University mourns loss of freshman

First year student dies in dorm

OUTLOOK STAFF REPORT

A freshman residing in Cedar Hall died of unknown causes Sun-
day. Tom “Lennon” Gonch, 18, died in his room on the third floor of the residence hall. He was found by his roommate, Albert Kurtz in the early afternoon.

“At first I thought he was just passed out,” Kurtz, also a freshman, said.

Kurtz immediately notified his R.A., who then called the authori-
ties. At the time of publication the cause of death was unknown.

“Tom had a great sense of humor and would make everyone laugh. He was well liked by all,” said Anne Nagy, Vice President for Stu-
dents.

“Trenton is a great community and very supportive of its stu-
dents. I know all of our university community take a moment out of their day to remember Tom’s family and friends,” Nagy added.

President Paul Gaffney II in-
formed the university of the loss Monday morning via e-mail. He requested that members of the university community take a mo-
tion out of their day to remember Gonch.

“I think it’s surreal,” said fresh-
aman Greg Swindaze. “It kind of puts life into perspective. I just am trying to enjoy the other day and now that’s never going to happen again.”

“It’s always tough to comment on the loss of a student,” said Mary Anne Whitley, Vice President of Devel-
oment Services. “I know all of our thoughts and prayers are with his family.”

Nagy made the drive along with President Gaffney and Dr. Franca Mancini to Fanwood, Gonch’s hometown, to inform his parents Sunday afternoon in person.

“We extend our deepest sympa-
thies to Tom’s family and friends,” said Gaffney. “Our prayers are with them in this time of great sorrow.”

University recognizes help children help Dr. King’s work

ALYSON GOODE CONTRIBUTING WRITER

Monmouth University celebrated the life of Dr. Martin Luther King Jr. last Wednesday and Thursday through a series of events in the Re-
beci Hall Student Center.

Heather Kelly, Assistant Director of Student Activities, coordinated the two-day program which was underwritten by a grant from the Martin Luther King Jr. Commemorative Commission and the Office of Stu-
dent Activities. The programs were intended to emphasize Dr. King’s call to service. Wednesday was a day of service at MU while Thurs-
day was open to viewing for a few hours that afternoon. It was also still stand-
ing Thursday night at the Dr. Mar-
tin Luther King Jr. Annual Tribute Celebration, entitled, “Echoing his Dream…”

Thursday evening’s tribute started with a welcome from MU President Paul G. Gaffney. The gathering reminded att-
endees that Dr. King was a great orator and communicator who once spoke at Monmouth College during turbulent times in history.

“He was my hero for all of us, not

[See MLK on page 4]
Winter Ball Committee lowers prices to bring back 32-year-old tradition

KAITLIN COPPOCK CONTRIBUTING WRITER

The Winter Ball is an annual Monmouth University tradition that came to a halt last year. Over-priced tickets caused MU students to refrain from purchasing them, which in turn resulted in the cancellation of the dance/dinner. This year, the Residence Hall Association (RHA) took charge in order to get the Winter Ball up and running again. The only way to keep the tradition alive was to lower the ticket prices in order to give students the initiative to buy them. A commitment was formed to organize the Winter Ball and meet every week to formalize the plans in regards to getting students to attend and bring back this wonderful tradition,” said Stacey Ciprich, Winter Ball Chair and member of RHA.

Sophomore Lindsay Savage, also a member of the committee, commented on the months of hard work it took to plan. “We’ve been working really hard since October to put this all together,” said Savage.

“We’re trying to encourage a sense of community at Monmouth by bringing back this 32-year tradition that was broken...”

HILARY DAVIS
Member of the Winter Ball committee

Dining Hall lobby and the Center information booth until Tuesday, February 8. We’re trying to encourage a sense of community at Monmouth by bringing back this 32-year tradition that was broken, but can be brought back with the help of the students,” said Hilary Davis, a member of the Winter Ball committee.

MU still awaiting approval from West Long Branch for Multipurpose Activity Center

ASHLEIGH JOHNSON CONTRIBUTING WRITER

Monmouth University continues to forward with the development of the Multipurpose Activity Center (MAC) with the hiring of an architectural company.

The MAC will include a 5,000-seat multipurpose gymnasium, a 200-meter indoor track, a new university bookstore, coaches offices, locker rooms, luxury boxes, booster club, and a Hall of Fame. Monmouth University has hired EwingCole Cherry Brott, an architectural company out of Philadelphia to help with the MAC.

According to Director of Athletics Marilyn McNeil, the reason the MAC is currently stagnant in the planning stages is the objection of some local residents. All of the plans are complete, however, approval of West Long Branch is needed before digging can commence.

Approval will allow Monmouth to put in a building application. The MAC will be up and running 18 months after the application is accepted.

Residents speak out in favor of university expansion because it provides inspiration and culture for the town’s young people.

Jan Holderness, a West Long Branch resident, believes a partnership should be established between Monmouth University and her son’s team as well as other sports teams to use the facilities. The MAC would enable more availability for practice time.

Holderness feels that attending games and events at Monmouth University has provided her son with motivation to attend the college and major in biology. Unfortunately not all of the local residents express the same view. According to Director of Athletics Marilyn McNeil, the reason the MAC is currently stagnant in the planning stages is the objection of some local residents.

A view from outside the new Multipurpose Activity Center.

PHOTO COURTESY of monmouth.edu

Inside the new Multipurpose Activity Center.

PHOTO COURTESY of monmouth.edu

MEET MU: Beverly Peterson

Professor of Communication

“Like to help other people tell their stories and step us into their lives.”

BEVERLY PETERSON

Professor Beverly Peterson not only enjoys teaching film and video but spends her off time producing her own films hoping to enlighten others on today’s concerns. “I make documentaries that deal with today’s social issues. We’re all interested in understanding information on a daily basis that it’s easy to believe that we know things we really have no clue about. Filmmaking is a great opportunity to help an audience experience things through your eyes, and hear things that you’ve done. More importantly, I like to help other people tell their stories and step us into their lives.”

Not only does Peterson put her own thought into what she hopes to inform people about but she asks for the assistance of telling their own story from the people who premiered in her film.

“When I’m doing research on a subject, I always make a point of reminding the people I’m interviewing that this is their story and they know it best. Then I ask them what they think viewers never seem to get. And, that usually becomes what I make my film about.”

Although Peterson’s main interest was film early on, she figured out there was something else she wanted to do and that was teach. Peterson and colleagues who teach at New York University’s film school and at Hunter College were always inviting her in to their class rooms to screen her work and discuss her approach to film. When she realized how much she enjoyed that she thought that she could have a real impact on students if he started teaching them.

Prior to teaching at Monmouth, Peterson had always been part of the MU community, growing up in neighboring town Elberon. Her early childhood was in the Marlboro and Colts Neck, when it was still considered a farm town. After moving to Elberon in second grade she continued her education in Long Branch and graduated from the local high school. Living in the area when she was younger is one of the reasons Peterson enjoys teaching at Monmouth.

“I really enjoy and feel comfortable with the student body here at Monmouth. This is a very student oriented campus and that fits my teaching style. After high school Peterson received a BFA from Cooper Union Art School in New York City. After entering the “big bad world” she decided to go back to school entering filmmaking and studied at NYU Tisch School of the Arts she then continued to further her education at Ohio State University where she completed her Masters as one of eight mid-career.

[See MEET MU on page 14]
The World According to MU

The Outlook

February 2, 2005

UNIVERSITY NEWS

Thomas Dick attends inauguration

JENNIFER KNAPP
NEWS EDITOR

Thursday January 20, 2005 marked Quinnipiac University’s Presidential Inauguration. The inauguration took place in the nation’s capitol, the White House. Here President George Washington was sworn in as the nation’s first president. Inauguration day consisted of traditional events including a moment of silence and recitation to the capitol, vice presidential swearing-in, the inaugural address, the inaugural luncheon, the inaugural parade, and inaugural gals and balls.

Director of Communication, Thomas Dick, was in attendance for the festivities. “I was proud to be a part of it. When the president takes an oath, it is a promise to the American people and it was good to be there and see him make the promise.”

The University has never been involved in other relief programs of this magnitude, as a closing concert is set to be performed by the beneficaries UNICEF and the Red Cross.

Mary Anne Nagy said, “There was an overwhelming outpouring of compassion with issuing a check, but will be a personal level. She also admitted to being an introvert when singing country-style tunes to songs with a more rock and roll feel to it.”

“I am delighted to see our students, and indeed, the entire University community come together to assist in this.”

MARIANNE NAGY
Vice President for Student Services

The University has never been involved in other relief programs of this magnitude, even during the attack of 9/11. Counseling and moments of silence were offered as a way of acknowledging the tragedy, but Datta explained that no specific predication in Southeast Asia now faces.

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MU pays tribute to Martin Luther King

[MLK from page 1]

just the African American community,” said Gaffney.
As part of the celebration, there was a company performing “King’s Dream,” which used music and songs with a multimedia presentation to tell his story of drama, pain and perseverance. The audience responded positive
to the program by occasionally standing up and singing and clapping along with the three singers on stage. They sang “We shall over
come,” a historical song that echoed the mentality of African Americans during times of segregation.
During the evening Kelly presented 14
honors for the Unsung Heroine Award. All
recognized were students and staff of Monmouth University.
Later in the evening, Kelly presented four recipients with the award which symbolizes excep
tional service to the surrounding community. They included Alexis Harris, principal of Hope Academy; Dana Pahuri, founder of Michael’s Feast, a local charity; Cortnie Stanton, a MU graduate student; and Marilyn Ward, MU’s Service Learning and Community Programs coordinator.

“It’s an honor and a privilege,” said Ward. “When I looked around this room tonight I could pick out table to table how every person has contributed to this community.”

At the end of the tribute, four students from Hope Academy’s Step Team performed on stage. They impressed the audience with choreographed step routines and songs that were in the evening’s earlier media presentation.
The four girls received a standing ovation after they entertained everyone for 20 minutes.

Kelly is very pleased with the outcome of the two-day celebration. She believes that the children really walked away having learned something.

“It brought home the idea to walk in Dr. Martin Luther King, Jr.’s footsteps of service.”

HEATHER KELLY
Assistant Director of Student Activities

Loss of Esplanade means more
triples on campus in fall 2005

Monmouth University currently
cannot guarantee housing for all stu
dents, but is researching methods that would one day being able to make a housing environment that fits everyone’s needs.

Due to the overwhelming demand to live on campus, Monmouth has plans to build a new residence hall. The structure of this hall will be similar to that of Pinewood and Elmwood. However, some problems arose and the building has yet to start its construction process. Monmouth is located right off the middle of a residential neighborhood and homeowners are concerned with how a new residence hall will affect them. The next meeting to discuss plans on the residence hall is scheduled for Thursday, February 10. If all goes according to plan, the hall will break ground this coming fall and come into the fall of 2006.

Since the new residence hall will not be ready for fall of 2005, there will be changes made to some of the halls so they can house more of the student body. According to Mary Ann Nagy, Vice President of Student Services, the double rooms in Oakwood and Redwood will convert into triples. Another plan is to acquire more off campus housing. There are currently students that live in the Pineview, Easterly and Ocean Avenue, and in the Esplanade Hotel on Highway 36.

Since the students living in the Fountain Gardens have mentioned respect for the apartments, Monmouth might have the option to take
care of the students more apartment unit. However, these apartments will be available to only juniors and seniors. Dan Walker, junior, along with his three roommates currently reside in the Fountain Gardens.

“Living at Fountain Gardens is great because it puts us in a real life living situation at no extra cost,” Walker.

It is located close to Monmouth and across the street from the beach. The best part is we don’t have to pay utili
ties,” said Walker.

The Esplanade Hotel lease will expi
re at the end of the year, and the deci
dion has not been made whether or not to renew the lease. Nagy stated, “I feel that students living in the hotel are less connected than students who are living in the apartments and therefore they are not able to get all first year students on campus.

I feel that something is extremely
 freshmen to be living on campus.”

Easterly is interested in trying to live on-campus to feel more apart of the University.

It is very important for freshmen to be living on campus because as a freshman I felt that I would be missing out on opportunities and involvement in the Monmouth community,” said Scott.

Since housing selection doesn’t begin until April there is still time for more housing options to become available.
Announcing the New Name of the Coffee House, “The Eye Opener”

Burgers and Fries Now Available at THE UNDERGROUND

New Kosher options at The Rebecca Stafford Student Center!

Valentine’s Day Dinner in The Club!
$15.00 per Person
(cash or declining balance)
4 Course Dinner!
Choose from a set menu.
Shrimp cocktail, prime rib, chocolate mousse and much more!

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How often do we find ourselves huddled over our keyboards during the wee hours of the morning, struggling to find the words to fill the four pages we have left to write for the paper that’s due for our 10:00 class?

How many times have we fallen asleep on our textbooks the night before exams, as we try to cram weeks worth of information into our heads in a mere few hours?

And how often, when faced with such situations, do we find a can of Red Bull right there next to us?

In the last few years, energy drinks have discretely crept into our lives—a can seen sitting on our desks, a pack stocked in the refrigerator, or for some people, cans are stored with their stash of liquor.

Our generation has become the target audience for manufacturers of such drinks, including Red Bull and AMP, both of which are sold on campus in the C-Store.

These drinks tend to attract students, athletes, and people “on the go.”

“I love Red Bull,” said senior Nicole Frim. “It gives me so much energy. It’s great when I have to study for finals.”

For those drinks that boost energy, or rather, for those that contain stimulants in their drinks by selling “stimulants,” the brand that can, Maloney recommends people to take a good multi-vitamin instead.

“The most important thing when someone is looking to get an energy drink is to read the information on the side and see what’s exactly in there and what you’re buying. Most of the time,” Maloney said, “you’ll be spending your money on a lot of sugar.”

Such a high intake of sugar and caffeine may cause very adverse side effects. Because caffeine is a stimulant, heart rate can increase rapidly, stimulating a state of restlessness and a loss of concentration.

In addition to becoming reliant on energy drinks, another mistake people are making is drinking these drinks with alcohol.

The logic that clouds the minds of such people varies from an enjoyment of the taste to being able to fit into a binge drinking ritual.

“One of the things they always tell you is ‘there’s no point in feeling good without alcohol’. It’s just a bigger and wider gone,” said Maloney.

Many people figure that the stimulants in caffeinated energy drinks counteract the depressants found in alcohol.

This, however, is not always the case. By mixing alcohol with a Red Bull, for example, “people stimulate themselves with a lot of caffeine, having a lot of sugars on board. Plus they have the alcohol in ragers in them too. On top of that, they have the alcohol!”

“They’ll get wired from it all that they’ll just keep on drinking,” Maloney informed.

Some students, who wish to remain anonymous, figure that if they drink on a full stomach, the caffeine won’t affect them in such a manner, as is the case with alcohol.

But according to Maloney, while alcohol absorption decreases in the presence of a food, such was not the case.

I don’t think words alone can describe what I’m feeling now, but I’ll sure try...

My body is in horrible disarray. Now, I’ve been up for 25 hours now, which most of you can probably say you’ve done before, but you had the option of sleeping. I, however, made the unfortunate mistake of drinking a number of energy drinks and various coffees throughout the evening, therefore making my body wired. The dichotomy is ridiculous, almost exquisite. It’s like the opposite of exercising really hard... in that situation, the spirit is willing to push on, but the body gives up. This seems the opposite—the spirit has given up, but the body just wants to keep going. I feel like I can see a mile—the reason I say swim is that for some reason, my body has forced all its concentrated tiredness into my right leg. It’s truly strange—my right leg is like dead at all times, and yet everything else is energized. My mind is unable to comprehend much more than menial tasks; sitting through class was torturous. I actually TRIED to sleep in class, something I manage to do on a regular basis regardless of the amount of sleep I got the night before, but to no avail, my body kept waking me up, its terrible, truly terrible. Foreign countries should feed energy drinks and caffeine to prisoners intravenously as a new form of torture...horrible, truly horrible...I feel like I’m rambling so I’ll stop, but know this, everything I’ve said here is only my best attempt to describe this personal hell I’ve created for myself. To truly understand what this is, you must do it yourself, and I encourage you not to, ever...
The Outlook

February 2, 2005

FEATURES

THE KEY TO A BIKINI PERFECT BODY

Arielle Rasmussen
CONTRIBUTING WRITER

February is here, which means bathing suit season is right around the corner. Are you ready? Spring breakers have less than a month to squeeze into that tiny bikini! The countdown is on and it is time to put on your best. Don’t worry. It will be easy if you adhere to the following simple plan which includes changing your diet and hitting the gym.

Diet is essential to shedding pounds and maintaining a healthy lifestyle. Forget the low-carb, no-carb diets. According to WebMD, in conjunction with the Cleveland Clinic, “by restricting carbohydrates drastically to a mere fraction of that found in the typical American diet, the body goes into a different metabolic state called ketosis, whereby it burns its own fat for fuel. Normally the body burns carbohydrates for fuel – this is the main source of fuel for your brain, heart, and many other organs.” The prevention of ketosis from a medical professional summarizes the basic need for carbohydrates. However, a distinction must be made to distinguish good carbohydrates from bad carbohydrates. Carbohydrates that are beneficial are found in fruits, vegetables, and whole grain products. When buying whole wheat products, be sure that wheat is the first ingredient in the nutritional information.

Complex carbohydrates should be sporadically integrated with lean protein. For optimum benefit, choose protein sources such as poultry and fish. It is also beneficial to maintain a high calcium intake. Calcium helps maintain strong bones and when taken regularly, will prevent osteoporosis. Studies show that a diet rich in calcium promotes a sexy waistline. KM Daives, editor for the Journal of Clinical Endocrinology and Metabolism, states, “Women who consumed more calcium, the majority of which came from milk, had lower body weights than women who consumed less calcium. Women weighed an average of 18 pounds less for every 1,000 mg of calcium consumed”. One should consume two or three servings of non-fat dairy products daily. Last of all, drink plenty of water and limit alcohol intake.

Now it is time to hit the gym-the right way! First of all, everyone should try to do at least 25 minutes of cardio activity everyday. Cardio can be done in many different ways. I recommend varying the intensity of the workouts, while incorporating different methods. Cardio equipment in the gym is a great place to start. Swimming is also very beneficial. If one is going to run outdoors, be sure to dress warm and warm-up properly. Also, constantly doing the same workout may lead to injury because pressure is applied to the same muscles and joints. If the muscles and joints are not strong enough to support the pressure, then injury is inevitable.

The key to achieving the bikini perfect body is to target key zones. Let’s start with the legs. Toning legs is the best way to burn fat. Engage in leg workouts twice a week. Pack these workouts with lunges and squats to tone the thighs and glutes. If possible, include aerobic-based workouts. ‘If your goal zone is, of course, the abdomen. The key to sexy abs is to focus on the lower abdomen. Isolating this cavity is important because the upper cavity is naturally toned during everyday activities, such as walking. Anytime you extend your legs away from your core, you are toning your lower abdomen cavity. Follow these tips and you will be well on your way to your bikini perfect body.

The following is an example of a healthy diet plan:

Breakfast: 1 cup Egg Beaters, 2 pieces of wheat toast with all-fruit jelly

Morning snack: half a grapefruit

Lunch: 6 oz of grilled chicken over mixed greens with Fat-free dressing or olive oil

Dinner: 6 to 8 oz. broiled or grilled poultry with steamed broccoli and a 1/4 cup of whole grain brown rice.

The effects of nutritional and herbal supplements

Jacqueline Koloski
ASSISTANT FEATURES EDITOR

“They are consisting supplements because we are being bombarded by this kind of information constantly through the media. We are constantly being hit with different types of supplements that are going to change our lives, make our lives wonderful, we are going to look fantastic, and we all can have the bodies we want,” said Kathy Maloney, Director of Counseling and Psychological Services at the LCAC at Montmouth University, of why she thinks people take supplement pills. There are various types of supplement pills and according to Kathy Maloney, Director of Health Services at Montmouth University, some nutritional supplements out there today include Stacker 1, Stacker 2, and Trimspa. These supplements are also a type of supplement. “People think that they [herbal] are safe because they are natural,” said Kathy Maloney. According to Maloney, the problem with taking supplement pills varies accordingly. “The way that nutritional supplements work is that they stimulate your metabolism to lose weight.” She said. The supplement pills used for weight loss include Hydroxystix and Trimspa. Side effects for supplements vary upon the type. “Take for example, the herbal supplement Kava Kava. People take this for stress and anxiety.” It can cause dizziness, visual impairment, and imbalance,” said Maloney. Another example of an herbal supplement would be Valerian. It is another drug for anxiety, she said. Side effects she mentioned included being restless, being sleepy, and also it can cause headaches. For nutritional supplements, the most common side effect is that “people can get wired,” said Maloney. Maloney described the types of side effects that can occur from nutritional supplements. Maloney explained that it can cause insomnia, rapid heartbeats, and cardiac abnormalities. Kathy Maloney made sure to note that there are some good supplements out there. Two examples she gave were cranberry supplements and chamomile and peppermint supplements. “They [chamomile and peppermint supplements] have antispasmodic qualities. If you are having a stomach bug, it is gentle on the stomach,” said Maloney of chamomile and peppermint supplements. When asked if there are any long term effects to taking supplement pills, she said no. “There really aren’t any long term studies to determine that,” commented Maloney. In her opinion, Maloney thinks that people take supplement pills for two different reasons: weight loss and health. “The nutritional supplements are taken for weight loss because it is a quick fix,” said Maloney. She added that the effects from the nutritional supplements are only short term. Maloney also explained that people take the herbal supplements because they believe that they are natural, they are healthy for them.

On the emotional and psychological side of taking supplements, Dr. Franca Mancini, Director of Counseling and Psychological at the LCAC, had similar insight to Kathy Maloney’s, Director of Health Services, concerning why people take them.

“People are looking for a quick way to get a result and what they [the media] are telling us and what they are selling us is the belief that with supplements you are going to, in a healthy way, be able to modify your body and lose weight where you want to lose weight,” said Dr. Mancini. Dr. Mancini thinks that the media plays a role. “I think the media plays a significant role,” Dr. Mancini said. She explained how people look at the image on a magazine and it gives people the impression that what is on the cover is the message of success. Dr. Mancini commented that she thinks people take supplements because people want to look a certain way or have a desire to be accepted in something. “Peer pressure is very powerful and the desire to fit in, to be apart of something that is acceptable, is very powerful,” explained Dr. Mancini.

She explained how taking supplement pills are complex, meaning that it is financial, social, and psychological. “It is financial because people are making millions on these supplements. It is social because there is that pressure to look a certain way. It is psychological because ‘if I look a certain way I’m going to be okay’, my life will be good,” explained Dr. Mancini. “There is no quick fix,” said Dr. Mancini. “Not in terms of success, not in terms of happiness, not in terms of your body. You have to work at it.”
The Outlook

February 2, 2005

The life of a news story
How a rumor becomes an article.

How many people on campus actually read The Outlook? A better question, how many people on campus respect The Outlook? This past week we, the staff of the newspaper, locked ourselves in an office on the second floor of the Pungere Center and spent nearly three days working on the paper you are holding in your hand. We’ve been accused of being con- pos, misspelling names, and the like, but what those critics seem to realize is exactly how much time and effort goes into the 24 pages you now hold in your hands. From conception to distribution, here is the life of one article in The Outlook.

On Saturday afternoon, the editor, in-chief heard a rumor from a friend of hers at another university that a student had passed away on our campus. She immediately telephoned the chief of university police who told her she would have to call the office of Public Affairs in the morning. She went on to call the West Long Branch Police and Monmouth Medical Center asking both places if they had any information on a death at Monmouth University, neither supplied her with any information. It was then that the editor for a moment called a member of SGA called her to confirm that he had heard about a death in Cedar Hall.

The editor made phone calls to some members of her staff and scheduled an emergency meeting for 9:30 p.m. before going to the notebook and heading over to the dorm to try and interview some students. She poked around the dorm and needless to say, a few freshmen in an effort to gauge what had happened there. She found they had a vague idea, but nothing concrete. At 9:30, the meeting began in The Outlook offices. We discussed the story and made a list of what would need to be called. After some discussion, it was decided what would call who and what questions would be asked. Soon after, we began scanning the websites of the local newspaper as well as www.cedarclikews.com, to see if we had been scooped.

With the TV on in the background, we scanned the popular website thefacebook.com to try and find students who lived on the third floor of Cedar. She listed her names and e-mails while the copy editor took notes. She then picked those who had made their cell phone numbers available on the site. How is this done with in touch with the student. It is possible the student had passed away. He gave us a basic outline of the day’s events and other helpful information such as the full name of the student.

The editor clocked into the office on Monday morning starting at 10 a.m. We spent the day calling sources, making phone calls back sources. Some claimed they didn’t know anything, while others gave us information we couldn’t use. The Office of Public Affairs gave The Outlook the front story on President A. C. Gaffney and directed us to the Monmouth County Prosecutor’s office. We called a few times, but never got through to the prosecutor.

At about 5:30 p.m. we became apparent that she didn’t have any facts, only speculation and mournful quotes from students and administrators. It was at this time that the senior editor made a trip back to Cedar to try and gather some more information. We worked until 10 p.m. writing copy using what we had, but the story wasn’t ready to go.

I have two bones to pick this week and I hope our readers will indulge me. First of all let me say that I agree with opinion editor Joe Corcoran, the students, staff and faculty of MU can and should contribute to our great newspaper’s op-ed section.

What I do not agree with is when he states that “Dubya hasn’t silenced us all yet” and “our freedom of the press is still available for the moment “ when he states that “Dubya hasn’t silenced us all yet” and “our freedom of the press is still available for the moment.”

Second if these people didn’t go to restaurants, buy gas, flowers, and their morning double mocha soy lattes…they are hurting the very people the Democrats love and want to help-the working class.

In this instance though I just have to ask…What gives? Why would you obstruct justice? Is it an attempt to transfer or retention of power of a partially elected leader? A ceremo- ny that we need to speak out against what they think is wrong. This is truly one of the most vital and longstanding rights we enjoy as Americans should echo the belief especially considering that some Americans have given their lives for this freedom; the freedom of the press.

I normally just point and laugh at some of these misguided protestors while still respect and support them. I hope we can find a way to put a dent in commercial sales, is how we are going to hurt Dubya. We do it because we love and we do it to help you. In some cases our OP/EDs have suffered, but we always try to get as much as much time with our friends as we might be able to. It is worth it. It’s a tough job, but somebody’s got to do it. We just hope you enjoy reading the paper as much as we enjoy writing.

Good form, on several counts

Bad form, on several counts

Natalie Anzarouth
Courtney Muir

Heather Bachman
Chris Netta

Marc Belky
Keith North

Patrick Callihan
Ed Ochhipinti

William DePoe
Jennifer Pergola

Nicolette DeNardo
Dominick Rinella, Jr.

Kitty Fitzgerald
Andrea Tibaldo

Kara Ferraro
Christopher Yusavage

The Outlook

Monmouth University’s Student-Run Newspaper

Since 1933

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SEAN K. QUINN

OP/ED EDITOR

NOTICE: 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) 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 this page. We encourage an open discussion of all topics. However, we reserve the right to withhold any article it deems inappropriate or otherwise unfit to print in the opinion section. Due to legalities we...
Condi and the Iraqi war
How many more reasons do we need?

HEATHER BACHMAN
STAFF WRITER

Two of the most vocal Senators against Secretary of State candidate Condi Rice were Barbara Boxer and the former Presidential Candidate John Kerry. Despite their efforts, Condi was sworn in private.

Despite the win, something still irks me about the battle for her candid-
dacy. The reason why they believed she wasn't the one for the job. Of all reasons, the greatest was her involve-
m earm in selling the war.

Now, I won't be one to say that she wasn't involved in the creation of the war. Of course she was involved, she was an inferior staff member of the President. However, there was never a need to sell the war. Think about it; selling a war against an over-
s enous demon of terror? Is that something that really needed to be sold?

There are two basic reasons for this war. Averaging the W-31 victims and spreading freedom both to battle ter-
rorism are of such values that accept-
ing the idea is a no brain er.

The War on Terrorism which sup-

posedly needed to be sold is one that is long overdue. From the USS Cole to the first World Trade Center attack, there were constant hints of our over-

seas threats which finally screamed on September 11th. Still there are those against working to prevent another day like the tragedy to occur again. This is one of the wars

of our history that we can without a doubt NO NOT need to be sold.

I have many friends who are either liberal or in the middle who tell me I'm sorely wrong reasons why this one war is not needed. It's because there is no reason not to be in this war.

Does anybody remember that summer and suddenly shocking and disturbed September morning where fellow Americans went to work and never returned to their families arms? How is that not worth fighting for? Maybe

"...once upon a time, we were as thankful as the Iraqis are now to receive freedoms such as the right to vote."

we have forgotten that fateful day. In the words of Darryl Whorley: "I think we should show it (the footage) everywhere.

As said before, the first reason for the war being 9-11, is not really seen as a reason because I believe some have forgotten the day and how it felt. Further, the second reason is not seen because freedom is not seen as such a costly and priceless factor of

the world. Freedom is not free, it is costly and we should be thanking God we carry it and it is held within so many allow-
en ces we have as Americans. Just this past weekend, after fifty-years seventy percent of Iraqi's trudged over to participa-
te in an activity we crazily take advant-
gage of: voting. We can walk down the road without fear to say and believe anything we chose without the worry plagued by most nations. Isn't that the greatest of the after-

math of a war, other than retribution, is the expansion of freedom.

You know once upon a time, we were as thankful as the Iraqis are now to receive freedoms such as the right to vote. For. For every soldier, soldiers fought and died, and this has to happen again sadly for the Iraqis, Freedom, as said before is costly. But I know that there are present and future Iraqis who are and will be extremely thankful.

I beg of you, the next time you make a comment, hold a sign or de-
cide whether or not to post a ballot where the War on Terrorism is a fac-
tor, think of the real reasons why this is happening. When the nation was attacked, we had leaders with enough integrity and intelligence to realize what a response is needed. This war does not need to be sold, if anything anything anymore. I think for the battle against terrorism had to wait for such an alarm to begin at all.

Where has all the metal gone?
One student's outreach to heavy metal fans at MU.

DEBRA PACHUKI
CONTRIBUTING WRITER

As a junior year transfer student with a course load of 14 credits and a 3.7 GPA to match, you'd think it would be safe to say that my college career is successful. For the most part, it has been. But there's just one issue that I never really talk about. I'll look back on my University Ex-

perience- the serious lack of Heavy

metal.

Now, if you can't already tell, I'm not your typical metal-head. I, too, end up with a night of debauchery at Jack's Rib and Ale as much as the next 24 year old. And ladies, those top of the Rib and Ale as much as the next 24 year old. And ladies, those top of the

opaqueness is quite severe; I'm not your typical metal-head. I, too,

enjoy a night of debauchery at Jack's

branch.

But we're talking about my college experience here, and I can't help but think to myself that having a lab part-

ner of my own to go to the rock clubs with should be part of the package! Now, I don't know whether the end of black nail polish and pierced septums is truly near, or if those of you who still give the folks at the mere mention of Ozzy are just hid-

ing in the woodwork. But I do know that we should be thankful that hard after puke the "next day" at Jack's one too many times, and a change of pace could do everyone a little good.

Mommouth Country has so much local talent, particularly in the heavy music department.

In fact, one of my favorite heavy bands comes right out of Long Branch; a five piece called "ANON" (both 2004 NJ Battle of the Bands Champions and winners of the 2004 Asbury Music Awards Top Live Act Award) who break it down like no one else. You can go to www. suburbandworld.com for their as well as other bands' concert calendar- all of which take place right in the Long Branch area.

So get all wild and crazy like col-

lege kids are known to do, and go check out a show at a local rock venue near you. The worst thing that could happen would be for you to end up hating the live band and staying for the DJ who's gonna break it down with some house music instead. And who knows, you just may be drawn to the dark side... welcome to the world of heavy metal!!!
Orthodox Christian Fellowship

Beginning its 216th year as Greek Orthodox Chaplains at Monmouth University, Archimandrite Ephraim 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, and just someone to talk to.

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

Calvary Baptist Church

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

Sunday School 9:30 AM
Blended, Informal, Participate Christ Centered Worship

Sunday Morning Worship Celebration 10:45 AM
Blended, Informal, Participate Christ Centered Worship

Want to check us out before you visit? Visit our Web Site
www.HFBcalvary.com

It is our prayer that you join us in worship; you will be blessed by the awesome presence of the Living God and that you feel a part of the Body of Christ which is Calvary Baptist Church.

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

Catholic centre at Monmouth

Please join us every week!
Meeting for All Students
Every Sunday
6:00 PM
Super Bowl Party
Sunday, Feb. 6th
7:30 PM

Weekly Mass
Every Sunday 7:00 PM
ASL (American Sign Language)
Class “Every Thursday”
6:00 PM

“Baby Drive” for Spring House
Drop items to the
House in boxes or
uniforms. (use darkest colors & few clothing.

Men’s & Women’s Bible Study
“Every
8:00 PM
Insane Air Hockey Tournament
Every Sunday Following 7:00 PM Places

www.mucatholic.org
Watch for our special events during the semester!
Food Always Served!
Catholic Centre at Monmouth University
16 Bermound Avenue
Gate to our house is located in the rear corner of Lot 4, next to the
Call us at 732-229-9300

How to manage your time more efficiently

Keeping ahead of things from the get go!

LAUREN Napolitano
ASSIST. NEWS EDITOR

We are still in the beginning stages of the new semester, still getting adjusted to our new classes, professors, classmates, and easing slowly into homework assignments. Everything may seem simple right now having a low workload, but as the semester continues our time management may become an issue.

It’s not easy to try juggling school, homework assignments, work, and social activities. Here are a few tips on how to better manage your time so you can have a successful semester without getting stressed out.

Define your priorities:
Planning is key in time management.
Make a list to set priorities, plan activities, and measure progress.
List your goals, for example things you want to get accomplished or something you need to purchase.
Use this list to track your commitments.
The purpose of this list is to develop long-term goals and to free your mind to concentrate on today. It might help to create a weekly calendar, displaying all the activities and tasks you need to complete.
Hang it in a visible space that you contact with on a daily basis. This will help to remind you to stay on schedule.

Set deadlines are crucial in time management. If you do not set timelines for when things need to be accomplished by, they most likely won’t get completed in a timely fashion. You will procrastinate, which will eventually lead to stress and frustration. Set realistic deadlines for each task.

If you have a paper to write, make sure you allocate your time so that you have enough time to get it done. You don’t want to leave it for the last minute, cramming it all in the night before, do you?
It might help to set mini deadlines and break tasks down into smaller installments. If you have a paper due in two weeks, don’t just say to yourself you will have it done by the week it is due. Instead, tell yourself you will write one or two pages a day until it is completed. Also, make a list of all tasks required to complete a major assignment. Each time you complete a mini task or deadline and you can cross it off your list, you’ll find it feels quite gratifying.

Go with your flow: Are you a morning person? Sometimes an afternoon person? A night person? Can you concentrate for more than an hour at a time? Or do you need breaks?
Take these questions into consideration when making your priorities and setting your deadlines.

Leave all your toughest work for when you are at your best. You will perform better and work faster. Avoid drudgery, deplete the energy you need for the most important things.

For the first step in avoiding distractions, you need to accomplish all your tasks. And, once you have an organized list of priorities and set goals, you can make a list of everything must be done.

For example, you may need to go grocery shopping, get a haircut, see a dentist, and have a fruitful and successful semester.

Reward yourself: After you have accomplished your goals for the week, reward yourself with something you have been craving.

If you are easily distracted by television, always feel the magnetic force pulling you toward the television, always feeling a magnetic force luring you to the television.

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Make use of wasted time:
You can use your downtime to do things you enjoy, especially if it is something you have been planning to do.

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Find it is much easier to concentrate when you aren’t distracted. Make sure you space it out so that you aren’t distracted and won’t feel the magnetic force pulling you toward the television, always feeling a magnetic force luring you to the television.

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“if for some reason you do get off track, just jump right back on it...don’t fret; you will still be a successful time manager.”
After meeting a sensational music talent last week, I cannot help but ponder the current state of pop music in the United States.

For those who have not seen my Facebook page (or my Friendster or MySpace pages), I had the pleasure of meeting Emma Bunton (a.k.a. Baby Spice from acclaimed UK pop act the Spice Girls) recently. She has been a busy lady as of late, spending the last few years carving a name for herself in the international music scene as a solo artist. Her first album A Girl Like Me saw release in most parts of the world, and industry ears noticed. She has recently relocated to the states and is launching her solo career on our humble shores, and her current album Free Me is the perfect launching pad for her singing, songwriting, and overall artistic talents.

It seems our Top 40 is dominated by hip-hop, assorted rock bands, and colour-by-numbers Clear Channel by hip-hop, assorted rock bands, and pop tarts a la Ashlee Simpson who are desperately clawing for some type of music seems to have gone by the wayside for one reason or another. This brings me back to Emma...her album Free Me is the perfect launching pad for her singing, songwriting, and overall artistic talents.

Call me foolish, but everything going on in our lives each day there is nothing more liberating than forgetting about life and escaping into some beats per minute. If the song lyrics are inane, shallow, or just subliminally infectious, all the better (though not a requirement). This type of music seems to have gone by the wayside for one reason or another. This brings me back to Emma...her album Free Me is just gorgeous (as is she) with some of the catchiest tunes you'd want to hear, all conveniently placed on one disc. The lyrics have depth without depression, and her voice is pleasant without being over the top. Should spell platinum-plus should spell platinum-plus, well with this predicament. I wish you to shed some light on things for him because he might not be reading this column.

Be honest with him. After three dates you do not owe him anything; however, as a kind-hearted person (which you seem to be since you said you don't want to hurt his feelings) you can give him some advice for what not to do the next time around. Light on things for him because he can't have another chance, but he can make sure not to make the same mistake with the next girl. I wish you well with this predicament.

Till next time kids, don't forget to keep an open eye, an open mind, and an open heart. And without further ado, onto this week's plea for advice from Joey C!

Dear Joey C,

I am having issues with this guy. We've gone out three times and he thinks we're an item. It's sweet, but I just don't move that fast. I would expect a guy to take things slower. It worries me that this guy is calling me his girlfriend after such a short amount of time.

I'm too nice to be mean about it but I don't want to let things continue like this. I'm looking to just date right now and not settle down with one guy.

Help!

Signed,

Hold up, honey

Dear Hold up,

Don't you wish guys could just check themselves before the spark fizzles and leaves behind a nuisance of a residue in the form of some guy who just can't take a hint? Would be ducky, but till then I get your back.

Clearly it is too late for him to fix what he has done here, but if you want to make some sort of use with this situation I ask you to shed some light on things for him because he might not be reading this column.

Hey ladies! Want a chance to wear your prom dress again? Do you want to feel like a princess for a night?

Hey guys! Want a chance to ask that special girl out? Want a chance to hang out with your friends and relive the prom experience?

Then come to the 32nd Annual Winter Ball held in historic Wilson Hall

When: Saturday, February 12, 2005

Where: Wilson Hall

Tickets can be purchased starting January 24, 2005 in the Student Center and Dining Hall.

Ticket Prices (including Dinner & Dancing):

$20 for one ticket
$35 for two tickets
$50 for three tickets
$65 for four tickets

Hope to see you there for this formal night of fun!
The thriller Hide and Seek opened at number one this weekend, despite its mixed reviews, bringing in $22 million at the box offices.

**Entertainment Editor**

**Samantha Young**

If someone were asked one question about Hide and Seek, it would unquestionably be whether or not it is worth seeing this horror film. The answer is definitely a yes.

The story centers around a young girl, Emily, played by the young Dakota Fanning. Emily and her father live in a very quiet and peaceful neighborhood. Emily, since her mother’s death, has become very lonely and emotionally imbalanced.

As a result, Emily is taken to a children’s hospital to receive counseling for the trauma she has experienced. Emily, with the help of her psychologist,逐步 grows up. By the time “Charlie” is exposed, the audience is bored. Out of the hour and 40 minute running time, an hour and 20 of it seem like background information. In addition, it is difficult to determine the real identity of the “black boy.” Almost so undetectable that the end almost seems fraudulent.

R.A. the Rugged Man gives an excellent performance as the numerator, while Dakota Fanning stars as Emily in Hide and Seek.

### Live, R.A. the Rugged Man, Live

Christopher Yuscardy

**Staff Writer**

“‘It’s funny, I’m mad famous for being unknown!’ R.A., the Rugged Man raps alongside Killa Kleek and the Ayatollah-produced chains.”

“I’m back by unpopular demand,” he continues over the hard guitar riffs of “How Low.” And finally, “I don’t care about the past no more. I don’t want to get rich, trust me. I’d rather be poor,” he punctuates with his lopsided twang on the dark-as-night “Midnight Thud.”

Despite his early ‘90s affiliations with the likes of a young Notorious B.I.G. and Mobb Deep (check this guy’s resume!), R.A., the Rugged Man has become more of an urban legend than a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent presence. Bubba Sparks, and the like. But with his debut album, Die, Rugged Man, Die (Nature Sounds Records), R.A., the Rugged Man finally graces hip-hop with a worthy debut album that unleashes the past.”

The idea for this movie was good but the director took too much time setting it up. By the time “Charlie” is exposed, the audience is bored. Out of the hour and 40 minute running time, an hour and 20 of it seem like background information. In addition, it is difficult to determine the real identity of the “black boy.” Almost so undetectable that the end almost seems fraudulent.

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“They say a white boy need a black boy to win. Bubba did it and so did Slim. Just Blaze is hot now, why don’t you get with him?”, asks R.A. as he laces his listeners an idea of just how much he has seen throughout his career: “A week before they blew up with Mystikal and Ya-Z, the Neptunes came to see me at D&D. I knew this chick named Norah, a lounge capitalist, that can beat any summing up the cover: “The characters and events depicted in this recording are the truth, the whole truth, and nothing but the whole truth. Any similarity to actual living or dead are complete coincidences.”

The introduction track “Lessons” is just that: a reminder that on the upbringings of the Rugged Man, the hip-hop industry as he quickly disassembled the hip-hop industry, is he just another white boy trying to strike in on hip-hop while it’s hot. “I’m a special ed student,” says R.A. as he turns the page. “I’m gonna live my life like this. I’m in a totally --- up, my whole being is double-platinum last month, then I woke up and realized that I am R.A., the Rugged Man.”

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R.A. the Rugged Man has become more of an urban legend than a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent presence.

“They say a white boy need a black boy to win. Bubba did it and so did Slim. Just Blaze is hot now, why don’t you get with him?”, asks R.A. as he laces his listeners an idea of just how much he has seen throughout his career: “A week before they blew up with Mystikal and Ya-Z, the Neptunes came to see me at D&D. I knew this chick named Norah, a lounge capitalist, that can beat any summing up the cover: “The characters and events depicted in this recording are the truth, the whole truth, and nothing but the whole truth. Any similarity to actual living or dead are complete coincidences.”

The introduction track “Lessons” is just that: a reminder that on the upbringings of the Rugged Man, the hip-hop industry as he quickly disassembled the hip-hop industry, is he just another white boy trying to strike in on hip-hop while it’s hot. “I’m a special ed student,” says R.A. as he turns the page. “I’m gonna live my life like this. I’m in a totally --- up, my whole being is double-platinum last month, then I woke up and realized that I am R.A., the Rugged Man.”
The Phantom of the Opera proves more powerful on-screen than on the stage

CHRISTOPHER VINCENAGA THE OUTLOOK

For far too many hip-hoppers of the younger generation (myself included), the art of deejaying has been overshadowed by mixtape DJs with names like Clue or Sicko. However, some deejays have tried to believe that a hip-hop DJ is just as important as an emcee. For the younger generation of hip-hop respect pie.

Audio Technician puts meaning back into two of the most important letters in hip-hop: D.J.

For more information call Marshall

We specialize in off-campus student rentals
Meet MU: Professor Peterson

Beverly Peterson

Beverly Peterson is a professor of journalism and is an accomplished film maker. Peterson has been interested in film for quite some time and for many the hardest part about getting into the film industry is finding the proper funding. But for Peterson things fell into place after her past career.

“I sold the restaurants, and farm and was looking for a new career. Since I had a degree and experience in photography I started reporting for a regional newspaper and then gravitated to news radio in the same market. It was only natural to combine the two and so I ended up in a documentary class at NYU.”

The school year is a busy time for Peterson so during the summer is when Peterson gets most of her work done.

“The summer is when I get to work on a project full time. Ideally, if there’s travel involved, it’s in the production stage and I can work uninterrupted. This summer I’m hoping to work on a short documentary in East Berlin.”

When asked if there were any dreams she hoped to fulfill in her life Peterson replied, “…this is it! I just want it all to continue.”

The Marijuana-Logues

This hilarious comedy has played to sold out NYC audiences for months. Now join Tommy Chong live with his fellow stoners for a half-baked, buzzed-out night of rip-roaring laughter as they explore the mysteries of weed and the buzzheads who worship it.

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250 DOLLAR CASH PRIZE
To Hot Body Contest Winner EVERY WEEK!!!
If you could cancel forever a single thing you have to do everyday other than your job, what would it be?

Megan - junior
“As long as I would never grow the hair back. I would cancel shaving.”

David - junior
“Going to class.”

Pamela - grad student
“Paying bills with my own money, and paying with someone else’s.”

Cortine and April - grad students
“Sleeping because there would be so much more time in the day.”

Meg - sophomore
“Walking to class because it’s so cold and it’d be great to be shuttled everywhere.”

Jameson - sophomore
“Homework... I’ve had enough.”

Jonathan - junior
“Commuting to school.”

Hendra - senior
“Being high maintenance.”

Chris - senior
“Wearing clothes.”

Mike - senior
“Going to the bathroom.”

QUESTIONS CALL 571-3586
TTY CALL 263-5795

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!!!!!!

Emerging Leaders (E) Program
Spring 2005
Applications now available - Due February 4th!
Pick yours up in Student Activities!
Meet weekly (Wed.’s @ 1 p.m.) for 6 weeks to discuss a variety of leadership topics. The program will help you be a better leader at MU and after you graduate!

Get you Leadership GROOVE on!

Office of Student Activities and Student Center Operations
2nd Floor, Rebecca Stafford Student Center

Offices at Student Activities and Student Center Operations

Upcoming Events . . . . .
Wednesday, February 2nd
Club and Organization Involvement Fair
RSSC, Anacon Hall, 2:30 p.m.
Let’s Work It Out
Oakwood Lounge, 4:00 p.m.

Thursday, February 3rd
Men’s Basketball vs. Long Island University
Boylan, 7:00 p.m.

Friday, February 4th
Film Series - Ray
Beck Hall Auditorium @ 8 p.m.
Crack the Day
RSSC Third Floor, 12:00 p.m.
Will the Real Rich People Please Stand Up
Polka Theatre, 8:00 p.m.

Saturday, February 5th
Film Series - Ray
Beck Hall Auditorium @ 3 p.m. & 9 p.m.
Basketball vs. Robert Morris University
Boylan, Women @ 3:00 p.m., Men @ 7:00 p.m.

Sunday, February 6th
The Ugly Duckling
Polka Theatre, 3:00 p.m.

Monday, February 7th
Soup of the Week Concert (A Capella)
Polka Theatre, 8 p.m.
African American Read-a-Chain
RSSC, Anacon Hall, 9:00 p.m.
Women’s Basketball vs. Mount St. Mary’s
Boylan, 7:00 p.m.

Tuesday, February 8th
CA Auction
RSSC, Anacon Hall, 8:00 p.m.
Men’s Basketball vs. Quinnipiac
Boylan, 7:00 p.m.
Chocolate Factory
RSSC 1st Floor Lobby, 12:00-4:00 p.m.
Winning Interviews
RSSC 202A, 3:00 p.m. & 6:00 p.m.
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DONATION LOCATION-THE OFFICE OF SERVICE LEARNING FIRST FLOOR OF THE STAFFORD STUDENT CENTER, NEXT TO THE INFO BOOTH
FOR FURTHER INFORMATION, PLEASE CALL 732-571-4411
Wedding Assistance Wanted:
Looking for 2 strong males and 1 creative female to help with preparations for Saturday, July 16th Wedding. Must be available nights the week prior to wedding and entire day of the ceremony. Pay Negotiable. Please contact Deirdre at 732-890-2414
St. VINCENT DEPAUL FOOD BANK
SUPPLIES ARE LOW!!!
A CAN A DAY KEEPS HUNGER AWAY...
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: 732-571-8461 e-mail: outlook@monmouth.edu outlookade@monmouth.edu
Nursing Student or Exp. Childcare Helper Wanted:
30 something couple looking for help in caring for newborn twins in Howell. Free pvt. room and board offered, salary neg. Please contact Mike 732-580-9103
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 Tom or Melissa 732-389-9669
2 Rooms Available Feb. 2004 - May 2005
(Share House with Monmouth U. Students)
Long Branch - Great Neighborhood near Beach, West End, and Train; Bus to Monmouth U. on Comer.
$450 (smaller room) $500 (larger room)/Per Month
- Each room Cable/Internet-Ready
- Share Bath; Kitchen w/Pantry
- Front Porch w/Swing and Large Backyard
- Off-street parking; Good Study Areas
Contact Art or Nancy: 732-549-3832
E-mail: astupar@thenation.com
Extremely cute, well-trained, loving, and protective bull-terrier is in need of a home. George, is a 45lb. brown brindle, neutered, healthy, and was the runt of his litter. His owner is moving and cannot give him the love and attention he deserves. Call Matt 908-489-4816 to meet George and fall in love instantly.
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First Time Clients Only.
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Keep Your Summer Tan!
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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 Tom or Melissa 732-389-9669
**Horoscopes**

By Linda C. Black, Tribune Media Services

Today’s Birthday (Feb. 2nd)

There’s more work coming in, so develop a routine. The more you can mechanize, the happier you’ll be. And, the more money you’ll make.

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 6

Your newfound status is leading you to meet new friends as well. Select the ones to trust from the standards you learned as a child, at home.

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

Continue to solicit advice from a person who’s already got whatever it is you’re trying to achieve, acquire or become. It’s time well spent.

**Gemini** (May 21 - June 21) - Today is a 7

Keep working overtime to get the extra cash. By this weekend you’ll have time and money for a jaunt.

**Cancer** (June 22 - July 22) - Today is a 7

You’re good at saving money, but you may be going about it the hard way. Get expert advice.

**Leo** (July 23 - Aug. 22) - Today is a 7

A very imaginative person has everything figured out. Don’t go along with the program, though, if it won’t be good for you.

**Virgo** (Aug. 23 - Sept. 22) - Today is a 6

You’ve learned a great deal from books and at school, but the real test comes when you try these new skills out on the public. Don’t worry, you’ll do fine.

**Libra** (Sept. 23 - Oct. 23) - Today is a 7

Some people have to work harder to make more money. The opposite is true for you. You’ll make more when the job’s fun and easy.

**Scorpio** (Oct. 23 - Nov. 21) - Today is a 7

You have amazing abilities to see the big picture now. Do that, and don’t get stuck with a minor problem.

**Sagittarius** (Nov. 22 - Dec. 21) - Today is an 6

Your curiosity has been aroused, or it will be, very soon. You’re about to launch another quest, and this one will be fun.

**Capricorn** (Dec. 22 - Jan. 19) - Today is a 6

The coming few weeks could be quite profitable for you, without much extra work. Another’s generosity and your good past deeds are the cause of this windfall.

**Aquarius** (Jan. 20 - Feb. 18) - Today is a 7

Accept a challenge that’s similar to one you’ve done before. Your experience will give you the edge in capturing an elusive profit.

**Pisces** (Feb. 19 - Mar. 20) - Today is a 7

You’ve got the imagination, somebody else has the experience. Matched with another, who has the energy, you cannot be stopped.

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**MU Students: Interested in Comic Illustration?**

Get your own comic published in the Outlook!

Call 732-571-3481

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**Across**

1 Sunscreen ingredient  5 Guitar adjuncts, briefly
9 Norwegian dramatist 14 Vivacity
15 Full guy 16 Drain cover
17 Dictator Idi 18 Nagy of Hungary
19 Cranny 20 Random journalist made diner?
23 Actress Ward 24 Belgrade man
25 Wind dir. 26 Hotel MIP, periods
30 Starred 32 Literary lion moaned?
36 Pot sweetener 37 Big letters in Detroit
38 Literary lion moaned?
39 Share billing 47 Pop singer bragged?
50 Sellout letters 52 Full front
53 Drill parts 56 Smart one
58 Musician wanted to know?
62 Fortune’s deck 63 Carrier to Israel
64 Disagreeable responsibility 66 First name of a plane
67 Major ending? 68 Drill parts
69 Fill an empty flat 69 Better than a plane
71 Italian noble family

**Down**

1 Green shade 2 __ mater
3 Parachutes 4 Astronomer Cannon
5 Stir up 6 NYC cultural attraction
7 City on the Seine

---

By Linda C. Black, Tribune Media Services
Roses are Red,  
Violets are Blue  
RESPECT YOUR BODY  
MU Students Do...

Most MU Students are Healthy!  
They respect their bodies,  
Make time for exercise & eat right,  
Make time for classes & homework  
Are active on campus  
AND LIMIT THEIR ALCOHOL USE...

Love is in the Air...

February is Healthy Heart Month!  
1 Beer= 12 oz. can  
150 calories  
1 glass of wine= 4.5-5 oz.  
90 calories  
1 shot= 1.5 oz. hard liquor  
90 calories
MONMOUTH BASKETBALL

Show Your School Spirit

ENTER TO WIN THE SPIRIT CONTEST
CAMPAIGN BEGINS ON DECEMBER 21ST AT THE WOMEN’S BASKETBALL GAME

STUDENT GROUPS COULD WIN $1,000.00

The Student categories are:

1. Athletics
2. Fraternities
3. Sororities
4. Clubs

An additional $1,000.00 will be awarded to one of the groups who receives the highest amount of points for Women's Basketball exclusively.

A total of $5,000.00 will be awarded on Saturday, February 26th at the Women's Basketball Game.

All groups must register with Tom Manzo in the Athletics Dept. no later than Monday, December 20, 2004. The office telephone ext. is 5833

Two team leaders must be selected to represent the group at both the Men's and Women's games. At least one of those team leaders with a valid Monmouth ID must check in at the registration table in the Boylan Gym lobby BEFORE and AFTER the game. No check in, No awarded points for that game.

A theme will be assigned for each game. Points will be awarded on a game-by-game basis. The criteria judged will be creativity, originality, school spirit and sportsmanship.

The group from each category with the most points at the end of the contest will receive the prize money.

Single points will be awarded at Men's games, double points will be awarded for Men's TV games, double points will be awarded at Women's games and triple points will be awarded at two (2) randomly selected Women's games.

The dates and themes are as follows:

**Tuesday, December 21**
Men's Game “Holiday Night”
(Student groups are required to wear clothing representing the Holiday)

**Saturday, January 22**
Women's Game “Hawaiian Night”
(Student groups are required to dress in clothing with an Hawaiian Theme)

**Monday, January 24**
Men’s Game “Paint Your Face Night”
(Student groups are required to paint their face using blue and white)

**Thursday, February 3**
Men’s Game “MU Shirt Night”
(Student groups are required to wear a shirt with a MU phrase, logo, etc.)

**Saturday, February 5**
Women’s Game Help celebrate National Girls and Women in Sports Day

**Saturday, February 5**
Men’s Game “Poster Night”
(Student groups are required to make posters and hold them up during the game)

**Tuesday, February 8**
Men’s Game “Player Night”
(Student groups are required to wear a shirt with their favorite MU player's number on it)

**Wednesday, February 16**
Men’s Game “Valentine’s Night”
(Student groups are required to wear clothing representing Valentine’s Day)

**Thursday, February 17**
Women’s Game “Valentine’s Night”
(Same requirement as Men’s Game on February 16)

**Friday, February 18**
Men’s Game “Great White Freak Out”
(Student groups are required to wear a plain white shirt)

**Saturday, February 19**
Women’s Game “Poster Night”
(Same requirement as Men’s Game on February 5)

**Sunday, February 20**
Men’s Game “Crazy Hat Night”
(Student groups are required to wear clothing representing St. Patrick’s Day)

**Monday, February 21**
Women’s Game “Crazy Hat Night”
(Student groups are required to wear a homemade hat with representations of MU)

A theme will be assigned for each game. Points will be awarded on a game-by-game basis. The criteria judged will be creativity, originality, school spirit and sportsmanship.

The group from each category with the most points at the end of the contest will receive the prize money.

Single points will be awarded at Men's games, double points will be awarded for Men's TV games, double points will be awarded at Women's games and triple points will be awarded at two (2) randomly selected Women's games.
Women's basketball survive scare from FDU

Fight back from 11-point for fourth straight win

William K. DePoe, STAFF WRITER

On Saturday, January 29, the Monmouth University Women's Basketball team extended their winning streak to three, knocking off the Fairleigh Dickinson University Knights 65-55 at the Rothman Center, in Hackensack, N.J. When the Hawks needed baskets down the stretch, junior guard Niamh Dwyer delivered, knocking down 15 of her game-high 23 points in the second half, including 10 in the last 6:36 of the game.

The Hawks, now 5-2 in the NEC, will travel to Sacred Heart today, 2/2.

A Liz Whalen 3-pointer gave Monmouth a 5-0 lead with 12:07 left in the first half, but before the Hawks knew it, the Knights were able to fight their way back and take a 25-24 lead at halftime.

The second half started with the Knights taking over from where they left in the first half, but before the Monmouth a 15-0 lead with 12:07 left in the first half, but before the Hawks knew it, the Knights were able to fight their way back and take a 25-24 lead at halftime.

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With the Northeast Conference Championships just two weeks away, Coach Joe Compagni and the Monmouth University Track and Field team are determined to run away with a Conference Championship.

With just two weeks to go before we compete in the NEC Championships, we have a number of people step up and compete at a high level,” said Compagni.

The meet at Boston University played and 9-7 overall, will take their four-game winning streak into Sacred Heart for a date with the Pioneers on Wednesday, February 2, at 7 p.m.

Monmouth will also host the Colonials of Robert Morris University on Saturday, February 5, at 3 p.m.

Monmouth University’s Women’s Basketball Pioneers some

Domingue, Rissel, Jr., ASSISTANT COACH

With the Northeast Conference Championships just two weeks away, Coach Joe Compagni and the Monmouth University Track and Field team are determined to run away with a Conference Championship.

“With just two weeks to go before we compete in the NEC Championships, we have a number of people step up and compete at a high level,” said Compagni.

This past weekend, the Hawks sent split squads to the Boston Open and Penn Relays at Bucknell University and the Terrier Classic and Invitational at Boston University.

“The meet at Boston University included close to 100 colleges and club teams from all over the country, which was one of our goals for the weekend,” said Compagni.

Monmouth competed against colleges such as Miami, Michigan, Duke, Seton Hall, Pennsylvania, Providence and other top track and field teams at Boston.

Both the men’s and women’s teams have a successful weekend with runners qualifying for the ECAC and IC4A Championships as well as a number of new school records being set.

On the women’s side, Katina Lumpkin, who has been a steady contributor from behind the arc and on defense, delivered as she knocked down 15 of her game-high 23 points in the second half, including 10 in the last 6:36 of the game.

For Tickets and Information, please call Tom Masters at 732-577-0333, or email tickets@monmouthathletics.com or contact our box office at telephone: (732) 745-1234.

The Outlook February 2, 2005
Hawks topple FDU, stretch out lead over rest of Northeast Conference

As good a season as the Monmouth University men’s basketball team had a year ago, they are already finding ways to try and better that squad. For starters, last season’s team, which went to the NCAA Tournament for the third time in school history, had a pair of humbling conference road losses to Quinnipiac and Fairleigh Dickinson.

This season the Hawks have defeated both of those schools in their respective gyms, with the more recent win over the FDU Knights serving as a confidence boost to a team already riding high.

“They are a good team,” said senior tri-captain Blake Hamilton. “We came here last year and got blown out, so this win is big for us.”

The win is referring to was the 64-56 victory the Hawks had over the Knights this past Saturday at the Rothman Center in Teaneck, New Jersey. In last season’s game there, the Hawks fell to FDU 86-64. This year, the Blue and White used a masterful defensive performance and some timely shooting to defeat FDU.

The high-scoring Knights were limited to a season-low tying 21 shooting to defeat FDU. Senior guard Chad Timberlake, who had over the bench, was the 64-56 victory the Hawks had over the FDU Knights this past Saturday at the Rothman Center in Teaneck, New Jersey. In last season’s game there, the Hawks fell to FDU 86-64. This year, the Blue and White used a masterful defensive performance and some timely shooting to defeat FDU.

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DeVane Resigns

Women’s Basketball Head Coach Jackie DeVane resigns mid-season in her 6th year with MU.

Men’s Basketball loss breaks ‘perfect’ record and Women go 4 in a row. Indoor Track & Field gearing up for NEC Championships. Head Coach of Women’s Basketball team resigns.