Conference held to help recognize Black History Month

Monmouth University hosted a conference about Dr. Titi Ufomata, Ph.D., an associate Professor of Speech and Communications at the Kentucky State University on Wednesday, February 9. The topic was "Interacting with Science and Technology: African Women, Ethnoscience and the Challenges of Communications.”

The conference took place in the Club Lounge in Magill Commons to what was only standing room remaining by 11:30 a.m. when Dr. Ufomata took the podium. She was introduced by Monmouth University’s own Communication Professor Michael Lacy. Dr. Ufomata gave a speech about the “challenges of communicating,” ethnoscience, electronic mediums and cross-cultural communication.

She spoke of African creation stories, different cultures, and the challenges of communicating between them.

Ethnoscience is a vague and unfamiliar term for many people. It is defined by Merriam-Webster Online as dictionary as “the nature lore (as folk taxonomy) of plants and animals” ( primitive peoples). She applies to any ethnicity, not only primitive ones, ethnoscience is a burgeoning field, one which is critical for the preservation of independent cultures in today’s continually globalizing world.

Many people say that it is important for us to preserve the global economy comes closer to fruition.

Dr. Ufomata is originally from Africa and has written several books, including "Voices from the Marketplace: Short Stories (Kafirigbols)", "The English Language and West Africa (with special reference to Nigeria)," and "Traditional Survival Strategies: Story of the Female Husband.”

This accomplishment communication scholar also on the Editorial Board of Irinkinоро, a Journal of African Migration.

According to the website for Irinkinoro, their mission statement is that the journal "provides a forum for scholarly articles of the highest quality. The journal will document the relevance of African immigration to the world’s social, political and economic systems as well as its historical effects on culture; it will respond to the debates on immigration and problematize its assumed effects.

It will also generate debate among scholars and intellectuals of African immigration, and migration demographers, and African immigrants and themselves. Support for the organization is provided through an institutional and private support provided by Brooklyn College."

[SFGCONFERENC]
Winter Ball held in Wilson Hall

“[BALL from page 1] and the food was good.”

“It was better than I expected. There was a good group of people there and most people seemed to be having a really good time,” said sophomore Erica Fisher. And while a dance of any kind may seem too old for the college crowd, co-eds all around the school were able to get their dancing shoes on for night even if they were not in a sorority or fraternity.

The Winter Ball presented an opportunity for students to let their hair down and take their old prom dresses out of the closet for a night of good, clean fun. “I had a great time hanging out with my friends and meeting some new people on campus.” said junior Jar-

son Ring. So while the beautiful atmosphere of Wilson Hall may be lost on students sleeping through English classes, the class and elegance of the building was truly enjoyed at the Winter Ball of 2005. “It was definitely one of the best times I’ve had at Monmouth in a long time,” said junior Tyrone Smith.

MU Police report that clenuterol, not cyanide, is the substance contaminating some bags of heroin.

Sophomores Saya Jalali, Christine Schumann, and Laurie Korcz attended the Winter Ball in Wilson Hall last Saturday.

Dr. Ufomata speaks at conference on for Black History Month recognition

“[She] is a really smart lady. She has a lot to say about cultures, race, and their interactions. [She] is truly a scholar and a leader in her field.”

Clenuterol found in heroin

MU Police report that clenuterol, not cyanide, is the substance contaminating some bags of heroin.

According to the police, it has recently been reported that bags of heroin have been found to be laced with Clenuterol, not cyanide as claimed earlier.

Clenuterol is an illegal substance used in veterinary medicine. Testing is still being conducted to determine if there are any other dangerous substances within the individual bags. These contaminated bags have been labeled as “Paid in Full” and “Dirty Cash,” although these may not be the only heroin brands with contamination. Police state the contaminated heroin has been sold in Plainfield, Easton, PA, as well as Asbury Park.

So far, nine individuals in possession of heroin with the specific label were hospitalized. Doctors state that side effects include high blood pressure, profuse sweating, insomnia, as well as nausea. In a recent interview with The Outlook, McElrath stated, “I am opposed to anyone (including students) using heroin. It is an illegal substance but, more importantly, a very dangerous one. It is exceedingly addictive and is increasingly being sold in purer forms. The danger of overdose had rarely been higher. I have also seen firsthand the devastating results of heroin addiction on families and neighborhoods. What often starts out as ‘casual use’ can quickly become a lifetime addiction with criminal activity used to fund the addiction.”

Police feel that although there doesn’t appear to be a large scale of heroin use on campus, that it would simply be naive to assume that there is none. Several incidents have occurred, yet for those who were questioning the death of Tom Gonch, the Hawk Safety Alert is not relating heroin to his death. The advice that McElrath gives to the students is, “Any individual who feels that they, or others, have been in contact with any tainted narcotic should immediately seek medical attention by calling 571-3499 (on campus) or 911 (off campus).”

Those who might need assistance with any substance abuse (or other) problem can initiate the process by contacting the Health Center (x3464), LCAC/Psychological Services (x7517) or Residential Life (x3465).
The World According to MU

Is democracy in Iraq a possibility?

ASHLEIGH JOHNSON
CONTRIBUTING WRITER

Contradicting opinions on the Iraqi elections foster varying views of President Bush’s actions.

The United States is divided on optimism surrounding the elections. The urgent goal is to transform the Iraqi nation into a democratic society. It remains questionable how long it will take to instill democracy in an unstable country, if it is at all possible.

Monmouth University’s political science professor, Dr. Saliba Sarsar supports maintaining the troops in Iraq; however, he feels the troops should be removed within two to three years. The media continues to harp on the casualties as well as questions about the benefit of the elections to the United States. Dr. Sarsar said, “Election Day in Iraq was historic. Although over 30 people are killed that day, more than half of Iraq’s 15 million eligible voters cast their ballots.”

The voting population was huge considering the environment. The total Iraqi population is only 26 million. Certain groups such as the Sunnis were urged by their leaders to avoid the polls. Also, voters’ hands were marked indicating they voted making it impossible to be an anonymous voter.

Dr. Sarsar also believes that the Iraqi government should “invest in its youth, education for democracy and peace, economic and human development, infrastructure and reconstruction, environmental quality, and regional and internal partnerships.” Overall, Dr. Sarsar strongly agreed with establishing the Iraqi election because it promotes attainable democratic ideals.

“The people of Iraq and the government there are totally different than what we are, and I don’t think we should enforce our ideologies into their system...”

CHRISTIAN MADISON
Monmouth University Political Science Graduate

As adequate funding for social security depletes and budget cuts lengthen, one begins to question whether the attention and money spent on maintaining troops in Iraq is necessary. Dr. Stanton Green, Dean of Humanities at Monmouth University, believes the troops should be removed from Iraq as quickly as possible. Dr. Green states, “I am steadfast against war and loss of life because it is a big price to pay to overthrow a government. War has created Iraq as a base for terrorism, which it was not before.”

In accordance with Dr. Green, creating a democracy in Iraq will be extremely difficult, if even possible. The United States will most likely be unable to initiate what America coins as a democracy in an oppressed society.

Dr. Green believes the United States should have internationlized the situation in Iraq. Integrating the allies would have caused the Iraqi situation to become a world affair, thus, providing support for the United States.

Christian Madison, a political science graduate from Monmouth University, agrees with Dr. Green on many issues. Madison believes establishing a democracy in the Iraq would be difficult because “the people of Iraq and the government there are totally different then what we are, and I don’t think we should enforce our ideologies into their system.”

As far as keeping the troops in Iraq, Madison believes it was pertinent that we removed Saddam’s regime out of power although he thinks it is possible to initiate war in Iraq. Freedom of speech is one of the major ideals that compose the foundation of the United States. Establishing democracy in Iraq will be a long process irrelevant. One can only hope that this long process maintains a minimum of casualties.

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Codey calls for support of New Jersey’s military bases

PRESS RELEASE

TRENTON - Acting Governor Richard J. Codey yesterday with the Chairman and several Commissioners of the “Governor’s Commission to Support and Enhance New Jersey’s Military and Coast Guard Installations” to discuss the upcoming round of national base closures and realignments. The Defense Department expects to reveal their proposed list of closures on May 16, 2005. “New Jersey’s military installations are pivotal to the success of our armed forces,” said Codey. “Our State has the highest concentration of scientific and technical talent coupled with a robust transportation infrastructure making it an ideal location to lead our nation in new technology and national security.”

In his meeting, Codey praised the efforts of Admiral Paul Gaffney II, Chair of the Commission, and the efforts of New Jersey’s Congressional Delegation for their leadership in Washington on this critical fight. “I am especially thankful for the bi-partisan efforts of our congressional delegation and this commission,” said Codey. “They recognize the tremendous economic impact New Jersey’s seven military facilities have on our state and have lead the fight to save them. Their ardent support and commitment to this mission is unbreakable.”

Citing the need to strengthen New Jersey’s military and Coast Guard operations, Codey voiced support and called for quick passage of three bills, Senate Bill No 2205, 2206 and 2207, currently under consideration in New Jersey’s Legislature that would enhance the quality of life for military personnel and their dependants.

“I will continue to lend my support and our delegation in the coming months to assure New Jersey’s military bases remain intact,” said Codey. For more information, contact Kel- ley Heck at 609-777-2600.
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SpringFest committee searching for band and t-shirt logo

PRESS RELEASE

Monmouth University’s SpringFest 2005 Committee is searching for a band and t-shirt design. Any band interested in performing must submit a sample CD or tape to the Student Government Association secretary on the 2nd floor of the Student Center by Friday March 18, 2005 at 3 p.m. The chosen band will be paid. SpringFest is an annual event and this year’s theme is “No Shirt, No Shoes, No Problem.” Any student interested in submitting a t-shirt design must do so by Friday March 18, 2005 to Bette Fariello, the SGA secretary as well. All designs must adhere to the following rules:

1. Contestants must be current MU students.
2. Design entries must be in good taste and may not include references to drugs and alcohol.
4. Designs must be camera ready for printing (Computer and hand-drawn entries will be accepted.
5. Logo designs must be submitted by March 18, 2005
6. Designs may not exceed three colors
7. An image of the sun must also be included in the design
8. Designs must conform to the following dimensions: 11 inches wide and 12 inches by height.

Any questions or concerns please contact x3404.

Do you like to write? Take photos? Do graphic design?

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

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It was producing tandem the Neptunes who first coined the term in 2001, an acronym that stood for “No One Ever Really Dies,” when they released their debut album In Search Of... and their subsequent sophomore album Fly or Die. And in the hip-hop world, the N.E.R.D. acronym has become synonymous with a come-up marketplace for rappers, as no hip-hopper has ever really died—or, at least, the hip-hop community has not allowed them to ever really die. From Tupac Shakur and Notorious B.I.G. to Big L and Eazy E, some DJ or producer always digs up just the right “lost verse” from a deceased hip-hop legend that just doesn’t let that legend die in the minds and hearts of the hip-hop community.

Come in, body and mind, these lyrical fiends have persevered along and stood the test of time for years off the strength of their commercials and remixes of previous records that breathed new life into the words and vocals of the deceased. Though he only passed recently in 2006, left behind an all-too-short legacy behind him, rapper O.D.B. was not regarded by the aforementioned artists. His death sparked an onslaught of various mixtapes and rare, exclusive cuts from the late-rapper, including DJ Premier’s Dirty McGirt, all put out to commemorate the passing of the Wu-Tang brethren known for his wildly outlandish antics and bizarre behavior.

O.S.I.R.US: The Official Mixtape (Sure Shots Records), however, boasts the “official” tag for a reason, as it presents the last and most recent tracks recorded by O.D.B. Not of any particular importance, the first half of the mixtape proves just why Russell Jones was the man referred to as O’D.B.’s Dirty Bastard. Here, there truly was no father to his style.

“...out here trying to prove who the realest, it’s okay to pop a couple of weeks away and the cast of Airheads, a motley crew held their attention and their audience, and scattered delight and joy. Ch. a d e l o w owns the role. He is the star of the show, a charismatic and always thinking of his next move. Much of Chadlee’s early career was marked by playing urban types like he did in Out of Sight. However, this is the third straight film in which he used a foreign accent, following the British accent he used for Ocean’s 11 and Ocean’s 12.

The other nominee in the movie is Sophie Okonedo, who plays the manager’s wife Tatiana. It is her love for Paul and her family that really helps show what is at stake. She is nominated for Best Supporting Actress. Since Chadlee and Okonedo take up so much of the screen time, there is not much time for many other actors. Nick Nolte plays a United Nations Colonel who can not help as much as he would like to. Joaquin Phoenix plays a reporter in a role that could be up to a little more than a cameo. The film is a departure for director Terry George, who has made his name with films like The Barber, which is more action-oriented, going as far as to sit on the floor, and scattered throughout.

Hotel Rwanda was recently been called an African version of Schindler’s List. While there are obvious similarities, Hotel Rwanda resonates for reasons that Schindler’s List did not. It is our generation’s story. It’s Americans and their parents. All of these people who were being slaughtered at the hands of the Hutu. His motivation was love, as no hip-hopper has ever really died. It’s our story, as it presents the last and most recent tracks recorded by O.D.B. Not of any particular importance, the first half of the mixtape proves just why Russell Jones was the man referred to as O’D.B.’s Dirty Bastard. Here, there truly was no father to his style.

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**Hitch is the perfect Valentine’s treat**

This new movie won over audiences everywhere with its smart, comedic storyline.

As audiences across the nation fied to the theaters in droves this weekend, Will Smith still remains the king of the box office.

His latest endeavor is Hitch, The Cure for the Common Man, a story about a man named Alex Hitch, or simply “Hitch.” Hitch (Smith) is a famous, but anonymous, New York “date-doctor” who runs a referral-only business.

He believes, “No matter what, no matter who, any man has the chance to sweep any woman off her feet. He just needs the right room.” and that exactly what he does.

For a fee, Hitch teaches guys who lack confidence, grace, and style to become sensitive, well dressed, and suave to ultimately win over the girl of their dreams.

His biggest project comes in the shape of Albert, played by Kevin James. Albert is a junior accountant in New York City who is in love with Sara Melas (Eva Mendes) a friend of Albert’s.

Albert doesn’t think she even noticed him and calls in Hitch for some serious help.

Meanwhile, at a newspaper across town, Sara Melas (Eva Mendes) is a gossip columnist snooping around the city, trying to find the next big story.

When it seems like Allegra and Albert might finally be falling for each other, Hitch and Sara have a chance meeting at a club, which turns out to be the beginning of the end.

Both Sara and Hitch have problems in relationships. It is later found out that Hitch’s college girlfriend, the only woman he has ever loved cheated on him while Sara is afraid to feel vulnerable. After her sister’s near death experience, she has an inability to trust. But like two pieces in a jigsaw puzzle, Hitch and Sara fit together perfectly.

The movie takes a shocking turn when a friend of Sara’s is lied to by a man, whom Sara thinks was one of the date doctor’s clients.

Angry and out for revenge, Sara vows to unmask the date doctor’s identity to all of New York.

Through some unreliable sources and assumptions, Sara published an article in her newspaper that exposed the “real” date-doctor (or whom she thinks he is) and wreaks havoc on all of the relationships Hitch has helped to blossom, including Allegra’s and Albert’s.

Upon finding the article in the papers all over the city, Hitch decides to confront Sara. What will happen next? You’ll just have to go to the movie and find out!

Will Smith does an excellent job playing Hitch. His comedic timing was impeccable and his ability to play emotional parts, as well as comedic, sometimes in the same scene, shows experience and true talent.

In a surprising cast decision, Kevin James also rose to the challenge. Having been on the small screen for a majority of his roles (The King of Queens, Everybody Loves Raymond), it was a risk to put him in such a big movie without any supporting role experience. Thankfully, he and Smith played very well off each other, making their relationship seem natural and effortless, not contrived and forced, like some onscreen pairs seen together.

Eva Mendes was good in her role as well. Playing the smart, no-nonsense, New Yorker suited her, but didn’t seem like much of a stretch from anything else she’s done.

The same could be said for Will Smith but dramatic movies like Enemy of the State and Six Degrees of Separation negate that accusation. The chemistry between Mendes and Smith was present, but could have been better.

The writing for Hitch was good because it gave the audience some twists and turns that kept everyone’s attention, not just a “cookie cutter” romance story.

Teddy Zee, a producer of Hitch suggested this story was so unique amongst others because, “it was told from the man’s point of view, which is extremely rare in romantic comedies.”

All in all, the movie was good and very enjoyable. Some other people must have thought so too because Hitch was number one at the box office this past weekend, raking in an astonishing $45.3 million, where the number two movie Boogeyman, only made $10 million.

Due to Valentine’s Day and another weekend with no promising new releases, a similar trend will be seen for this week and into next weekend, making Hitch a must see.

**Will Smith and Kevin James** star in romantic comedy Hitch.
The Winter Ball took a year off last February due to lack of ticket sales. For $70 a couple, the Residence Hall Association (RHA) was having trouble getting students to attend in 2004 for indefinite reasons.

To ensure the success of this year’s Winter Ball, SCA's financially supported RHA. This ultimately resulted in ticket costs being cut in half, going for $35 a couple.

As the saying goes, you get what you pay for: a dinner in a nice building.

This was the third Winter Ball that I attended, more than enough for me to say that for that, I almost consider myself somewhat of an aficionado of these evenings. Without further ado, I’d like to address a few things.

The overall classiness factor was low this year. It might seem impossible to host a night in Wilson Hall such as this and have an elegance to the style of the evening, but if you were there the previous Saturday night, you may have realized that it is possible. When aiming for elegance and style, every single aspect of the evening must be given exquisite detail.

The Marti Gras-themed Winter Ball of 2003 used a green, purple and gold color scheme to decorate Wilson Hall and give guests the feeling of escaping from the ordinary language of the academic hours. Others were off, supposing academic hours and remaining the feeling of escaping from the academic building.

But as we know, this was not the case this year. The cold, empty walls were dimmed after dinner. Nope. Next time, it was entirely too bright at this year's Winter Ball. It was let down.

Please, please, turn off the bright lights. No other way to express this. I was hoping for the evening to be dimmer after dinner. Nope. Next time, it was entirely too bright at this year's Winter Ball. I already knew that the walls were made of concrete with star cutouts decorated the wall and entrance. Every table had an elaborately preened centerpiec...
When opposites are the same

John P. Evans
CONTRIBUTING WRITER

This nation's leader: 1. Spent massive amounts on the military while ignoring the needs of its people. 2. Did not allow a neutral party to inspect it's people or operations. 3. Attacked a country for the good of its people, giving a false excuse and reason. 4. The leader of this country has connections to certain news stations that could spread propaganda to the people. 5. This country is also under the influence of a fundamentalist sect.

Do you know which leader I'm talking about? If you guessed Saddam Hussein you are correct, and if you guessed George W. Bush you are be correct. If you guessed both then you are on the ball and know what I am about to say.

During Desert Storm in the early 90's I heard stories of how this dictator of Iraq would spread propaganda that their country was being attacked. That their country was being attacked by the Western infidels. I also remember listening to my teacher talk about how this country did not allow UN inspectors to enter their country. That United States military leaders. He had connections to certain news stations that distributed the very constitutional Amendment that their people was being attacked. That there wasn't a threat, and he had no ties to Al-Qaeda. Then there are the Bush sympathizers who said, "But Saddam was torturing people." Then the Abu Ghraib prison scandal happens. Where prisoners were tortured and humiliated (and not for all intelligence reasons), There is also the issue of not allowing the Red Cross (a neutral party) access to all prisoners, to be sure that their needs were met and that they were being treated in a humane fashion. Sound familiar?

Also, because of the war and prison scandal, we have failed to deter terrorists. In fact, Bush's War encouraged them to join in on the Jihad. This is because for years Osama Bin Laden (remember him, the guy that is responsible for the attacks on the World Trade Center...) the absolute perpetrator of these crimes against the US has told Arabic countries that the Westerners would invade the Holy Land and try to push their beliefs and ways on them. We not only gave Osama the war (and also, in retrospect of our history with him, weapons and training), we gave him recruits.

And what about number five. How is this country lead by fundamentalists? Well for that I am going to leave you with two sites: In getting this information see everyday I find that 4 leaf clover And everyday Lady Luck is at my door And all of the fear I fight is in remission To come around no more

And I'm feeling good, never better In fact it's the greatest day of my life And I'm feeling good, never better In fact it's the greatest day of my life

It's a good thing Your heater broke down today And it's better You keep them drinks on ice And it's best If you get them chills down in your soul Cuz the heat inside of me there's fire untamed

And none of the world's restraints Could ever hold me And none of the superficial Could tie me down And none of the pain I felt Was enough to break me And I'm feeling good, never better In fact it's the greatest day of my life And I'm feeling good, never better In fact it's the greatest day of my life

Beverly Knight
“Greatest Day”

It's a good thing The air feels cool today And it's better That God don't send the rain And it's best If heaven holds back the clouds Cuz inside of me there's fire untamed

See everyday I find that 4 leaf clover And everyday Lady Luck is at my door And all of the fear I fight is in remission To come around no more

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For more information contact Dr. Gilmartin in the English Department, x. 5695.

Op/Ed

The Outlook
**Orthodox Christian Fellowship**

Beginning its 216th year as Greek Orthodox Chaplains 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

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1:30 p.m. **Mass**

2:00 p.m. **Confession**

4:00 p.m. **CCC**

7:00 p.m. **Stations of the Cross**

**Weekly Mass**

**Every Sunday 4:00 p.m.**

**American Sign Language**

**Catholic Centre, Catholic Hall, Clifton, NJ**

**Men’s & Women’s Study**

**Wednesdays**

**Highlights**

12:30 p.m. **Al-Anon**

1:30 p.m. **AA**

2:30 p.m. **Catholic Women’s Study**

3:00 p.m. **Catholic Men’s Study**

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**How to write a resume**

**Lauren Napolitano**

**ARTICLES EDITOR**

It seems ridiculous at this point in the semester to think about sending out your resume. But, with many other internship or full-time employment opportunities. However, this is the time to start.

Most internships have a deadline students need to start reviewing for a position with any particular company. For those who are “admitting to the job application process,” the comfort of knowing you will be secured a job immediately after the interview.

The most important part of the application process is your resume. This is the first and foremost thing that gets you in the door. If your resume is not funny, you will be asked to go in for an interview and this is where you can blow them away with your wit and charm, hopefully landing you the job.

Not sure exactly how to put to paper a successful resume? Getting nervous? Well don’t. I have the tips, proven methods, and a resume.org, which you need to write an extraordinary resume that will get you that dream position.

**Determine your objective:** Before you begin writing your actual resume, list the reason you want to apply for either internship or full-time employment opportunities. However, this is the time to start.

You have clearly defined what your objective is, structure your resume around that objective. Employers receive thousands of resumes for one position so you want to make sure you keep your resume concise and to the point.

**Be clear and concise:** How-to-write-a-resume.org says to think of your resume as a marketing tool. The sole purpose of your resume is to land an interview with the employer of your dreams. Once you get your foot in the door, you throw out your sales pitch and close the deal.

In order to do this, you must be clear and concise in your resume. You don’t want to go into every detail about each accomplishment you have achieved in your lifetime. Your potential employer doesn’t have the time to read long detailed resumes and will toss them to the recycling bin.

How-to-write-a-resume.org says, “bottom line, you should put your life story down on paper.” This will hopefully hook the reader of your resume to note all your high points and requirements of the position you are applying for and will greatly increase your chances of an interview. You will be a better match for the job if you have not custom tailored your resume to fit the job description.

**Use action words:** Words like prepared, managed, developed, monitored, and presented will cause your resume to stand out. states how-to-write-a-resume.org. Also, companies now use a scanning system to automatically review resumes. These questions can help you discover what is most relevant to your potential employer in the beginning of your resume. Since your resume will be quickly glanced at, the first few bullets should strongly support your job search objective.

This will hopefully look the reader of your resume to the interview.

**Use white space:** How-to-write-a-resume.org explains, “These are action key words that relate to the position; therefore, not including them could mean your resume is disregarded as a ‘non-match.’”

**Match the needs of the hiring company:** How-to-write-a-resume.org suggests, “Read the job description closely, and use the key words listed in the ad and place them in your resume.”

Chances are you have some of these as key points already, however if you have missed any, be sure to add them to your resume. Tailoring your resume to the needs and requirements of the position you are applying for will greatly increase your chances of an interview. You will be a better match for the job if you have not customized tailored your resume to fit the job description.

**Use white space:** Focus on the positive that you can offer the company and stay away from negative or irrelevant points. How-to-write-a-resume.org says, “If you feel your graduation date will subject you to age discrimination, leave it off your resume. If you do some duties in your current position that support your job search objective, do not include them.”

It will more useful to you if you focus on the data that support your job search objective and leave off irrelevant personal information, such as race, weight, or height.

**Use white space:** In advertising, we know that space is the most important factor that has a large amount of unused white space. “White space” is how-to-write-a-resume.org. This technique is done to grab our attention since we are usually drawn to open spaces.

Therefore, don’t worry if you are having a difficult time filling the page with words. How-to-write-a-resume.org ex- plains, “You should note how others will view your marketing materials - would your resume be more useful to them if you note most of the ads first catch your eye. **Get an outside opinion:** Also, consider having an outside person look at your resume before sending it out.

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**Op/Ed**

February 16, 2005

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**Come Join The Outlook!**

**Every Monday at**

6:30 p.m. and every Wednesday at

2:30 p.m. in the Plangere Center.

**www.mucatholic.org**

16 Beechwood Avenue

Gate to our house is located in the rear corner of Lot 4, next to the Parking Lot.

Call us at: 732-229-9300

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**Contact Us**

outlook@monmouth.edu

732-571-3481
February should become known as the month that keeps it poppin’!

Last Thursday the AASU helped celebrate Black History Month with a special game of Black History Jeopardy. This fun twist on the popular game show replaced the random useless trivia of the original with some historical names, events, and assorted knowledge in all things Ebony. Wilsonton Auditorium was a perfect atmosphere in which to compete, share laughs with friends, and be enriched with knowledge that all Americans can benefit from having. My own trivia noodle proved considerable enough to win third place and a fairly generous monetary award which is on its way. All those who were unable to attend certainly missed out on a fantastic evening filled with surprises, excitement, prizes, and love. If you’re around next February, keep your ears peeled for the next game.

I had a lovely Valentine’s weekend. For the first time in as long as I can recall, I had an actual Valentine and not just a blind date or a night of downing my sorrows with a circle of fellow singles. I spent time with my special friend and was treated to a homemade meal, good company, Kelly Clarkson’s spirited performance on SNL (that girl’s voice is a force of nature, what a gift), and a luxurious brunch where I discovered my new addiction to mocha cappuccinos. Apparently Monmouth wasn’t in the loving spirit because Aramark’s planned Valentine’s Day Banquet was cancelled due to lack of reservations, or promised student interest. Sigh.

Abraham Lincoln’s birthday was acknowledged last week. It is appropriate that we celebrate the birthday of this particular late president the same month as we recall the history and struggle of many other Americans whose families and ancestors (and those forefathers still with us) fought a proud struggle for freedom and civil rights that had a boost under his presidency. We ought to recall this history and apply what we learned to our current political situation. As Americans, we all share this land together and, as humans under one sky, are entitled to the same liberties and opportunities associated with our citizenship.

Please participate in the Mural Project. I stopped by the Student Center to check things out and was impressed by how much has come along in such a short amount of time. Everyone should take a moment to welcome visiting artist Amy Bartell to our campus and take part in a fascinating piece of Hawk history in the making.

Dear Joey C.

I have a crush on this guy who I know from school. I think he’s absolutely adorable - energetic, sweet, well-rounded, and has that je ne sais quoi. One small problem: I’m not sure if he’s gay, too.

I mean, I have reason to believe he is “playing for my team” so to speak but no official confirmation. How do I go about finding out his deal? I don’t know what I’d want to pursue, but if I know where he stands then I can take it from there. Signed, Wishing and hoping

Dear Wishing,

What a ducky lil’ post-Valentine’s advice request...bless your heart! Gaydar is such a fickle device of sorts these days. Just when you think you can tell how someone identifies from a gesture, a voice, a shared glance, or some other factor, society coins terms like “metrosexual” and “down low guys” and it’s proving more difficult than ever to read people. It’s also easier to forget that various figures approximate only about 10% of the population are homosexuals.

You can ask his orientation without suggesting you have feelings, unless he opens up and you find the feelings are mutual - then you may have a belated Valentine! However he swings, revealing your crush could work a number of ways. If he’s gay and interested, you’ve got an item. If he’s gay but not interested, your friendship might feel awkward. If he’s not gay and not interested, he will either be flattered or get freaked out and dodge you like the plague. Your call, but just make sure you go about things smoothly. I wish you well 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, heed the adage: Holler at your Hawk!

Dear Wishing,

Bitten by the February bug...and I like it addition to mocha cappuccinos. Apparently Monmouth wasn’t in the loving spirit because Aramark’s planned Valentine’s Day Banquet was cancelled due to lack of reservations, or promised student interest. Sigh.

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Now, here’s this week’s advising bit!

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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.

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FEATURES

Doesn't it seem as though last semester ended more than only a couple months ago? It's always fun to look back and remember all that happened for example, homecoming, sporting events, and the trends. Especially, the trends.

Fashion made its mark during the first semester at Monmouth and the trends slowly began to change as students made the transition from the brisk autumn weather to the bitter cold of winter.

Ashley Grice, a freshman at Monmouth University, remembers that a lot of students here were wearing Ugg boots. "A lot of people were wearing Ugg boots and matching designer bags like Coach and Louis Vuitton," said Grice.

Ugg boots were a prominent trend among Monmouth University students last fall. Ugg boots can be found for men, women, and kids according to uggaustralia.com, prices start at approximately $110. Ugg boots come in a variety of different looks, styles, and colors for people to choose from.

"Uggs, furry hooded jackets, destroyed denim, and skirts," said Christina DaRold of some big trends she remembered from last semester.

The destroyed denim trend was another popular trend of last semester. Clothing stores like Abercrombie & Fitch carried this trend in a variety of washes and styles. According to Abercrombie.com, their collection of destroyed denim was in the price range of $79 to $125.

Megan Canavan, also a freshman at Monmouth, said that Ugg boots and LacoSte shirts were two popular trends last semester.

Freshman Aimee Babbin said, "Uggs, flip-flops, sweat pants, and sweat shirts," were among the things she believed were popular fashion trends of last semester.

Though we are in the middle of winter, some students are already looking ahead to see what could possibly be the fashion trends of the spring semester at Monmouth University.

Ashley Grice said "the dressy casual look" will be one of the big trends for the spring semester. "Heels, jeans, and a dressy casual top," said Grice of what she thinks the dressy casual look will be like.

Christina DaRold offers her ideas of what she thinks will be trendy this semester. "Flip-flops, capris, mini skirts, oversized sunglasses, and pointy shoes," said DaRold.

"Moccasins, flowy knee length skirts, lacy long tank tops, and beaded necklaces," said Megan Canavan of what she thinks will be some of the popular trends for the spring.

With spring almost here, only time will tell of what will be the big trends for this semester. Everything from the basic flip-flops to skirts to sunglasses, it'll be interesting to see which fashion trends will be the most popular.

Out With the Old, In With the New:
Cool Fall Trends, Hot Spring Finds

MU students Predict Spring Fashion Trends

PhOtoS COuRTesy oF AE.COM, FOrEVEr21.COM, St. BERNARDSPOrTS.COM, Le-CHaTeAU.COM, UGGAUSTRALIA.COM

Upcoming Hawk TV Events:

2/16/05 3:30pm JP 138 General Member Meeting
2/16/05 7:00pm TV Studio Come see rap artist Loose Canon perform! Free food!
2/16/05 10:30pm TV Studio Sports Buffet Live on channel 12. Call in at x5716!
2/16-2/18 11am-3pm Dining Hall JP Lobby Fashion Show Tickets on Sale
2/22/05 7:15pm TV Studio Hawk TV News

Get your Fashion Show tickets at our offices or call x5274! Tickets are selling fast, so get them now!

732-263-5274 http://hawktv.monmouth.edu hawktv@monmouth.edu

Hawk TV Schedule 2/16/05 - 2/23/05

Dress Form No. 23497

PHOtoS COuRTesy oF AE.COM, FOrEVEr21.COM, St. BERNARDSPOrTS.COM, Le-CHaTeAU.COM, UGGAUSTRALIA.COM

PHOtoS COuRTesy oF AE.COM, FOrEVEr21.COM, St. BERNARDSPOrTS.COM, Le-CHaTeAU.COM, UGGAUSTRALIA.COM
PHOTOS COURTESY OF STYLE.COM, OLyMPUSFASHIONWEEK.COM, TAMSEN relations firms like Seventh House PR, a place where I was fortunate enough to witness such debacle.

VPL plus three dogs, and two cats. The place: Fashion Avenue – a six minute walk to the tents just north of our offices. Bodies were still before day one of Fashion Week on February 4. Tons of photocopying, phone calls, and errands to Kinko’s were made but not a lot of action. It was the calm before the storm.

initial invitation designs for her show. Hand-sized stamps and pads were ordered and two hard working interns pulled their sleeves up for the dirty work. 1,500 invitations later, we were stuffing each one into envelopes and hand delivering them to celebrities’ publicists, major magazine offices, hotels, restaurants, and everyone else who would look at the invites too! Imitation of Christ invitations called for stapling of herbal supplements to the paper along with more envelope stuffers. New York never seemed so big when you don’t have 4,500 invitations to lug around in subways and taxi cabs.

women since a majority of the models were only 15-18 years old who spoke way to Showroom Seven and began the model casting. I couldn’t even call them English with hard European accents. The smile on my face grew wider as well-known stylist Patti Wilson made her way to style for Tamsen, the only designer in Seventh House PR’s client roster who made it to the tents.

touch. It was time for the professionals to do the make-up and hair, the stylists to dress the models, the backstage coordinator to bark orders, and the designer to see all the finishing touches before it hit the runway. Buyers, editors, press members, celebrities, and fellow designers sat next to one another to chat and watch a show.

Another Magazine’s dinner party for cover girl Drew Barrymore, celebrating its 8th issue. Set in the swanky Hotel Gansevoort’s lounge, the event was open to all, but there was a strict dress code: no jeans, noHawk TV’s Patrick Perrotto also made the scene, freelancing as a video engineer for B Productions. “I set up gear on location like hi-def and beta camcorders, all the wiring, the audio from the house to go on with the video. I watched the scopes to see if it was broadcast safe. Two shows which I worked on appeared in Full Frontal Fashion where my name appears in the credits.”

Perrotto saw Boy George’s fashion debut called B-Rude at the Maritime Hotel. “I was in the audience, dragged along by my friends, who I thought was cool.” Like the others, he was impressed by the fashion on display, but not so much by the audience. “The style was inappropriate, but American.”

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Just before the high-style dinner was Tara Subkoff’s IOC show in the Lever House at 3:30 p.m. Stars like Mary-Kate Olsen, Maya Rudolph of SNL, Chloe Sevigny, and Ken Gordon were seated front row. Our team had to get past the Fire Marshall before the runway show could begin inside the tent. “We had to get past the Fire Marshall to bend into the tent,” says Perrotto. Two shows which I worked on appeared in Full Frontal Fashion where my name appears in the credits.”

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Volunteering outside the Monmouth community

The LCAC tells you where to go and how to help.

Getting involved always seems a little too far out of reach for some of us here at Monmouth University. You know you want to help out, you can feel it in your soul, but unfortunately you just can’t find a way to put all of that energy into a project on your own. That is where Monmouth comes in to take the stress away, and give you a list of events going on both off and on campus:

**Hunger Awareness Week**
All during the week of February 14-February 17 Monmouth University will be raising donations in the form of non-perishable foods to address the issue of hunger in the local community. For all those willing to help please contact Marilyn Ward at 732-571-4411.

**Are you English major? Or maybe Education?**
The Red Bank Middle School is looking for volunteers to assist with grades 4-8.

**Red Bank Tutoring**
Are you English major? Or maybe Education? The Red Bank Middle School is looking for volunteers to assist with grades 4-8. Students can help the children with their study skills and with such subjects as math, language arts, and English as a second language. Volunteers are needed after school every day but Wednesday. Students who are interested can contact Nicole Gallipoli at the Middle School 732-345-9040.

**West Side Christian Academy**
You made it to college so help someone else on their journey to achieve their goals. West Side Christian Academy is looking for tutors for grades 1-8. Hours are very flexible and tutoring is needed in all fields and subjects. To get more information about this opportunity please contact Reverend Elmer Jackson at 732-741-7900.

**St. Vincent de Paul Society**
The St. Vincent de Paul Society is an organization in Long Branch that reaches out directly to those who are most in need. During the winter they collected men’s clothing and now they are collecting canned food for their pantry. St. Vincent de Paul serves an average of 150 to 200 people each week and supplies are beginning to run low. Anyone with extra canned or dried foods can drop their donations off at the Office of Service Learning on the first floor of the RSSC.

**Please note that volunteering does not meet the Experiential Education requirement unless officially approved through an Experiential Education form or course.**

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**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. You’ll laugh your butt off!

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To Purchase Online: www.countbasietheatre.org

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**University News**

**Come Join The Outlook!**
Meetings are held Mondays at 6:30 p.m. and Wednesdays at 2:30 p.m. in the Plangere Center.
Outlook@monmouth.edu
732-571-3481

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**The Psychology Club & Psi Chi Present:**

**Relationships 101: Everything You Need to Know to Have a Good Relationship**

Dr. Gary Lewandowski
Psychology Department
Monmouth University

February 21, 2005
7:30PM
Anacon Hall A/B
AXP hosts charity basketball game featuring faculty and administration

PRESS RELEASE

EVENT: Charity Basketball Game
WHERE: Monmouth University, 732-572-3481

Owen Borden Foundation, and the Sunfield Foundation, the Geraldine R. Dodge Foundation, the National Endowment for the Arts, the New Jersey State Council on the Arts, the National New Jersey Arts Council and Theatre Company, in association with the Performing Arts Network, the Long Branch Arts Council, the Long Branch Art Theatre, the New Jersey Repertory Company, the Nosey Pigeon Center in room 236. During these meetings we discuss any events we are working on at the time. We usually plan at least one free on-site parking and easy access from NJ Transit; for additional information call 732-229-3166.

Womouth University’s Alpha Chi Rho Fraternity will sponsor a charity basketball game on February 25 at 7 p.m. in Boylan Gymnasium. Tickets are $5 at the door and $5 if purchased before the event. All proceeds will be donated to St. Jude’s Hospital in New York City.

TEAM CAPTAINS: President Paul G. Gaffney II & Mary Anne Nagy, Vice President for Student Services

WEST LONG BRANCH, NJ (February 14, 2005) - Monmouth University, in association with Tina Chen, presents the world premiere of Ruth Wolff’s “Beyond Gravity.” The aura of unfulfilled promises, sexual scandal, and the appearance of a mysterious young woman, punctuate this powerful promise, sexual scandal, and the appearance of a mysterious young woman, punctuate this powerful drama. "Beyond Gravity" opens 8:00 p.m. Saturday April 2, 2005 and continues through May 8. Performances are at 8:00 p.m. Thursday, Friday, Saturday and Sunday. Tickets are $20. All other performances are $30 with discounts available for students, seniors, groups, and through subscriptions. Tickets for opening night with reception, sponsored by the Ocean Place Resort and Spa, is $35 for Saturday, April 2 at 8:00 p.m. Dinner theater packages are available at several neighborhood restaurants. Tickets can also be purchased online at their website www.njrep.org and through theatermania.com.

New Jersey Repertory Company, located at the Lumia Theatre, 179 Broadway in Long Branch, is completely wheelchair accessible and provides assistive listening devices and large-print programs on request. There is convenient, free on-site parking and easy access from NJ Transit for additional information call 732-229-8166.

The New Jersey Repertory Company is a non-profit, professional theater, a member of the New Jersey Theatre Alliance, the association of professional theaters of New Jersey, the Monmouth County Arts Council, the National New Jersey Arts Council and Theatre Communications Group. This program is made possible in part by funds from the Geraldine R. Dodge Foundation, the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts, the Sunfield Foundation, the Gan-nett Foundation, the Target, the Mary Owen Bender Foundation, and the Puffin Foundation.

OLYMPUS DIGITAL CAMERA

World Premiere Drama performed at local theater

PRESS RELEASE

The New Jersey Repertory Company, in association with Tina Chen, presents the world premiere of Ruth Wolff’s “Beyond Gravity.” The aura of unfulfilled promises, sexual scandal, and the appearance of a mysterious young woman, punctuate this powerful new drama. “Beyond Gravity” opens 8:00 p.m. Saturday April 2, 2005 and continues through May 8. Performances are at 8:00 p.m. Thursday, Friday, Saturday and Sunday. Tickets are $20. All other performances are $30 with discounts available for students, seniors, groups, and through subscriptions. Tickets for opening night with reception, sponsored by the Ocean Place Resort and Spa, is $35 for Saturday, April 2 at 8:00 p.m. Dinner theater packages are available at several neighborhood restaurants. Tickets can also be purchased online at their website www.njrep.org and through theatermania.com.

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PRSSA helps PR majors unite

PRESS RELEASE

PRSSA (Public Relations Student Society of America) is a professional organization which tailors to students interested in the Public Relations field as well as Communications majors. However, you do not need to be a Communications major in order to be in PRSSA. Our club consists of about 20 members and we are interested in gaining more energetic and committed students who want to get involved in a worthwhile club.

Our weekly meetings are every Wednesday from 3 p.m. until 4 p.m. and Rock the Vote Campaigns. We also host fun events for the student body to get involved in such as Ready Set Date.

As a club we are interested in learning about what it takes to make it in the Public Relations field. We have guest speakers come to inform us about what their position involves and answer any questions we may have. As a national member, any student has the opportunity for excellent internship opportunities as well as scholarships. National Dues are collected annually and the cost is $40.

We are currently mapping out a newsletter which we plan on releasing in the upcoming months. Anyone who is interested in writing, layout and design is encouraged to join us in this project. Overall we would love to add more members to our club because the more people that get involved, the more we can involve ourselves in as a team. If anyone is interested just drop by our next meeting. We hope to see you there!
Hi everyone! How are you and how is everything at Regent's? Has anyone gone traveling and if so where? I want to hear a small (or long) ‘hello’ from everyone, so please write me back!

Robyn L. Asaro
Study Abroad Coordinator

Getting There...

During my time at Monmouth I have gone through absolute highs and lows. My freshman year—definitely a major low, left me desperate to do something that would create a better college experience. Yes, I was an 18 year old on a mission to improve my college life. So I applied to study abroad, but it was a scary idea none-the-less. Making the actual decision to go abroad is one of the hardest decisions typical college students face; they are scared of so many thing—will I make new friends? Will I manage to go abroad? What will I do if I get homesick? Will I make new friends? The answer to these questions is yes. It was the most amazing two years, often with the hopes of encouraging other students to do this, but I think the non-study abroad students need more encouragement to go abroad—so I am here to do just that.

EVERYONE is nervous about going away; teenagers.twenty year olds are afraid to miss family, friends, and significant others. Do not let that stop YOU from going abroad though! Miss someone? Yes, I was an 18 year old on a mission to improve my college life. What I did has been considered rather drastic to many; I left the country for a semester. Okay, so it wasn't terribly daring because I utilized Monmouth's Study Abroad program, but it was a scary idea none-the-less.

I encourage you to e-mail questions to the Outlook about studying abroad. I haven’t been traveling yet but I’m finding my study abroad experience to be different than what may be expected. I enjoy staying in London—the roofs, the views, the locals. I think it’s a different feel than any other city I’ve been to. I enjoy staying in London and every week a new roommate and I go walking through the city. It’s really cool to be able to go somewhere random but know exactly where you are cause there’s a map in the book. I’m going to Paris with the school and Ireland with my roommate and some friends. And I’m very much looking forward to my friends coming to visit. My boyfriend pays-up for a hotel room so that’ll be like a mini vacation as well.

Talk to you later, sincerely, Katie Cince

Britt Travis
CONTRIBUTING WRITER

STUDY ABROAD

GET OUT THERE!

Live and learn in London, England or Sydney, Australia, for the Fall 2005 Semester or Summer 2005 in Madrid, Spain!

Sydney, Australia
London, England

Madrid, Spain

Attend a ‘First Step Meeting’ for more information, including applications and class offerings abroad

All meetings held in the Study Abroad Office, Student Center, Room 301 D.

January 2005

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“What did you do on Valentine’s day?”

Tina - junior
“I had classes all day. I’m celebrating on Saturday with my boo.”

Emel - freshman
“Stood in the rain for two hours trying to get a truck out of a foot of mud!”

Chris - senior
“Dinner, Bloody Mary, couple margaritas, and the rest....well....”

Sheila - sophomore
“Ate Jalapeno Poppers with Gina.”

Andrea - junior
“My boyfriend put pillows in the back of his truck and put on a movie and called it a drive-in movie.”

Dominique - freshman
“Went to Mars 2112 in N.Y.C.”

Lauren - freshman
“Hung out with my friends and went to a singles party.”

Lance - grad
“Hid from my girlfriend.”

Stacy - freshman
“Went to the beach at midnight and watched the waves.”

Marc - senior
“Went to a nice restaurant and spilled sauce on my new silk shirt.”

Questions call 571-3586
TTY call 263-5795

Upcoming Events . . . .

Wednesday, February 16th
Men’s Basketball vs. Mount St. Mary’s
Boylan, 7:00 p.m.
Video Game Night with DDR
Anacon Hall, 7:00 p.m.
What’s Eating You?
Oakwood Lounge, 4:00 p.m.
Jobs and Community Service
KISS 202A, 3:00 p.m.

Thursday, February 17th
Women’s Basketball vs. Long Island University
Boylan, 7:00 p.m.
Jewish Culture Klezmer Concert
Anacon, 7:30 p.m.

Friday, February 18th
Film Series: Bridget Jones: The Edge of Reason
Bey Hall Auditorium @ 8 p.m.
Senior Reality Check Conference
KISS, 11:00 a.m. - 4:00 p.m.
Caboat (Daily thru Sunday)
Woods Theatre, 8:00 p.m.
Men’s Basketball vs. FDU
Boylan, 8:00 p.m.

Saturday, February 19th
Film Series: Bridget Jones: The Edge of Reason
Bey Hall Auditorium @ 3 p.m. & 9 p.m.
Women’s Basketball vs. FDU
Boylan, 7:00 p.m.

Sunday, February 20th
Men’s Basketball vs. Wagner
Boylan, 4:00 p.m.

Monday, February 21st
Women’s Basketball vs. Wagner
Boylan, 7:00 p.m.
Film and Discussion: Girl Interrupted
Wilson Auditorium, 7:00 p.m.

Tuesday, February 22nd
Research Skills
Library Commons, 6:00 p.m.

Hey Seniors!
Get a jump start on that job search!
Attend an etiquette luncheon!
Learn more about 40Ks!
Do you know which health plan is best for you?
Attend the 2nd Annual Reality Check Workshop
Friday, February 18
11:00 AM-4:00 PM
Anacon Hall
For more information and registration, contact the Office of Student Activities at 732-571-3586.

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

JP WILLIAMS performing live...
Java City Cafe
Wednesday
February 23
7:00 p.m.
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

A CAN A DAY KEEPS HUNGER AWAY …

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

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!

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 Pflangere Communication Center and visit us!
The Outlook is located on the 2nd floor, Rm 260
Phone: 732-571-8481
Fax: 732-263-8151
E-mail: outlook@monmouth.edu
outlookads@monmouth.edu

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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!
Today’s Birthday (Feb. 16th)
After a rough beginning, conditions change in your favor. Travel and romance look good. Love and friendship are abundant, in whatever form you choose.

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 8
Your curiosity will soon be piqued by an author recently discovered. Study well—you’ll have a chance to use this information soon.

Taurus • (April 20 - May 20) - Today is a 5
Authority figures are likely to be in a generous mood and you know just what they need. That’s the clue. Provide it.

Gemini • (May 21 - June 21) - Today is a 7
Don’t let a rejection or two slow you down. Being respected is actually better in the long run, than being liked. Stand up for what’s right.

Cancer • (June 22 - July 22) - Today is a 7
For the next several weeks, you’ll be obsessed with dreams of far distant places. For the next two days, you’ll be stuck here, cleaning up old messes.

Leo • (July 23- Aug. 22) - Today is a 8
For the next few weeks, you’ll become more interested in how you save your money. This is good, since you’ve been paying more attention to other things for a while.

Virgo • (Aug 23 - Sept. 22) - Today is a 9
You’ve worked hard, but don’t despair. Some things are about to get easier. Rearrange your schedule to make more free time with the people you love.

Libra • (Sept. 23 - Oct. 23) - Today is a 8
You’re very smart and very good at getting the message out. Move up a notch in effectiveness by listening carefully now.

Scorpio • (Oct. 23 - Nov. 21) - Today is a 6
Sort through your bills and the other paperwork that’s been stacking up. You'll want to know how much you can spend on your romantic outing this weekend.

Sagittarius • (Nov. 22 - Dec. 21) Today is an 8
Conditions are improving, and so are communications. Compromise will be required, however. Set priorities.

Capricorn • (Dec. 22 - Jan. 19) - Today is a 5
Your workload increases for the next few days. For heaven’s sake, don’t complain. You’ve already thought of at least one very good use for the money.

Aquarius • (Jan. 20 - Feb. 18) Today is a 9
Nobody really understands how the learning process works, but in the next few weeks your knowledge increases substantially. Take care.

Pisces • (Feb. 19 - Mar. 20) Today is a 7
Nobody really understands how the learning process works, but in the next few weeks your knowledge increases substantially. Take care.

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MU Students: Interested in Comic Illustration?
Get your own comic published in the Outlook!
Call 732-571-3481
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
Hawks run away with NEC Championships

This weekend, the Monmouth University indoor Track & Field squads headed into the Northeast Conference Indoor Track & Field Championships.

"After the women earned the title last season, I feel we have qualified enough runners for the finals and were in a good position to bring home another championship," Compagni said.

The women, led by sophomore Ashley Huffman, were in first place with 46 points as Sacred Heart and Robert Morris trailed in second with 22.

Huffman won two individual titles on the afternoon as she cleared 1.58m. Along with Huffman’s first place finish in the long jump, two other Hawks finished in the top eight.

Junior Tiésifenee Taylor and freshman Joanne Shia earned third and seventh place respectively as Taylor jumped 5.55m and Shia jumped 5.13m.

Taylor was not done for the day, as she set a conference record in the 60m hurdles with a time of 8.58 seconds and qualified for the finals and for a good second day. Huffman qualified enough runners for the finals and were in a good position to bring home another championship," Compagni said.

The women’s performance on Sunday earned them their first-ever NEC Indoor Track and Field Championships, two qualifiers for the IC4A Championships and set one conference record. Announced after the completion of the competition, Compagni was named both men’s and women’s Northeast Conference Coach of the Year for the second straight year.

The team of Jeff Elisca, Dave Lyles, freshman Nicole Reed and Lawrence Schau took third in the distance medley relay with a time of 10:26.69.

After all 32 events were completed in the 2005 North-east Conference Indoor Track & Field Championships; the Hawks earned seven individual titles, had four qualifiers for the ECAC Championships, two qualifiers for the IC4A Championships and set one conference record.

Huffman performed like we expected and she was very team focused throughout the weekend and did whatever it took to win.

The men’s side of the tournament was still in question and five different people came up to me with five different predictions as to who they thought would win the championship," Compagni stated. "The men’s team, handled the big task very well and we got the contributions we needed from a lot of people. Kornegay, Alexander, Gilanelli… the list goes on and on of the many great athletes that helped us win the titles," said Compagni.

"This is a great accomplishment for the entire University and it truly was a team win." - JOE COMPAGNI

Joe Compagni

Head Coach

The Hawks were in first place in the time of 3:52.95s, which qualified them for the ECAC’s.

Alex Alexander won an individual title on Sunday in the 5000m as she crossed the line in 17:38.01 that set a new meet and school record. Wallace finished in third in the 5000m in the time of 17:39.90s.

Kornegay earned first place in the 400m with the time of 56.24s, which set a new school record and qualified for the ECAC’s.

Huffman qualified for the ECAC’s in the 60m hurdles as she finished second with the time of 8.69s and Zekara Riggsbee earned fourth in the time of 9.07s.

Other notable finishes for the Hawks on Sunday were: freshman Nikki Zewartjes, sixth place in the pole vault (9.20m), sophomore 1.80m, junior Nicholas Giansanti led the Blue and White as he captured his first NEC indoor title in the pole vault. He cleared 4.65m to set a new school record as teammate senior Chris Cashin tied with three other participants for second place in the pole vault (4.05m).

The Blue and White as he captured his first NEC indoor title in the pole vault. He cleared 4.65m to set a new school record as teammate senior Chris Cashin tied with three other participants for second place in the pole vault (4.05m).
Hawks drops two tough consecutive games

The Monmouth University Women’s Basketball team perhaps had their two toughest road games of the season in Robert Morris and Saint Francis (PA), last year’s NEC Champion.

On Saturday, February 12, the Hawks rolled into Robert Morris University, winning two in a row. The first of those victories came against the Colonials at home on Saturday, February 5. Unfortunately for Monmouth, the flu bug would sideline two of it’s starters in juniors Niambi Dwyer and Liz Whalen.

Robert Morris would take advantage and a post a 66-50 win over the Hawks at the Sewall Center in Moon Township, Pa. The Colonials were led by Amie Harris, who scored 16 points, and Sugiey Monsac, who had a double-double, scoring 15 points and 18 rebounds.

The Hawks, who shot 37% from the floor, jumped out in front early and hung around with Robert Morris for most of the first half, but the Colonials would use a 14-0 run to go up 29-15 and would eventually lead 41-22 by halftime.

In the second half, Monmouth would cut the deficit to 12, but that would be all as Robert Morris would match the Hawks shot-for-shot for the remainder of the game. The Colonials did damage at the foul line, dropping in 12-of-18 from the charity stripe. Monmouth would only get seven free throw attempts, despite making all of them.

The Hawks were led by senior Erin Winston’s 15 points and eight rebounds. Freshman Lindsey Zegowitz was also solid, pouring in 18 points for the Hawks, who out rebounded Robert Morris 36-33.

The Hawks were led by senior Erin Winston’s 15 points and eight rebounds.

It didn’t get any easier for the Hawks, as they traveled to Loretto, PA to take on the Red Flash of Saint Francis (PA). Monmouth would get a lot of positives and one big negative out of this game. That negative would be the Hawks falling to the Red Flash 83-78.

One of the many bright spots for Monmouth came from the return of Dwyer, who would perhaps have the best game of her college career, scoring a career-high 31 points on 9-of-14 shooting, including a school-record eight 3-point field goals. As a team, Monmouth would register 12 3-point baskets.

Senior Courtney Lumpkin also had a big night, dropping in a season-high 20 points for the Hawks, who out rebounded Saint Francis (PA) 35-28, but that would be it as Saint Francis (PA) would put in seven free throws in the final minutes.

The Hawks, who are 7-5 in NEC action (fifth place) and 11-10 overall, will begin a three-game home stand, beginning with Long Island University on Thursday, February 17 at 7 p.m. Monmouth will then play Fairleigh Dickinson University on Saturday, February 19 at 7 p.m. Monday, February 21, will be the final game of the home stand as the Hawks play Wagner University at 7 p.m.

Upcoming Games

Thursday
2/17/05
Long Island

Saturday
2/19/05
Fairleigh Dickinson

Monday
2/21/05
Wagner

All Games are at 7:00 p.m. in Boylan Gym

Freshman Lindsey Zegowitz crashing the boards.

PHOTO BY Jim Reme

PHOTO BY Jim Reme

Irish beer pla

An afternoon filled with

LAUGHING & DANCING & SINGING

SUNDAY,
MARCH 13, 2005
POLITZ THEATRE
MONMOUTH UNIVERSITY
2:00P.M. ~ 4:30P.M.
ADMISSION
$15.00
$10.00 with MU ID
Featuring Ireland’s own:
SHAWN BENNERS (COMEDIAN)
JOHN MAHILA (SINGER)
For Tickets and Information, please call Tom Manzo at 732-263-5833 or email: tmanzo@monmouth.edu

PHOTO BY Jim Reme

for the remainder of the game.

Erin Winston’s 15 points and eight rebounds.
Men’s Basketball split games on PA trip

Hawks remain in first place in Northeast Conference play.

Eddy Ochieng’
Staff Writer

With less than thirty days remaining until Selection Sunday, the Monmouth University men’s basketball team has reached the official home stretch of the 2004-2005 regular season.

With just five games left on the schedule, including three at home this week, the Hawks have the opportunity to win the regular season title, and therefore host any Northeast Conference tournament game that they’d participate in.

The NEC changed the format for the conference tournament this season; instead of playing the entire tournament at one location (it’s been at Wagner for the last two seasons), the games will be played at the home court of the higher seed with each round being re-seeded. All that means for Monmouth is to focus on ending the regular season with the best record in league play, and the Hawks can assure themselves of that if they defeat Wagner on Sunday at 4 pm. The Seahawks have won six games in a row and have been affectionately referred to, has been a long time barometer as it has been affectionately referred to, has been a long time barometer.

In their most recent action, the Hawks took to the Keystone State for two clashes with St. Francis (Pa.) and Robert Morris. The “PA” trip, as it has been affectionately referred to, has been a long time barometer as it has been affectionately referred to, has been a long time barometer. This year, Monmouth split the two games.

In the first game of the trip, the Hawks fell to the host Red Flash of St. Francis (Pa.) 65-57. Blake Hamilton was the lone Hawk going strong against the competition vs. LIU earlier this year.

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Both the Men & Women’s Teams from Monmouth won the NEC Indoor Track & Field Championships in Maryland this weekend. It gives the Women their second consecutive title and the Men their first.