Above and beyond

LAUREN BENDETTI
EDITOR IN CHIEF

Majoring in Biology, achieving a minor in health, being a member of the Women’s soccer team and a leadership peer educator can be a handful, especially what is needed for final exams. But junior Sarah VanCuren managed the heavy workload while traveling to Katrina’s disaster area and lending a hand to the people that needed it most.

Missing the classes that are considered somewhat vital to many professors wasn’t going to keep Van Curen from doing something she deeply loves. “I felt that this trip would be something that I would look back on in 20 years and say ‘wow, I did something really good,’ not something I would say ‘oh man, I missed some class.’” VanCuren says that her professors have understood and have provided extra time to sit down and study especially what is being tested for final exams.

Van Curen, a resident of Marlboro, New Jersey, took out of her busy schedule last week and traveled south to help members of Habitat for Humanity, a nonprofit Christian housing organization that builds simple, decent, and affordable housing in partnership with people in need. Unfortunately, when VanCuren arrived, it was to her surprise that Habitat was in need of assistance at the time; so her and the group she was working with traveled to the city of D’Iberville, Mississippi and assisted a volunteer group organized by a Presbyterian church. “It is extremely disorganized down there still. The work that is actually getting done is being organized by church groups and volunteers.” VanCuren and her group offered help wherever they could. Nevertheless, “It was hard to see these people need so much and not able to give them all they needed.”

Volunteer continued on pg. 2

PHOTO COURTESY of Sarah VanCuren

Sarah VanCuren uses a sledge hammer to dismantle part of a Hurricane victims house.

Students pack up for holiday

LAUREN BENDETTI
EDITOR IN CHIEF

On Thursday, December 22, Monmouth University may be one of the emptiest parking lots in town as students leave for their winter break and head home to spend time with family and friends. The Outlook was curious to know what their winter break would be. For some students, this winter break is the longest break they may have one more semester left. It’s pretty sad but exciting at the same time.

“If over winter break I just plan on relaxing, snacking, working on my AP’s and enjoying the company of friends,” said senior Communications PR/Journalism Major, Julianne Mackey. “This is the last break before all of us go to serious, jobs. It feels really weird to know that we have one more semester left. It’s pretty sad but exciting at the same time.”

If students are not out doing some of the things they have not had a chance to do during the fall semester then there’s a good chance they might not have needed them. Don’t forget to use your gym, buy any other books you need, and review what is necessary for the next semester.

Consequences continued on pg. 17
On Thursday night, December 13, the Monmouth University Chorus performed at Wilson Hall. Their performance was a part of an annual holiday tradition, as the hall was decorated with Christmas trees and lights, creating a festive atmosphere.

The concert opened with a solo performance by Nicole Powell, a freshman majoring in music education, who sang a moving rendition of “O Holy Night.” The stage was set up with wooden risers, and the choir was arranged six rows deep. The decorations made the building look even more beautiful. As Powell sang, the audience could feel the magic of the holiday season.

After her performance, the choir introduced a Carol of the Bells, which was sung by the voice faculty at Monmouth University. Stephanie Mandra, a freshman majoring in music education, sang a solo performance that was accompanied by a musical performance. The finale of the concert was the song written by J.S. Bach, which is translated as “Sleeper Awake, the Voice is Calling.”

The concert was a success, and everyone who attended enjoyed the music and the festive atmosphere. The Monmouth University Chorus continues to bring joy and holiday spirit to the campus and the community through their beautiful performances.
Offering a take on sports comedy, local group Chuckleball entertained Monmouth University students on Tuesday, December 6 in Wilson Auditorium. After a delayed start due in part to a last minute change of venue from Anacon Hall to Wilson Auditorium, Chuckleball got started with a bang as they opened with a sports parody sung to the tune of “Grease.”

Chuckleball, a group founded by Jason Goldstein, takes recent sports news and turns it into songs. Goldstein said the group was started, “Because everyone was roasting Broadway plays and such, but no one was roasting Derek Jeter, Terrell Owens, etc.” After testing the show locally, Goldstein moved the routine to New York, where they have made numerous performances.

Goldstein founded the company after being the head of the Rutgers Student Activities Board. While in that position, he watched how and why they picked different acts to perform at the school. After seeing students’ reactions, Goldstein realized that there really wasn’t any other group that could understand sports to get it.

The audience seemed to enjoy the show, according to SAB President Christine Schumann. “I think the show itself is really original. I like that they take songs, both old and new, and change the lyrics around. It’s funny,” Schumann added, “I think you have to understand sports to get it.”

Goldstein offered commentary on why people would want to see the show. “The show is really made for a niche audience. It incorporates sport, music, theater, and comedy, so our target audience is anyone who enjoys any one of the four. If you’re a sports buff, you’re getting all the jokes. If you’re into comedy, there is something silly about the costumes, etc.”

As for the future, it will be, “continuing to market the show on the road.” In January, they will be back in New York for a 10 show stay. They are also in the process of writing some new songs which will highlight the Terrell Owens saga and the World Series of Poker Number.

Chuckleball's act was based on sports humor and included skits about well-known athletes.
Destress Fest helps students relax before upcoming finals

On December 7, Monmouth University held its semi-annual Destress Fest in Anacon Hall. The Destress Fest, coordinated by Counseling and Psychological Services, is held at the end of every semester right before finals to give the students a chance to relax and enjoy some free games, movies, food and even free massages before finals week kicks in.

“It was a fun competition. Everyone was good. I just got lucky,” stated Raimondi after the results were tallied. “The whole thing took about a month to organize,” stated Steve Cohen, a brother of Phi Sigma Kappa. “While brainstorming, one of the brothers decided that since they loved to dance, that they all should do a dance-off competition.” All proceeds are going to UNICEF, which was being sent to the Hurricane Katrina relief fund.

The competition was hosted by Phi Sigma Kappa brother Tyler Wright, and assisting him was Delta Phi Epsilon’s Tina Iglebias. Judging the competition was Greek advisor Tyler Havens, George Papanier, Jen Schultz and Lou Dimarco. The following event had nine other competitors: Freshmen Sade Edghill, Melissa Visco and Erica Osterlo, Zeta Tau Alphas Karima Boyayahi, Jolie Rios and Alysson Goode, and Delta Phi Epsilon’s Marissa Scalfani and Janelle Kennedy, and Sal Binder. Each competitor had their own unique style ranging from Michael Jackson to ballet dancing - giving the audience a wide variety of dancing to enjoy, along with the witty comments that were made by the hosts and judges.

“I found out about this competition when the boys from Phi Sigma Kappa approached me in the student center and asked me to be in this competition. I was very flattered, and thought it would be a great time,” claimed Scalfani. Each competitor had a minute to dance to their own choice of music, and was then rated on a scale from one through ten by each judge, individually based on variety and originality. Whoever made it to the top four were then placed into the second round, where they competed for first, second, and third place to whatever music was playing. A pairing of Scalfani and Raimondi started off the second round.

After a very close round, Raimondi advanced to the position of first or second. The next to compete against each other were Edghill and Goode, with Edghill advancing to the following round. The final results awarded first place to Raimondi, second place to Edghill, and third place to Goode. “Basically, I was nervous whether or not anyone would show up to-night. But after seeing this crowd, and how much support is here for Katrina, made me feel much better about going to this school,” stated host Tyler Wright.

SAB hosts “Stuff IT & Shake IT”

The event gave students a chance to throw back and relax for a few hours before finals.”

The event has taken place semi-annually for the last two years. There were many other organizations that contributed to the event. Some of these were Residential Life, Dean Jackson, ARA, who donated a fruit basket, Student Activities, who supplied the popcorn, and the Center for Therapeutic Massage School which, of course, took care of the free massages. The movies that were played were mostly classic Disney movies.

It was hoped that students could go back and remember how much they loved these movies, and have a smile brought to their faces. The popcorn was a nice touch as well, as were the games, which consisted of classics such as Candy Land, Jenga, Operation, and Sorry, in addition to board games.

The students had to sign a waiver for the massages but with professional masseuses taking control of the event, the massages were excellent and refreshing. “The event was fantabulous,” said Monmouth University junior Janice Laguerre. “I feel like I’m ready to take a test right now. They should do this every semester.” “Free food, free games, free popcorn, free massages, it was great!” said Dave Saged, another Monmouth University student.

“...and how much support is here...”

 Monmouth students Krystle Hinds and Debra Cagliostro (from left to right) enjoy free smoothies and a game of Candyland at the semi-annual Destress Fest located in Anacon Hall.

MU students participate in the Student Activities Board [SAB] sponsored event “Stuff IT and Shake IT” on December 9 in Anacon Hall.

PHOTO BY Chad Esposito

PHOTO BY Megan Shaw

PHOTO BY Megan Shaw
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A SAMPLE of events for SPRING 2006

Tuesday, January 17
First Day of Classes

Friday, January 20
The Evasons Mindreaders

Saturday, January 21
Totally 80s Night

Wed., January 25
MLK Jr. Childrens Festival

Tuesday, January 31
Meet the Greeks

Wednesday, February 1
Student Involvement Fair

Wednesday, February 8
USA Breakdancers

Saturday, February 11
Winterball

Saturday, February 25
Fashion Show

Wednesday, March 1
Vagina Monologues

Tuesday, March 14
SGA Auction

Saturday, March 25
Murder Mystery Dinner

Thursday, March 30
Take Back the Night

Wednesday, April 5
Preacher Moss

Saturday, April 8
International Festival

Saturday, April 22
Community Day

Friday, April 28
Outdoor Movie

Sunday, April 30
SpringFEST featuring . . .
Recycled Percussion

PLUS A WHOLE BUNCH MORE

**LATE-NIGHT BREAKFAST**

**THURSDAY, DECEMBER 15**

2:30 PM - 11:30 PM

MAGILL DINING HALL

**SOMEBWHERE THERE’S MILK... THEY ALWAYS TOLD ME THERE’D BE MILK...**

**TAKING ME IN YOUR HAND... LIFT ME TO YOUR LIPS...**

**I’LL HOLD YOU TILL BREAKFAST IS THROUGH...**

**SEEMS LIKE I ALWAYS ATTRACT THE DIRT...**

**Breakfast: the musical!**

**Get Involved!**

2nd Floor, Rebecca Stafford Student Center • Office of Student Activities and Student Center Operations • 732-571-3588

LATE-NIGHT BREAKFAST

Somewhere there’s milk... They always told me there’d be milk...

Take me in your hand... Lift me to your lips...

I’ll hold you till breakfast is through...

Seems like I always attract the dirt...

Breakfast: the musical!

Thursday, December 15

2:30 PM - 11:30 PM

Magill Dining Hall
So here we are, at the end of the school year and winter break draws nearer and nearer by the minute. Although all those days off from school are great, many students end up feeling “stir crazy” from staying inside day after day due to the cold weather.

Once you’ve finally caught up on all that sleep that you’ve deprived yourself of for the last four months, keep yourself from coming down with cabin fever this year by engaging in any of the following activities, which will add a little festivity to the winter vacation that you’ve worked so hard to earn.

### Winter Break Activities

#### Skiing
According to www.recreation.com, skiing is pure recreation. It is very different from what we do in “normal life,” making it a great opportunity to escape from our day-to-day efforts and challenges. In addition, skiing is an outdoor sport that offers some of the most spectacular scenery NJ landscapes have to offer.

And whether you’re a cross-country skier, expert competitor, or have never even seen a ski before, there are a number of slopes and trails throughout NJ that are perfect for beginning and advanced skiers alike. Check out www.funnewjersey.com for a complete list of ski resorts in New Jersey, as well as useful information on choosing a slope that is right for you.

#### Ice Skating
So, you’re not a figure skater. Big deal? You don’t have to pull off a double axle on the ice in order to have a great time with friends, family or both. In fact, watching each other bust their behinds on the ice is much more entertaining than sitting at home watching Michelle Kwan skate away in a tiny sequined outfit. For those who’d really like to learn how to do it, ice skating lessons are available as a number of locations. See www.funnewjersey.com for ice rink locations and other details.

#### Snow Play
We’ve already had to deal with getting to and from classes in the snow once already this semester, a bitter reminder that growing up isn’t always all that it’s cracked up to be. If there’s snow over winter break, get in touch with your inner fourth grader and do what’s really meant to be done during a snowfall: play! It’s both free and fun, and an excellent opportunity to make an unlimited amount of authentic snow cones with some Kool-Aid packets (and maybe a little Bacardi for those over 21), not to mention snow angels, snow men, and of course, the ever-awesome snow fort for waging old school-style snowball fights.

How to stay fit over winter break

DEBRA PANCHUKI
STAFF WRITER

It’s that time of year again; when every magazine and newspaper in the country offers advice on holiday eating, and what foods to avoid to keep from packing on the pounds.

Here at The Outlook, we say, “Go for that extra helping of Mom’s famous angel food cake!” As long as you receive a decent amount of exercise, you can have your cake and eat it, too. Check out the following ways to burn calories naturally, by doing the things that you’ll likely be doing over winter break, anyway.

- **Clearing the Table/Washing Dishes**: No one has to know that you’re helping to clean up after your family’s holiday bash for selfish reasons! Earn brownie points by helping out your parents; lose calories by clearing the table and washing the dishes! On average, spending 20 minutes doing these light chores will burn approximately 164 calories (that’s about 16 minutes less you’ll have to shovel that snow tomorrow!)

- **Chopping Wood**: If your family has a fireplace in the home, you’ve got an excellent reason to chop wood and burn calories while you do so. Burn an approximate 428 calories by chopping wood for the fire. Burn an additional 357 calories by carrying it over to the side of the house and stacking it up there.

- **Dancing**: Attending a holiday party with friends or for work this year? Feel free to load up your dinner plate if you’re planning on getting out on the dance floor afterwards. Cut up the rug and burn about 321 calories per hour while doing so.

- **Building a Snowman**: Shoveling snow can be hard work! Take a fun little break from it while still burning approximately 285 calories by building a snowman in your front yard. Think you really overdid it at that holiday feast? Build an entire snow family, and burn up to 1700 calories at the same time!

- **Shoveling Snow**: According to www.coolnurse.com, you can burn between 7.9 and 12.5 calories per minute shoveling light snow, depending on your body weight. For heavier snow shoveling jobs, you can burn anywhere from 13.8 to 20.5 calories a minute.

Essentially, you need not feel guilty about indulging in that angel food cake after all, as long as there’s snow to shovel: a slice of the cake, which generally contains 660 calories, can be worked off in an hour’s worth of shoveling, depending on your weight.

**Winter Carnival**: Winter carnivals are usually held from mid-December to the end of January, and offer all the traditional festivities of summer carnivals such as food, games, and prizes. Often, they are held in schools and churches, but some towns hold the seasonal event in local parks, providing for an authentic, outdoor winter activity.

Find a winter carnival in your area by Googling “Winter Carnival NJ 2006,” along with the town you live in. Or, take a trip to Morristown, which annually hosts eagerly anticipated, extravagant winter carnivals in the town square.

**Holiday Lights Spectacular**: Students commuting from New Jersey know that each year, the PNC Bank Arts Center at exit 116 on the Parkway hosts their annual “Holiday Lights Spectacular.” The drive-through, animated light display features over one million lights in an array of themes and structures. Visit www.artsvcenter.com for more details.

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Take the following quiz to assess what kind of mindset you are in during the holidays.

**Holiday funk quiz: Are you in the holiday spirit?**

Take the following quiz to assess what kind of mindset you are in during the holidays.

**Holiday funk erasers and catch up on the office probably:**

- holiday party this year, I will
  - with the right people.
- what's there to celebrate?
- shop.
- trouble motivating myself to
  - for others.
- vibrant, eager and excited to
  - gifts, so why buy them?
- holiday shopping, I tend to:
  - o celebrate with my co-work-
  - o usually a good time, if shared
  - o fabulous, fun, and full of ex-
  - o always a waste of time --
  - o usually a big, fat disappoint-
  - o not eat a thing -- the holidays
  - o pile my plate high with cake
  - o enjoy a small sampling of
deserts, but allow myself a sec-
ond slice of the yule log (it is the
holidays, after all).
- pike my plate high with cake
  and candles -- I already feel fat,
so what's a few more pounds?
- o not eat a thing -- the holidays
make me lose my appetite.
- o see the beauty of the holidays
reflected in every sprinkle on
every perfect cookie and cake.
Who has time to eat?
- At holiday time, when
  I think of friends and fam-
  ily members that I have lost, I
  feel: 
  - o overwhelmed by despair, and
    unable to celebrate the holi-
days without them.
  - o secure that they are looking
down upon me, while drinking
egg nog somewhere in heaven.
  - o a little misty-eyed, but thank-
    ful for the wonderful people
that are still in my life.
- o nostalgic and lonely.
- throw on any old thing --
  nobody will look twice at me
anyway, so it doesn't really mat-
- o is one of my favorite ac-
tivities of the year -- what bet-
ter way is there to stay in touch
with all the people in my life?
- o can sometimes be a stress-
ful task, but I try my best to
send them every year.
- o is an annoying, draining, and
  awkward task.
- When I think about next
  year's holiday season:
  - o I often wish that I'm not
    going to have a holiday season
    at all.
  - o dread the domino effect that
    is to come -- decorating is such
  a stupid tradition.
  - o I look forward to it, but am
    not excited for the occasion.
  - o is something I never do -- I
    can't wait to start.
  - o feel tempted to stay in bed
  a little bit longer before getting
  productive.
  - o feel stressed out, and have
    trouble motivating myself to
    shop.
  - o feel out of place -- the holidays
    make me lose my appetite.
  - o see the beauty of the holidays
    reflected in every sprinkle on
    every perfect cookie and cake.
  - o have nothing good to tell any-
    one.
- 4. When I come face to face
  with a holiday buffet table full
  of treats, I tend to:
  - o enjoy a small sampling of
deserts, but allow myself a sec-
ond slice of the yule log (it is the
holidays, after all).
  - o pile my plate high with cake
  and candles -- I already feel fat,
so what's a few more pounds?
  - o not eat a thing -- the holidays
make me lose my appetite.
  - o see the beauty of the holidays
reflected in every sprinkle on
every perfect cookie and cake.
Who has time to eat?
- 3. If my company has a
  holiday party this year, I will
  probably:
  - o put on a Santa hat and lead
everyone in Christmas carols.
  - o celebrate with my co-work-
ers and catch up on the office
gossip.
  - o be dragged there by a co-
    worker, but only stay for half an
    hour.
  - o not attend -- it's not like I'll
    be missed.
  1. When it comes to doing my
  holiday shopping, I tend to:
  - o find the ritual completely
    overwhelming -- no one likes my
    gifts, so why buy them?
  - o hit the mall months in ad-
    vance, eager and excited to
    shop.
  - o generally enjoy buying gifts
    for others.
  - o feel stressed out, and have
    trouble motivating myself to
    shop.
- 2. New Year's Eve celebra-
tions are:
  - o usually a big, fat disappoint-
    ment.
  - o always a waste of time --
    what's there to celebrate?
  - o fabulous, fun, and full of ex-
    citement.
  - o usually a good time, if shared
    with the right people.
- 5. At holiday time, when
  I think of friends and fam-
  ily members that I have lost, I
  feel: 
  - o overwhelmed by despair, and
    unable to celebrate the holi-
days without them.
  - o secure that they are looking
down upon me, while drinking
egg nog somewhere in heaven.
  - o a little misty-eyed, but thank-
    ful for the wonderful people
that are still in my life.

**Features**

For most, the holiday time is a rejuvenating period where families get together to share warm memories and mugs filled with hot chocolate around the fire. It is a celebration in which gifts are given and received with the anticipation and excitement. However, not everyone joins in on the fun and joy that typically signifies this time of year. College students home from school often have a hard time adjusting to the stresses and complications they face without the freedom and solace that they find while at school, as well as other factors.

According to the National Mental Health Association, “Many factors can cause the ‘holiday blues’: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. The demands of shopping, parties, family reuni, and house guests also contribute to feelings of tension.”

With this only adding to the already detrimental angst brought on by finals, it is easy to recognize why the holiday time is when psychologists are at their busiest (according to studies done by the National Psychological Association online). There are many symptoms that will identify whether or not you suffer from the holiday blues. In accordance with the University of Maryland Medical Center some symptoms are, “inability to sleep, sleeping too much, changes in appetite causing weight loss or gain, agitation and anxiety, excessive or inappropriate feelings of guilt, diminished ability to think clearly and concentrate, and decreased interest in activities that usually bring pleasure.”

This would indicate that even in the month or so that a college student has off, they do not have the ability to relax or relieve the tensions that have caused their problems. Hence, when they go back to school they are not reenergized, something that could ultimately lead to a breakdown.

There are ways to avoid these problems that arise from the holiday season. According to the National Mental Health Association, as well as medicinenet.com, some keys to avoiding stress and depression during the holidays are “to keep expectations for the holiday season manageable, just because it’s the holidays it doesn’t mean you can’t be sad, leave the past behind you and look toward the future, spend time with friends, be aware that drinking will only increase your feelings of depression, try something new, and make sure to save time for yourself.”

These tips help explain that while excessive depression is negative, it, by no means, denounces the idea that during the holidays are going to be upbeat or sad during the holidays. Sometimes those feelings are just natural. The idea is to harness them and use socialization to increase the positives in order to escape depression.

It also points out that while the holiday time is universally considered a time to spend with family, it does not mean the entire time. A college student’s alone time is very valuable and generally helps to alleviate stress. The holiday blues are no little problem. Depression caused by these symptoms can take months or in some cases years to fix. If you or someone you know is suffering then please advise them to seek help. No one should have to suffer during a time that is supposed to bring out the joy in peoples hearts.

**Holiday funk**

**DAN ROTH**

**ASSOCIATE OPINION EDITOR**

**December 14, 2005**

**The Outlook**

**7**
The Outlook

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December 14, 2005

Make it something else

LAUREN BENDETTI
EDITOR-IN-CHIEF

N ow is the time of year when everyone smiles a little brighter, bags instead of shaking hands, and generally acts as if they gave a dam. The homeless and the needy are greeted with food and shelter. Television screens will be bombardad with staged images of various community organizations trying to out-kind each other with their good will. In between all these acts of generosity an assault of advertising will crush the lleves of Sensibility, flooding us all with holiday sales of gemmets, gadget and cashemere V-neck sweaters.

The challenge for everyone this time of year is to try and figure out what is really important in life, and then ask why we only acknowledge it once a year. Do the homeless and poor families have jobs during the other 10 non-holiday months of the year? Do actors and politicians feed the poor during the rest of the year? Probably not, but who would know?

The truth is that most of us struggle throughout the year. This is nowhere close to the struggles of the truly needy, but there are struggles. We have tuition and book price hikes. We have credit card hacks conning us with free paper shredders in exchange for our credit. Then if this is the way the world is, then what are we to do. Can we play the Grinch and try to out-kind each other with empty hugs and smiles will become the order of the day. It is a sad thought.

If you prefer to conduct your good will in the shadows, next time you’re in the mall walk past the Footlocker and into a toy store. Pick up some toys for children you have never met in your life. You don’t need to go on a huge shopping spree just spread it out over the weeks and convince your girlfriend or boyfriend to match you. Why give each other gifts when the two of you can give other people so much more.

You have the rest of the year to concentrate on each other. Valentine’s Day is just around the corner. I can tell you that on Christmas Eve, when you walk into the lobby of a children’s hospital with bags full of toys, someone will be more than grateful to receive them. You won’t meet the kids, you won’t see them receive your gifts, but I promise you won’t need to.

The holiday season is full of reasons to bring out the Grinch in all of us. But I promise you won’t need to. The Outlook reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in this issue. Due to legalities, The Outlook will not longer print anonymous articles.

The Final Exam is 300 short answer questions, 16 essays, a quotes section, and NO multiple choice
I often find myself saying I wish I was a little kid again. Being that I have spent the last 25 years of my life not having the luxury of ignorance, I have found myself at times wishing I held on to my childhood memories. I look at kids all the time, outside their home, and wish to myself we could go back to that time of innocence when we could look at the world and wish to ourselves we could have anything we wanted.

Growing up most kids idolize their parents, they try to be like them and do what they did. Was your typical Daddy’s girl. Being young you don’t look for things to be wrong because you haven’t become that jaded. So things that were wrong before in your perspective and others would say were normal because they are used to how the world works. Why? What does this have to do with childhood? Is over and facing reality begins?

Growing up most kids idealize their parents, they try to be like them and do what they did. Was your typical Daddy’s girl. Being young you don’t look for things to be wrong because you haven’t become that jaded. So things that were wrong before in your perspective and others would say were normal because they are used to how the world works. Why? What does this have to do with childhood? Is over and facing reality begins?

Of course it is a bit of advice: race to the store until the last king is strangled and that every few years one comes out that can hardly exist together, much better than that. “I do not know whether I feared than loved.” Niccolo Machiavelli

For example,...
Driving in the Toms River area, I often find myself frustrated behind the wheel by people that disregard laws and common courtesy, but over the last weekend I found myself aggravated behind the wheel for another reason. This weekend I was driving on the route 37 in Toms River and was cut off by a soccer mom in her minivan on her way to her daughter’s soccer match. I was stopped at a stop light when I was behind her. What really up set me was the bumper sticker on her vehicle. The first one that caught my eye was one that read “I’m not super senior, I’m a sophomore” and there were many more, each one stating another reason that she felt she was a horrible country.

On impulse by the fact that so many people do not know how good they have it. The fact that someone can drive around with statements of how the United States is such a horrible place in themselves almost proves how right the other sticker was wrong. There are some places in this world that a person could be jailed and even put to death for speaking against their country and yet I feel that the United States is a perfect or that our government is either, but when compared to other places, in the world and other systems, I feel that I am lucky that I can live in such a place. The system is perfect and there will always be people abusing the system. The question is do you have the right to be upset if the SUV is, the only time I have liked to ask the driver of the SUV is, if the United States is such a horrible place, why do so many people give up everything and many times risk their lives to get to our shores? I can say with almost certainty that if you went in an urban area and conducted a survey of immigrants and their feelings about the United States compared to the native country, most would answer they prefer it here. And they funny part of all of this is that percentage are probably not even citizens and not even receive all of the rights that a United States citizen is receiving.

I don’t like Christmas Carolers... Do they expect a tip or something? It’s sweet music but if I didn’t technically invite you to sing, then I am not paying you for it... this is not the Red Cross

Another thing about the holidays that truly stink and the rock. This caveat is of a piece with the large crowds is that there are many times that the administration needs to go one step further: Support Sen. John McCain’s bill to create a potential crisis in U.S.-European relations. The last recall the time Attorney General Alberto Gonzales spoke on the subject on Capitol Hill, in October. He, too, pledged to uphold the provisions of the Convention Against Torture. As usual, he added that such compliance is not legally required. This caveat is a piece with the entire administration position on the use of torture. It is confusing, and at times contradictory. On the one hand, President Bush himself has insisted that “we do not torture.” On the other, the administration has offered definitions of torture that go beyond conventional notions of torture.

Renouncing to and strengthens United States

THE MIAMI HERALD
KIRKAKROVICS

Secretary of State Condoleezza Rice’s visit to Europe last week had a salutary effect on both sides of the Atlantic. It produced the administration’s most forthright declaration against the use of torture, a presumed clarification of the U.S. position that helped to avert a potential crisis in U.S.-European relations. Unfortunately, it wasn’t enough. The administration needs to go one step further: Support Sen. John McCain’s bill to create a potential crisis in U.S.-European relations.

Faced with a virtual rebellion by allied leaders regarding U.S. policy on the treatment of enemy suspects, America’s top diplomat said American forces operating overseas are prohibited from resorting to practices banned under the Geneva Convention.

This was interpreted as a welcome shift in the administration’s position on the use of torture. It is confusing, and at times contradictory. On the one hand, President Bush himself has insisted that “we do not torture.” On the other, the administration has offered definitions of torture that go beyond conventional notions of acceptable practice.

The president also has acknowledged that some of his allies, such as Britain and Spain, which would require Defense Department interrogation techniques to be standardized and included in the

OP/Ed

December 14, 2005

BY SUZANNE GUARINO

President Bush’s poll ratings plummeted in the last month but have recently risen.

“To what do you attribute this resurgence in the polls?”

Jenna junior

“There hasn’t been a definitive increase but the reports of soldiers returning home definitely helps things.”

Ryan Scally

PHOTO EDITOR

RYAN SCALLY

BY SUZANNE GUARINO

“The ratings are still incredibly low for any president. For a president to have an approval rating below 50% is rare.”

David senior

“Tortured logic or simply obfuscation.”

DR. SANDEE ROSE, a psychologist with the National Institute of Alcoholism and Addiction, says alcoholism is a disease that makes people do things they do not want to do.

“Some people may be able to control their use of alcohol, but for others it becomes a way of life.”

DAN ROTH

ASSOCIATE EDITOR

DR. SANDEE ROSE, a psychologist with the National Institute of Alcoholism and Addiction, says alcoholism is a disease that makes people do things they do not want to do. Some people may be able to control their use of alcohol, but for others it becomes a way of life.

For those of you that do have one special in your life, you will know all about the next three days that I hate about the holidays, the Christmas. Unless you are a genius and bought your sweetie a gift a month before Christmas, this time of year is absolutely hell. Yeah it’s great that the stores are lower but the crowds make shopping almost unattainable. For those geniuses that think shopping online is a good idea, when the gift gets to the house a week after Christmas, all I have to say is “haha Santa is an idiot”

DAN: Unleashed and Uncensored

Hello everybody! Welcome to the last edition of this column this year. I said my goodbyes so this week I am going to give all of you yet another rant about the holidays. This season is like a cross between carnival and war. I have even done has seen a holiday rant; Denis Leary, Dean Leary and the Ying Yang Twins, were just one more way of practicing a tradition. While I do not consider myself a comic, it will go on a rant about every thing I hate about the holidays. Let me preempt this by saying this is still Dan: Unleashed and Uncensored, nothing in the column is meant to offend any sect. If you are in a cult and I say something that offends you, then don’t kill me. While I love Leary and the family and togetherness that the holidays represent there are many days that I don’t stand. It is holiday is a gift. It is a holiday, our family and friends. That is in part due to the fact that the holidays are represented in the songs. Even though we years has been good in that there have been an increase in the Swedes, Norwegian, and Kwanza songs, there are still not enough. I mean how many times I have heard about Rudolph and his red nose before you feel the urge to get a heavy duty bow and arrow and make some Rudolph stew? How about the worshiping of the big fat man? Not that I mind fat people or have anything personally against them, but it is seriously worship. Oh and what is with the milk and cookies? In a country in which almost 30 percent of people are overweight, it really appropriate to be celebrating Santa’s obesity? Why not offer him some Metamucil cookies with some lactaid milk on the side? That and even if he came in, it is easier getting down those chimney’s he’s sure to have a change of heart.

Another thing about the holidays that I don’t like is Christ- mas music. Every single thing I even if they came, sang a song and left but they stay for hours, I mean these people just won’t leave. Do they expect a tip or something? It’s sweet music but if I didn’t technically invite you to sing, then I am not paying you for it. After all, this is not the Red Cross. Some of them have actually good even I have to dress up and I freeze some matzo balls at 3am and times I will have to pull them into the crowd from the upstairs bedroom in order to get them to leave.

On a softer note, holidays can also be a very somber time. It is fantastic to spend time with or if you’re a child, but what about the rest of us? It’s either love, or presents. It’s not easy knowing that you’re running out on the best part of the holi- day season. Hanging out with ‘ol mom and dad can really go way before it makes you even more depressed than you originally were.
vice president of law presen- 
tion at the National Retail Fed- 
eration. “They don’t want to dis- 
courage customers from buying 
30 days of purchase in its origi- 
nal packaging.”

You have 7 days to return anything bought be- 
 tween Nov. 1 and Dec. 24, relax- ing the rule for seasonal items.

Many states have enacted laws prohibiting the original receipt or a proof of pur- chase label.

The Outlook
December 14, 2005

The U.S. in Iraq

As of 12/13, 
America has been in 
Iraq for 3,000 days 
with an average of 2.1 
casualties a day.

Adnan Ihsan
Saeed al-Haidiri, who 
growing up in Najaf, 
did not have weapons of mass 
destruction, failed a 
polygraph test in 2003.
His fabricated testimony was 
the basis for Coalition 
Policy for the past year.

There are 2,000 Iraqis who 
were executed since the 
Iraqi government took power 
in 2003.

According to 
President Bush over 
30,000 Iraqis have died in the 
combat.

The Army Field Manual. 
One reason that the 
Senate approved the 
McCain amendment 
9 to 9 is that the 
administration has failed to make a credible case 
that executions are needed.

The administration has failed to make a credible case 
that executions are needed.

and holding fast to the universal values 
that Americans have long considered 
part of the national ethos.

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PICTURES WITH SANTA

WEDNESDAY DECEMBER 7 & 14
9:30 AM TO 2:30 PM
PLANGERE CENTER LOBBY
Monmouth University professor receiving Caring Heart award

Monmouth University announced on Thursday, December 15, 2004, that Dr. Michael Palladino, a Monmouth University criminal justice professor, received the New Jersey Association for Biomedical Research 2004 Caring Heart Award at the 2nd Annual “Thank You Research” Gala held on November 17, 2004, at the Palace at Somerset Park. The award was presented to Dr. Palladino for his outstanding contributions as a teacher reflecting his deep commitment to advancing science literacy and stimulating interest in biotechnology among students and peers. Founded in 1989 by stakeholders with a deep commitment to continuing advances in public health, The New Jersey Association for Biomedical Research is a comprehensive resource for student and educators, government, the media, the public, and New Jersey’s research community. “Mike is one of our state’s greatest educational assets. He really cares about promoting science to the general public and wants to attract the brightest and best into the science. His enthusiasm for teaching and infectious and his own research is important, making Mike a wonderful role model for students, colleagues and everyone fortunate enough to know and work with him,” said Jayne Macka, president of the New Jersey Association for Biomedical Research.

Dr. Palladino is an internationally acclaimed researcher, author, and educator. His research focuses on the cellular and molecular biology of male reproductive organs. Dr. Palladino has published many peer-reviewed papers in both research and education journals and has taught a wide range of undergraduate courses. He currently teaches undergraduate courses in biotechnology, genetics, and laboratory in molecular cell biology. Since arriving at Monmouth University in 1999, he has served as a mentor for 49 undergraduate students.

A co-author of Biology Labs Online, a series of internet-based labs used at more than 300 colleges and universities internationally, Dr. Palladino also authored Understanding the Human Genome Project and recently co-authored Introduction to Biotechnology, an undergraduate textbook used in the United States, Canada, The United Kingdom, Australia, New Zealand, India, Pakistan, and China.

Freely recognized for his contributions to the field, Dr. Palladino’s awards for research and teaching include the 2005 Distinguished Teacher Award from Monmouth University and the 1993 New Investigator Award from the American Society of Andrology. Dr. Palladino received his B.S. in Biology from Trenton State College (now known as The College of New Jersey), and his Ph.D. in Anatomy and Cell Biology from the University of Virginia in 1994. He lives in Howell with his wife, Cindy, daughters Elizabeth, 12, and Lauren, 10, and son Michael, 6.

Suzanne Guarino
Photography Editor

This past week, in an effort to raise awareness on campus, students were asked to send Suzanne Schaad, Substance Awareness Coordinator, short stories about a time another event is in the works, Johnson said she would attend that one as well.

Both Buskirk and Smith are planning different Office of Buskirk and Leanne Smith, and Assistant Director Raymond Gonzalez. “If people shows up to a program in the resident halls, the resident advisors plan activities and the holidays. People in the mood to celebrate.”

When asked if she thought the event would bring the students together, Buskirk said, “It may not bring them closer, but it will help them recognize one another. This way they may say hi in passing.”

Terrence Anderson. Second place, $75, and $50 on their declining balance student card. “I received many great stories from students and it was a difficult choice,” stated Suzanne Schaad, MA, JCADC.

In first place, winning $100 on his declining balance, was junior Torrence Anderson. Second place, winning $75 on his declining balance, was Mark Schneider. In third place, winning $50 on her declining balance, was junior Don Johnson. In December is Drunk Driving Awareness Month. Other events during this month included Project Pride, TNA (Thursday Night Alternatives: Open Mic Night), the Crash Car and Cell phone Incentive (entering a cab company phone number into your cell phone to enter to win $50 on declining balance). The winner of the drawing for the Cab’ Cell phone Incentive was sophomore Samantha Young. SIPS and the Substance Awareness Department will be hosting this semester’s Exam Break on Thursday, December 15, from 3-9pm. There will be a raffle to win an Exam Kit. On Thursday, December 15 from 9-11pm in the Student Center.

Winners of essay contest announced

The University and the Manhattanville Community Center will be hosting this semester’s Exam Break on Thursday, December 15, from 3-9pm. There will be a raffle to win an Exam Kit.

Buy Exam Break Lollipops and you will be entered to win the Exam Kit.

Comworks, Hawk TV, The Outlook, PRSSA and WMCC present a Fashion Show

Interested in modeling? Come to the WMCC lobby tonight between 7:30 and 9:30 to try out.

ADVENT MUSICAL PRESENTATION

On Sun., Dec. 18, at 10:30AM, Old First Church will present a special service of Advent Music that will include trumpet, saxophone, and flute as well as a liturgical dance entitled “Naivty.” Laura Simone, who has toured nationally with the Christian musical group, “The Continentals”, will be the lead dancer. Old First Church is located at 69 Kings Highway, Middletown, NJ 07748. For more information, call at 732-671-1905.
No Day But Today
To See Rent

There are few times when a great Broadway musical translates into as great of a film. There are perhaps even fewer times when most of the original cast performs in the movie. But with the magnificent and powerful music of Jonathan Larson, how can you go wrong? Directed brilliantly by Chris Columbus, with screenplay by Stephen Chbosky, *Rent* brings sheer character and vibrancy to the screen without straying from the musicals inimitable tone. From the moment the film begins with the cast singing "Season’s of love" in an empty theater, you just know you are about to see something amazing.

Set in downtown New York, 1980s, the film traces the lives and experiences of a group of friends over the course of a year. "Mark Cohen" (Anthony Rapp), a struggling filmmaker and his roommate "Roger Davis" (Adam Pascal), a "has been" rock star, find themselves mostly struggling to make ends meet—but always ends with a good time, and most of all love. Rosario Dawson, one out of two women and dumps "Mark." Mimi Marques (Rosario Dawson), an exotic dancer with a struggling drug habit, meets "Roger" when the electricity is cut off in their apartment building. They break into the seductive song, "Light my candle," where Mimi makes sexual advances to the introverted "Roger." But the film goes against the prototypical male/female relationship with boyfriends "Tom Collins" (Jesse L. Martin) and the vibrant "Angel" (Wilson Jermaine Heredia), who suffers from aids. In their first encounter, "Angel" finds "Colins" beaten up in an alley, and explains that he has to leave for a life support meeting. "It’s for people with aids. People like me," he says. Collins answers, "Me too.

The film tracks the emotions and hearts of each character through their daily activities, which is spent mostly struggling to make ends meet—but always ends with a good time, and most of all love. Certain times *Rent* feels like a film, and other times it makes good transitions to the musical performances. "La Vie Bohem," a soulful song with a great beat, is one of the most entertaining scenes to watch. The set design of this film (as well as the show) is somewhat different that makes the characters accessible to the audience, similar to emotions of the characters in the film. The costumes are also well suited for each of the characters, as they faced the bitter cold of New York in the holiday season. "Mimi" is the ultimate Bohemian with her cut up tights, short skirts, knee high boots, and eccentric accessories. 

Comedian Sarah Silverman makes a comical cameo appearance as Alexi Darling, a television executive who gives "Mark" a job in corporate America. With a running time of two and a half hours and a PG-13 rating, there is not one moment that you will look at your watch. The film is a commentary on living your life, not letting your life live you. Something I realized after viewing the film was that the title, "Rent," is symbolic of time constraint, rules, and greed. I just can’t think of a person who will not be moved by at least one aspect of this story. "There is no future, there is no past...No day but today." There is 'No day but today' to see this film. You will leave the theater thinking about friendship, life, death, and most of all love.

**Top 3 X-Mas Movies**

1. *A Christmas Story* 1983 PG
2. *Miracle on 34th Street* 1947 Not Rated
3. *Nightmare Before Christmas* 1993 PG
98 Degrees' Christmas album, *This Christmas* was released in 1999 but is still worth listening to today.  If you don't own it, get it!  This album is great and certainly has staying power.  One really catchy amazing song on the album is “I Don't Want to Spend One More Christmas Without You.”  “I Never Knew the Meaning of Christmas” is a typical *NSYNC love ballad but in Christmas fashion. It's a fun song to play and sing along to as are most tracks on this album.  Another romantic track on the album is in “Love's in Our Hearts on Christmas Day.” The strategest song on the album is “All I Want Is You This Christmas” because it begins with a bit of a jazz feel to the actual music and then turns into, finally, a unique Christmas tune which is something most albums are lacking.  It isn't the best Christmas song but it's something and more importantly, something to hear.  This album has been around for a few years now and is still holding strong as one of the better pop Christmas albums.  It's worth listening to if you haven't yet.

Christina Aguilera has arguably the best voice since Whitney Houston and her Christmas album, *My Kind of Christmas*, demonstrates the range and skill she was born with.  Her vocals on this entire album are amazing.  Christina Aguilera's inspired version of "O Holy Night" and an out of this world rendition of "The Christmas Song." Christina Aguilera is by far one of the most talented vocalists of recent years and deserves credit.  The song, "These are the Special Times," is one of the best on the album.  In fact, there isn't a low point or poor track on this record.  Every song is a quality rendition.  The only song that is new and definitely different is "XITAX's Song."  However, if you are looking for the originals or classic type music this album has it as well, but with a Christina Aguilera twist.  Unlike most people putting their own touch to Christmas albums, Aguilera's touch actually improves the song.  This is, overall, a fantastically done Christmas album.

Admit it, the one song you cannot wait to hear every Christmas season (at least since 1994) is "All I Want for Christmas is You" as sung by Mariah Carey.  *Merry Christmas* contains many classic Christmas hits which Mariah Carey sings very nicely, however, it's sometimes nice to listen to a song sung straight without running your voice up and down like on her version of "Silent Night."  One classic song she sings beautifully is "O Holy Night."  She sings the song with such power and it is really something to hear.  "Christmas (Baby Please Come Home)" is almost as addicting as "All I Want For Christmas is You."  It is a cheerful optimistic dance track.  Her version of "Joy to the World" is slightly different than the normal version of the song, but it works.  Her slower Christmas songs are okay but the more upbeat and fun they are, the more effectually they are.  If you want to get in the Christmas mood, listen to her fun songs like "Santa Claus is Comin' to Town."  The cheerly effect on this album really capture the mood of Christmas.  Her best slower track on the album is "Hark! The Herald Angels Sing."  This album is great and certainly has staying power - it has been around for over a decade now.  If you don't own it, get it!

The mid-nineties saw the blow up of *Mellow Gold* which had the hit, "Loser."  This song and others like, "Truckdrivin' Neighbors Downstairs (Yellow Swaati)" stayed true to Beck's spirit of home recording that only the spontaneous can capture.  Ode to 1996 was more modern and produced by the Dust Brothers, known for working on the Beastie Boys' sample-laden classic, *Paul's Boutique.*  Beck has even done a somber, moody breakup album with 2002's *Sea Change.*  The collections mentioned here are examples of Beck's record output, which is as unpredictable as albums by Frank Zappa and John Frusciante.  Garrodito will more than likely be accepted by music fans that would like to see a brand new spin on some unique numbers.

RUSSELL CARSTENS
STAFF WRITER

Musical modulator Beck doesn't seem to run out of ideas.  Whether it's track to track genre hopping on his albums or sometimes inane music video ideas, it's almost always something fresh.  On December 13, a remix album of his latest record *Guero* will be released, titled *Gueroleted.*

Some of the more well-known artists who provided remixes are Air (on the song "Missing,") and Scottish electronic duo Boards of Canada (on the song "Broken Drum").  Other contributing artists are Ad Rock, Sublime and 4-Hits.  Marcel Dzama, who did *Guero* cover art, also did the art on the remix package.  Beck has touched a myriad of areas musically.  One of his earliest albums, *One Foot in the Grave*, was recorded in late 1993 and early 1994 by Calvin Johnson, lead- er of a-lot-o and childlike musical movement in the college town of Olym-
Health/Life

Love

Doctors
The Love Doctors Are In...
Cleaning your Act

LINDA WEISS
COLUMINST

Why Do I feel as if I am working harder at satisfying my boyfriend than he is at satisfying me? He has had a four-month relationship and my boyfriend calls me when he finds the mood we desire to go on the weekend. Is this a healthy relationship or am I headed for the heartbreak hotel?

Sincerely,
Dazed & Confused

Dear Dazed,

It is not uncommon in relationships. The age-old question arises, "how soon is too soon before I utter those three magical words..."I love you?" The answer is not as simple as you may think. Most men seem to be frightened by these words and head for the hills. The mood and intent are decided to go for it. His pale white face said it all, and after leaving messages on his voicemail I got the hint. Time to go with your incredibly adorable Kwan to step up. The waters before you dive in head first. Remember the adage "don't drink and drive". Don't let your friend or girlfriend will send your way to let you know that he or she is in the mood. If you are bad with directions read the book.

Sometimes a relationship feels like a bad idea but a bad idea, bad idea, you didn't get a free meal out of it. Do you become a choral and it should not be this much work. If you are unhappy with your current boyfriend or girlfriend will have your inhibitions, because just enjoying yourself at a social event you did get a free meal out of it. Don’t let your friend or girlfriend will send your way and you know that he or she is in the mood. If you are bad with directions read the book.

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Prisoners speak to MU students

Consequences continued from pg. 1

The first time she drank, she re-called, was at a high school dance. Rose said that this experience made her feel, “not as awkward.” She be-gan to drink more often. When she was 15 years old, she almost died from alcohol poisoning. When she was 17 years old, her dad had a se-rious concern that she was an alco-holic. However, she continued on in life, graduated from high school, and entered the workforce. She became very successful in her job and “from the outside” she said, “it looked like I had everything, but I was never happy.”

When she was 20 years old, she entered an abusive relationship, which lasted three years. After this ended, Rose became a “blackout drinker” and drank every day for the next 20 years of her life. She would usually drink alone, because she was embarrassed of her prob-lem. Marijuana eventually became part of her life as well.

After all of her destructive be-havior, her life finally took a turn for the worse on November 25, 1998. After much persuasion, she decided to go to a bar with a friend and have a few beers. Then, when she was driving home, she dropped a cigarette in her car. When she reached down to grab it, she hit what she thought was a deer, and her windshield cracked. When she arrived at her home, she saw blood on the windshield, and got a terrible feeling. She had a friend drive her back to the scene of the accident.

Upon arriving at the scene, she saw ambulances and police cars. She went back to her home, real-izing what she had done, and the police arrived soon thereafter. She was arrested for the murder of a 45-year-old man, and awaited her trial for two years. In those two years, she drank and did more drugs than she ever had in her lifetime.

Finally, she was charged with one count of motor vehicle offen-ses, one count death by auto, one count possession because she had a dime bag in her car, and one count of drug paraphernalia in January 2001. Rose is currently facing a minimum seven year prison sen-tence.

Rose said that her experience was ironic because she did not have to drive that night, she could have easily called someone for a ride, and that she had driven before a lot worse than that she was that night. However, the reality of a real sentence is knowing that I made a choice that I didn’t have to make,” and that, “I made one bad choice in the eyes of the law, but I made a lifetime of mistakes in my soul.”

Further, Rose stated, “In many ways prison has saved my life … I made one bad choice that I didn’t have to make,” and that, “I made one bad choice in the eyes of the law, but I made a lifetime of mistakes in my soul.”

The final speaker was a man named Darren. He, too, had a good family and upbringing, and he also was a very talented football player. His father was a very well-known superintendent in Patterson, N.J. After he graduated high school, he got scholarships to Division I schools to play football, but decided to attend Winston-Salem State University, which was a Division II school. He said that he never drank or smoked before college because of his father. However, it was not long before Darren began to drink alcohol, and eventually ex-perimented with drugs like cocaine and heroin. He left college because of a gun-related incident, before he would face being kicked out.

After leaving, he attended Wil-liam Patterson University, a Divi-sion III school, where he dominated on the football field while still sup-porting his heroin addiction. Dar-ren said that when he got home, he was up to 20 bags of heroin a day. There was some hope in his future, however; the Philadelphia Eagles offered him a tryout because he was doing so well athletically.

To celebrate this accomplish-ment, Darren and his friends used all the drugs they could get their hands on one night. He said that at this point in his life, “I needed heroin to function.”

Darren’s luck ran out on Decem-ber 11, 1996, which was the last day he was home. Darren and his friends went to get more drugs at 4:30 a.m., and he was the “lookout man,” armed with weapons.

The police arrested the group, and they all put the blame on Dar-ren. He said, “I went from hero to zero in a matter of days,” and that, “One bad choice can get you where I am.” He is currently serving a minimum 16 year sentence for re-ceiving stolen property, robbery, and unlawful possession of weap-ons and firearms.

Suianne Shaad, an organizer of the event stated, “I requested Proj-ect Pride to visit MU because I be-lieve ‘peer to peer’ is a great way to get the message across to students in a way that they can relate to. If students hear these young people’s stories, some students may think twice about future decisions around drugs or alcohol. It may be the decision that could save their life or their future.”

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SUANNE SHAAD
Substance Abuse Awareness Counselor

Monmouth Students Receive 15% off menu items.

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YRLY LEASE: $1400 MTH + UTILS. 1 MILE TO BEACH, 6 MILES TO UNIVERSITY. SECURITY NO PETS.
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UTOPIA COMMUNICATIONS, A PUBLIC RELATIONS AND MARKETING FIRM BASED IN TINTON FALLS, IS LOOKING FOR A FALL/WINTER INTERN. WE WILL WORK WITH YOUR UNIVERSITY FOR COLLEGE CREDITS. FOR MORE DETAILS PLEASE CONTACT: ANN HIGGINS
ANN@UTOPIACOMMUNICATIONS.BIZ

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**Attention Grad Students!**
Female Roommate Needed for Brand-New 2 bedroom apartment in Elberon (Long Branch).

- $675 per month
- Everything New
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Call Andrea at 732-688-4896
Can move in ASAP!

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**ARCHEOLOGY FROM A DIFFERENT PERSPECTIVE.**
FOR REGISTRATION OR MEMBERSHIP INFORMATION, CALL 617-353-6570 OR VISIT WWW.ASOR.ORG
Today’s Birthday (Dec. 14th)

You’re learning how to get along well with others this year it seems. This doesn’t mean you let them run all over you, by the way.

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
Continue to gather information, from both near and far. Each answer leads to a new question. Exceptional patience is required.

Taurus • (April 20 - May 20) - Today is a 5
You have good natural tendencies to save, but unfortunately you could be watching the pennies while the dollars get away. Take care.

Gemini • (May 21 - June 21) - Today is a 8
Don’t avoid an argument, it will help you refine your position. Having the facts at your fingertips wouldn’t hurt, either.

Cancer • (June 22 - July 22) - Today is a 5
You’re gaining experience, wit and wisdom. You may also discover that you’ve barely scratched the surface. Keep asking questions.

Leo • (July 23- Aug. 22) - Today is a 8
The dilemma you’re facing is about logistics – how to be in two places at one time. Your problem is, you’re too popular. Fancy footwork is required.

Virgo • (Aug 23 - Sept. 22) - Today is an 5
Keep your eye on the money. It’ll be moving around faster than the old shell game. Winner takes all.

Libra • (Sept. 23 - Oct. 23) - Today is a 9
Your letter writing talent is blossoming now, so use it to contact distant friends. Traveling in person to all of them would be difficult, at best.

Scorpio • (Oct. 23 - Nov. 21) - Today is an 5
Your eye is on the money. It’ll be moving around faster than the old shell game. Winner takes all.

Sagittarius • (Nov. 22 - Dec. 21) Today is a 8
Choose your words very carefully, and be charming throughout. You can win the heart of the person who’s giving you the most trouble.

Capricorn • (Dec. 22 - Jan. 19) - Today is an 5
Paperwork isn’t your favorite chore, but you’ll find it satisfying. You’re also liable to find something valuable in there.

Aquarius • (Jan. 20 - Feb. 18) Today is a 8
You may have to choose between friends and family. You hate it when this happens. If you can’t find a way to be with both, choose family.

Pisces • (Feb. 19 - Mar. 20) Today is an 5
Move things around until you have them just the way you want. This goes for your career, as well as your furniture.

MU Students: Interested in Comic Illustration?
Get your own comic published in the Outlook!
Call 732-571-3481
“What’s on your wishlist this holiday season?”

BY: SUZANNE GUARINO

Josh
super senior

“I would rather give than receive, however, if you want to get me something, let it be an Acura RSX.”

Fallon
junior

“I already got what I wanted...an IMAC G5 (a.k.a. a really nice computer) and Corey Zymet.”

Brian
junior

“All I want for Christmas is my two front teeth.”

Lisa
junior

“Money, giftcards, and a new musical keyboard so i can start a band.”

Greg
sophomore

“Equality for all those who blatantly don’t get it.”

Aidan
senior

“I was hoping for an Ipod but thanks to the $30,000 a year tuition here, I’ve downgraded to an 8-track.”

Jenna
junior

“For ice to be removed from the entrance of the Dining Hall so accidents like this won’t happen again.”

Patrick
junior

“Dragon Quest VIII, Ratchet and Clank, clothes.”

Katie
junior

“A hot tub.”

Marcus
sophomore

“Peace, love, and happiness.”

Because Aunt Joan needed more Botox®.

She got a facelift, you get the tuition bill.
Not to worry: a Campus Door student loan can cover up to 100% of your education costs, with online approval in less than a minute.
All without the painful side effects.

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Monmouth celebrates the holidays

The first snow of the winter season covers Monmouth University.

Orthodox Christian Fellowship

Beginning his 22nd year as Greek Orthodox Chaplain at Monmouth University, Archimandrite Father Ephraem extends his personal blessing to all Eastern Orthodox students, faculty, and staff for a prolific scholastic year and hopes all will be active in the Orthodox Christian Fellowship. Father Ephraem can be reached by calling: 732-671-5932

Catholic Centre at Monmouth

Please join us every week!

Weekly Mass
Every Sunday 7pm
Eucharistic Adoration
Every Wednesday 6-8pm
Decorate the Christmas Tree and pick an Angel for needy families
Sunday, Dec. 4, 8pm

Men’s & Women’s Bible Study
Every Wednesday 8pm

ASL (American Sign Language)
Class Every Thursday 7:30pm

Understanding Your Faith Series
Fr. Joe Farrell talks about the book of Genesis: Science or Myth?
Monday, Dec. 5, 7pm

Mass on Campus
(Wilson Auditorium)
The Immaculate Conception of the Virgin Mary, Holy Day of Obligation
December 8, 1:10pm

Christmas Party
Friday, December 9, 7pm

Study for exams
Every Night During Finals

Wrap gifts for needy families
Sunday, December 11, 8pm

Study for exams
Every Night During Finals

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

ATTENTION:
FINANCIAL AID STUDENTS

IF YOU HAVE HAD A FEDERAL DIRECT SUBSIDIZED/ UNSUBSIDIZED STAFFORD LOAN AND WILL BE GRADUATING IN JANUARY AND HAVE NOT YET COMPLETED YOUR EXIT LOAN COUNSELING PLEASE GO TO:
HTTP://WWW.DLSSONLINE.COM/EXITCOUNSELING/ECEC-MAIN.ASP

IF YOUR GRADUATION DATE IS INCORRECT, PLEASE CONTACT THE FINANCIAL AID OFFICE AT (732) 571-3463 OR VIA E-MAIL AT DORSEY@MONMOUTH.EDU, OR YOU MAY VISIT US IN PERSON IN WILSON HALL, ROOM 108.

Woodrow Wilson Hall is decorated to prepare for the arrival of the holiday season.

PHOTO BY Jim Reme
FASHION

Festive fashions: The 2005 holiday season gift and attire guide

ANDREA TIBALDO  
FASHION EDITOR

It's the holiday season and that means countless parties and celebrations. Many of the office parties and house parties people will attend will call for dressy attire to make the evening that much more special. Depending upon where the party will take place depends on what you should wear.

If you're attending a house party then chances are women can get away with black pants or a simple skirt with a fun, flirty top. Men can pull on some khakis or dress pants with a layered look of a button down with either a sweater or half zip quality sweater.

If you're going to a restaurant for an office party and it's a night time gathering this calls for some glam. Unlike a cocktail dress is the most appropriate outfit to wear. There are always countless holiday red dresses out around this time of year so take advantage. Silk dresses are another must have around the holidays, bringing class and sophistication with a hint of playfulness to the look. Contrary to what your mothers may say, it's okay to not wear pantyhose with your dress, just be sure you're comfortable in whatever you choose to wear or not wear. If you plan on going sans hosiery and have fair skin then try a tanning lotion or self tanning lotion. For men, a suit and tie are appropriate. To make a statement, try wearing the same color shirt, suit jacket and pants and then accent it with a bright, bold tie. Once overcoat and matching gloves and scarf does will finish off the outfit.

Luxury car rental - A great idea for someone who feels the need for speed!

Rent a Lamborghini, Ferrari, Bentley or other exotic car for the fun of being behind the wheel of a powerful machine. See www.gothamdreamcars.com for more information.

Spa gift certificate - Relieve your holiday stress by relaxing at a spa. Good for males and females alike, choose from a massage, hair treatment, manicure and pedicure, etc.

Walmart online special!

mobiBLU Cube 1GB by relaxing at a spa. Good idea for someone who needs to relieve their holiday stress. The outlook December 14, 2005

FESTIVE FASHIONS

FASHION

Dos...

Every girl deserves a pair of cropped pants for winter. But with this year's trend of long lines and layers, it feels like you're wearing an extra layer. Do realize that the cropped pants and capris you were wearing in summer should not be worn now. Frankly, look to the metals and leather trend. They are on trend now and can add that extra edge to the look, as well as darker colors.

Don't let it all about facial hair. Although it feels like the season to go scruffy it's not. Go ahead and be nice with shaving and try growing a beard, quote or moustache. If you're not so keen on the facial hair try growing it a little longer face. Still, unshaven shouldn't be the goal so keep that facial hair in line if you decide to grow it out.

Winter white can be a true do or don't item, especially with the more somber and cautious during the winter months. But despite it being a little more somber, not many fresh colors need to be picked. White dress shoes while it sounds exciting is a no-go.

...& Don'ts

Winter white can be a true do or don't item, especially with the more somber and cautious during the winter months. But despite it being a little more somber, not many fresh colors need to be picked. White dress shoes while it sounds exciting is a no-go.

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The Writing Proficiency Examination will be offered next on
Thursday, December 15, 2005, from 9:45 a.m. to 12:00 p.m., and
Friday, December 16, 2005, from 5:15 p.m. to 7:30 p.m.

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

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

Eligibility Requirements for the Exam

In general, you are eligible to take the December 2005 WPE if and only if you meet all three of the following conditions:

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

Requirements for Attempting the Exam

The mandatory reading set for the WPE will be available at the University Bookstore for a minimal fee, beginning Wednesday, November 30, 2005. Before the exam, students must purchase and read the reading set, and must bring it to the examination.

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

Resources for Preparing for the Exam

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

The Writing Office will offer three information sessions about the WPE at which the format and expectations of the exam are explained and at which you can ask questions in person. The sessions will be held on Thursday, December 1, from 4:30 to 6:00 p.m.; Wednesday, December 7, from 2:30 to 4:00 p.m.; and Monday, December 12, from 6:00 to 7:30 p.m. All sessions will be held in the Rebecca Stafford Student Center, room 202B.

SGA President’s Corner

Greetings Monmouth!

It feels like we should still be in the early days of September, wearing flip flops and going to the beach, but then reality sets in and it is not September but indeed December and Uggs boots have taken over. Where did the semester go? The last day of classes is near, finals are approaching even quicker, and we all will be heading home soon to spend time with our families and loved ones. But before we get all caught up in the moment of trying to get that paper in for an 8:30 or staying up all night studying for a final exam, let’s all take a moment to think about what we are thankful for, especially in this time of the year. With this I would like to say thanks to all the students and faculty that have put countless hours into making sure that those less fortunate will have a warm and safe holiday season. Contributing canned goods, coats or clothing, donating to the giving tree or Toys for Tots all made a difference. We all need to step back and appreciate our University and what we have. With winter break, comes the celebration of a semester well done, holiday and New Year’s parties and with that we ask that everyone have fun and relax, but be safe and responsible. At Monmouth we should watch after one another and be conscientious of our surroundings and situations at all times. So with that in mind have a Great Holiday and an even Happier New Year!!!

When returning to Monmouth next Semester look for our elections. They are being held Wednesday January 25th in the SGA Suite, RSSC. So if you want to be part of student government come out and just have a lot to look forward to for the New Year, take advantage of the events that Monmouth has to offer like the Spring Fest and SGA Auction.

Last but not least we would like to say good-bye to all those who will be leaving the senate this semester: Jamie Szeliaga who is graduating from Monmouth this semester, Erin Williams who will be student teaching, and Bob Danhardt who is studying abroad in London next semester. We Wish you all the best of Luck!

SGA WISHES YOU ALL A SAFE AND HAPPY HOLIDAY SEASON

-Lynsey White
SGA Vice President
Tau Kappa Epsilon

Ay-yo washu doin? You had me at degradable- Qualimat. Penguin creates golden ocean in the kitchen and Chewy wants to impregnate someone. Mr. Shaggy Slave Hasselhoff aka Bundt Cakes definitely screen looks, but impregnate someone. Mr. Shaggy is responsible for the content of these articles. The Outlook is not good note. CHECK IS GOOD!!!

Delta Phi Epsilon

Jaime Caracappa is really funny, I know this because I am Jaime Caracappa! Venus nice thinking you are an elephant at the cottage-love you bishNMyDr. TimDy-you rock my world! Love your Big. Where’s the saltpedes? I heart you-Roxie. Sparkles- I’m joining the nurnnery this week. I love you what goes on in our lives? Lwood + Painter-holler at gibbles andyour prostate! Mar-tini Oh my Martini hahaha, what does go on? Way to regain your pimp status! I love your parties and your life! xox-Sparkles Have fun at Formal Deepheens! Kcos and Sarasa- I’lI be there in memory. One Love-Specifically! I can’t wait for formal, Starlets gonna get crazy! and to the Halloween B. Marley- I love our lives. Can’t wait 4 Formal Sweethearts/xoxo Radiation. Martini, J’Adore, Calypso, Skyx and SEStEm and my lively-secret perfect! Love-Riley Thanks sisters for coming to watch me shake it dat the dance, I love you girls. Roomie, dehrium has set in and I loveit! I enjoyed our N.A.B. Day! Love us, -Solaia. Saturday- So much fun! Thanks for the words you had with him Heaven-ly you’re the best! Roomie, NAB I heart you! Where would I be w. out you? StarliGH! Formal TimeGALZ! Dec 29th- party at Caliente’s, navah’s and screwdip-ity’s be there/Congrats Corina on Ms. People’s choice! ETERNID! hearts EXTREME! We are pretty much the greatest dynamic duo. L-Wood- Holler at Gibble!

Alpha Sigma Tau

Thank you to all of those that came out to watch our Variety Show lastnight, especially Alpha Chi Rho, Sigma Tau Gamma, Phi Sigma Sigma, ThetaXi, Alpha Xi Delta, Lambda Theta Phi, LJA, and Theta Pi Alpha (sorry if we missed anyone). Thank you for those who performed, and congrats to LauraelEvland from Theta Pi Alpha, Janet Miller from Alpha Sigma Tau, and ChrisRamos. Great job with the dance girls! Wonderful job with pulling everything off last night Pearl & Firecracker. Love ya!! Congrats neew-board! Best of luck on finals and have a great break everyone.

Alpha Chi Rho

Yay Conclave 02! Good times with good bro’s! Big Red gets the shaft while Blue gets the 4-1-1 on the nasty; Love You Big! Foose zips it up while Tuna zips it out! Gump’s rollerblading adventures prove him to be the only person, besides Fester, to have ever flashed a nun. “Don’t crash your moped Bacon!”

THE POWER TRIP: ED VS. MADMAN

Celebrating 4 years on the air at WMX, 88.9 FM, Listen Wednesday’s 9-12 pm.

Want your organization’s information on this page?

Contact The Outlook at outlook@monmouth.edu

Get your Information in by Monday at 12 pm

MU’s student run television station’s schedule
Tune into channel 12. For more info x5274

COMMWORKS

An organization dedicated to performance presents their Holiday reading Hour.

Today at 1:00 p.m. in room 235 of the Jules Plangere Building.

Hawk TV

December 14, 2005

The Outlook

CLUB AND GREEK

PHOTOS BY Lauren Benedetti

Ed Occhipinti and Matt Siciliano (pictured above left to right) celebrated 4 years on the air at WMX on Wednesday, December 7. Guests included Station Advisor Aaron Furpance and 2 performances. Local bands voiced their support: Sprain. Assume Nothing, The Grillers, DWI, Stand and more.
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ALL PROCEEDS BENEFIT MONMOUTH UNIVERSITY NBS.
**Women's Basketball**

**Hawks play tough against No. 8 Maryland, drop NEC opener**

**CRAIG D'AMICO** ASSOCIATE SPORTS EDITOR

For the first time in their history, the Monmouth Hawks women's basketball team opened the doors of Boyle Gymnasium as a na-
tionally ranked opponent. Fresh.

of moving up from No. 9 to No. 3 in.

the ESPN/USA Today Coaches poll, the Maryland Terrapins visit-
ed West Long Branch last Wednes-
day night.

The Hawks had been on a role, averaging 94 points per game on the year, and their lone loss on the season had been to No. 1 ranked

Wisconsin, their lone loss on the season was to No. 1 ranked

The Terps had scored over 100 points in each of their previous two games, and they were able to lead by as many as 35 in

In the first half, the Hawks took a 10-4 lead following a Lind-

Recently ranked opponent. Fresh.

of Boylan Gymnasium for a na-

The win was only the fifth for

the Terrapins all time against the

Hawks all time against the

The Hawks held a 20-17 lead

points, Ferdinand scored 9, Ze-

Randolph led the Hawks for the

The Hawks were able to turn the game over when they

and the Hawks beat the Hawks with a career high 12 points.

Hawks senior Nia-

The win was only the fifth for

Hawks senior Nia-

The Hawks were able to turn the game over when they

with a 102-53 win over fellow

Ironically, Monmouth's players

Barber (Clinton, MD) came off of

Barber finished with 7. Monmouth

points, Ferdinand scored 9, Ze-

Barber finished with 7. Monmouth

Barber finished with 7. Monmouth

with nothing to lose,” commented

With Dwyer limited, sophomore

Sophomore guard Brianne Edwards led the Hawks with a career high 12 points.

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Sophomore guard Briane...
Hawks early season struggles continue

MU drops pair of games to Seton Hall and Lehigh, fall to 1-7 on year

The early season woes continue for the Monmouth University men’s basketball team as the Hawks dropped a pair of road contests to Seton Hall and Lehigh to fall to 1-7 on the season.

In their most recent action they dropped a 71-57 decision at Lehigh University this past Monday. In that game Monmouth trailed by 10 points at halftime and was never able to get any closer than eight points for the remainder of the game. Lehigh took a 31-21 lead into the first half, the Hawks were outscored 24-23 in the second half, but could draw no closer. MU did outscore the Pirates 24-23 in the second half, but it was too little, too late and the Hawks left the arena still having never defeated their rival from up north.

The Hawks was led by Marques Alston with 10 points and eight rebounds. Freshman Whitney Colelazzi was averaging 15.0 ppg and Brent Wilson was averaging 12.5 ppg. Next on the team is Alston who is averaging 12.1 ppg and a team best 5.0 rebounds per contest. Coleman is third on the team with 7.9 ppg and Chris Kenny’s 7.2. Azzarelli was averaging 15.0 ppg before his injury, which will keep him out until the end of the winter break, or mid-January.

The Hawks fall to Lehigh 71-57. The defeat dropped Monmouth to 1-7 on the season.

The second half proved much of the same for the Hawks as they ended the game with 25 turnovers and shot a meager 38% from the floor and 25% from three-point range.

Monmouth was led by Delic and Alston who finished with 14 points apiece. Corey Hallett added 12 points for Monmouth and Brent Wilson played a spirited second half en route to scoring six.

In their previous game, the birds of Boylan fell to in-state rival Seton Hall 61-45 at the Continental Airlines Arena. Monmouth committed 13 first-half turnovers and found itself down 38-21 at the intermission.

The Hawks cut the lead to 10 points midway through the second half, but could draw no closer. MU did outscore the Pirates 24-23 in the second half, but it was too little, too late and the Hawks left the arena still having never defeated their rival from up north.

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Monmouth does have 11 players averaging double-digit minutes of playing time on the season, and all of those players have scored at least 10 points on the year. The Hawks are shooting 44% from the floor as a team and 32% from three-point range. They are being outrebounded by an average of eight per game so far this season.

Right now, Monmouth has the second worst record in the NEC at 1-7. They have yet to play a conference game. Last season, Wagner started off the year 2-15 before winning 11 of their last 13 to ultimately reach the NEC Tournament Final. The Hawks will be looking for a similar, but not as drastic yet, turnaround this year.

On the air:

All Monmouth University men’s basketball games can be heard live on WMCX, 88.9 fm, www.wmcx.com and www.sportsjuice.com. Pre-game coverage begins about 15 minutes prior to tip-off.

Center Corey Hallett puts up a turnaround shot against Seton Hall. Hallett had 12 points and six rebounds against Lehigh. He is fourth on the Hawks in scoring averaging 7.4 ppg and third in rebounding with 4.1 ppg.

The Outlook Unsung Hero of the Week

Brent Wilson

Wilson injected the Hawks with some much-needed energy in the second half against Lehigh. He scored all six of his points during a stretch when Monmouth cut the Mountain Hawk lead to 10. He was also active on defense, diving to knock a ball away and forcing a Lehigh turnover.

Five-Minute-Flip of the Week

Center Corey Hallett puts up a turnaround shot against Seton Hall. Hallett had 12 points and six rebounds against Lehigh. He is fourth on the Hawks in scoring averaging 7.4 ppg and third in rebounding with 4.1 ppg.

2005-2006 NEC Men’s Basketball Standings

1. FDU 5-3, 2-0 NEC
2. (t) CCSU 4-3, 1-0
(t) SHU 4-5, 1-0
(t) RMU 3-4, 1-0
5.(t) Wagner 5-1, 0-0
(t) LIU 3-7, 0-0
(t) MU 3-7, 0-0
(t) SHU 2-5, 0-1
(t) SHU 2-6, 0-1
(t) SHU 1-6, 0-1
11. QU 4-3, 0-2

For further Northeast basketball statistics, schedules and news, go to www.northeastconference.org.
Head Coach Dave Calloway and the men's basketball team (1-7) has to get back on track as they shoot for their third straight conference regular season title.

Men's basketball Coverage on pg. 27

Michele Baxter and the women's team (1-6) has to turn their season around as NEC play looms.

Women's basketball coverage on pg. 26