

THE OUTLOOK

HTTP://OUTLOOK.MONMOUTH.EDU

Monmouth University's Student-Run Newspaper Since 1933

VOL. 76, NO. 13 • DECEMBER 8, 2004



PHOTO BY Ryan Scally

The Second Annual College Bowl was held in Anacon Hall last week.

Sigma Tau Gamma team wins Second Annual College Bowl

COURTNEY MUIR
STAFF WRITER

The second annual College Bowl Tournament was held in Anacon Hall on Wednesday, December 1. The winners of the tournament were Sigma Tau Gamma.

After hearing about the College Bowl Tournament at a conference for the College Union, Mike Patterson, the Associate Director of Student Activities organized this trivia tournament.

"Three-hundred college campuses are involved in this tournament," said Patterson. "We have only been doing this for two years, but this has been going on for at least 50 years."

This year, 11 teams with groups of four participated, which has increased from last year that only

had eight teams. Students learned about this tournament through flyers that were posted throughout campus.

As a result, College Bowl is getting more popular as more people are taking an interest in it. College Bowl is a trivia tournament with single eliminations that will further teams onto the next round until the final winner can be determined. College Bowl consists of various questions ranging from academics, religion, to entertainment.

All of the questions are done in a pre-determined order so that each team gets a wide variety of questions.

"College Bowl is fun for everyone involved," stated Jon Slevins a member of the TKE team.

Students were able to have a good time, whether it is while on the stage or simply observing the action. Col-

lege Bowl was interesting as well as informative to everyone.

Students sat anxiously awaiting their turns in hope of moving on to the next round. However, each team had their own way of preparing. Julie Rios, a sophomore and a member of the sorority Zeta Tau Alpha, turned towards their Greek Goddess for support.

"Let the spirit of Themis be with us," she claimed. Rios was a member of the team, the Strawberry Smarties.

The winner of the entire tournament was team Sigma Tau Gamma; however it is the All-Stars of each team that will be the ones chosen to go to regionals at The New Jersey Institute of Technology. From there, Monmouth University will hope to make it to the National Tournament that will be held in Seattle, Washington to take the title.

New Vice President of University Advancement at MU

COURTNEY MUIR
STAFF WRITER

Monmouth University will have a new Vice President for University Advancement as of January 15, 2005.

Jeffery N. Mills, Ph.D., will be advancing the institution in areas such as Special Events, the Alumni Association, the Development Office, and the Performing Arts Department. It is in these areas that Mills is responsible for raising more private gifts to the institution.

Mills is coming from the University of Maine where he was the Vice President for Institutional Advancement as well as the President of the Alumni Association. While there, Mills increased private giving to 79%.

Mills grew up in western Maine, where his dream was originally to play left field for the Red Sox. Mills chose to attend the University of Maine because of its great baseball team that advanced to the College World Series several times. After freshman year however, Mills realized that professional baseball wasn't exactly his calling. Mills did in fact figure out what he wanted to be his senior year at the University of Maine when he was elected Student Body President.

It was then he realized he liked being around students and the whole university atmosphere. Mills had a wide variety of interest in every department. His freshman year, he started off majoring in Broadcast and Theater. By the end of his four years he finished with a bachelor's degree in History and Social Studies.

After that, he went to graduate school in order to be a college administrator. He then received his

master's and doctorate in Policy Studies at Arizona State University. While Mills is fascinated with university environment, he still had a passion for politics. In addition to all of his education, he served for eight years in the Maine Legislature, and two years in the senate. Mills is now an adjunct faculty member in public administration at the University of Maine.

What sparked Mills interest in Monmouth University was not only the proximity of being close to New York City and Philadelphia but it's beauty as well. He said, "I was so impressed by the beauty of the campus itself. . . Monmouth University is the only university at the Jersey Shore, therefore, it will continue to grow great for the area."

He also comments on the fact that he was impressed with President Gaffney's image for the unlimited potential of this university.

Mills' wife Tammy, and his two children, Robbie, 9, and Olivia, 14, were very supportive and pleased to see him receive this job because it allows them to be close to the ocean and New York City. When asked if he believes his children will follow in his footsteps, he states, "He would love it if they did, even though they like the university environment, it is still too early to tell."

Mills does still teach occasionally. "I liked to be involved with the students," he said. "Usually I teach Organizational Theory and Change, as well as State and Federal Government classes."

While here, Mills will continue to do more outreach to the community and the alumni to get more involved and to show people what the university is all about.

"I liked to be involved with the students."

JEFFREY N. MILLS
V.P. of University Advancement

New electrical system in Boylan Gym after power outage

New system installed over Thanksgiving, though officials still unsure what caused outage.

JEN KNOEPEL
NEWS EDITOR

An electrical system failure occurred in Boylan Gymnasium on Monday, November 29 at approximately 3:30 p.m. The failure caused the power to go out throughout the entire building.

Over Thanksgiving break a new electrical system was connected in the gymnasium to replace the old one.

"The system was tested and ran fine," said Robert Cornero, Associate Vice President for Campus Planning and Construction.

Cornero explained that on the night of Saturday, November 27, there was a men's basketball

game and the system was running fine.

"The reports have not yet come in, however we believe that cause of the blackout was either due to an overload or the system shorted out," said Cornero. The cause still has not yet been confirmed.

The entire gymnasium including the pool, trainer's room, locker room, gym, and the fitness center all lost power for the remainder of the night.

"The university took immediate action by notifying Jersey Central Power and Light (JCP&L) about the problem," said Cornero.

Once the call was made JCP&L arrived within the hour.

By 9p.m. JCP&L reconnected

"The university took immediate action by notifying Jersey Central Power and Light about the problem,"

ROBERT CORNERO

Associate VP for Campus Planning and Construction

the system with a larger connector.

On Tuesday, JCP&L returned to ensure that the problem had

been resolved. "JCP&L beefed up the system by adding a second set of lines," said Cornero.

All of the work on Tuesday was done while the lines were connected so that the power would not have to be shut off during the day. By the time of the women's basketball game on Tuesday night the gym was running properly.

All practices and intramurals along with the fitness center were cancelled for the remainder of Monday.

The blackout affected both the

women's and the men's practice schedule.

Head men's basketball coach Dave Calloway said, "We were about 45 minutes into practice when the blackout occurred and we had to cancel the remainder of practice."

Head women's basketball coach Jackie DeVane said, "We were in the middle of practice when the blackout occurred. . . We just went into the Varsity Club and had a film review. Although it was an inconvenience, it didn't affect us much."

"The problem has been resolved and there should be no further problems. Everything is now running fine," said Cornero.

NCNW to host Kwanzaa celebration on Anacon Hall

Group invites all to have some fun and learn the principles of the holiday.

PRESS RELEASE

The National Council of Negro Women (Umoja-Nia Chapter) of Monmouth University will host its annual Kwanzaa Celebration event on December 9, 2004, at 7:30 p.m. in Anacon Hall of the student center.

The event is free and open to the public. For more information, call 732-263-5507.

Kwanzaa is an African American and Pan-African holiday which celebrates family, community and culture. Celebrated from December 26th thru January 1st and was started by Dr. Maulana Karenga.

This year, NCNW is proud to present special guest Michelle Washington Wilson

(alumnus of Monmouth University) who will be speaking on Kwanzaa and presenting the Libation Ceremony.

This year, NCNW is proud to present special guest Michelle Washington Wilson (alumnus of Monmouth University) who will be speaking on Kwanzaa and presenting the Libation Ceremony.

There are seven principles in Kwanzaa which are focused on throughout the holiday for each of the seven days: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity), and Imani (faith).

Additionally, the members of NCNW will be presenting a brief play, "A Kwanzaa Carol" in interpretation of each of the seven principles as portrayed through various African-American figures in history.

Teacher training workshop held for MU students



PHOTO BY Bob Cornero

Picture Left to Right: Shelia Baldwin (Curriculum and Instructing), Doug Buchanan (Education Manager of the New Jersey), Susan Douglass (History and Anthropology), and Jean Spears (Curriculum and Instructing).

BOB CORNERO
CONTRIBUTING WRITER

surrounding the ship and the lives of those who staffed it.

The purpose of the presentation was to provide future teachers with background on the New Jersey for

A representative from the USS Battleship New Jersey came and presented a teacher training workshop for History/Education and Anthropology/ Education students on November 17.

The education manager, Doug Buchanan, came and spoke about the historic ship and the brave men and women who served aboard it during its forty-nine years of service, from 1942 to 1991. One of four identical sister ships, the New Jersey has served during World War II, The Korean War, The Vietnam War, and The Cold War. Now the ship rests at the Camden Waterfront and serves as a floating museum for all ages to come and learn about the rich history

"Part of the ongoing program is to introduce History and Anthropology majors to historical resources in the state that can be integrated into their lesson plans for their students."

SUSAN DOUGLASS
History and Anthropology
Professor

future lesson plans and field trips. "Part of the ongoing program is to introduce History and Anthropology majors to historical resources in the state that can be integrated into their lesson plans for their students," says

Professor Susan Douglass. Having been a part of four wars, The New Jersey directly links us to and provides us an exciting and informative look into our own past.

One such personal story from the deck of the New Jersey is that of Louis Ivey. Ivey came aboard the New Jersey in 1954 from the ROTC program at Penn State University. His first night aboard, he found his cabin and unpacked his things. When he woke up, he found that his roommate had left. Ivey was the very first black officer on the New Jersey.

Coincidentally, this was the same year as Brown versus Board of Education. Three years later, still the only black officer aboard, Ivey left and in 1964, he went to medical school at Howard University in Washington D.C. By 1969, he had graduated and became the first black cardiovascular and thoracic surgeon in Cornell University's College of Medicine. Nearly 40 years later the Navy has honored Dr. Ivey for his service and efforts in helping to integrate the Navy.

The museum itself is a mix of old and new technology; the ship having been refitted with new systems each time it was recommissioned. It now receives over 250,000 visitors a year and even has a special program that allows the visitors to stay overnight and experience what it was like to be serving in the Navy on the New Jersey. Over the New Year, there is a special fireworks display that will be held on the ship that will give the visitors staying on the ship, and the people on shore, a spectacular show. For more information on the Battleship New Jersey, visit their website at www.battleshipnewjersey.org.

Meet MU:Petal Gadsden Counselor/Recruitment Coordinator

WESLEY CHIN
CONTRIBUTING WRITER

"Everyone has the power for greatness: not for fame, but for greatness, because greatness is determined by service" read a Dr. Martin Luther King, Jr. quotation hanging on the office wall of freshman supervisor and Recruitment Coordinator Petal Gadsden.

This quote is what Gadsden has modeled her life of service towards students by. Working for Monmouth University's Educational Opportunity Fund, a highly selective scholarship program, she has been able to assist many in their search for higher education.

"The opportunity to work with college students, and giving them an opportunity to attend college is what brought me here," said Gadsden.

Originally a native of New York, Gadsden moved to New Jersey after she got married. She came to Monmouth University after landing a job as Recruitment Coordinator/Counselor for the EOF program.

Since her two and a half year employment, her title changed to Freshmen Coordinator, a position that no longer calls for her to recruit incoming freshmen students. "This leaves me more time to focus on the needs of my students," she said.

Gadsden graduated with a bach-

elor of art's degree in psychology from the State University of New York at Purchase College under the Education Opportunity Program, New York's equivalent to the EOF program.

It was there that she was able to fully appreciate the importance of

"Programs that are student focused are so important because some students really need the support, whether it be financial, personal, or anything else dealing with college life...."

PETAL GADSDEN
Counselor/Recruitment Coordinator

an education, especially when it is given with such program backed support.

"Programs that are student focused are so important," Gadsden said, "because some students really need the support, whether it be fi-

nancial, personal, or anything else dealing with college life or education. Fundamentally, education is power. It gives access to different venues of life".

She feels a certain connection with many of the applicants of the EOF program, as well as other students. Many of the students who come through the program are, often enough, are first time attendees of college.

Gadsden, the first member of her family to attend and successfully graduate, relates to the prestige these students are attempting to give their own families.

"Petal has done a tremendous amount for me, both as a student and an individual," said Malia Lyles, a student of the EOF program, "With her help and dedication, students can achieve great things".

"She's a fine match for the freshmen," said fellow EOF counselor Lupita Yonker, "Petal is able to get along with them on many different levels, which is what's so special about her".

Outside of her working role on campus, Gadsden remains active in extracurricular activities. Since starting her work at Monmouth, she has worked on the Black History month Committee. Her outgoing and positive spirit towards students caught the attention of the African American Student Union, who requested

that she become co-advisor of the organization.

"I started to work with AASU because of their dedication to the quest for self knowledge and the maintenance of unity, while at the same time teaching themselves and others about different cultures and ethnicities".

Gadsden passionate work ethic towards students stems from her ability to appreciate hard work, as well as opportunities that are graciously granted to those who need it. She feels that programs like EOF give students more hope

and a better chance to succeed in the future.

We give them support and have a commitment to seeing our students through fulfilling their goals.

"I feel that this job, in itself, is a fulfilling job," she said. "Stressful? Yes, but fulfilling especially when I see my students graduate and succeed".

On weekends, Gadsden is a Sunday school teacher alongside her husband. She is very involved in church activities, as well as other activities in her own community.



PHOTO BY Lynsey White

Petal Gadsden, Counselor/Recruitment Coordinator works in the Educational Opportunity Fund Program located in the 600 Building.



PHOTO COURTESY of Kathleen Shapiro
Pictured above are the Phi Alpha Theta and Lambda Alpha inductees. At the podium is Dr. Chris DeRosa, addressing the candidates and in the foreground is Yvette Florio Lane, president of the Iota-Omicron chapter of Phi Alpha Theta.

Honors society inducts new members

Phi Alpha Theta and Lambda Alpha welcome 25 new students

KATHLEEN SHAPIRO
 CONTRIBUTING WRITER

The Iota-Omicron Chapter of Phi Alpha Theta, the National History Honor Society, and Lambda Alpha, the National Anthropology Honor Society, welcomed a total of twenty-five undergraduate and graduate inductees Friday, December 3.

The ceremony was conducted in the Wilson Hall Auditorium. Dr. Katherine Parkin, advisor to Phi Alpha Theta, and Dr. Richard Veit, advisor to Lambda Alpha, presided at the tradition-rich induction that included readings by faculty presenters, Dr. Glenn King, Professor Kathy Smith-Wenning, Professor Matthew O'Brien, Dr. Julius Adekunle, Dr. Brian Greenberg, and Dr. Chris DeRosa.

The candidates pledged as newly inducted members are:

Lambda Alpha Inductees: Teray Ciezak, Judie H. Edlin, Amy Nicole Hanson, Koorleen Min-

ton, Michael Minue, Lindsay G. Salmon, and Jennifer Michelle Soltysik.

Phi Alpha Theta Inductees: Undergraduate: Meghan F. Cahill, Jason A. Cherna, Henry K. Ell, Vincent N. Falci, John P. Geib, Ross K. Graham, Justin A. Grimes, Matthew J. Kukoda, Sarah Marie Manfredo, Danielle P. O'Rourke, Frederic Pachman, Lori B. Padgett, Andrea Grace Pierce, and Danielle L. Troianello.

Phi Alpha Theta Inductees, Graduate: Carlos-Luis Brown, Archana K. Gune, John H. Knight, and Derek Smith-Winnes.

A reception and dinner followed the induction at The Club. Dr. Stanley Green, Dean of the School of Humanities and Social Studies, introduced the guest speaker, Dr. Peter Bogucki, the Associate Dean, Undergraduate Affairs, Princeton University School of Engineering and Applied Science. Dr. Bogucki is also

a renowned archeologist, whose work in Poland has defined much of what is known about prehistoric agricultural life in Central and Eastern Europe.

His talk, entitled "A Career in Ruins: Studying the First Farmers of Central Europe," included maps, slides, and photos of his own work. A gifted and entertaining speaker, Dr. Bogucki peppered his lecture with anecdotes about his own life experiences in higher education and was most generous in his attributions to academic mentors, colleagues, and friends. He encouraged his audience to follow their dreams and believe in their abilities.

Phi Alpha Theta, Iota-Omicron Chapter, founded in 1964, now has a total of 592 members. Monmouth University's chapter of Lambda Alpha, founded by Dr. William Mitchell, is the oldest chapter of the National Anthropological Honor Society in New Jersey.

Poli Sci club collects goods for troops

KARA FERRARO
 STAFF WRITER

The Political Science Club and honor society held a two week long collection drive to benefit the troops stationed abroad. Starting in the middle of November, there were boxes set up around campus in which students and staff could place their donations.

Some types of non-perishable items they asked for were coffee, dry milk, packaged soups, tuna, cookies, envelopes and hand wipes. The most prominent items they received were crackers, tuna, and soup packets.

This is not the first drive the Political Science Club conducted. They have done a similar type of drive for troops in Afghanistan a couple of years ago, and they have also led a book drive for children at Monmouth Medical Center. This particular drive, however, had been discussed for some time.

The Political Science team was very successful in the items they were able to collect. Dr. Rekha Datta, Political Science professor said, "We have

about ten boxes that we can send out. We are very happy with the outcome, and thank everyone that supported the drive."

Aside from the Political Science Club and Honor Society, the Volunteer Services Office headed by Marilyn Ward were also involved in this project.

Dr. Datta explained that the main reason for conducting this drive was the fact that there are

Monmouth students and alumni serving abroad. Dr. Datta along with other faculty are in touch with them, and they are the ones that asked if Monmouth could sponsor a collection drive. By honoring their request, Dr. Datta thought it was the least that could be done. The troops also wanted to hear from their peers back at Monmouth, so a huge greeting card was made and then brought to the "Stand Up and Be Counted" campaign to have numerous students sign it. President Gaffney also included his signature on the card. Dr. Datta commented, "There is so much to

be done for the people abroad, and what we attempted was just a miniscule effort, but I think it is crucial to do whatever we can, rather than not doing anything at all."

There are definitely plans in the making to continue with drives such as these. Joe Stafanelli and Tara Krampert of the Political Science Honor Society, along with Rob Baroska, will be helping out with the packaging and shipping efforts. Dr. Datta said, "I am very impressed with their hard work and initiative."

This collection drive really became a Monmouth campus effort. Aside from the Political Science club, honor society and Volunteer Services office, the Outlook, and the radio station really helped in highlighting the drive.

Thanks would like to be extended to them along with all the students and staff that reached out with a helping hand.

"There is so much to be done for the people abroad, and what we attempted was just a miniscule effort, but I think it is crucial to do whatever we can, rather than not doing anything at all."

DR. REKHA DATTA
 Political Science Professor

FREE GIFT WRAPPING!

SAB will wrap up to five presents free for the first 100 students who come to the Oakwood Lounge on Tuesday, December 14 from 6 - 8 p.m. SAB will provide wrapping paper, but students must supply their own boxes.

THE MAJORITY OF MU STUDENTS...

Designate a **SOBER** Driver
 or Call a **CAB**
 When They Party!!



Stay **SAFE** this
 Holiday Season!

NJ Legal Limit is .08

The standard drink is
 metabolized at a rate of
 one drink/hr.

A standard drink is 12
 oz. beer, 4.5 oz. wine,
 and 1 oz. hard liquor

You may not feel drunk
 at .08, but it's
**ALWAYS BETTER
 SAFE THAN SORRY!**

Eatontown/ Long Branch CABS/TAXI

Shore : 732-544-8444
Paramount : 732-222-5300

Red Bank/ Middletown CAB/TAXI
Yellow Cab: 732-671-4600

Attention Clubs & Organizations:

The Annual Budget Request packets are available to be picked up from the Student Government Association secretary located on the 2nd floor of the Student Center on December 9, 2004.

The deadline to submit completed Budget Requests is February 3rd, 2005.

For more information, call the SGA finance chair at 732-923-4701

The Student Government Association

Wants YOU!



Candidates Wanted!
Senate Positions are now available for the Spring Semester

Interview for a position:

Wednesday, January 26, 2005

@ 2:30pm

in the SGA Board Room

This is your chance to make a difference!

For more information contact
Devon Gottshalk x4703
Dana Angelo x4702

Clothesline Project held at MU to raise awareness of violence in relationships

DR. JOHANNA FOSTER, DR. NANCY MEZEY, AND DR. KAREN SCHMEL-ZKOPF,
CONTRIBUTING WRITERS

On Monday, November 29, the Gender Studies Program participated in the national Clothesline Project, which seeks to raise awareness of the startlingly high rate of violence by men against women in personal relationships.

Female and male students, faculty, and family members created over 80 articles of clothing with personal stories, emotional reactions to, and information about violence against women. The clothing was hung on a clothesline next to the Rebecca Stafford Student Center and was visited by over 150 MU community members.

Data from social scientists, the FBI, and the Department of Justice were provided. This was the first event of a year-long program on "Gender and Intimate Violence" being presented by the Gender Studies Program to increase awareness of the complexities involved in the connection between gender and violence. Future events will deal with violence in gay, lesbian and bisexual relationships, domestic violence in immigrant communities, intimate violence in prisons, and the experiences of men who have been victimized by sexual violence in various ways.

During the display of the Clothesline Project, two students confronted the students staffing the information table, stating that the Clothesline Project was discriminatory against men because it did not acknowledge that men are also victims of intimate violence at the hands of women; i.e., that the exhibit gave the appearance that men are the primary perpetrators of gender violence and thus distorted what they believe to be the "gender neutral" cycle of intimate violence. While, as noted above, forthcoming events will address the issue of men victimized by intimate violence, we appreciate the chance to respond to their complaints.

We agree with the two students' sentiment that the issue of violence against men is an important one. In fact, there are many violent situations that vary from male violence against women (e.g., elder abuse, gay and lesbian abuse, child abuse, etc.) worthy of discussion and research. We also

agree that our social institutions must make visible and work to eradicate any violence used by one person to dominate and/or control another person, regardless of gender. That said, we find the claim that intimate partner violence is "gender neutral" to be misguided. Simply because men may be victims of violence does not mean that the frequency or severity of intimate partner violence is the same for men and women. We understand that men underreport being victims of crime. However, women are also unlikely to report intimate

or household items to protect themselves from physically-dominant men. In fact, it wasn't until the mid-1980s that courts began to recognize that women need to fight back with great force—one reason why so many battered women historically served longer prison sentences than their abusive male partners.

3. The CTS merely counted the number of violent incidents rather than contextualizing and analyzing them. As a result, for instance, the scales overlooked the fact that most abusive men (as opposed to most abusive women) use long-term abuse to maintain power and control over their female partners. Furthermore, men's violence against women tends to include other forms of abuse, such as psychological and financial abuse, which researchers find have greater negative long-term effects than physical abuse.

4. Finally, CTS is flawed because not only do men underreport being victims of crime, research shows that men are more likely than women to underreport their own violent behavior. Thus, any report stating that men are victimized by women's violence in equal numbers to women being victimized by men's violence is highly questionable.

In a 2002 article, entitled "Gender Symmetry in Domestic Violence: A Substantive and Methodological Research," Michael S. Kimmel, Professor of Sociology at SUNY at Stony Brook, provides the following data:

- of those injured by spouses, or ex-spouses, women outnumber men 9 to 1;

- Eight times as many women are harmed by boyfriends as men are by their girlfriends;

- Between 30% and 50% of all women are assaulted by a spouse, boyfriend or partner at some point during their lives;

- Between 30% and 40% of all women murdered in the United States are murdered by boyfriends or husbands;

- Between 25% and 30% of all American women have experienced rape or attempted rape, and between 66% and 80% of these rapes involve their male acquaintances;

[See GENDER on page 16]

This was the first event of a year-long program on "Gender and Intimate Violence" being presented by the Gender Studies Program to increase awareness.

partner violence, particularly when it involves sexual abuse and/or rape by someone they know.

The students concerned cite statistics from the 1985 National Violence Against Women Survey (NVAWS); however, in the past 15 years, numerous studies have indicated that those statistics are neither valid or reliable. The research instruments used in NVAWS, called Conflict Tactic Scales (CTS), asked respondents to identify "conflict resolution tactics" they used during the previous year. Tactics ranged from calm discussions to violent assaults involving the use of a weapon. Although on the surface these scales seem to be sound research instruments, as social science researchers (e.g. Demi Kurz, 1988) have long documented, there are four serious problems:

1. The continuum of violence in the scales was quite broad and did not make distinctions among very different kinds of violence, e.g. hitting a person once versus regularly beating someone with a bat or another object.

2. The scales did not distinguish between acts of self-defense versus pre-emptive strikes. While the CTS indicated that more women use violent weapons than men, the methodology did not account for the fact that most of these acts are in self-defense and that women need to use weapons

OCEAN CAFÉ

Breakfast • Lunch • Dinner

*Try Our
Gourmet Wraps,
Soup & Salads!*

624 Ocean Avenue, Long Branch, NJ

Phone (732) 222-2221 • (732) 222-1485

**Buy one
Wrap or
Salad
Get 2nd
One Free**

OCEAN CAFÉ

624 Ocean Avenue, Long Branch, NJ

Phone (732) 222-2221 • (732) 222-1485

One coupon per customer per visit. Not to be combined with any other offer. Expires 01/18/05.

Monmouth University Bookstore

Bucks for your Books!
SELL US YOUR USED BOOKS!



THURSDAY, DECEMBER 16

10 AM – 8 PM

FRIDAY, DECEMBER 17

10 AM – 5 PM

SATURDAY, DECEMBER 18

11 AM – 5 PM

MONDAY, DECEMBER 20

10 AM – 8 PM

TUESDAY, DECEMBER 21

10 AM – 8 PM

WEDNESDAY, DECEMBER 22

10 AM – 8 PM



I.D. IS REQUIRED FOR ALL TRANACTIONS

Lower Level, Rebecca Stafford Student Center

Monday - Thursday 8:45 a.m. - 7:30 p.m. Friday 8:45 a.m. - 5:00 p.m.

Saturday 11:00 a.m. - 3:00 p.m.

**MONMOUTH
UNIVERSITY
*Bookstore***

**IMPORTANT!
IF YOU'VE HAD
TEXTBOOKS
STOLEN THIS
SEMESTER...**

***Please fill out this ad
and return it to the
Bookstore.***

Wednesday, Dec. 15th

Name _____

Phone _____

Address _____

List the AUTHOR(s) and TITLES(s) of your stolen book(s) and ANY identifying marks which might help us recognize your book(s).

**BOOKS ARE MONEY - GUARD AGAINST THEFT!
WE BUY THE LARGEST RANGE OF BOOKS - HARD OR SOFT BOUND.**

Our computerized BOOK BUY-BACK allows us to identify ALL STOLEN BOOK TITLES IMMEDIATELY. If your books are stolen, report the information to the Bookstore IMMEDIATELY.

**PHOTO ID MUST BE SHOWN TO SELL
BACK ALL BOOKS! NO EXCEPTIONS!**

**MONMOUTH
UNIVERSITY
*Bookstore***

Almost Blue

LAUREN NAPOLITANO
STAFF WRITER



It was really hard for me to get out of bed in the morning. I just wanted to hide under the covers and not talk to anyone. I didn't feel much like eating and I lost a lot of weight. Nothing seemed fun anymore. I was tired all of the time, yet I wasn't sleeping well at night. But I knew I had to keep going because I've got kids and a job. It just felt so impossible, like nothing was going to change or get better.

Meet Brenda. The National Institute of Mental Health published her story in hopes that others would connect with her and realize they may have a problem. Brenda was diagnosed with depression and was prescribed medication to handle it. She talks with a doctor to learn how to deal with situations that occur in her everyday life.

The time period between Thanksgiving and New Year's is the happiest time of the year, right? Not necessarily. For some it can be dismal and depressing, causing emotional distress, physical illness, and anxiety. This time of year can be especially difficult for college students.

Many factors can cause the holiday blues: stress, lack of sunlight during the winter months, unrealistic expectations, family and friend situations, the pressure of the holiday itself, and poor nutrition, exercise, and sleeping patterns.

According to Dr. Franca Mancini, Director of Counseling and Psychological Services, "What happens is for students, especially this time of year, work is starting to pile up, it's the end of the semester, for many of them there hasn't been a break since September so they are perhaps struggling to get papers finished, get ready for exams, etc. As much as it's exciting to break, there is the issue of the transition for that whole month and the holidays in general bring up a lot of issues with people.

Students should be aware that there is a difference between holiday blues, depression, and Seasonal Affective Disorder (SAD). The blues are easy to fix: you feel down for a few days but you pick right back up again. If it doesn't go away within two weeks, it may be diagnosed as depression. But keep in mind there are different levels of depression: mild, moderate, and severe. Dr. Mancini explains, "We are looking at a range of responses from feeling blue to somebody who can have Seasonal Affective disorder, which can be in different degrees, to somebody who can have depression. You can have both SAD and depression or just have one."

SAD causes people to react to the changing seasons with changes in mood and behavior. Some symptoms are sleeping problems, overeating, depression, lethargy, and weight gain.

According to the National Mental Health Association, as seasons change, there is a shift in our "biological internal clocks" or circadian rhythm, due partly to changes in sunlight patterns. This can cause our biological clocks to be out of "step" with our daily schedules. The most difficult months for SAD sufferers are January and February, and younger people and women are at higher risk.

The disorder stems from a lack of bright light during the winter months. A possible cause, according to the National Mental Health Association, is that melatonin, a sleep-related hormone secreted by the pineal gland in the brain, is produced at increased levels when we are subjected to darkness. Therefore, when the days are shorter and darker, increased levels of this hormone are produced. Phototherapy, or light therapy, is used to suppress the production of melatonin, ultimately curing the disorder. The treatment consists of exposure to a light box, or a small light therapy device. The device most often used today is a collection of white fluorescent lights on a metal reflector and shield with a plastic screen. The amount of exposure depends on the prescription given by the doctor.

Dr. Kenneth Johnson, M.D., a psychiatrist at Columbia St. Mary's, further explains that an individual does not have to have full-blown depression to experience holiday blues. "It's multifactorial. Winter-time in general is a little bit harder for people, but I think the bigger cause of the holiday depression is unmet expectations," he explains.

"Many people tend to have real high expectations of the holidays," Dr. Mancini says. "We have this image in our mind of everything being wonderful, of everybody having a good time, etc. But the build up to that is stressful. Shopping, finishing term papers, getting finals done, all of that.

"The question of who are you going to be with comes up. It's great for families who have wonderful relationships, but more difficult for families who don't have terrific relationships. Even harder for single-parent families, or families that are blended or split. Any kind of loss comes up at the holidays. Over the course of the year many of us have lost friends or family members due to death but some of us have terminated relation-

ships."

Dr. Johnson suggests adjusting your expectations to your current reality. For example, if you don't get along with a family member during the year, you probably won't get along with them during the holidays either. If you expect the holidays to be a magical time when everyone loves each other and gets along perfectly, you will set yourself up for disappointment which may lead to the blues or depression.

The National Mental Health Association suggests trying to set realistic goals. Pace yourself, organize your time, make a list and prioritize the important activities, and be realistic about what you can and can't do. Also don't focus on just one day, for example Christmas. This is a season of holiday emotion and activities that can be spread out over time to lessen stress and increase enjoyment. Dr. Johnson adds, "One gift you can give yourself is the realization that you don't have to live up to the lofty ideals portrayed by television specials and ads depicting an idealized vision of the season."

Poor nutrition, sleeping patterns, and exercise habits during this time of year greatly affect how you feel emotionally and physically, inevitably causing illness and depression or the blues. "A part of why students feel depressed or a little more than blue is because a lot of students have really neglected themselves a little bit over the course of the semester," explains Dr. Mancini. "Maybe they neglected their nutrition, maybe they are a little rundown, or maybe they are burning the candle at both ends. So all of that, mental and physical negligence, can combine and lead to a feeling of depression. Their immune system is then compromised. It's a combination of mental and physical wellness."

According to Bonnie Beardsley, MPH, LDN, RD, foods to eliminate or eat in moderation to avoid depression includes sugar and sugary foods, and caffeine. Get into the habit of eating regularly throughout the day, including breakfast, replace sweets with fruit and whole grain carbohydrates, and drink plenty of water. Focus on a well-balanced diet, including plenty of leafy greens for folic acid, and bananas, avocado, chicken, greens, and whole grains.

During the months before winter break, students tend to sleep less which can ultimately lead to a crash when they need to be on point the most: finals. Sleep is an extremely important factor in maintaining mental and physical wellness. It is the time when your body receives a chance to restore itself. Sleep helps people maintain optimal emotional and social functioning while we are awake by giving rest during sleep to the parts of the brain that control emotions and social interactions. Your body responds to sleep deprivation by becoming sick: a runny nose, cough, sore throat, ear ache, etc.

"Physical activity is huge, especially in the winter," says Dr. Mancini. "People tend to stay inside more, which is great if you're a bear and you're just going to sleep. But if you're a person and have a bunch of stuff to do, you need to engage in some type of physical activity. It can be walking, swimming, it can be almost anything really that enables you to release tension, stress, and at the same time enables you to produce the neurochemicals that you need to stay balanced."

If you feel that this time of year is especially difficult to handle alone, Dr. Mancini suggests talking with a parent, a family doctor, a psychological counselor on campus, or anyone who can guide you objectively. She also suggests learning how to balance your time which will help you greatly in reducing anxiety and depression. You need to learn to have a social life, take time out for relaxing, and keeping your responsibilities as a student.

Monmouth University contains many resources on campus that teaches and provides information on how to recover from depression and tips on how to prevent it. There are workshops held every semester to help students learn how to cope with typical problems they may face. Some workshops include issues such as good mental health, general wellness, stress management, and time management.

December 14, 15, and 16 (Tuesday, Wednesday, and Thursday), a De-stress Fest will be held in Anacon Hall from 1:30 to 4:30 p.m. This is an opportunity for students to learn how to and the best way to relax. Massages, deep breathing techniques, yoga, literature on issues, and games are just a few of the features that will be available to help students unwind during the stress of finals.

Don't let this time of year get you down. Natalie Goldman, a poet, teacher, writer, and painter who heavily practices Zen meditation, best said, "Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important."

Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important.

NATALIE GOLDMAN
Poet



Upcoming Hawk TV Events:

12/8/04	Wed.	General members meeting @ JP 238. Talk about News Show, Sports Buffet, M ²
12/9/04	Thurs.	Sports Buffet LIVE @ 8PM! Call in at x5716 to discuss national sports with the panel!
12/14/04	Tues.	Last News Show! Crew call @ 7:30PM! Sports Buffet to follow LIVE @ 10PM!

732-263-5274

<http://hawktv.monmouth.edu>

hawktv@monmouth.edu

Hawk TV Schedule 12/8/04 - 12/14/04

	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	12:00 AM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	5:00 AM
8-Dec	Scooged		MU Stories News SB		The Terminal		X-Mas Vacation		Chronicles of Riddick		Scooged		MU Stories News SB		The Terminal		X-Mas Vacation		Chronicles of Riddick		Scooged		X-Mas Vacation
9-Dec	X-Mas Vacation		The Terminal		MU Stories News SB		Scooged		X-Mas Vacation		Chronicles of Riddick		MU Stories News SB		Scooged		The Terminal		X-Mas Vacation		Chronicles of Riddick		Scooged
10-Dec	Chronicles of Riddick		M2	SB News	The Terminal		X-Mas Vacation		Chronicles of Riddick		Scooged		M2	SB News	The Terminal		X-Mas Vacation		Chronicles of Riddick		Scooged		X-Mas Vacation
11-Dec	M2	SB News	Scooged		Chronicles of Riddick		M2	SB News	The Terminal		X-Mas Vacation		M2	SB News	Scooged		Chronicles of Riddick		The Terminal		X-Mas Vacation		Scooged
12-Dec	M2	SB News	Scooged		Chronicles of Riddick		M2	SB News	The Terminal		X-Mas Vacation		M2	SB News	Scooged		Chronicles of Riddick		The Terminal		X-Mas Vacation		Scooged
13-Dec	M2	SB News	Chronicles of Riddick		M2	SB News	Harry Potter & Prisoner Azkaban		X-Mas Vacation		The Terminal		M2	SB News	Harry Potter & Prisoner Azkaban		X-Mas Vacation		Chronicles of Riddick		Harry Potter & Prisoner Azkaban		
14-Dec	M2	SB News	X-Mas Vacation		M2	SB News	The Terminal		Harry Potter & Prisoner Azkaban		Chronicles of Riddick		X-Mas Vacation		M2	SB News	Harry Potter & Prisoner Azkaban		The Terminal		Chronicles of Riddick		



POLAREXPRESSMOVIE.WARNERBROS.COM

DANIELLE D’ANDREA
ASSISTANT FEATURES EDITOR

While we are in the middle of the happiest time of the year, we also have something else to look forward to, or should I say dread: finals. Finals are quickly approaching us. We begin Hanukkah this week, and we are in our last full week of classes: week number 14. Next week finals begin, and before we know it, it is the end of the semester and we can go home, some to enjoy a merry Christmas and of course the New Year. But how do we balance the holiday parties, the formals, the goodbyes, with the studying and cramming? There has to be an easier way to enjoy the holiday season and still do well on our finals. How can that be??

We do have to remember that we are still in school. And although that may not matter to some, we are here for a reason. Some of us are spending our parents’ money, many of us, our own money, on our education, so why not do it right. I realized this the hard way. One of my friends flunked out of school while I was just breezing by and having fun freshman year. I did pretty well, not the best I could. And then something clicked, I’m wasting so much money. If I wanted to keep going the way I was, I might as well move back to Connecticut and go to community college.

Finals do put a damper on the holiday season. How can you shop, having fun, and get your work done all at once? But I can say my fellow Monmouth students, it can be done! I’ve done it. So why can’t you? Here are some easy tips to remember about the holiday season and studying. They’ve worked for me and my friends. They may work for you. Try it and see.

1. Get your shopping done early. Holiday shopping takes the most time out of everything you come across in the holiday season. Pair that up with papers and trying to study for finals, and there’s a mixture for disaster. Try getting the holiday shopping out of the way right away. That way, there is one less thing for you to worry about, and more free time for you to study and have fun.
2. If you don’t follow tip number one, then consider doing this. Mix holiday shopping and studying together. Think of shopping as a reward. You have to work hard at studying and getting something accomplished before you go shopping. For every hour that you study, and I mean genuinely study, not just sit in front of the computer and talk on AIM or go through the facebook, I mean really study. Then for every hour, you give yourself 15 minutes worth of shopping. That time can really add up. Once you study for four hours, you can shop for an hour. Make sure you do the studying first though – otherwise you’ll just be making things harder on yourself.
3. Remember to relax while you study. Don’t stress out over the million things that you have to do. Just get things done.
4. Prioritize. Get your final exam schedule now. You can access it on Webadvisor. Figure out what finals are when and what you’ll need to do for those finals. If you need help, ask your professor now. That way you won’t be cramming the night before and be clueless about concepts that gave you trouble during class.
5. Make a To-Do list. Lists seem so twenty years from now, but they can seriously help you. Write down everything that you need to get accomplished. Then prioritize the list by numbering each item one through however many items you have. One obviously means it is the most important. Then when you are done with

each item, you cross it off your list. There’s no greater feeling of accomplishment than crossing something off a list. You can see your progress right away!

6. When you sit down to study, make sure that you have everything that you need. That way you won’t be constantly interrupting yourself when you need or want something. You’ll have everything right there. When you study, it’s a good idea to have a drink, some kind of snack food, pens, pencils, a dictionary (you never know!), some paper, and of course the books for your class. You’ll have everything you need right there.

7. Don’t be on the computer and study at the same time! Being on the computer only allows for interruptions. If you do have to use a computer to study, put up an away message on AIM, and click the “Hide windows while I’m away” box, the “disable sounds while I’m away” box and the “disable pop up notifications while I’m away” box. That way you won’t know what’s going on and you can zone everything out. You can also leave something cute in your away message about people leaving you messages. That way, when you come back from studying, you may have messages from your friends saying something nice. That’d be nice right?

8. Listening to music can actually help you study. Not all types of music though. It has been proven that listening to classical music can increase your memory and focus. But you may have your preference. If you do choose to listen to music, make sure the music isn’t distracting you. Make sure you’re not singing along and listening to the lyrics. Make sure you can actually study!

9. Don’t cram! Whatever you do, don’t cram! Cramming is the worse possible thing ever in the world of studying. It is plain old bad news. Take it from me. I’ve done it before, and froze the next day. It’s just not worth it. You’re sleep deprived, have a bunch of information crammed into your brain that you probably won’t be able to recall when you need to, are probably drugged up on caffeine like there is no tomorrow, and are stressed out because you can’t remember what you studied the night before. Don’t cram! Study in advance and get some sleep the night before your finals. I said some – more than four hours of sleep would be a good thing. Just remember to set your alarm clock.

10. Look at the holidays as a reward. You already looked at shopping as a reward for studying. Most holidays, besides Hanukkah, begin after finals are over. By studying hard for your finals, you will hopefully do well on them. Then you can have a nice, relaxing holiday with your family and friends. You can spend time with the people you love, eat a lot, and have lots of fun! Most of all, if you study hard and try to do well, you won’t have to be worrying about your finals during the holiday season. You won’t be waiting at the mailbox for that report card to come at the end of December or beginning of January (whenever Monmouth decides to send our grades out). You won’t be worrying about whether you can take a certain class next semester because you don’t know if you passed a class you need this semester. You won’t have to worry about your grades because you may have the confidence that you can honestly tell your parents, or whoever you are going home to, that you did the best that you could. With that comes a sense of freedom. Just study hard and you can then have fun and relax, because, congratulations, you survived your final exams and the holiday season.

Look at the holidays as a reward.

NOTE: All articles appearing in the opinion section of The Outlook are solely the opinion of the author and do not reflect the views of The Outlook's editors (unless otherwise noted) or any and all advertisers. All opinion pieces are the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. The Outlook reserves the right to withhold any article it deems inappropriate or otherwise unfit to print in the opinion section. Due to legalities we will no longer print anonymous articles.

Re: Partisan Politics

The column author/radio personality speaks!

HEATHER BACHMAN
STAFF WRITER

This column is a response to the piece, “Partisan Politics: The Bane of Our Nation”.

I will respond to the attacks on my program, my columns, my President, and even more on America’s response to a certain Anti-American film.

First, my program. The format is a Hannity and Colmes type program and I am VERY PROUD to say I am the conservative Hannity of this team. The Colmes has not attended for his own reasons. Therefore, I continue without him. I have attended every airing, minus one for personal illnesses, and will continue to do so until the end of this semester and plan to return for the spring semester. The radio station takes great pride in being a mix of programs both music, and talk including not only my show but their weekly news program and others. I am just one of the segments that make this award winning station and I will continue till graduation.

As for my column, I believe in every word of it and will respond to any comment or question about it. I get a few responses from liberals through e-mails and responses to my blogs alot and respond to every one of them. As to the liberal lies piece, the line “Does he think we are dumb or just stupid?” is a metaphor. As in not to be taken literally, but to be understood that Senator Kerry sees us as nothing but a few votes and popularity points.

For the Swiftboat Vets piece I wrote (and stand by) I am not attacking Senator Kerry but forcing my fellow Americans that he is actually going after former solider companions with lies and mis truths which have resulted in THEM being attacked. Also, there are veterans who served WITH Senator Kerry are part of the 527 Swiftboat Veterans For Truth which is being attacked still to this day. Steven Gardner, for instance, was Kerry’s gunner’s mate. I interviewed him myself for my other radio program The Conservative Watchdog and he expressed P.O.V. information on just how bad Kerry was and how much his statements including the video shown at the Convention was full of lies.

Personally, I take pride in this and the other program I run called The Conservative Watchdog and I will continue to do both. It is not a pro-Bush nor a Pro-life program. It is a Pro-America program.

As a conservative, I would like to issue the following statement: We do not nor did we ever see the world as black and white. We see it as a nation of people. I don’t know what we have said to make Mr. Stanish to believe we saw it as black and white. We do however see a liar when we see one. Just because they have great hair doesn’t mean they have great integrity.

Now to President Bush’s campaign. This may sound surprising to many but I was once a democrat, until I saw what democrats do. Then I became a republican. For this I watched the campaign closely. I saw not one horrid action made by the President.

John Kerry however did more back biting and lies than I can even begin to explain. As shown in a great article by Reporter Joseph Perkins called “John Kerry’s numerous flip flops”(http://www.signonsandiego.com/news/op-ed/perkins/200403129999_mz1e12perkin.html) details only some of the many lies this Senator has made to us. With President George W. Bush, you know where he stands and who he stands for: America.

“After 8 years of Clinton’s lies and horrible disturbances, the truth is not easy to see after all the lies that have been forced down our throats.”

President Bush is an incredible leader who leads a very honest career as our leader. He is incredibly honest with the American people. However, I guess after 8 years of Clinton’s lies and horrible disturbances, the truth is not easy to see after all the lies that have been forced down our throats.

The website for this piece that I am responding to, factcheck.org itself has more lying ads which Kerry placed his name on. So much for facts, huh Mr. Stanish? Further, Kerry relied too much on polls to be trusted as a President. He even took a poll to figure out what to say about the video of terrorist Usama Bin Lauden before the campaign. He now blames that video on his failure to become President.

Finally, Moore’s movie is the Lie of the Century. There are not just a few things wrong but almost 100. Micheal Moore says that it is all honest, but just because it’s on video doesn’t make it true. The movie that is neither a documentary nor a truthful film. Once again Moore is attempting to take the air out of this great country by releasing a couple hours of cut up tapes to make his and other outrageous

liberals’ views and stuff them down the nation’s throat. Websites such as davecopel.com and others count and describe these false activities. For

instance, there is one scene when he walks the capitol and asks politicians to send their children to Iraq “like they are sending other people’s children”. One certain politician asked if he could ask Moore and after questioned tells the lying filmmaker (and I use the term lightly), that a young relative of his is going to Iraq the following week. But does this show? No! What does show is the confused and startled look given by a man with a camera in his face.

The movie is not a documentary but a dreamamatory. A collection of dreams that came from one Anti-American man. I will not (I hope you also will not) influence his anti-American behavior because of his view of the people we are fighting to keep what we believe in such as the freedom he has to charge colleges \$25,000 for some of his time (a large rise from his previous \$750 charge not to long ago) and take his kid to private school or be the “Millionaire” he calls himself.

He believes, and I quote: “The Iraqis have risen up against the occupation are not ‘insurgents’ or ‘terrorists’ or ‘The Enemy.’ They are the REVOLUTION; the Minutemen and their numbers will grow-and they will win.” These murderers and convicts and terrorists are the revolution to this man. This includes the be-headers and the suicide bombers the media exclaims about. A revolution? How can you stand for a man who thinks murderers are the revolution.

The final nail in the coffin that carries my belief that Moore is far from a true American is he believes WE should be begging forgiveness. He said, “I’m sorry but the majority of Americans supported this war once it began and sadly that majority must sacrifice their children until there is enough blood has been let that maybe-just maybe- God and the Iraqi people will forgive us in the end.” While they blow up their and our people, create imbalance in the freedoms of other humans and ending lives through disturbing and inhuman means. He believes we should be sorry.

This is what this man thinks of the men-no the scum who are killing no only their own people, but ours by their own rules. Fellow Americans, it is he should be the one sorry, for wasting people’s time filling their heads with what he believes is the truth. We don’t have to be sorry Mike but maybe, just maybe God and US will forgive you for the flood of lies you released.

He continues the lies and double-speak even after the movie is released. Fox News rporter carries with him evidence that he scheduled an interview with Moore some time ago and even got a personal letter from him saying he was ready. But alas, the ontributors to his lies.... I mean movie said and I quote “We are not going to do ox.” Guess balance scares those who cannot face practicing it themselves.

Micheal Moore is not a filmmaker but a visual terrorist, working to kill what America stands for.....Please do not let him continue his war against us.

I see Mr. Stanish ends his piece asking you to examine past what you read and I agree with that. However not one of the factors of my activities nor the activities of our President need this view. 51 percent of America believed we were fine with the leader we have now and I agree. We never need another Clinton. We are already paying for the actions of our last one. I beg you Mr. Stanish and his fellow liberals to look past your noses and see deeper into the visuals placed in front of you and really question whether or not what you may stand for really is what’s out there.

Quote of the Week

Phyllis Hyman
“Riding the Tiger”

Hey, you wanna ride?
Grr...

Riding the tiger
Mess with me, you’ll fall in love
I said you’re riding the tiger
Are you brave enough...are you brave enough?

Do you burn in the night?
Ought to tangle with me
Would you out up a fight?
I’m not afraid to be free
Do you grin when you bite?
Jump off and you’ll see

Do you know where you’ve been?
Got a hunk ever day
Is a pleasure a sin?
Gonna make you my prey
Can you tell when you win?
I don’t let nothin’ stand in my way...ha-ha, ooh!

Sometimes, said lovin’ tastes so sweet
Might knock you off your feet
If you can’t stand the heat
I said get off my back, oh

Riding the tiger
Mess with me, you’ll fall in love
I said you’re riding the tiger, ooh
Are you brave enough...are you brave enough?

Did you strike out from home?
I was only 13
Could you stand on your own?
I made the jungle my scene
Did they leave you alone?
Man, they made me a queen!

Do you scratch when you’re mad?
I can’t say what I do
Are you good when you’re bad?
My emotions are true
Who’s the best that you had?
Hold on, and it might just be you!

Sometimes, said lovin’ tastes so sweet
Might knock you off your feet
If you can’t stand the heat
Oh, get off my back

Riding the tiger
Mess with me, you’ll fall in love
I said you’re riding the tiger
Are you brave enough...are you brave enough?

I said don’t ride it

I move through the everglade
I wanna challenge the dream
In the forest of evil
You’ll feel the fear of my name!

Some times, said lovin’ tastes so sweet
Might knock you off your feet
I said if you can’t stand the heat
I said get off my back...whoa!

Riding the tiger...

Voice Your Opinions!

Submit your OpEd articles to:
outlook@monmouth.edu

Subject Line:
“ATTN: OpEd”

By Mondays at Noon

Celebrating our
10th Anniversary



L.A. SMOOTHIE

All Homemade
Salads • Sandwiches
Smoothies • Soups
Low-Fat Muffins
WRAPS

732-870-1118

In 7-Eleven Plaza on Ocean Blvd.
37 Montgomery Ave.
(1 block north of Brighton Ave.)

**MU Students
10% Off**

Minimum of \$10.00 Order
Must Present Valid Student ID
to Receive Discount.



Cobblestone Village
871 West Park Ave. • Ocean Twp.
732-493-9010

SPRAY TANNING
\$25.00 Per Session
First Time Clients Only.

Students \$5.00
Per Session
\$39.00 Monthly Unlimited
No Session Fee

Students Must Have Valid I.D.
Expires 12/30/04.

**Keep Your
Summer Tan!**

Greek life at Monmouth: More than meets the eye

The good, the Greek, and the ugly.

BILL MADDEN
CONTRIBUTING WRITER

When it comes to Greek Life everyone hears about when something goes wrong, but how many people hear when something goes right? It seems that here at Monmouth and everywhere I turn there is stigma surrounding the Greek Community. The stigma is that Greek Life is all about parties, paying for friendships, and asking for people to join and then abusing them both physically and mentally like in the movies.

Did you know that \$3,000.00 was raised for Breast Cancer awareness by the sisters of Zeta Tau Alpha? How about that over 500 hours of Community Service was given by the ladies of Lambda Theta Alpha? The sisters of Theta Phi Alpha raise money for Glenmary Home Missioners, an organization that distributes food, books, and clothing to needy persons, and assists in providing job training, medical care, and tutoring. The brothers of Tau Kappa Epsilon hosted a "Last Comic Standing" to help raise money for Alzheimer's disease. The brothers of Sigma Tau Gamma work to raise money for "Books for Kids," an organization committed to ensuring that all children have access to books; to date over 29,000 books have been donated nationally. The brothers of Phi Sigma Kappa have raised over \$1,000.00 during the past year and a half for the Special Olympics. Alpha Chi Rho can be seen constantly outside the Student Center working to help others in need with their philanthropy "Challenge the World." The sisters of Alpha Sigma Tau work to raise money for the Pine Mountain Settlement School, dedicated to education about the natural world and the resources and value of our environment. The brothers of Sigma Pi hold blood drives for their international philanthropy, The Red Cross. Theta Xi just held their annual "Ms. Monmouth" Competition in which they raised over \$1,800.00

for Multiple Sclerosis. The sisters of Delta Phi Epsilon work to raise money for Anorexia Nervosa with events like "Singled Out" and a "Lip Sync" competition. All Greek organizations on this campus have added something positive back to the community. When it comes to service, all of the Greek organizations have stepped up to the plate in one capacity or another.

It's now clear that Greek Organizations all contribute back to the community, but what about the stigma that being Greek means paying for friends? Each Fraternity and Sorority sets up a system of dues. These dues go to paying for leadership conferences, national convention fees, brotherhood and sisterhood activities, educational programs, insurance, and advertising. Nowhere in that list is there a category designated for brothers and sisters of these organizations to receive personal checks. I realize of course that many people still don't understand the concept of giving money just to hangout with people. I urge anyone who thinks Greek Life is about paying for friends to ask a brother or sister of any fraternity or sorority the last time one of their brothers or sisters stayed up late at night just to talk about a personal problem, came to their side when no one else would, or helped them with a homework project, and then afterwards asked for a fee. I think that you would find that the answer is no one.

Being part of a fraternity or sorority isn't about friendship; it's about brotherhood and sisterhood. Brotherhood and Sisterhood means being united for a common purpose. What Greek Organizations have is fellowship. Greek Organizations offer abundant opportunities for leadership; chapters have many committees, all of which require a chairperson and maybe more. They also offer additional motivation and encouragement to keep a high GPA. Some people even find their chapter affiliation to be useful after college as an alumni network

and resume builder.

If you're still unconvinced that nothing good can come from Greek Life let me point out that many famous people are members of fraternities and sororities that we have chapters of on this campus. Alpha Chi Rho has a series of Senators, Judges, and CEO's, most notably Oscar Mayer, founder of Oscar Mayer Meats. Sally Jesse Raphael, TV talk show host is a sister of Alpha Sigma Tau, Dennis Miller (Comedian) and John Ashcroft (Fmr. Attorney General) are brothers of Sigma Tau Gamma. Robert Menendez, a United States Congressman from NJ is a brother of Lambda Theta Phi. Former Governor of New Hampshire John Sununu and Actor Cheech Marin are brothers of Phi Sigma Kappa. Herman G. Fisher, the founder of Fisher Price Toys, is a brother of Sigma Pi. Elvis Presley, Merv Griffin, Ronald Reagan, and Willie Nelson are all brothers of Tau Kappa Epsilon. Broadway Legend Betty Buckley and Jenna Morasca, winner of Survivor the Amazon are sisters of Zeta Tau Alpha. The founder of Hallmark's wife was a member of Zeta Tau Alpha; this is where Hallmark gets their five pointed crown as a symbol. These are just to name a few of the many successful people are all members of Greek Life. All of these individuals are leaders in their own right who contribute back to society.

All of the brothers and sisters of Greek Life on this campus are more than meets the eye. Undoubtedly you will hear rumors and you will encounter people who don't understand Greek Life. I urge you to take the time to get to know a brother or sister of one of these Organizations. I think that what you will find is that there is more to Greek Life than movies and television wants to show you. Remember that the next time you hear something negative highlighted about Greek Life that "The cynic knows the price of everything, and the value of nothing." (Oscar Wilde)

Welcome to

The Fitness Company

**Ten Days
for
Ten Dollars!**

Includes full use of the facilities!

Amenities Include:
Group Fitness Classes
Free Weight Room
Racquetball
Basketball
Cardiovascular Room
Pool & Jacuzzi
Saunas
Personal Trainers

*Can only use one time *
Cannot be combined with any other offers
Some restrictions may apply

Redeem this coupon at
The Fitness Company
1602 Rt 35 South
Oakhurst, NJ 07758
732-531-0058, Ask for Joe Lipski

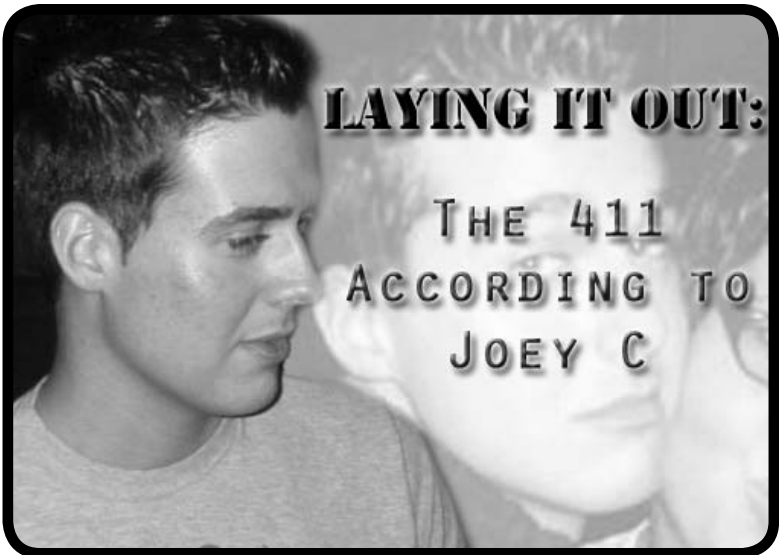


Herbalife International Proven Products Fabulous Results

- Weight Management
- Energy Stimulation
- Nutritional Benefits
- 20% M.U. Discount
- On-Campus Consultations

Joe Reto
Qualified Supervisor

1104 Laurel Avenue
Sea Girt, New Jersey 08750
732-282-1190 • 888-777-6906
joewheels@bytheshore.com
www.rollingfreedom.com



All Night Gets Me Through the Day

Has anyone else been feeling out of sync lately?

For some reason, I find myself staying up late, being quite unproductive (basically just chatting on IMs and surfing the web), and just keeping myself awake for no valid reason. Ah well, such is college life I suppose.

I had a splendid weekend. Friday and Saturday nights I spent at Paradise (which I fondly refer to as “parasite”), a bar and dance club in Asbury Park. Friday night was the weekly drag show hosted by the delightful Cherry Pie. If she was any cuter, I think I’d have to put her on a shelf in my bedroom and dust her off ever few days to keep her looking fresh. If you are at least 21 and are ever looking for something to do on a Friday night, this is the way to go. It’s free before midnight and you get some great entertainment. My friend Jim was having his 30th birthday party that evening. He’s still looking not a day over 25, which I made certain to tell him amidst his birthday festivities (drinks). I also ran into a few friends I hadn’t seen in awhile, and all in all had a fun and low-key evening.

Saturday night, in contrast, was action packed. Instead of rolling in by myself, I was accompanied by my darling friend Kalagh who is always up for a night of partying with her favourite special boy Joey C! At around 1:00 a.m. there was a live performance by 80s pop singer Alisha who graced

the charts several times (whilst still a teenager) with cutting edge electro pop delights such as All Night Passion, Baby Talk, Too Turned On, and Bounce Back. Alisha was looking better than ever- her voice was in top form and she had incredible energy throughout her brief performance that dodged the filler and kept to her three biggest hits which so many people have loved for years. Wow, if Kalagh and I had been singing along any harder I reckon we’d have put our voices out of service for a few days... or just scared away any potential suitors. Anyhow, it was a privilege to see this dance music pioneer, and I even got my CD autographed which I photographed here to show yas:



I was delighted to see a reader’s plea for advice in my email inbox this week. That means at least one student read the end of my column last week where I invited students to send me feedback and also utilize my advising abilities for personal assistance. The reader wrote:

Dear Joey C,

My roommate always has sex when I’m in the room. I’ve asked her repeatedly not to do this, but a few nights later it happens again! How can I get this to stop without ruining our friendship or making the living situation awkward?

Sincerely,
Sugar Shacked-out

Dear Sugar,

The first idea that came into my head is for you to climb into bed with your roommate and her sexual partner the next time they are hardcore kertanging after hours. This will definitely shock the both of them- they will become fully conscious of their actions and assuredly think twice before doing the nasty grind in your presence anytime soon.

If this seems too bold for you or you fear being coined a threesome avenger after one other student hears of this and quickly ensures that everyone knows of your alleged bed storming ways, I say to schedule another sit down with the roommate. If she is having sex with the same person repeatedly, invite that person for the chat as well. With the both of them seated and listening, state your case clearly and calmly. Tell them that it makes you feel awkward to hear them pounding away when you are in the next bed trying to sleep.

Don’t let them corner you and say that you’re just jealous because you don’t have anyone in your bed when they’re in each other’s company- tell them that you either have the respect and courtesy to get yours in private, or that you are actively practicing abstinence and their lack of the virtue threatens your own sexual willpower. Reinforce the matters of common courtesy and roommate respect, and ask that they either let you know in advance when they’ll need the room to themselves or simply do their deed somewhere else. I wish you the best outcome with this situation.

Till next time kids, don’t forget to keep an open eye, an open mind, and an open heart. And if in doubt, Holler at your Hawk!

Calvary Baptist Church

1305 Eatontown Blvd
Oceanport, NJ 07757
732-542-2226

~*~
Sunday School 9:30 AM
Relevant, Interactive, Biblical
Sunday Morning Worship Celebration 10:45 AM
Blended, Informal, Participative Christ Centered Worship
~*~
Want to check us out before you visit? Visit our Web Site
www.lifeatcalvary.com
It is our prayer that as you join us in worship, you will be blessed by the awesome presence of the Living God and that you will feel a part of the Body of Christ which is Calvary Baptist Church.

Orthodox Christian Fellowship
Beginning his 21st year as Greek Orthodox Chaplain at Monmouth University, Archimandrite Father Ephraem extends his personal blessing to all Eastern Orthodox students, faculty, and staff for a prolific scholastic year and hopes all will be active in the Orthodox Christian Fellowship. Father is available at any time to minister to the spiritual needs of all Orthodox Christians on a 24-hour basis, for prayer, confession, or just someone to talk to.
Father Ephraem can be found on campus, or he can be reached by calling: 732-671-5932



GRACE TABERNACLE CHURCH

Students:
Looking for a theologically sound Church to worship God?
Looking for a Church where you can meet other godly Christian singles and fellow alumni?
Looking for a Church where you can find solid answers to those probing theological questions?
Looking for a Church where you can find a solid ready defense from the agnostic and atheistic attacks you face on campus and in class?
Look no further.... come visit us at:
2014 Main Street
South Belmar, NJ 07719-2133
Phone: 732-681-3712
Fax: 732-280-3030
Email: office@thegracetabernacle.org
Website: www.thegracetabernacle.org



Re-Invent Yourself At BRUSH
129 Brighton Ave. Long Branch
732-222-3026





Are you finally ready for an unconventional, sexy hairstyle? Combining innovative dimensional color, design, and bold flirty hairshaping techniques, achieve that modern look you’ve been waiting for.

Present this ad to receive a complimentary haircut and style with any haircolor or hilight service.

**Catholic Centre at Monmouth**
Please join us every week!

Meeting for All Students <i>Every Sunday 6:15pm</i>	Eucharistic Adoration <i>Tuesdays 6:30-9pm</i>
Weekly Mass <i>Every Sunday 7pm</i> <i>Every Wednesday 1pm</i>	ASL (American Sign Language) <i>Class Every Thursday 7:30pm</i>
Men’s and Women’s Bible Study <i>Every Wednesday 8pm</i>	Dinner & A Movie (National Lampoon Christmas Vacation) <i>Monday, Dec. 13th 6:30 pm</i>
Gift Wrapping of Giving Tree Gifts <i>Sunday, Dec. 19th 8pm</i>	Sundaes on Sunday <i>Sunday, Dec. 12th 8pm</i>
Missionaries of Charity Christmas Party <i>Saturday, Dec. 18 10 am</i> <small>(Volunteers needed: e-mail Nicole, perfectday4a@yahoo.com)</small>	Tree Decorating & Pick an Angel for a Needy Family <i>Sunday, Dec. 12th 12-8pm</i>
“Baby Drive” for Spring House <i>Drop items to the Catholic Centre</i> <small>(Assist abused women & their children, items needed are diapers, bottles, clothes - adult & children)</small>	Missionaries of Charity in Asbury Park Seeking Volunteers for Homework Help to Children <small>(3-5 pm, except Thursdays; e-mail Nicole at perfectday4a@yahoo.com)</small>

Insane Air Hockey Tournament
Every Sunday Following 7pm Mass
www.mucatholic.org
Watch for our special events during the semester!
Food Always Served!
Catholic Centre at Monmouth University
16 Beechwood Avenue
Gate to our house is located in the rear corner of Lot 4, next to the Health Center.
Call us at 732-229-9300

Better Than Ezra makes “Good” with new live disk

Louisiana based band Better Than Ezra has made a name for itself touring the nation, now their fans can take the show home with them.

ALISON MCSHERRY
EDITOR IN CHIEF

Nine years ago you could not turn on the radio for very long without hearing the voice of Kevin Griffin, the front man for Better Than Ezra, singing out “aha.” It’s a simple sound, but

one that skyrocketed three guys from Louisiana to the top of the charts.

“Good,” one of Better Than Ezra’s early singles, was an anthem of sorts for the mid-nineties alternative movement. The catchy chorus and infectious melody dominated airwaves and

took the band’s first album, *Deluxe*, all the way to platinum. Over the last nine years, Better Than Ezra has released six albums, including their latest record, *Live a House of Blues New Orleans*.

“I think we waited way too long with the first (live CD). We’ve been playing for a very long time and for this to be our first live record, it’s been long awaited,” bassist Tom Drummond told *The Outlook*.

The album was recorded last year at the band’s old stomping ground and hit record stores in late September, accompanied by a live DVD of the same title.

“We wanted it to feel like you were standing in the middle of the House of Blues,” Drummond said.

The record plays like a greatest hits collection, featuring such hits as “King of New Orleans” and “Desperately Wanting.” The disk flows from track to track with gentle comments from the band. The song se-

lection varies from fast songs like “Roselia” to quieter, more moving songs like “Live Again.” The band is on top of their game in their home state, playing to a crowd that clearly loves them.

Perhaps the best part of the record is the fact that it isn’t overly-produced or edited.

You can hear the crowd in the background, you can hear the echo of the mic, and you can feel the energy from the show coming through the stereo speakers. When it comes down

to it, the record makes you feel like you’re hanging out with a few friends watching a couple of guys having fun with their instruments.

“We’re believers that if we’re having a good time, the crowd’s having a good time,” said Drummond.

With two never before released studio tracks, “Cold Year” and “Stall,” the live disk gives fans a sneak peak at the band’s forthcoming album, which is set to drop in March. This will be their

first release since 2001’s *Closer*.

“We’re very excited. We released our last record a month before 9/11 and the record company went bankrupt at the height of the first single,” Drummond commented. “We were really dis-

appointed. This record is actually better (than the last). It’s a cross between *How Does Your Garden Grow* and *Closer*.”

When they’re not working in the studio or touring the nation, the trio likes to

lend their hand to the Democratic Party. In the last few months they played a rally for the Kerry, Edwards camp and at the opening of the Clinton Presidential Center.

“We’re trying to support the cause. Put a little BTE muscle in wherever we can,” Drummond laughed.

Better Than Ezra will be performing with The Pat McGee at the Starland Ballroom in Sayreville this Saturday, December 11.

“I think we waited way too long with the first (live CD). We’ve been playing for a very long time and for this to be our first live record, it’s been long awaited.”

TOM DRUMMOND
Bassist, Better Than Ezra



PHOTO COURTESY of Better Than Ezra

Better Than Ezra will be performing at the Starland Ballroom this Saturday.

Closer: a movie about relationships today

SAMANTHA YOUNG
STAFF WRITER

Mike Nichols (Oscar winning director for *Angels in America*) made his latest directorial venture in the movie *Closer*. Originally a stage production (screenplay by Patrick Marber), this movie, starring Julia Roberts, Natalie Portman, Jude Law, and Clive Owens, is a very raw, realistic look at relationships today.

Alice Ayders (Natalie Portman) is a stripper from New York City traveling to London when she meets Daniel Roth (Jude Law), an obituary writer and struggling novelist. Through their chance

meeting and subsequent relationship, Daniel gets an idea for a novel that he hopes will make him famous. At the photo shoot for the back cover of the book, he becomes infatuated with the photographer Anna (Julia Roberts).

Through a series of deceptive events, Anna and Daniel begin to have an affair while each other’s lover interests remain clueless. Everything comes to pass at the climax of the movies when Larry (Clive Owen), Anna’s husband, admits to her that he had an affair while on a business trip. It is at this point Anna, in turn, tells Larry of her ongoing affair with Daniel. At the same moment in

time across town, Daniel tells Alice of his indiscretions so that he and Anna can finally be together. From this point on, the movie centers around the four individuals and what they do to satisfy their own needs and desires, while unintentionally hurting those who love them.

The ending of the movie serves as the unmasking of all the main characters in the story, revealing the truth beyond the personas they project onto others. Larry, Anna, Daniel, and Alice are shown in their truest forms, living only for themselves while trying to deal with the consequences of their actions.

in life, to be closer to a truth that maybe none of them will ever be. It’s really more about the intimacy of being compassionate human beings. That’s kind of what they’re secretly or unconsciously trying to attain.”

The acting in this movie was truly fantastic. Each actor was able to show an astonishing range of emotion and seemed genuine in their ability to relate to the character they were portraying. Although a seasoned actress, Julia Roberts takes a risk with this role. An unusual stretch for Roberts and not one we’ve seen very often, she manages to take on the role of a strong, intelligent, and flawed character with grace and commitment.

It’s not the first time Jude Law has taken on this type of role, but refreshing nonetheless. He, as well as the rest of the cast, makes you believe they are feeling this pain and going through these ordeals for the first time on screen instead of acting out a script. Clive Owens and Natalie Portman are both relatively new to this type of genre acting but still perform brilliantly. Portman exudes confidence in her many barely-there outfits and outfits her character with a quick, cheeky wit. Owens is the quintessence of a love-struck man turned bitter by his lover’s betrayal. When asked about the characters in the film, he said, “What’s important is that you like all four of the charac-



WWW.ROTTENTOMATOES.COM

Julia Roberts and Jude Law in *Closer*, which opened in theaters this weekend.



WWW.ROTTENTOMATOES.COM

Natalie Portman and Clive Owen play Alice and Larry, who are betrayed by their lovers.

ters. All the scenes are intense and for it to really work you have to keep swapping your allegiances. You have to keep empathizing and sympathizing with both sides.”

Some may not like this movie because of its language or raunchy nature. This is not a movie for your grandparents or younger siblings, but it is real nonetheless. When people in relationships are hurt, they do vengeful things and speak explicitly. The restricted rating is appropriate. If it was edited, the content, message, and authenticity of the characters’ feelings, both good and bad, would be lost.

This tale of love and heartbreak is a good movie that looks at all aspects of relationships with a no holds barred attitude and a less than innocent storyline.

Diplomats are back in bloom (purple and pink included)

Harlem supergroup returns with second Immunity mixtape, Diplomatic Immunity 2.

CHRISTOPHER YUSCavage
STAFF WRITER

Get out the pastel-colored clothing, square-shaped earrings, and pink cell phone. Forget Santa. The Diplomats are coming to town!

While many hip-hop aficionados may argue otherwise, Harlem's Diplomats do not continuously go platinum by accident. The sped-up samples of the Heatmakerz production, the catchy hooks, and the street-wise jingles have garnered the Diplomats a *Star Wars*-like cult following — with half of hip-hop standing around in Easter colored purples and pinks waiting for the next “Dipset!” chant.

Following the immense success of last year's double album *Diplomatic Immunity*, the boys in pink return with their second official mixtape offering, *Diplomatic Immunity 2*, which sees not only the starting lineup of the Dipset intact (Cam'ron, Juelz Santana, and Jim Jones), but also puts faces and voices to the names Cam shouts proudly over every Dip anthem (Hell Rell, J.R. Writer, 40 Cal, Jha Jha, S.A.S.).

And while, to their credit, many of the Dip members try standing out on their merits and do not look to ride in the backseat of Cam's pink Range Rover to success, little gets accomplished outside of a few surprises and the usual Dipset commercial attempts.

The baby of the Diplomats Juelz Santana teams up with the baby-voiced sped-up sample of the Treblemakers production team on “S.A.N.T.A.N.A.,” a track that Dip fans will surely fall in love with and Dip haters will look to as proof as the team's downfall.

And as Juelz repeatedly screams out, “I'm baaack,” it's

noticeably hard to imagine when he actually ever left in the first place.

“Everybody welcoming this, welcoming that, He wasn't welcome in the first place, how we welcome him back?” Juelz continues on “Take ‘Em to Church,” which pairs him with Cam'ron on their ode to fellow Harlem rapper-turned-pastor Mase. Not too happy with his “resurrection” back into the hip-hop game, Cam takes the time to give the reverend a freshening-up on his street knowledge and catches him up with what's gone on in his absence.

Following the immense success of last year's double album *Diplomatic Immunity*, the boys in pink return with their second official mixtape offering, *Diplomatic Immunity 2*. Whether in pink and purple, or just in simple black and white, *Diplomatic Immunity 2* is hardly even comparable to the first installment of the series.

Aside from Cam and Juelz though, *Diplomatic Immunity 2* showcases the lesser-knowns of Dip fame, which succeeds on 40 Cal's punchline-heavy “40 Cal” and J.R. Writer's appearances but fails catastrophically elsewhere.

“Broke ----- lying still, I'll leave 'em lying still, You got a watch? You dead, that's time to kill,” 40 Cal spits on his lone effort on the mixtape, adding a sped-up and hungry voice to the usually toned-down and monotonous voices of the Dip crew. And J.R. Writer's similar lyrically-inclined efforts on tracks like

“Stop-N-Go” and “Family Ties” only begs an answer to the question: Did he really just say that?

Not all is good in Harlem though, as Jim Jones and S.A.S. team up for the horribly-outdated sounds of “Dutty Clap” before S.A.S. also lowers their stock with Cam on “So Free.”

Hell Rell is clearly not a full-time rapper — just check “Wouldn't You Like To Be Gangsta Too?” And the annoyingly high-pitched femcee Jha Jha is not to Dip what Remi Martin is to the Terror Squad — not even close.

Throw in the Cam'ron and Juelz mixtape favorites' collection (“Bigger Picture,” and the terrible remake of the Salt-N-Pepa song “Push It”) and *Diplomatic Immunity 2* rounds out to be about what hip-hop might expect from the Diplomats — top heavy with Cam and Juelz and a modest showing from the rest of the clique.

Whether in pink and purple, or just in simple black and white, *Diplomatic Immunity 2* is hardly even comparable to the first installment of the series.

And with Cam'ron's Purple Haze in the immediate future anyway, Dip fans may be better suited in a purple fitted cap and pink t-shirt than in a walkman with *Diplomatic Immunity 2* loaded into the headphones.

Feeble Minds: a local band to check out live

ALEX BIESE
STAFF WRITER

Frequency, the debut album for local punk band Feeble Minds, demonstrates how truly accurate the band's moniker is. Clearly showing influences from bands such as New Found Glory, Sum 41, and Finch, Feeble Minds are not without talent or ability, but *Frequency* is more than a little rough around the edges.

Based out of Asbury Park, Feeble Minds formed in 1999 and over the past five years has been playing shows throughout New Jersey. The band has also opened for national acts and received local radio airplay.

On *Frequency*, Feeble Minds does show where it can succeed as a band. Bassist Jay Stolze and drummer Rich Steckhahn are technically proficient and stand out as a result. However, Stolze's slap-bass technique does not quite gel with the band's raw, simplistic sound. Guitarist/vocalist Patrick Perrotto comes up with catchy guitar hooks and lyrics that are emotionally honest.

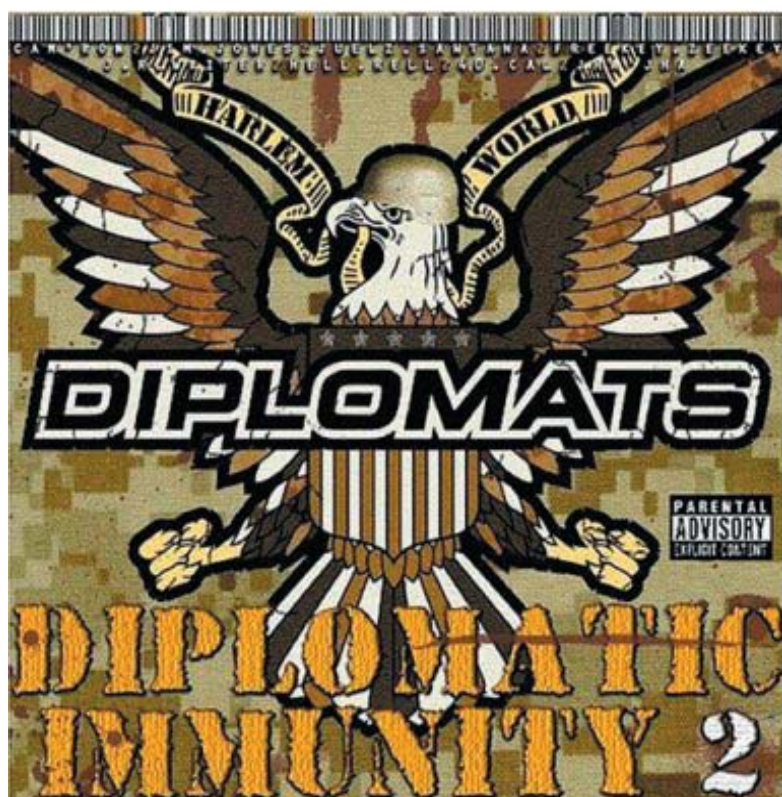
That being said, *Frequency* is not without its flaws. Even though there is the occasional catchy punk-rock riff behind some of the better tracks, the songs change direction and tempo so many times that the listener cannot get into a solid groove. Also, Perrotto's limited vocal range and high-pitched, whining style reminiscent of Jordan Pundik of New Found Glory, only allows him to imply rather than fully convey the melodies he is straining and striving for throughout *Frequency*.

As a live act, Feeble Minds are probably very energetic and entertaining. However, on their debut album, they show they have not yet refined their craft as studio musicians, leading to a rough and altogether unfinished sound running throughout *Frequency*. On their next set of studio recordings, they may be better able to convey their energy and excitement to disc.

For fans of pop-punk such as New Found Glory, Sum 41, and Finch, Feeble Minds would be worth checking out in person. For show dates, you can go to www.feeble-minds.com.



The Asbury Park-based band Feeble Minds plays at The Saint. Upcoming show dates can be found on their website.



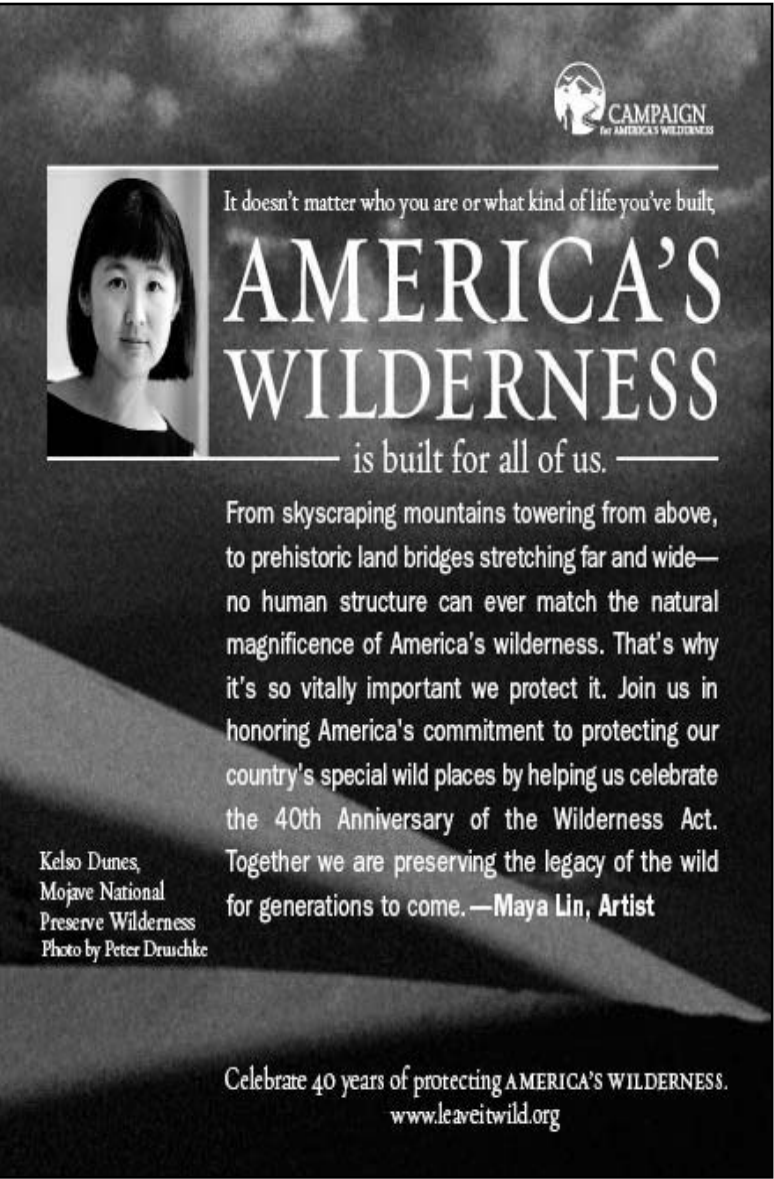
The Harlem-based group The Diplomats release their new album *Diplomatic Immunity 2*, a follow-up to last year's double album *Diplomatic Immunity*.

EVERY FRIDAY
Live Acoustic Music
7 p.m. - 12 a.m.

Hottest Mix of the 80's,
90's, and Today!
12 a.m. - 2 a.m.

**Now Hiring Bartenders,
Barbacks, Promoters,
and Wait Staff!**

www.harrysroadhouse.com
662 Cookman Avenue
Asbury Park, NJ
732-897-1444



CAMPAIGN
for AMERICA'S WILDERNESS

It doesn't matter who you are or what kind of life you've built.

AMERICA'S WILDERNESS

is built for all of us.

From skyscraping mountains towering from above, to prehistoric land bridges stretching far and wide—no human structure can ever match the natural magnificence of America's wilderness. That's why it's so vitally important we protect it. Join us in honoring America's commitment to protecting our country's special wild places by helping us celebrate the 40th Anniversary of the Wilderness Act. Together we are preserving the legacy of the wild for generations to come. —Maya Lin, Artist

Kelso Dunes,
Mojave National
Preserve Wilderness
Photo by Peter Druschke

Celebrate 40 years of protecting AMERICA'S WILDERNESS.
www.leaveitwild.org

University Property Management

LLC

Located at the
Scoops Ice Cream Parlor
256 Norwood Ave. • Deal, NJ
732-531-2330

- HOUSES & APARTMENTS
- LARGE GROUPS WELCOME
- CHOOSE FROM STUDIOS TO MANSIONS
- CLOSE TO CAMPUS
- UTILITIES INCLUDED
- FULLY FURNISHED

Check us out, you'll like what you see!!

Deal directly with the Landlord

We welcome members
of sports teams & Greek families

SUMMER and WINTER RENTALS

For more information call Marshall
732-531-2330
We specialize in off-campus
student rentals

How to make it through the holidays without gaining too much weight

LAUREN NAPOLITANO
STAFF WRITER

“Chestnuts roasting on an open fire, Jack Frost nipping at your nose. Yuletide carols being sung by a choir, and folks dressed up like Eskimos. Everybody knows a turkey and some mistletoe, help to make the season bright.”

‘Tis the season of eating. The holidays bring joy, happiness, and love, as well as thousands of extra unwanted calories. According to Dr. Lisa Giannetto, an associate in the Department of Medicine at Duke University Medical Center and with Duke’s Executive Health Program, the average American gains five pounds between Thanksgiving and New Year’s.

Special occasions, whether it be a holiday, wedding, or birthday, cause people to eat until they can no longer breathe easily, their bellies expanding so far that the top buttons of their pants feel like they might pop. People associate special occasions with food, allowing themselves to indulge in foods they normally would not do on a daily basis.

David Katz, MD, MPH, FACPM, and author of *The Way to Eat*, gives three reasons why we overeat during these occasions: First, they provide a social approval to binge because everyone’s doing it. Katz says, “Indulgence loves company.” Second, they provide opportunity to binge. Exposure to certain foods may make people weak therefore causing indulgence. Third, satiating to your deepest capacity brings a festive feel. We associate celebrations with food. Katz says, “You think because it’s not something you usually do that it’s OK. You can compensate tomorrow.”

This time of year may seem like a continuous food fest, but there is a way to avoid expanding waistlines. Follow these simple rules and you’ll be using those gift certificates you may receive during the holidays on something better than bigger-sized clothes.

Don’t Diet: Giannetto says, “Set a goal of trying to maintain your present weight. That way, you have a realistic goal. You allow yourself to indulge here and there, but you don’t go over the edge.”

Deprivation leads to binge eating. Instead of starving yourself all day, waiting for the time when the smorgasbord of food is ready to be consumed, eat healthy, small portioned foods, causing a little dent in your stomach before you sit down to a copious meal at a holiday party or on the actual holiday. This will aid in resisting over-

indulging.

According to Christian Crandall, PhD, a professor of social psychology at the University of Kansas in Lawrence, explains that ignoring cravings will cause you to feel deprived, so allow yourself to partake in the goodies served during the celebration in moderation. Instead of neglecting your cravings, satisfy them by consuming small, bite-sized portions. The taste of the indulgence should satisfy the craving and can stop you from bingeing later on.

Try taking a small piece of chocolate or super-thin slice of pie and make it last 5 to 10 minutes. Taking your time eating and savoring the taste will cause you

down a large glass of water before you eat will make you feel fuller faster. If your not a water drinker, Perrier with lemon or sugar-free soft drinks take up space and fill you up, lessening your desire to eat more food.

Warning: do not choose to use alcohol as your filler. According to Giannetto, the effects of alcohol are felt much more quickly in an empty stomach and can lead to over-eating and over-drinking. Alcohol lowers your inhibitions and can cause your body to crave more food. Alcohol is also a high calorie, high carbohydrate beverage, so try to alternate between drinking alcohol and water. Jackson suggests

Serving	Size
3 ounces of meat	Deck of Cards
1 Cup Fruit or Yogurt	Baseball
1/2 Cup Veg. or Pasta	Tennis Ball
1 Medium Potato	Computer Mouse
1 Tsp. Butter	Thumb Tip
1 Ounce of Cheese	Four Small Dice

choosing a light beer or wine over mixed drinks. A holiday-sized mixed drink can contain as many as 500 calories or more! Would you rather consume your calories from a beverage, or that amazing Pumpkin Pie Grandma makes once a year?

to feel more satisfied than if you gobble it up in 30 seconds.

Plan Ahead: If you are at a gathering for a holiday or a holiday party and you know you can’t resist Grandma’s special Pumpkin Pie, plan ahead by cutting back on other goodies. During the meals leading up to the big presentation of the Pumpkin Pie, decide where you want to cut the calories so you can enjoy your favorite part. Make a trade-off. In other words, have small portions of other foods so you won’t feel guilty eating your favorite dessert.

The key to this strategy is to watch your portion sizes so you can indulge later. Here is a portion size guideline from the American Dietetic Association:

Eat slowly and chew thoroughly: Dietitian Dawn Jackson, RD, who works at the Northwestern Memorial Hospital in Chicago and a spokesperson for the American Dietetic Association, says, “Pay attention to how quickly you eat and exactly what you eat and drink. Savor the flavor and by eating slowly and choosing you food carefully.”

It takes about 20 minutes for your brain to send the signal that you’ve had enough to eat. In other words, there is a 20 minute lag time in communication between your brain and stomach. By slowing down, you will give your brain a chance to tell your stomach you have had enough and you will feel fuller faster. This means that you might not want a second helping, avoiding unnecessary calories.

Drink lots of water: Gulping

Don’t socialize by the food: Staying away from the buffet or snack table at a party creates an obstacle between you and the food. If you are close to the goodies, you’ll be more likely to graze on extra food without realizing it. Mindlessly having a bite here and there while talking with friends can add up big time. A better option is to make a small plate of your favorite treats and walk away. This will stop you from over-eating and save you some calories for when other food is served.

Stay active: Make the effort to continue an exercise program even during the hustle and bustle of the holiday season. If you burn as many calories and you consume, you will maintain your weight during the food-filled season. Exercise will keep the extra calories away and can reduce any stress or pressure you may experience during this time of year. By reducing stress, you will also reduce your risk of over-eating since stress triggers bingeing.

During your vacation, plan active days. Try spending some of your afternoons ice skating, skiing, or hiking and walking in the snow with friends and loved ones. You’ll have fun as well as burn up the sweets and treats.

Don’t be too harsh on yourself if you over indulge in the spirit of the season. If you happen to gain a pound or two, don’t fret. Just get right back on your normal eating pattern. Make your New Year’s resolution the same as millions of others after this long season of eating: lose weight. This will give you plenty of time to lose those extra pounds.



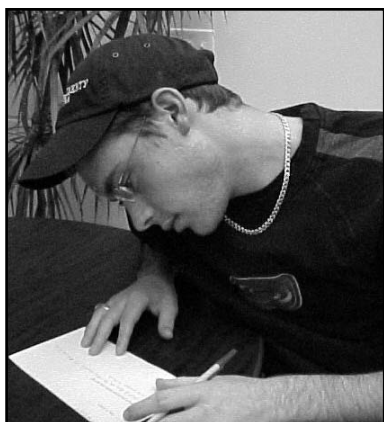
CAMPUS VIEWPOINT

What is your favorite holiday song and why?



ANDREW - SOPHOMORE

"New Found Glory - *Merry X-mas*. This song and New Found Glory in general circa my sophomore/junior year of high school has a lot of personal meaning for me."



BOB - FRESHMAN

"Track 1 from the *TWISTED* Christmas CD. Because I was under pressure to decide."



BRENDAN - SENIOR

"*Carol of the Bells* by the Transiberian Orchestra. Why? It's great!"



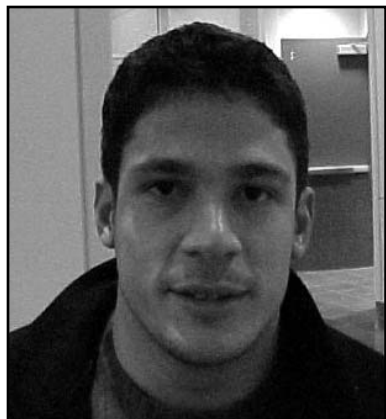
CHERYL - SENIOR

"The Waitress's *Christmas Wrappings*. All girls can definately relate to it!"



JASON - SENIOR

"Chemical Warfare/Slayer makes me feel warm and fuzzy."



JON - SENIOR

"Transiberian Orchestra Christmas in Sarajevo (*Carol of the Bells*)."



KEVIN - JUNIOR

"*12 Days of Christmas* - My family sings it every year."



LISA - FRESHMAN

"*All I Want for Christmas is My Two Front Teeth*. I'm Gettin Nothin for Christmas."



MORGAN - SENIOR

"*Hava Nagila*, the techno version. Cause it's fun and it rocks the dreidel."



TOM - GRAD

"Iron Maiden's *Rock N' Roll Christmas*. Because it's totally awesome and way radiacal!"

HOLIDAY GIVING

To Families in Need



Many homeless and needy families can use some cheer and a helping hand during the holiday season. If you, your club/organization or department would like to adopt a local family please contact Marilyn Ward by calling 732-571-4411.

Families who have been assisted in past years include graduates from Manna House which is a homeless shelter for women and children, and families who are living in area motels whose children attend the Long Branch Public School system.

HOLIDAY DONATION EFFORTS

Student Government Association Annual Giving Tree

For the past decade, SGA has been collecting wrapped gifts for needy children who live in the local community. The Giving Tree will again be located on the first floor of the RSSC, across from the Information Desk beginning Wednesday, November 24 and running until Wednesday, December 15, 2004.

Pick a tag from the tree and then drop off your wrapped gift(s) with the tag attached to SGA, located on the 2nd floor of the RSSC by 12:00 noon, Wednesday, December 15. Please note that the donated gifts will be delivered by SGA on Thursday, December 16. For more information contact SGA at 732-571-3484.

Give A Little, Get A Little Food Drive

The Monmouth University Bookstore will collect non-perishable food items until December 20, 2004. Anyone who brings in 5 cans or packages of food will receive a coupon for 25% off imprinted items. Donations will be given to the Long Branch Public Schools. Contact Kathy Booth at 732-263-5237 for more information.

Sponsored by the Office of Service Learning and Community Programs, the MU Bookstore and SGA

Earn College Credits in Just 11 Days

During ACCC'S

WINTER TERM!

Classes Begin Jan. 3

REGISTER TODAY

Atlantic Cape Community College is offering you the chance to earn college credits from Jan. 3-15, 2005. ACCC students and those attending four-year colleges who are home for the holiday break can take advantage of the Winter Term.

To find out more, visit www.atlantic.edu/winter2005

ATLANTICCAPE

COMMUNITY COLLEGE

Mays Landing • Atlantic City • Cape May County

(609) 343-4707

ACCC is an equal opportunity/affirmative action institution

Gender Studies sets up Clothesline Project

[GENDER from page 4]

• Unlike for men, domestic violence is the leading cause of injury to women in the United States, harming nearly four million women a year.

All this is to say that although men are the victims of intimate partner violence either at the hands of women or other men, violence is in no way gender neutral. Like all other social relations in an unequal gendered society, violence is a deeply gendered phenomenon. To suggest otherwise is to be either uninformed, or misinformed by out-of-date and faulty data. In fact, it is the very gendered nature of violence that makes being a male victim of violence so difficult. In other words, because men perpetrate most of the violence in society, when men themselves become victims of violence they are often held in contempt by other men and are made invisible by

social institutions. Sociologists argue, for good reason, that male privilege can be just as harmful to men as it is to women.

Men and women in our society perpetuate dominant ideals of masculinity, men are actually at greater

in ending violence against all human beings, as we are assuming our critics are, we need to start with addressing the overwhelming problem of male violence against other human beings.

The mission of the Gender Studies Program at MU is to provide an organizational structure to increase awareness of gender issues—issues concerning all genders and gentities. Everyone connected with the Gender Studies Program is involved because we want to make a difference in our society and within our own complicated gender relations.

Everyone connected with the Gender Studies Program is involved because we want to make a difference in our society

risk of male violence than are women. In war, in sports, in gangs, in prisons, on the playground, men and boys use violence against one another all the time—and sometimes sexual violence—as part of the routine social relations of masculinity. Statistics show that the greatest threat to both women and men in society is other men. If we are truly interested

We encourage the MU community to engage in thoughtful and lively conversations, to seek facts, to take advantage of the resources offered by the Gender Studies Program, including the array of gender studies courses offered as part of the gender studies minor, the new student Gender Studies Club, as well as upcoming events.

Come join *The Outlook!*

Meetings are held on Mondays at 6:30 p.m. and Wednesdays at 2:30 p.m.

We need writers, photographers, editors, and people who are interested in layout.

outlook@monmouth.edu

Domino's

Money Saving

Coupons!

Serving MU

\$5 \$5 \$5 DEAL

Three Medium 1-Topping Pizzas

\$5.00 each

Minimum 3 pizzas. Deep Dish Extra.

Limited Time Offer

2 X TUESDAY

Buy any pizza at regular menu price & get a 2nd pizza of equal or lesser value FREE!

Valid Tuesdays Only.

Deep Dish Extra.

Limited Time Offer

NOW HIRING DELIVERY DRIVERS

Full and Part Time Immediate Openings

\$10-\$15 Per Hour

APPLY TODAY!!!

Call Us!

West Long Branch

732-571-2800

Accepts All Major Credit Cards

Hours:

Mon-Fri: 4pm-1am

Sat-Sun: 11:30am-1am

Great Offer, Great Value

Get This Great Deal!

\$99.99

after mail-in rebate

Retail Price \$149.99

- Mail in Rebate \$50.00

New Only \$99.99

With 2 year agreement. While supplies last. Terms apply.

LG VX6100

America's Choice™ National Calling Plan

For only \$59.99 monthly access get

Unlimited IN Calling

Keep your family and friends with Verizon Wireless service

Plus Get

Unlimited Night & Weekend Minutes

Nationwide Long Distance

800 Anytime Minutes

AN ADDED BONUS

15% OFF W/ STUDENT ID!

UNLIMITED COMMUNICATIONS

116 BROAD ST

RED BANK NJ 07701

732-933-4191

SALES SERVICE INSTALLATION

verizonwireless

*Our Surcharges (incl. 1.95% Federal Universal Service (varies quarterly), 45¢ Regulatory/line/mo., & others by area) are not taxes (details: 1-888-484-1888); taxes apply. Activation fees: \$35/1 yr./\$15/2 yrs.

IMPORTANT CONSUMER INFORMATION: Subject to Customer Agreement, Calling Plan & credit approval. \$175 termination fee, up to 45¢/min after allowance, other charges & restrictions. Usage rounded to next full minute. Offers not available everywhere. Network details, coverage limitations & maps at verizonwireless.com. Hours: 9:01 pm - 5:59 am M-F. Limited time offer. ©Verizon Wireless 2004.

Holidays Are Coming... Semester's End is Near... Phi Sigma Sigma Celebrates a Safe & Sober New Year!



Phi Sigma Sigma is Responsible
For Who They Care About...

Are You?

Designated Drivers Make a Night
Out More Fun!

December is National Drunk Driving
Prevention Month, join the majority at the
party: make sure you and your friends
designate a sober driver for the night.

We honor Phi Sigma Sigma for
their Sober Sisters Program!

This Social Norms Project is coordinated through the Office of Substance
Awareness 732-263-5804 & funded by NJ DHSS & Rowan University.

QUESTIONS CALL 571-3586
TTY CALL 263-5795

OFFICE OF STUDENT ACTIVITIES AND STUDENT CENTER OPERATIONS
2ND FLOOR, REBECCA STAFFORD STUDENT CENTER

Upcoming Events

- Wednesday, December 8**
Women's Basketball vs. St. Peter's
Boylan Gym, 7:00 p.m.
- Thursday, December 9**
Kwanzaa Celebration
RSSC Anacon Hall - 6:00 p.m.
- Mike Burton - Comedian
RSSC Coffeehouse, 9:00 p.m.
- Friday, December 10**
Movie- Collateral
Young Auditorium, 9:00 p.m.
- STUFF IT AND SHAKE IT!
featuring Sunday All-Stars
RSSC Anacon Hall - 8:30 p.m.
- Saturday, December 11**
Movie - Collateral
Young Auditorium, 9:00 p.m.
- Tuesday, December 14**
De-Stress Fest
RSSC Anacon Hall, 1:30 p.m.
- Wednesday, December 15**
De-Stress Fest
RSSC Anacon Hall, 1:30 p.m.

We want your feedback!

FALL FILM SERIES ONLINE SURVEY

We want to hear what you think
about our weekly film series in Bey
Hall. Tell us online at:

<http://rockhopper.monmouth.edu/surveyor2/index.php?sid=10>

Collateral



New Student Orientation 2005

September 3- September 5, 2005

Orientation Leader Training begins Monday, August 29,
2005. OL's can not hold other jobs at the same time. For
your time, OL's will get a \$200 MU Bookstore gift certificate
and a great experience!

APPLICATIONS NOW AVAILABLE!!!!!!

NEW Orientation Leader Applicants:

Applications Due:
Friday, February 18, 2005

RETURNING OL Applicants:

Applications Due:
Friday, January 28, 2005

12 completed credits and a
minimum of a
2.3 GPA (end of Fall '04) required

Orientation Leaders Wanted!

STSTRAVEL.COM
Join America's #1 Student Tour Operator
**CANCUN
ACAPULCO
JAMAICA
BAHAMAS
FLORIDA**
SPRING BREAK 2005
Sell Trips, Earn Cash & Travel Free
1-800-648-4849 / www.ststravel.com

StudentCity.com
Spring Break
Official Partner Of Maxim Break
17 HOT DESTINATIONS!
Book Early & Receive:
CAMPUS REPS WANTED
Travel Free & Be VIP
Free Meals
Free Drinks
Free T-Shirt
www.studentcity.com 1.888.Spring Break

Campus Reps! Spring Breakers!
Earn \$\$ or Discount for all the HOT Spring Break trips!
NEW - Las Vegas! Puerto Vallarta! 28 Years of Student Travel **TWO** Free Trips - 15 travelers.
1-866-SPRINGBreak (866-777-4642)
www.usaspringbreak.com

SPRING BREAK '05
Don't Get Left Behind!
Now Hiring Reps + Free Meals Until Nov. 6th!
SAVE \$100 PER ROOM
Clip & Send or Use Code: **PRMMG Online**
Cannot be combined with any other offer. \$100 off per room based on quad occupancy. Only valid for trips including airfare. Offer expires April 1, 2005.
www.sunsplasztours.com
1.800.426.7710

ADVERTISE IN The Outlook
Call us at **732-571-3481**

House for Rent
Winter or Year Round
3 Bedrooms. Living Room.
Dining Room.
Eat in Kitchen. In Deal, NJ.
Only 5 Minutes from Campus!
Call Joey at 917-886-2143

my GYM
CHILDREN'S FITNESS CENTER
Need Extra Cash? Earn it while having FUN!
My Gym Shrewsbury is seeking athletic, energetic, candidates who love working with children.
• Applicants will lead and assist children's classes and birthday parties
• Competitive Wages
• Flexible Hours
• Weekend Availability a Must
Please contact Melissa 732-389-9669

MISTER G's
SUPER SUBS
We use Thumann's Meats & Cold Cuts
126 West End Court
LONG BRANCH, NJ
870-8833
MONMOUTH UNIVERSITY!
Buy ANY Whole Sub of Choice PLUS a 20 oz. bottle of soda and small bag of chips
\$7.25 + Tax*
*extras not included
WITH THIS AD
Only ONE coupon per person, per visit. Excludes any other offers.

Fast Cash!
Are you the typical broke college student in search of some quick spending money?
Happen to have an interest in music?
Support the MU Football and Basketball Teams and your bank account at the same time!
Join The Monmouth University Pep Band!
\$25 for EVERY Home Monmouth Football and Basketball game you play!
EASY MONEY AND A GREAT TIME!
No Auditions Necessary!
For Information Contact:
MUpepband@yahoo.com or call Kim at **732-747-7483**

Please help!
My name is Phily and I need a home by Christmas! I make the little boy in my family itchy and sneeze and he can't live with me anymore.
DON'T MAKE ME GO TO THE SHELTER!
I live near Monmouth if you want to see me. I'm loyal, playful, quiet, and like car rides. I think I'm a dog and I love chicken wings! Shot records/neutering is paid - I even come with a Year Supply of Food!



Join **The Outlook**

The Outlook is currently seeking help in the following departments:


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

Students from any major are welcome to join, experience is *not* necessary.

Our meetings are held weekly in the Outlook office on Wednesday afternoons at 2:30 pm and Monday evenings at 6:30 pm

Weekly meetings are open to all members, new and old.

For more information stop by the office and talk to a member of The Outlook staff or use the contact information below to get in touch with us.



Stop by the Plangere Communication Center and visit us!
The Outlook is located on the 2nd floor, Rm 260
phone: 732-571-8481
fax: 732-263-5151
e-mail: outlook@monmouth.edu
outlookads@monmouth.edu

Attention College Students Inventory Takers Needed
RGIS Inventory Specialists is the leader in it's field. We are looking for students to work during break going to various retailers' locations to inventory their merchandise. You'll receive paid training to use our equipment and get your work schedule one week in advance. You can also receive bonuses for referred employees. This is an opportunity to earn lots of \$\$\$ while on break and work with other students. Many students have turned this opportunity into a career, but even if that isn't what you're looking for, we can provide you with lots of earning power during your break.
For Interview times please call: 732-643-0199
RGIS Inventory Specialists
Equal Opportunity Employer

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

HOROSCOPES

By Linda C. Black,
Tribune Media Services

Today's Birthday (Dec. 8th)

You'd love to spend the whole year celebrating what you've accomplished so far. That's OK for a while, but don't let it interfere with what you're learning.

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

Aries • (Mar. 21 - April 19) - Today is a 7
Once you and your partner have figured out what you think you need, go shopping together. You'll save by pooling your resources. Go after the best quality.

Taurus • (April 20 - May 20) - Today is a 6
Once the job's done and the mess is cleaned up, let your partner or mate take control. It'll be fun to let somebody else make decisions for a while.

Gemini • (May 21 - June 21) - Today is a 8
Go ahead and make the commitment that's obviously required. The next step requires a lot of work and you'll need the support of a partner.

Cancer • (June 22 - July 22) - Today is a 6
The nice thing about doing a messy task is how good you feel afterwards. Don't let this moment go unacknowledged. Throw a private celebration.

Leo • (July 23- Aug. 22) - Today is a 7
You have a pretty good sense of design and color now, so decorate. The next few days will be good for household projects, big and small.

Virgo • (Aug 23 - Sept. 22) - Today is a 6
Save enough out to get yourself some new tools and equipment. The more you improve your skills, the more quickly you'll make the money back.

Libra • (Sept. 23 - Oct. 23) - Today is a 7
Give up the point you were trying to make, you can finish that some other time. Right now, it's more important to see that the job is done, quickly and right.

Scorpio • (Oct. 23 - Nov. 21) - Today is a 6
You're getting better organized, and it'll soon be easy to make decisions and follow through on them. This will speed things up considerably.

Sagittarius • (Nov. 22 - Dec. 21) Today is an 7
Discuss finances with your group or committee, and take care. They might come up with a way for you to finance their latest project. Don't be too generous, you still need to pay the rent.

Capricorn • (Dec. 22 - Jan. 19) - Today is a 6
Decision-making gets much easier for everyone tomorrow. This lifts a burden you've been carrying but you'll lose a chance to take charge. Act quickly now.

Aquarius • (Jan. 20 - Feb. 18) Today is a 8
Don't spend all day on the phone, even if you're talking to a foreign client. You don't want your costs to be higher than the sales you're bringing in, and neither does your boss.

Pisces • (Feb. 19 - Mar. 20) Today is a 7
Plan to get out tonight or tomorrow, you need a change of pace. Visit somebody you love a lot, and haven't seen for a while. You'll be re-energized.

MU Students:
Interested in Comic
Illustration?
Get your own comic
published in the
Outlook!
Call 732-571-3481

S	A	E	K		D	E	E	N		O	S	S	E	G
I	N	I	T		E	I	E		N	V	N	N	V	
S	O	W	V		D	V	E	W		H	L	O	O	E
E	G	V	S		S	V	A	J	O	E	I	I	R	
I	V	W		D	O	S		S	E	D	I	N	S	
				S	V	A		S	E	I		D	O	N
S	N	E	D	E		S	F	J	O	E	I	T	R	W
V	I	T	E	R		O	F	U		T	I	R	A	P
G	N	I	M	I	H	G	R	I	D	E	G	E	P	A
O	U		D		T	E	C		V	A	N	R		
T	O	S	S		A	S		V	A	H	V		D	Y
		H	E	H	I	O	R	B	I	H	G	I	R	W
E	E	H	E		T	S	E	R	V	E		N	O	V
E	L		P	P	E	S	A	R	E	S		V	A	V
A	N	O		B	E	A	N		M	A	L	E		C

Wednesday's Puzzle Solved

ACROSS

1

Make small talk

5

Stag attendee

9

Cousin of bingo

14

Hot flower?

15

Greek god of war

16

Fencing feint

17

"East of Eden" twin

18

Wishes undone

19

Snickers

20

Wilbur or Orville

23

Barrett of early Pink Floyd

24

Unmasker's exclamation

25

Classify

28

Genetics letters

29

Gumshoe

31

Twosome

32

Beeped

35

Conservative faction

38

Taxing month

39

ET's vehicle

40

Anatomical networks

41

Cancellations of losses

43

Perfect places

44

Silent assent

45

Uncertainties

46

Palmas

47

Actor Wesley

50

Turf

51

Sole cleaner

54

Life-stage event

58

Diner seating choice

60

Hoover Dam's lake

61

Songstress Tori

62

Kofi of the U.N.

63

Diminutive suffix

64

Fabric fluff

65

Artist's undercoat

66

Craving

67

Piano parts

6

Island west of Curacao

7

Lascivious look

8

Exxon, formerly

9

Photographic solutions

10

Fencing tools

11

Goddess of love

12

Born as

13

Bullring cheer

21

Control

22

Dashboard gauge, for short

26

Encounter

27

Forum wear

28

Housing grp.

29

Petty quarrels

30

Swelled heads

32

Hocks

33

Stage front

34

Pigskin showplaces

35

Stiff, frilled collar

36

Tire patterns

37

Unites

42

Seine tributary

46

Fully equipped

48

Pocket breads

49

Of a people: pref.

50

Sudden outpouring

51

First Lady of the '50s

52

Pain and suffering

53

Auditions

55

Handwriting on the wall, e.g.

56

Outdoor celebration

57

Polio vaccine developer

58

Pouch

59

for the money...

DOWN

1

Talons

2

Part of HST

3

Steer clear of

4

Zesty flavor

5

First First Lady

6

Island west of Curacao

7

Lascivious look

8

Exxon, formerly

9

Photographic solutions

10

Fencing tools

11

Goddess of love

12

Born as

13

Bullring cheer

21

Control

22

Dashboard gauge, for short

26

Encounter

27

Forum wear

28

Housing grp.

29

Petty quarrels

30

Swelled heads

32

Hocks

33

Stage front

34

Pigskin showplaces

35

Stiff, frilled collar

36

Tire patterns

37

Unites

42

Seine tributary

46

Fully equipped

48

Pocket breads

49

Of a people: pref.

50

Sudden outpouring

51

First Lady of the '50s

52

Pain and suffering

53

Auditions

55

Handwriting on the wall, e.g.

56

Outdoor celebration

57

Polio vaccine developer

58

Pouch

59

for the money...

I mean, it's like, you know

By Sergio Steinbach

...USE THE INFORMATION OF THE OUTPUT TO GIVE A 90% CONFIDENTIAL INTERVAL FOR THE SLOPE OF THE TRUE REGRESSION LINE. EXPLAIN...

...THE PROBABILITY OF WINNING \$2 IS 13%, THE MEAN PAYOFF FROM \$1 BET TWICE 13/38, OR 94.7 CENTS. EXPLAIN...

...THAT A 95% CONFIDENCE INTERVAL FOR THE MEAN NAEP QUANTITATIVE SCORE FOR MEN OF AGE 21 TO 25 IS 267.8 TO 276.7. EXPLAIN...

...每月收入只属天关王 牛杂尸用电器冰里更 这个两岁零天只...

Babe Watch

by Shawn Mobley

YOU KNOW, WHEN YOU WERE HERE LAST WEEK, I DIDN'T SEE YOU GET IN AND SWIM AT ALL.

YEAH, WELL I'M AFRAID OF THE WATER

WHAT ARE YOU GOING TO DO IF SOMEONE DROWNS?!

SYMPATHIZE.

The Family Monster by Josh Shalek

Have you ever had a massage?

They locked me in a rat-infested room for hours. Then they must've drugged me, because I awoke, disoriented, three days later in a new town.

That wasn't a massage, Monster!

Really?

Then no, I haven't ever had a massage.

SLIMBONE

BY MIKE MAYDAK

TRAITS OF A BEST FRIEND.

THEN SPLAT! RIGHT IN HER BACK DIMPLE! I WAS SWIMMING IN IT!

15 IRISH CAR-BOMBS! THAT'S IT! YOU CAN ONLY HAVE ONE MORE!

... SHOULDN'T HAVE DONE THAT...

DEDICATED TO "WALTOR" DELLER, THE "WOTH", AND ALL THE OTHER BEST FRIENDS AWAY SERVING THEIR COUNTRY. MAY GOD BLESS THEM AND BLY THEM DRINKS!

THEY TELL THE BEST STORIES.

THEY WATCH EACH OTHERS BACKS.

BUT MOST IMPORTANTLY, BEST FRIENDS WILL BE MISSED.

Fall 2004 Writing Proficiency Examination (WPE)

The Writing Proficiency Examination will be offered next on
Thursday, December 16, 2004, from 9:45 a.m. to 12:00 p.m., and
Friday, December 17, 2004, from 5:15 p.m. to 7:30 p.m.

Check-in for the December 16th exam will begin at 8:45 a.m.
Check-in for the December 17th exam will begin at 4:15 p.m.

Check-in for both exams will be held in the lobby of Pollak Theatre

Eligibility Requirements for the Exam

In general, you are eligible to take the December 2004 WPE if and only if you meet all three of the following conditions:

1. **you are a current student at the time of the exam** (that is, you have a start date that falls before the date of the exam),
2. **you have previously completed EN 101 and EN 102 or their equivalents** (such as transfer equivalencies or Credit by Examination), and
3. **you have not previously attempted the WPE.**

Eligibility Announcement for Incoming Transfer Students

The faculty recently approved changes to the Writing Proficiency requirement that are effective May 1, 2004. One of these changes affects incoming transfer students and the WPE.

Qualified incoming transfer students who start at Monmouth on September 7, 2004 (Fall 2004), may take the December 16/17, 2004, WPE or any WPE thereafter.

Qualified incoming transfer students who start at Monmouth on January 18, 2005 (Spring 2005), may NOT take the December 16/17, 2004, WPE; however, they are eligible to take the May 5/6, 2005, WPE or any WPE thereafter.

Requirements for Attempting the Exam

The mandatory **reading set** for the WPE will be available at the University Bookstore for a minimal fee, beginning Monday, November 29, 2004. Before the exam, students must purchase and read the reading set, and must bring it to the examination.

In order to be admitted to the WPE, students must present a **Monmouth University Student Identification Card**. If you do not have an ID, you may obtain one at the ID Center, located in the Student Center.

Resources for Preparing for the Exam

To prepare for the examination, students should pick up and read the Writing Proficiency Requirement **Preparation Manual**, available for no charge at the Writing Office (Wilson Annex Room 510) or online at <http://bluehawk.monmouth.edu/~eng/wpr.pdf>

The Writing Office will offer three **information workshops** about the WPE at which the format and expectations of the exam are explained and at which you can ask questions in person. The sessions will be held on Thursday, December 2, from 4:30 to 6:00 p.m.; Wednesday, December 8, from 2:30 to 4:00 p.m.; and Monday, December 13, from 6:00 to 7:30 p.m. All sessions will be held in the Student Center, room 202B.

Additional information is available from the WPE Information Line at 732-263-5491 and from the Writing Office in Wilson Annex Room 510. All students should consult the Monmouth University Undergraduate Catalog for the Writing Proficiency Requirement policy.

climate control

It's simple. Heat and cool your home smartly with ENERGY STAR® to reduce your home energy use and make a big difference in the fight against air pollution.



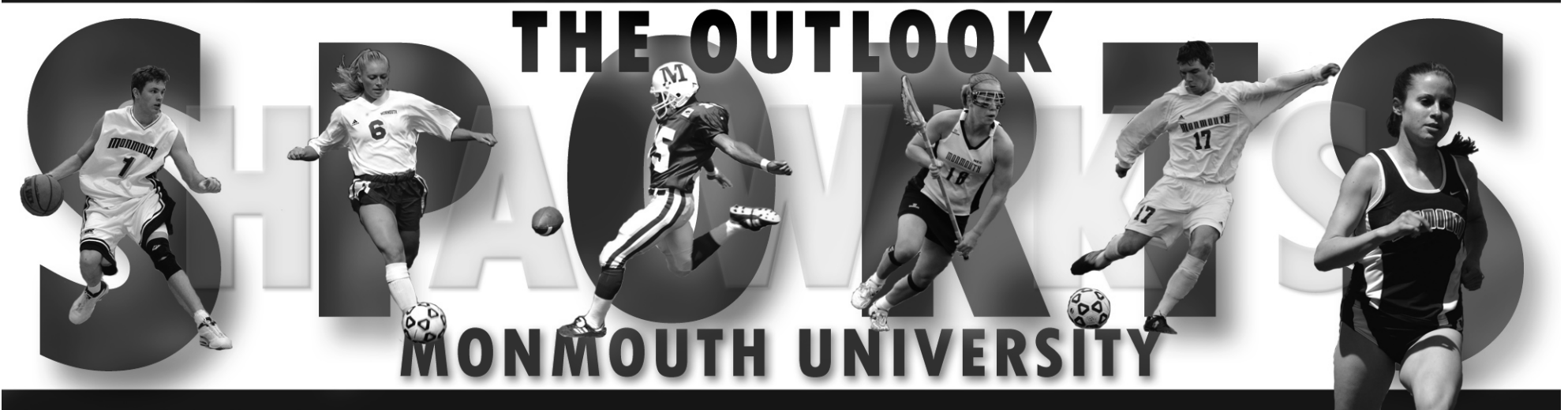
YOUR HOME CAN CAUSE TWICE AS MANY GREENHOUSE GASES AS A CAR.

Discover steps you can take to reduce air pollution from your home and car at **energystar.gov**.

ENERGY STAR® is sponsored by the U.S. Environmental Protection Agency and the U.S. Department of Energy.



ENERGY STAR



Statterwhite named to Regional All-American Squad

Junior goalkeeper selected to adidas/NSCAA Mid-Atlantic Regional All-American Team

Press Release

Monmouth University junior goalkeeper Art Statterwhite (Somerset, N.J./Franklin) was named to the third-team 2004 adidas/NSCAA Mid-Atlantic Regional All-American Team as the National Soccer Coaches Association of America announced its

recipients earlier this week. Statterwhite played in 12 matches for the Hawks, starting 11 games, while missing time due to injury. The junior posted a 1.00 goal against average, a season-best for the netminder, while also carding an .854 save percentage, which was also a career-best.

FIRST TEAM

- Pat Hanigan, GK, Sr., Temple
- Kevin Coleman, B, Sr., LaSalle
- Michael Lookingland, B, Sr., Bucknell
- Pablo Orantes, B, Sr., St. Peter's
- Sacha Kljestan, M, So., Seton Hall
- Derek McKenzie, M, Sr., Duquesne
- David Walters, M, Jr., Penn State
- Adam Williamson, M, Jr., Lehigh
- Jerrold Laventure, F, Sr., Seton Hall
- Bernie Showers, F, Sr., St. Francis (Pa.)
- Darren Spicer, F, Jr., Princeton

SECOND TEAM

- Stash Graham, GK, Sr., La Salle
- Joe Bocker, B, Jr., Temple
- Erick Hallenbeck, B, Sr., Pennsylvania
- Nathan Jolly, B, Sr., Lafayette
- Nick LaBrocca, M, So., Rutgers
- Jon Lopuski, M, Sr., Villanova
- Doug Narvaez, M, Jr., St. Peter's
- Matthieu Savaria, M, Sr., Fairleigh Dickinson
- Antonio Nunziata, F, Sr., Fairleigh Dickinson
- Chad Severs, F, Sr., Penn State
- Keeyan Young, F, Jr., Pittsburgh

THIRD TEAM

- ART SATTERWHITE, GK, JR., MONMOUTH
- Jason Hernandez, B, SR., Seton Hall
- Jacob Kring, B, Sr., Pittsburgh
- Elliott Leonard, B, Jr., Lehigh
- Steven Wacker, B, Sr., Temple
- Joe DiBuono, M, Sr., Robert Morris
- Tony Donatelli, M, Jr., Temple
- Victor Krasij, M, Sr., Lafayette
- Dan DeMasters, F, Fr., Villanova
- Chris Karcz, F, Sr., Rutgers
- Scott Visnic, F, Jr., Bucknell



PHOTO BY Ryan Scally

Art Statterwhite, junior goalkeeper for the Hawks finished the 2004 season with a 1.00 goal against average and a .854 save percentage. Statterwhite was a third-team selection to the Mid-Atlantic Regional All-American soccer team.

Outlook's Weekly NFL Picks - Week 14									
	Away	Philadelphia Eagles	Chicago Bears	Indianapolis Colts	New York Giants	New York Jets	Oakland Raiders	St. Louis Rams	Cincinnati Bengals
	Home	Washington Redskins	Jacksonville Jaguars	Houston Texans	Baltimore Ravens	Pittsburgh Steelers	Atlanta Falcons	Carolina Panthers	New England Patriots
	Devon (7-6 Week 13) (34-14 Overall)								
	Eddy (9-4 Week 13) (33-15 Overall)								
	Dom (6-7 Week 13) (28-21 Overall)								
	Kelly (6-7 Week 13) (24-24 Overall)								

Hawks beat Columbia and Texas Southern

Take third place at Rice Invitational

WILLIAM K. DEPOE
STAFF WRITER

The Monmouth University Women's Basketball Team started their week on the right track, defeating Columbia in Boylan Gymnasium. Monmouth would fall to Rice University in the Gene Hackerman Rice Invitational, but would later knock off Texas Southern to take third in the event. On Tuesday, November 30, the Hawks were able to hold off the Columbia University Lions in the second half to win 61-54 at home. Monmouth had three players in double-figures, led by junior Niamh Dwyer who scored a game-high 18 points. Seniors Courtney Lumpkin and Erin Winston each contributed 10 points and six rebounds. The Hawks, who shot 44% from the floor, had 22 big minutes off

the bench from freshman Veronica Randolph, who had nine points, including two three pointers, and five rebounds. Monmouth led at halftime 23-21 after shooting just 31% in the first half, but were able to regroup and shoot 60% from the field in the second half, including Winston's big shots down the stretch. "We stepped up our defense, and then our offense came," said Head Coach Jackie DeVane on her team's second half performance. The Hawks forced 22 turnovers in the contest, but DeVane feels that the team's hustle in the second half

was important. Monmouth played Rice University in the Gene Hackerman Rice Invitational on Friday, December 4 in Houston, Texas. Despite cutting the Lady Owls 18-point lead to six in the second half, the Hawks were unable to get over the hump and were defeated 73-58. The Lady Owls, who were led by Michelle Wood's 22 points, were held to just 34% from the floor, but shot 78% from the free throw line. In the defeat, Monmouth had a stellar performance from Dwyer, who was 9-of-18 from the floor, including four 3-point buckets, for a

"We stepped up our defense, and then our offense came."

JACKIE DEVANE
Head Coach, Women's Basketball



Senior Courtney Lumpkin has been a steady contributor for the Hawks so far this season, including 10 points in two of the Hawks last 3 games.



Freshman Brianne Edwards drives to the basket against a Columbia University defender.

game and season-high 24 points. The Hawks showed pride in the consolation game of the Hackerman tournament, knocking off Texas Southern 61-52. Dwyer was one of four Hawks in double-figures with 19 points, including going 7-of-10 from the foul line. Texas Southern led at halftime 33-30, but the Hawks refused to lose, outscoring the Tigers 31-19 in the second half, and held them to 28% from the field for the game. Monmouth had strong games from Randolph, who had 13 points, and Lumpkin and Winston, who each poured in 10. Overall the Hawks shot 39% from the floor and managed a season-high 65% from the foul line (17-of-26). The 4-2 Hawks return to action on Wednesday, December 8, when they host St. Peter's College at 7 p.m. and will play the nationally-ranked University of Maryland Terrapins on Sunday, December 12, at 5:30 in Maryland.

Dwyer was one of four Hawks in double-figures with 19 points, including going 7-of-10 from the foul line.

Catch your Hawks!

ST. PETER'S

12/8/04

7:00

at University of Maryland

12/12/04

5:30

Auburn

12/21/04

7:00

PHOTO BY Jim Reme

Hawks road woes continue this season

Men's Basketball drops pair of games to in-state rivals.

ED OCCHIPINTI
STAFF WRITER

Early on in the basketball season, NCAA teams have two decisions to make as far as non-conference scheduling goes. The first is to play a "cupcake" schedule, which would involve playing teams that, on paper, aren't as good as your team appears to be.

The other is to play tough teams from good conferences that will be more ready your team when the

conference schedule rolls around. Now, these decisions aren't made right before the season, they are worked out well in advance between coaches and administrations. And if you ask Monmouth head coach Dave Calloway which approach he prefers, the answer will emphatically be the latter.

That is evidenced by the fact that since he has returned to be the head coach at his alma mater, Calloway's teams have gone up against competition the likes of Miami, DePaul, UNLV, Gonzaga, Vanderbilt (whom the Hawks defeated in 2001-2002), Notre Dame, and Maryland when the Terps were the number three ranked team in the nation.

Last season, the Hawks played three teams that would eventual make the NCAA Tournament in

Boston College, Seton Hall, and Princeton, and a Rutgers team that lost in the postseason NIT final. They also routinely play schools the likes of St. Peter's and Rider, who left the Northeast Conference right before the 1995-1996 season after rattling off three straight conference regular-season titles in two trips to the Big Dance.

What all this means is that Calloway knows the best way to get his squad prepared for the vigors of the

NEC schedule is to play a difficult non-conference schedule. Where against a Big East team, for example, Monmouth will have to play a near-flawless game to win, they use that experience when they have to, say, travel to St. Francis (NY) late in the regular season with tournament implications.

With that being said, this years Hawks are off to a 1-4 start, due in large part to non-conference schedule that is far from a cupcake. The Hawks five opponents

that they have already played have a combined record of 16-6.

Last week started off rather roughly for the Blue and White, as they dropped a 78-61 decision to Rider in Lawrenceville. Sophomore Terrance Mouton scored a career-high 21 points to lead the Broncs. Trailing 35-25, Mon-

mouth out-scored Rider 9-0 over the final four and a half minutes of the first half to cut the lead to 35-34 at the half, but Rider used 13 three point field-goals en route to the win. Blake Hamilton led Monmouth with 20 points and eight rebounds. Chris Kenny chipped in with 10 points and Dejan Delic added 11 off the bench for the Hawks.

The Hawks continued their struggles, this time against Big East in-state foe Seton Hall, as they fell to the Pirates 70-50 at the Continental Airlines Arena last Thursday.

The Hawks had no answer for Seton Hall junior Kelly Whitney, who had 15 points and 13 rebounds. The Hall used a 42-18 scoring advantage in the second half to overcome a four-point

halftime deficit and put away Monmouth.

The Hawks were unable to get any closer than 12 points the rest of the way.

After going 11-for-28, including four three-pointers, in the first half, Monmouth's offense was stifled in the second half. The Pirates held the Hawks to a paltry 19.2 percent and just 1-for-7 from behind the arc. Conversely, Seton Hall shot 58.6 percent from the floor and 5-for-10 from three-point distance in the second half to pull away.

Monmouth built a lead in the first half that grew as large as 11 points when Dejan Delic's three-pointer made it 18-7 at the 11:26 mark. The Hawks fashioned a 32-28 halftime lead thanks in part to 10 Pirates turnovers.

Delic was the only Monmouth

player in double-figures with 11 points. Blake Hamilton, the Hawks' leading scorer, had just eight points on 2-for-12 shooting.

The Hawks maybe 1-4 at this point in the season, but the argument can be made that it is an educational 1-4. They have lost two games on the West Coast, and two to teams that have shot well from the perimeter.

Monmouth now knows what they have to do to stop other teams. Also, it seems that so far this season, the teams that the Hawks have gone up against have seemed to have their best game of the early season against the Blue and White. Monmouth has been taking the best that good teams have to offer, and that will bode well when the Hawks fly into Northeast Conference action in the coming weeks.

**[Coach]
Calloway
knows the
best way to
get his squad
prepared for
the vigors
of the NEC
schedule
is to play a
difficult non-
conference
schedule.**

*The Hawks play
Princeton at Home in
Boylan Gym
this Sunday,
Dec. 12 at 4:00 p.m.*

*Come Show Your Spirit and
Support the Hawks!*



PHOTO BY Devon Gottshalk

The Hawks tip off against San Diego State University during their trip to the West coast.

Casey Jones
Restaurant & Sports Bar



732-222-4427

3rd & Morris Ave., Long Branch
All Major Credit Cards Accepted
www.caseyjonesrestaurant.com
(one block from Monmouth Medical Center)

Driving Directions

East on Cedar Ave.
Left on Westwood Ave.
Right onto Bathe Ave.
Left on 3rd Ave.

Restaurant is opposite the train station.
Approx. Driving Time 4 min. 12 sec.

**Book New Years Eve
Dinner Now!**

Seatings at 5pm, 7pm, 9pm
Entertainment at 10pm

Happy Hour
Monday - Saturday 11am - 7pm

Sunday - Thursday
\$1.00 Draft Mugs After 7pm

**Watch All NFL
Games Here!**
Sun. \$2.12 Bud & Bud Lite Bottles
Mon. Night Football \$1 Mugs

Sunday-Thursday

Chicken & Rib Special
served with fries
and cole slaw

\$9.99

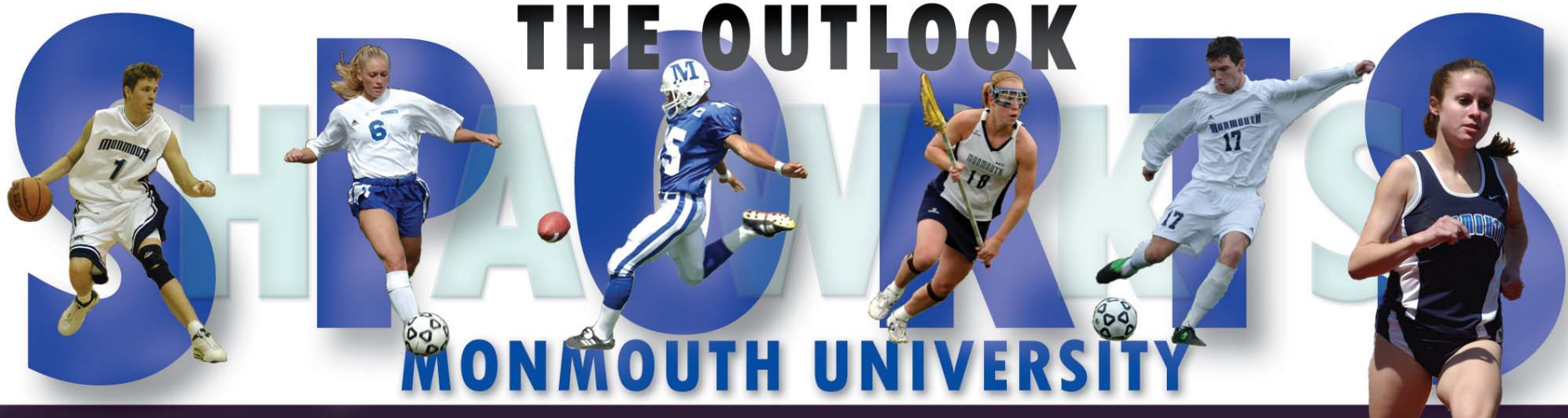
10% Discount
on Dining or Takeout
with This Coupon

Casey Jones

Restaurant & Sports Bar

Can not be Comined with other Specials.

THE OUTLOOK



Ireland native's
complete guide
to success
in the U.S.



driving manual

THE
NIAMH DWYER

"It's ok to drive in the paint"

WILL NOT YIELD

- ➡ ALL-TOURNAMENT IN RICE INVITATIONAL
- ➡ MEMBER OF THE IRISH NATIONAL TEAM

*NIAMH DWYER CONTINUES TO GUIDE THE
MONMOUTH HAWKS THIS SEASON.*



**Men & Women's Basketball,
NFL Picks and
Men's goalkeeper
named to Regional
All-American Squad.**

