited meal plan, you will eventually run out of meals at the Dining Hall. When will this happen?

For some, it may take until the last day of the semester to be told that you are out of "swipes." But for the unlucky others, you may find yourself waiting in a long line during the dinner rush hour, presenting your student ID, and finding out that you have no longer have any more meals.

If you are one of those students, you're left with the declining dollars that you may have been saving for your daily dose of Java City coffee every morning. Here's the sad news: you have to spend that money buying yourself food to last you through the rest of the fall.

Most encounters at the Dining Hall that end with the shock of learning you have no meals usu-

ally play out like this scenario.

My friends and I were going to lunch at the Dining Hall on a Friday afternoon last spring. I scanned in, along with my other two friends who followed behind me. We began to walk in when we heard the lady at the desk tell our other friend that her ID was not scanning. She tried again and failed. She was then told to visit the office in the lounge of the Dining Hall. If you are ever told to go into that office, expect bad news.

Our friend walked out laughing, sarcastically telling us that she was going to starve because she had run out of meals. It was only November!

Granted, she had taken the lowest meal plan, but if there

was a way for her to check the number of meals she had left, she would have been aware of the lack of them left and had been able to manage her trips to the dining hall accordingly.

My request after this experience is for the University and dining services to collaborate

The most convenient way for students to verify the number of meals they have left would be on WebAdvisor. The system is already set up and already requires signing in with our student ID and password.

If the University could create a tab that resembles a place for us

to check our meal numbers, it would be extremely beneficial for students to be aware of the Dining Hall meals they have left.

This service would also benefit the dining services and the University so that students cannot argue that they were not informed of their meal plan balance. Students would not go hungry, and their parents would not be worried.

If this system could be implemented, the same could be put in place to check declining dollar balance. Most of the eateries on campus do not distribute receipts after a purchase. This results in a student's lack of knowledge of the balance on their card.

However, receipts would no longer be necessary if an electronic version of either their purchases or of their remaining balance was also available on WebAdvisor. This would be healthy for the environment as well by saving paper.

and set up a system that gives students on the dining plan a way to check the number of meals left in their plan.

Simply put, food is a necessity. We need to eat and, even though we may have taken too many trips to the Dining Hall early in the semester, it would be beneficial for us to see how many meals are left on our student ID cards.

Our friend walked out laughing, sarcastically telling us that she was going to starve because she had run out of meals. It was only November!

Former New Jersey Governor Visits University

SANDRA MEOLA
POLITICS EDITOR

Brendan Byrne, Governor of New Jersey from 1974 to 1982, spoke to faculty members and students in Wilson Auditorium last Wednesday. The Political Science Department previously had several topic discussions with former Governor Byrne throughout this semester to learn more about New Jersey's government firsthand.

Chair of the department, Dr. Joseph Patten and the Political Science Club suggested that Governor Byrne return to the University to share his knowledge.

Brandon Karkovice, senior student first introduced Bryne's daughter, Nancy Byrne. She said a few words regarding the strength of her father's character, determination, success, and humor.

Byrne first opened up his talk with humor, telling his audience a story about how his opponents would talk about him using his helicopter often. Byrne said they stopped harassing him once he was blunt and explained himself. "My daughter had crashed the family car so if I can't drive the car, why not use the helicopter," he said.

When asked when he knew he wanted to run in the governor election he said, "I knew I wanted to run 10 days before the election." He then traveled through-

out Hudson County, won over the county, and won the election in 1974.

Byrne spoke about his accomplishments which range from supporting the further development of the Meadowlands Sports Complex and casino building in Atlantic City to creating New Jersey's income tax program.

During his term as governor, Byrne focused on policies such as the passage of the Pinelands Protection Act, which he stated was his proudest achievement. The Pinelands currently make up about 20 percent of the state of New Jersey. He also was responsible for the expansion of the Atlantic City Expressway and Interstate 297. After his term ended in 1982, Byrne went on to teach at Princeton University and Rutgers University.

Patten said, "Mr. Byrne is the most influential Governor New Jersey has seen in the past century."

The former Governor said that he took a huge risk by supporting the building up of Atlantic City. He described that the governor before him as well as his campaign manager warned him against getting involved because it was too big of a risk.

Others were afraid that the area would become too corrupt and dangerous instead of create jobs and bring in revenue for the state. Byrne made sure that Atlantic City was run with integrity and hired a team of secu-

rity officers. "He helped the area out of a high unemployment rate by contacting casinos to build up the second largest gambling capitol in the country," said Jessica Rohr, senior member of the Political Science Club.

"Students were definitely impacted by Governor Bryne because they were unaware of how much he changed our state. Without Byrne's influence on New Jersey, our state would not be the way it is today," she said.

Audience members also asked questions concerning if Governor Christie's plans of municipal consolidation will be beneficial to solving the state's debt crisis. Byrne respects Christie and thinks he's doing a good job.

"I think Governor Byrne would tell Governor Christie to keep up the good work and always remember to keep his sense of humor because running a state

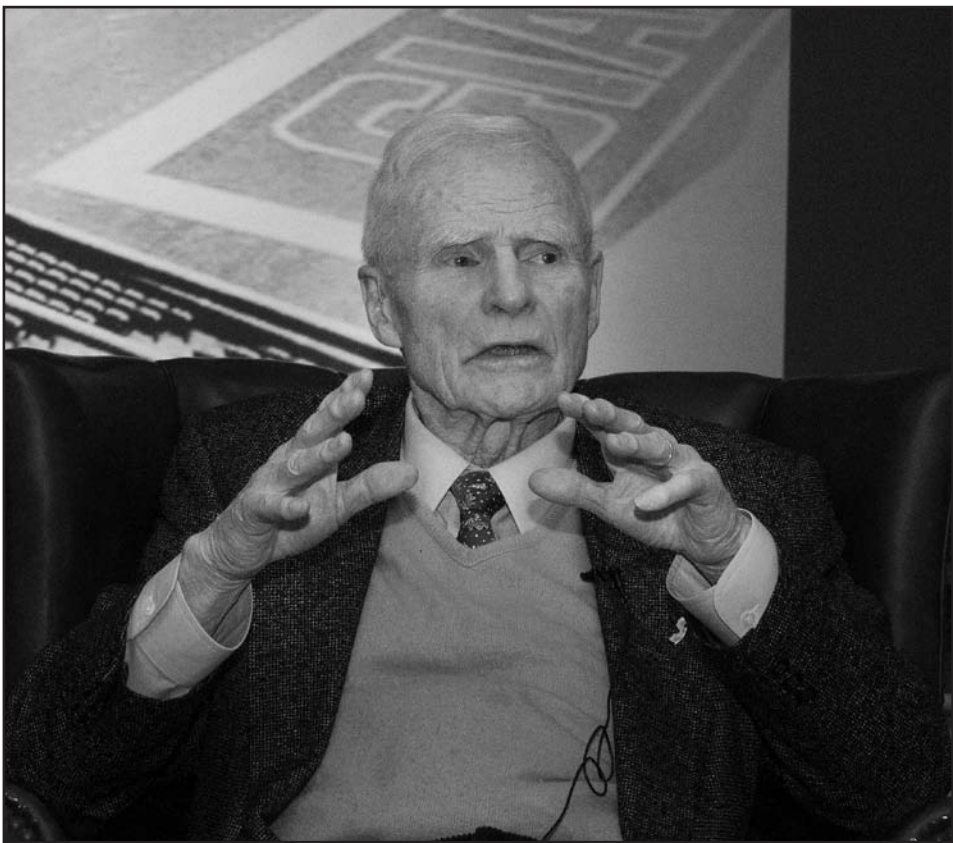


PHOTO COURTESY of Jim Reme

Former New Jersey Governor Brendan Byrne visited the University last Wednesday and spoke about the changes he made to the state.

is never an easy task," said Rohr. "I would say that Governor Christie can learn one important thing from Governor Byrne. Sometimes being fiscally responsible is sometimes politically unpopular, but it is an essential part of the job. If you want to pay for projects, you

sometimes have to pay for them by raising taxes, even if it means going against your base," said Dr. Kevin Dooley.

Towards the end of his visit Byrne gave advice to students in the audience anticipating the beginning of law school. He said, "I got through it and so will you."

Herman Cain Calls it Quits

DANIEL ROMAN
STAFF WRITER

Presidential hopeful Herman Cain suspended his campaign on Saturday amid further controversy as another woman stepped forward last week claiming Cain had an inappropriate relationship with her. Ginger White, a businesswoman from Atlanta, Georgia, says they had a 14-year affair which ended shortly before Cain announced his presidential run, despite records that proves he has been texting her constantly up until September. Cain has adamantly denied the accusations, but conceded to the fact that, "she was an acquaintance that I considered as a friend" and that he was only helping her out financially.

On Thursday Cain told *CNN* reporter Wolf Blitzer he would stay in the race as long as he had the support of his wife Gloria. On Friday, he went home to Georgia to speak with his family about the whole situation, and announced Saturday he was dropping out. Cain however discussed a "Plan B" approach seeing him start up a new website called HermanCainSolutions.com, a policy oriented site to try to influence the public. He also announced that he would endorse a candidate shortly; Sunday night politico.com reported that Herman Cain will endorse Newt Gingrich for President.

Now that Herman Cain has dropped out of the race, Newt Gingrich will likely see his base grow, taking on more of the Cain supporters than any other Republican candidate, according to politico.com. The website states that 38 percent of Cain supporters listed Gingrich as their second choice. Romney, the next candidate they support the most received only 13 percent.

According to PPP pollster Tom Jenson "Herman Cain voters absolutely love Newt, and they hate Mitt Romney." Ironically, however, Newt Gingrich did exactly what Herman Cain is being accused of twice. Gingrich cheated on his first wife, and then handed her divorce papers

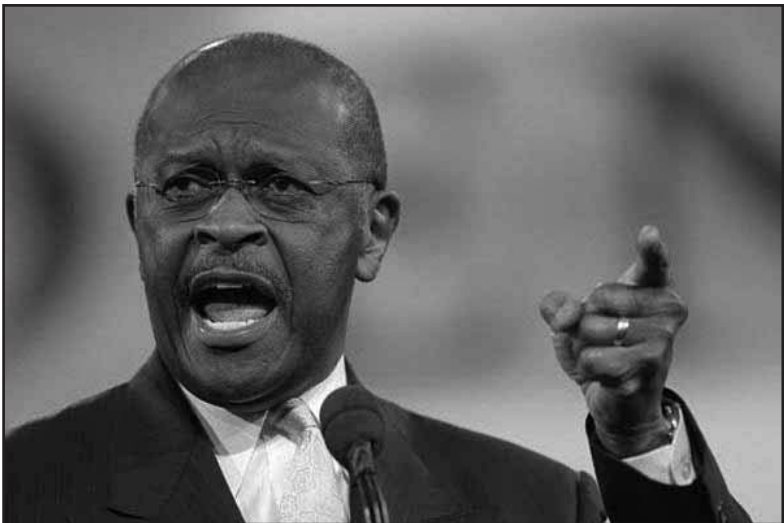


PHOTO COURTESY of csmonitor.com

Herman Cain suspended his campaign after allegations were made concerning affairs he had with several women.

while she was battling Uterine Cancer in 1980. Gingrich then married Marianne Ginther in 1981 before his divorce papers with his first wife could be finalized. In 1999, after Ginther has been diagnosed with Multiple Sclerosis, Gingrich called her to inform her he was cheating on her as well with his future third wife Callista.

Dr. Patten, Chair of the Political Science Department said, "The alleged affairs by Newt Gingrich are not new information, the public has known about this for some time, members of Congress for the Republican party are already criticizing Gingrich's leadership."

Herman Cain had a promising run. Vastly unknown at the start of his campaign, Cain had a meteoric growth, seeing him rise to the top of most Republican Primary polls. The two women who first came out against Cain received \$45,000 as a settlement back in 1999, to settle the harassment suits and signed confidentiality agreements ensuring they would not be allowed to talk about the allegations if they received the money. The fourth woman Sharon Bialek came forward with her high-profile attorney Gloria Allred alleging that while she worked at

the National Restaurant Association (NRA), Cain tried touching her inappropriately and once even moved her head towards his pants and asked her if she wanted to keep her job.

However, these allegations were not the only low points of Herman Cain's campaign. His foreign policy platform seemed weak, and many questioned if he had the ability to be the Head of State. In an interview with the *Milwaukee Journal Sentinel* Cain was asked how he would have handled the situation in Libya. Cain took two minutes to gather his thoughts and think of his answer, then stumbled over the specifics. Instead of fixing that for future interviews, days later he stated that the Taliban would gather hold of Libya, despite the fact that the Taliban are not in Libya, but in Pakistan, and Afghanistan.

No one knows for sure how Herman Cain dropping out will affect the Presidential race, but signs point to it being bad news for Mitt Romney unless he is able to attack Gingrich for the very same reasons they forced Cain out of the race. Many people thoroughly examine a candidate's personal lives and moral ethics before voting for them.

Invading Iran

SAM MAYNARD
STAFF WRITER

The relationship between the United States and Iran is not a warm one. Sanctions imposed by the US have been straining the country since 1979. Also, with the presence of Iranian nuclear arms, it complicates the threat posed on a global level. Recently, tensions with the west also swelled as the Iranian militant paramilitary group, Basij Militia, attacked the British embassy in Tehran. As this extremist brand of terror keeps rising in the state, Iran projects itself to be a larger threat to American national security. But, should we invade Iran? Currently the only logical answer to that question would be no. Although tensions are high, the United States is not in a position to start a conflict that will completely tarnish its reputation on the world stage and worsen its economy.

It is no longer a secret that Iran has been working to increase its nuclear capabilities. According to the Council on Foreign Relations, a report released on November 8 by the International Atomic Energy Agency states that Iran is not decreasing its nuclear enrichment and is also trying to develop long-range missiles. A former head of Israeli Intelligence, Amos Yadlin, has also backed up these allegations, by stating last Tuesday that Iran has enough nuclear material for four or five nuclear bombs. Nuclear capabilities are always a threat when a country is not disclosing why or on what terms they are developing these weapons.

The lack of openness from the Iranian government leads many to believe that these nukes are dangerous for the US and its allies. However, because Iran has not stated it intends to attack the US (nor has it actually attacked), the US is not in any place to invade a sovereign nation just to secure a potential threat. By this logic we would also have to invade North Korea, or any other countries that have unfavorable

opinions of us. This is obviously not practical or moral for a prominent world power.

The biggest factor in US military policy currently is the economy. Currently, the US is not anywhere in the vicinity of being able to fund another foreign war. Also, with the war in Iraq winding down, the American public would not favor an invasion, with polls indicating disapproval of the Iraq war. For President Obama (or potentially a new President elected in 2012), it would be a political nightmare to invade Iran before an open attack on the US or its allies. This act would also discredit us globally and could affect economic ties with nations that may shut us out if we were to attack Iran.

Dr. Joseph Patten, Chair of the Political Science Department said, "Naturally these things are hard to predict, but my sense is it is unlikely the U.S. strike militarily at Iran given our commitment in Afghanistan. It is important to rememeber that Israel struck at Iraq during the 1980s, so it is possible for Israel to intervene."

An invasion of Iran is currently highly unlikely and would inevitably prove to be a failure. When the US can achieve national security objectives through intelligence operations and international cooperation between the UN and allies. Sending ground troops into a country that has not openly attacked would be seen as an act of unprovoked American aggression that would be criticized by our allies and bring on unsettling consequences.

On the current global stage that is detrimental to American interests that require such interdependence between states. Economically, the US cannot afford to invade or risk international investments by going through with such a brazen act of conquest. It would be a blatant force of the American exceptionalism ideals that have gotten the US into trouble in the latter half of the 20th century in Vietnam. America must secure its interests and maintain national security, but it must not do so by occupying nations that have not signified any intentions of carrying out an attack.

Student Interviews State Senator Jennifer Beck on Plans to Help College Grads Find Jobs

CHRIS ORLANDO
STAFF WRITER

For the first time in New Jersey state history, an all-female assembly district and senate in Monmouth County’s District 11 was elected on November 8.

Assemblywomen Caroline Casagrande, Mary Pat Angelini and State Senator Jennifer Beck were elected.

During an interview last Tuesday, Beck discussed her plans as State Senator, including helping the struggling job market, mainly re-energizing the economy with graduating college students.

Prior to the election, Beck was State Senator of District 12, but due to redistricting ran and won District 11. Beck is a graduate of Boston College, where she majored in mathematics and physics. She has a master’s degree in government administration from the University of Pennsylvania. Beck serves on the Environment and Energy Committee along

with the Judiciary Committee. She believes in reducing government involvement in the private sector and spending on infrastructure projects to put people back to work.

She also believes that the state should help college students with financial aid.

Beck has two major objectives during her term as Senator and these are education reform and property tax reform. She said, “We have so many failing school districts in the state of New Jersey that are leaving our young people with not a lot of opportunities in the future.”

Governor Chris Christie has been a supporter of reforming New Jersey’s educational system but has met strong opposition from the New Jersey Education Association (NJEA).

When asked about her plan to deal with sky high property taxes Beck said, “The Pension Reform Bill will help the state and local towns to lower property taxes

along with reevaluating the civil service.”

She said the civil service system has been taken advantage of and is hurting tax payers. Beck wants to have the public sector mirror the private sector.

Beck offered a few ideas to help the struggling economy. One of her ideas is to make business more affordable in New Jersey. She said, “Being a member of the Environment Committee, we are hoping to streamline regulations while protecting our environment, but allowing new businesses to open their doors.”

Dr. Eugene Simko, Associate Business professor, mirrors Beck’s plan for economic success. He said, “Let’s offer tax cuts to small businesses and offer incentives for those who do green business.” Another idea Beck had for job creation was the usage of Fort Monmouth. Fort Monmouth closed September 15 of this year. Beck suggests using the vacant property to help job creation. “It is 1,100 acres of land with the some of the best laboratories in the country and it would be great to see that space used in a timely manner,” she said.

Most college students are worried about entering the job market due to high rates of unemployment, not to mention the debt the student must pay back once their education is complete. “We have a number of programs which we have sustained during the economic crisis such as the TAG program and the STARR program which offer assistance to good students.”

Simko also challenged the staff

to do more. “Experimental learning outside the textbook gives hands on approach,” he said.

When asked how a math and physics major ended up becoming a State Senator, Beck reflected on how she volunteered in a congressional campaign in college and encourages interested students to do so because it offers a great learning curve.

“Most of my staff at one point or another worked on campaign teams to help serve the general public.” Senator Beck is part of the first all-female district in New Jersey history.

When asked about this she said, “It is historical for the State of New Jersey to have an all-female legislative team, but I think it says a lot about women role in public life and our expanding role in public life.” She also said that “A female President is not out of reach, it is almost expected and I think we will see a day where we have one in the White House.”

State Senator Beck has been a huge supporter of Governor Christie. Some are very critical of the Governor while others love his



PHOTO COURTESY of thenextright.com
State Senator Jennifer Beck will be working on reenergizing the economy by hiring college graduates.

“in your face mentality.”

When asked about Christie’s success as Governor, Beck said, “He is doing an exceptional job from turning the ship around correcting a lot of the bad decisions of the past decade. These reasons led to so many people and businesses leaving New Jersey. He is turning that ship around. We are seeing that change and budgets balanced. He has done an excellent job in a very difficult economic climate.”

Who’s Who in SGA: Becca Baier: Senior Senator

Becca Baier is a senior majoring in mathematics and minoring in both business and psychology. She is a Senior Senator on the Student Government Association as well as Chair of the Big Event. Her responsibilities include representing the entire senior class and being their voice with any issues or concerns they have.

The Big Event is an annual campus-wide community service event, organized by SGA. Students are placed in different sites around the community anywhere from helping out in nursing homes, shelters, and churches, to cleaning up beaches. Baier was responsible for planning the entire event, start to finish with the help of other members on her committee.

This year, over 400 volunteers participated in 26 work-sites. Each year, SGA strives to make the event bigger and better.

Baier joined SGA right away as a first-year student through the FreshStart program. She was involved in student government throughout her high school career and wanted to continue to lead her peers and plan events.

“I have grown to love event planning even more and am so thankful that I have had the opportunity to be a voice for my class for all four years here at the University,” Baier said.

She has also served as a Freshman Senator, Sophomore Senator, and Junior Senator. Baier has served two years as the Events Programming Co-Chair, which is responsible for planning Homecoming and Spring-fest. She also

served on the Executive Board holding the position of Historian last academic year.

Her proudest moment sitting on the Senate was planning Homecoming and Spring-fest with her co-chair Stefania Flecca as a sophomore and then planning Homecoming again with her co-chair Oscar Sanchez, as a junior. She was proud at the success of events knowing she and her fellow Senators had a huge part of putting everything together.

Baier’s greatest achievement this academic year thus far was planning the Big Event. She believes that it was extremely successful and all the stress was worth it in the end.

“I hope to leave behind a good name for myself when I graduate and ideas for other members to expand on, especially a lot of advice for the younger senators to be fully prepared to carry on with all that SGA does so well,” Baier said.

Baier is also an active member in Alpha Xi Delta sorority on campus and studied abroad last semester in London.

She said, “SGA is like a family to me. I know exactly where I will be every Wednesday at 2:30 and I always look forward to it. I’m definitely going to miss it so much when I graduate.”



PHOTO COURTESY of Becca Baier
Baier is a Senior Senator in SGA and is responsible for planning the Big Event.

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Create Your Own Winter Wonderland

ALICIA MOLLENKAMP
STAFF WRITER

The holidays are a great time to create new memories, while reminiscing on old ones, which is why it's the perfect time of the year to get friends and families together! It can be difficult to get a large group of people together with conflicting schedules, but throwing your own party can be the dream reunion waiting to happen, especially themed parties.

Themed parties are a great, easy way to make the event exciting, and memorable! Themes give people a chance to get excited and engage in the celebratory spirit together. Fellow students mention why they like themed parties so much!

"Themed parties are fun because I get to dress up all throughout the year, not just on Halloween!" says senior Jaimee Saracen. Kara Hunt, also a senior, mentions she prefers themed parties to non themed parties because they are "not typical."

The Main Event Company, an Atlanta-based event-planning group attributes the theme to be an important part of any event, "For most events and parties, the fun, the atmosphere, and the memories revolve around a theme."

Going along with the seasonal motif, one of the quickest themed parties to put together is a winter wonderland themed party. Quick tip, it's always easier to correlate themed parties with the seasons. Why you may ask?

Decorations, food, drinks, attire, music and location require little time and effort in the planning process! For example, stores everywhere are stocking up with holiday decorations, foods, music and activities, not to mention the amazing sales everywhere too! After this article, you'll be able to set up your dream winter wonderland themed party in no time. Now, let's get started!

As I mentioned before, there are basically four crucial aspects to throwing the perfect party: decorations, location, food/drinks, and music. For starters, there has to be a time and place for this party to

take place. A house, whether it's your own house or another family or friend's house, is a cheap, effective location for a party. If no one is willing to run the risk of throwing a party at their own home, don't fret. There are many other locations out there that will work out perfectly at a reasonable price. Some examples of affordable locations are hotels and VFW venues.

ing is key. Plastic silverware, table cloths, plates, cups, napkins, serving bowls, and ultimately any item you plan on purchasing for the party should be a combination of all of those four colors, or some of them.

Lights can also spruce up a venue instantly! Remember, stay with the four winter themed colors, and it will enhance the accents of the rest of the party beautifully. Some

A winter-themed party under my estimations may range anywhere from \$50-\$100, of course size of venue and party permitting. These decorations can also be reused and recycled for holiday decorations in your home, or for another themed party!

Now onto the food and drinks! Because this is a themed party, it makes it exciting for guests to

can be made incorporating the theme are holiday treats such as, candy-canes, cookies, cakes, etc! There are many available holiday recipes on foodnetwork.com and allrecipes.com!

Music can range anywhere from a live-band and DJ, to a speaker system playing CD's or an iPod playing your favorite tunes! There are so many DJ companies available in the Monmouth County, especially students that DJ part-time like Christopher Spirito. A speaker system can work just as well at a more affordable price, and many websites online have a variety of holiday play-lists, free of cost! Music is a great way to get the party started and moving along!

Now onto the final step, the appropriate attire guests should show up in! For this theme the attire can go one of two ways, formal or fun! If you want the event to be more upscale and formal, have guests dress for a black tie/formal event!

If you want the event to be more targeted as "fun," have guests dress up in holiday-styled apparel. For example, guests can show up in Santa hats, reindeer ears, or wear clothing with holiday sayings/pictures, etc! It's up to you!

Jessica Lustman a senior, likes when themed parties are targeted as "fun." "I like to dress up funny at themed parties because it's a good ice-breaker for other guests at the party to ask what I am, and discuss our themed outfits together," says Lustman. When figuring out the appropriate attire for the party just makes sure to inform guests prior to the event!

I'll end this article with some great advice. Themepartiesnmore.com states, when throwing a themed party, "Whether that theme is as general as a season or a feeling, or as specific as a special flower, it should be the subtle thread that ties everything together. Your location, invitations, flowers, menu, cake, and favors should all cleverly reflect one common concept. Then, get as creative as you can!" Don't let the stress or weather of the holidays prevent you from getting together with your friends!



PHOTO COURTESY OF georgiawatsonsevents.com

Learn a few tips on how to throw your own "winter wonderland" themed party for this holiday season.

A typical four hour night with a cash bar at the VFW in Deal, NJ is anywhere from \$800-\$1000, depending on the amount of people attending. Friday and Saturday evenings are a good time to throw the party because more people are off from work and/or school.

Next step in throwing the perfect winter wonderland party is decorations! You want people to be mesmerized when they walk in, and really feel as if they are walking into a winter wonderland. Silver, gold, blue, and white are common color themes to incorporate into the winter theme, match-

great finishing touches to add to the place are, hanging snowflakes, splashes of sequins and fake snow, ribbons, ornaments, flowers in vases, metallic garland, and any other items that you feel would correlate great with the rest of theme!

These decorations can be purchased ultimately at any party store such as Party City, or Party Fair and on online stores such as partycheap.com and iparty.com. These decorations can range anywhere from, \$1 for the snowflakes (partycheap.com) to \$10 for a 21 foot string of white lights at Party City.

indulge themselves in foods and drinks that relate with the theme. There are basically two ways to prepare the food at a party, a buffet style, or a set meal for each guest.

For this specific theme, I would encourage a buffet; it allows more creativity of the food and drinks being served and range of options for guests of the party to indulge in. Do you want guests to have finger foods, or a buffet style of meals? Quick finger foods can be purchased at wholesale stores such as Costco, or BJ's at a reasonable price.

Some fun foods and drinks that

The Craze Behind Black Friday

ANDREA DOOLEY
STAFF WRITER

The day after Thanksgiving, more commonly known, as Black Friday has become such a part of American culture that it almost seems to be a holiday itself. Huge retailers such as Macy's, Toys 'R Us, and Best Buy dedicate a large piece of their marketing to advertising their door buster sales and deals for the most wanted products of the year.

Shoppers are known to camp out, push through the aisles, fight for merchandise, and walk out with holiday gifts, and money

"When a product is in that high of a demand for a lower than usual price, people don't see camping out as that bad of an idea."

ROSARIO PUCCI
Senior

saved.

Store hours are modified for the day, and employees experience a day of work that is anything but normal. Rosario Pucci, a senior, works as a specialist at

the Apple Store in The Grove plaza located on Route 35 in Shrewsbury. "I worked almost 20 hours on Black Friday," said Pucci.

"The doors opened at 11:00 Thanksgiving night, and what you would imagine the Apple Store to look like on Black Friday, times that by one thousand," said Pucci on "the shift from hell." People everywhere, with a million questions, demanding to be assisted by short-staffed consultants.

"Apple slashed prices for years hottest items like the iPad 2 and MacBook Air," said Pucci. "When a product is in that high

intelligence, "Apple Store discounts are extremely rare and with more stores open than ever before, the temptation was too much for many." Apple report-

Friday can shop online, avoid the madness, and still receive discounts.

"Shopping online makes much more sense than to wait online in

Specials also offered promotional codes to receive extra discounts and free shipping off purchases made online.

"Black Friday is all about the

"Shopping online makes much more sense than to wait online in the cold for something you can order from your bed."

CHELSEA GRASSO
Education Major and Sales Associate at Abercrombie & Fitch

edly had its biggest sales day of all time, according to 9to5mac.com and a source inside Apple corporate.

Reports from the Market Watch section of the Wall Street Journal stated that according to the National Retail Federation, sales for the four days since Thanksgiving increased by 16.4 percent, according to a survey consisting of 3,826 people. The retail trade group estimated that consumers spent an average of \$398.62 on Black Friday weekend, a 9.1 percent increase from last year, and of that, \$150.53 came from online sales.

An even newer phenomenon, known as "Cyber Monday," offers consumers deals online even after the sales in stores have concluded. People who cannot, or chose not to go out on Black

the cold for something you can order from your bed," said Chelsea Grasso, an Education Major and sales associate at Abercrombie & Fitch in the Monmouth Mall.

"It was funny to see the mall in such shambles," said Grasso. She recalled looking out the store window on her Black Friday shift, seeing mobs of people running in and out of stores frantically searching for the best deals.

"People don't realize sales last all weekend. They go crazy on this one day of the year, when they can actually shop semi-normally and still save money," said Grasso.

Macy's advertised their Black Friday morning specials on Friday from 4:00 am to 1:00 pm and 8:00 am to 1:00 pm on Saturday.

hype," said Nicholas Auriemma, a sophomore. "Taking 40 percent of men's dress shirts and jackets isn't going to make me want to run to the mall at four in the morning to get things that I don't even really need."

Professor John Buzza of the Business department, commented on Black Friday by stating "the event is all wrapped up in creating a false sense of demand, a well initiated lack of supply and a very heavy dose of sensationalism. We all want what we can't have ... but if we wait until next week, we can!"

Black Friday, whether you chose to part take in it, or protest everything it stands for, means one thing for sure, the holidays are quickly approaching, and before you know it, they'll be over.

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Senior Art Show is a Picture Perfect Ending

NICK ANDREW
STAFF WRITER

Graduating fine art, photography and graphic design students revealed their much-anticipated work at the Senior Art Show in the Ice House Gallery on Friday, December 2.

The gallery doors opened to the public at 7:00 pm, where students, friends, family and passers-by admired the marvelous work of the graduating class. Packed to what felt like capacity, hundreds of people walked in and out of the exhibition during the two-hour opening reception. There was an overwhelming sense of pride in the gallery from faculty and family as students displayed their works of art that have been the recent core of their college existence.

To onlookers, no brush stroke or a single shadow in any photo went unnoticed or unappreciated. The hours spent working long after class ended, the sleepless nights, and the crumbled drafts finally had a finished product for the artists. Their inspiring work brought contagious smiles and laughter, as well as a few tears shed from the astonishing artwork in the Ice House Gallery.

The grueling hours of hard work hung on the walls confidently with the help of faculty members such as Anne Massoni (Art and Design specialist professor), Vincent DiMaggio (professor of Art and Design), and Mike Richison (Art and

Design specialist professor) to name a few.

Senior photography students Francesca DeSena and Moira Gallagher displayed their work on the upper level of the gallery, attracting much attention from those in attendance.

DeSena, a graduating photography major from Marlboro, had been fine-tuning her series for quite some time. The series featured a brilliant recollection of her childhood, which took place on a horse farm where she grew up.

She returned to her father's farm to recreate the characters that influenced her in her early years. Framing her work in old dusty drawers from a dresser in the barn, attendees were graced with a vision into her larger than life childhood, which was composed with tremendous knowledge and skill set in photography.

DeSena said, "The most rewarding part of the entire process was having the people that I love come to see my work. Having my series being based on them, getting to see the expressions on their faces was amazing. It made all the hard work worthwhile."

Gallagher, another graduating photographer, built her series around a tent-village in Asbury Park that is a discrete and full-time residence for the homeless. Her series depicted a sub-culture that few of us are aware of and astonished viewers with her work. "The experience of being inside of the village was inde-

scribable. You have to see it to believe it. This whole project was an adventure that I will never forget," Gallagher said.

What appears to be an appropriate send-off from the University is only just the beginning according to Massoni. She said, "Their senior exhibition marks the end of their time at Monmouth University and their role as student artists. More importantly however, it is a beginning, the beginning of their role as a professional artist. It is as important as the first step they took when they declared their major, and one that I am always honored to participate in... Students choosing art take an incredible leap of faith. They can take their interests and their budding talents and pursue a major and then a career in an incredibly competitive field. It's always awe inspiring."

On the lower level of the gallery, the fine arts majors and graphic design students such as Dana Fitzpatrick, Brynne Carlo, and Agatha Gorski showcased their work surrounding the generous table of finger foods and hot apple cider.



PHOTO COURTESY of Nick Andrew

Attendees at the Senior Art Show on December 2 got a look at the talents present on campus from fine art, photography, and graphic design majors. Francesca DeSena's display used photography (pictured) to retell her childhood on a horse farm.

University senior, Jeremy Mercado said, "I had no idea that we had an art department like this, I just don't feel like I'm at a school show. This feels like an art gallery in the city. Most of this stuff should have an expensive price tag on it."

For those who missed the opening reception, works from the Senior Art Show will be in the Ice House Gallery until December 9. Their work is proof of the vast array of talent the University discovers and educates in the fine art, graphic design and

photo department.

Between the extremely hard working students and the overly accommodating and phenomenal faculty that fosters creative thinking, the Ice House Gallery will continue to display wonderful work for years to come.

Looking forward to the spring semester, the faculty will showcase their work in the gallery on January 27 during their opening reception from 7:00 to 9:00 pm.

The Ice House Gallery is open Monday to Friday from 9:00 am to 5:00 pm and is free to the public.

All 'Generations' Will Race For New Sonic Game

NICK SEGRETTO
STAFF WRITER

Happy 20th birthday Sonic! What better way to celebrate Sonic the Hedgehog's big 2-0 than by releasing one of the best Sonic games not only in the past 10 years, but potentially of all time with *Sonic Generations*.

The story for *Sonic Generations* is pretty creative. It is actually Sonic's birthday and all of his friends are there (minus Shadow and Silver the Hedgehog). However, Sonic's party is ruined when an evil being known as the Time Eater appears and kidnaps all of Sonic's friends.

This is too powerful a foe for Sonic to take on alone, so he finds help in himself. The past version of Sonic teams up with the present day Sonic to rescue his, or rather their friends.

However, Sonic's friends aren't the only thing being taken by force. Many of the stages from Sonic's previous adventures fall into a white space and Sonic has to gather the seven chaos emeralds in order to defeat the Time Eater.

Sega clearly wanted to make a game filled with nostalgic references for the veteran Sonic players and also made a game that feels like the old Sega Genesis version. You can tell as soon as the title screen pops up that this is going to be a blast from the past, which is reflected in the game play.

There are two types of stages in *Sonic Generations*, classic and modern. Modern stages are played very much like *Sonic Colors* which was released last year. They're a 3D blast of intense speed unlike anything seen in Sonic games before. I'm not ex-



PHOTO COURTESY of blog.kolma.info

The past and the present unite when retro Sonic teams up with modern Sonic to save his pals from the evil Time Eater.

aggerating when I say this is potentially the fastest Sonic has ever been. The game play for modern stages is ridiculously fast paced and really challenges the reflexes.

However, the star of the show is the classic stages. It literally feels like a time capsule has been opened up. The classic stages feel just like the old Genesis games. From the 2D side scrolling to the spin dashing to the 16-bit sounding music it all plays like a charm. Now, what makes these stages even better are the 3D graphics. For once, visual elements play a part in the game.

In later stages you'll see background objects interfere with Sonic's path to the goal. A perfect example is City Escape. In the classic version the GUN truck will chase Sonic down practically the whole stage.

What makes it so memorable is seeing the truck coming from the background and crashing into the stage, changing the layout and forc-

ing you to improvise. My favorite example of the background interfering with the game is in Crisis City. I won't spoil what happens but I will say anyone who plays it certainly won't forget it.

Speaking of not forgetting, the bosses also play a big role in *Sonic Generations*. Each boss is a revisit of a previous boss in the Sonic games. There are the main bosses, like the Death Egg Robot and Perfect Chaos (the final bosses from *Sonic 2* and *Sonic Adventure*). Then there are rival battles, which you race against the other hedgehogs. Metal Sonic, Shadow the Hedgehog and Silver the Hedgehog all have a chaos emerald and they won't hand it over until you beat them.

Each boss is unique in their own way. No rival fight is the same, nor are the main boss battles. Don't expect one strategy to work all around or you'll be eating dust.

Like I said earlier, the graphics

do play a part in the game, so it's important for them to be top notch. I'm happy to say that they are. For such a fast game, there is a lot of detail put into the stages. Each stage has its own unique look and feel. They also have a different feel even between classic and modern stages.

Even the characters look great. My personal favorite graphical nod is that the Sonics have very distinct looks. Classic Sonic is rendered to match his original design of a pudgy belly and is notably shorter. Even classic Tails and classic Eggman show up and they look notably different. It's very nice to see how the characters really have changed over the years, and yet they're still very similar.

One of the most important parts of any Sonic game is the music. With a throwback game featuring all of the old stages, you would expect the whole soundtrack to be remixes. You would be right. You would also be shocked to know that *Sonic Generations* soundtrack blew me out of the Chemical Plant's pink water.

I don't think I fell head over heels in love with a soundtrack quite like I did with this game. Each remix is done so perfectly that it deserves to be its own song. The classic stages' music is slower paced and more Genesis style, but to hear that with newer songs is great.

On the other hand, the modern stages are incredibly fast-paced with all sorts of instruments and higher beats. To hear the older stages playing hyper fast versions of their iconic songs is an incredible treat.

I also love the dialogue in this game. Like everything else it was meant to poke at your nostalgic sense. The idea to make classic Sonic not talk at all is quite clever.

Personally I think it would have been funnier if he tried to talk only to be cut off, but either way works. To see his gestures in reaction to the things coming down the road for him alone are funny enough. Additionally, hearing modern Sonic poke fun at these previous adventures he's lived through also brings a chuckle.

If there are any shortcomings with this game, it's that the length is somewhat short. Sure, there are a lot of levels to play through and in order to beat the game you have to play through them again while also completing challenges. However, the addicting game play might accidentally make you play this game for too long and before you know it you've already got six chaos emeralds.

There is also a 3DS version of the game with very different game play and stages. In fact, the 3DS version is one of the main reasons that I now want a 3DS. So, I'm sorry Wii owners but no *Sonic Generations* for you.

Sonic Generations gets a perfect 10 out of 10. It's both a return and homage to Sonic's roots with incredibly fun and addicting game play. If you own a PS3 or XBO360 and are a platforming or Sonic fan, get this game. Trust me, you won't be disappointed.

Getting a Better Perspective on Muslim Culture

University Screens *Mooz-lum* and Holds Q & A with Director

DAN STE. MARIE
STAFF WRITER

The University Center for the Arts along with the Student Activities Board (SAB) Diversity committee hosted a film screening of *Mooz-lum* followed by a Q&A with director and filmmaker Qasim “Q” Basir on November 30.

Mooz-lum is a film based on true events of Basir’s life about his upbringing as a devout African-American Muslim growing up in Michigan and his first year in college prior to the 9/11 attacks. Evan Ross seen on the new “90210,” plays the main character Tariq “T” Mahdi.

Basir says he was inspired to make this movie as he thought Muslims “got a raw deal” as they were “wrongfully portrayed by the media in the past decade.”

“[There’s] been a lot of misrepresentations and demonization of a people taking place... Being born and raised Muslim and seeing what Islam was really about which was complete opposite of all the violence and extremism they show consistently in shows and media,” Basir told the audience. “To show a story that represented Muslim people as human beings. I’ve never seen a film that accurately represented me or people like me.”

Megan McGowan, advisor for SAB, said the movie showing came from the National Association of Campus Activities board sending the SAB an advertisement for *Mooz-lum*.

“We thought it would be a different way to get students involved in diversity programming on campus,” McGowan said. “We hoped it would be more appealing because it was a theatrical and not a documentary and it has well known actors in it,



PHOTO COURTESY of popcornreel.com

Filmmaker Qasim “Q” Basir came to campus and participated in a Q & A following a screening of his film, *Mooz-lum*, about an young African-American Muslim struggling with his cultural identity in college.

so we were hoping we could grab students’ attention that way.”

Mooz-lum starts with Tariq saying a prayer with his father Hassan Madhi, played by Roger Guenveur Smith, before he leaves for college on his own. Hassan is a soft spoken man that undoubtedly loves his son and seems scared to let him

go. As Tariq gets far enough from his house, he throws his taqiyah, a traditional Muslim head piece, out the window.

The film then goes back and forth between Tariq’s childhood as he attends public school and is picked on by a fellow classmate, Cedric (Vladimi Versailles), for

not having a television and changing the traditional Muslim greeting As-Salamu Alaykum to “Ham Salami Bacon” which Muslims can’t eat. Tariq is eventually taken out of public school and sent to an all-boys Muslim school against his mother Safiyah’s (Nia Long) wishes.

When Tariq gets to college, it’s obvious he doesn’t want to be seen or known as a Muslim, even if his father requested a Muslim roommate, Hamza (Kunal Sharma), that continually asks Tariq to participate in their club. Tariq tells Hamza that he “isn’t going that route.”

Tariq tries to fit in at college, even with the kid that made his life a living hell when he was younger. “Ham Salami Bacon” Cedric, offers Tariq a beer with the comment, “Ain’t no bacon in it dude.”

The film also stars Dorian Missick as the coolest professor on campus, Professor Jamal, a Muslim, who teaches world religion while butting heads with Dean Francis (Danny Glover). Dean Francis doesn’t care for Professor Jamal’s style of teaching and thinks him being Muslim hinders his performance as a teacher and that parents will look negatively at the college because of him.

The film brings light to the negative connotations Muslims suffered even before the 9/11 attacks, as a young Catholic girl tells a young Tariq “My dad says you’re all dangerous,” or “My dad says confused men wear dresses.”

Mooz-lum also touches on parents influence on their children’s way of thinking and beliefs, the debate over how American citizens should act, and some peoples’ beliefs that all Americans should speak English.

Basir found the script “quite difficult” to write even if it was based

on his life because “there are things we block out sometimes.”

“Things that happen to you as a child might alter you. You build up defense systems, your personality might change in certain ways based on those [experiences] and live a life nurturing these wounds that affected you and you don’t even really realize it,” Basir said. “By the time the film was completed and I sat there at the premier, I felt it was the most therapeutic thing I had done.”

University student and Diversity Chair for the SAB, Maria Tsampounieri, found the screening and event “magnificent.”

“It was definitely something that caught my attention and loved every minute of it,” Tsampounieri said. “Being a Greek-American, I can relate to the differences one must face as a student with separate backgrounds.”

McGowan thought the message of the film “seemed really important” and “really relative to University students” as the campus is so close to New York City.

“The movie really focuses on the life of a college student and the experience of being an African-American Muslim student on a college campus,” McGowan said. “SAB thought it was a really important message to get out to all of our students since we are also on a college campus... just how your actions affect your peers. You don’t always know people’s backgrounds and beliefs so you always want to respectful when you talk about subjects and how you carry yourself on campus.”

Basir said *Mooz-lum* is available for viewing on Netflix’s instant streaming and will be featured on the cable film channel Starz in the coming month.

MIDSEASON TV SHOWS TO STAY ‘AWAKE’ FOR

NICOLE MASSABROOK
STAFF WRITER

FOX was first to start the midseason TV shows with the comedy “**I Hate My Teenage Daughter**” last week.

The show, revolving around single mothers, Annie and Nikki (Jaime Pressly and Katie Finnerman respectively) with bratty teen daughters, wasn’t great and the ratings were even worse, so the freshman show hasn’t even been given a timeslot in the new year.

The jokes fell flat and the plot was relatively boring. Luckily, here are other midseason TV shows that viewers might find much more watchable.

Like any musical television show, “**Smash**” on NBC has the potential to be a huge success or a massive flop. With names like Steven Spielberg, Anjelica Houston, Debra Messing, and “American Idol” alum Katharine McPhee attached, it’s fairly likely that “Smash” will in fact be a smash hit.

“Smash” is a drama about the making of a Broadway musical about Marilyn Monroe. McPhee sparkles in the trailer as Karen Cartwright, a struggling actress vying for the part of Marilyn. She is pitted against a more experienced actress (Megan Hilty) and the producers struggle over whether to go for the talent, McPhee, or the name recognition, Hilty.

The show will feature an original song every week, written by Tony and Grammy award winning composers Marc Shaiman and Scott Wittman. “Smash” won’t start until February 6 on NBC, but you can go to nbc.com to see sneak peeks and even a music video of McPhee covering Christina Aguilera’s song “Beautiful.”

“**Awake**” is another show that looks pretty amazing and stars Jason Issacs (*Harry Potter*’s Lucius Malfoy) as a man who gets into a fatal car accident with his wife and son.

He wakes to find his son dead, but his wife alive. Then he goes to sleep and awakens in a world where his wife is the one who died and his son is alive. He goes back and forth between the two realities every time he goes to sleep and has no idea which, if either, is real. He is a detective on different cases in each reality, but some things bleed into both realities, helping him to solve cases.

The concept is reminiscent of *Inception* but seems a little less perplexing. “Awake” will air on NBC this spring.

Napoleon Dynamite gave us many things: Jon Heder, ligers, “Vote for Pedro” shirts. We can now add a cartoon to that list. Napoleon Dynamite’s quirky adventures will continue in January in animated form on FOX.

The network brought back the entire original cast to do the voices as well as the original writers

to script the series.

The show definitely has the same tone as the movie, so if you’re a *Napoleon Dynamite* fan, this is definitely a show to watch. It premieres January 15 at 8:30 pm on FOX.

“**Are You There, Chelsea?**” is based on the best-selling book “Are You There,odka? It’s Me, Chelsea” by comedian Chelsea Handler. The series is loosely based on her life and stars Laura Prepon (“That 70’s Show”) as Handler, while Handler herself plays her sister, Sloane.

Prepon’s character works in a bar and the series chronicles how alcohol affects her life. Of course, as anyone who read Handler’s books knows, Handler’s tales of alcohol-fueled mishaps are usually less cautionary and more hilarious.

It’s a series worth tuning in for, as long as you don’t mind Handler’s crude sense of humor. The series premiere is January 11 at 8:30 pm.

“**Alcatraz**” is the latest project from J.J. Abrams (“Lost,”



PHOTO COURTESY of nerdlocker.com

“Alcatraz,” from J.J. Abrams, is about Alcatraz prisoners who mysteriously reappear after 50 years and the San Francisco detective (Sarah Jones, center) and an Alcatraz expert (Jorge Garcia, center left) who hunt them down. It is one of the midseason TV shows airing next year.

“Alias,” “Person of Interest”). With Abrams you can always guarantee that you’ll get a good mystery. The infamous federal prison, Alcatraz, was closed in the 1960’s. Supposedly, the inmates were all transferred, but they never were. They all mysteriously disappeared and are now reappearing in present day in San Francisco.

Fifty years have passed but none of them are a day older. More importantly, they are still

some of the most dangerous criminals you’ll ever find, and this new chance at life will not reform them. It’s up to a police detective, Rebecca Madsen (Sarah Jones from “Sons of Anarchy”) and an Alcatraz expert, Diego Soto (Jorge Garcia of “Lost”) to figure out how the criminals ended up here, why they are here, and who is behind this.

“Alcatraz” will have a two-hour premiere on FOX January 16 at 8:00 pm.

The Birth of the Christmas Spirit

Origins of Popular Holiday Traditions

BRETT BODNER
MANAGING EDITOR

Every year the holiday season kicks off around Thanksgiving. People gear up to begin their Christmas shopping through Black Friday sales, while others spend the weekend putting up their Christmas decorations. Lights go up on the outside of houses, Christmas music begins to be played on the radio, and trees get placed inside the living room where it will spend the next month until Christmas. It seems that every year we get ourselves into these Christmas routines, but most of us are not even aware of how they came about. The answers to where some of these Christmas traditions came from are about to be answered.

The crown figure of the Christmas season, who you see almost everywhere in the month of December, is jolly Santa Claus. The funny thing about Santa Claus is that his presence wasn't always associated with Christmas nor was it always a happy perception in that case. Matthew O'Brien, History professor, said that the idea of Santa Claus as we know him today did not come about until Clement Moore's classic holiday poem "Twas the Night Before Christmas."

"Originally, there was Father Christmas, who was this old figure to remind people of death. In the nineteenth century he got reinvented as a grandfatherly figure who was kind to children,

but Christmas wasn't about children in the medieval period," said O'Brien. "Children had St. Nicholas day, which was celebrated in early December, and served as a religious reminder to children not to sin."

Nowadays, Santa Claus has become the main figure associated with Christmas. The commercialization of the holiday began to be seen in the twentieth century, and many businesses over the years have begun to use Santa Claus while trying to support their product. A major example of this is seen in Coca-Cola. According to the official website of Coca-Cola, Coke began using St. Nicholas in ads back in 1931 in magazines. The depiction we all have of how Santa appears can actually be stemmed back to Coke. The original drawings were drawn by Haddon Sundblom, who showed a kind, jolly man in a red suit, drinking from a coke bottle. The image stuck in American pop culture and this idea of how Santa looks can still be seen today.

Even the way we celebrate Christmas today has evolved since the nineteenth century. In a way, everything changed with Charles Dicken's *A Christmas Carol*. At the time industrialization was going on and it was changing the fabric of society. According to O'Brien, Christmas at first was more of a communal celebration that revolved around feasting and the

community coming together. It involved men and women dressing up in outlandish attire going from household to household, being boisterous, and receiving food and drink from these households. It was socialist Christian ideals which gave voice to how Christmas was being celebrated and it slowly began to become more a private family celebration. There has always been tension between secular celebration and religious observance, which still exists today.

Catholics focus more on religious ideals in terms of celebration. Gabriella Fumato, University minister, shared some of the traditions they carry out as a group.

"We light the advent wreath which is a visual reminder that Christmas is coming and we better prepare. By prepare, I mean, prepare our hearts. The advent wreath has four candles which represents the four weeks before Christmas. The candles are purple and pink; three purple, and one pink. Purple symbolizes repentance and pink symbolizes joy," said Fumato.

Christmas trees also have an interesting origin. According to History.com, Christmas trees are modern inventions which were introduced to England by Prince Albert, who was a consort of Queen Victoria. Originally, Christmas trees were very small and were often placed on tables. Over time, the trees gradually got bigger and more decorations began to get

added to them, like lights.

Speaking of lights, the idea of people decorating their houses with lights for Christmas was something else that has become associated with Christmas, even though it is not what their original purpose was for.

"The tradition of putting up lights actually began with the idea that people wanted to light the winter nights. People celebrated the idea of having light in the dark winter, but now lights are often put up before Thanksgiving and are associated with the holidays," said O'Brien.

This time of year, people are always buying and receiving gifts for one another. The idea of getting gifts during the holiday season, used to only be applied to children, stated O'Brien. People began to have disposable incomes in the twentieth century, so they can spend money on gifts for everyone in the family. Before then, usually people who were well-off financially were the ones to exchange gifts with one another.

Starting on Thanksgiving, it is very likely that if you turn on the radio you will hear Christmas songs playing. Christmas music traces back to the nineteenth century as well. O'Brien pointed out that most Christmas music we hear nowadays, doesn't even have a religious connotation to it.

"One of the most popu-

lar Christmas songs around is 'White Christmas.' The funny thing about this song is that it was a Christmas song written by Irving Berlin, who surprisingly is Jewish. This just goes to show that many of these holiday ideals are more secular than they are religious," said O'Brien.

When Christianity was accepted in the Roman Empire, the origins of Christmas came about as a way to compete with Pagan Holiday. They wanted to Christianize the celebration of the winter solstice, so they centered the birth of Jesus on the time of December 25. O'Brien added that no one really knows if this was the actual month and day when Jesus was born.

The strongest point O'Brien drove home was the idea of nostalgia that all Americans seem to have and the idea of celebrating the holiday with the family. Over the centuries, celebrations have changed from communal to privatized within the family, which is how we found ourselves celebrating Christmas the way that we do today.

"I find it ironic about arguments you hear over and over again, like the idea of Christmas tree versus holiday tree. It's always been more of a secular celebration than a religious one. Something you always hear today is that we don't celebrate how we used to, when it has always been celebrated in a commercial way since the nineteenth century," said O'Brien.

How to Get Rid of Your Gut

Gut continued from page 1

man student and track athlete. "Some have such busy schedules that they do not even have time to exercise."

James Konopack, health studies Coordinator, said, "Positive energy imbalance, which is when calorie intake exceeds calorie expenditure, is obviously a major reason. We also have an disturbingly high rate of physical inactivity. Plus, many people recognize that high-calorie foods area part of the problem, but we sometimes overlook the dangers of excessivesedentariness. We're sitting more now than in the history of our species."

Researchers noted that children whose school is close to a fast food restaurant may be more prone to obesity. One's proximity to unhealthy food increases their chances of obesity, especially if the individual lacks self control and dietary discipline.

John Jackman, fitness center coordinator, said, "High protein burns fat, and carbohydrates are much higher in calories. People should eat more protein than carbohydrates, but don't neglect them all together. High fiber is also important. You will trim your waist quicker by eating small meals more times a day than large ones all at once. Stay away from high sodium foods because of water retention. Also, drink plenty of water."

Students should not feel that they have to spend a lot of money in order to eat healthy foods. According to Jackman, there are many things University students can do and eat in their very own backyard.

"Students can find a lot of good food on campus, including in Magill Commons, to help them stay fit," Jackman said. "They should try to stick to grilled chicken, fish,

green vegetables and salads, but watch the dressings for high sodium. The food you need is there, but you must be a smart eater."

Inactivity is also a great contributor to obesity. Americans are spending less time exercising and more and more time on entertainment.

old." Researchers also noticed that children within their normal weight groups incorporated at least two to four more minutes of consistent physical activity per day than the children who were overweight.

"When it comes to the average person today, it's much easier to become

why people do not exercise.

As an athlete, exercise and fitness is a ritual part of her daily routine, but Price encourages those who are busy and do not have the time to exercise every day to "map out a day and time to exercise and follow that schedule; plan to do certain

workouts," Jackman said. "They are either checking it every other minute or texting. This is a problem because they are too focused on that than the exercise at hand. Lack of focus affects energy output which affects overall calorie burn-up."

In an effort to change their lifestyles and become healthier, people should take the "baby steps" approach. It starts with setting a realistic goal and making a genuine effort to stick to it. People often try to take on too much too quickly, and they are then disappointed with the failed result.

"People in general would love to have an athletically shaped body," Jackman added. "An athlete, however, is focused on his practice or workout with no distractions. Thus, their body becomes a product of their activity."

Jackman encourages people to do a little bit every day because it is important to note that exercise should be a lifestyle change and not a temporary hobby, and making exercise fun is also recommended.

"If your exercise program is too hard and boring, you most likely will not be consistent with it, and consistency is key. A little every day is more productive than a lot all at once," Jackman said.

Obese people are encouraged to take it slow and gradually reach their target heart rate, while also incorporating weight training into the routine because developing muscle tone will aid in fat loss.

However, in some cases, it may be best for certain people to get professional help from an experienced trainer, especially at first.

Exercise can be an issue of mind over matter. As Jackman said, "you need to visualize what you want to look like. If the mind conceives the body will achieve."



PHOTO COURTESY of accessrx.com

University students have a wide variety of resources at their fingertips to help them stay in shape.

Today's youth no longer spends enough time outdoors, running around and getting fresh air. Instead, video games, television, and other electronic devices have a heavy influence on how people today spend their time.

Medicalnewstoday.com reported that a study of 900 children at risk of obesity discovered that "a lack of vigorous physical activity is the main contributor to obesity for adolescents between 11 and 15-years-

old." Researchers also noticed that children within their normal weight groups incorporated at least two to four more minutes of consistent physical activity per day than the children who were overweight.

Although most people know that they *should* exercise and make the effort to stay in shape, it can be difficult to *actually* make it to the gym and work out. According to webmd.com, motivation is one of the many reasons

workouts on certain days in order to develop a fitness plan that works."

Whether it is to lose weight or to stay in shape, people need to have a reason that is important to them in order to exercise. People also have to set realistic goals and be focused. Distractions need to be put aside for a consistent amount of time to get an effective workout.

"Every day I see students too distracted by their cell phones while their doing their cardio

A Weekend Aboard the USS Dwight D. Eisenhower

Dr. Michael Palladino Invited on Distinguished Visitor Tour

SHAHARYAR AHMAD
SCIENCE EDITOR

Every few days, the Navy holds a series of distinguished visitor tours (DV) as a “high-tech show-and-tell” that invites audiences to see a snapshot of the military that they would not normally experience.

Dr. Michael Palladino, Dean of the School of Science, was asked by President Paul G Gaffney II, retired Navy Vice Admiral, who gets these DV Tour invitations all the time, if he was interested in attending one of the tours.

Palladino described his experience as nothing short of “once in a lifetime.” He flew down to Norfolk, Virginia and then to the base on a carrier-onboard delivery (COD) transport plane, where his trip truly initiated.

“Our COD went from 105 miles per hour to zero miles per hour in only two seconds as it landed abroad the USS Dwight D. Eisenhower, also known as the USS Ike. After landing, it was a situation of ‘controlled chaos’ and they immediately got us situated.”

When the plane came to a halt,




PHOTO COURTESY of Dr. Michael Palladino

Dr. Michael Palladino described his experience on a tour of the USS Dwight D. Eisenhower as a “once in a lifetime” experience.

there were four arrested cables on its tailhook, a hook that attaches to the rear of a plane to reach rapid deceleration. “The pilots typically target the second or third cable, with the more skilled pilots grabbing the second one.”

The Mark 7 Mod 3 arresting gear is installed in most modern aircraft. It has the capability of recovering a 23,000 kilogram aircraft at an engaging speed of 150 miles per hour in a distance of 340 feet. The system itself is engineered to absorb a theoretical maximum energy of 64.4 mega-joules at maximum cable run-out.

The USS Ike has 58 planes and 100 pilots at full capacity and about 5000 people abroad the vessel itself. “Each cable was operated by 30 people. They set the tension based on the weight and speed of the incoming plane. Below deck there are actually huge tension spools that set tension on the cables above,” said Palladino.

“The pilots were doing ‘touch and go’s’ where they briefly landed on the plane and immediately took off afterwards so that they could stay in tune with their training. It is a really sophisticated little scheme.”

The ship needs 20 knots of wind, about 23 mph, to allow the plane to take off of one of the four main catapults. “You’ve got a moving ship, waves, wind, and now you have to land on it,” Palladino said.

Palladino said, “It was amazing to see thousands of people supporting what’s on deck. A nuclear submarine powers the aircraft carrier’s reactor, which has a 50-year lifespan, so we never saw anyone worried about conserving power. People had televisions, laptops, stereos on all the time.”

In terms of attack capability, the USS Ike has 18,000 tons of weapons abroad, which is more than what was used in the entire Vietnam War. At the start of the Iraq War, the aircraft carrier was loaded in only two and a half days. “The strike capability is insane,” Palladino said.

Due to the fact that the pilots were doing missions until 2:00 am, and the living quarters are directly under Vulture’s Row, which is where the planes land, Palladino “didn’t plan on getting much sleep, it was pretty intense.”

On Vulture’s Row, “we were wearing headgear [goggles], a vest [life preserver] in case we landed in water. If we pulled a knob on the vest, it would release green dye that would diffuse the water surrounding us to allow the crew to locate us.”

As it neared the end of his DV tour on Sunday afternoon, Palladino prepared to fly back but soon experienced a mechanical problem with the plane. A small quandary emerged as the next round of DV tour visitors were scheduled to arrive when Palladino’s group

was supposed to leave.

“On Monday morning, they took us to our hangar. You wouldn’t believe it. Our plane was lying in pieces next to 18 and 19-year-olds holding manuals taking apart the plane.” By the time the Admiral had brought the replacement parts, the ship was near Jacksonville, Florida, having gone in a big oval.

“As they told me, apparently they get mechanical problems all the time,” Palladino said.

As his return journey began, Palladino was thrown forward about a foot as the COD “accelerated from zero to 128 miles per hour in three seconds. Five seconds after being launched by the catapult, the plane was in the air. Once the plane was on its own, we got thrown back again.”

The USS Ike uses steam catapult technology which has been in use for quite some time now. They plan on upgrading to electromagnets in the next few years. The net effect of the change, however, will still be about the same in terms of acceleration of the planes.

“It was an incredible opportunity,” said Palladino. “They gave us tons of cool gifts and challenge medals. It provided an amazing opportunity to see the high end communication and weapons systems. As incredible as all that technology is however, the amazing men and women doing all that for us are simply awesome.”

Just Another Sibling Rivalry

Student Finds Motivation in Sibling's Success

NICK HODGINS
CLUB AND GREEK EDITOR

I have spent much of my entire life competing with my sibling, but that’s normal right?

It’s only natural to compete with those around you, especially a family member.

My sibling and I are extremely alike, we both love sports, love to snowboard, find the same jokes funny and most importantly we love to get on each other’s nerves. Despite all of this, I can definitely say without a doubt that I look up to my sibling more than anyone else I know.

My sibling never gives up, no matter what. It truly is remarkable the amount of drive this person has. It is inspiring. I’ve always joked that I live in the shadow of my sibling, but behind each joke is a tiny bit of truth.

My sibling Noel, is a 15-year-old girl. I am 20.

That’s right, go ahead and laugh. The very person I live my life to inspire and motivate has surpassed me in just about everything she has done up to this point.

My sister, Noel, is a little more than four years younger than me. She excels in just about everything she does. In her freshman year of high school she started varsity soccer and softball, as well as getting in some playing time on the varsity basketball team. Did I mention there hasn’t been a marking period she hasn’t gotten honor roll?

Now I wasn’t a bad student in high school, I got A’s and B’s with the occasional C here or there. I played football and baseball as a freshman and went on to play baseball my sophomore year as well.

I never played at a varsity level and I didn’t make it in to the National Honors Society that my glorious sister will inevitably make it into, the same National Honor Society that just happens to be named in honor of my great-grandfather.

I also will never have a chance to play on my town’s varsity baseball team, the same team my own father was captain of as a junior.

But don’t worry Dad, there’s still hope for the family name, your five-foot-one, 86-pound daughter will make everything better.

My sister has an eight-pack, that doesn’t one-up me, it eight-ups me. But I’m not bitter, I can’t stress that enough. I am so proud of my sister; she works very hard and deserves everything she gets. That being said, I’d like to win just once when we play bean-bag-toss, maybe I could be the one to get a bulls-eye in darts or catch the bigger fish out on the lake.

I remember the first time we went snowboarding together. I had been snowboarding for a few years at this point and it was Noel’s first time out. Naturally, we started our day off on the bunny hill.

“Don’t worry if you don’t get it at first,” I said as I glided effortlessly down the small slope, “It’s not easy to pick up, I didn’t make it off the bunny hill my first day out.”

Within the hour, she was practically keeping up with me and decided it was time to take the gondola up to the top of the mountain. We spent the rest of the day side by side going down trails, me in the lead at times and my sister passing ahead of me at others.

Much like that day on the mountain, my sister and I are always racing, side by side, there for one another, while at the same time secretly keeping note of who is ahead. When I fall behind I use my awesome sister as motivation to try and pull ahead, yet I am also proud to see her in the lead.

The drive to compete and try and do better has helped mold me into the person I am today.

Without Noel constantly being there to keep myself in check, I don’t know where I would be.

I love to snowboard, I love to play sports, and I love to compete. I am so grateful to have a younger sister who loves to do all the same things as me, equally as good as me, if not better.

I don’t know how many guys can get their younger sister on a weekend evening to go fishing; I’d say I’m pretty lucky. In fact, she’s usually the one bothering me to go fishing.

My sister Noel recently started learning piano. I’ve been playing guitar and bass for about seven years now and I like to think I’m a decent musician. Don’t worry though, give it another week and I’ll be strumming “Smoke on the Water” as she effortlessly rattles off Bach’s Concerto One in D Minor and I couldn’t be more proud.



PHOTO COURTESY of Nick Hodgins

Siblings tend to be natural rivals, but it's also okay to allow your sibling to push you to become a better person.

Give Peas a Chance!

A Spotlight on the University Area Vegetarian Society

ALEXIS ORLACCHIO
STAFF WRITER

The Monmouth University Area Vegetarian Society (MAVS) is offered to the University through the University’s Center for Human and Community Wellness (CHCW). MAVS is a non-profit organization that provides educational information, understanding, and support for people who eat, or want to eat a vegetarian diet.

“MAVS hosts free events that are open to the University community and the outside community as well. At recent MAVS events, guests have ranged from University students to people from the community who have traveled from all over the state to attend, and even out of state,” said Mary Harris, Journalism/PR specialist professor. MAVS events are open to everyone and provide a friendly and educational atmosphere for those that care about their well-being that want to eat healthy.

Even though this organization focuses on vegetarianism, members do not actually have to be vegetarians to attend the meetings and events. The people who attend MAVS events are vegetarians, vegans, non-vegetarians, people interested in their overall health and wellness, or just people who enjoy good food and company. Vegetarians abstain from consuming meat, fish and poultry; vegans abstain from eating animals as well as animal products such as milk, eggs, etc.

“I just took over the task of directing MAVS in Septem-

ber. I am a specialist professor of Public Relations, so publicity is attained through strategic public relations and grassroots efforts,” said Harris. MAVS events are publicized through media such as *The Outlook* as well as other print and online media. “MAVS also publicizes through social media, email blasts, flyers, online community calendars, and word of mouth,” said Harris.

“I am the director of MAVS and the go-to person for everything related to the group,” said Harris. Harris is in charge of event planning, public relations, social media, community outreach and general information.

Harris has hosted four events so far for MAVS this semester. These events included vegan potlucks and guest speakers Dr. Christopher Hirschler, Ph.D from Monmouth University, Dr. Melanie Joy, and a film screening of *Fat, Sick, and Nearly Dead*, a documentary that showcases the struggle of a 310 lb man and his journey to health. There was also a question and answer session from the “Fat, Sick and Nearly Dead” director and star, Joe Cross.

On Sunday, December 11 at 4:00 pm at the Rebecca Stafford Student Center Cafeteria, MAVS will hold an event hosted by Harris that highlights the benefits of raw foods.

The presentation will include a holiday vegan potluck and guests are encouraged to bring an entirely vegan dish to share with others as well as serving utensils, a plate, and silverware. Guests are also encouraged to



PHOTO COURTESY of facebook.com

MAVS Director Mary Harris with Joe Cross of *Fat, Sick & Nearly Dead* and Jennifer Rush Jacobs of “The Biggest Loser” season 11 at the screening of Cross’ movie.

write down the recipe they use on an index card and note any potential allergies. There will also be speaker, Chris Jolly of Live Jolly Foods, at this event who will share tips and ideas on vegan and vegetarian food ideas for the holidays.

Live Jolly Foods is an organization that specializes in raw foods. Chef Chris Jolly uses

only gluten-free and organic foods to make everything from snacks to deserts and everything in-between. Live Jolly Foods can be ordered online or bought in local health foods stores.

“I think MAVS is a great idea. I feel like vegetarians are often criticized or made fun of, and this is a group where people can bond over that,” said Andrew

Edelman, Junior.

MAVS meets on the third Sunday of most months and meetings include “Share-a-dish-dinner” (Vegan potluck), lectures, workshops, etc. For more information on MAVS, become a fan on Facebook <https://www.facebook.com/pages/Monmouth-Area-Vegetarian-Society-MAVS/192432864162873>.

Vice President of McGraw-Hill Speaks at the University

PRESS RELEASE

West Long Branch, NJ—William Campbell, Vice President of compensation planning and design in the Human Resources department for The McGraw-Hill Companies, was the guest speaker at the International Business Network meeting on Wednesday, November 30. Campbell spoke about his career and gave students advice about how to succeed professionally.

Campbell, an alumnus of the University, discussed how he got his current job at McGraw-Hill and explained the importance of his role at the company. As Campbell explained, the Human Resources department has a direct effect on a company because the department helps acquire talented employees who will contribute to the success of an organization.

“A company is successful because of the talent of the people who work there,” said Campbell. “You can have the best products in the world, but without the right people your company won’t be successful.”

Campbell also offered advice for students about how to excel in a business environment. He stressed the importance of good communication skills. He shared tips about interviewing for a job and discussed the qualities he looks for in potential employees, like having a strong work ethic and being knowledgeable about the company you are interviewing for. Campbell also advised students to network as much as possible to gain potential contacts for the future.

The next speaker for the International Business Network will be Thomas Mottley from the U.S. Department of Commerce on Thursday, December 8 at 4:00 pm in the Turrel Boardroom in Bey Hall. The meeting is open to all students.

For more information about the International Business Network or to learn how to get involved, contact club president Brain Lo at s0782816@monmouth.edu, Academic advisor Susan Gupta at sgupta@monmouth.edu or (732) 571-3639, or find them on Facebook by searching International Business at Monmouth University.

Club and Greek Announcements

SIFE

SIFE’s Let’s Can Hunger Food Drive will be collecting non-perishable food items in the lobbies of every residence hall for the next two weeks. If there are any questions, please email at sife@monmouth.edu

Outdoors Club

The Outdoors Club did two small day trips this weekend. On Friday, six members of the Outdoors Club ventured out to Heartstone Woods Park for a day hike. Heartstone Woods Park is located in the Highlands about 12 miles away from Monmouth University. The members enjoyed a nice hike that led to a small dock that opened to the Navesink River.

Heartstone Woods Park is home to multiple trails ranging is difficulty from beginner to except. By this one means there are paved trails, gravel trails, dirt trails. Not only can you hike at Heartstone Woods Park but you can also mountain bike there also.

On Saturday, four members of the Outdoors Club went mountain bike riding at the back side of Lair state park. This backside entrance is home to many local mountain bike or trail riders. The members enjoyed a nice long bike ride, venturing as far as a couple miles into Liar State park which is located in Howell.

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.

Pep Band

Now that we are into basketball season, the Pep Band is looking for a few more instrumentalists to join us for the season.

We especially are in need of saxophone and trumpet players, but all instrumentalists will be considered.

Please contact Professor Bryan Jenner at bjenner@monmouth.edu

Also, coming soon will be our brand new website! Stay tuned for more information.

WMCX

Join WMCX for a special showing of ‘National Lampoon’s Christmas Vacation’ in Pollak Theatre on December 5. Free admission!

The movie starts at 8:00 pm. Spread some holiday cheer with this classic Christmas comedy.

Baking for a Cause

Phi Sigma Sigma Raises Money for Orphans in Romania

CHRISTINA GROETHUS
CONTRIBUTING WRITER

Phi Sigma Sigma hosted a bake sale in order to raise awareness and funds for underprivileged orphans located in Romania. The goal of this event was to raise awareness as well as funds to donate to Operation Help the Children. The sisters of Phi Sigma Sigma all contributed and baked an array of baked goods.

Marissa Barnnau, an education major was present at the November 29 event and said, “I think this group of girls [Phi Sigma Sigma] is doing a great thing! It takes a lot for people to step out of their busy lives and have compassion for others.”

This fundraiser, which ran from 12:00 to 5:00 pm, worked differently than others, as usually there is a price on an item that the customer wishes to buy. At this fundraiser, however, there was a donation box that stated, “Please help us give a voice to the voiceless. Give these children a second chance.” People who approached the table were allowed to take as many baked goods as they wanted and a donation was not even required. Yet many people contributed and Phi Sigma Sigma collected \$113 to support Operation Help the Children.

Operation Help the Children (OHTC) is located in Pennsylvania. According to its website, this organization focuses on over 100,000 abandoned and orphaned Romanian children and they are committed to supporting the needs of orphanages, children’s hospitals and homeless

and abandoned street children in Romania. “These children live in state-run orphanages or children’s hospitals. Children who become sick are often abandoned,” stated the OHTC website. The OHTC website goes on to state that there are also 20,000 or more children that are living on the street in Romania. Many of these children will die of hunger, disease, or even exposure to the harsh Romanian winter.

Although this event was hosted by Phi Sigma Sigma, Elena Pellarin, a junior, had the idea for the event and planned it. “Operation Help the Children focuses on helping children that were not as fortunate as me. As a child, I was adopted by an amazing family, but my heart goes out to the orphans that are still located in Romania. I know firsthand how prevalent disease is in Romania as my adopted sister was very sick with chicken pox when she was adopted and she did not have the proper care that she needed,” said Pellarin.

Pellarin said that she found Operation Help the Children one day when she was looking for a way to give to the orphans that are still located in the orphanages in Romania. “I found this website, and looked into it further and it seemed like a great way to help. Operation Help the Children is a non-profit foundation that has the goal of helping and making a difference in the lives of the Romanian children.”

There were many people that stopped by the bake sale table, including an array of Monmouth faculty, professors and students



PHOTO COURTESY of flickr.com

Phi Sigma Sigma raised \$113 for underprivileged orphans in Romania at their bake sale last week.

of all ages. Tom McCarthy, who works in the University’s counseling and psychological department, said, “It is that time of the year. People have so much and they feel like they should be giving back to the less fortunate.”

Gina Orlando, an active sister of Phi Sigma Sigma said, “I think people are very willing to give. It could be assumed that people

would just walk away from our table or say they were not interested, but a lot of people have stopped, talked with us, and donated to this great cause. Some people even thanked us for taking the time to help the less fortunate. People at Monmouth have a lot to give, and they have been very generous.”

OHTC said, “We would like to thank those who opened their hearts to donate to the ones who needed the most, the Romanian orphans. You are going to make a significant difference in the lives of the Romanian orphans. Through the help we are giving these children, together we are also showing them some of the love and care that they don’t know much about.”

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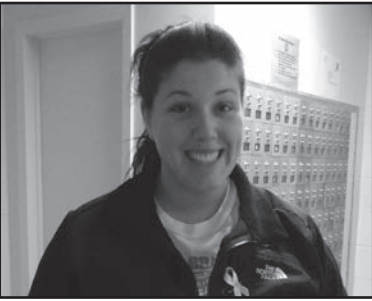
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What is your favorite pick-up line?

COMPILED BY: JACKLYN KOUEFATI



Alissa
junior

"Are you from Tennessee?
Because you're the only 10
I see."



Chris
sophomore

"Have you ever been to the
opera? Here's the keys to
the phantom."



Alex
sophomore

"You must be tired because
you've been running through my
dreams all night."



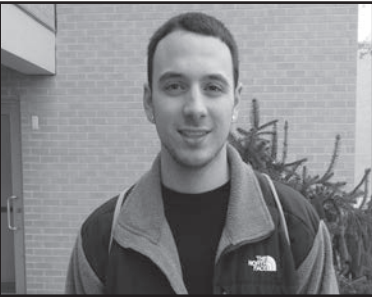
Tyler
sophomore

"Hi, my name is Ian because
I'm I'an you."



Leeann
sophomore

"Let's make like the fabric
softener and snuggle."



Matt
junior

"How much does a polar bear
weigh? Enough to break the ice."



Meghan
senior

"Girl: I have a boyfriend.
Boy: And I have a goldfish. I
thought we were talking about
things that didn't matter."



Jesse
sophomore

"Are you a parking ticket?
Because you have 'fine' written
all over you."



Stephanie
senior

"If I could rearrange the
alphabet, I'd put U and I
together."



Devin
sophomore

"Girl: I have a boyfriend.
Boy: I have a math exam.
Oh, I'm sorry. I thought we were
talking about things we're going
to cheat on."

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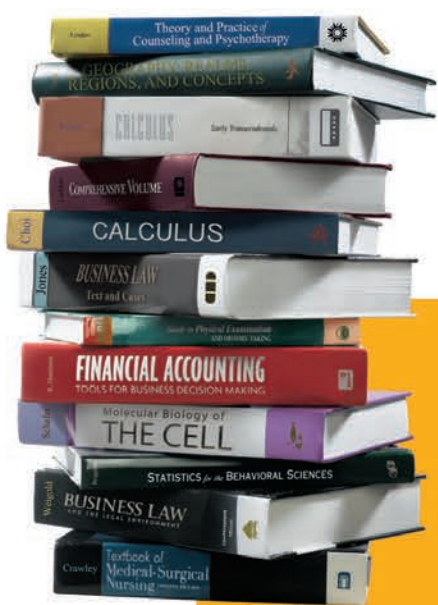
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A Villainous Look at Comic Books

MATTHEW FISHER
COMICS EDITOR

What's a good comic book without super villains? Sure, they are evil and maniacal but they can be just as fascinating. Writers and artists have recognized this with many series and miniseries spotlighting villains like "Nemesis," "Carnage," "Suicide Squad," and "Books of Doom." However, to keep this column short, when it comes to scum of the Earth, you can't go wrong with DC and Marvel Comics.

DC Comics has had comics devoted to evildoers like Ra's Al Ghul and Deadshot as well as a limited series called "Salvation Run" (Here all of Earth's villains being exiled to a distant planet where character sided with the brilliantly mad Lex Luthor or the insane Joker).

Now, when it comes to two of the more interesting villain stories from DC, they come courtesy of writer Brian Azzarello and artist Lee Bermejo. Together, they have showcased tales that offer a new perspective on Lex and the Joker than what fans are familiar with.

First there was the miniseries, "Lex Luthor: Man of Steel," which presented an in depth analysis of this criminal mastermind. Yes, fans have understood that Lex's hatred of Superman stems from the fact that he sees this extraterrestrial as a threat for mankind, preventing humanity's own success. What really made this short series distinctive was reading along with Lex's thoughts to place the reader in his mind.

Azzarello and Bermejo's next project was the dark and richly entertaining Clown Prince of Crime tale, "Joker." The graphic novel featured a newcomer to the Joker's gang who gets a firsthand experience of what it means to run with this insane criminal. Throughout the novel, Azzarello and Bermejo present new, realistic takes on classic Batman villain such as the Penguin and Killer

Croc much like the Christopher Nolan films. Bermejo's artwork also gave the characters and setting a rough, gritty feel. What sets this apart from "Lex Luthor: Man of Steel" is how the reader doesn't hear the Joker's thoughts or delve further into his mind. They only observe his actions and hearing his words as they transpire to keep the Joker even more mysterious, distant, and terrifying.

In fact, while talking to newsarama.com about "Joker," Azzarello explained why he chose to keep the Joker's thoughts silent. "I firmly believe that trying to write from the Joker's perspective would be taking power away from that character; part of the power of that character is his unpredictability. Nobody knows what he is going to do next; so, if you're in his head, you totally take away the unpredictable nature of the character," the writer said.

Now, while DC Comics has a strong number of villains, so does Marvel. Certain characters are plain evil like Norman Osborn and the Leader while others have a way for readers to understand their point of view like the Lizard and Penance (now Speedball again).

Still, much like the Azzarello/Bermejo collaboration, sometimes the best way to understand a hero is to see where they come from, which is what writer Greg Pak has done in two opposite WWII tales with "Magneto: Testament" and "Red Skull: Incarnate."

Each one observed the elements that made Magneto (Max Eisenhardt) and the Red Skull (Johan Schmidt) into the men they would later become.

"Magneto: Testament" was a tough, engaging tale to read about a boy and his family who gets sent to a concentration camp and face the most horrific actions of man. Being persecuted for just being himself made Max weary of trusting humanity and thus when he gained his magnetic powers, unleashed his anger at man. While

other writers and artists have shown Magneto's past, it was the simple fact that Pak presented this character not just as the boy who would be a super villain but a kid facing an extremely terrifying situation.

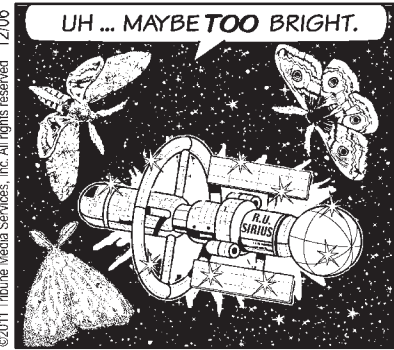
Pak presented this miniseries somewhat for continuity as well as to keep history alive. Readers forget who Max will become and instead see what this character does to stay alive in the worst conditions, one people should never forget.

In an interview with impulsecreations.net, Pak explained what made him want to script this series. He said, "...most importantly, I was compelled by the idea of writing about a boy trying to save his family from the Nazi onslaught. The idea that this quiet schoolboy might find within him the strength to overcome his terror and do his best to save his family totally compelled me."

Next, "Red Skull: Incarnate," explored the childhood of Johann and how he ended up with the Nazis. As with "Magneto: Testament," the reader never sees the character become their future villainous self but rather the road they take that leads to this dark path. "Red Skull: Incarnate" also explored the rise of the Nazis and the persecution of other government parties and minorities.

Throughout the series, the reader never has much sympathy for Johann and instead observes what he does through illegal actions and betrayals to become Hitler's right hand officer. Although making a series about the Red Skull's past is tough, Pak wrote in an afterword in issue #1 how one thought that drove this series was how "...we also need to struggle with the question of how everyday people can so willingly embrace evil?"

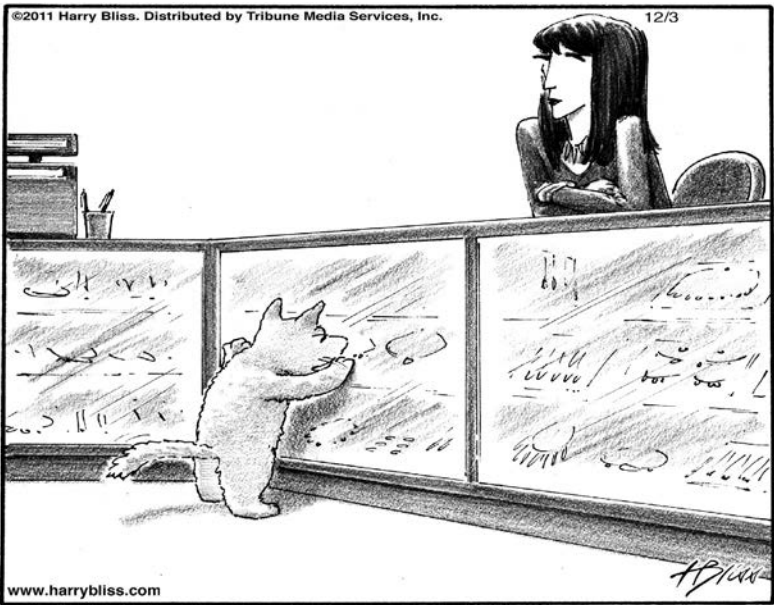
Villains will always be a constant threat for superheroes and when it comes to seeing where these bad guys originated from, it can make these character even more despicable.



Best In Show



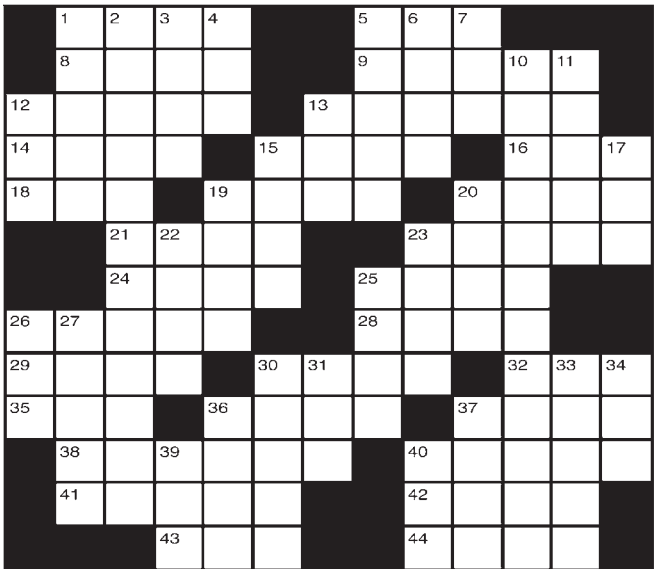
Welcome to Falling Rock National Park by Josh Shalek



"I'm looking for something special that says 'Meow.'"

THE TV CROSSWORD

by Jacqueline E. Mathews



Created by Jacqueline E. Mathews

11/27/11

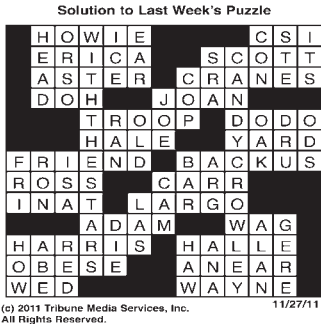
ACROSS

- 1 Bob Barker's successor
- 5 "Murder, ___ Wrote"
- 8 Actress Russo
- 9 "Friday ___ Lights"
- 12 "___ Game"; Denzel Washington movie
- 13 One of Winnie the Pooh's friends
- 14 Speaker's platform
- 15 Second-year student, for short
- 16 Actress Thompson
- 18 Six-pointers, familiarly
- 19 Conway and Daly
- 20 Grows older
- 21 "The Back-up ___"; Jennifer Lopez movie
- 23 "Say Yes to the ___"
- 24 Like a deadlocked jury
- 25 "Never ___ Kissed"; movie for Drew Barrymore
- 26 Seavared and Close
- 28 Many a Middle Easterner
- 29 Mrs. Herman Munster
- 30 Actress Drescher
- 32 Japanese delicacy
- 35 Weep

- 36 Vaudevillian Olsen and others
- 37 Johnson of "Laugh-In"
- 38 Character in "The Wizard of Oz"
- 40 "The Price Is ___"
- 41 Move stealthily
- 42 "Zip-___Doo-Dah"
- 43 Distorted; twisted
- 44 "My Name Is ___"

DOWN

- 1 Great fear
- 2 Morning show co-host
- 3 Baseball's ___ Slaughter
- 4 Damp
- 5 Makes little cuts
- 6 "The ___ Chaparral"; old western series for Cameron Mitchell
- 7 "The ___ and I"; Fred MacMurray movie
- 10 Actress on "CSI"
- 11 "Men in ___"
- 12 Thoreau's monogram
- 13 Hanks or Cruise
- 15 "___ Along with Mitch"
- 17 Burro
- 19 Sunbathes
- 20 Vicinity
- 22 "I Love ___"
- 23 Actress Laura ___
- 25 Comments from those being fleeced
- 26 Golfer Ernie ___
- 27 Major public disturbances
- 30 Unreliable
- 31 "The ___ & Stimp Show"
- 33 Merman or Waters
- 34 "Live and ___ Die"; James Bond movie
- 36 Actor Sharif
- 37 Verdi opera
- 39 "The Real Housewives of ___ Jersey"
- 40 Charlotte ___ of "The Facts of Life"



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Indoor Track and Field Season Kicks off With Third Annual MAC Classic

GAVIN MAZZAGLIA
STAFF WRITER

The MU men’s and women’s track and field teams took care of the Wagner University Seahawks on Saturday in the Third Annual MAC Classic. The men beat Wagner 94-17 while the women won by a score of 79-32. “Our goals were to have a measuring stick for where our team is currently at. In some areas, we were strong, while in some we were behind,” Head Coach Joe Compagni explained. The men’s team was highlighted by the return of senior Vincent Elardo, who redshirted the outdoor season last spring. On Saturday, it looked like he never even took a break. Elardo continued to exhibit his dominance and prove that he’s one of the best throwers in the nation. He finished in first place for shot put after throwing for 56’6”, which qualified him for the IC4A Championships at Boston University which is later this season.

“Our goals were to have a measuring stick for where our team is currently at. In some areas, we were strong, while in some we were behind.”

JOE COMPAGNI
Head Coach

It’s not the first time Elardo has qualified for the IC4A Championships. He has qualified all three years, including taking first place last year. “I’ve been working hard with Coach Compagni, my assistant coach Abe Flores, and my strength and conditioning coach Amanda Kuperavage. I’ve also

continued to work on my practice routine,” Elardo explained. Elardo qualified for the IC4A Championships in the weight throw as well. He finished in first place with a throw of 58’6”. Freshman Taylor Bernstein finished second overall in shot put, posting a throw of 48’1.75.” Sophomore Daniel D’Amato finished fourth overall, as he tossed 43’4.25.” Bernstein and D’Amato also placed in third and fourth in the weight throw, respectively. Senior Peter Matano finished in first place in the pole vault overall registering a jump of 13’11.25” while freshman Aidan Sokolav finished in third overall with a measurement of 12’11.5.” In the long jump, senior Stevenson Cajuske took first place with a jump of 20’8” and in the high jump, sophomore Ed Kramer cleared 6’4.” Junior Jake Bartlett matched Kramer’s distance to claim second place overall. In the triple jump, junior Nick

Waltman came in second overall with a score of 44’3.25.” The 4 by 55 relay team, made up of freshman Ben Boyd and seniors Geoff Navarro and Cajuste took first place in the run, crossing the line in 26.37. The three of them also finished in first place in the 4 by 400 meter relay with a time of 3:27.11.



PHOTO COURTESY of MU Photography
The women’s indoor track team had a strong showing in the MAC classic, as they recorded many top three finishes.

Boyd claimed first place in the 300 meter dash with a finish of 36.19., followed by freshman Aaron Aquino Rodriguez, who posted a finish of 37.01. Sophomore Jake Barbadoro followed with a time of 37.95. Junior Chris Rutherford claimed first place in the 60 meter hurdles with a finish of 8.54. In the 600 meter run, sophomore Jon Marques took first place with a time of 1:23.66 and freshman Mike Shipley followed with a time of 1:27.76. The relay team made up of freshman Andrew Langille, junior Ford Palmer, sophomore Dan Ramirez, and sophomore Anthony Branco posted a first

place finish in the 4 by 1600 meter relay. For the women, sophomore Rachael Aliotta claimed first place in the shot put competition with a toss of 43’5.” Aliotta also finished second in the weight throw behind teammate sophomore Tilah Young. In the high jump, three Hawks took the top three spots as junior Rachael Watkins took first place overall. Freshman Kate Fry finished in first place in the long jump with a distance of 17’11.5.” Frye was also the first Hawk to cross the finish line in the 60 meter hurdles, with a time of 9.18, which placed her in second overall.

Laura Williams placed in first place in the 300 meter dash with a time of 40.90. She was also on the relay team that finished in first place in the 4 by 400 race, along with Frye, Watkins, and senior Colleen Rutecki. The Hawks will return to the track this Friday in Bethlehem, Pennsylvania in the Lehigh “Fast Times Before Finals” Invitational. The very next day, the teams will compete in the Princeton New Year Invitational at the Princeton Armory. “Our practice routine will be similar. We have to make progress this week during practice and move forward,” Coach Compagni stated.

Men’s Basketball Team Still Looking for Their First Win

ED MORLOCK
ASSOCIATE SPORTS EDITOR

The Hawks have struggled, to say the least, in the beginning of the 2011-12 basketball season. They currently sport a 0-8 record, 0-2 in the Northeast Conference (NEC). The Blue and White haven’t played a game at home yet, and they’ve faced some stiff competition. Teams who consistently have good programs, such as Villanova, Virginia Tech and Vanderbilt, were all on the schedule early in the season. The Hawks lost to these teams by a combined 103 points. Against the Villanova Wildcats, Mouphtaou Yarou posted a double-double with 10 rebounds and 24 points. Dominic Cheek led Villanova with 27 points in the game. Robert Brown came off the bench for the Virginia Tech Hokies and put forth a solid performance. He shot five of 11 from the field and led the team with 19 points. Jesse Steele was the games’ leading scorer when the Hawks faced Vanderbilt. Steele accounted for 25 of MU’s 73 points. John Jenkins led the Commodores with 18 points. Other losses outside of the NEC came against George Ma-

son, Albany and Brown. Brown was the closest game of the season for Monmouth, falling 79-71. Offensively the Hawks struggled against George Mason. The team managed only 39 points, and no players reached double digits. Ryan Pearson was the top scorer for the Patriots, accounting for 16 points. Jayson Guerrier was the leading scorer for Albany. He came off the bench to score 28 points in just as many minutes of play. Andrew Nicholas played well for the Hawks against Brown. He was 11 of 18 from the field and scored 24 points. Stephen Albrecht was the leader for Brown, scoring 22 points. Two conference losses came against Saint Francis (PA) and Robert Morris. The 0-2 record places Monmouth last in the NEC. Saint Francis was also a difficult matchup for the Hawks’ offense. No player reached double digits and the team only tallied 49 points. Scott Eatherton led the game in scoring with 16 points. Robert Morris defeated MU by the score of 69-51. Lucky Jones led the game in scoring, accounting for 15 points in the contest. First year head coach King Rice cannot be happy with the team’s performance. “Our team

has to understand we have to be more together,” said Rice. “We have to try harder for longer stretches, and until we do that, we will not get better.” Steele is leading the Hawks in a number of categories so far this season. He has started all eight games and averages over 31 minutes per game. He’s shooting 90% from the free throw line and averaging 9.4 points. Steele also has accounted for a team-leading 26 assists on the season. Ed Waite has started seven games and is shooting over 45% from the field. He leads the team with 47 rebounds, averaging 4.9 in each contest. Eight games into the season and it’s not looking promising for the Blue and White. Playing some games in West Long Branch is going to have to help inspire the team if they want to turn this season around. 0-8 was probably not the start the Hawks were hoping to get off too, but it is still early enough in the season for the Hawks to turn things around. They’ll have the opportunity when they travel to Annapolis, Maryland to take on Navy Tuesday evening at 6:00 pm. The Hawks’ first home game is this Saturday at 7pm against Fordham.

THE OUTLOOK’S WEEKLY NFL PICKS

Week Fourteen

Jets vs. Chiefs

Giants vs. Cowboys

Texans vs. Bengals

Saints vs. Titans

Packers vs. Raiders

Bears vs. Broncos

Steelers vs. Browns

Eagles vs. Dolphins

Now featuring guest picks!

Brett	Dan	Ed	Nicole Levy (SGA President)
(3-5 Last Wk) (54-26 Overall)	(5-3 Last Wk) (46-34 Overall)	(6-2 Last Wk) (50-30 Overall)	Last weeks guest picker: Kate Nawoyksi (4-4 Last Wk)

The King and I:

Getting to Know Men's Basketball Coach King Rice

DARIA DELUCCIA
STAFF WRITER

The University’s new Head Coach, King Rice, has been a vital part of keeping the teams spirits high. After last year’s losing season and a rocky start to this one, Rice is continuing to push his team to success. Eight games into the season, they are still pushing for their first win and working together to make their dream of a winning season a reality.

“The guys are getting better,” stated Rice, “I put high expectations on this season and we’re not going to back down.” Although the team started off slowly, he knows that his boys will not stop fighting.

With the season starting off at 0-8, Rice feels as though he set his expectations too high in respect to all of the changes the team has gone through. “I didn’t give enough of an adjustment time,” explained Rice, “But success is coming.”

This year being Rice’s first year as a member of the University’s coaching staff, he has been able to connect with his players and coaches alike. For some people, a transition like this can be very challenging; bringing up obstacles that come with working with a whole new set of coaches, players, and staff members. In Rice’s case, however, he has had nothing but positive responses from the community. “This has been great for me and my family,” Rice explained. “I’m on a staff with coaches I love, care about, and have known for a long time. All of the other coaches have also been nothing but supportive.” Afraid that he has let down the other

coaches that have been supporting him, Rice is not giving up on his team, “We just need to stick together as a team.”

As I sat and watched the beginning of their practice, it was clear that Rice wants to do all he can to help his team succeed. This is true not only for basketball, but in life as well. Putting his players schoolwork before basketball is one way he works towards furthering his player’s success in life. “If a player isn’t playing, they don’t travel with us so they don’t miss any classes. Before away games we practice at home to make sure they can still go to class and do well,” he explained.

Going beyond wanting his team to succeed in their lives, Rice tries to help kids in the community succeed as well. He spoke at Red Bank Regional to give other kids advice on how to achieve their dreams. “The kids remind you of yourself, they’re trying to have successful lives,” explained Rice. “People that care ask for help.”

Although he did not have an easy road to get to where he is now, Rice will never forget the lessons he learned from his coaches growing up. “I had great mentors,” explained Rice, “They taught me to have character, do well in school, to be nice to girls, and all the right things to do in life.” This type of mentality is something that he tries to pass along to his players and others who look up to him as their own mentor.

Rice left North Carolina being ranked third on the Tar Heels all-time assist list and eleventh all-time in the Atlantic Coast Conference with 629 assists. He helped the team earn a

29-6 overall mark and appearance at the 1991 NCAA Final Four. The team captain during the 1990-91 season, Rice earned UNC’s Carmichael-Cobb Award as a junior for being the team’s outstanding defensive player. As a senior he was named the Foy Roberson Award recipient for being the team’s Most Inspirational Player.

Aside from hoping he would make it in the NBA, Rice always knew he wanted to be a basketball coach at some point in his life. Rice attributes much of his success to some of the coaches he looked up to while playing for North Carolina. Head Coach of the Chicago Bulls, Phil Jackson, was also a mentor for Rice as he admired his different technique for playing the game.

One of the most admirable characteristics of Coach Rice is his determination. He recognizes that if you continue to work hard and triumph over any adversities, you will succeed. After being turned down by five other head coaching positions, he was content with the success he was having as an assistant coach. With that success, he knew that he needed to continue what he was doing in order to reach his goals. “I am thankful for receiving this position and for those who had faith in me,” Rice appreciatively expressed. At the end of the day, he has plenty more success headed his way with the Hawks basketball team. As he continues to work towards success, Rice explains how he is “right where I want to be.”

Come support the University’s basketball team this Saturday December 10 at 7:00 pm against Fordham University.

Has the Time Come for

Student-Athletes to Get Paid?

Athletes continued from pg. 1

Conference) is discussing it, as most conferences have been, and I think we’re going to follow suit and we’ll make it mandatory for Men’s and Women’s basketball,” McNeil explained. “But for the rest of our sports, it would be an institutional decision and right now we’re not going to do it for our other sports.”

Having strong basketball programs is very important to the NEC. “The conference has put a lot of emphasis into improving our men’s and women’s basketball for a lot of different reasons. The most important one is that if the conference can win a first round game in the NCAA tournament, there is a significant dollar value attached to that, which would come back to the conference and make our conference stronger. Plus it’s a recruiting issue. You have to go out and recruit against other schools, and you want to be able to say that you’re doing the same as everybody else, so you don’t lose in that ‘recruiting war,’ as we call it,” McNeil said. “All the conference presidents and the Athletic Directors have said, ‘Yes we are going to do as much as we can to make our men’s and women’s basketball programs very, very competitive.’”

Aside from the two basketball programs, recruiting at the University could be affected by not offering the extra \$2,000. McNeil said, “This is so brand new, we’re

not sure what it’s going to do. I think the people that are going to notice it are football and soccer because they have a sign-in date in February, so they will go out on the trails right now and whether or not we’re going to seem some push back I don’t know. But we’re going to have to evaluate it on a day-to-day basis.”

There have been some big time issues in NCAA football lately regarding players receiving illegal benefits. Reggie Bush, a former

University of Southern California running back, no longer has the Heisman trophy he earned due to illegal activities, such as allegedly taking financial benefits from marketing agents. Ohio State was in a lot of trouble when the news broke that former quarterback Terrelle Pryor and other players were said to have been receiving benefits like cash and discounted tattoos. Another example is former Auburn quarterback, Cam Newton and his father, were accused of trying to get money from schools for his son’s services.

Harmon thinks that these may have played a role in the decision to allow payment of players. “I’m not sure if the recent issues in college football have made this more relevant with things like Ohio

State and USC/Reggie Bush and Auburn/ Cam Newton, but maybe schools have decided that by giving some money they can avoid that big news making scandal and the penalties that go along with it.”

Everyone has their own opinion on whether or not this is a good rule. Harmon said, “I’m just not sure where the line is drawn because I think if you do it for one sport, then it must be done for all sports.”

The Athletic Director has her opinion as well. “I’m very much against it. What we are really doing is helping those who are getting the most money,” McNeil said. “I’m just not convinced that those students getting the most need to receive more.”

Chris Campaniolo, a junior at this University, does not agree with the new rule. “I can understand why players want the money, they make so much of it for the schools,” he said. “But I’m not sure if college-aged students are really going to spend the money on the right kind of things.”

The \$2,000 may only be the beginning for college athletes. “If student athletes are successful in getting \$2,000, why not \$5,000? Why not \$10,000? Why stop there?” said McNeil. “They seem to think they have a cost of attendance value on it, but we really have now decided this is pay-to-play.”

Women’s Basketball Drops

Conference Opener

THE OUTLOOK SPORTS STAFF

Following consecutive wins, the women’s basketball has dropped their previous two games.

Last Wednesday, the Hawks fell to East Carolina 75-52 in Greenville, NC.

Carly Thibault and Alexis Canady both scored in double figures, as Thibault had 11 points while Canady dropped 10 points.

Unfortunately, the scoring effort was not enough and the Hawks were unable to come out on top against ECU.

On Saturday afternoon, the Hawks opened up NEC play in a game against Robert Morris in Moon Township, PA. The Hawks palyed hard and were almost able to knock off RMU, but in the end they fell short and lost 57-54.

Betsy Gadziala and Thibault led the Hawks in scoring on the afternoon, as both players were able to score 14 points apiece.

The Hawks trailed by 13 points in the first half, but were able to rally in the second half of the gaming, cutting RMU’s lead to four with 5:16 remaining in the game.

MU was able to grab a four point lead at one point, 47-43, following a three point shot from Thibault. However, RMU was able to conuter the MU attack by scoring the next 12 points to build up an eight point lead.

The Hawks would have one more rally in them, as the Hawks only trailed by three in the final seconds of the game. Three three point shots were heaved up in the final seconds, but unfortunatelly for MU, none of them went in and they came away with a loss.

MU will be looking for a better result in their next game, when they face off against another NEC opponent on the road in Saint Francis (Pa.). Following this game, the Hawks will return home to face off against St. Peters in a New Jersey showdown on Saturday afternoon.



2011: Year of the Scandal

DAN GUNDERMAN
STAFF WRITER

Is one scandal enough? Just weeks after legendary college football head coach Joe Paterno was fired amid sexual abuse charges involving one of his longtime assistants, another mainstream NCAA program has been exposed for potential wrongdoing. This program is Syracuse University’s men’s basketball team and its longtime assistant coach Bernie Fine. The man who served with Jim Boeheim since 1976 was fired after three men came forward with sexual abuse charges.

Just days after the scandals emerged, Syracuse relieved Fine of his duties citing an audiotape that was sent to investigators. This tape involved Fine’s wife in talks with Bobby Davis, 39, who is one of the accusers, as she states she knew what was going on.

The allegations have been quite gruesome, citing alleged abuse starting in 1984 towards Davis and lasting until he was 27. He served as the team’s ball boy for six years, and his step brother, Mike Lang, 45, also came forward as an apparent abuse victim.

Furthermore, a controversial third subject, Zach Tomaselli, now 23, stated Fine abused him in 2002. Once these rumors began to circulate and investigators got ahold of the tape, Fine was promptly fired. Syracuse head coach and icon Jim Boeheim initially backed his longtime friend, stating that the accusations were a publicity stunt after the Penn State incident. But after more evidence came about Boeheim apologized to the victims and said that he acted with the information he had at the time.

Although badly bruised, the program continued its dominance with Boeheim as head coach, and after beating #10 Florida, they improved their record to 8-0. The school has remained with the stance that there is no reason to fire Boeheim, and thousands of Syracuse fans agree. Reporters and fans have been staked out at Fine’s residence, and even at Boeheim’s nearby, avidly show-

ing their respect for the men and the program.

As more and more developments appear in court, the testimonies are becoming a bit clearer but a true sense of innocence/guilt cannot be laid down until the court ruling. Many of Fine’s former players are in awe of the scandal and refuse to believe their former coach would do something like that. But the men who brought up the accusations have stuck by their claims, appearing on multiple primetime media outlets describing what took place.

The assistant’s role in the Boeheim-era legacy is now severely tarnished and his image has gone quite south in the past few weeks. Even if proven innocent, the man will still most likely be cast in a very dark light. Accusations like these do not just appear out of thin air, and individuals normally do not put their reputations on the line to support these claims unless they were true. So as of now, the public backs the notion that the charges will hold true.

If found to be a child abuser, Bernie Fine, along with Jerry Sandusky, exemplify the definition of poor ambassadors to the sport. They bring shame to their respectable programs and drastically hamper their University’s image, their possible recruitment, their legal status and overall standing with the public. If these men engaged in such dreadful acts, the question must really be brought about, should the NCAA engage in a more aggressive investigatory stance and should it punish the programs involved? As we all know, the men involved have enough shame brought to their characters, being cast as pedophiles for life and having their lifetime accomplishments slashed in the blink of an eye. But the bigger question is should the programs be punished as well to “lay down the law?” If so, should the head coach automatically be fired? There’s no right or wrong answer here as opinions count but one thing is for sure, these acts of sheer disgust bring shame to the respectable ways we’ve have been accustomed to in American sports.



JUMP START



Also in Sports:

Men's basketball still
looking for their first win.

Page 22

Peter Matano and the rest of the men's and women's indoor track teams got the season off to a fast start with several first place finishes at the third annual MAC classic.

Full Story on page 22