The symposium featured a three guest presentations followed by a panel discussion and an awards luncheon. The three guest speakers included Dr. Jerry Schubel, President and CEO of the Aquarium of the Pacific and former director of the State University of New York (SUNY) Stony Brook’s Marine Sciences Research Center.

Mr. Steven Mayer, founder of Atari, Inc and advisor to Nintendo, presented his thoughts. He outlined the problem of narrow environmental issues and the lack of progress developing these issues into a broader arena and tackling them head on. He stated, “We need a new approach, a different, comprehensive approach... We must combine old world and new world thinking.”

Next was Mr. Mayer, who stressed the importance of innovative technology and the role it can play in helping the ocean environment. He emphasized the need to combine industry, technology, and culture to obtain a better understanding of the struggle of environmental protection. Using example like Google’s Cleanup Weekend, an international project were people got involved in plotting their own cleanup sites and photographing them, Mayer stressed that this type of effort will lead to new tasks that would make great steps in the right direction supporting the ocean.

The final presentation, by Dr. Koster, outlined the importance of knowledge and the role that science can play in helping the ocean environment. He outlined the need to combine industry, technology, and culture to solve the environmental issues and the lack of progress developing these issues into a broader arena and tackling them head on. He stated, “We need a new approach, a different, comprehensive approach... We must combine old world and new world thinking.”

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Similarly, Krikl thinks that, “A film festival is designed to appeal to fans of film. They make it more fun, and it gives us the opportunity to get publicity and to talk to or share with an audience that really cares.”

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Plans Progress for New Residence Hall

Within the last two years, the planning of a new residence hall has been in the works at Monmouth. The additional building will be located on the corner of Pinewood and Cedar Avenue, on the Beechwood Avenue property, which is the former Kilkare Farm. It will be larger than the other residence halls in shape and bed count. The University’s proposal for the expected building includes a 196-bed hall with additional student parking of 153 spaces, and six new tennis courts. The design of the upcoming hall will look almost like a manor house with a sloping roof into which wings for the third floor are set, giving it the look of a two- and-a-half-story house. As for the height, it will be the same as the other halls, but include faux chimneys. “As far as the zoning board goes, we approved the application approximately two years ago and granted the approval.”

Two River Film Festival Gives New ‘Perspectives’

DAINELLE DECARLO FEATURES EDITOR

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“Return of the Living Dead” possibility for zombie films, horror films and opened up the possibility for different reasons. All three are memorable in their own right, their horror aspect. “All three are interesting in that theatre should be shown to college students. Teller will use some of his magic in the “Macbeth” production, there will be buses going throughout the “Macbeth” production, which runs from January 15th - February 1st. The幸运的是,电子表格中的数据完全符合问题的需求，不需要进行任何调整。因此，直接使用它们来回答问题即可。

The horror movie continues to pique the interest of many people because it introduces storylines so foreign to us, yet pulls us in and engulfs us for the duration of the film. Even if we can see where the storyline is headed, the constant twists and turns make us eager to see more because in these types of movies, more than any other, anything can happen, which is probably why many viewers come to view these films in the first place.

The Two River Theatre Company next event is “Macbeth,” which runs from January 15th - February 1st. Tickets are free for selected dates throughout the “Macbeth” production, there will be buses going to and from the Two River Theatre in Red Bank.

“Night of the Living Dead” and “Shaun of the Dead” are using their resources towards raising awareness for the charity POAC. “It is encouraging to know that the proceeds from this concert will be supporting those coping with autism by providing a variety of services and spreading network for the benefit of individuals affected, including those who are living with autism. ONCOR CEO Ross LaTerra, who will be working in conjunction with ACT! Theater Company said in a press statement that the group is doing anything to help these kids who are living with autism. The other reason is that her organization plans to sell tickets, ushering the audience to their seats, helping with the set up and clean up, as well as selling tickets to those who are attending. Tickets to see “A Day in the Life” are $25 for guests.

For select dates throughout the show, there will be buses going to and from the Two River Theatre in Red Bank.}

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Japanese Film
Course Enriches
Students in Different Culture

STEFANIE FACCIO
STAFF WRITER

“Anyone passionate about film wouldn’t have to look far for a rewarding experience,” claims Professor Chad Dell of the Communications Department. Dr. Dell is commenting on a newly offered Japanese film class taught by Laura Neitzel, a professor with a PhD from Columbia University in Japanese history.

Professor Neitzel also currently teaches at Brookdale Community College in Lincroft. She decided to come to Monmouth to share her knowledge of Japanese history. The class, which currently has eight students, meets every Monday and Wednesday in Room 130 in the Plangere Center. It’s offered to all Screen Studies minors, but can be taken as an elective by anyone.

According to students and faculty, there is little more than just watching and analyzing movies. “The course offers students the opportunity to study a different film culture and to see both the similarities and differences in the way films are made and stories are told,” said Neitzel.

According to Neitzel’s syllabus, the primary goals of the course are to become familiar with Japan’s major filmmakers and cinema history, to understand the social, cultural, political, and technological forces that shaped cinema and how it’s contributed to global cinema, Japanese cinema is a medium that “both reflects and shapes the social and cultural experiences of the nation. It’s an important medium that needs to be studied.”

“The Japanese have contributed in important ways to cinema. They have a strong sense of the visual image. If you’re interested in cinema, Japanese cinema is an important area to study,” said Dr. Dell.

According to Anne Marie Corcoran, a current student in the Japanese film, the class isn’t what most students may suspect. She and her classmates participate in lively discussions about camera angles, film techniques and how much is utilized in movies. These discussions, she says, are very informative and helpful considering the class is small. “Our professor knows a lot about the films and history, and she speaks Japanese, which is helpful when the sub-titles in some of the older films are not totally accurate,” said Corcoran.

According to Dell, due to the fact that the Japanese have experienced things that Americans haven’t, they have a different perspective on major issues such as war. These different perspectives reflect in their film and it’s something that Hollywood film lacks. Many films that are viewed in America, he feels, such as the Magnificent Seven, have stemmed from Japanese original movies. America’s 1960’s film, the Magnificent Seven, was influenced by the Japanese’s 1950’s film, The Seven Samurai.

“The course is not offered in the Spring, students are still encouraged to sign up for the class in future classes. It’s recommended to anyone who is looking for a unique elective course. It’s really interesting and it’s a shame more people don’t realize that,” said Corcoran.

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“Arts are a very important aspect of a community. Tolerance is experienced and felt through the arts; it is very important to promote the arts,” said Knox.

There was a very small crowd at this inaugural screening of what would not be presented publicly to students until today. In addition, the physical theater was not open to the public, so the theatre students could not show up until the very end of the event. “It’s such a shame that there aren’t more people,” said Knox.

The audience wanted St. Amour to perform the poem “Odé to Turkey Shot Out of the Oven.” Christine was trying to get the audience to sing along to his guitar and humming along to his mini-guitar, his regular guitar, wallpaper and tapping the mic for her, as a background sound.

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Open Mic continued from pg. 3

I am glad Monmouth finally put something like this together,” Katie North, a junior, and PR/Journalism major exclaimed, after she attended the night with the rest of the play practice members. “Sara did an amazing job putting this together.”

We are trying to bring the creative community at Monmouth University together, we want students to be in a relaxed environment, to enjoy music and the Open Mic Night went off without a hitch,” St. Amour added.

Palmieri played the song, Commercial. His performance hit another high and St. Amour played the guitar with her voice. Summonte graced the audience with his voice yet again in a 10-year-old rapsong. The crowd grew as the night progressed.

This was a fantastic night, and we should really have more of them!” Knox stated, at the end of the night, while Hamann exclaimed, “Great job, Sara!”

On October 12th, 2007, Monmouth University officially announced the Dedication of the new field hockey turf and its name, “So Sweet A Cat.” This donation was made possible by two women named Jane Freed and Kathleen Stefanelli, and the clever name of the field was inspired by a try that was owned by Freed.

Freed’s horse was a Champion that won her first race at the age of two, and her last race at the age of five and was also named horse of the year in 2004 at Finger Lakes. This idea of a female champion horse being the representative of a powerful female team such as the Monmouth Field Hockey players brings with it a sense of Female empowerment and strength, and hopefully a successful season for the girls.

The naming of the horse that is so interestingly the name of the field, comes from a poem written by Mary Darby Robinson called, “Mistress Gurton’s Cat: A Domestic Tale.” This is a poem that brings with it a sense of Female empowerment and strength, and historically was used in Italy to bring the lucky ones have air conditioning or washing machines. Monmouth women at the field to their advantage. “It’s because it is much faster,” Says Figlio, “They’re going to have to get used to the playing surface because it is much faster.” Says Head Field Hockey Coach Carlfi Figlio. "They’re going to have to get used to it.”

Hopefully with more practice and getting used to the field, the team will be able, in time, to use this field to their advantage. “It’s a lot different than Kessler Field,” Says Figlio, “They just have to get used to it.”

This gift, made possible by two very generous women, has made a big impact on Monmouth in terms of sports. Hopefully it will merit great success for the Field Hockey girls, as well as larger numbers for the field hockey program here at Monmouth.
Dr. Laura Jannone and Dr. Barbara Paskewich of the Nursing Department attended the National League for Nursing Education Summit September 26 to September 29 in Phoenix, Arizona. Approximately 1600 nursing educators nationwide attended the conference. Both Dr. Jannone and Dr. Paskewich’s abstracts had been selected to be featured during the annual summit. Dr. Jannone said 24 abstracts were received and the process of being selected is difficult. She said they submitted their abstracts October of 2006 and were accepted this spring. “We would have been happy if one got accepted, but both got accepted so we were really proud of ourselves,” said Dr. Jannone.

This year’s conference was titled “Evolution or Revolution: Recreating Nursing Education.” It really was in a lot of ways because for a long time nursing was kind of taught in a cookie cutter method and they were sort of stuck in a routine of “this is the way it’s done and it wasn’t very learners’ centered,” said Dr. Paskewich. “It is is a big turn-out at the conference. Approximately 219 people attended their presentation which was one of the biggest turn-outs at the conference. “They were very interested,” said Dr. Jannone. “Some had already tried them, others were interested in trying them.”

In the abstract, they stated, “We observed that this teaching method maximized the participation and interaction from the students in the class.”

Dr. Paskewich presented a poster of her Nursing, Nursing camps that have been occurring at the university for three years. The nurse camp is for eighth graders. According to the presentation, the nurse camp features five counselors, two faculty advisors, 25 students, and various speakers.

“There is a big shortage of nurses which is why we received the big grant so we can do something to interest young people in the nursing profession,” said Dr. Paskewich. “It is going to be a real problem in our healthcare system if there is a shortage of nurses.”

The goals of the program, according to the presentation, are to educate young students about the profession, show and display the field, and show them the skills required to practice nursing.

The camp is also determined to raise awareness about the current shortage that the profession is facing and the need for nurses in the future.

“It is a really interesting career field and choice. The kids have been great and have had a lot of fun,” said Dr. Paskewich. Both agree that the conference was beneficial overall and they were able to take away much from the experience. “It was very inspirational because not only is there a nursing shortage but also a shortage in nursing faculty. It is very inspirational to see where nursing education is going,” said Dr. Jannone.
### Students Making a Difference

**Jacqueline Koloski**
**Editor-in-Chief**

As a University ambassador, I know that we have more than 65 clubs and organizations on campus. What some may not realize is, in addition to all the work that these clubs and organizations do on campus, how much they also give back to both the university community and the surrounding communities in our area.

Though it may seem as though there is a stigma that college students are lazy and don’t do anything, that is not true for the student organizations and clubs around campus.

For this simple, I wrote a pre-view article about a charity show that is working with the organization POAC. Various student organizations are getting involved and the ones that I mentioned in my article, Kappa Delta Pi Honor Society and The Student Council for Exceptional Children, are volunteering at “A Day in the Life” charity show on November 10. Some of these organizations will continue to support POAC in the future.

There are various ways in which Monmouth students get involved with volunteerism. Each year the Student Government Association hosts The Big Event, a day in which everyone on campus can work together with their respective clubs and volunteer at different places within the area. In last week’s issue, a letter was written by Reverend Frank Goss from St. James Parish to thank students for their hard work and dedication to volunteering that day. He mentioned how it was refreshing to have the students who came there to help out for the day had such energy and enthusiasm for volunteering. That appreciation goes a long way and just inspires you to do more for the community.

It warms your heart to think that just doing a simple task and spending a few hours on a Saturday doing something for someone else can make their day.

Another example would be the Political Science Club recently sponsoring a 3 on 3 Basketball Tournament and Fundraiser in honor of fallen Marine and Monmouth alum Chris Cosgrove. A large number of students attended in support of the cause. The club raised more than $1000 for the charity Marines Helping Marines. It is amazing that students are finding creative ways to raise money and awareness for a wide array of philanthropies. I know students all over are doing similar things to make a difference in the community and as a college student myself it is nice to see us break the stereotype.

College is more than partying and being away from home. It’s a time to grow as a person and what better way to do that than making a difference in your community.

From childhood, it is engrained in our mind that we should do what we can to help others fortunate than us. We can be doing this by giving of our time, talent or treasure. It doesn’t have to be anything outrageous, but doing something simple can go a long ways. Our school has done a great job, in my opinion, getting students involved in volunteering. Our Greek organizations on campus do various events throughout the year supporting their philanthropies and many student organizations host fundraisers frequently. It makes you wonder how much total money is raised each year by our student organizations.

The purpose of this editorial was to simply point out how much work the student volunteers at the university do. Our students here make a difference, whether it is big or small.

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Did you know…your cartoon or picture can be here next week! It can be about anything but should be related to the Monmouth community, student life, or something going on in the news that week. E-mail submissions to outlook@monmouth.edu and it will be printed here. How cool is that? Very.
Over the past twenty years I have come to the realization that humans are horrible communicators. We express ourselves through our body language, poetry, music, facial expression etc. but what is wrong with just saying what we think? It seems, regardless of how old we are, we never learn. We still manage to make excuses for why hiding our feelings and thoughts is ok. I live my life very carefree. To some extent, my life is an open book. I believe that no matter what should always be honest. Whether it is your family, friends or lover, what you say and do should always be the same. We secretly all know what we want of life. We all for the most part want to be happy. We all want the job we love to go to. We all want to come home and be loved by those that make us happy. We all want to do something sort of purpose in life and even though sometimes the obvious and the truth of what we want is staring us in the face, we ignore it or find a reason for it not to be true.

Why do humans deny themselves true happiness? It is already ridiculous that we mislead freely and honestly about everything, politics, religion, family etc. how different our lives and how we view things would be. This idea in itself is impossible, but with the ever growing advancement of technologies we now have great power to understand everyone and everything that is around us.

I wonder if we all just took a step back for a second, and thought about what we really wanted and what we would have to do to get it would we then eventually reach Psychologist, Abraham Maslow’s theory of self-actualization. Even the most basic needs and wants are the hardest to achieve. I feel even our truly reach self-actualization, but if there are those who have, I am happy for you. I just hope even if everything seems overwhelming and impossible, I would hope that everyone would at least try. If the worst thing we could do in life to be happy, then we have done nothing wrong.

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MU Welcomes A New Club

NICOLE GIANNOPULOS CONTRIBUTING WRITER

The Monmouth University Knitting and Crochet Club is now an official club on campus which was started by sophomore Jessica Ball. The club will be knitting and crocheting for the homeless and charities in the Long Branch area as well as donating to various organizations such as Caps for Kids and Project Linus. The club meets on Thursdays at 7:30 in the Student Center Room 202B. Don’t know how to knit or crochet? Don’t worry, club members can teach you! The club is open to all students and faculty who are willing to teach or pick-up knitting and crocheting. The Monmouth University Knitting and Crochet Club is currently working with the Student Services Office, the Community Programs and Yarn-It in Deal, NJ.

This is the perfect opportunity to gain volunteer hours. It is both easy and on campus. Come see what it is all about and bring what you can. The club is also working on getting donations for different projects; supplies such as yarn, knitting needles, crochet hooks, and yarn in good condition would be greatly appreciated.

For more information please contact Jessica Ball 50630472@monmouth.edu.
Is our society really that numb to marketing ploys that no one noticed the boughs of holly, now collecting dust, in Macy’s since the beginning of October? 

CAROLYN BOOMER CONTRIBUTING WRITER

No one deserves to be in an unhappy environment, especially if it is at work. I have several jobs around campus but the one that I enjoy the most is working for the Student Services Office. The team is a very dedicated person and always has time for the customers. I am not a question person and concerns no matter how great or small. Tyler who is in charge of Greek Life is awesome, and I have enjoyed talking to him. I get a charge of Student Services has just an amazing outlook on Monmouth that spreads to everyone in the office. Heather who does diversity knows how to bring her soft personality and positivity to anyone who is feeling down. Last but certainly not least, the two secretaries Betty and Noreen are the greatest and know how to make you feel welcomed. They complete this office family and are the sweetest people I know. 

Our program and began looking for a semester job around the mini-fair job but I was not hired because no department store is going to spend as lavishly as Lowe’s. Many employers know that they are designing for one reason which is why it is so impressive for them to see that name on a tag. 

There are so many colleges throughout the nation that have over 20 students go down to Orlando for the Disney College Program and it gets extremely amazing Ex Ed credits. So-...
Terrorism is a reality and to deny that reality would be a silly argument. For something to be used as political strategy, it is not enough to just argue against the reality of terrorism but also to argue that it has been used as political strategy that has incited fear, in an effort to gain political leverage over opponents. As my opponent stated in his piece, there is more than enough evidence to prove terrorism. Examples of global terrorism post-2001 are listed. It is clear that they are both political and because they have happened already. That's the reality. Terrorism is not a new phenomenon; it existed prior to 2001, and it exists in many forms different from the images that we are often presented in the media. This is also reality. Believe it or not, domestic terrorism and animal rights movement groups were identified by FBI in 2005 in the most dangerous terror groups. Proving that attacks have happened and we can help in assessing probability of future attack. But this does not argue against the actual threat-after-all, language being pushed by politicians will continue to rise. Break down the Giuliani quote I used in my argument to display that terrorism has been used as a way to gain leverage. What I argue is that terrorism has been used as political strategy, proven in the presidential elections of 2000 and 2004 by both candidates and in this statement by candidate Rudy Giuliani. If a single candidate is elected, we would be waving the white flag in Iraq, facing an attack on the scale of 9/11, and that the opposing party “does not understand the full nature and scope of the terror war against us.” Remember that during the presidential election in 2000 and 2004, there was a terrorism issue, that the Republican party won the election in 2000 and 2004 strategy, has been in states that have been in war for the low interest. This statement is an obvious attempt at playing upon the worst case scenario of voter choices. Terrorism does claim the issues and portrays an issue as only being capable to khắc phục terrorism, my opponent has not found a common link. Terrorism is a tactic, a style used, and the War on Terror is unlike conventional wars in that the battlefield and enemy are undetermined. Terrorism is not only the beginning, end, or clear surrender that usually marks a war and that lack of clarity marks the actual threat hard to define. When something is undescribed, declaration is not made, and there is a disproportionate response. Now, knowing this, how does this play into the use of terror as divisive politics for leverage. Basically it leaves a door wide open. UCLA law professor Khaled Abu el-Fadl explained it best when saying ambiguity can lead to misdirection. “The executive branch could consider itself in a stalemate for decades to come,” he says. “The language hides many of the decisions and strategies that lend themselves very easily to political gain.” In my argument but argue that with this door of ambiguity left open, it is still defining terrorism, and violence and threats to intimidate or coerce, especially for political purposes. And defining terrorism as one could call the Janjaweed a terrorist organization. For those of you wondering, the Janjaweed is described as the group responsible for the majority of the violence in Darfur. The point is that if you wondering, the Janjaweed is described as the group responsible for the majority of the violence in Darfur. The point is that lack of clarity makes the definition of an issue to one party?” Unless you are a candidate, do you have a right to criticize the political and international organizations constantly talk of Iran having nukes? Just to point out a few, there are many different playing being between Iran and America.”

In his sixth paragraph my opponent seems to state that “It is wrong to say otherwise and provides no factual proof to sway the reader to believing terrorism is just a played out word.”

In his second paragraph my opponent states that “In no way do these terrorist threats have to do with success or the ability to optimistically think about the future. Just think for a moment what Obama campaigns about combating terrorism with some good ol’ diplomacy. The fact of the matter is that ever since September 11th the terror of terrorism has been thrust into the forefront of international relations; and how countries like America, Spain, England, or Israel handled it should be an important question on everyone’s mind. Terrorism is a real threat; it’s how to react to it that is the major question to be asked around the world, this is what we are debating.

Political Quotes

“"The true danger is when liberty is nibbled away, for experience, and by parties."” – Edmund Burke

“I have no respect for the passion of equality, which seems to me merely idealizing envy.” – Oliver Wendell Holmes, Jr.
The Buzz From Across The Pond

Leslie Weinberg
Overseas Correspondent

"Remember Remember the 5th of November..."

In case you forgot what you are supposed to remember on the 5th of November, here it is. In England it is Guy Fawkes Day. Guy Fawkes was part of a group of conspirators who tried to overthrow the king and blow up Parliament in the 1600s but the government was able to stop this event (aka the Gunpowder Plot of 1605). These activities have been celebrated all weekend. Well, we celebrated the 5th of November very differently. We spent the evening at Trafalgar, a huge complex combining a mall, restaurants, Dave and Busters and a casino; playing video games, bowling and riding Dodgems (bumper cars). We were slightly sad to discover that Halloween wasn't celebrated as much over here as it is back home. The Europeans didn't really dress up at all and there was no way to go trick or treating. I mean who doesn't love free candy? Maybe I can convince them to start that.

The Southbank area is a very modern and hip area along the Thames River, full of culture and entertainment. The first visit there this week was to go see the play Present Laughter. If you ever have a chance to see it, don't, it was funny but overall boring and a lot got lost in translation.

The second time was for the London Film Festival, which has been running for the past three weeks. After finally selecting a suitable time and non American film, my friend and I headed off to the National Film Theatre. We saw a German/French/Belgian movie called Horse Thieves about two sets of Russian brothers whose lives are intertwined after a pair of horses are stolen. It was a very interesting film and I recommend it if it ever crosses the pond.

The final trip to Southbank was to check out an art exhibit at the National Theatre and discovering a phenomenal jazz band along the way. The exhibit featured Take A View: Landscape Photographers of the Year only from the U.K. Portico Quartet had a truly unique sound, blending jazz and modern classical music. Seriosuly they are amazing, go look them up right now online.

The thing I love about London is it is such an interesting city. You can turn down one street and find on one side of the street a church that was damaged from WW2, across the street a townhouse from the 1800s and then discover an innovative modern building. Everywhere you turn it's something completely different and there are so many great places to explore.

Friday, we went on a field trip to the lovely town of Bath. This was a town that dated back to the Roman times and had quite a lot of history to it. After discovering the natural hot springs in England, the Romans built great baths over these springs.

People would come from far and wide to take a dip in these baths, either to cure any ailment they currently had or just to jump on the tourist bandwagon. This booming town was considered the ultimate leisure spot and could be considered the Venice of the 18th century. Plus, now it just looks really cool.

This was definitely another interesting week across the pond. Any questions about Guy Fawkes, Dodgems, London or pond. Any questions about Guy Fawkes, Dodgems, London or ponds? I have spent the evening at Trafalgar, which was a town that dated back to the Roman times and had quite a lot of history to it. After discovering the natural hot springs in England, the Romans built great baths over these springs.

Growing Financial Services Firm is Seeking Candidates for Part-Time Positions

Discovery - The Financial Information Group Inc., makers of the Discovery suite of databases of financial intermediaries, is seeking ALL majors for a variety of part-time positions.

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Are you looking to gain valuable work experience before you graduate?

Studying abroad in Australia has been by far the best experience of my college career. As a senior at Monmouth I have experienced many aspects of college life and none can even compare to the life changing experience this has been for me. I have developed from a shy introverted girl into a grown adult ready to take on the world.

Living in Australia is never boring, there is always an adventure waiting to happen. There are so many amazing things I have done in this country such as skydiving, going to the rainforest, experiencing the most beautiful beaches in the world, and scuba diving in the Great Barrier Reef. Australia has so much to offer any one who visits.

I promise if you get the chance, I beg you to go for it, I promise it is a decision you will not regret.
You’re Never Too Busy to be Healthy!

Jennifer Cicciulli
CONTRIBUTING WRITER

Did You Know...
- You can burn about 2-3 calories per minute just by doing light housework.
- Walking is one of the best ways to burn calories and fat.
- A 7-minute mile running average can burn more than 10 calories per minute.
- If you increase your metabolism it can help continue permanent weight loss!

INFORMATION COURTESY of www.weightlossforall.com

Ninjutsu Martial Arts

You don’t need to go to one of these every day in order to get in shape and stay that way. In fact, you can incorporate exercise and a healthy diet into your everyday activities in order to stay healthy!

We are all confronted with these nutritional dilemmas during the daily grind. If there are days where you have to cut out or order in from fast food places when time isn’t on your side, choose wisely. You always want to order lean meats and vegetables that are grilled or sautéed; never fried. Most places take special orders so ask for sauces on the side, avoid the bread basket, and doggie bag half of your meal.

If for some reason you are so short on time that life just happens to land you in a McDonald’s or Wendy’s parking lot, don’t give up. It is fast food and it is fast and easy. Remember people, it’s a fast food restaurant; all of its food comes out fast. Even the healthy stuff! So that excuse just won’t cut it. Ordering a small plain burger, not the Quarter Pounder with cheese is a great start. Try ordering the grilled chicken salad with light dressing or the small chili with a baked potato; minus the butter, sour cream and bacon which is basically a heart attack on a plate. Drive-thru fast food minutes of intentional physical activity is the preferred amount, some exercise is better than none.

There are so many ways to increase your physical activity level throughout your daily routine. No need to be so busy that you can’t find time to prevent disease and improve over all health.

My number one suggestion to make time for exercise is to get up earlier! If you work out first thing in the morning, time excuses later in the day won’t affect you. If you don’t have time in the morning, plan a workout during your lunch hour or sign up for a group class when you have time. If you treat your workout like a mandatory meeting that you can’t miss, being too busy is never an issue.

Even if you can’t carve out thirty consecutive minutes some days, split the time into two fifteen-minute sessions or three ten-minute sessions which actually keep up your metabolism longer throughout the day. It’s pretty difficult to come up with an excuse if all you have to do is find ten minutes. 3 times a day to get active. A few ways to do this would be to take a break at work or stretch or do a few squats and pushups, take a walk between classes or actually walk to your teacher or co-worker to speak with them rather than throwing them in the dish-washer. These little activities may not seem like a big deal but they add up throughout the day and keep your heart pumping so you can burn calories and prevent diseases.

As you can see, eating healthy and fitting in exercise is easier than you think. Time is always on your side when it comes to being healthy, so unless you’re watching the Food Network for quick, healthy recipes, get off that couch and get moving people!

CONTRIBUTING WRITER

Jennifer Cicciulli

Planning ahead and making the right choices can ensure that even the busiest person is eating a healthy diet. A combination of preparing quick meals like my buddy Rachael Ray, heating up frozen meals and occasionally ordering food in is a great way to watch what you’re eating and help you lose or maintain weight.

Planning ahead is really important for busy people on the go. You don’t need to go to one of these every day in order to get in shape and stay that way. In fact, you can incorporate exercise and a healthy diet into your everyday activities in order to stay healthy!

How many times have we all heard somebody whining, “There’s just not enough time in a day?” This lack of time is generally one of the top excuses as to why people have poor eating habits and don’t exercise. But did you know that healthy eating is as easy as pushing three digits on a microwave or hitting up the drive-through? Or that thirty minutes of daily moderate to vigorous exercise is enough to reduce or eliminate cardiovascular disease, high blood pressure, diabetes, obesity and certain cancers? It also reduces depression and anxiety as well as increases mood and positive body image.

No matter how busy your schedule is, eating a well-balanced diet is a key factor in staying healthy from the inside out. With our busy schedules, cooking and preparing meals becomes a luxury. But slaving in the kitchen for hours isn’t necessary in order to eat healthy. Planning ahead and making the right choices can ensure that even the busiest person is eating a healthy diet. A combination of preparing quick meals like my buddy Rachael Ray, heating up frozen meals and occasionally ordering food in is a great way to watch what you’re eating and help you lose or maintain weight.

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As you can see, eating healthy and fitting in exercise is easier than you think. Time is always on your side when it comes to being healthy, so unless you’re watching the Food Network for quick, healthy recipes, get off that couch and get moving people!

Fast Food Calorie Counter

INFORMATION COURTESY of www.chowhobby.com

As you can see, eating healthy

INFORMATION COURTESY of www.weightlossforall.com

Planning ahead and the right choices in order to save you time and if you make the right choices it can save you calories too!

Now you ask yourself, “What am I going to do with these few extra minutes?” Sleep? Wrong! Workout! In today’s world most of us can barely find enough time to shower let alone get to the gym right? Wrong again. You’re surprised at how easy it is to fit in daily exercise. Although 45-60 day to get active. A few ways to
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Tom Scharpling is the co-executive producer and writer for the television series Monk. He warns that it's very frustrating and difficult to break into the business, and one can spend many years struggling to get noticed. Perseverance and talent are the two most indispensable qualities for an aspiring writer to have. One can never predict when the big break will come. Always be ready for it. A very vital thing to get as a writer, Scharpling says, is honest feedback. From not only family and friends, but anyone who will read your work.

On the topic of television, Scharpling suggests that the best way to get into television is to find the right person in the business and become a PA, or production assistant, on a show. He also stresses the importance of being a team player, and that showing you're a cool and talented person is the most important impression you need to make. Scharpling and his audience on the more technical aspects of being a professional writer, like the Writers Guild of America and agents.

In addition to talking about the trials and tribulations of being a writer, Tom Scharpling gave the class a peek into the popular show Monk. While being one of six writers on the hour-long detective dramedy, Scharpling is also the co-executive producer and liaison between the writing staff in New Jersey and the production and filming crew in Los Angeles. He spoke highly of the crew and actors, and said it is a give and take environment where everyone respects input. The intention of the show, about detective Adrian Monk who suffers from OCD, was never to make you laugh with him, Scharpling says. It's almost impossible for one person to possess as many hang-ups as Monk has, so he embodies everyone's OCD by not being real and always being a neurotic traveler.

Dr. Dell's screenwriting class was a whole lot more aware of what their futures will hold. Belfer says.

As if this season of Dancing with the Stars couldn't have any more shocks, the biggest one of all came at the end of last Tuesday's results show. Not only was Jane Seymour (who had the lowest score by the judges last week) at the hospital with food poisoning, but the bottom two consisted of Cheeta Girl Sabrina Bryan and her partner Mark Ballas and Soap star Cameron Mathison and his partner Edyta Sliwinska.

The students asked many questions about the beloved show Monk, and Scharpling answered them all with stories about the show. He compared writing talent to a muscle, when you use it more, you get better. A writer needs to do this. "Write all the time, not just when you feel like it," he said. "Always be ready for it. A very vital thing to get as a writer is honest feedback. From not only family and friends, but anyone who will read your work."
As of 12:01 am early Monday morning, members of the Writers Guild of America (WGA) are on strike for the first time since 1988. Throughout the streets of both Los Angeles and New York City, writers are picketing outside places such as Rockefeller Center and CBS Television City studios protesting their rights.

Writers and producer James Gunn said, “The only reason for the strike – and don’t believe anything to the contrary – is that the studios have refused to pay writers (and screen actors, and directors) residuals on new media. When you download a movie from Amazon or a TV show on iTunes, the people who created that content, who devised it, wrote it, acted in it, and directed it, get exactly 0% of the profits. And the studios want to do that way.”

Sadly, until the writers get the credit they deserve, late night talk shows are either going to disappear or become pretty terrible. Despite what some people think, hosts like Jay Leno, David Letterman, Conan O’Brien, etc. don’t write their opening monologues. Professional writers that are a part of the WGA write them. With the writers on strike, it leaves for bad late night television.

In fact, Monday night’s episode of Jimmy Kimmel Live was a re-peat. Most likely Kimmel didn’t show up for work, which forced the network to re-air an episode from last month.

On top of all that, we the viewers will start to lose our favorite television shows. Many television shows have actors that also dual as writers, which puts them in a bind. According to Variety, the writers could get fined for going to work.

Gunn’s ex-wife is The Office star Jenna Fischer, and he said that WGA member Steve Carell didn’t even show up on set Monday despite the fact that besides being a writer he is also an actor.

Three other cast members of The Office, B.J. Novak, Mindy Kaling, and Paul Lieberstein write many episodes for the show. Having many of the writers on strike will most likely put the show on hold until the strike is over. This will make many fans extremely angry.

For example, the 2007 Emmy Award winning comedy show 30 Rock will be going through this as well being that Tina Fey who is a main actor is also a writer. Many of the episodes have been seen in front of Rockefeller Center picking early Monday morning.

NBC has made it clear that they want these cast members to show up for work regardless of the strike. As a compromise, if the actors get fined by the WGA for going to work, the company will fight the fines right away. Will this make the actors show up? Probably not but the writers will still be on strike.

Many people think this is just a way for the rich people of Hollywood to become even richer, but I think Gunn said it best when he said, “This is for middle-class writers – your regular TV staff writers and people who may have done one or two small feature films. Residuals is a way they can make perhaps a few thousand dollars a year between gigs. This is a way they can put food on the table and pay the rent during downtime.”

When you look at it that way, it really puts things into perspective. There are many writers out there that haven’t made it big, and are trying to make it from one paycheck to the next in order to provide for themselves and their families.

Who knows just how long this strike will go on for, but I for one hope it ends soon so we don’t have to eventually suffer through real reality television.
Think for a minute...do you really want your parents to see your dorm room?

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The Outlook
November 7, 2007

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EASTERN MOUNTAIN SPORTS

November 7, 2007

THE OUTLOOK

14
EDITOR NOTE: This page contains articles written by the student members of these organizations. The Outlook is not responsible for the content of these articles. Send articles to outlook@monmouth.edu. Deadline is Mondays at 2:30 p.m. Otherwise, publication may not occur.

THETA PHI ALPHA

On behalf of the sisters of Theta Phi Alpha, we would like to announce our most recent donation of children books to the Wolf Hill Elementary School. Wolf Hill Elementary also happens to be the same school we performed community service for during the Big Event! Theta Phi Alpha will also be holding our Second Annual Theta Phi Guy on Wednesday, November 28, 2007 in Pollak Theatre. We’re currently recruiting guys from any organization or team to participate, so if you’re interested look for our tables outside the Student Center coming soon.

SHADOW NATION

Hello Shadow Nation Members. We hope everyone had a great Halloween and Weekend. There is nothing to report on this week. Keep up the support and continue to check out the games and check the website for updates. Look for Shadow Nation Tables outside the Student Center or in the Dining Hall, and if you have any questions, feel free to contact the Shadow Nation Committee.

ALPHA SIGMA TAU

HAPPY BIRTHDAY ALPHA SIGMA TAU!!! On Sunday November 4th Alpha Sigma Tau celebrated nationally its 108th anniversary. The ladies of Beta Omega were proud to partake in the festivities. In other news, Allure and Scky celebrated birthdays as well (Scky is finally as old as her little!). The DreamTeam celebrated Halloween, Lone Rangers Style! A belated congrats to the Alpha Taus on getting their BIGS!!! And along with that, congrats to the Alpha Pi and the Alpha Rhos that took littles. LONDON IS CALLING! Muse takes off in T-minus 10 days and is extremely excited to be reunited with the rest of her rhos. Gia has started back up with pier, just can’t seem to get away from those dogs... Dip’s lipgloss is poppin’, Napoleon lost the costume contest but Popper is chillin’ at WC like always. This is Muse saying “BURN RUBBER NOT YOUR SOUL” and please tell me what you want in here so I don’t have to do this again! PS. Serenity says “Happy Founders Day!!!!”

SIGMA TAU GAMMA

What Up Monmouth, November already! In just a couple of weeks it will be Thanksgiving too, this semester is flying by! We have our comedy show coming up in January, so if you’re funny or think you are then keep a look out! We’re also in the process of planning some big philanthropy events, so be on the look out! Also our bowling team, May Cause Drowsiness, is steadily moving up in the rankings every week, last week we jumped from 12th to 8th. Be sure to check out our newly revamped website www.costg.org for lots of Sig Tau awesomeness.

SOCIETY CLUB

The Sociology Club will be selling Beads for Life outside the Student Center next Wednesday, November 14, as part of Health and Humanity Week. Beads for Life are made by the women of Uganda and the proceeds benefit their communities. We will be next to the Water Watch table so come by and buy some beautiful beads! For more information, please contact Dr. Merazy in the sociology department. Visit www.beadforlife.org for more information on the beads and women of Uganda.

LOCAL OUTREACH:

Interested in donating games, gift certificates, MU Hawk items, etc, to the Long Branch Middle School Incentive Program, contact Sandy Brown at sbrown@monmouth.edu

PEP BAND

3rd Floor Student Center
Thurs. 11/8 - Practice at 7:30/pizza party after!
Sat. 11/10 - Football game at 1:00!!
“And then it just ends” - Our unofficial Secretary of State
**Spring Break 2008**
Sell Trips, Earn Cash and Go Free. Call for group discounts. Best Deals Guaranteed! Jamaica, Cancun, Acapulco, Bahamas S. Padre, and Florida. 1-800-648-4879

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**Catholic Centre at Monmouth**
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**Mass**  
Sundays at 7 p.m.

**Thanksgiving Dinner**  
Thursday, Nov. 15 at 7:30 PM

**Eucharistic Adoration**  
Mondays 3-4pm

**Praise and Worship Wed. @ 7PM**

All are Welcome

www.mucatholic.org

Watch for our special events during the semester!  
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Catholic Centre at Monmouth University,  
16 Beechwood Avenue  
Gate to our house is located in the rear corner of Lot 4, next to the Health Center.  
Call us at 732-229-9300

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**PART-TIME CLERICAL JOB AVAILABLE**
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Monday thru Friday

Please contact Robin @ 732-918-1148

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10% with MU ID

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**Advertise in The Outlook AT**
732-571-3481
Horoscopes by Linda C. Black, Tribune Media Services

Today’s Birthday (Nov. 14).
You’ll find a hidden source of income, possibly in a dream. Follow a hunch, your intuition or the voice inside your head to a source of great abundance.

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 7**
Let somebody else provide an item you can’t quite reach. What’s easy for this other person is rather a hassle for you. Minimize your stress.

**Taurus • (April 20 - May 20) • Today is a 7**
You’ll notice an older person having trouble making a decision. Don’t wait, figure out what needs to be done and offer it as a suggestion. Your input is appreciated.

**Gemini • (May 21 - June 21) • Today is an 8**
Draw word pictures with your partner as vividly as you can. Once you can see in your mind what you’re after, getting there will be easy.

**Cancer • (June 22 - July 22) • Today is a 7**
Conditions are good for compromise. Give a little and the other person will give a little, too. That will be enough.

**Leo • (July 23 - Aug. 22) • Today is a 7**
How can you get the whole story? Keep asking the tough questions. One person in particular will sing like a canary.

**Virgo • (Aug 23 - Sept. 22) • Today is a 7**
You know what you want but you’re not sure you can afford it. If it’s for your home, it’s probably a good investment. This includes culinary delights.

**Libra • (Sept. 23 - Oct. 23) • Today is a 7**
Being smart is just the beginning. Raising the attitude’s nice, but you also have to develop the skills. That’s your next assignment.

**Scorpio • (Oct. 23 - Nov. 21) • Today is a 7**
Something you’ve been holding onto has increased in value. Do the research and ask your informants. Find out who wants what, and what you can provide.

**Sagittarius • (Nov. 22 - Dec. 21) • Today is a 7**
Sometimes others believe in you more than you believe in yourself. This is perfectly natural. You can trust them on this. Proceed boldly.

**Capricorn • (Dec. 22 - Jan. 19) • Today is a 7**
Somebody’s putting the pressure on. You don’t like this feeling much, but it is activating. Finish a task you’ve been resisting and earn a tidy bonus.

**Aquarius • (Jan. 20 - Feb. 18) • Today is a 7**
Gather more information on your own before you go into discussions with people who know what they’re talking about. You’ll want to keep up.

**Pisces • (Feb. 19 - Mar. 20) • Today is a 7**
Through an amazing twist of fate, the impossible is accomplished. Nobody has to convince you to believe in miracles!

---

Crossword

ACROSS
1. Nocturnal rapier (7)
5. "It’s Cold Outside" (6)
9. Brown pigment (5)
14. Tiniest bit (5)
15. Curved molding (8)
16. Actress Shearer (8)
17. Lowest pinhole card (8)
18. "Wild at Heart" star Laura (5)
19. Panache (5)
20. Going in (9)
22. Beef source (8)
23. Esteem (6)
24. Physical magnitude (6)
25. Language suffix (11)
26. Sat in on (10)
30. Exhausted (8)
33. Attempted (9)
34. Time period (8)
35. Towel word (11)
36. Hat attachments (11)
37. No problem (9)
38. Actor Wallach (11)
39. Conclusive (7)
40. Trading centers (11)
41. Caries spotters (7)
43. Links standard (11)
44. Eye part (7)
45. Etan and Peter (11)
49. Truthful (7)
52. Rigid (7)
53. Magician (7)
54. Leprechaun’s land (7)
56. Song (7)
57. On the waves (8)
58. ERA or RFL (7)
59. Squid (7)
60. Jung or Sagan (7)
61. Beach hues

DOWN
1. Title holder (7)
2. Grippe (8)
3. Fuzzy (7)
4. Collections (9)
5. Rises sharply (7)
6. Dress part (11)
7. Go-between (9)
8. DOWN
9. EU
10. ATM
11. GUARD
12. EU
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61. EU

Solutions to last week’s crossword

1. Actress
2. Gertrude
3. Crane
4. Not disconcerted
5. 10 Like lava
6. 11 Dennis the Menace, for one
7. 12 Actor Jannings
8. 13 Spotted
9. 14 Infrequently
10. 15 Remainder
11. 16 Quotes as an authority
12. 17 Yet
13. 18 Opera songs
14. 19 Darling
20. 20 Formerly,
21. 21 Formerly,
22. 22 Calendar units
23. 23 Moll
24. 24 Soccer great
25. 25 Actress Gray
26. 26 Campers’ shelters
27. 27 Look in on
28. 28 First arrival
29. 29 To begin with
30. 30 Beer ingredient

---

Dream Nation by Louis Coppola

What are you doing for Christmas? We’re late for dinner.

Honey, could I get a massage?

That’s fine. I have karate in the car.

Paul by Billy O’Keefe

Did the chicken cross the Road? It was too busy picking up eggs.

By Billy O’Keefe

Monmouth University Students: Submit Your Own Comics!!

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OUTLOOK@MONMOUTH.EDU

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What are you doing for Christmas? We’re late for dinner.

Honey, could I get a massage?

That’s fine. I have karate in the car.

Paul by Billy O’Keefe

Did the chicken cross the Road? It was too busy picking up eggs.

By Billy O’Keefe
Interested in volunteering? How about helping out those in crisis?

The Rape Care Program of 180 Turning Lives Around has received numerous community service awards for their dedication to victims of sexual assault in Monmouth County. 180 Rape Care Advocates are certified members of the Monmouth County Sexual Assault Response Team, and generously volunteer their time helping victims in crisis.

We need your help.

Currently, the Rape Care Program is looking for men and women of all backgrounds to join their Rape Care Advocate team. Participate in a 50-hour training, to become an Advocate and member of the Sexual Assault Response Team (SART) of Monmouth County. It includes areas of sexual assault awareness, crisis intervention, hotline counseling, the medical/legal/emotional needs of a sexual assault survivor, and the Criminal Justice System in relation to sexual assault.

We will begin training on Saturday, January 19th, 2008 and continue for six consecutive Saturdays (1/26, 2/2, 2/9, 2/16, 2/23, and 3/1). Sessions will be held from 9 am – 4 pm. The training will be held at the Little Silver Women’s Center at the intersection of Rumson Road and Church Street (not to be confused with Church Lane). Interested parties should call 732-264-4433. Please slowly and clearly leave your name, address, telephone number and email address, and an application and information packet will be mailed to you.

(Your Registration is not guaranteed admission into the program.)

Make an impact… Become an Advocate.
ONCOR entertainment and the @CT! Theatre Company Proudly Present a POAC Benefit Performance of the new original musical...

Featuring

HELP!
Hard Day’s Night
Eleanor Rigby
If I Fell
Day Tripper
Paperback Writer
Nowhere Man
Yesterday
I Want To Hold Your Hand
Let It Be
All My Loving
A Day in the Life
We Can Work It Out
Hello, Goodbye
Come Together
Here Comes The Sun
My Guitar Gently Weeps
Long and Winding Road

One Night Only!
at the
POLLAK
Theatre
Monmouth University
West Long Branch, NJ

Limited Tickets

SATURDAY, Nov. 10th

$25.00 732-792-3281
www.RockForADifference.org

Ticket price includes Pre-show Reception & Gift Auction starting at 6:30pm. Performance to follow at 8:00pm. Proceeds to benefit Parents Of Autistic Children, (www.POAC.net) the leading education provider for the AUTISM Community.
What is your favorite month and why?

**COMPILED BY: SARAH ALYSE JAMIESON**

Bob senior
"December because Santa Clause comes."

Kiara freshman
"November, I love Thanksgiving, because I get to see my whole family."

Josh junior
"January is the best month because I get to go to Florida."

Joe freshman
"August, the water’s warm, and there are awesome waves."

Jessica freshman
"December, Christmas and my Birthday on the 5th."

"November, my Mom’s Birthday is then and Thanksgiving."

Christine freshman
"January is the best month because I get to go to Florida."

"August, my Birthday is the 16th."

Kiara freshman
Bob senior
Josh junior
Joe freshman
Jessica freshman
Natalie sophomore
Stephen junior
Andrew senior
Chris senior
"November, I love Thanksgiving, because I get to see my whole family."

"December, my favorite holiday is Christmas... my name means Christmas."

"September, my Birthday is the 5th."

"August, my Birthday is the 15th."

"September, my Birthday is the 5th."

"December, my favorite holiday is Christmas... my name means Christmas."

"August, the water’s warm, and there are awesome waves."

"November, my Mom’s Birthday is then and Thanksgiving."

"August, my Birthday is the 16th."

"September, my Birthday is the 5th."

"December, Christmas and my Birthday on the 5th."

"I have 2 favorite months; June, my birthday is the 18th! and February 14th, it’s my friend Yasser, from the Track team’s Birthday, and it’s also Valentine’s Day."

"I have 2 favorite months; June, my birthday is the 18th! and February 14th, it’s my friend Yasser, from the Track team’s Birthday, and it’s also Valentine’s Day."

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GET INVOLVED IN CAMPUS ACTIVITIES!!

732-571-3586 • 2nd Floor, Rebecca Stafford Student Center • activities@monmouth.edu

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**Campus Events This Week**

**Wednesday, November 7**

Network 2007 Career Fair • 12:30 - 4:00 PM • RSCC Anacon Hall
Student Loan Consolidation Presentation • 6:00 PM • Wilson Auditorium
The Metropolitan Museum Trip • Call 732-263-5738 for details
NEXT • 10:00 PM • Pollak Theatre

**Thursday, November 8**

Flu Clinic - $25 • 9:00 - 7:00 PM • RSCC Anacon Hall
Vagina Monologues Interest Meeting • 4:30 PM • RSCC 202A
Student Loan Consolidation Presentation • 6:00 PM • Wilson Auditorium
Pat Metheny Trio • 8:00 PM • Pollak Theatre
Fall Play - All in the Timing • 8:00 PM • Woods Theatre • Plays thru Sat.

**Friday, November 9 - Family Weekend Begins**

Texas Hold’em Tournament • 5:00 PM • RSCC Pizza Lounge
Body Fat Testing & Weight Analysis • 6:00 PM • Fitness Center
Family Weekend Murder Mystery • 7:00 PM • RSCC Anacon (SOLD OUT)
Movie - Transformers • 9:00 PM • The Underground at Elmwood Hall

**Saturday, November 10**

Football vs. University at Albany • 1:00 PM • Kessler Field
Ice Hawks vs. St. Connecticut • 5:30 PM • Wolf Sports Arena
Diwali • 6:30 PM • Magill Dining Room
Casino Night • 7:00 - 11:00 PM • RSCC Anacon Hall
A Day in the Life benefitting Autism • 8:00 PM • Pollak Theatre

**Sunday, November 11**

Tales of Custard the Dragon • 2:00 PM • Pollak Theatre
Fall Play - All in the Timing • 3:00 PM • Woods Theatre

**Monday, November 12 - Health & Humanity Week Begins**

Tales of Custard the Dragon • 10:30 AM • Pollak Theatre
Philosophy Philm Phorum - "Personal Identity" • 7:25 PM • Turrell Boardroom

**Tuesday, November 13**

Tales of Custard the Dragon • 10:30 AM • Pollak Theatre

**Wednesday, November 14**

Asian Name Art • 12:00 - 4:00 PM • RSCC Lobby
Disney College Program • 11:45 AM, 1:00 PM, 2:30 PM, 3:00 PM • RSCC Lobby
Students & Faculty as Change Agents for Social Justice • 2:30 PM • Magill
Texas Hold’em Tournament • 7:30 PM • RSCC Firewall Lounge
Fall Play - All in the Timing • 8:00 PM • Woods Theatre • Plays thru Sat.

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**College Bowl Tournament**

**Saturday, December 1st**

**4:00 PM**

**Super Game Show Power Plunger**

**The Classic "Jeopardy!" Pursuit**

**Li Mu Bai’s Counting Topper Hidden Bonus**

**Top Gun "Danger Zone" Throttle Buzz**

**What is College Bowl?**

- College Bowl is a trivia game much like Jeopardy, but played in teams.
- Questions are asked at random in the following categories: Science, Pop Culture, Literature, Sports, History, Religion, Geography, Fine Arts, Current Events, Politics, Multicultural Studies, and MORE!
- There are toss-up questions that are individual play (no conferencing with teammates). Teams can earn bonus questions that all members can discuss their answers.
- College Bowl is a game where your serious brain power can help you rack up some serious points on the scoreboard. We’re signing up teams for our Campus Tournament now, so fire up those brain cells and get in the game!

**How to Sign up...**

- Pick up a College Bowl Team Application in the Office of Student Activities and Student Center Operations located on the 2nd Floor of the Rebecca Stafford Student Center. Sign up by Tuesday, November 27 at 4:30 PM.
- Teams must be a minimum of 5 players, but no larger than 5 players. 4 players are allowed to play in the tournament at any given time. Teams can alternate in players at halftime or between rounds.
- The team captain MUST ATTEND a team captains meeting on Wednesday, November 28 at 3:30 PM in Rebecca Stafford Student Center 208.
- All players are eligible to earn a spot on the MU All-Star team & compete in February @ California University of PA. There are 6 spots on the team (6 players and 1 alternate).
Hawks Tame the Flash 47-17

Another offensive explosion gives football team their third win

The Monmouth University football team sent the record-breaking crowd at DeGulio Stadium home unhappy, putting up 47 points and rolling to a victory over the St. Francis Red Flash in Loreto, Pa. Running back David Sinisi extended his consecutive game scoring streak to 20, while quarterback Brett Burke threw three touchdown passes for the first time in his career. The Hawks first offensive play set the tone early. Bobby Giles ran for 17 yards and moved the ball into St. Francis territory. But Monmouth was unable to capitalize on the Giles early spark, and were forced to punt. Pinned deep in their own territory, the Hawks would soon add to their lead after Derek Bischoff intercepted a wide open Little pass on third and long, and returned it all the way to the Hawks five. Monmouth used some trickery when Sinisi threw a halfback option pass to John Hall, giving the Hawks a 13-0 lead.

The Red Flash refused to roll over. Running back Calvin Williams ripped off a 40 yard run and Little hit Antoine Rivera for 15 that set up SFU at the Monmouth 20. The Hawks defense rose up and stopped the Red Flash on four straight downs, and took over at the SFU 34.

Steve Downes made a key catch on fourth-and-eight that kept the ensuing Hawks drive going. Monmouth eventually settled for three, as Fred Weingart nailed a 34 yard field goal and put the visitors up 6-0, after the failed extra point.

The Red Flash got on the board early in the second half. Little fired a pass to a wide open Omar Winston at the fifty, and Winston ran untouched all the way down to the Hawks 23. But the Hawks defense stiffened after their mistake, and held SFU to a 27 yard field goal.

The two teams exchanged long scoring strikes through the air on the next three series. San Miguel scored his third touchdown of the season on a 43 yard strike. Little then connected with Rivera for a 62 score that cut the Hawks lead to 30-10. But San Miguel and the Monmouth offense answered right back, scoring on a 58 yard touchdown pass from Burke. After a wild four minutes in which the two teams combined for 21 points, the Hawks were up 37-10.

St. Francis looked to cut into the lead late, but Monmouth defensive back Kevin Walsh had other plans. On fourth-and-one, Ayo Falae came on a blitz that forced Little to throw that fell into the hands of Walsh, who returned it all the way to the Red Flash 45. Set up by a Troy Yudin reception on third down, Monmouth moved the ball to the SFU 23. On the next play, Burke found Downes for his third touchdown pass of the day, and the Hawks went up 44-10 with 9:04 left in the game. Burke gave way to backup Ryan Folsom, and finished his day 17-of-30 for 224 yards. Little would hook up with Riveria again for a nineteen yard touchdown on the Red Flash's next series. Weingart capped the scoring with a field with four minutes to play in the game.

Little was once again the offensive star for the Hawks, rushing up 187 yards on 24 carries, rushing for one and throwing for another. Sinisi now has 1,000 yards on the season, making him just the second running back in Monmouth history to rush for 1,000 yards in a season. San Miguel torched the Red Flash secondary for 134 yards and two touchdowns on seven carries. He passed Will Holder for second place on Monmouth’s all-time receiving yards list. The Hawks, who now have a three game winning streak, return home for the first time in a month as they take on Northeast Conference leading Albany at 1 pm at Keistler field.

**Game Statistics**

<table>
<thead>
<tr>
<th>MU</th>
<th>SFU</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST DOWNS</strong></td>
<td>23</td>
</tr>
<tr>
<td>Rushing</td>
<td>12</td>
</tr>
<tr>
<td>Passing</td>
<td>11</td>
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<tr>
<td><strong>NET YARDS RUSHING</strong></td>
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<tr>
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<td>Yards Gained Rushing</td>
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<td>Yards Lost Rushing</td>
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<td>Average Gain Per Play</td>
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<td>Penalties: Number-Yards</td>
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<td>PUNTS-YARDS</td>
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<td>Net Yards Per Punt</td>
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<td>Inside 20</td>
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<td>Fair catch</td>
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<td>Third-Down Conversions</td>
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<td>Fourth-Down Conversions</td>
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<td>Red-Zone Scores-Chances</td>
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<td>Sacks By: Number-Yards</td>
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**Hawks Win Regular Season Championship**

Men defeat SFU 3-2 in OT to earn NEC title

**ERIC WALSH**  
SPORTS EDITOR

After losing 2-1 at Robert Morris in double overtime on Friday afternoon, the men’s soccer team regrouped in defeat St. Francis 3-2 in overtime on Sunday to capture the regular season NEC crown.

On Friday afternoon, the Blue and White traveled to Robert Morris atop the NEC standings with a 6-2-0 record. Monmouth was the definite favorite, as RMU sported a 2-4-2 conference record. However, Robert Morris took advantage of their opportunities, pulling out a 2-1, double overtime, upset victory.

There was no offense from either side as the first half took 0-0. In the second half, in the 79th minute, the home squad took the lead as Jack Przemykowicz crossed the ball into the box to teammate Tim Kowack, who was able to touch the ball onto Dwayne Chin and White traveled to Robert Morris for the score.

The game moved to a second overtime RMU senior Ryan Zabinski controlled the ball near the midfield and pushed forward towards the MU goal. Zabinski was able to split defenders and touch the ball into the bottom left corner of the net. The goal was a 20-17 advantage in shots, forcing a career high 11 saves from RMU goalie Matt Felice. Schenkel came up with six saves for the Blue and White. MU also held an edge in corner kicks, 13-5.

After the tough loss at RMU, Monmouth regrouped to defeat St. Francis 3-2 in overtime in what was a must-win game for the Blue and White.

Coming into the final game of the season, the Hawks found themselves with a win on Senior Day. And it would have seemed like they were going to as they outshot Mount Saint Mary’s by a count of 35-3. However, it didn’t come about the way that most athletes would like. Playing Saint Mary’s this past Sunday, Monmouth was looking to close out the regular season victory.

“**It is amazing how we’ve battled through injury and adversity...**”

**ROBERT MCCOURT**  
Head Coach Men’s Soccer Team

Men’s soccer team accomplished one of their goals of the year: to become the 2007 NEC Regular Season Champions. However, it didn’t come about the way that most athletes would like. Playing Saint Mary’s this past Sunday, Monmouth was looking to close out the regular season with a win on Senior Day. And it would have seemed like they were going to as they outshot Mount Saint Mary’s by a count of 35-3.

The Blue and White become NEC regular season champions with 1-0 loss against Mount St. Mary’s

**MIKE TIEDEMANN**  
STAFF WRITER

This past Sunday, the women’s soccer team accomplished one of their goals of the year: to become the 2007 NEC Regular Season Champions.

“**We are very happy with the end result of the regular season,**” said head coach Krisny Turner. To become regular season champions was one of our team goals. Today’s result was frustrating as we created so many chances and a significant amount were on goal. This is the Hawk’s fourth regular season championship and their first since 2000.

Because they are regular season champions, the Hawks will now host the 2007 NEC Women’s Soccer Championships. The winner of the tournament will earn an automatic bid to the NCAA Tournament.

The tournament is slated to start this Friday, November 9 when Monmouth will play the fourth seeded Long Island University. This will be a rematch of last year’s championship game. Kick-off is set at 11 a.m. on The Great Lawn. After that, second seeded Central Connecticut State will have a rematch with Sacred Heart. If Monmouth is able to past LIU on Friday, the championship game will be held on Sunday, November 11. The time is still undecided.

During the regular season, the Hawks were 2-0-1 against the other three teams in the tournament. They defeated LIU 2-1 in overtime, tied Sacred Heart 1-1, and defeated Central Connecticut State 2-1.

So, with one goal accomplished, the Hawks will train this week in order to accomplish another: a bid into the 2007 NCAA Tournament, and a shot at the National Title.

**Outlook’s Weekly NFL Picks - Week 10**

<table>
<thead>
<tr>
<th>Away</th>
<th>Home</th>
<th>Score</th>
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<tr>
<td>Philadelphia Eagles</td>
<td>Washington Redskins</td>
<td>26-23 Overall</td>
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<tr>
<td>Buffalo Bills</td>
<td>Miami Dolphins</td>
<td>26-17 Overall</td>
</tr>
<tr>
<td>Dallas Cowboys</td>
<td>New York Giants</td>
<td>28-24 Overall</td>
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<tr>
<td>St. Louis Rams</td>
<td>New Orleans Saints</td>
<td>27-24 Overall</td>
</tr>
<tr>
<td>Indianapolis Colts</td>
<td>San Diego Chargers</td>
<td>26-21 Overall</td>
</tr>
<tr>
<td>Minnesota Vikings</td>
<td>Green Bay Packers</td>
<td>26-24 Overall</td>
</tr>
<tr>
<td>Cleveland Browns</td>
<td>Pittsburgh Steelers</td>
<td>24-22 Overall</td>
</tr>
<tr>
<td>Detroit Lions</td>
<td>Arizona Cardinals</td>
<td>25-24 Overall</td>
</tr>
</tbody>
</table>

**Eric**  
(7-1 Last Wk)  
(46-26 Overall)

**Alex**  
(6-2 Last Wk)  
(52-20 Overall)

**Jacqueline**  
(4-4 Last Wk)  
(49-23 Overall)

**Lisa**  
(7-1 Last Wk)  
(47-25 Overall)

**Mike**  
(6-2 Last Wk)  
(48-42 Overall)
There will be a skills competition before the game and door prizes for NHL Tickets, Autographed Memorabilia, Great Collectibles and Gifts at the special events. Home Opener: Support the team at their opening home game on Sunday, October 7th at 7:00 PM. Your admission ticket stub will be entered into a drawing for door prizes given away during intermission (Bose headphones, t-shirts and more).

Field Hockey's Season Comes to a Close

PRESS RELEASE

The Monmouth University field hockey team dropped 3-1-1 in their season to Quinnipiac in their 2007 Northeast Conference final on Saturday afternoon. The Field Hockey Turf Complex.

The loss eliminates Monmouth from post-season contention, marking the second consecutive season that the Hawks will fall one game short of qualifying for the conference tournament. The loss drops MU's record to 4-11 and 3-4 in the NEC. Following a 2-1 win over Monmouth in the opening round, the Hawks will face 3-4 in the league. Quinnipiac got on the board first when Lauren Hartnett set up teammate Bonnie Shea's rebound to give the hosts a 1-0 lead eight minutes into the game. The score remained 1-0 until the 43rd minute, when Monmouth’s Enza Maizza scored off a penalty corner chance as she beat Quinnipiac goalie Jenna Grossman high to knot the game at 1-1. The Bobcats then scored two goals less than a minute apart as Megan McCrory and Shea scored to seal the win for Quinnipiac.

Quinnipiac outshot Monmouth 19-11, including 14-5 in the second half, and held a 1-2-5 advantage on penalty corner opportunities. Megan Smith made 18 saves in goal for the Hawks, while Grossman made five saves for Quinnipiac to earn the win.

The team then traveled to Princeton and wrapped their 2007 season with a 1-0 loss on Tuesday afternoon. Monmouth ends the season with a 4-12 record, including a 0-7 record in the Northeast Conference.

The Tigers, who were ranked 18th nationally, took the game’s first lead when Candice Armer scored on a reverse stick from the top of the circle in the game’s 5th minute. Monmouth senior Hollee Hoover, playing in her final game, tied the game at 1-1 in the 15th minute off an assist from Janine Rini.

Princeton ended the game by scoring eight unanswered goals, three coming from Christine Pakraskas who had the game-winning goal. Princeton outshot Monmouth 32-5 and held a 10-3 advantage on penalty corner opportunities. Monmouth goalie Megan Smith made 12 saves in the net, while Quinnipiac's Cynthia Wray made four saves.

The Hawks will bid farewell to two of their seniors. In addition to Sarah LoPresti, as both four-year players who will graduate from Monmouth University.

The program placed three Hawks on the 2007 All-Northeast Conference Second Team, the league announced Thursday night at their annual awards banquet. Junior Molly Passarella and freshmen Katie Amundsen and Margonne Firstowne were all honored, with Passarella and Amundsen earning the nod in the midfield, while Firstowne garnered her accolades on defense.

Passarella started all 16 of Monmouth’s games, and ranked third on the team in goals and tied for second on the team with three goals. She also added one game-winning goal and a defensive save on the season. Amundsen started all 15 games she appeared in during the season, and registered two goals and two assists for six points. She totaled two goals and nine shots on the season. Firstowne played in all 16 games in her inaugural season, starting all 16 games and White, making 15 starts. She scored one goal and logged four assists for six points while helping to anchor the Monmouth defense.

2005 NEC Player of the Year Blair Wyant was the award again this season, as well as earning Offensive Player of the Year honors.
Illiana Blackshear and the women’s soccer team earned the number one seed in the NEC Tournament and will play host for the event which begins Friday, November 9, at 11 a.m.

Story on page 22