MU community awaits decision on MAC

LAUREN BENEDETTI
EDITOR IN CHIEF

ED OCCCHIPINTI
SPORTS EDITOR

A few months of preparation by the Monmouth University’s Multi-purpose Activity Center (MAC) moved closer toward construction on Friday, January 20 when the application was presented to the West Long Branch Board of Adjustment for approval. If given approval by the zoning board, state Department of Community Affairs and the West Long Branch Sewerage Authority construction will begin and could take anywhere between 18 and 24 months. The future $34 million home of the Hawks is part of President Paul Gaffney’s plan to create “destinations” on campus. “I hope the MAC will be the center of campus life with recreation, fitness, retail, academic and administrative space,” said Gaffney. “The MAC is another part of the home. We will be more competitive with peer institutions.” The 152,400-square-foot facility was made possible through a combination of public and private funds. Monmouth believes the sports complex is essential for the athletic department to remain competitive in the National Collegiate Athletic Association (NCAA) Division I athletic program.

“The MU student will love this new part of their home. We will be more competitive with peer institutions.”

PAUL GAFFNEY
PRESIDENT

Boylan Gymnasium vs. Multi-purpose Activity Center

Boylan Gym, the second oldest and sixth smallest arena in the Northeast Conference, is home to 19 Division I teams. The gym although useable was considered “well below the standard for Division I athletics” by the NCAA peer review team. “Boylan Gym. While a great playing court and with the stands full of spirited students is a good home court advantage, the rest of the building is very outdated and serves no purpose for a good Division I program,” said athletic director Marilyn McNeil. “There is no media room, no lobby, (and) the locker rooms are dismal, at best. The fitness center leaves much to the imagination and the circulation plan, particularly for Monmouth women, is totally useless. We have the worst indoor facility of the Northeast Conference.”

MAC will offer 5,000 seats for major events.
The university will be host- ing the New Jersey Institute’s annual BioGENEius Challenge March 20. The event, co-hosted by the eastern Region competition. By Hall’s Young Auditorium will house the competition.

The national event showcases projects created by high school students, exhibiting their research in biotechnology. Students from Connecticut, Washington, D.C., Delaware, Maine, Massachusetts, Maryland, New York, Pennsylvania, Rhode Island, Vermont, and Virginia will com- pete for cash prizes and a chance to advance to the international competition held in Chicago. Plans to continue to be held in Phila- delphia. All the activities so far have been the challenge’s sponsor since it began in 1994. “During the event student team’s will present poster to slides to a panel of judges. The team will be critiqued on the construction and information of their poster, as well as overall presentation and question to response to their topics. Team sizes are limited to three members.

Last year’s international chal- lenge winners were a duo from the North Carolina School of Science and Mathematics, won the $7,500 first place cash prize with their presentation on breast cancer detection methods. Project topics are chosen by teams and are only limited to their relationship to biotechnology ap- plications, such as those of which qualify are health care, food processing, and forensics. For the competition, the Bio- technology Institute has de- fined biotechnology as the use of knowledge of biological systems to produce goods and services. The 2003 international BioGE- NElus winner champion Anna Lisa De Olabia was recruited to participate in the challenge after having earlier success in a differ- ent competition. As a high school student from Moorestown, New Jersey she describes the competition as both professional as well as recreational. “I was to see the new and ongoing research and development at biotechnology and phar- maceutical companies,” said De Olabia. She added, “The Bio- GENElus competition was not all work, but a lot of fun also. I atten- ded a luncheon where President Bush spoke. There were many fun things planned for us, a haunted house tour of D.C., and a tour of the National Institutes of Health Re- search Labs, where we were able to see what they were doing with genome sequencing.”

Currently a sophomore at Duke University, De Olabia is majoring in biology. She credits the competi- tion as a determining factor of her career. “It made me more aware of what was going on in the field of bio- technology, and I can now have more focused path once I’m finish- ed with college,” De Olabia added.

Associate professor Dr. Michael Palladino of Monmouth’s Biology Department was recently appoint- ed Northeast Regional coordinator by the Biotechnology Institute. Former New Jersey Governor Richard Codey passed the New Jer- sey Smoke-Free Air Act on Jan. 15, banning smoking from all New Jer- sey workplaces. The ban excludes casinos and bars and will go into effect on April 15 of this year. Violators of the bill will incur a $250 fine for a first offense, $500 for a second offense, and a $1,000 fine for any offenses thereafter, ac- cording to the bill. The new bill has received mixed reviews. Former Acting Governor Samuel Alito Jr. has approved the bill. Sam Rapuano, 62, has owned the Lookout restaurant in Point Pleasant, does not approve of the bill. “People should be able to come to a bar and have a cigarette with their drink,” he said. Codey said that smoking kills over 400,000 Americans each year, which is more than alcohol, cocaine, crack, heroin, homocide, car acci- dents, fire, and AIDS combined. With 53,000 of those deaths a result of second-hand smoke. Smoking also increases the risk of high blood pressure, heart disease, stroke, and several cancers, including cancer of the mouth, lungs, bladder, and lar- ynx. Smoking causes yellowing of the teeth and skin and negatively affects many vital organs, such as the kid- neys and liver. In many cases, it can also lead to more severe drug use. So while the new bill continues to stir controversy in New Jersey, for Alito’s part, he said that smoking does kill, and come April 15 the new ban will go into effect, allowing some of the pleasures of smoke-free dining and burdening others with the hassle of going outdoors to satisfy their nicotine cravings.

“Pro and anti-smoking groups observe 33rd anniversary of Roe v. Wade”

Both pro-life and pro- abortion groups held demonstrations on Sunday to celebrate Roe v. Wade. Roe v. Wade for what legal scholars say is one of the most landmark Supreme Court deci- sions in American history, ac- cording to a January 23, report by the Washington Times. According to the report, acti- vists on both sides say that they are worried that recent Supreme Court appointment John Roberts and nominee Samuel A. Alito Jr. will overturn the decision. Roe v. Wade has been up in past years, President Bush has scheduled trips away from Washington January 22. Both Concerned Women of America (CWA) and the National Organization for Women (NOW) both had marches in front of the Supreme Court building.

Ford to cut up to 30,000 jobs at 14 plants in the next six years

Ford was set to announce Monday Ford was to announce Monday Ford to cut up to 30,000 workers at 14 plants in the next six years. Motors said it would elimi- nate a similar amount of jobs at about 12 factories. Ford reported losses in 2005 of around $1 billion. Since 2000, the “Big Three” automak- ers (GM, Chrysler, and Ford) have cut over 66,000 jobs in the U.S.

former new jersey governor passes smoke-free air act

cody’s final act in office bans smoking in workplace

nicolette stevens

contributing writer

Former New Jersey Governor Richard Codey passed the New Jersey Smoke-Free Air Act on Jan. 15, banning smoking from all New Jersey workplaces. The ban excludes casinos and bars and will go into effect on April 15 of this year. Violators of the bill will incur a $250 fine for a first offense, $500 for a second offense, and a $1,000 fine for any offenses thereafter, according to the bill. The new bill has received mixed reviews. Former Acting Governor Samuel Alito Jr. has approved the bill. Sam Rapuano, 62, has owned the Lookout restaurant in Point Pleasant, does not approve of the bill. “People should be able to come to a bar and have a cigarette with their drink,” he said. Codey said that smoking kills over 400,000 Americans each year, which is more than alcohol, cocaine, crack, heroin, homocide, car accidents, fire, and AIDS combined. With 53,000 of those deaths a result of second-hand smoke. Smoking also increases the risk of high blood pressure, heart disease, stroke, and several cancers, including cancer of the mouth, lungs, bladder, and larynx. Smoking causes yellowing of the teeth and skin and negatively affects many vital organs, such as the kidneys and liver. In many cases, it can also lead to more severe drug use. So while the new bill continues to stir controversy in New Jersey, for Alito’s part, he said that smoking does kill, and come April 15 the new ban will go into effect, allowing some of the pleasures of smoke-free dining and burdening others with the hassle of going outdoors to satisfy their nicotine cravings.

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The Substance Awareness Division and the Residence Hall Association hosted Open Mic Night January 20, in the Oakwood Lounge at 10 p.m. The event attracted a wide collection of Monmouth University’s most diverse talents and gave students a shot in the spotlight.

Students entered the dimly lit lounge as upcoming performers eagerly rehearsed their acts and strummed their acoustic guitars. Free cookies and soda were provided for everyone.

“Open Mic Night gives students a chance to showcase their talents in front of a small group of their peers, in the intimacy of the Oakwood Lounge,” said host and Resident Hall peer Sara Werner, in the intimacy of the Oakwood Lounge. “There is no pressure for prize money, there is just a chance to perform.”

Students eagerly rehearsed their acts and started to warm up for their performances while students arrive at the bar. Sophomore Susie St. Amour and junior Dan Duffy warm up for their performances while students arrive at Oakwood Lounge.

Sophomore Susie St. Amour and junior Dan Duffy

Junior Dan Duffy shares his musical talent by singing and playing two didgeridoos, and acoustic and electric guitar.

“Open Mic Night gives students something else to do besides going to the bar,” said senior Heather Battle. “I’ve been to a couple Open Mic Nights before, and it’s a great way to see what people at Monmouth have to offer, talent-wise.” Freshman music major Adam Romano said that he would love to see what people at Monmouth have to offer, talent-wise.

“Open Mic Night gives students a chance to showcase their talents and give students a shot in the spotlight. There is no pressure for prize money, there is just a chance to perform.”

Thursday night alternative

SGA President’s Corner

Happy New Year
Monmouth University!

Welcome back to a new semester. Whether you are still in your first year, or graduating in May, good luck with everything you do.

This is going to be an exciting semester. First, SGA is holding open elections on Wednesday, January 25. Anyone who wishes to become a part of the Senate is encouraged to come to the 3rd floor of the R.S. Student Center to Suite 316 to meet the current Senators. Immediate decisions will be made.

Secondly, SGA is holding two open houses in our suite – Wednesday, January 25 and Friday, January 31 – both from 7 to 10 p.m. This is open to everyone, and we are especially encouraging club/organization presidents and treasurers to attend with questions regarding special event funding and the finance allocation process. Plus, free food – who can give that up?

There is an events calendar available for all students with everything that is going on this semester. Just to give everyone a heads up to mark your calendars, SpringFest will be Sunday, April 30. Let’s hope for sunshine, no rain, and warm weather this year!

SGA is also sponsoring an auction in March to benefit a local charity. If you know anyone who would like to make donations – yourself, family, local businesses, or Monmouth clubs/organizations, please contact SGA Secretary Bette Fariello at 732-578-0303. 

I am looking forward to answering more questions and comments this semester that anyone may have. Feel free to email SGA@monmouth.edu with anything that you would like answered. If SGA does not currently have the answer, we pledge to research your question since we have committee chairs who work with all departments around campus.

Once again, have a great semester. Let’s keep this warm weather going!

Sincerely,

Alyson Goode
SGA President

STAFF WRITER

Senators. Immediate decisions will be made. After the acts finished, the performers were given the chance to perform encores, and anyone else who wished to perform was encouraged to do so.

“Thursdays are always big nights for me,” said John Gant, assistant to the Substance Awareness Coordinator. “Thursday Night Alternatives give students something else to do on campus, and it just brings all of us together.”

Thursday night alternative

AMANDA PAINTER

Thursday night alternative

Thursday night alternative

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The Evasons read minds at MU

CHAD ESPOSITO STAFF WRITER

On Friday, January 20, the Evasons performed at Monmouth University. The Evasons consist of Jeff and Tessa Eason. According to easons.com, their act has been featured on TV shows like the World’s Greatest Magic, on NBC, and Masters of Illusion on PAX. They are known internationally, and have received several awards based on their talent, according to their website.

They opened up Friday’s show with a simple name game, in which they guessed the names of everyone in the audience, as well as the names of their parents and friends. Afterward, they went on to ask audience member Emma Maguire to draw a number on a blackboard. While Tessa was blindfolded, she drew a graph of nine numbers that, no matter what way you looked at it, added up to the number she wrote down on the clip-board.

Another stunt that they performed involved four participants, a girl and three guys. The girl was instructed to put a sharp nail under one of the three cups on three chairs that were on-stage. At random, the guys had to choose or trust Tessa to tell them where to sit, and sit down hard on the chair with the recurring thought that a nail could be under it. It turned out that none of the guys were rushed to the emergency room, and the stunt was a success.

One of the strangest stunts they performed saw the Evasons bring a girl and one of her good friends onstage. One of the girls was instructed to sit down as the lights were dimmed. Once the lights had been dimmed, the girls had their picture taken. When the photo was developed, a picture of a girl as a ghost hovering above the girl sitting in the chair appeared.

“It was a really great show. It was definitely worth going to and experiencing at least once.”

KELSEY BUTTERWICK MU Freshman

Spring break travel scams

COURTNEY MUIR STAFF WRITER

Now that everyone is back into school mode, the thought that is running through every student’s head is what they are going to do for spring break. Since most students are spending their own money to enjoy a nice vacation, it is easy to get caught up in the word “free.” It is important to know that there is no such thing as a “free vacation.” Most likely, it is some sort of scam to make you believe that you’ve won a trip of some sort. In the end, though, you wind up paying a lot more than you intended too. This is why it is important to be able to recognize a scam, and how to avoid it this spring break.

Important rule of thumb: If it sounds too good to be true, it probably is. According to independenttraveler.com, if you find out that you have won an all expenses paid trip, make sure you are familiar with the company by getting their name, address, and telephone number. Then, look them up at the Better Business Bureau (www.bbbonline.org) to see if any complaints were filed against them. It is also important to be wary of giving your credit card number over the phone or online. Most likely, if the company promises you a decision before you can check your insurance before you go. Make sure insurance covers the company by getting their number and checking with the Better Business Bureau (www.bbbonline.org) to see if any complaints were filed against them.

About.com claims that some locals, be aware of over friendliness. If you plan on going out to a bar or club, try to purchase a wristlet to bring with you and only keep in it the money you will need for the night, and maybe your cell phone. A wristlet will keep someone from being able to pick your purse and, in the event that you lose your wristlet, you won’t lose all your money and your important documents.

As long as you keep these tips in mind, not only will you have a safe vacation, but you will also be able to enjoy yourself knowing that you won’t need to worry about your savings being ripped off. So enjoy your spring break this year.

The audience was amazed at the Mind Evasions ability to read their minds.

PHOTO BY Suzanne Guarino
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Monmouth University
Student Involvement Fair
Wednesday, February 1st
2:30—4:00 PM
Anacon Hall
Student Center

Explore the Possibilities!

Upcoming Student Events

Wed, Jan 25
Room Selection Info. Session
2:30 PM, Bey Hall Young Auditorium

Thu, Jan 26
Jason LeVasseur - Musician
6:00 PM, Java City Cafe

Fri, Jan 27
Monmouth Mall Shuttle
6:00PM-12:00 AM, Departs Hourly from Birch Hall
Weekend Movie Series - WALLACE & GROMIT
8:00 PM, Young Auditorium, Bey Hall

Sat, Jan 28
Broadway Show - Beauty and the Beast
Tickets @ $35 per student (MU Guest: $40)
Bus departs @ 10:00 AM, Student Center
Weekend Movie Series - WALLACE & GROMIT
3:00 PM & 9:00 PM, Young Auditorium, Bey Hall
Intramural Texas Hold’em Tournament
4:00 PM, RSSC Anacon Hall

Sun, Jan 29
MU Ice Hawks vs. Rowan University
7:30 PM, Wall Sports Arena

Mon, Jan 30
Room Selection Info. Session
6:00 PM, Wilson Auditorium

Tue, Jan 31
SGA Open House
7:30 PM, 315 Student Center
Meet the Greeks
10:00 PM, RSSC Anacon Hall

Wed, Feb 1
Black History Month Flag Raising
12:00 PM, Great Lawn
Student Involvement Fair
2:30 PM, RSSC Anacon Hall

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LEARN ABOUT THE POSSIBILITIES!
### The Common Cold: what is it and how to avoid it

#### 1. What is the common cold?

According to the National Institute of Allergy and Infectious Diseases, during a one-year period, Americans will suffer from approximately one billion colds.

#### 2. What are the symptoms of the common cold?

With such a wide variety of viruses available, it’s no surprise that not everyone experiences the same symptoms. According to the Ohio State University Medical Center, some common symptoms include:

- Sneeze
- Runny nose
- Watery eyes
- Low-grade fever
- Headache
- Headache
- Cough
- Chills
- Watery drainage from nose that thickens and turns yellow or green

#### 3. Can I prevent catching the common cold?

The common cold can be easily contracted through a number of different ways. However, there are a few easy steps you can take to avoid them:

1. Germs on your hands can easily enter the body through the eyes and nose, so it is advised to keep your hands away from those areas of your body.
2. Also avoid being close to people who may be carrying a cold, and vice versa. If you are contaminated by the virus, make sure you cover your nose and mouth if you cough or sneeze.
3. The Centers for Disease Control and Prevention recommend that you should use alcohol-based products made for washing hands when water is unavailable.

#### 4. Can I prevent catching the common cold?

Exercise is another great way to avoid illnesses.

- Jogging
- Brisk walking
- Cycling – boosts the body’s defenses against viruses and bacteria, according to MSNBC.com.

Michael Flynn, who studies the effects of exercise on the immune system at Purdue University in West Lafayette, stated, “The general consensus, I believe, is that 30 minutes, three or four times a week, is generally considered to have positive effects.”

#### 5. How can I treat a cold?

Any normal human finds it almost impossible to dodge the cold virus. Face it, there will be times when you will be infected with the annoying bug. Although there is no cure for the common cold, there are plenty of treatments.

The best treatments include resting, drinking plenty of fluids, gargling with warm salt water, using throat lozenges or sprays for a scratchy or sore throat, using petroleum jelly for a raw nose, warm steam for congestion, or taking aspirin or acetaminophen for any headaches or fever that may occur.

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**WEBMD PUBLIC INFORMATION FROM THE NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES**

**SYMPTOMS**

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COMMON</th>
<th>RARE</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Common</td>
<td>Rare</td>
<td>Characteristic, high (102-104°F); lasts 3-4 days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
<td></td>
</tr>
<tr>
<td>General Ache</td>
<td>Slight</td>
<td>Slight; often severe</td>
<td></td>
</tr>
<tr>
<td>Fatigue/Weakness</td>
<td>Quite mild</td>
<td>Can last up to 2-3 weeks</td>
<td></td>
</tr>
<tr>
<td>Extremes/Exhaustion</td>
<td>Never</td>
<td>Early and prominent</td>
<td></td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
<td></td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
<td></td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
<td></td>
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<tr>
<td>Chest Discomfort, Cough</td>
<td>Mild to moderate; hacking cough</td>
<td>Common; can become severe</td>
<td></td>
</tr>
<tr>
<td>Complications</td>
<td>Sinus congestion or earache</td>
<td>Bronchitis, pneumonia; can be life-threatening</td>
<td></td>
</tr>
<tr>
<td>Prevention</td>
<td>None</td>
<td>Annual vaccination; amantadine or rimantadine (antiviral drugs)</td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>Only temporary relief of symptoms</td>
<td>Amantadine or rimantadine within 24-48 hours after onset of symptoms</td>
<td></td>
</tr>
</tbody>
</table>

**SOURCE:** The National Institute of Allergy and Infectious Diseases, April 2001

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**The common cold virus rhinovirus (pictured above) contains 60 sites capable of connecting to a receptor on human cells. The virus uses several of these sites to gain entry into the cell. This computer-simulated model shows where the receptors attach to the outer protein shell of the virus.”

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**Influenza Virus**

Influenza enters the nose and settles in the respiratory tract.

---

**Influenza, commonly shortened to “the flu,” is an extremely contagious viral disease that appears most frequently in winter and early spring. The infection spreads through the upper respiratory tract and sometimes invades the lungs. The virus typically sweeps through large groups of people who share indoor space, such as schools, offices, and nursing homes. The global influenza epidemic of 1918, which started in a military training camp in Kansas, eventually killed about 500,000 people in the United States and more than 20 million worldwide.**
Myth: You can catch the flu from a flu shot.

**Fact:** The flu vaccine is made from an inactivated virus, so you cannot get the flu from a flu shot.

**Myth:** There is nothing you can do once you get sick with the flu except stay home in bed.

**Fact:** There is nothing you can do once you get sick with the flu, except stay home in bed.

**Myth:** Coughing can be a symptom of an infection of our respiratory tract. If our immune system is weakened, viruses or bacteria can lodge in the respiratory passages, and to fight them off more mucus is produced. This mucus (known as phlegm) is thicker and stickier than normal mucus, and sticks deep in our bronchi. The body is unable to eliminate the mucus in the usual gentle way.

**Myth:** The flu and colds are caused by germs.

**Fact:** About one out of three people with the flu may have an upset stomach, but this is rarely the main symptom of the flu. Other viruses and bacteria, as well as food poisoning, are more common causes of nausea, vomiting, and diarrhea.

**Myth:** If you have a cold, you should go outdoors in cold weather.

**Fact:** This is definitely not a good idea in either case. You need more fluids than usual when you have the flu or a cold. Drink plenty of water and juice, eat enough food to satisfy your appetite, and drink hot fluids to ease your cough and sore throat.

**Myth:** You can take the flu or cold from going outdoors in cold weather.

**Fact:** The flu and colds are more common in the winter months, because that is when the viruses spread across the country. It has nothing to do with being outside in cold weather.

**Myth:** I need more Vitamin C.

**Fact:** You can keep you from catching the flu or a cold, or will quickly cure a cold that you already have.

**Fact:** Large doses of Vitamin C can keep you from catching the flu or a cold, or will quickly cure them.

**Myth:** Herbal remedies are an effective treatment for colds.

**Fact:** Echinacea and other herbs are getting a lot of publicity as cold remedies. Zinc lozenges are also said to cure colds quickly. To date, none of these claims are solidly supported by scientific studies.

**Myth:** Vitamin C is an active ingredient in many cough suppressants, expectorants, antihistamine-decongestant combinations, and other drug combinations. In 2002 a study of 2,166 people with cold or flu symptoms concluded that most cough suppressants, expectorants, antihistamine-decongestant combinations, and other drug combinations were no more effective than sugar pills, according to WebMD.com.

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**Myth:** Chicken soup and hot toddies are effective treatments for the flu or cold.

**Fact:** A bowl of chicken soup is a popular home remedy. While hot liquids can soothe a scratchy throat or cough, chicken soup has no special power to cure the flu or a cold. As for hot toddies, another folk remedy, any beverage containing alcohol should be avoided when you are sick.

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The Outlook

LAUREN BENEDETTI  
EDITOR-IN-CHIEF

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I could vote, play the lottery, move of the first things I did was go into number that was announced prior to the piled results from existing studies. For my own study on this matter, merely com-smokers. May I simply state, first off, the recent smoking ban in NJ has taken someone is going to be angry. Smok-able to smoke inside at all. It seems it also isn't fair for them to not be to smoke where ever they please, but smoking section. It is understand-separate into a smoking and a non-smoking environments is about six per year. However, after April 15th, turning 18 will means to nothing to teenage smok-ers and smoking that cigarette while wasting of time raising the age to buy ciga-rettes is not going to motivate teenagers. NJ smoking laws are a waste of time.

It seems as if it has become rou-tine for smokers in New Jersey to go to the bar and have a beer or a cigarette with their coffee at the diner. As a smoke my-self, I can not even imagine not smoke a cigarette the entire night. After the diner at two in the morning, after a long night of play, the lottery, move cerned, it was my decision to start smoking and it is my right to have my cigarettes in the local 7-11 and legally buy my first pack of cigarettes at a scratch off. It was almost like an imitation to my coming of age. I was 18 and I could vote, play the lottery, move on my own, drive past midnight, and finally buy my own cigarettes.

However, after April 15th, turning 18 will mean nothing to teenage smok-ers and smoking that cigarette while sipping coffee at the diner will no longer be allowed. The rumors are true; New Jersey has passed a law, which will be in effect April 15th, that there will be no more smoking in public restaurants and the new legal age to buy cigarettes will be 19. Perhaps that is why smoking in public restaurants and bars was such a big deal, but that is why there was a smoking and non-smoking section. As adults, smokers should be able to have their rights, as much as non-smokers do. When there are two opposing forces, a compromise needs to be made. This compromise was the restaurants and bars being separated into a smoking and a non-smoking section. It is understand-able why people can not be allowed to smoke indoors, but they please, but it also isn’t fair for them to not be able to smoke inside at all. It seems like no matter what laws are passed, smoking is going to be a problem.

If the smoking laws couldn’t stop me from smoking at the age of 13 when the legal age was 18, I can’t imagine that raising the age to 19 is going to keep cigarettes out of the high schools.

CINDY CHISVETTE
CONTRIBUTING WRITER

Smoke and mirrors

CHRIS NETTA
OP/ED EDITOR

Allow me to explain one reason why the recent smoking ban in NJ has taken effect. In December of 1992, the University of Virginia released a meta-analytic study of the dangers of second hand smoke on non-smokers. A study dated June 3, 1993 stated that the EPA has never conducted their own study on this matter, merely com-piled results from existing studies. For this the EPA compiled a paltry 11 stud-ies, which claimed that second hand smoke caused 3,000 deaths per year, a number that was announced prior to the study’s conclusion. When their study was concluded, they couldn’t come up with the pervasive 3,000 deaths per year. Instead of concluding the data, they doubled the margin of error. The EPA’s study also concluded that the amount of nicotine absorbed by non-smokers was equal to about one cigarette every five days. The study conducted by the Ridge Valley Educational Laboratories concluded that exposure for these who live and work in smoky environments is about six per year. Three other studies on nicotine use were going on simultaneously. The EPA ignored two of them. The scien-tists of the study that was used never publicly released their information. Due to discrepancies such as this and others the Congressional Research service (CRS) was critical of the EPA’s methods and conclusions. They point-ed out that “six of 24 studies found a passive smoking effect opposite to the expected relationship.” After reviewing the members, the Relative Risk (RR) of second hand smoke causing lung cancer is 1.99. Statistically speaking, an RR of less than 2.0 is usu-ally dismissed as insignificant. After doubling their margin of error, they found that smoking is not worth living.

“Do you want me to tell you what risks are worth fighting for, being brave for, risking everything for. And the trouble is, if you don’t risk everything, you risk even more. Life doesn’t leave that many choices.”

Erica Jong (1942 - )

“All life is theatre... We are all actors, you and I, in a play which nobody wrote and which nobody will see. We are actors in our own presence but ourselves... Some play-ers would say that is the best kind of theatre there can be.”

Carl Gustave Jung (1875-1961)

“Understanding others is wisdom. Understanding yourself is enlightenment.”

Lao-tzu (604-515BC)

All quotes taken from www.junkfoodforthought.com
A tricky thing called timing

In a perfect world there would always be a happy ending, things would work out in the end, and no one would settle for anything less than the best. If life did work this way, it would be easier for people to keep an optimistic view or have hope that even if at the moment things weren’t okay, they would be in the end. As good as this sounds, reality, at one time or another comes into play, and may leave us feeling sad instead of happy, frustrated instead of content. So when we are offered something we know will make us happy and content, why is the timing of it all that we do from where?

We live in a fast paced world, there is no doubt about this and the more times the passes, the more advances we make in every area of our lives. I recently visited Monmouth University, even if it was wanted to, cannot slow things down. Along with school, work, friends, and family, at times it’s hard to fit in anything extra. Thinking about that, I couldn’t help but wonder, how much do we miss out on solely because we don’t think we could fit it on our plate?

Timing is a very tricky thing in ones life being that there is absolutely no way to control it. Time can’t simply stop and start at the same time. Also, and the majority of us find this to be an extremely scary concept. It seems like every day gives us slots for certain responsibilities that a student must fulfill. Among them being trying to graduate in four years (if possible), graduate school, an internship and work. How do we miss out on solely because we don’t think, we could fit it on our plate?

Timing is a very tricky thing in ones life being that there is absolutely no way to control it. Time can’t simply stop and start at the same time. Also, and the majority of us find this to be an extremely scary concept. It seems like every day gives us slots for certain responsibilities that a student must fulfill. Among them being trying to graduate in four years (if possible), graduate school, an internship, and work. How do we miss out on solely because we don’t think we could fit it on our plate?

It could be an extremely tough decision because often the battles between our heads and hearts are the hardest to fight. When it comes to feelings, it’s easy for some to shut them out, pretend they aren’t there, and continue on with the way they expected their lives to go. Some may keep a person at a certain distance, providing them with a comfort that the distance will keep them safe from anything serious. What happens when something unexpected occurs? Will the feelings you know are real but realistically would be hard to pursue because of everything else going on in your life? Do you leave it up to fate, believing it’s just something that happened?

Top 10 reasons why Monmouth is not a real college:

1. I agree, a commuter population is acceptable, but for the majority of the population to be commuters, just isn’t. When the epicenter of campus social life is in the Student Center between 8:30 a.m. and 5 p.m., something is wrong. When the commuters club is more productive than the Student Activities Board, there is a problem. When it takes Eddie Murphy’s brother to keep people from fleecing like the weekend has the plague, it’s just not right.

2. If you want to party at Monmouth become a cop because they attend more parties in one month than you will in a career or at school.

3. Attendance. Yeah I know, that’s not a sentence but I do believe it’s a statement. The word itself incites anxiety. Why should a college student be forced to go to class? In the end, the point of school (at this level) is to gain knowledge, and if you can do that without going to your 8:30 a.m., well then, good for you. Class should be a tool (like a textbook) to further your education. Making it a requirement transforms it into a chore and hence diminishes its impact.

4. Half price appetizers are more often than not, the highlight of my day.

5. OK I can understand (not really but for the sake of this argument) the Ge-statue like crackdown of off campus parties, but what about on campus. Walk into a dorm, any dorm, wait till you hear the music and then bang on the door screaming, “R.A. open up!” The reaction is just comical. “Hide the beer man, it’s the R.A.,” says one kid. “Oh god,” says the other as he realizes this just may be his third alias-bored invitation. Let the kids play! Allow for latency and kids won’t be forced to respond in dangerous ways. If students weren’t compelled to hide their activities they would be more willing to ask for help when something goes wrong.

6. Walk from Broylan Gymnasium toward the center student, look at the last sign on your right and follow the arrow to the 700 “Building.” Higher education? I think not.

7. If Wilson Hall didn’t exist, the University would fold. Heck, how would they convince kids to come here, tell them that “Annie” was filmed in that field over there? Talk about one dimensional.

8. The student section at basketball games is shoved behind the band. WHAT?! If you like this area, not only would the games be a real gym, but the student section would be front and center, making the other team feel victory is unachievable.

9. We once prided ourselves on the “Intelectual Center of the Jersey Shore.” We changed that. Hmm, I guess Stockton got the better of us?

10. Let’s be honest, this is Monmouth, no one made it to 10, so I won’t bother.

Op/Ed

Top 10 reasons why Monmouth is not a real college

Kevin Cindeo
Contributing Writer

Top 10 reasons why Monmouth is not a real college

1. I agree, a commuter population is acceptable, but for the majority of the population to be commuters, just isn’t. When the epicenter of campus social life is in the Student Center between 8:30 a.m. and 5 p.m., something is wrong. When the commuters club is more productive than the Student Activities Board, there is a problem. When it takes Eddie Murphy’s brother to keep people from fleecing like the weekend has the plague, it’s just not right.

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Google refuses to turn over records to Justice Department

KEVIN NORTH STAFF WRITER

Recently Google Inc., the world’s most popular search engine, was issued a subpoena by the White House order-dering them to turn over a list of all the search requests entered during a ran-down almost a month ago. The alleged goal of this subpoena is to seek out informa-tion that was relevant to the Bush ad-ministration’s efforts to gather intelligence on a population of citizens who are suspected of having ties to their private searches that involve their private personal privacy rights of US citizens may influe-nce the way that information privacy legislation is written in the future.

Google’s defense of the privacy rights of the private citizens may influence the way that information privacy legislation is written in the future. In an era when the most popular Su-perhero in the world is Superman, Samuel Alito, has openly voiced his opinion that national security issues should always sup-ercede the privacy rights of US citi-zens, it is refreshing to see that there are still groups willing to stand up for what they believe in. Adeeb Raman, corporate attorney for Google Inc., said best in an interview with the Asso-ciate Press, “Google’s acceding to the request would suggest that it is willing to reveal information about those who use its services. This is not a perception that Google can accept.”

They are taking a stand against the widespread in-vasion of personal privacy that the Bush administration has supported.

Google’s defense of its users’ privacy is quite admirable and could set a precedent for the way similar issues are han-dled in the future. Given the con-tinent rising popularity of search en-gines, this case could affect many cyphers on a daily basis. As Thomas Bartic, a San Francisco attorney who has linked with cases involving privacy issues, said in an interview with the Associated Press, “Searching the web now play such an important part in our daily lives that many people probably do not realize that they are sharing things with the New Jersey way of doing things. All other intangibles such as road laws (oh yeah, remember those things?) can be evaluated with a pencil and paper test. Just to throw an-opinion of mine into the mix, I would bet my tuition that 9 out of 10 senior drivers would not be able to pass the driving test that I invented. On that note I’m not even sure they could pass the test that’s already obligatory, but that’s a different de-bate. However it is good leverage to use if you’re a young teen vying to not win the “Least Competent and Most Dangerous Driving Generation Award.”
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Is there a connection between alcohol and sexual assault? Absolutely.

Alcohol is a central factor in sexual assault cases, especially on college campuses. Studies report approximately 75 percent of women raped were under the influence. Studies also report the majority of offenders were under the influence. Intoxicated Rape is the prevalent type of forced sex, and most females report knowing the offender. One in 12 college males admit to having committed acts that meet the legal definition of rape or acquaintance rape.

We know that alcohol lowers our inhibitions, which may allow people to get into sexual situations that they otherwise would not engage in. There also be some people who expect sex after they have been drinking.

Sexual Assault

Some people argue that while being part of a team is tremendously demanding, it does not preclude excelling academically. They say that all of our athletes endure in time management, learning to compete, win and lose, come back the next day and practice harder, deal with injuries, lose, come back the next day and the crisis occurs. If you have knowledge of a rape prior to, or during the act, please confront the offender and alert the victim and whoever they are with.

One in four women in college are the victim of a sexual assault. Some people argue that while being part of a team is tremendously demanding, it does not preclude excelling academically. They say that all of our athletes endure in time management, learning to compete, win and lose, come back the next day and practice harder, deal with injuries, lose, come back the next day and the crisis occurs. If you have knowledge of a rape prior to, or during the act, please confront the offender and alert the victim and whoever they are with.

We have a wonderful academic support staff and all of our teams have very academically-minded coaches, who instill in our athletes the value of competing on the field and in the classroom..." McNeil said.

Be Aware of your own drinking habits- Remember, binge drinkers are more likely to be victims and offenders of sexual assault. Be Aware of your own drinking habits- Remember, binge drinkers are more likely to be victims and offenders of sexual assault.

TIPS FOR MALES:

- Make sure you hear the word "yes". When being sexually active, confirm that you have consent to avoid any discrepancies later.
- Know what Rystander Rape is. This occurs when someone is aware that another person may be the victim of a sexual assault and does nothing about it. Often times, rapes are premeditated, with several people involved to some degree. People make the decision not to do anything, or turn their heads, and the crisis occurs. If you have knowledge of a rape prior to, or during the act, please confront the offender and alert the victim and whoever they are with.

TIPS FOR FEMALES:

- Use the Buddy System- Go out with friends you know, and keep an eye on each other, and chang- es in behavior due to drinking or drugs. When you are leaving a party, be sure your friends are accounted for. Make sure you can get home- Be Aware of your location and know the way home if you need to. People may leave a situation from a party only to discover they have no idea where they are going.
- Know that men metabolize alcohol quicker. Drink for drink, men get sobered up at a quicker rate. This greatly af- ects our BAC. Men have more dehydrogenase (the enzyme that breaks down alcohol) and water per volume in their body. Birth control pills and hormonal changes may cause quicker in- toxication. Therefore, keep an eye on your drink (alcoholic and non-alcoholic) Rapes have been committed odorless and work very quickly. If you think you may have been drugged, tell as many people as you can. Do not leave to the bathroom or go alone outside for fresh air, as the perpetrator will expect this.
- Be Aware of your own drinking habits- Remember, binge drinkers are more likely to be victims of sexual assault.
- Use your gut if necessary. More information is available in your Student Handbook on this issue, at the LCAC, or the Substance Awareness Department.
There is something to be said about the relationship between a mother and son. In fact, some would say it is one of the greatest relationships you've ever seen. Perhaps it's the most complex relationship. Or maybe it's the most simple relationship you've ever known.

In *Bandanas & October Supplies*, Raskin takes his turn on an adventure into which he invites us all to sit along for the ride. Well at least for the week. At this stage I just do me. This is me right about now. That is the truth. Sometimes what I like to rap on, is just a story about a boy and his mom and how they got (okay...how they were in the story) just a story about a boy and his mom and how they got to the point where they are. How can you not love it?

It seems rather fitting the places Raskin and his mother visit and love so very much. Carlin Park, Lake George, and even their favorite abandoned side street covered in October autumn leaves, which they've appropriately named Sunday Way. The whole thing they share has in common, anonymity. If Raskin is known for anything among his fans, it's the fact that he doesn't know about him, and that's just the way he likes it. He, Carlin Park, Lake George, and Sunday Way all love their privacy, and the pleasure they get from their own company, and most often then not, each other. Perhaps this is why you immediately, for no reason, fall in love with Raskin. Okay, having Franny as a mother does help out, but the lack of knowledge about the author leaves you with a sense of authentically. The fact that Raskin refuses interviews, despises pictures, and endures at book stalls, seems to make him that much more genuine. It is in this reviewer's opinion that once you give yourself up, you give up everything.

In *Bandanas & October Supplies*, Raskin's sophomore work, his outlook that many have come to expect and enjoy. If Raskin is known for anything, it is the potential to be the leader of his generation. It is the potential to be the leader of his generation. It is the potential to be the leader of his generation.

**CONTRIBUTING WRITER**

JENNY ROBERTS

Staff Writer

With this column's title being "In Search of Hip-Hop," it is necessary to note that there is no other artist who embodies what hip-hop is like than Talib Kweli. He is a hip-hop fan's dream, a lyrical force to reckon with, and a rapper who presents uplifting tracks for the masses. Now, it is a rite of passage for most who brought you 2001's *Quality & The Beautiful Struggle* in 2004, comes another brick in the rebuilding of hip-hop. Talib Kweli presents *Right About Now*. Kweli has been considered underground since people started trying to pronounce his name. Lately, it seems that the man who often was behind the music but not heavily promoted to stand in front of it is becoming a bit more visible. Kweli has already released two videos off his new album. The first video dropped on November 22 and is featured on the Black Eyed Peas new song "Like That." Some will criticize these moves as motives that serve only a commercial interest, but Kweli proves he has not changed on his album by demonstrating the same hunger and creative style he originally brought in his very first album. He also manages to show is that his talent and potential have been honed through supreme lyrical skill on "Fly that Knot" and recruiting a melodic sound on "WhoGotIt." Right from the jump in the introduction he exhibits an extreme disapproval with the music industry. In the second track, "Drugz, Basketball and Rap" Kweli refers to the outlook that many have about his culture and says "there's more to it than that" and this is the typical social-ly conscious Kweli we've known since *Quality & The Beautiful Struggle*. Kweli's storytelling has been a through-line for his fans. Kweli is the best and certainly the most intriguing track on the entire album is "Ms. Hill." According to Kweli in the discography, "Ms. Hill" was written after waiting to see Lauryn perform at the BET awards finals and hearing a rumor that they didn't approve of a poem she wanted to read. It got me thinking that folks always invite her to places and then complain when she expresses herself the way she wants to. The track suggests that although Lauryn Hill has been through a lot with her career and her personal life in recent years, that in Kweli's eyes she has the potential to be the leader for women now that she was in the past. Kweli sees her talent and her ability to make a positive impact. What you say got the power to uplift the hill," says Kweli.

Some of the tracks on the album are a bit mediocre for Kweli, but they are still better than the average rapper. Kweli is calling this "The Official Sucka Free album" and it is definitely one you can pop in and listen to all the way through. Even the tracks that aren't as interesting are decent and Kweli's lyrical skills make each song valuable. Something I look for is the ability to give him as much street credibility is his ability to create a beautiful love song. Other female fans like myself will wish Kweli included more love songs on this album. Songs like "Never Been in Love" from 2004's *The Beautiful Struggle* for example are so out of the ordinary and he expresses his emotions so much better than many males. Kweli is the leader of his generation.
**New Music for the New Year**

**The Strokes - First Impressions of Earth**

**William Stech**

**Contribution Writer**

Remember 2001? Bands like the White Stripes and the Strokes brought a movement known as indie rock that was very popular. But it was the White Stripes that truly made rock interesting again. Well, the Strokes have gotten used to songs about getting old, but there is still some fire in them yet.

While their sound is certainly not something anyone could expect from someone who lasted so long on the bars, their music is definetely something to keep developing musically and are entering several new genres with their new material, namely indie, industrial, and acoustic sounds.

The ability to watch as a woman comes a nationally renowned artist. This presents a unique opportunity for music lovers. It presents an opportunity to watch the birth of someone who may very well become a nationally renowned artist. The ability to watch as a woman comes to achieve her goals and to see how she succeeds. I know that I would have been happy if I had the same opportunity.

For those who are interested in the Strokes' music, check out their website at www.myspace.com/prayforthesoulofbetty.com.

The Strokes is currently on a winter tour as well as performing live at various venues across the country. For more information regarding their schedule, please visit www.myspace.com/prayforthesoulofbetty.com.

Looking for new music in the new year? Look no further than the Strokes. Their new album is a musical masterpiece. The music is definetely something to check out. For an intense mellow ride, a journey into her soul. As you listen to each melodic note that comes from her near perfect voice you can't help but feel that you're soaring above the clouds looking down at all the people who haven't yet had the undeniably great pleasure of listening to this musical masterpiece.

But then, when you don't think it can get any better April opens up her vocal box even wider and you hear her sweet and romantic voice reaching new heights. This is kind of a rare thing. The music is definetely something to check out. For an intense mellow ride, a journey into her soul. As you listen to each melodic note that comes from her near perfect voice you can't help but feel that you're soaring above the clouds looking down at all the people who haven't yet had the undeniably great pleasure of listening to this musical masterpiece.

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Are you constantly falling asleep in class? Does it seem like there are more days where you fall asleep in class than you actually finish it? Did you know that 34% of college students are hospitalized each year in crashes caused by drunk driving? That's not the only way we abuse our brainpower. As you might have noticed, there are two types of sleep deprivation - acute and chronic. Acute sleep deprivation can occur when you lack the time to sleep properly. Chronic sleep deprivation is more common, and often results in feeling tired, sluggish, irritable, and having difficulty concentrating. Are you beginning to see the pattern? A survey recently conducted by the Cleveland Clinic found that 34% of college students are falling asleep in class, although they only need to get 7-9 hours of sleep per night. nut clinically, this can lead to many health issues. Lack of sleep can also affect your mood, making you feel more irritable and less happy. So, what can we do to prevent falling asleep in class?

Twelve bad health habits to break

Everyone knows that taking care of their health and exercising on a daily basis is good for them. However, a majority of those people could easily be described as falling into this category.

The National Highway Traffic Administration estimates that 30% of adults are involved in a car accident each year. Driving drunk can lead to serious consequences. In the United States, almost 40% of drivers age 18 to 20 have failed a toxicology test. The fact is that you could be falling asleep at the wheel.

The fact is that sleep deprivation slows reaction times can be life-threatening for teenagers who drive.

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Multi-purpose Activity Center

MAC from continued from pg. 1

One benefit of the new proposed MAC is the in the recruiting of po-
tential student-athletes. “I think the biggest help will be re-
cruitment,” said junior field hockey player Maeve Hagen. “When high school students come and see a huge
place set aside for them and their sport, they will look at Monmouth University in a more serious light and we would
be able to catch the eye of some of the best players across the country, not just locally.”

The state-of-the-art center will initially cost 20 million, and the first phase of the center, which will be complete by March 18, will also have VIP suites available for “naming” sponsorships.

Monmouth men’s basketball coach Dave Calloway, whose team will call the new MAC home, believes an upgraded facility is es-
sential. “It’s needed for the athletic de-
partment in general,” Calloway said. “To continue to move forward in the Division I athletic world, a facility like this one is key.”

The MAC will not only be ben-
eficial to the university’s athletes but will serve students, faculty, employees, alumni, and communi-
ty residents. Current plans include a new university bookstore, edu-
cational and administrative areas, and a fitness center.

“The type of facility it’s going to be from a player’s standpoint, a fan’s standpoint and a student’s standpoint is great,” Calloway said.

“The whole university population will benefit from having two great facilities on campus.”

Community Concern

The MAC would be located 647 feet from the nearest home on Larchwood Avenue, which has caused an uproar in the surround-
ing community. According to the Asbury Park Press’ Barbara Berkowitz, a resi-
dent of Larchwood Avenue has expressed concern about the uni-
versity’s property moving into resi-
dential zones.

“I think in general, they are mak-
ing the neighborhood too collegiate, too institutional,” said Berkowitz. On August 31, approval was given for further expansion of the univer-
sity’s property and a plan of building a small parking lot, six tennis courts and a detention ba-
sin. But on Wednesday, January 18, the Borough Council voted 5 to 1 to appeal the approval. The appeal did not include plans for the con-
struction of a new dormitory.

“The community should not be concerned,” said Calloway. “It will serve MU’s current population, not a bigger population. It will enhance the whole region and there will be new opportunities for local sports and other events in Boylan Gym and in the new arena without taking any time away from our student.”

Parking and Traffic

The sports facility will replace temporary lots 25 and 25a, which is located between the Jules L. Plangere Center for Instructional Technology and Boylan Gym. In order to accommodate commuter parking, the current lot will be replaced with new lots that will provide approximately 40 ad-
ditional spots for students. Other spaces will become available on the north campus.

Many members of the community also believe the MAC will cause an overflow of traffic along the streets surrounding the university. Patricia Swannack, Vice President of Administra-
tive Services believes there will not be that many sold out events. “If we had an event for a large crowd in the Multi-purpose Activity Cen-
ter we would implement numerous traffic management strategies in-
cluding converting a driveway that is currently entrance only to an exit when the event ends. These ef-
forts are intended to minimize any impact on the local community.”

To lessen the possibility of traf-
cic before and after events, a traf-
ffic study was done to assure a safe and reliable flow of traffic in
and out of the parking lots. The exit that is currently used on Cedar Avenue will remain an exit. There also will be a road on the east side of the sports complex that will connect to Cedar Ave.

Architectural Design

Architectural Firm, Ewing Cole Cherry Brott of Philadelphia de-
signed the MAC. The company’s most recent collegiate athletic center design was the Kenneth G. Langone Athletic and Recreation Center at Bucknell University in Lewisburg, Pa.

John Hardt, Director of Athlet-
ics at Bucknell University said the new sports arena on campus has improved the school in more than just one aspect. “During the KLARC’s inaugu-
ral two years of operation, it has
quickly become one of the most
popular and well used facilities
on Bucknell’s campus. In fact, the number of students, faculty and staff who regularly use the facility are at an all-time record level.”

William McCullough, AIA, a principal with EwingCole, be-
lieves the MAC will be as suc-
cessful at Monmouth as it was at Bucknell. “College athletic and recre-
ation facilities offer a great deal of potential to campuses,” said McCullough. “An integral part of our design process is to work closely with Monmouth to maxi-
mize the MAC’s impact on cam-
pus. We are designing a center that not only meets athletic and recreational needs, but also pro-
vides unique opportunities for the students, staff and commu-
nity. We are creating a campus destination, a new campus hub.”

The Residence Hall Association is proud to present

The 33rd Annual
Winterball

“A Night of Enchantment”

Tickets on sale NOW!

$20- single
$35- couple
$50- group of 3
$65- group of 4

The more people in your group, the more you save!

Ticket prices include a night of dinner and dancing in historic
Wilson Hall

Tickets may be purchased in the Student Center information booth
Monday-Friday and in the Dining Hall Monday-Thursday at 5 p.m.- 7:30 p.m.

Don’t Let This Year’s Most Talked About Event Pass You By!
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!

New Jersey Association of the Deaf-Blind, Inc.

Job Fair
1/27/06
10a-3pm Walk ins Welcomed!
591 Norwood Ave
Long, Branch
or call 732-805-1912 for an appointment

The following is required for all NJADB positions: Must have a valid drivers license and completed High School/GED requirements.

$10-10.50 hourly

- Residential Specialties/Direct Care Professionals: Seeking flexible and caring staff to assist individuals with disabilities. Will Assist with daily living skills and advocate for their well being. Flexible hours. Rewarding experience.

Available Shifts:

Long Branch:
- Overnight 11p-9a Sat/Sun/Mon/Tues Full time
- Overnight 11p-9a Wed
- 3p-11p Wed/Sat/Sun
- 9a-3p Sat/Sun
- 9a-3p Sun

Somerset:
- Overnight 11p-9a Fri/Sat/Sun
- 9a-3p Sat

Piscataway:
- Transportation 6a-10a M-F
- 7a-3p Sun
- 3p-11p Sat/Sun

East Brunswick:
- 7a-3p Sat/Sun
- 3p-11p Sat/Sun 2 positions

Plainfield:
- Overnight 11p-9a Wed/Thur/Sat
- 9a-3p Sat.

Salary and Benefits:
Attractive compensation and benefit package. Comprehensive benefits include health, dental, vision, disability, life insurance, tuition reimbursement, retirement savings program, generous vacation and sick leave, etc. Great work environment and a rewarding experience. Please consider joining our diverse workforce.

Qualifications:
Must have: a valid drivers license, High School Diploma/GED and good references.

EOE M/F/D

SUMMER JOBS!!
DAY CAMP COUNSELOR:
NO NIGHTS/WEEKENDS.
GROUP COUNSELORS, LIFE GUARD/WSI, INSTRUCTORS FOR SPORTS, CRAFTS, NATURE, OUTDOOR SKILLS.
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Winter Rental Available
Close to Campus! Lennox Ave., Long Branch
2 Story Home (Prop. 125’x275’), 4 Bedroom, 3 Baths, Deck, Garage, Sunroom,
Fully Furnished!
$500 per Room - Can Accommodate 5 Residents!
If Interested Call Ariel at 917-406-5232

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SPRAY TANNING AVAILABLE
NEW LAMPS!
Students $5.00
Per Session
$44.00 Monthly Unlimited
No Session Fee
• Come in Three Times a Week
Save $16.00
• Come in Four Times a Week
Save $36.00
Students Must Have Valid I.D.
Expires 12/31/05.

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!

CARE FOR FREEDOM
Feel the pulse of freedom as you take care of America’s heroes. Join the Army National Guard as a medical professional.

1-800-GO-GUARD
www.1-800-GO-GUARD.com

“Here kitty, kitty.”
You’d think it would be easy to spot a kid with a vision problem, but the signs aren’t always so obvious. One in four children has a vision problem, but only an eye doctor can tell for sure. And, since 80 percent of all childhood learning is visual, good grades and good vision go hand in hand. For more information, visit www.checkyearly.com.
Today's Birthday (Jan. 25th)

You work well with groups, especially this year. Together, you can make amazing breakthroughs. You're the brains behind the operation.

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
Sometimes it's hard to see where reality ends and fantasy begins. On the other hand, who cares? Push ahead, as far as you can go. The odds are in your favor.

Taurus • (April 20 - May 20) - Today is a 6
Important people are watching, and they think you're lookin' good. Don't try to impress them, just do the best job you can.

Gemini • (May 21 - June 21) - Today is a 8
It's OK to admit that you can't do it all by yourself. Let somebody else do the part that's easier for them.

Cancer • (June 22 - July 22) - Today is a 6
Don't be afraid of trying something you've never done before. The odds are in your favor. You have natural talent.

Leo • (July 23 - Aug. 22) - Today is a 8
You're lucky now, and it seems like you're getting pretty good advice. Go ahead and make a choice that you'll be happy to live with.

Virgo • (Aug. 23 - Sept. 22) - Today is a 5
It's a good time to ask for a bonus, a raise or money somebody owes you. You might even get a surprise or find a few bucks under the couch cushions.

Libra • (Sept. 23 - Oct. 23) - Today is a 8
You're a student and a teacher naturally, all the time. Continue to collect information, so you'll have the answers when asked.

Scorpio • (Oct. 23 - Nov. 21) - Today is an 5
You're intent on finding the truth and this is a good thing. Dig through the stacks of data and clues, and you will.

Sagittarius • (Nov. 22 - Dec. 21) Today is a 8
A friend comes up with a completely outrageous suggestion. Don't laugh — the odds are good that this will actually work.

Capricorn • (Dec. 22 - Jan. 19) - Today is an 6
Frustrations at home have you wondering if it's time to make a big change? That's one option, but a renewal or renovation is also indicated.

Aquarius • (Jan. 20 - Feb. 18) Today is a 8
A friend comes up with a completely outrageous suggestion. Don't laugh — the odds are good that this will actually work.

Pisces • (Feb. 19 - Mar. 20) Today is an 6
The lid is about to blast right off. You'll find you can climb higher than you ever imagined. And, it'll be fun.

ACROSS

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7 Dogfish comment
10 Eastern nursemaid
14 Not so tough
15 Choo Etc.
16 Military post
17 Certain culinary contest
19 Speech therapist’s concern
20 Refrigerant gas
21 Lacking interest
23 Make cloth gathers
25 Fairness-in-hiring letters
29 Embroidery like tapestry
32 Mileage recorder
34 Original
35 Occupied
36 Fairy queen
39 Caesar’s question to Brutus
42 Viscous liquid
48 2003 World Series MVP
52 Classic jug
53 Actress Hagen
54 ASCAP rival
55 Map feature
57 Shabby
60 A.L. Rookie of the Year
63 Skin opening
64 Foster barn Garoldo Gonzalez
66 Midcast carrier
67 Tennyson’s twilight
68 Command
69 “Ed Wood” star
70 Field-lander
71 Pastry shells

DOWN

1 Lowly worker
2 Neat rival
3 Brake-lining material
4 Big name in copiers
5 Like Simba
6 No-seats-available letters
7 Cookeyed

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“What’s your new years resolution for 2006?”

BY: SUZANNE GUARINO

Sean
freshman
“To stop breaking bones in my body. I broke 3 bones over break!”

Marshall
sophomore
“Quit spending $600 a week at the bar and concentrate on my classes.”

Regina & Ryan
juniors
“To quit smoking!”

Jason
junior
“I want to get more listeners for my Saturday morning radio show.”

Jessica
sophomore
“To not curse as much.”

Mike
freshman
“Eat healthier food”

Lauren & Nikki
freshmen
“We resolve to keep our dorm less messy.”

Stephen
freshman
“To not throw up when I drink. That doesn’t mean I’m gonna drink any less, just that I’m gonna try

Becca
freshman
“Spend less money with my credit card because my dad almost cut it up!”

Eddie
sophomore
“Spend less money.”

If you are interested in becoming a Resident Assistant for the Fall 2006 semester, please attend an RA Recruitment meeting in Oakwood Lounge:

Wed 1/25 @ 3pm, Thurs 1/26 @ 9:30pm,
Sun 1/29 @ 7pm, Wed 2/1 @ 3pm
Or contact rsalcedo@monmouth.edu - x6261
He said he took some course reductions as he was getting more involved in the area of administration.

"I took a course reduction to become director of student development and retention. Then I took another course reduction to be director of first year experience. Then I took another course reduction to develop the first year seminar," explained Mc Caig.

"Eventually, I was responsible for teaching one course and trying to carry all these little en- tention efforts at the institution," he added.

After his ninth year at Penn State Abington, the concept of enrollment management was developed.

"I was Penn State Abington’s first enrollment manager and did it for ten years," said Dr. Mc Caig. He said this was "brand new in the mid-90s" and was a combination of admissions and financial aid and the student experience.

"We were able to increase its academic quality and increase its ethnic diversity," he said.

He continued, "It was a good match for me to come here when some of what I have been asked to do is concentrate on retention and different types of diversity."

DR. ROBERT MC CAIG

Vice President of Enrollment Management

"It was a good match for me to come here when some of what I have been asked to do is concentrate on retention and different types of diversity."

"I think it’s fair to say that, even with a little bit … by 2014, I would like to have crafted a freshman class that is more academically talented, more geographically diverse, more ethically diverse, and which is retained at a signifi- cantly higher level then we are currently retaining our students,” described Mc Caig.

Mc Caig said that he is excited about being a member of the Monmouth University community. He has many ideas for offering more opportunities for students in the summer and create "a more vigorous summer life" at Monmouth. He added that things will also be done with retention “so students are engaged at every level of their Monmouth experience at the undergraduate and graduate level.”

"I felt in coming here I could do good things for Monmouth," concluded Mc Caig.

Online privacy: a fragile shield

Steve Shaer is feeling more skittish about Internet companies these days.

"It is by he upset that the federal government subpoenaed reams of data from four Internet companies – Amazon, AOL, and Microsoft. He’s now wondering which online companies he can trust with his personal in- formation private.

Although Google is strenuously fighting the government’s demand for the information, the other three Internet companies gave au- thorities at least some of what they were seeking.

"It definitely brings up the issue of trust in those companies when they will comply with a bogus subpoena without fighting it," said the Miami real estate developer.

"It does give me pause that they would roll over without a fight.

Revisionist view of government officials asked the four large companies to provide infor- mation about the billions of Inter- net searches conducted on their sites has cast new light on the fact that online companies collect and store so much potentially personal information about people.

Authorities in this case never sought any personal information about any of the companies’ users, according to court documents and statements by government of- ficials last week.

But the case has nonetheless sparked a dialogue about how much those companies can be trusted with that information about their users as how forthcoming they would be if the govern- ment were more aggressive in its information requests. And it also raises questions about how many times the companies have already turned over information to third parties, including the government, without the public knowing.

For some people, these questions have taken on more importance at a time when the government has been given more freedom to search and spy on Americans.

Yahoo, Google and AOL didn’t respond to requests to be quoted in this story.

Internet users may be surprised to learn that the privacy standards for personal online data vary widely, said Chris Hoofnagle of the Electronic Privacy Information Center. Laws dictate what banks, telephone, cable and satellite companies can do with their customers’ information and with whom they can share it, he said.

But there are no rules, he said, to govern how Internet and e-commerce companies handle personal information.

"There are no laws that stop the government from looking at that info," Hoofnagle said.

The amount of information amassed by online companies grows daily. Companies such as Amazon, Yahoo and AOL are con- stantly signing up new members who willingly hand over their real names, addresses, gender, income levels and, in some cases, credit card information.

Search engines, meanwhile, are constantly building a grow- ing record of search queries, Web site visits and Internet Protocol addresses, which can sometimes help identify who owns the computers being used by searchers.

Even without specific legal requirements to safeguard that information, online companies have done a good job of po- licing themselves when it comes to privacy, said Trevor Hughes, executive director of the Network Advertising Initiative, which represents online marketers, analytics, advertising and email compa- nies on privacy issues.

Google’s privacy policy, for ex- ample, says that it will only share personal information about its users with third parties in certain circumstances if a user allows it, if businesses partners need it, or if it is “reasonably necessary to comply with any applicable law, regula- tion, legal process or enforceable governmental request.”

"It think it’s fair to say that, even in the absence of legislation, we’ve had widespread adoption of privacy prac- tices and policies," Hughes said.

"The private sector generally has an incentive to do things in a good way.

Yahoo forcefully asserted last week that it protects its users’ pri- vacy. Nonetheless, privacy policies are voluntary and carry no legal weight.

"They’re just stated intentions," Hoofnagle said.

Companies could avoid many of their legal and social questions by reconsidering how much information they collect and how they store it, some privacy experts said.

Lauren Weinstein, a noted pri- vacy commentator, said he wor- ries that the U.S. government will someday try to compel companies to store their personal data for lon- ger periods of time so it will be available to the government in the fight against terrorism.

Weinstein pointed to new rules adopted by European lawmakers that require Internet service pro- viders and other companies to re- tain certain types of data for up to two years as a way to help fight ter- rorism.

"Part of the reason these prob- lems continue is because this data is being retained in the first place," she said.

Lee Tien, attorney for the Elec- tronic Frontier Foundation, agreed.

"What we always say about sub- poenas is, they can’t subpoena what you don’t have," Tien said.

Some companies allow their us- ers to purge their online accounts whenever they want. Other online services that host personal infor- mation, like search engines, work from crawling their sites, prevent- ing them from creating their own records of the data.

But few Internet users take the time to understand or think about how much of their personal lives are stored online.

"It’s the society we live in, that we’re so open and trusting," said Sonia Arrison, director of Technol- ogy Studies at the Pacific Research Institute think tank. "We make the assumption that everything is OK. And then something like this happens and it’s a wake-up call. I’m certainly going to think more about where I put my information."
In the name of beauty
The hip ways we keep ourselves looking great

ANDREA TIBALDO
FASHION EDITOR

In elementary and middle school, you are taught proper hygiene in health classes and by your parents. In high school, you not only abide by proper hygiene etiquette, but also look to the next level in order to impress and attract the opposite sex. By now, you have mastered the art of impression and have developed daily health and beauty rituals for not only that crush of yours, but for your own self-appreciation as well. Whether it’s a favorite face wash or body lotion you use after every shower, or the waxing you go for every few weeks, you learn what makes you look and feel great. These beauty tasks leave you with that much more confidence when done. If you haven’t already begun a routine by now, or are just looking for extra ways to perk yourself up, then here are a few popular ideas.

Eyebrow threading

This beautiful technique may sound painful, but if you’ve never experienced it then think again. Eyebrow threading is taken from ancient India and is now widely used throughout the world. As compared to waxing or tweezing, it is a less painful way of getting rid of unsightly bushy brow hair. Threading causes less redness and swelling than waxing or tweezing. For people who have sensitive skin threading is even more of a reason to skip the painful irritation of waxing, which can also cause breakouts. So how does this work, you ask? Thread is knotted around a piece of hair by the root and simply pulled out. Hair by hair, your eyebrow sculptor will leave your eyelashes looking dark and voluptuous. For blondes or older women turning grey, there darker lashes can take the place of mascara. For best results, threading should be done every eight weeks and definitive results will be seen by the second application. Cost will range from $25-$45.

Eyelash tinting

“Absolutely not. New Jersey is the only state where guys tan, get their eyebrows waxed and their teeth whitened like women. You see, me, yeah babe, I’m all natural.”

- Ben Brenner
Senior

“I usually just drink a lot of water and I make sure that I wash my face every day.”

-Nicole Giannopoulos
Freshman

“Teeth whitening”

When you were younger, your teeth would be perfect if you had braces. But now, the perfect smile is beyond just straight teeth. Whiter, brighter smiles are all the rage lately, and there are a few options if you choose to enhance your smile.

The less expensive way to go is to purchase whitening toothpaste or whitening strips. Try either Crest Vivid White Night or Colgate’s Simply White toothpaste for noticeable results. Crest Whitestrips are an even better route to take if you’re willing to spend some time and money. Most times, the packs take about 14 days to complete. If you’re looking for instant gratification, then going to a dental professional, such as those at BriteSmile, might be better for you since some teeth will be defeated by getting a hydrating paraffin face mask or an oxygen mask. A deep cleansing facial and massage may be just the trick if you have oily skin. If you’re looking to target a certain issue when deciding what type of facial is best for you, most spas will have no problem having a consultation prior to the treatment. Cost will be determined by the time of the treatment, and level of spa you book your appointment at. Fifty minutes could run you $100, or for $60, you could receive a twenty-five minute facial.

Indoor tanning

The first tanning bed was made in 1966 by a company called Heraeus, for medicinal purposes. In the 1970s, however, tanning beds become more popular for cosmetic reasons. There are, of course, some general rules if you’re a “take-n-baker”. The most obvious fact is that tanning beds are not healthy and do have long-term effects on the skin and body. With that said, if you still choose to tan, be sure to use lotion for tanning and moisturize afterwards to ward off any burnt or drying skin. Eye protection is essential so you don’t damage your retinas or even cause cataracts later in life. Be aware of your medical history, because indoor tanning can be too sensitive for certain medications you may be taking. Cost varies by salon.

Facials

With so many spas conjuring up their own variations of facials, there are countless ways to pamper your skin. For example, since we’re currently braving the winter air, dry skin can be defeated by getting a hydrating paraffin face mask or an oxygen mask. A deep cleansing facial and massage may be just the trick if you have oily skin. If you’re looking to target a certain issue when deciding what type of facial is best for you, most spas will have no problem having a consultation prior to the treatment. Cost will be determined by the time of the treatment, and level of spa you book your appointment at. Fifty minutes could run you $100, or for $60, you could receive a twenty-five minute facial.

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“... A GUITAR-POP BANK WITH A DASH OF U2.
- Time Out New York

FREE...
LIVE...
& AT MONMOUTH U!
DOORS OPEN: 7:30 PM
MONDAY, JAN. 30
LIVE SHOW @ 8 PM IN
PLANGERE’S HAWK TV
STUDIO
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PRIZES!
Phi Sigma Kappa

Welcome back brothers... last semester was the semester of falling in love... this semester is the semester of telling your girl-friend ur in love with her awaaaw Stumpy... last semester Launchpad gave Precious hand lotion to use for hand relief... this semester is the semester of telling your girl-friend ur in love with her awaaaw Stumpy... last semester Launchpad gave Precious hand lotion to use for hand relief...

The Club and Greek page contains articles written by the students of these organizations. The Outlook is not responsible for the content of these articles.

Delta Phi Epsilon

Sky-wy we missed you, Love-Pseud and Pseud. Biggie-woow Janelle wow another crazy weekend with you. Love ur little. Jaime. Corina- your not cool... face it, but I still love you laime. Lil-u have credits-course load of a single working mom-ur a baby. sitter-face it! liv u- Alu-Is still get-taged up xoxo Janelle. Littles- oh how I have missed you! So excit-ed for spring semester scandals! Love, Shimmer. Allison-make me pizza dip. Glad to be back! Love Starlitte. Nelly-by any chance are we from the same womb?! Starlizze-where are the cheetahs and monkeys? ps-make your own pizza dip! J-adore Jolie where has my biggie gone? Too hot-Cali-ent. 503 finally complete! Love you big and twin! fabulous love-sunrise. Love you little fantasies! Little one your the love of my life 503 oh the craziness. Love you name twin and saint! Luckie Biggie I love you! Painter-AA reunion this Thursday! Martini 1 2 3 Canada absurdities! US, the Thetas, and Sigs rocked that country hardcore. Corin and Ash have my Lil American heart. “I’m just here for the cheese!”. No words to describe. How do you go to Monmouth? You don’t speak English! -Marist boy-Canada was rocked by the international triple threat! Love u girls! Venus-start writing the sad adi-jolies Ciao mi bella Luna! So glad you’re back little! My day is complete again. Love, Solaiia. Roomies I love your lives -Soliaia.

Theta Phi Alpha

To Monmouth Students, Faculty, Staff, and Administration:

Theta Phi Alpha would like to welcome everyone back to school! We hope everyone had a fun and safe winter break and we welcome a new challenging semester ahead and are glad everyone is back!

-Theta Phi Alpha

Alpha Chi Rho

Winter Break: Lazy Days, Yet So Much To Do! We managed to successfully segregate the Woodgate house on New Year’s Eve. Zero-Cool is a cross between Jesus and an extra from “Only the Strong”. Bam toasts his cookies after taking a single drag off of his cigarette. Darby looses his dignity while Dog Show goes “Fear and Loathing” on the Eastern Seaboard. Hyde attacks Bogger whenever he decides to visit. NO BRATISLAVA! Doyle’s lovechild—Jorge Villaflores, a.k.a. “George House-of-the-Wolves”—is finally birtheed! CONGRATULATIONS JOH! Buy that man a cigar! The Hot Dog King rejects Bacon and Skeeter’s request for sponsor-ship...and those were NOT hot dogs. Flush’s pledge name has been changed to “Turtle” af-ter him and the Sherminator turn their weekly “poker game” into a rotisserie BBQ, COME HERE AND CLEAN OUR BATH-ROOM! Thanks to a pair of scissors, Binger is miraculously transformed into a PRETTY girl. The Grudge continues to taunt Woodgate with a series of taps. Drew’s Postulants suck. Thanks to Billy Madison, Tau class will have a new automated service! Congratulations Tau Chi Phi! New member GPA didn’t take the biggest dive! In cel-eb ration, a trip to Washington Square is in order! Maybe we can beat our fastest time of three hours and seventeen minutes! BE MEN -Skeet

Tau Kappa Epsilon

Ay-so washu doin? First and foremost thank you to the lovely girls of Theta Phi Alpha for a crazy mixer, always a good time with you girls- Mr. Shaggy Slave Hasselhoff aka Bundt Cakes. Shrek passes out in the bath-room, locks himself in, and has to climb out the window to get out. Johnny 5. Master Wok pulls some ninja trickery and secretly disappears. New President rocks but doesn’t roll. Quahmean. Good luck boys, hold it down, and always keep it real. Peace MU and thanks for ALL the good times- Sherminator. Keep your head up Moby, All Quailman warner for Xmas is Wuggum and a pig to play with- Gus Gus. Entire semester was a blur, and next semester is gonna be even worse. AWESOME!- Moby. From all the brothers of TKE, Sherminator you are the Kingpin/Ese hueso del brillo. You’ll always be our brother and we’ll miss havin you around as much. CHECK IS GOOD!!!
On a sunny Sunday morning in October I strolled into a piazza in Barcelona. In front of the church, a small band of three old men, in a manner variously pressed. They were surrounded by people—both church-goers and passers-by—who had stopped and thrown their purses, parcels and bags at their feet. Groups of people joined hands, spread into wide circles and danced. The sun shone down, warming the crowded square. I sat on the church steps and sipped my coffee. I had no camera. I could not take a picture, could not freeze this image; could not squeeze these cheerful, dancing souls into a frame. It would have been a crime to do that anyway. For an undisturbed snatch of time, I sat alone and simply watched. At that point in my semester abroad I had been to Amsterdam, Dublin, Paris, Brussels, and of course I was living in London. I had ridden canal boats, been taken inside Ann Frank’s house, and studied Van Gogh’s works. I had bus toured Dublin, drank my share of Guinness, and experienced a crazy hostel bed sheet. I had been in and out of Notre Dame, St. Denis, and the Eiffel Tower. I looked pictures of every sight there is to see in Brussels, yet saw none of them. I smelled the sweetness of Belgian waffles on every corner. I had seen British Parliament, and heard Big Ben chiming, not quite the way Woolf describes it in Mrs. Dalloway, but stunning just the same. With all of these experiences, these sights, sounds, and smells that I now attempt to put on a page, my Sunday morning in Barcelona does not need a photo album. It is forever etched into me.

I know it probably sounds unrealistic. I would’ve thought the same thing just three months ago, sitting in the student center of a university somewhere in New Jersey—the same place I had always been—but this thing, this thing, is just my thing. Surely if you went abroad, you would find your own thing too. In Barcelona, I spoke the little Spanish that I know. In France and Brussels, God knows I tried to speak French. In Italy, I spoke Italian. I don’t even know Italian. This experience has enabled me to discover things about myself: I am not too old. For those of you who do not know me, I am probably older than you. As a 27-year-old under grad, I felt almost foolish thinking about a semester abroad. Obviously, I have had my share of good times. I thought I should’ve been “beckoning down,” budgeting and taking life seriously. Who knew I was to leave my job, my family, and my responsibilities for three months? But fortunately, something in me found its way out. I may love the Jersey Shore, Jacks, my classes, friends, and parents. But nothing beats dipping your feet into the Mediterranean Sea, with a glass of wine in your hand outside of a night club at midnight in Barcelona. I can navigate anywhere. It is absolutely true. You are, as a person, how you travel. I hate hostels, love exotic food, and enjoy shopping. I probably could’ve told you all of that before I left. But, as you travel, especially with others, certain people just hone these skills that they never even knew they had. I am a navigator of streets, and look at my pictures quite frequently. I’m sure of it. Many people are neither of these things. Some people emerge as followers and others as leaders. This experience was the best way for me to figure out which of the two I am. I expect that the study abroad experience would do the same for you.
Women’s Basketball
Rolling on all cylinders
Hawks beat Mount, have won 7 of last 9

CRAG D’AMICO
ASSOCIATE SPORTS EDITOR

After a 1-6 start with five consecu- tive losses to start the season, one of the Monmouth Hawks could see the Monmouth Hawks have finally started rolling on all cylinders, and are aiming to win the NEC regular season title this time – the heart of the conference schedule.

The Blue and White have won seven of their last nine games, including four in a row, to get their overall record to 8-8, and take over sole possession of fourth place in the NEC standings with a 5-2 conference record.

“I knew that we had a young team, but we had the talent to get better,” explained Hawks head coach Michele Baxter. “They are getting together right now at a per- fect time for us.”

Saturday afternoon, the Hawks closed out the Schwartz Athletic Center in Brooklyn with a 65-56 win over Al- bany’s men’s basketball team in their only meeting of the season.

In back and forth first half, the Hawks grabbed the lead for good and all with an 8- 0 run in the final five minutes of the first half, including three straight threes.

In the first half, Monmouth held LIU to just 19 points and 20 percent shooting, while the Hawks shot 50 percent with 60% themselves, Rachel Ferdinand tied her career high with 12 points for the second straight game, and came up with several key offensive rebounds off of missed LIU free throws, contributing to the second place finish in the conference.

The Hawks dominated the glass, holding a 56-44 advantage, includ- ing 26 offensive rebounds which turned the Hawks around.

Monmouth then built their mo- mentum in their next game out on Mount St. Mary’s at Boylan Gym. It wasn’t until the final minutes of the game as far as the conference stand- ings are concerned, as both teams came in with identical 7-4, 4-2 re- cords.

Hawk senior Niamh Dwyer scored 17 of the team’s 34 first half points, as Monmouth took a 34-22 halftime lead, leading at the half for the third consecutive game. The Monmouth team rolled off their final half with a 7.0 run to close in, and eventually get within four of the Hawks, but Monmouth rolled off eight straight points to put the game out of reach.

Dwyer finished with 22 points, leading the team and moving past Tracy Robinson into the Top 10 in Monmouth’s All Time Point lists with 1,089 points. It was Dwyer’s second straight game in double fig- ures.

The Hawks dominated the glass, holding a 56-44 advantage, includ- ing 26 offensive rebounds which led to many second chance points. Ferdinand collected his career high ten rebounds and Merriweather had a career high nine rebounds.

“The bad thing about the re- bounds was that we missed a lot of shots,” said Baxter. “But they are a good rebounding team, we got a lot of second chance points, and we put emphasis on rebounding.”

The streak started with a Naiymah Ware buzzer heater at Columbia on Monmouth’s All Time Las- ter 75-73 win.

The Hawks shook off the rust, and went on to win back to back to back in a row.

Monmouth started rolling on all cylinders, and the field of teams were more competitive this year than last year.”

Joe Compagni
Track Team Coach

Freshman Rachel Ferdinand led the Hawks with a career high 12 points in back to back games against LIU and CCSU last week. She dropped seven offensive rebounds for the second straight game.

“Her big game was against LIU,” exclaimed Hawks head coach Michele Baxter following the game. “We had the lead down to one, but she went on a tear. She is a very good rebounder, and we need her to continue that.”

Also, Monmouth is 6-1 this year as far as the conference standings, in the NEC and has a one game lead in the conference.

“Things are heating up at exactly the perfect time,” said Baxter. “We have one game left against Robert Morris, and I am pretty sure we are going to win. We win and we are in the right place.”

Notes:
* Rachel Ferdinand was honored as the NEC Rookie of the Week for the week of January 23rd.
* Ferdinand had back to back 12 point games.

Hawks shine at Dan Classic
Men finish third and the women finish fourth

ALEXANDER TRANCUL
ASSISTANT SPORTS EDITOR

The Monmouth University Track and Field teams competed in the Great Dane Classic at the University of Albany in Albany, New York. The Hawks, led by Senior Andrew Allen and Junior Michael Latasha Dickson, turned in solid per- formance, as the men’s team fin- ished third overall and the wom- en’s team finished fourth.

“We had hoped to finish a little bit higher, but we had some great individual performances, and the field of teams was more competi- tive this year than last year,” head coach Joe Compagni said.

Allan placed in three different events, taking third in the 5000 meter hurdles with a time of 15:05.65, while junior George Nsouw, and sophomores Bill

Hawks beat Mount, have won 7 of last 9

Scored with a time of 1:38.41. Freshman Ryan Madrid placed fifth in the 10000 meter event with a time of 31:34.09. In addition, Dwyer finished the Distance Med- 360, and finished fourth in the mile run, posting a time of 5:30:40.

In addition, Katina Alexander placed third in the 3000 meters event, clocking in at 10:04.77, and then anchored the Distance Medley Relay team to a third place finish in a time of 12:40.54. Joining her on the team was fel- low Senior Caitlin Graham and Freshmen Jessica Jones and Nay- da Pirela. Pirela also had a nice individual performance, finishing fifth in the 5000 meters in a time of 15:11. In addition, Pire- la joined senior Toria Williams, junior Asha Arneth and Fresh- men Illiana Blackshear in the 4x400 relay, as the squad placed third, seventh with a time of 3:58:56. Senior Tia Tiforce ran 55 meter dash with a time of 7.26 seconds, tying the school record set by Diane Temple in 1999. In the field, Taylor also scored in the long jump.

“This was the only score we will have all season, and we will have to improve on it,” said Compagni. “We will need to score and improve on more weeks to sharpen up before we go to NECs.”

Current, past Hawks greats honored
BY ALEXANDER TRANCULE
ASSISTANT SPORTS EDITOR

At halftime of the Monmouth Hawks home basketball game against Mount St. Mary’s, the University took time to honor two groups of standout athletes. The first group consisted of the three men and six women who represented the Monmouth Uni- versity Track and Field team at the NCAA Division I East Regional Track & Field Championships last year. They were Bobby Smith in the men’s javelin, Tiffanie Taylor in the women’s long jump, Nick Williams in the men’s shot put, Katina Alexander in the women’s 5000m, and Nick Gilanelli in the men’s pole vault. Representing MU in the women’s 4x400 were Toria Williams, Latasha Dickson, Asha Arneth, and Suraya Ko- rniegaj.

In addition, Monmouth University honored the only four NCAA Back to Track and Field All-Americans in school history. They were Auge Zitncar - Ham- mer Throw (1986), Joe Maltese - Hammer Throw (2001), Jon Kal- nas - Shot Put (Indoor Track 2002; Outdoor Track 2002) and Bobby Smith - Javelin (2005).
Hawks persevere in double-overtime marathon against Quinnipiac
MU alone in first atop cluttered NEC standings with 6-2 mark

ED OCCHIPINTI
SPORTS EDITOR

Two and a half hours of basketball is a long time, a really long time. That’s how long it took the Monmouth University men’s basketball team to defeat Quinnipiac this past Saturday night 80-74 in double overtime at Boylan Gym. It was the second time the two teams had gone to overtime in less than a week. The previous Saturday night the Hawks again bested the Bobcats 85-82 in extra time. Monmouth was led by Dejan Delic’s game-high 22 points with a 55-53 win on a Mike Shipman free throw to put the Bobcats ahead, and Dale Meinbresse sank a free throw in the contest, mostly down the stretch. Delic was playing in his second game back from a knee injury. “That game was way too long,” said the junior from Serbia-Montenegro. He scored nine of his points in the extra session.

The game was Monmouth’s first double overtime contest since winning a 73-72 thriller at Fairleigh Dickinson in the semifinal of the 1997 Northeast Conference Tournament. Delic took over in the second overtime as he hit what many call the game-winner with three 3:35 remaining. Both teams traded baskets to start the first overtime, before Quinnipiac’s Adam Gonzalez hit a runner and Dale Meinbrekke sank a free throw to put the Bobcats ahead, 62-59 with 41 seconds remaining. Monmouth senior Chris Kenny hit a season-saving three-pointer from the left corner with under 30 seconds left to send the contest into a second extra session after Quinnipiac failed to score at the buzzer.

The Hawks started the game quickly, quickly scoring the first five points of the contest after a three-pointer by senior Tyler Azzarelli and a Corey Halliatt basket. After a Delic three the Hawks a 9-5 advantage. The Bobcats answered back as Craig Benson, who has haunted Monmouth is his career, connected on his second straight long-range shot. Benson hit a three-pointer in last season’s game at Quinnipiac to tie at 66-66 before Monmouth’s Marques Alston canned a three at the buzzer to win the game. The Bobcats took their first lead halfway through the first half as Benson continued his hot-shooting, connecting on another three to give Quinnipiac an 11-9 advantage. Monmouth outscored Quinnipiac 55-53 on a Mike Shipman free throw, but connected on the game to the initial extra session.

The Hawks attempted a record 50 free throws in the game, making 35 of them to make up for a poor shooting night as they shot only 32 percent from the field. Azzarelli added 18 points, while fellow senior Kenny was the third Hawk in double digits with 10 points.

“We played well enough to win this game,” said head coach Dave Calloway. “It was a hard fought game. When you win close games, it’s a good sign.”

The Hawks return to action as they embark on what has affectionately been referred to as the “PA” trip as they travel through the Keystone State to take Robert Morris on tomorrow night for a 7:30 p.m. contest. They then take on St. Francis (PA) before returning home against Central Connecticut State on February 4. The Hawks lost to Robert Morris 87-75 back on January 5 at home.

“We remember that loss (against RMU),” said Delic. “We want to give them a back a loss.”

In the first meeting between the schools, the Hawks were out rebounded by 19 as the Colonials held a 42-23 advantage on the glass. The Hawks were paced in that first game against the Colonials by Delic and Alston, who had 20 and 18 points respectively.

In Monmouth’s first game against St. Francis (PA), the Hawks were fortunate to escape with a 55-53 win on a Mike Shipman half-court three-point shot at the buzzer.

In the game, Alston and Azzarelli were the only Hawks to see any double figures as they scored 10 apiece. Shipman had nine in just 10 minutes of play, including the final three-pointer.

After the Pennsylvania road trip, the Hawks face rivals Wagner, LIU and FDU all twice before the February 28 end of the season.

While you were gone.....

ED OCCHIPINTI
SPORTS EDITOR

On the air:
All Monmouth University men’s basketball games can be heard live on WMCC, 88.9 from www.wmcc.com and www.sportsjuice.com. Pre-game coverage begins about 15 minutes prior to tip-off.

Winter break is a time to relax and catch up between classes for many, but not all, for most students. Yet, for others, it is the most crucial stretch of the year. Academics aside, it’s when basketball season is in full swing and the student-athletes that comprise the Monmouth University men’s basketball team have little time to spend relaxing. In an attempt to get everyone caught up on what happened during the winter break period, here’s a list of notable things that the MU men’s basketball team accomplished:

• The Hawks went 5-2 on winter break, including going 4-0 on the road.

• Whitney Coleman was named NEC Rookie of the Week for the week of 1/16.

• He was his second Choice Hotels NEC Rookie of the Week award of the season. He averaged 9.5 points, 4.5 rebounds, 4 assists and hit 7-11 shots (63%) from the floor, including a perfect 3-3 from beyond the arc.

• Monmouth defeated St. Francis (PA) 55-53 on a Mike Shipman halfcourt buzzer-beater at home on 1/7.

• The Hawks are second to last in the NEC in scoring at 62.1 and first in scoring defense, giving up 63.7 ppg.

• And around the rest of the NEC:

• One of Monmouth’s biggest rivals, Wagner, lost at 812 UCLA 74-72.

• Robert Morris and Mount St. Mary’s, the preseason number 10 and eight teams respectively, have a combined conference record 10-4 going 5-2 each.

• Kiwhi Trim, who leads the NEC in scoring with 18.5 ppg, has been slowed by injury each of the last two seasons. Hearted is a surprising 6.3 in conference play with him.

John Bunch has proven that he can take games over at times in his first year at Monmouth. He is averaging 12.5 points in NEC games including scoring a team-high 19 at St. Francis (NY), 17 at CSU and 20 at Quinnipiac.

Freshman Mike Shipman looks to make a pass in transition in recent action as Chris Kenny (35) looks on. Shipman has provided a spark off the bench for the Hawks with his defensive intensity and passing ability. On the season, he is averaging five points and three rebounds per game. He also has 34 assists and 20 steals on the season. His half-court three-pointer at the buzzer against St. Francis (PA) has been one of the highlights of the season so far for MU.

Tyler Azzarelli makes a move on RMU’s Derrick Coleman. Azzarelli recently returned from a knee injury. He is averaging 12.7 ppg and shooting 36% from three-point range while running the Hawks motion offense. MU is 6-3 with him in the lineup this season.
Boylar cooks up a THRILLER

Boylan Gym was rockin’ Saturday night as Chris Kenny and the Hawks survived a double-overtime battle against NEC foe Quinnipiac.

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