Features

The hottest couture for back to school

Guys: trade in the old items for the newest Fall Fashion must haves.
Girls: What you will need this Fall semester.

Entertainment

Red Eye review and more

Director Wes Craven does it again, scaring audiences nation wide.

News

Heat Wave USA

Scientists believe that if global warming emissions are not reduced, temperatures in the United States could rise between three and nine degrees before the end of the century.

Dorm Life

Life at home verse life at college

Making the adjustment from living with parents to life without parents and everything else that goes along with being a college student.

Sports

Hawks hope to capture 3rd NEC title

See if the hawks can win their third title in a row, take a sneak peak at this years squad. Full team preview inside.

Turf: the new surface of the Hawks

Up until now, Kessler Field has been a facility filled with excited fans, championship teams, and, well, grass. This season, however, the Hawks will be charging on a completely different surface; a newly constructed turf field.

Construction for the turf began on June 29th by Field Turf, Inc., a company based out of Canada. The exact product the field will be comprised of is known as Field Turf Pro Series Synthetic Grass, which according to the company’s website uses a polyethylene blade as well as a sand and rubber infill.

According to Athletic Director Dr. Marilyn McNeil, Kessler Field as it stood before was “a very underutilized field” and the investment in turf would allow for much more student use.

“The football and lacrosse teams can play on it back to back, and intramurals and recreation will have use of the field,” said Dr. McNeil. “Unlike a grass field, you don’t have to water and grass stand between.”

The field can be used 24 hours a day without having to be concerned with the wear and tear that a grass field would have to withstand, according to Jeff Stapleton, Associate Athletics Director for Internal Affairs.

Sophomore football player Brian Frech is looking forward to playing on a field where weather will not affect the field play.

“Well, the new field turf will be something that can be used to practice on so we don’t tear up the field,” said Frech. “Also, rain won’t be a factor that would possibly tear up a grass field.”

The University views the field as a great recruiting and alumni tool, as well as something that can benefit the entire student body. MAAC (Monmouth Student-Athlete Advisory Committee) President Lindsay Stetson agrees.

“I think the turf field is an excellent addition to Monmouth Athletics and most Division I schools have turf so it makes sense for us to have one as well,” said Stetson. “It should be beneficial not only for the lacrosse and football teams, but for other teams to practice on and adjust

Move-in continued on pg. 10

Ready, Set, Unpack

Freshmen get aquainted and settled this past weekend

Turf continued on pg. 13
September, 2005

Dear Students:

To the newest members of the Monmouth University community, the Class of 2009, and our new transfer students - a hearty welcome. To all our returning students, welcome back. It’s great to have you with us again. I hope your summer was productive and fun, and you are ready for another outstanding year here at Monmouth.

Over the past several months, much has been done to get ready for your arrival to campus. We have continued the work on the library to complete its renovation into a facility you will use to enhance your learning experience. A new turf field awaits the student-athletes and all who participate in intramural athletics. The 800 Gallery has been enhanced to display artistic works and add to your cultural enrichment. These and so many other projects have been undertaken to ensure that you live, play, and most importantly, learn in the best environment possible.

You will also find a wealth of opportunities for you to get involved in the life of the campus. New clubs will welcome your participation and the Greek life system is always looking for strong students who want to form a common bond. Come out and cheer all the student-athletes who represent you and the University so well. Take advantage of the outstanding performing arts, theatre, and film schedules. All of this is here for you – but you must choose to take advantage of them!

I want you to be challenged by your experience here. Stretch your comfort zone. Open your eyes to new opportunities, while getting to know new people and appreciating the unique experiences and talents we all bring to this community. Finally, I want you to be healthy and safe, using the knowledge that you already have and that you will gain to make good decisions as you are confronted with the typical temptations of the undergraduate experience.

We are all here to help you, to support you, to cheer you on, and to challenge you to be the best. Again, welcome to campus! Please do not hesitate to contact us at anytime.

Sincerely,
Mary Anne Nagy
Vice President for Student Services
Meet MU: Kevin Callahan
Hawks head football coach

NIXI REED
CONTRIBUTING WRITER

“Football Glory”, as they call it, has followed our head football coach, Kevin Callahan, around his entire life. Being the only head coach in the history of football at Monmouth University, he has seen many glories that have graced his path.

His young football dreams began at the age of five. He played football when he was very young and determination, it brought him to the Union of Concerned Scientists, the cause of this warming: the melt-downpours in some areas. More intense rainstorms, another consequence of global warming, are expected its second worst wildfi re season in 50 years.

With temperatures soaring past 100 degrees, people who were huddling downpours in some areas.

People across the world should be concerned about another consequence of global warming: the melting of glaciers. If our glaciers continue to retreat at the rate they are now, there will be no glaciers left in Glacier National Park by the year 2070.

What is the reason behind this stunning development? As we all know, people say global warming is to blame. According to the National Resources Defense Council, the cause of this intense heat is the thickening layer of carbon dioxide pollution which has been pumped into our auto mobiles. This pollution traps heat in the atmosphere.

Hence it can be said that if global warming were reduced, temperatures in the United States could be between 3 and 9 de grees before the end of the century, with a resulting reduction in sea levels, which would cause coastal flooding (in areas such as this one).

Heat waves, such as the one we experienced this summer, would be more common and more severe. Droughts and wildfires would be more frequent, and spread according to the Union of Concerned Scientists, there are simple things each one of us can do to help curb the effects of global warming.

Carefully choose the car you drive: look for a car that has the best fuel economy in its class. Each gallon of gas you use releases 25 pounds of heat trapping carbon dioxid e into the air.

Choose clean power: Most of the electricity in the U.S. comes from polluting coal-fired plants, although we can’t live without elec tricity, we can choose an electric company that provides 50 to 100 percent renewable energy.

Look for Energy Star: When shopping for new appliances, look for the Energy Star label. They may be more pricey at first, but they will save you a ton of money in the long run. Not only that, but if everyone in the U.S. switched to Energy Star appliances, we would save $15 bil lion in energy costs and get rid of 179 million tons of heat trapping gases a year.

Unplug a freezer: By unplag ing your extra refrigerator except for on holidays or when you really need it, a typical family can reduce their carbon dioxide emissions by about 10 percent.

Get a home energy audit: Many utility companies offer these for free so take advantage of it.

Use energy saving light bulbs: Every family in the United States replaced one regular light bulb with an energy-saving model, we could reduce global warming pollution by more than 90 billion pounds, the same as taking 7.5 million cars off the road.

Carpool: Get a ride to class with a roommate or family member to cut back on fuel emissions.

Plant a tree: Not only do trees absorb carbon, but they also produce some much needed shade in the summer, reducing the use of fossil fuels.

Speak up: Let policymakers know how you feel about global warming. There is strength in num bers so speak up and be heard.

If we were each able to follow a few of these guidelines, we would all al most pass on a cleaner, safer environ ment to the next generation.

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After a history spanning over two decades, the Honors Program is now elevated to the status of Honors School as of July 1, 1999. The Honors Program was founded in the early 1980’s by Dr. William Mitchell, as Assistant to the Dean, President Campbell, and Dr. Garvey, implementers of the new Honors School in his strength of the Program with the criteria of the National Collegiate Honors Council as outlined in “Characteristics of a Fully Developed Honors Program.” Standards of the National Collegiate Honors Council, for their continued faith and support, Ms. Reenie Men- non-Hons to this events and to Birch Hall, demonstrating an academic eligibility, develop expand- ed facilities for a four Honors Majors and Minors and ALL those interested in Morganthal & Theatre Arts. Monmouth University include Announcing, Broad- cast Workshop, Talk Radio, Radio in America and a Radio Operations Practicum. He has compiled a database of the WMCX career placement- s of Monmouth University stu- dents in the broadcast industry; he has donated his time and support throughout the year. Everett “Rett” Rich, Associate Professor of Radio and Television for the last 39 years and faculty advisor to Monmouth University’s student-run radio station, WACC 88.9 FM, for the past 21, has stepped down as station advisor and will be retiring from teaching at the end of this academic year. Taking his place is Professor Aaron Furgason, Monmouth Class of ’92. Furgason was the Music Director of the station in 1991-1992 while Rich was the advisor. Some of the courses the beloved Rich created in his tenure at the university include Announcing, Broadcast Workshop, Talk Radio, Radio
The Department of Music and Theatre Arts will present

February 10, 11, 17, 18, 19, 22, 23, 24, 25 2006

Auditions are open to the entire Monmouth University Community

In order to audition, YOU MUST ATTEND the Student Department meeting, Monday Sept. 12, at 7:30 PM in the Woods Theatre. That is the ONLY time and place that audition information will be distributed.

Auditions will take place in the Woods Theatre Building on the following dates. If you want to be part of this incredible experience, you must audition on the scheduled dates and times:

Vocal Auditions— Tues. Sept 13 & Thurs. Sept. 14 7:30 PM Theatre

YOU MUST ATTEND THE SEPT 12 MEETING TO SIGN UP FOR AUDITIONS.
How to change from SUMMER FUN to school work
The ultimate guide to getting back into a successful school routine.

LAUREN NAPOLITANO FEATURES EDITOR

In the 1995 hit movie Billy Madison, Adam Sandler sang the words that all kids dread at the end of every summer: Back to school! Back to school, to prove to Dad that I’m not a fool! I got my lunch packed up, my boots tied tight, I hope I look good, momm-OHHH, back to school! Back to school! Back to school! Well, here goes nothing.

Here we are. School has begun and summer is officially over. For the past three months all we have known was the sun, the bars, the best activities of school. Don’t fret just yet. There is some hope! Here are some tips on how to change your mindset from fun to the sun in pencils, books, and teachers’ dirty looks.

Stimulate your mind: Admit it. Most of your friends will have read a book, read a newspaper, or even read some random articles. You weren’t assigned to. Face it, when you come back from summer vacation you will spend any night of the week and reading the news, the books, or some other random article. That’s because you are not used to dragging yourself to bed in the early hours of the morning. Get used to it! Change your sleeping pattern and set it during the week to get accustomed to a regular bedtime and time to sleep. Invest in a good alarm clock and set it for 7 a.m. on most days just to repeat the experience. The Outlook September 7, 2005

Back to school that will avoid weight gain
LAUREN NAPOLITANO FEATURES EDITOR

Starting a new school year can mean the start of a new you. Faced with inevitable weight gain, means weight gain. Here is a guide from Shape magazine provided by Tadzio Heath. Avoid the dreaded freshman 15 or freshman 15 and beyond, sophomore, junior, or senior 15.

• Jump-start the day: Always begin each day with a healthy meal. Rachel Brandes, M.S., R.D., a nutritionist in Atlanta, states “Skipping breakfast will give you an energy boost initially, but also will provide the energy and fuel you need for your classes. Try eating three balanced meals a day with two snacks in between, totaling your required amount of rest and sleep metabolism burning and energy levels high. Try to include protein, high fiber grains, and natural fats with each meal. Most important, avoid sugary foods. They may give you an energy boost initially, however, will cause you to crash after a few hours.

Nutrition Facts Serving Size 4
Amount Per Serving
Calories 288
Total Fat 7g
Sat Fat 1g
Total Carb 26g
Dietary Fiber 4g
Protein 32g

Ingredients
• 1 tablespoon freshly squeezed lime juice
• 1/2 teaspoon Madras-style curry powder
• 1 teaspoon grated fresh ginger
• 1/2 cup chopped flat-leaf parsley
• 3 tablespoons sliced almonds
• 1/4 teaspoon grated nutmeg
• 1/2 cup watercress, stems removed
• 4 slices wheat bread or 2 white wheat English muffins, toasted

Process
Put the chicken in a saucepan along with the water and salt. Bring just to a boil then reduce to a gentle simmer. Cook, covered, so the chicken is tender but not falling apart. Set chicken aside off the heat, cool and then cut into bite-size pieces. Whisk yogurt, mayonnaise, lime juice, curry, grated ginger and parsley in a bowl.

Eat healthy: Eating healthy is not only good for your figure, but also will provide the energy and fuel you need for your classes. Try eating three balanced meals a day with two snacks in between, totaling your required amount of rest and sleep metabolism burning and energy levels high. Try to include protein, high fiber grains, and natural fats with each meal. Most important, avoid sugary foods. They may give you an energy boost initially, however, will cause you to crash after a few hours.

Add chicken, almonds, and pineapple, and fold to coat evenly.

Make open faced sandwichwiches with the salad and watercress on the bread or muffins.

Serve.

Recipe Summary Difficulty: Easy Prep Time: 20 min. Inactive Prep Time: 24 hours Cook Time: 15 min. Yield: 4 servings (3 1/2 cups)

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Ingredients
• 2 bone-in skinless chicken breast halves, (about 1 1/2 cups)
• 1/2 cup watercress, stems removed
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• 4 slices wheat bread or 2 white wheat English muffins, toasted

Process
Put the chicken in a saucepan along with the water and salt. Bring just to a boil then reduce to a gentle simmer. Cook, covered, so the chicken is tender but not falling apart. Set chicken aside off the heat, cool and then cut into bite-size pieces. Whisk yogurt, mayonnaise, lime juice, curry, grated ginger and parsley in a bowl.

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Guys: Trade in the old for the new

TRADE IN… The boring white cotton T-shirts FOR… The ‘talking tees’ that Abercrombie & Fitch is known for. If anything else, they are great conversation starters due to the double-entendre and often risqué sayings.

TRADE IN… Wearing a button down and jeans without some spunk FOR… Wearing a button down and jeans with a tie to match. Wear the tie loosely hanging in a preppy casual kind of way with the first two button or so of your shirt undone. The tie will add the effect of ‘I’m trying to act like I don’t care, but I do’.

TRADE IN… Baggy oversized jeans that hang below one’s derriere revealing those Spongebob boxers you turn over into your mother bought for you. FOR… A more fitted jean that actually sits on your waist (at least in this case you could still don Spongebob undergarments without people knowing about your fascination for cartoon characters).

TRADE IN… Squinting eyes and obvi- ous glances FOR… Sunglasses, and preferably aviators. Since men don’t have too many options in the realm of accessorizing, sunglasses can make a great statement; you can hide the ‘rough night’ you had behind the large dark shades too.

TRADE IN… The metal chains that hang from front to back pockets called ‘keepers’ for such things as keys and or wallets, but rather look like weapons. FOR… Armani Exchange leather braided keepers that look less violent and more fashionable.

Top 5 Fall Female Fashion Fixes

ANDREA TIBALDO
FASHION EDITOR

Coats - Makes a statement in any style you wear…

One of this season’s staples includes short ‘bomber’ jackets. Don’t be afraid to wear shirts that are longer than the jacket, especially since layering shirts of different styles and cuts exudes fall fashion. While purusing the merchandise racks this season you’ll also come across jackets and coats that have large, somewhat oversized belts that sit on the waist (a la military-esque). Prints and hound’s-tooth patterns are in as well, especially in mid to long length coats. A note to you short ladies out there though…the long coats (anything below mid calf) are a no-go unless most definitely coupled with high heels or stillets! If you wear a pair of flats you will give the illusion of being shorter and plumper than you truly are underneath that beautiful coat you’re sporting.

Boho Is Still In…

The bohemian look we welcomed at the beginning of the summer has followed us into the fall months so keep your mid calf, flowing tiered skirts out, mix the sandals or espadrilles, and instead add knee length boots to the outfit.

Say Howdy To Some South Western Influence

No, I’m not asking you to learn how to square dance or pull out the old daisy dukes that Jessica Simpson single-handedly had boyfriends all over the world begging their girlfriends to wear this summer. Jessica has already been seen in this fall’s hottest shoe…the cowboy boot. Whether the pair you buy is up to your calf or up to your knee, they will infuse a little spunk into almost any outfit…and might even have your boy toy saying ‘Yeehah!’

Big & Plenty

The saying ‘accessories make the outfit’ will forever hold true so this fall be sure to complete your look with some eye-catching bling. From long layered necklaces (chunky, thin or rockin’ a pendant) to oversized cocktail rings to bangle bracelets; this fall is all about extremes in size and numbers. Large bulky bags and belts should be on every females fall shopping list too (belt trick: leave it low slung on the hip to complete your Boho style) in typical earthy fall colors such as black, brown, copper and even green.

Be Femme Fatale

We are women and need to show it…tastefully! The tomboy in you should have been exonerated the moment you began waxing your eyebrows and shaving your legs. I’m not saying an occasional oversized t-shirt is out of the question on a Sunday when you’re laying around watching football, but there are times that call for an element of femininity. Lace panties, sheer tops, flirty skirts and pearls are items that make ladies of any age into the timeless beauties we are. But PLEASE, leave the lace and sheer outside of the classroom…please!

Pump It Up, Don’t You Know Pump It Up…

Okay, stop singing and blur those flashbacks your having of Dijas on that hot summer night when you were fist pumping with Vinnie, Frankie, Johnnie, and all of the other Italian stallions that kept Belmar hopping from May until August. Pumps, as in high heels, the actual shoe, are what I was really refer- ring to. The 1940s style pump is in full effect. For Fall ’05 the heel is boasting hot summer night when you were fist pumping with Vinnie, Frankie, Johnnie, and all of the other Italian stallions that kept Belmar hopping from May until August. Pumps, as in high heels, the actual shoe, are what I was really refer- ring to. The 1940s style pump is in full effect. For Fall ’05 the heel is boasting 5

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The saying ‘accessories make the outfit’ will forever hold true so this fall be sure to complete your look with some eye-catching bling. From long layered necklaces (chunky, thin or rockin’ a pendant) to oversized cocktail rings to bangle bracelets; this fall is all about extremes in size and numbers. Large bulky bags and belts should be on every females fall shopping list too (belt trick: leave it low slung on the hip to complete your Boho style) in typical earthy fall colors such as black, brown, copper and even green.

Be Femme Fatale

We are women and need to show it…tastefully! The tomboy in you should have been exonerated the moment you began waxing your eyebrows and shaving your legs. I’m not saying an occasional oversized t-shirt is out of the question on a Sunday when you’re laying around watching football, but there are times that call for an element of femininity. Lace panties, sheer tops, flirty skirts and pearls are items that make ladies of any age into the timeless beauties we are. But PLEASE, leave the lace and sheer outside of the classroom…please!

Pump It Up, Don’t You Know Pump It Up…

Okay, stop singing and blur those flashbacks your having of Dijas on that hot summer night when you were fist pumping with Vinnie, Frankie, Johnnie, and all of the other Italian stallions that kept Belmar hopping from May until August. Pumps, as in high heels, the actual shoe, are what I was really refer- ring to. The 1940s style pump is in full effect. For Fall ’05 the heel is boasting
Three years ago... The friend at the left went to college and the friend at the right got a job.

Going to College? Is it worth the Costs?

On a beautiful September day, three years ago, I moved into my dormitory on the campus of Monmouth University, on a decent scholarship, the first in my family to go to college, and the first of my friends who didn’t go to Union County College. Life was nice, relatively easy going for this first year. I had little money, but it was alright. I had no on-campus parking, but my car was stolen, kept away around the corner and a few blocks away. I was enjoying the freedoms of dorm life, the challenges of the studies and attempting to balance my time between the two.

Flash forward to the present. I am still at Monmouth, however I could’ve sworn I was with a dorm, so I had to move off campus. The landlord kept most of my security deposit (for reasons involving mowing the lawn), so at the present I am a commuter student. This isn’t a problem; I have driven farther to jobs in the past than my commute this year, however the recent leaps and bounds that gas and crude oil prices have made will be a little pricey, but, on the other hand I paid much less for this year of school, less than half of what it cost me any other way, especially last winter, with the over priced house and lost security money.

I have a friend from my town, who, about eighteen months ago, joined the post office. He took, and passed his civil service and drug tests, and started “walking the route.” Currently working in Garfield, NJ, he is making pretty good money, bought a car, rents a nice, one bedroom apartment, and has a good cash flow for a bachelor, affording him CDs, DVDs, concert tickets, and whatever else he wants.

I may have bought five CDs since I’ve been at Monmouth. Three of them were used. DVDs? Forget it. I think I saw one concert since I’ve been at MU as well. Life of Agony’s reunion show at the Birch Hill before it closed down. As a college student, I can’t afford most concert prices these days, or much entertainment in general, and with gas prices driving up everything else, I’ve bought a 16 ounce Apple Juice today, which cost $1.69, it seems as if I am going to be broke for a little while.

So you, the reader, are probably saying to yourself right now “Lighten up dude, when you get out of school, you’ll be getting the better jobs, and who wants to work in the Post Office anyways?” This is what I hope, but along those same lines, the reader, is most likely not a MU graduate (who was very involved and very good at what he does) from last year around the campus, and hearing that he couldn’t find a job, the situation gets depresssing. Not to mention the staggering debt that college loans are going to put me in after I graduate, and if I wanted to go to grad school or law school?

They say that most college grads start off making between $24,000 and $30,000 a year. The post office could only find a job for me, that didn’t have to pay for it. It kind of makes you think, doesn’t it? There are lots of jobs out there which don’t require a college degree to make good money. Perhaps I should have become an electrician like my Dad or a Rutgers grad who, after her graduation, went to school, and they live good, hard working lives. I once met a Rutgers grad who, after her graduation, went to school, and they live good, hard working lives. I once met a Rutgers grad who, after her graduation, went to school, and they live good, hard working lives. I once met a Rutgers grad who...
...and as the leaves begin to fall on the coast, local liquor vendors brace for winter. This means that a lot of people are nice, they hold open doors for you and respect your personal space. Respectful behavior is more readily seen on campus.

All we have an opinion here to be heard, so take advantage of these chances that a great many don’t receive. Whether you have realized it or not, we all have good fortunes and better opportunities by even being born in college (and many of us have exactly the same opportunities!) so use them, especially those whose classes are mostly in the Planning Center, take advantage of these media outlets and your education.

So you’re reading this! You’re reading this because I convinced someone to let me write for the paper! Actually it wasn’t that difficult. I met with the Editor in Chief and told him that I wanted to write for the paper but I don’t do the politically correct thing, don’t discuss my liberal politics and I don’t like for me to change my writing. She said that she was fine.

I thought that is that like asking to be a stewardess but telling your boss that you have a fear of heights. The only thing ask me if I had anything written she could read to see my last name was appropriate for the paper. I told her that I did and then politely asked if the rest of them is (mimi freshness!) – great sales pitch there. I thank her for asking me to locate the best complimentary/incentive token I have recently received. New York magazine mailed me a medium, ruler sized card that tells you how to find the cross streets in Manhattan. Not being a math major, advice that reads "find the cross street for an address on an avenue. Take the number of the street, add or subtract the last digit, divide by 2 and add or subtract the number below, that’s the nearest cross street." Well that’s very kind of you, but instead of the street names I would have to ask you to spell it out in the cross streets times roll. Experience all that you can, because these are the friends and memories that will last forever.

Residents of Cedar, you are the only freshman dorm with suites, put your roommates, these people are your friends, they have problems with their own problems! So you would like to see Outlook@monmouth.edu.

If so, send us a copy at outlook@monmouth.edu. This means that I convinced someone to let me write for the paper! Actually it wasn’t that difficult. I met with the Editor in Chief and told him that I wanted to write for the paper but I don’t do the politically correct thing, don’t discuss my liberal politics and I don’t like for me to change my writing. She said that she was fine.

We all have an opinion here to be heard, so take advantage of these chances that a great many don’t receive. Whether you have realized it or not, we all have good fortunes and better opportunities to even be in college.

Even now and then you go away, have a little relaxation, have some fun. Some day you’ll be grateful for this. Some day you’ll be grateful for this.

This coupon is not valid with any other coupon. This coupon is valid on your first visit only. This coupon is void where prohibited by law. This is coupon is good only for 1 MONTH GOLD MEMBERSHIP.

“Imagination is more important than knowledge.” —Albert Einstein (1879-1955)

"If this were a dictatorship, it’d be a helluva lot easier to get away, just so long as I’m the dictator" —President George W Bush (1946)

"If you can’t get rid of the skeleton in your closet, you’d best teach it to dance." —George Bernard Shaw (1856-1950)
Senior Pier Village Resident Nicole Holota (pictured above) arranges flowers for her new apartment located on the beach in one of Long Branch’s new redevoloping zones.

"Yes, I kind of do feel detached. Now I can't just take a walk and see what's going on in another building; less friends are as close to me as when on campus, and it's harder to meet new people unless you go out. Living on campus is a more friendly environment," said Senior Pier Village Resident Alyson Goode.

Other orientation leaders volunteer for the sheer pleasure of knowing their hard work makes the transition for new students a little bit easier.

"It’s fun getting everybody moved in and getting the year off to the right foot," said Kirk Leon.

Orientation continued on Monday, September 5th. The day began at 8 a.m. and a new freshman had a day full of vigorous activities followed by a night camp out.

Move-in and orientation have run smoothly past years, but many mentioned the beautiful weather made this year's move-in more enjoyable than ever.

“I think it’s going perfect because we have a wonderful day, it’s very well organized and everybody I’ve talked to has been very happy,” said President Paul Gaffney.

Resident Assistant Student Affairs Mary Anne Nagy noted, “I think every year it gets smoother and better. Parents acknowledged how convenient it was having the move-in crew on campus during the morning on move in day.

“They always give comparisons ‘her or his older brother or sister went to this school or that school’ and we got stuck hugging things up the stairs or across the street. There’s no one in an orange shirt helping us carry stuff upstairs or a President helping us unpack our car," said President Paul Gaffney.

New students were all smiles on move-in day. Freshman Taylor Smith expressed her excitement when asked why she chose to come to Monmouth University.

“They had exactly what I wanted in a major, the school is beautiful and everyone is just so friendly. I knew that when I came here was the school for me,” said freshman Taylor Smith.

Monmouth University Undergraduate Admission Annual Fall

FOR PROSPECTIVE STUDENTS AND THEIR FAMILIES

TO VOLUNTEER: CONTACT CARINE AT 732-571-3456 X5625

SHAR E YOUR MONMOUTH SPIRIT VOLUNTEER TODAY!!!

THE PLACE TO BE THIS THURSDAY NIGHT!!!

Free Drinks from 10:00 PM to Midnight! No COVER!!!

Win a Monmouth Hall Shopping Spree!!!

Thursday, September 8 2005
Oakwood Hall Lounge

This is an alcohol free event sponsored by the Office of Residential Life, the Substance Awareness Department, and funded by NJ Department of Human Services, Division of Addiction Services.

Freshmen make adjustment to MU with help of Orientation Leaders

and Leah (Paris), Hypnotist – Astonishing Neal, and attend a late night breakfast.

The orientation is given by a group of trained upperclassmen who serve as orientation leaders.

There are a plethora of upperclassmen who become orientation leaders at Monmouth. Many are motivated by their own experiences.

“I had a lot of fun at my orientation, it inspired me to become an OL (orientation leader),” said SGA presi dent Alyson Goode.

Other orientation leaders volunteer for the sheer pleasure of knowing their hard work makes the transition for new students a little bit easier.

“The future success of Monmouth University depends on you!

For Prospective Students and their Families

Sunday, October 2nd.
Volunteers Needed!

The Outlook September 7, 2005

Students because the University negotiated a lease for such a large number of units.

“The apartments and the entire complex are beautiful. It is an amazing opportunity to live in such a beautiful place while pay ing for it through college tuition," said Bowes.

Each apartment has its own stackable washer/dryer, dishwash er, microwave and fridge which was provided by Pier Village.

The University provided each unit with a overstuffed couch, chair, coffee table and end tables for the living room. For the bedrooms they supplied headboards, mat tresses, night tables and dressers. A table with four chairs was made available in the dinette area.

Students had to bring their own desks and anything else they wished to decorate the apartments with.

“My roommate and I chose to do a bunch of decorating to make it feel very homey. We love it," said Senior Pier Village Resident Nicole Holota.

Pier Village is a $180-million re development project that attracted the interest of many students.

“This is a great opportunity for our students to live within the community of Long Branch. The venue is wonderful - resort like - like real Pier Village residents," said Jim Pillar.

The University has a one year lease at Pier Village which started on June 6, 2005. On June 17, students were allowed to move into the new beachfront property and have access to the units for 11 months out of the one year lease.

“So far, for the past 2 months, Pier Village has been an exciting experience.

,” said Senior Pier Village Resident Nicole Holota. Monmouth Mall Shopping

Monmouth University News

September 7, 2005

continued from pg. 1

I f t hi s y e a r ’ s l i v i n g s i tu a ti o n i s

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“As an incoming freshman, what are you most afraid of as you begin college?”

**Terry**
"Eating something I'm allergic to and getting a deadly reaction."

**Nicole & Allie**
"Gaining the freshman 15."

**Melissa**
"Walking into the wrong class at the wrong time."

**Ruben**
"Your mom goes to college."

**Dave & Nick**
"The RA’s -- because they have power."

**Valerie & Lauren**
"Being away from home and having to be an adult for the first time."

**Danielle**
"People stealing my stuff."

**Marion**
"Failing out."

**Cristina**
"Feeling alone."

**Chrissy & Amanda**
"Trying to find a group of friends that you identify with."

---

Share your space, but live on your own.

Get everything for your dorm room at Walmart.com and still afford tuition.

©2005 Wal-Mart Stores, Inc.
The concept of the movie is great: simple, sweet, twenty-something-year-old girl gets wrapped up in a larger-than-life quest for blood. If everything goes as planned, the deaths of several innocent people will rest on her shoulders. The audience immediately feels for Lisa and realizes this terrifying situation could happen to anyone. It is the circumstances under which Lisa is placed, not the gore and vulgarity (both of which are minimal), that makes this movie scary. The whole time, you wonder how Lisa is going to escape and what Jackson will do to stop her.

The idea of being within the small confines of an airplane and Lisa’s fear of flying adds to the frightening, edge-of-your-seat, tension the movie provides. It is as if you are thinking, “Could this woman be in a worse situation?” The consequences of rebelling turn out to be dire as well. If Lisa does not do everything Jackson says, her father will be killed by a man Lisa is told is crazy. Though it becomes a bit hackneyed, Red Eye is worth watching for the amazing performances and enthralling, dramatic storyline that unfolds when two strangers meet and only one can get out alive.

Despite the twists and turns, it is Lisa Reisert (Rachel McAdams) and Jack Scalia (Cillian Murphy) who are compelling and captivating. Though Murphy makes you believe that Jackson is crazy from the trailers, you still can’t blame Lisa for wanting to talk to Jackson and getting to know him better. Murphy also plays Jackson with a bit of mystery. You want to know more about him and why he does what he does. Murphy makes you believe that there is more to Jackson’s character than meets the eye, but unfortunately you never find out.

Red Eye is directed by Wes Craven, a man who is as unsympathetic as they come, engaging the story seemed to tricker out in the end. The viewer waits for Jackson’s character to surprise Lisa with a new twist. On the other hand, the same viewer also waits for Lisa to do something unexpected in her moment of fright, but neither happened. The story ends up being quite predictable. Though the story didn’t provide many shocks, its realism is what made the movie work. In an age of terrorism, especially on airplanes, the story seemed appropriate for the time. If Red Eye was trying to play with the audience’s emotions and sense of vulnerability, then it succeeded. This is what keeps you watching. However, when Lisa and Jackson get off the plane, the danger and horror that was captured so well in the first half seemed to peter out. The movie then begins to unfold as so many of Wes Craven’s horror films do, where you sit there thinking, “Watch out the scary is behind the door!” It would have been better if that “slasher flick” element had remained absent.

The acting in the film was magnificent. McAdams and Murphy both fully captured the essence of their characters. McAdams makes you relate so much to Lisa, that you are forced to squeeze your seat, feeling her heart-pound- ing anxiety. You can taste her fear of flying throughout the movie and hope that it never happens to you. McAdams’s performance shows that yes, these things do happen to real people and even the smartest of the bunch have trouble knowing what to do. In one scene, Lisa comes to terms with the fact that she is in trouble and breaks down in the bathroom. This shows just how magnetic McAdams’s performance is in this film. Cillian Murphy’s interpretation of a maniac, terrifying another person makes your skin crawl. When he first comes onto the screen, Murphy is able to portray Jackson as a charmer with a sweet smile, not giving any hints that an assassin is behind those baby blues.

“Establishes a mood and manages to keep it edgy and claustrophobic throughout.”

JEANNE AUFMUTH
MILO ALDO WEOPEN

The box offices were booming nationwide this summer as people arrived in droves to see their favorite stars on the big screen. Many films were released, but only a select few can be called “blockbusters.” Here are the top five highest-grossing movies:

1. Star Wars: Episode III
2. War of the Worlds
3. Batman Begins
4. Charlie and the Chocolate Factory
5. Wedding Crashers

Though it becomes a bit hackneyed, Red Eye is worth watching for the amazing performances and enthralling, dramatic storyline that unfolds when two strangers meet and only one can get out alive.
The 40 year old virgin is a bangin’ good time

NICOLE DENARDO
STAFF WRITER

Other than Wedding Crashers, it’s been quite a while since a movie had me laughing from beginning to end. When it comes to the funniest movies in recent years, The 40 Year Old Virgin not only wins the title, but also introduces the very enjoyable Steve Carell in a breakout performance which showcases his comedic talents to the world.

Carell plays awkward, naive and nerdy Andy Stitzer who has every comic book, video game and action figure known to man. But there is one thing Andy has never had: sex. In the past, Andy has had too many embarrassing intimate moments. So many, in fact, he has just given up trying to have sex. Andy comes to believe that sex will never happen to him and he should find other things to do to pass his time (like play the trombone, paint his action figures, and perform karaoke by himself in the comfort of his own living room). When Andy’s three co-workers find out his little secret, it becomes their goal to get Andy to lose his virginity. When Andy’s work buddies take him to a bar to hit on the drunk girls, he gets caught in the middle of another one of the work friends, tries to get Andy to make an impression on an attractive bookstore worker named Beth (Elizabeth Banks). Giving Andy advice, Cal says that he plant his seed by talking to Beth but not asking her out just yet. Afterwards, Cal says in typical jerk fashion, “You’ve got to wait for the seed to grow into a plant, then you go to it.**k the plant.” You can’t help but laugh, because you know guys actually do this, but a name has never been given to it.

The movie’s more moral side is shown through Andy’s relationship with Trish (Catherine Keener), a single mother who has insecurity problems of her own. Though Andy and Trish have different issues, they connect because they both have been hurt. In one very funny scene, Andy tries to show how much he cares for Trish by taking her angry daughter to a health clinic to talk about sex and birth control. Andy, however, becomes the one at the clinic asking questions and wanting to know more about sex. In yet another situation, Andy gets turned on by sex and asks Andy if he has protection. To this Andy replies, “I don’t believe in guns.”

The 40 Year Old Virgin also features great comedic performances by Paul Rudd, Seth Rogen and Romany Malco who play Andy’s three other work friends. Though the movie centers around Andy, these three actors were also in full comedic swing, adding their own funny touches to the movie.

The 40 Year Old Virgin has everything a movie should have: funny, likeable characters, recitable lines, different types of comedy, and a little romance. The movie may not have been perfect, but it was enough to make me want to roll off my seat in laughter and do it all over again.
Welcome to Monmouth University, home of the Hawks. It’s The Outlook’s pleasure to welcome you to our community. This map was designed to help you find yourself around your new environment. Keep it in your car or dorm and you’ll never get lost again.

Wishing everyone the best of luck this school year.

-The Outlook
LOOKING TO EARN SOME EXTRA CASH???

NOW HIRING PHONATHON ASSOCIATES

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$ HIGHEST PAID JOB ON CAMPUS

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Interested students please call the Annual Fund Office at (732) 571-7528 before Friday, September 23, 2005.
AN IMPORTANT MESSAGE for ALL MONMOUTH UNIVERSITY STUDENTS!!!
ACCESS YOUR STUDENT RECORDS ONLINE THROUGH WEBstudent

The Netscape screen above indicates the areas currently accessible. To access your academic information, please follow these simple steps:
Click the following from Monmouth's home page (www.monmouth.edu):

▶ STUDENTS
▶ WEBstudent

Complete Instructions for WEBstudent are available online:
Click Instructions on the top menu bar on the WEBstudent menu shown above.
The Outlook

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!
Today’s Birthday (Sept. 7th)
Make plans this year, but don’t take off quite yet on your voyage. Gather up wealth so you can pay all your bills off first.

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 an 6
After you’ve discussed the options and made your decision, the next thing on the list is to find and appropriate the funds. There’s not a moment to lose.

Taurus • (April 20 - May 20) - Today is a 8
You took on the assignment, and now you’re eager to get started. The first thing you encounter is the next barrier to overcome. Examine it closely.

Gemini • (May 21 - June 21) - Today is a 7
Although you’re very flexible, it’s nice to have a plan. Conditions are good for drawing one up, concerning your career.

Cancer • (June 22 - July 22) - Today is a 9
The next few days will be perfect for cuddling at home with a good book and a loved one, and maybe a couple of pets.

Leo • (July 23 - Aug. 22) - Today is a 5
Proceed with caution today and tomorrow. It will be easy to get stuck. Stand up for whatever’s most important to you, while you’re at it.

Virgo • (Aug 23 - Sept. 22) - Today is a 8
You can afford to make an investment in your own education. First, study the best way to do that.

Libra • (Sept. 23 - Oct. 23) - Today is a 7
Friends want to get you involved, but take care. Don’t promise to do something that benefits them more than it does you. Consider your own family first.

Sagittarius • (Nov. 22 - Dec. 21) Today is an 6
Don’t talk about your pet project within earshot of a person who could turn out to be your major competition. Mum’s the word.

Capricorn • (Dec. 22 - Jan. 19) - Today is a 8
You’d like to expand your territory, but there’s something holding you back. It’s kind of like you forgot to release the emergency brake.

Aquarius • (Jan. 20 - Feb. 18) Today is a6
Use your imagination to find another way to supplement your income. Promise yourself you’ll pay off bills.

Scorpio • (Oct. 23 - Nov. 21) - Today is a 8
You’re coming out of your reverse, eager to get started on a new scheme. Wait, until you have a better sense of the cost.

Sagittarius • (Nov. 22 - Dec. 21) Today is an 6
Delegate as much as you can, since your attention will soon be diverted. There’s a job that only you can do, and it’s coming due, quickly.

Libra • (Sept. 23 - Oct. 23) - Today is a 7
Use your imagination to find another way to supplement your income. Promise yourself you’ll pay off bills.
Student Activities

Get Involved!

Emerging Leaders Program

6 weeks • Tuesday's • 2:30 PM • Workshops • Fun!

Come on down! Looking for upcoming student leaders that want to enhance their leadership skills. Perfect for younger student club members and our future leaders. 6 week program begins Sept. 20 and ends Oct. 25. Applications available in the Office of Student Activities. Applications DUE Monday, September 12.

Upcoming Events

Wednesday, September 7
Outdoor Pit Show featuring BROADBANNED
2:30 PM, Rebecca Stafford Student Center Pit
Butter Sale
8:00 AM-9:00 PM, Erlanger Gardens (Katzette - RSSC Cafeteria)

Thursday, September 8
Butter Sale
8:00 AM-9:00 PM, Erlanger Gardens (Katzette - RSSC Cafeteria)
Federal Work-Study Job Fair
1:30 PM, Anacon Hall, Rebecca Stafford Student Center
Thursday Night Alternative (TNA)
10:00 PM, Oakwood Lounge

Friday, September 9
Outdoor Movie - KICKING AND SCREAMING
8:00 PM, Great Lawn (Katzette - RSSC Anacon Hall)
...
...

Weekly Film Series
Friday, September 8 (sponsored by SAB)
8:00 PM, Great Lawn

Student Involvement Fair

2:30-4:00 PM
Outside the Rebecca Stafford Student Center

Check Here Every Week For Great Events Coming Your Way.

Be There or Be SQUARE

Brought to you by the Office of Student Activities and Student Center Operations. Stop by our office for any questions or to learn how to get involved on campus. We are located on the 2nd Floor of the Rebecca Stafford Student Center or by phone at 718-571-3386.
Out with the old, in with the new

ERIN LUCAS CONTRIBUTING WRITER

If there’s one thing we could be certain of in today’s world it would be change and the constant shifting of everyday life. Everywhere around the world people experience change, sometimes suddenly and without warning, sometimes without permission, and are then left to deal with their situation in their own ways. I remember receiving my acceptance letter to Monmouth College and feeling a growing excitement in my stomach along with an edge of anxiousness as my summer drew to an end. Here it was, my ticket to independence, finally achieved. Never again would I mutter the words “I can’t wait to get out of here.” Making my own rules and being in charge of my own existence would no longer be a fantasy. Then, as with most things in life, reality hit and I realized how drastically my life would be changing overnight. Suddenly, I found myself packing up eighteen years of memories into just a few brown boxes and of course the classic Yaffa crates. Good-byes became an almost every day occurrence the last week of summer. I said good-bye to my friends who I grew up with, friends who knew everything about me. Friends who I saw everyday of my life. Now the only friends I had were the ones I made at college and would have to suffice the distance between us, friends who I had to make an effort with in order for the change not only in location, but in the two completely different worlds we lived in not to affect the bond you and I share, the ones who neither time nor distance could separate. I accompanied my boyfriend at the time to the airport and watched him walk through my door with out knocking, kick off their shoes, and turn the TV on as if it was their own home, and I realized my goal was to eventually become comfortable enough with my new friends until they became as tightly as you used to. Balancing each world of people who you may have been before, now you realize that sometimes there is no place to take cover. Being away from home becomes somewhat overwhelming because there are so many choices and decisions you must make, and you soon realize along with the independent comes consequences and those must now be dealt with. Only then, will you stop and wish that you hadn’t taken your parents words and advice, and you realize that sometimes there is no place to take cover.

Moving from Monmouth and trying to avoid the famous freshman fifteen, you and your roommate may have the same experiences, like being cut off from the friends you had wanted to see and do everything with. Although it sounds tedious, make a contract or atleast a verbal agreement to rules that you and your roommate could stick to, the ones that neither time nor distance could separate the bond you and your friends created. When that time comes, your going to realize that although you are changing and friendships fade, there will always be a few things that stay true. For me, it’s my hometown diner that is constantly hostng high school reunions during the two hours of the morning. Then there is the same road I’ve ridden on a million times to get to my best friends house. At school I could count on never having to go through anything along. Whether it being something serious dealing with family or school or something downright silly like drinking for no reason or staying up all night, I know I’ll always have a sidekick to do it with.

As the year pass and the summers come and go, you’ll eventually get used to packing up one room and unpacking into another one; and somewhere in between all it, you will somehow find the strength and conviction to adjust to both worlds, I promise.

Next week in Features...

Eight Steps to Getting Your Dorm Room in Shape
Different Ways to Decorate a Dorm
Hottest New Dorm Decor

Life in a dorm room is different for everyone! For first year students, there is a lot you should know about living in a dorm. There are some definite pluses to communal living as well as a few negatives. Dorm life is the easiest way to meet new people and make a great group of friends! Not everyone is entirely outgoing, but as long as you leave your door open, people are bound to stop in and say hi! If you are one of the outgoing people, go for a walk and introduce yourself! You’re going to be living with these people all year so get to know them early! Freshman actually have it the easiest! Being with a group of freshmen in your class is the best because you are all in the same situation as you are! No one knows anyone except maybe your roommates and they all want to get to know people too! Go next door; ask your neighbors if they want to go to dinner or to the bookstore! Don’t worry; everyone in your building is new and anxious to get to know a solid group of friends, just like you! I was a transfer student last year and so I was put into a freshman dorm and instantly I was so glad that because I was living in a dorm, I was more likely to make new friends. Honestly, it was the best thing for me because no one knew anyone which would not have been the case in an upperclassmen dorm so I was lucky enough to meet a whole group of people who didn’t know anyone either. What my friends and I always say is, “You don’t go to college to meet your future husband, you go to meet your bridesmaids!” Guys, keep your door open as well! If you enjoy video games or sports and you’re watching a game, invite your neighbors over! There are a few negatives to living in a dorm such as community showers that you wear shoes in, and the fact that you need your key to get into any room in the building, also, if you never lived with anyone before, it takes some getting used to but don’t worry, you will adjust quickly. My advice to you is, go to the bookstore and buy an id holder and put your id and keys together. Take them everywhere with you! You’re going to need your student number a lot and you will need your keys to get into your dorm building, your room, and the bathrooms! Living off campus can be hard, especially if you are wearing on you if you have never lived with anyone before. Get to know your roommates schedule and be considerate of them and they will be considerate in return. Although it sounds tedious, make up a contract or atleast a verbal agreement of rules to stick to in your room. If you have an early class one day, make sure your roommate knows about it. Also, you and your roommate may have different study habits and should adjust to each other’s preferences. Discuss them and be courteous. If you have any problems with neighbors being too loud or you are having issues with anyone in your building, do not be afraid to talk to your RA. It’s their job to assist you and make sure everything in the building is copacetic. If you are respectful of those around you, it is bound to be a good year!

The Outlook

CONTRIBUTING WRITER

LISA PIKAARD

Hottest New Dorm Decor

Please tell me you aren’t your roommate.

There’s no place like the dorm.

The Office of Undergraduate Admission has the perfect job for YOU!

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Do you suffer from back-to-school anxiety?

For most students, getting back into the school mode can be a bit stressful, especially if the whole college experience is new to you. It's important to remember to keep yourself in tact and try to avoid back to school anxiety. Take the following quiz to find out if you are overanxious about returning to school.

1. It's the first week back and you discover that you and your new roommate are as different as night and day. You handle it by:
   a) Becoming very on edge, worrying that your roommate isn't going to like you.
   b) Talking to your roommate to find some common ground.
   c) Dismiss it. This is who you are and they are going to have to deal with it.

2. It is your first big test of the semester in one of your hardest classes. You:
   a) Study over and over until your head hurts, and still lose sleep the night before.
   b) Try to manage your time so that you can study, and still have time to go back later to make sure you understand the material.
   c) Figure you'll get to studying whenever you have the time, as long as parties don't get into the way.

3. You find it hard to really meet people. You:
   a) Start to feel restless that you'll never fit in anywhere.
   b) Get more involved with the school so you can meet a more diverse group of people.
   c) If you meet people you do and if you dont you don't.

4. Your first major paper is due. You already have completed your paper, so the night before you:
   a) Continue to check and recheck your paper until the words begin to merge into one.
   b) Check it only a few times for simple errors and then leave it as is.
   c) Don't bother to check it all; they are lucky you actually got the paper done on time.

5. After spending a few hours on homework, you begin to feel like the workload is never going to end. You:
   a) Will start to get dizzy or develop a headache from being so overwhelmed.
   b) May be a little restless but knowing it will soon all be out of the way keeps you going.
   c) You, do homework?? (yeah, right!)

Mostly A's

You need to calm down a little bit, school can be stressful, but it shouldn't take over your life. The best way to prevent anxiety is to stop or reduce your consumption of caffeine, tea, soda, and chocolate. Sticking to a healthy diet will prevent added anxiety. Physical activity will also calm your nerves immediately—something as simple as walking for ten minutes can trigger the release of feel-good endorphins that will ease tension from the muscles, can diminish sleep abnormalities, reduce levels of stress hormones, and even increase the body temperature for a calming effect. If you still tend to feel overstressed, try cognitive-behavioral therapy. This is a process of changing your thoughts and behavioral patterns that cause anxiety and teaching yourself to look at certain situations more realistically.

Mostly B's

You seem to have the perfect balance, not only do you manage your time well enough to keep everything from getting too out of hand, but you also realize that if something goes wrong it isn't the end of the world. Be sure to keep this mind-set and not only will you do well in school, but you also allow yourself a decent social life.

Mostly C's

Granted, certain things aren't worth stressing about. But you don't seem to care much about anything, which isn't healthy either. It is important to challenge yourself and make an effort. Realistically for what it cost to go to college, you should get your money's worth.

Information source: Kristin Vickers-Douglas, Ph.D., a psychologist at the Mayo Clinic

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**Back to school checklist**

- Required text books
- Notebooks
- Folders
- Planner
- Writing utensils (i.e. pens, pencils, sharpies, markers, etc.)
- Calculator
- Computer
- Calendar
- Index cards
- Stapler
- Mini stapler (to fit in your bag since you may need to staple a paper in class)
- Hole puncher
- White Out
- Floppy disks
- Scotch Tape
- Fun Tack (for hanging things in your dorm room like daily reminders)
- Paper clips (to keep papers organized)
- Highlighters
- Scissors
- Ruler (you never know when you may need to measure something)
- Alarm Clock
- Back pack or carrying bag
- Tape recorder (to tape lectures to help you study)
- Book light or bedside lamp (for late night studying and reading)
- Post-it notes
- Student ID (if you don't already have one)
April 6, 2005
UNIVERSITY NEWS
[Image 38x913 to 319x1131]

The Office of Affirmative Action, Human Relations and Compliance welcomes all new and returning students. Monmouth University provides equal opportunity to all students and employees.

Our office monitors the University’s compliance with laws and regulations regarding Affirmative Action and Equal Opportunity. Employees and students have a right not to be discriminated against because of race, color, religion, national origin, ancestry, age, gender, marital status, affectional or sexual orientation, atypical hereditary cellular or blood trait, liability for service in the Armed Forces of the United States, disability, or status as a disabled veteran of the Vietnam era.

Our web site can be found at http://www.monmouth.edu/resources/hr/aaction.asp. A copy of the procedure for filing complaints of discrimination/sexual harassment can be obtained at our office or http://www.monmouth.edu/resources/hr/aaction/hrarsipol.asp.

Any member of the Monmouth University community may report incidents of discrimination/sexual harassment to the offices listed below.

Mr. Raymond Rodriguez
Director of Affirmative Action
Room 304
(732) 571-7577

Mrs. Patricia Swannack
Facilities Management
(732) 571-3546

Mrs. Mary Anne Nagy
Student Center
Room 207
(732) 571-3416

Dr. Thomas Pearson
Provost/Vice President for Academic Affairs
Room 201
(732) 571-3405

Administrative Services

Wilson Hall
Room 304 (732) 571-5777

Staff Winter

It is not unusually to hear groans of “there’s nothing to do around here” or “boring” on the lips of students at MU. Students seem to be in a perpetually bored state, but perhaps this is because they aren’t taking all of their options into account when planning an evening out. The small but trendy town of Red Bank is only a few short minutes down route 35 and offers a plethora of activities. This hamlet has been written up in many regional travel magazines and is viewed as an ideal weekend spot during the spring and summer months. If this is the case, those who are unfamiliar, here’s a taste of what the town has to offer.

Clearview Cinemas (located off of Broad Street at 11 White Street) This two screen movie theater is one of the best things in Red Bank. It shows mostly independent movies such as “The Secret Lives of Dentists and Swimming Pool Boogie” and will pick up a major release such as “Le Divorce or Seabiscuit.” The theater is a student friendly Mon-day through Thursday, offering discount tickets to those with college or high school identifications.

Another highlight of the theater is the Red Bank Film Festival which takes place every summer and showcases several days of independent and experimental films. For movie times call 732-777-FILM.

Chubby’s (located at 26 West Front Street) This bar fills up fast on the weekends. Featuring a stage, a lot of room to move around, Chubby’s is host to all sorts of bands and crowds. It’s one of the only bars in the Red Bank area with an 18 to enter policy. Thursday night’s offer hip hop and club music where it is not unusual to see girls dancing on the bar. Call ahead (732-741-3637) to check if there’s a cover for the evening and what the nightly drink specials are.

• Improv Jam (located at the Phoenix Theater on Monmouth Street) Improv Jam is one of the few things to do in Red Bank after 10:00 p.m. It consists of a stage, a prop box, and four performers. For $8.50, an audience of any-where from thirty to one hundred people get to partake in improvisational comedy for an hour and a half. The crowd is usually a mixture of juniors and seniors in high school as well as college aged students, all of whom are asked for suggestions and help with each sketch. Performances start at 10:30 on Friday nights, but get there at 11:00 if you want a good seat. For more info go to improvjam.com

• The Internet Café (located at 10 Front Street) This spacious coffee shop has transformed itself into a center for the local arts in the last five years. Patrons have the option of paying to use the computers to check their e-mail and the like, or to simply buy a cup of joe and relax. The computers are available to the public at a price of $8.00 for an hour, $5.00 for thirty minutes, and $.25 per printed page. Sunday nights are open mike night. Everyone from folk singers to poets drop by to share their talent with the crowd. Call 732-842-4503 or go to icafenj.com to get a schedule of other performers and events.

The Melting Pot (located in the Galleria on West Front Street) This fun fondue restaurant has been all the rage in Red Bank since it open less than a year ago. Featuring shared platters of different types, The Melting Pot is packed almost every night of the week. Note however, it is a little too crowded for their scrumptious chocolate desserts, the restaurant serves four courses meals that will not leave anyone hungry. An entire meal can get pricey, but stopping in for dessert is economical and delicious. Ideal for both an intimate date and a large party, the Melting Pot is fun for everyone. Call 732-219-0090 for reservations.

Coco Pari (located at 17 Broad Street) In the heart of downtown Red Bank, CoCo Pari draws shoppers in with the large selection of international foods. The restaurant serves four courses meals that will not leave anyone hungry. An entire meal can get pricey, but stopping in for dessert is economical and delicious. Ideal for both an intimate date and a large party, the Melting Pot is fun for everyone. Call 732-219-0090 for reservations.

The Bistro at Red Bank (located at 14 Broad Street) This classic Italian eatery is always a hot spot at dinner time. It’s loud, yet cozy atmosphere draws a mixed crowd who all come to enjoy linguini, homemade pasta, and the like. The restaurant is dimly lit with strands of white light along either wall, creating a romantic dining area. During the warmer months of the year, the Bistro is the sushi bar in the back, where one can get a wide variety of sushi. For reservations and questions call 732-243-6525.

Next time you’re bored grab a few of your friends and hop onto one of the many boats to Red Bank. From bars to comedy to food, there’s enough here to keep anyone busy for an evening.

Red Bank, catering to the college lifestyle and more

ALISON MCSHERRY

Turf Field expected to be finished by September 10.

Turf continued from pg. 1

better when playing against other schools who have turf.”

“It gives the athletics department more versatility in using the minimum amount of space available for games and practices,” said Stapleton.

Dr. McNeil firmly believes the field will be beneficial to athletics as its surface is very forgiving and injuries will not be as prevalent. In addition, it will always be available for use as there will be no painting and mowing going on between games. It is expected to be finished by September 10th. The field puts Monmouth in the same tier as many other universities who can boast such an impressive facility.

“Everyone we are competing with and the bigger schools have this kind of field,” said Dr. McNeil. “We are ‘keeping up with the Jones’ but in a good way, as this is a good purchase.”

Federal Work-Study Students have the opportunity to work on-campus for the new academic year!

The Student Employment Office has open hours for students to complete and update all paperwork. Tentative open hours are: Monday 9:00 – 11:00, Tuesday 12:00 – 1:00, Wednesday 2:30 – 4:15 (except 9/14), Thursday 9:00 – 12:00 and 2:30 – 4:00 (except 9/8), and Fridays 11:15 – 12:30.

As always, if the hours are inconvenient an appointment can be made by calling 571-3471.

On-Campus Employment-Federal Work Study Job Fair

Federal Work-Study Students have the opportunity to meet and interview with over 70 employers on September 8th in Anacon Hall in the Student Center. The job fair will be held from 1:30 – 4:00 PM.

Thereafter, all Federal Work-Study students may make an appointment to look for a job with the Assistant Director of Placement for Student Employment in the Life & Career Advising Center. Student help students may fill out an application card for the waiting list beginning the first day of classes, September 6. Jobs may open up to Student Help after all Federal Work Study appointments have been seen.

A reminder to all students and supervisors: no student can begin working without the proper paperwork and filing a FAFSA (Free Application for Federal Student Aid) for the new academic year!

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As always, if the hours are inconvenient an appointment can be made by calling 571-3471.

The Outlook 23
September 7, 2005
UNIVERSITY NEWS
Welcome to the Social Work Department at Monmouth University!

You will hear this said many times over the next few months, and we truly mean it! You are about to begin an intense, but exciting experience as you pursue your Social Work degree.

Our program is intense because we have created a degree which should thoroughly prepare you for professional social work practice. We expect you to read, discuss your thoughts, to analyze problems and situations, and to be creative and flexible in your work with clients, families, and communities.

Our program is exciting because this Fall, we will host a site visitor team from the Council on Social Work Education. Both our MSW and BSW programs are up for reaccreditation, and you will have the opportunity to meet with the site team and talk to them about your experiences. It is also an exciting time for several other reasons:

- We are beginning a collaboration with Drew University School of Theology, where we can offer a MSW/MDiv dual degree.
- We continually add new field internship opportunities to our program, both with the state of New Jersey, as well as field internship opportunities overseas (in Latvia, Bangladesh, Ghana, Canada, and Mexico).
- We are starting a series of student workshops on Tuesday afternoons that will directly benefit students and their learning within the department.

This will not be the first, or the last time you will hear about what we are doing in the Department. There will be many opportunities for you to express your ideas, your feelings, and your opinions – we welcome and encourage your input.

Once again, welcome – we look forward to meeting all of you in September.

Sincerely,
Robin Sukin Mama, Ph.D.
Chair, MSW Program Director
Associate Professor

Counseling and Psychological Services

The Office of Counseling and Psychological Services welcomes you to Monmouth University. The office is located on the first floor of the Rebecca Stafford Student Center, within the LCAC. Counseling services offers free, confidential counseling to students on a “first come, first served” basis. A staff of licensed psychological counselors provides support to students faced with various mental health issues such as depression, anxiety, family issues, relationship concerns, eating disorders, poor academic performance, and assistance during any mental health crisis.

The staff coordinates programs in both the fall and spring semesters on a number of mental health topics, often featuring outside speakers who are invited to address student groups. The fall 2005 program begins with “A Few Good Men’s “A for men only” program on September 20th on violence among men and toward women. On September 27th, Karen Gillespie of 1800 Lives Around will present a program on relationship abuse. October 6th is a National Depression Screening Day, when students can participate in a screening for depression and other mood disorders. On October 12th, students are invited to attend a program on suicide prevention featuring Elton Katz of the Traumatic Loss Coalition for Youth in Monmouth County. Our Film and Discussion” on November 15th features “Ordinary People” and will continue to focus on suicide prevention with an open discussion following the film. In an effort to help students relax and focus before final exams, the “De-Stress Fest” on December 7th offers a few minutes of relaxation with prizes, food and massage to those in attendance.

A current copy of the fall program schedule and information about local mental health issues in general can be located at the Counseling and Psychological Services website. After entering the Monmouth University homepage, click on “LCAC” and then “Counseling and Psychological Services.” For a list of numerous mental health topics, stop by and take a look at our self-help brochures.

Students interested in meeting with a counselor may stop by or call the office at 732-571-7517 to schedule an appointment, or they can contact us at mcounseling@monmouth.edu and we will reply promptly.

The Writing Center

A Valuable Resource on Campus

Monmouth University’s Writing Center serves as a campus resource for undergraduate and graduate students who want to develop proficient writing skills. Tutoring is available for students in all undergraduate and graduate courses that involve writing.

- Students in Introductory Composition courses work with tutors who have taken or taught these courses.
- Students in General Education Literacy courses work exclusively with faculty tutors who have taught the courses or are currently teaching the courses.
- Students in Writing Intensive courses or whose majors will work with professional tutors from a variety of backgrounds and disciplines.
- Language Minority students (those for whom English is a second language) can work with tutors who are trained in tutoring LME/ESL students.
- All other undergraduate and graduate students can receive help to improve their writing.

Writing Center tutors include undergraduate and graduate students, professionals, and faculty members, all from a variety of backgrounds and disciplines. All tutors go through an extensive training process and are assisted by tutor mentors during their first semester of work.

In addition to coursework, the Writing Center also offers help with:

- Personal statements for graduate school/job applications
- Resumes
- Cover letters
- Documentation style

The Writing Center also has a computer lab where students can work on their papers with their tutors and then print out their finished work at the end of each session. Although the Writing Center occasionally accommodates walk-ins, students are strongly encouraged to make appointments in advance by telephone (732-571-7542) or in person. For more information, please contact Jeanne Sauriera, Secretary or Jane DeTullio, Coordinator of the Writing Center.

The Writing Center is located in the 700 Building, between the Rebecca Stafford Student Center and the Boylan Gymnasium. Our e-mail address is writingcenter@monmouth.edu. All writing center meetings are Monday & Wednesday: 8:30 am - 5:45 pm, Tuesday & Thursday: 8:30 am - 7:15 pm, Friday: 8:30 am - 3:45 pm.

Visit our website for more information http://www.monmouth.edu/student/support/skills/writing.asp

The Catholic Centre

Monmouth University

Please join us every week!

Weekly Mass
Every Sunday 7pm
Every Wednesday 10:30pm
Understanding your Faith Series
3rd Tuesday of Every Month 7pm
Stump the Priest Night
October 19th 7:30pm

Men’s & Women’s Bible Study
Every Wednesday 8pm
ASL (American Sign Language)
Every Thursday 7:45pm

Visit our website for more information

Watch for our special events during the semester!

Food Always Served!
Catholic Centre at Monmouth University
16 Beechwood Avenue
Gate to our house is located in the rear corner of Lot 4, next to the Health Center.

Call us at 732-229-9300

24 The Outlook

September 7, 2005
Welcome back students! The library now has a new entrance. The magnificent renovations of the Guggenheim mansion are complete and patrons can now enter the library from the west belvedere of the Guggenheim mansion. A walkway from the library parking lot takes you up the steps to the entrance. Stop by to see the architectural details which have been carefully restored in the 1905 mansion. This area of the library will serve primarily as office space, study areas and will house special collections.

In response to the Spring library survey, library hours have been adjusted. We are now open earlier weekdays and on Sunday. Our new hours:

- Sunday noon – midnight
- Monday – Thursday 8am – midnight
- Friday 8am – 6pm
- Saturday 9am – 5pm

Other changes in the library include upgrades of the computers in the information commons and a new instructional lab. We are currently awaiting the arrival of new furniture which will also improve study areas.

Thank you for the feedback you provided in our survey and we will continue to strive for improvements in library services and facilities. Please continue to let us know how we can serve you better.

Monmouth University Library
https://library.monmouth.edu/
(732) 571-3450

## Substance Awareness Department

College can be a stressful time for some and healthy decisions may be difficult to make. Monmouth University realizes this and offers a wide variety of resources to assist students. The Office of Substance Awareness is designed to assist students with issues related to alcohol and other drugs.

Free, Confidential Services Include:

- Alcohol/Drug Assessment and Referrals- Students can make private appointments with the Substance Awareness Coordinator for an assessment. If you or someone you know is struggling with these issues, talking about it is a great first step. You can explore options and ideas in a safe setting. We can provide you with information regarding available counseling services.

- 12-Step Support Group Information - Come on by for a full updated list for groups, such as, Alcoholics Anonymous, Narcotics Anonymous, Nicotine Anonymous, and Al-Anon (for those living with an alcoholic in their life).

- Free Information & Resources - Stop by for a variety of health related pamphlets on alcohol and drug abuse, nicotine, and drug facilitated sexual assault. Even if you need information to show a friend you care or you need information for a school paper, we can help you.

Substance Awareness Program Events and Groups are also coordinated to encourage responsible, healthy decision for our students.

- Student Group (SIPs)- This is a great way to meet new people, be a part of the campus community, plan and organize fun activities and advocate a healthy and safe campus environment. This looks great on a resume or if you are in any social service, education, or psychology major! Look for us at Involvement Day on September 21, 2005.

- Thursday Night Alternatives (TNA)- In conjunction with Residential Life, alcohol free social activities are planned monthly at Oakwood Hall 10pm-Midnight. Be there on September 8, 2005! Look for TNA "Breaks" , and Alcohol Awareness Week Activities.

All students are encouraged to contact us if we can be of any assistance.

Office of Substance Awareness, Health Center
Suanne Schaad, MA, LCADC
Phone: 732-263-5894
Email:sschaad@monmouth.edu

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**Please check the library website for the most up-to-date information.**
The End Zone

Hawks take aim at third consecutive NEC title

ED OCCHIPINTI
SPORTS EDITOR

The Monmouth University football team has won the Northeast Conference championship and ten games in each of the last two seasons, and they show no signs of slowing down in 2005.

Armed with an experienced, potent offense and a stifling veterans defense, the Blue and White returns six all-NEC players from last year’s team, which captured the Sports Network Division I-AA Mid-Major National Championship, the first national title for any sport in school history.

The offense is led by preseason all-conference quarterback selection and Co-captain Brian Boland. Coming off one of the finest seasons experienced by a recent Hawks signal-caller, Boland’s passer efficiency rating of 136.7 is second best in school history. The junior completed 56 percent of his passes for 1,643 yards, 12 touchdowns and only six interceptions. His main target is senior wideout Miles Austin.

Last season, Austin snagged 47 passes for 859 yards and nine touchdowns last year. The anchor of the defense, the offensive line, the kicking game and the Blue and White. He had 71 tackles, including 13.5 for loss. The secondary returns all four starters in cornerbacks Rob Lomoriello and David Jiles, Matt Hill and Nick Castellano.

First team all-conference punter Sean Dennis returns to anchor the special teams. His 49.1 yard per punt average and 15 punts placed inside the 20-yard line helped to win the field position battle for the Hawks on many occasions.

The Hawks travel to Long Island to take on Stony Brook to open their NEC slate on Oct. 1.

FOOTBALL NOTES

• The Monmouth game is circled as possibly the best defensive backfield in the conference. The Hawks return almost all of their defensive linemen, including senior co-captain Brian Sweeney. Second team all-NEC linebacker Mike Castellano, no returns to man the middle after the middle after the middle middle. Austin had 47 catches himself. The infusion of the converted QB Kennedy to wide receiver should help bolster an already athletic unit, but for the Hawks passing game to reach its potential, these three need to play up to theirs.

• 3. The kick game - The graduation of Steve Andreola means that the Hawks are unsettled in the kicking game for the first time in two years. Sophomores Mike Pizzioli and Fred Weingart are vying along with punter Sean Dennis to solidify the position. The kicker spot is very important to the Hawks, last year Andreola won two games with last-second field goals.

• 4. New LB’s – Anthony Addonizio and Mike Nunziato are the new starters at the outside linebackers spots. Addonizio has seen his fair share of action, but Nunziato is relatively untested. There are a ton of young players ready to prove they can play too, led by Johnny Williams.

• 5. Expectations – The Hawks are in the midst of the finest two year run in school history - 20 wins, two conference titles, one national championship. This year, they are everyone’s big game. You can bet that the Monmouth game is circled on Central Connecticut State’s and Albany’s calendars, among others. No NEC team has won three straight titles since Robert Morris’ run in the late 1990’s.

Five points to keep an eye on

1. Rob Lutz, Walter Carter and Leonard Price - The backup running backs should see their fair share of carries this year. Lutz ran for 129 yards a year ago, and is very versatile. He averaged 26.9 yards on kick returns, and will lead a powerful Hawk offense into 2005. The NEC first team preseason selection is armed with many experienced weapons at the skilled positions this year.

2. Adam San Miguel, Mike McClelland and Brendan Kennedy - The receivers not named Miles Austin have to step up. Last year, San Miguel and McClelland combined for 36 catches. Austin had 47 catches himself. The infusion of the converted QB Kennedy to wide receiver should help bolster an already athletic unit, but for the Hawks passing game to reach its potential, these three need to play up to theirs.

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2005 Northeast Conference Football Preseason Coaches Poll

1. Monmouth (4)
2. Central Connecticut St. (1)
Robert Morris (2)
4. Albany (1)
5. Sacred Heart
6. Wagner
7. Stony Brook
8. St. Francis (PA)

First place votes in ()

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No Sunshine for Hawks In the Sunshine State

Womens Soccer

CRAG D'AMICO
SPORTS WRITER

As summer entered its final week, the Monmouth University women's soccer team took a season-opening trip to the state of Florida. The Hawks, who finished 6-10-2 and 3-5-1 in Northeast Conference play in 2004, opened their 2005 campaign on Aug. 28 to take on Florida Atlantic University, and then two days later squared off against the Hurricanes of Miami.

In the second half of the opening game against the Owls, the Hawks felt the backlash of a real hurricane. Hurricane Katrina, during the second half in which it poured 75 minute mark, scored from the Canes in the first four minutes. The Monmouth defense held Miami shotless throughout the game's first 14 minutes, but the Canes struck in the 20th minute, scoring off the right post.

Just like the game against the Owls, the Hawks would trail the Canes only 1-0 at the half; however in the second half Miami started to break away, scoring in the 53, 63, and 64 minutes. Sands was impressive for the Hawks, blasting seven shots, leading the team in that category for the second straight game. She comes second year, Sands led the team with nine goals and 68 minutes.

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Head Coach Krissy Turner, in her eighth season will look to lead the Hawks back to the playoffs.

Heads or Tails, the Hawks return back to the Sunshine State after a big season of the Hawks back to the playoffs. Returning this year with Sands is a second team All-NEC member as a freshman last year, Amy Hoyer. Hoyer finished second on the team with five goals.

The team will be led by six seniors, and an incoming freshman recruiting class that was ranked tops in the NEC by soccerbuzz.com last May. Newcomers include, Kate Sands, who scored 50 goals in her High School career, and Jaclyn Pember, who will help on defense.

Despite the 0-2 start in Florida with both losses coming on shutouts, the Hawks still have high hopes and a good outlook for the 2005 season, with the main focus on returning to the NEC Tournament after being absent for the first time ever last year.

The Hawks return back to the Garden State to play at St. Peters on Sept. 2 in Jersey City, a team that they beat out 6-0 in last year's opener, before returning home to play their 2005 home opener finished second on the team with five goals.

Two days later, the Hawks went from playing in a hurricane to playing the Hurricanes, in Miami's season opener in Coral Gables. The game, unfortunately, had similar results for the Blue and White. Monmouth came out on the attack, as Sands had two excellent scoring chances denied within the first four minutes. The Monmouth defense held Miami shotless throughout the game's first 14 minutes, but the Canes struck in the 20th minute, scoring off the right post.

The Hawks were chosen third in the 2005 preseason poll, as voted by the conference coaches. Monmouth won the first two NEC tournaments and made the postseason nine consecutive years, before failing to qualify last season. They finished fifth in the final conference standings, with only the top four qualifying for postseason play.

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Senior Kate Sands (pictured above) is prepared for a big season after the Hawks missed the NEC tournament last year.
the fall season begins...

Come out and show your support for the Monmouth Hawks. Field Hockey, Cross Country, Soccer, and Football schedules for the fall season are all available at www.monmouth.edu/athletics.