MU and Brookdale Clean Up Local Lake

The garbage dredged out of Lake Takanassee includes a rusty bicycle, an old fish tank, and other assorted refuse.

KAITLYN KANZLER
STAFF WRITER

On Saturday, March 1, Monmouth University’s chapter of N.J. Community Water Watch in collaboration with Brookdale Community College’s chapter of Water Watch cleaned up Lake Takanassee.

Allison Lacaskey
STAFF WRITER

Can you count how many diets you have been on in the past year? How many times has your New Year’s Resolution been to lose weight, more weight, or eat healthier?

On Wednesday, February 27, holistic health counselor Stephanie W. Martel presented “Food for the Soul,” a discussion to in

KATIE FEENEY
MU Campus Organizer for Water Watch

“The lake is very close to MU; in fact, the Whale Pond Brook, which we are working to protect on campus, flows into this coastal lake,” said Katie Feeney, Monmouth University Campus Organizer for Water Watch. “The lake, like many coastal lakes in Monmouth County, is severely impaired by overdevelopment and pointless roadside litter. By involving both the campus and the community, we can raise awareness through our cleanup about the poor water quality in our State and encourage people to be involved and actively protect the waterways in their own backyards.”

Fifty-three people came to help clean up the lake from various organizations. Volunteers included students, the N.J. Chapter of the Sierra Club, Surf Rider, and even four students from Neptune High School’s TEAM GREEN. University president, Paul G. Gaffney II, even stopped by to pick up a bag of trash and to encourage the students and volunteers before leaving. “There are millions of pounds of debris that go into the ocean every year,” Gaffney said. “And about 90 percent comes from human activities. About 30 percent, believe it or not, is from cigarettes.”

Cigarettes were not the only thing that affects this important resource. Things such as flooding, channelization, shoreline erosion, and degraded water quality and habitat quality are among the major problems. Pollution is not the only thing that affects this important waterway, but one of the biggest. According to Feeney, urbanization is the main cause for pollution in this water system. The Lake Takanassee area is familiar with urbanization. Recently, it has been surrounded by controversy because the Takanassee Beach Club property was sold and the buyers want to use it to build nineteen luxury residences and fifty public parking spots.

While Water Watch is concerned with the urbanization of the area, their main goal is to clean up the water, not to get involved with the political battle that surrounds it. “It’s not about the political side, we just want clean water,” said Feeney. “NJPRG’s Community Water Watch, as an AmeriCorps Program, is at Lake Takanassee today to empower students and community members to be aware of our poor water quality statewide and to be active stewards of our local waterways,” Ashley Chandler, an intern for Water Watch said on Saturday. “Being active in our communities will help protect out most precious resource for future generations.”

Food for the Soul, Holistic Health and Healing

ALLISON LACASKEY
STAFF WRITER

Can you count how many diets you have been on in the past year? How many times has your New Year’s Resolution been to lose weight, more weight, or eat healthier?

On Wednesday, February 27, holistic health counselor Stephanie W. Martel presented “Food for the Soul,” a discussion to in
filled with love, concerns, and compassion for each other. After I pledged, I was living with my fraternity buddies, a group of 20 year old college student. I was in a great fraternity, had great people around me, and I was very happy. After the spring semester ended, I was looking forward to summer, but in my heart I just wanted to be back in school.

Things were going well, I had a summer job at the beach and when I came, I could, in that order. August came and it was time to go home. I had to go up to eventually move in with some of my fraternity brothers later that month.

My excitement came to an abrupt end when I received a phone call from my doctor’s appointment.

I went to a local doctor with complaints of back pain. Living an active lifestyle, the doctors and I assumed this was a muscular injury. We were wrong.

After taking a cat scan, the doctor came back with the results saying that I need to see a specialist. At this point I had no idea what was going on, but then the doctor explained that I had a cancerous mass in my abdomen. Several hospital visits to Columbia Presbyterian, along with a 20 day stay, resulted in diagnosis of Neuroblastoma... a life threatening cancer of the nervous system that needs to be treated as soon as possible."

"Several hospital visits to Columbia Presbyterian, along with a 20 day stay, resulted in diagnosis of Neuroblastoma... a life threatening cancer of the nervous system that needs to be treated as soon as possible."
**Step Troupe Performs at MU**

**ASHLEY HARMON CONTRIBUTING WRITER**

The Bronx’s PLAYERS Club Step Troupe visited Monmouth University’s Pollak Theater to entertain students with their impressive step moves on February 28. The anti-violence group has seen great success in the 12 years they have been together. These New York City “step entertainers,” as they call themselves, are multi-time champions of the Apollo, 11 to be exact. They have opened for numerous artists including Alicia Keys and Usher. They are the only step team to perform at the White House, the first step team to make it to the America’s Got Talent finals, and were cast in the hit stepping movie, Stomp the Yard. 

Stepping is a traditional African-American percussive dance that includes intricate foot stomps, hand claps, and often times chanting. Stepping dates back to 19th century slaves when foot stomps and hand claps were often the only way of communicating. Modern day stepping is still a form of communicating and storytelling but with a hip-hop twist. The PLAYERS step troupe is a multi-talented group in dancing, stepping, and entertaining. They have been performing together for about twelve years. According to Ed Nelson, they are like a family. “With other things going on in our lives, we practice every day for two hours.”

The manager of the troupe is Martin Knight, a peace ambassador for the UN. The PLAYERS, which is an acronym for Part in the Lives of Youth, is a for-profit group whose purpose is to entertain and be positive role models for youth. The founder of the group, Ed Nelson, and his troupe of four other men and one woman, put on quite the show Thursday night. The group mixed humorous acts with their stepping to create a thrilling and entertaining show.

Between acts, the group would explain to the audience the history of stepping or put on humorous skits. There was a lot of audience interaction, with several audience members dancing up on stage. The steppers took the time to teach the audience several basic steps, and this was both amazing and enjoyable. The steppers did not miss a single beat throughout the entire performance. When the six performers stepped at one time, it was incredible to watch. Ed Nelson, the leader of the group, considers him and his step troupe as “a human drum machine.” During one point of the show, the steppers performed to music from different cultural backgrounds, including Latin, hip-hop, and traditional African music. They also imitated the music from hit movies such as Coming to America and Stomp the Yard.

Stepping requires an extreme amount of endurance and stamina. When asked about the physical toll that stepping takes on their bodies, they said they have become accustomed to it. “The constantclapping on the thighs, hands, and chest used to burn my skin, but we’re used to it.”

The steppers’ performance was a great time. If given the chance to see them, we would encourage all students to check them out. They are a truly talented step team.

**DIANA CAPPELLUTI CONTRIBUTING WRITER**

Singer and song-writer Libbie Schrader offered nighttime entertainment at Monmouth’s Underground on Wednesday, February 27 beginning at 9:00pm. She played an hour and a half set featuring original pieces as well as a few cover songs.

Schrader performed solo on both the piano and acoustic guitar, possessing an alternative pop-rock style. Her interaction with the audience kept spectators laughing and clapping along to the music throughout the entire set.

The songs played featured true to life topics such as love, sex, pregnancy, and break-ups. Song titles included: “It Breaks Today,” “On the First Try,” “Wish You Were The Woman,” “Come When I Call,” “Blood Red Moon,” and “War on Science.”

About halfway through the show, Schrader played her own ballad rendition of Bruce Springsteen’s “Dancing in the Dark.” “There’s no way I’m coming to the Jersey Shore and not playing any Springsteen,” she said before the performance.

During the set, Schrader jokingly asked if Monmouth was a Catholic university before performing her original composition “Blood Red Moon,” a song about pre-marital pregnancy. She interacted frequently with the audience, breaking up songs with questions and jokes for the crowd.

Schrader played a couple of songs on the acoustic guitar, both involving girls in less-than-perfect romances. She told the audience that, on the guitar, she often writes about young women “getting themselves into situations they should never get themselves into.”

After the set’s conclusion, Blair Fink, a sophomore, anthropologist major at Monmouth University, talked about her enjoyment of Schrader’s performance. “I loved her voice—it’s so pretty—and the music was so relaxing,” she said.

Dave Downing, the Concert Chair of SAB and senior at Monmouth, organized the event and was in charge of calling Schrader’s agent, booking her, and advertising for the show. He revealed that SAB found Schrader at the NACA showcase, which occurs every fall and spring.

According to Downing, booking Schrader a gig at MU was unanimous, since everyone enjoyed her music.

Schrader’s musical influences incorporate a wide variety of artists and genres, including U2, Sarah McLachlan, Tom Petty, Fiona Apple, Tori Amos, Radiohead, Azare Ray, and Franz Schubert, and her writing and vocal style is something of a mix of these.

Fans of Libbie Schrader can also see her on Thursday, March 6, 2008, performing at the Knitting Factory in New York City on the Spin It In-Die Tour. Admission is for those 18 and older and costs eight dollars per person. More information on this tour is currently available on her band’s website.

For more information on upcoming tours and to sample the sounds of Libbie Schrader, check out her band’s website at www.libbieschrader.com or Myspace page at www.myspace.com/libbieschrader.
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SAB’s Weekly Perscription For Fun!

Wed. March 5th
Student Center Lobby
12pm-4pm

SPRING 2008
Pre-Professional Health Careers Meeting
Wednesday, March 19, 2008
Wilson Auditorium ● 2:30 PM ● Refreshments

Special Guests:
Anthony J. DeCarlo, VMD
CEO and Co-Founder, Red Bank Veterinary Hospital
Bernadette Dunphy, RPT
Dunphy’s Physical Therapy, Red Bank, NJ

- Pre-Professional Health Advising Office – Howard Hall, Room 541
- Pre-Health Registration Form & E-mail notices
- Affiliation Agreements:
  - Seton Hall University – Physician Assistant Program
  - Universidad Autonoma de Guadalajara School of Medicine
  - Monmouth Medical Center Scholars’ Program – Drexel University College of Medicine
  - Hackensack University Medical Center
- Requirements for Admission to Professional School:
  - GPA
  - Courses Outside Major
  - Demonstrated Interest in a Health Professional Field
  - Online Services, e.g. AMCAS
  - Research
- Strategies for Verbal and Writing Sections of Tests (MCAT, DAT, etc)
- Letters of Recommendation
- When to Start The Application Process
- The Interview
- Foreign Medical Schools – Drs. Mack, Dorfman, Hutter & Naik

Pre-Professional Health Advisory Committee (PPHAC)
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Looking To Get Out In The Field? Need An Ex Ed Placement?
Experiential Education Opportunities
Internships, Co-ops, & Service Learning

Listings Provided By
The Office of Service Learning and Community Programs & Cooperative Education

Activities Program assistant
This independent and assisted living facility for senior citizens is looking for individuals to visit with their residents and create activities that will promote individual stimulation and socialization.
Students should plan an activity or propose topics of mutual interest to discuss with residents.
Contact Marilyn Ward.

Public Relations Assistant
A non-profit organization with several community health outreach activities looking for help with marketing and public relations.
Students will develop an online newsletter, create press releases and help to plan special events.
Contact Marilyn Ward.

Public Relations/Media Assistant
Interns will assist in all aspects of public relations as well as help create the Girl Scouts of the Jersey Shore. Some knowledge of public relations and/or experience is a must.
Contact Kathy Kennedy.

Coastal Environmental Interns
Located on Sandy Hook, this paid internship involves helping hands-on outdoor education programs at a variety of locations. Interns will assist in researching, writing and designing programs for the general public. A background in marine biology, marine science, coastal ecology, or a similar field is a must.
Contact Kathy Kennedy.

Marilyn Ward
732-571-3687
marilyn@monmouth.edu

Kathy Kennedy
732-571-3962
kathy@monmouth.edu

For more information or to apply, visit: http://www.monmouth.edu/admissions/COL/EXR/ExLibrary
The Outlook

JACQUELINE KOLOSKI  EDITOR-IN-CHIEF

Language is powerful whether written or spoken. You can convey a lot through words and can impact someone greatly by your choice of words. I have never been a public speaker, which is probably why I am a writer. I find the written word to be powerful because as people read what you write they can interpret the message in their own way. They can see a different perspective that someone may not have thought of. That is the beauty of language. A person can interpret your words in so many ways and form their own unique perspective.

You can use words to convey the exact emotion that you are feeling. Then, it’s up to the listener or the reader to understand what you are feeling. Words can be persuasive and try to entice a group of people to believe in what you are saying. They can be inspirational during times of crisis and help get people through trials and tribulations going on in their lives.

Language is a part of our everyday lives as we communicate with people that we go to school with, work with, have relationships with, etc. I thought about this topic in my Political Communication class because we were discussing the rhetorical perspective and how persuasive language can be. There are some speakers who are just so inspirational that when you hear them speak you can not hear anything else except what they are saying. Even though I have never been a fan of public speaking, I can’t help but be captivated by the way a good speaker delivers a speech. They get your undivided attention without even trying. I always wish I was a better public speaker. I get nervous just at the thought of speaking in front of a large group of people. I admire anyone who can public speak with no fear. I feel my message to people, however, is better conveyed through written language. As a journalist, I am an avid believer of the written word and how it can affect people. Writers put their deepest and personal thoughts on paper and when people read them and are impacted by those words, there is nothing better. That, after all, is what every writer dreams of.

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Interested in writing, editing, photography or layout & design? Join The Outlook! General meetings are Mondays at 8 p.m. in the Plangere Center Room 260.

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The Power of Words

Jacqueline Koloski

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I believe in America; not the political unrest, or the ailing economy, but the dream. Lately I have been finding myself in discussions of a serious nature about America, its future, its past, and its present. These talk are all most disheartening, the constant onslaught of presidential campaign coverage. Yet, though, the general idea among my peers is that it is not the individual politicians, but rather the country itself that harbors the true fault. I couldn’t disagree more.

Bringing up a big business will have a place at the table, they just won’t be able to buy all the seats. The understanding that big business is a big part of our way of life is very important in an American leader, as well as the ability to tell big business what to do.

There are those who are quick to challenge his experience, saying that his age and years on Capitol Hill somehow limit his ability to excel. Yet, he has more years writing and reading proposals and bills will make him a great leader. That in some way more exposure to the lobbyists that he sopublicly fights against would mean more. With the ways of military and foreign polices. I think this is definitely a great asset to the country.

I believe in America of opportunities, the America of freedom, the America of safety, the America of equality: this is why I believe in Barack Obama. Now, we know better then to believe in campaign promises, hype, and the notions that too much radical change in Washington. We know that the vast majority of special interests are too close to the ones who have the money to get them on the ballot. But as far as the office of the American people is concerned, we are all of the people, and there is no doubt that he also has the ability to unite Americans the chance to thrive in this new century. It would seem that he has the power to not only go to school in Little Rock, of the military and foreign polices. I think that he has the power to not only bring us to a new level of respect.

Mr. Obama is not just a candidate for democrats; he is a candidate for America. I found no malice for the right in his speech, in fact it seemed to be replaced by a sense of over due reconciliation. He spoke, not to vilify the right, or whatever. And yes as far as the office of the American people is concerned, we are all of the people, and there is no doubt that he also has the ability to unite Americans the chance to thrive in this new century. It would seem that he has the power to not only bring us to a new level of respect.

It is in this presence that I personally can see the American spirit rise. That dream for politicians on the line of the voters, the spirit of the would-be women voters of the 1920’s, of those who fought on the beaches of Normandy, of those who were part of the 1960’s, and even the ones who were part of the 1960’s. It is in this presence that it is very common for politicians on the campaign trail to use the words “We are all of one.” That dream is decidedly different in 2008 than it was 1968, or 1980 for that matter, but it is far from dead. I believe that Barack Obama has the power to not only bring us to a new level of respect. It is definitely a great asset to the country.

I believe in America, I believe in Barack Obama. Not since I have been alive has there been a candidate to capture not only the votes of so many across party lines, but the hearts and minds of the voters as well. As the governors of three Midwestern red states said in a Wall Street Journal article: “We have an amazing opportunity here in Mr. Obama, let’s not pass it up.” On that day in January at Saint Pe- ter’s I heard something that made me sound, small at first, but it grew until it was as loud as the chants of “Yes We Can”; it was the American Dream ready to be reborn.
Political Debate: Should Affirmative Action be Continued? (Week 1)

Here students debate political issues of the day. Week 1 students make their initial argument followed by Week 2 in which they respond to their opponent.

Side 1: "Negative Action": Discrimination in Education

NICOLE C. KAVAUNAUGH
PRESIDENT/MONMOUTH UNIVERSITY

Affirmative Action was first used in an executive order by President John F. Kennedy who said that government contractors should be required to take "affirmative action" to promote and create equal treatment of applicants and employees "without regard to their race, creed, color, or national origin". Executive Order 10,925 as it is now known is the birth- ground for Affirmative Action legislation. In the most land-mark case Cuban President Fidel Castro Regrets of the University of California v. Bakke in 1978 (438 U.S. 265) the Supreme Court of the United States held that UC Davis Medical School's admission policy was a violation of the equal protection clause of the US Constitution by using a quota system that favored underprivileged minority students. This seemed like the end of Affirmative Action as a Federal law, however, the US Supreme Court decided that race could be one of the factors used in University admissions. They are seemingly negating that having any criteria based on race. As of Executive Order 10,925, which is the most commonly cited begin- ning of Affirmative Action. Affirmative Action establishes a visible line between what ex- pected and politicians can, and can be a "privileged white majority", in- cluding Asian Americans, and the underprivileged minorities which includes Hispanic, Native Americans, and African Ameri- cans, among others. Affirmative Action is a visible line which is palpable with the tens of years of discrimina- tion. The experts and politicians of the time that this case get the discrimination. Calling it reverse discrimination is to say that to Cuba say that there is a "new gen- eration" while acknowledging that equal on all levels with the "privileged white majority". You can’t give a racial preference to one group of people in the educa- tional system, in the country get other. This is true discrimination, and it further thickens the racial lines which divide. The intended purpose of Affirmative Action was to create opportu- nities to those people who were qualified, and not to discriminate on anyone based on their race, creed, color, or nation or origin. Fidel Castro was not go ahead with free and fair elec- tions, which were prevented under his brother’s rule. Many of these world leaders are hoping that the new president Raul Castro will help rectify past human rights viola- tions, and continue the fight for human rights. As his first Presidential reception Raul’s guests were not the expected foreign states, but that as president of the Vatican. After his visit, the secretary of state of the Vatican explained that their meeting shows Raul’s willingness to respect the church to rebuild Cuba to its once glorious status as a tourist center. However, many select that some when of Affirmative Action will happen. Overall Cuba's future has been a political debate. Should Affirmative Action be Continued? (Week 1)

Side 2: Everyone Isn’t Born Equal

TRENNA FIELD
PUBLIC RELATIONS, POLITICAL SCIENCE CLUB

Affirmative Action. "A policy designed to redress past discrimi- nation against women and minor- ity groups through measures to improve their economic and edu- cational opportunities."

My opponent would say that there is no need for affirmative ac- tion. After all, everyone’s equal, right? The actions of our ances- sors are not no longer our problem. If we did not commit the crime, why should we have to continue to apologize for it? Affirmative Action was removed from Law School Admission consider- ing that students who are more "privileged minority groups" that graduate Law school only would be people who have the resources to go to school. The study also showed that it is, the students who got into top 30 schools (not with top 30 school credentials), which im- plications for the total equal opportuni- ty. The affirmative action was implemented in the application and admission process based on race, gender, or age. Since our nation began, people of minority groups were continuous- ly discriminated against, as shown below in the study about affirmative action. Overall, everyone said it as an act of reverse discrimination against white males.

Shouldn’t people get a job or get into college based on merit? In order for this to happen, it would need to begin at the earliest lev- els of education. Although em- ployers and colleges are looking for diversity in their institutions, diverse students are often ethnic elementary schools given the right materials. This would mean allowing the poorest schools to receive the same materials as the schools in suburban. This means all允- lowing schools in the inner city to offer the same programs as the schools for the more privileged. This would mean giving the same education to children across the nation, regardless of where they lived or whether they had the same fashi- on. It is difficult to base a educa- tion on meritocracy because people do not choose where they are born. People would not choose to live in a place or go to a school that is not granted to the same opportunities as the other. Going to school in the inner city would not grant a child the education and support system that they deserve that would give them the supposed merit that could allow them to go to a college or university. As for the workplace, it is difficult to get a job based on merit without a college degree, and sadly people likely to get college degrees are people who were given the right materials when they were young children.

If America is a country where people believe in equality, then everyone should be given to ev- eryone, not only the people who can afford to buy it through the public purse. It was supposed to guarantee the equality of people regardless of race and gen- der. Affirmative Action was born under this act, seeking to redress the violation of women and minority groups. How- ever, some people view it as an act of discrimination against white males. If we look at it and discovering that a world based on equality is like a world based on equality, simply a fairytale.

Castro Steps Down as Cuba’s President

ANDREW DORMAN
SVP, POLITICAL SCIENCE CLUB

From “Fidel Castro Resigns Cuba’s Presi- dency”: USA Today: The long- time Cuban President resigned his presidency on February 19th, ending his near 50 year reign as leader of the island. Raul Castro announced his resignation through a letter published in the Granma, Cuba’s state-run newspaper. In line to replace Fidel Castro is his younger brother Raul Castro. Raul has been leading Cuba on a day-to-day basis since Fidel fell ill in July of 2006, and under- went surgery. Cuba’s National Assembly formally elected Raul Castro. Raul has been leading Cuba since 1959 and is the senior leader in Havana. Many Cubans, who are now living in freedom to choose their leaders, and many already in Cuba, are concerned that the current Cuban government will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation, and many experts say that Cuba’s economic and political system will crumble with Fidel’s resignation. Affirmative Action was born under this act, seeking to redress the violation of women and minority groups. However, some view it as an act of reverse discrimination against white males.

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Belgium Offers More Than Waffles

KRISTEN McMONGALE
STUDY ABROAD/UNIVERSITY NEWS

Greetings from London! I can't believe that it's already midterms, time flies when you're having fun! However, the weather that I experienced this weekend in Belgium was slightly different so, as I write this, I’m sitting at the computer back home from writing papers let me fill you in on the weather that I experienced this weekend in Belgium.

It’s amazing how a fairly quick and easy train ride brings you over to a city that is so different! A two hour EuroStar ride took myself and three friends from London to the city of Brussels, Belgium. A little bit of map reading and question asking led us to our hotel where we quickly unpacked and hit the town.

Brussels’ streets are all cobblestone, so while it’s gorgeous to look at, it’s hard to walk on when it’s raining. With my traction-less flats on, I quite literally tiptoed around and sliding all the way to the Grand Place, our first point of exploration.

The Grand Place in Brussels is a giant cobblestone square surrounded by buildings that date back to the 13th century. The architecture and detail of the buildings were quite a site to see. I felt like we were looking at a painting rather than a real place. Even the rain couldn’t make it look anything but gorgeous.

We wandered around the square and into a candlelit lounge of a live band, home brewed Belgian beer and spent the night drinking and chatting.

The famous fountain of Manneken-Pis which dates back to the 8th century.

The Grand Place in Brussels is a main part of the city and a large tourist attraction.

I must say, I’m having a pretty fantastic time being a nice-toothed American tourist enjoying all the highlights of this European country. I suggest you try it sometime! Cheers!

Kristen McMongale

Correction:

On Wednesday February 27, popular theater was taken over by Ireland’s own Diver sisters, a popular all-woman Irish pop/rock group Screaming Orphans.

The Diver sisters Grainna, Angela, Joan, and Orla are well known for their music in Ireland.

The band referred to this earlier Diver sister concert as "a true musical experience indeed. It was different. It was refreshing. However, we had become disillusioned with the English music scene. We didn’t want to make a new old circuit again and we always wanted to go back to America. We just loved America. Loved the atmosphere, the people, and the people are very good at supporting you here."

In 2005 Screaming Orphans performed at the Guiness World Record for the most types of beers for sale. It has exactly 2,000 different beers on the menu. I even saw someone drinking out of a boot, just like in the movie &quot;Beer Fest.&quot; It was a fun night and we mingled with many people who continuously commented on how Americans have the nicest teeth.

The Diver sisters Grainna, Angela, Joan, and Orla expressed their passion for their music to the audience through songs such as &quot;Warner&quot; and &quot;Sunday Morning&quot; which are two of their popular songs played on the radio that had been recorded and collected by their husband.

Many of the Irish songs played on the radio that had been recorded and collected by their husband.

The band mates, Grainna stated "You are not 60 years old doing what a lot of our students want to do and they’re not 60 years old doing it. They’re not far from the student’s age.&quot;

The Diver sisters aside from performing their original music are also very popular for playing traditional Irish tunes. The Screaming Orphans perform at numerous Irish festivals every year and have mentioned that playing both traditional music along with playing their own original music has helped to set them aside from other Irish bands who only play traditional or original music.

The women’s influence in these traditional songs came from a family friend who gave them the sisters tape of Irish songs played on the radio that had been recorded and collected by her husband.

During these songs, the girls kept in touch with the Irish tradition by accompanying the melodies with a fiddle, accordion, and bodhran, which is a thinner bodhran. Lauren Watdich, a sophomore at Montmouth said of the experience, "I never listened to Irish music before, so it was different. It was new and I liked it a lot."
Jim's Beuniversity Tour Hits Pollak

Last Friday fans gathered from near and far to see Jim Breuer perform live right here at Monmouth University, which is part of one of the stops on his “Beuniversity” tour. The show took place in Pollak Theatre and was packed to almost maximum capacity. The audience was filled with a plethora of fans ranging from students, alumni, community members, supporters from other states and even a few American Express cardholders.

Michael Patterson, associate director of Student Activities and Student Center operations shared his thoughts about the show turnout. “We got very close to selling out which I’m very pleased with. It’s so great to see so many people turn out. I went on a Friday night and got themselves involved in campus life.”

Living in New Jersey, Jim said he was really excited to be performing at Monmouth. He said, “It’s like playing in my back yard.” He started off the show by talking a little about living in Jersey, which he referred to as the “dead dead center of the world.” He also shared great insight into a normal day at the Breuniversity which consists of waking up at 6am to hearing three young children already energized and ready for the day. While many of these real life situations had been overturned, the crowd also got a few laughs from him just chilling in the yard, bumping into fans after the show or going to Jim’s favorite diner “Claudia’s” which seemed to be real good for all of the people that followed him. Breuer would be playing here mentioned he’d discovered Jim from Breuer seeing him on MTV and Comedy Central.

Jim was lucky enough to be on a great era of SNL where the other cast mates included “Super Dave” Orvis, Chris Farley, Morey Simon, O. J. Simpson, and many more brilliant comedians. However, besides his era, he said that December was one of the most exciting times. He was the only one to actually go professional with his ability to make people laugh.

Aside from relying on old skits, Jim Breuer shared a story about owning a kangaroo and making him look funny and demonstrating by hopping around the stage. The joke was funny at first, but as the show went on he kept continuing referring back to that skit by ramshackle hopping around the stage which seemed to be a favorite among the audience. His reference method was a favorite of audience member Sara Morton who is a senior at Monmouth. Jim also shared his thoughts on basketball, humorously saying that professional players such as Manu… and A-Rod had been captured and forced to play for the Yankees.

Breuer ended the show with a few finger puppet jokes which seemed to be the favorite of some fans such as Paul Maracic from Sydney, Australia who said that Breuer’s finger puppets were “the best.” Joe Ferrell, Molly Shannon, Colin Quinn, Cheri Orts, Ana Gatterson, Daniele Andrade, Claudia’s and Claudia’s, Camilla and Kevin Rosario (Priscilla and Andolini) as well as many more were phenomenal and speaking.

The actors had the most amazing voices heard on Broadway and through the use of Latin music which was never used as a fiscal style on Broadway it really helped set this apart completely. The danc- ers were also phenomenal and spe- cifically Graffiti Pit (She Stewart) who looked like he was moving on air. Through the use of hip hop and contemporary moves the dancers captivated the audience with huge dance routines in the songs. “In the Heights” is a single and it is of course the immense “Finales.” The show itself seems to be 24/7 octopus had been known as goat boy on SNL, which explained all of the stories he came across from living in Cuba and living through a daily basis around the Latin Bar- rios. But we know, we know, that while standing in an ominous spot- light on the street.

“Breuer’s voice is there saying “In the Heights is your ticket into a world where the coffee from the bodega is light and sweet, the glasses are as a people, will truly move you to make you really feel and understand what it means to be home.”

Jim’s Breuniversity Tour: "It’s a Dream in The Heights."
VERONIQUE BLOSTEIN
Staff writer

This past week has been the most talked about week on American Idol. From a standout performance by David Archuleta, to a disappointing night by another contestant, there's been a lot of buzz.

The boys took the stage last Tuesday night, bedding out tunes from the '70s. Sibling act Article Awesome took the stage first. Drama!- Catherine, the band's lead singer, and her two band mates (vocals), Joe Haight (bassist) and Evan Glappolli (drummer) have known each other since fifth grade, and found their guitarist Gary Kramer at a show hosted by their school auditorium. They obviously have a lot of chemistry, which is more than you would expect from a first-time performance. They explained to us that they all love the same bands, such as the Beatles, and that their own sound, the guys do have a certain similarity to one another. They all have different views which is cool, and I'm excited to see what they come up with next week. I've always found them to be genuine and honest, and that's why people like them. Their sound is very different, but I think they'll be all right. I'm looking forward to their performance. On a side note, the drumming byArticle Awesome's drummer, was phenomenal. His vocals were exquisite. His singing is so pure, it pierces my heart.

The next night was ladies night, and Carly Smithson opened the show with a very strong performance. She sang "Clay" on her second song. Carly's a better singer than that, I think. She seemed to be struggling a bit, and I thought she didn't have the energy to bring the crowd into the performance. However, her third song was amazing, and she really brought the crowd in. I think she's a strong contender for the top 3. She's got a lot of potential, and I think she'll go far.

The final night was the final show, and all the contestants were back. The crowd was进来ed, and the atmosphere was electric. I think this was a great way to end the season. I think the contestants did a great job, and I'm proud of them all. They all had a unique sound, and I think they all will go far in their careers. I think this was a great way to end the season. I think the contestants did a great job, and I'm proud of them all. They all had a unique sound, and I think they all will go far in their careers.

The last two girls with the lowest votes were Whitney and Kady in 2006, but I think Carly Smithson will go far. She had a lot of potential, and I think she'll go far. I think she has a lot of talent, and she's a strong contender for the top 3. She's got a lot of potential, and I think she'll go far.

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Happy St. Patrick’s Day!

Here are some fun tips and fast facts about St. Patty’s Day!

**Directions**

1. Wash, peel, and quarter the potatoes, making sure to remove any bruises or eyes. Place the potatoes in a large saucepan filled with boiling, salted water (about 3 to 4 inches). Return to boiling; reduce heat. Cover and cook over medium heat for 20 to 25 minutes or until potatoes test tender when poked with a fork. (Remember to check the potatoes occasionally while they are cooking so they do not boil dry.) Drain.

2. Transfer the hot potatoes to a floured surface roll dough into 1/2-inch thickness. Place the dough on a lightly floured surface and roll dough to 1/2-inch thickness. Place the dough in a medium mixing bowl with flour and salt and season to taste with salt and pepper. While mashing or beating with an electric mixer on low to medium speed, gradually add enough of the milk or cream to make the potatoes light and fluffy. Makes 4 side-dish servings.

3. Add the margarine or butter, and season to taste with salt and pepper. While mashing or beating the potatoes, gradually add enough of the milk or cream to make the potatoes light and fluffy. Makes 4 side-dish servings.

**Ingredients**

- 3 medium baking potatoes (1 pound), such as Yukon Gold, russet, or rounded white
- 2 tablespoons margarine or butter
- 2 to 4 tablespoons milk or light cream

**Salt and pepper Directions**

1. If sweets are not your thing, then you can celebrate with these traditional, Fool Proof Mashed Potatoes, courtesy of Better Homes and Gardens:

2. To make shortbread rounds: On a lightly floured surface, roll the dough to 1/2-inch thickness. Use a 1-inch round cookie cutter to cut 24 rounds. Place them 1 inch apart on an ungreased cookie sheet and bake in the 325 degree F oven for 20 to 25 minutes. Makes 24 rounds.

3. To make shortbread strips: On a lightly floured surface roll dough into an 8x6-inch rectangle about 1/2 inch thick. Using a knife, cut into twenty-four 2x1-inch strips. Place a 1-inch strip on an ungreased cookie sheet. Bake in the 325 degree F oven for 20 to 25 minutes.

4. According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14.

5. Each color; green, white and orange, on the Irish flag stands for something. The green symbolizes the people of the south, while the orange stands for people from the north and white represents the peace that brings the different peoples together as a nation.

6. The color green usually is associated with Ireland because it is also known as the “Emerald Isle.”

7. It has been said that each leaf on the clover stands for something: the first is for hope, the second is for faith, the third is for love and the fourth is for luck.

8. Before 1970, Irish laws forbade pubs to be open on March 17. In Ireland, St. Patrick’s Day has traditionally been more of a religious holiday.

9. Patrick, the patron saint of Ireland wasn’t actually Irish. He was born around 373 A.D. in either Scotland, near the town of Dunbarton, or in Roman Britain. I hope this has helped you get ideas how to celebrate St. Patrick’s Day, or inspired you to come up with your own ideas! Have fun and also a very Happy St. Patrick’s Day!

All about Leprechauns, and How to Find Them!

The Leprechaun is an Irish fairy. Full grown leprechauns are reported to be about 2 feet tall. They will frequently be clothed in the garb of a shoemaker, with a cocked hat and a leather apron. Frequently scowling, leprechauns are said to resemble small, grumpy old men.

According to legend, leprechauns are unfriendly, and live alone. They spend a great deal of their time making shoes. Most importantly, each and every leprechaun possesses a hidden pot of gold.

Treasure hunters should listen for the sound of a shoemaker’s hammer, when looking for leprechauns. If caught, the leprechaun must reveal the whereabouts of his pot of gold. But be careful! Keep your eyes on the tricky leprechaun every second. He will try to trick you into looking away, and if you do...PooF! He vanishes and all hopes of finding the treasure are lost.

**CONTRIBUTING WRITER**

TIRA HANRANAHAN

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**INFORMATION COURTESY** of fabulousfoods.com
Spring 2008
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We should do something. She’s way too drunk to go upstairs...

Hey dude, thanks for taking care of her... but we got it from here.

LOOK OUT FOR YOUR FRIENDS
MAKE A DIFFERENCE!
Eat Healthy, be Healthy

Health continued from pg. 1

walk, work more, leaving less time for eating healthy, and eat faster, which results in consuming more.

Refined sugar is the biggest suppressant in our modern lifestyle, according to Martel. She also says it is the most common "energy zapper" and the most commonly reached for snack food.

To eliminate refined sugar from your diet, Martel suggests drinking more water, eating more sweet vegetables (such as carrots or beets), using gentler sweeteners (like honey), and getting more rest. She says, "super foods" Martel suggests people look for are goji berries, which are found in the Himalayan Mountains, and help fight against cancer for example. Eating better is not just the way to live a healthier lifestyle. Martel introduced an idea for all to keep in mind for a healthy lifestyle: "The brain is your homing device, not your health device. Areas such as your career, relationships, spiritual practices, and exercise play a major role in your health. "These areas determine how you view yourself in the world and how you feel about where you’re headed," said Martel.

If you are looking to increase your energy, the first thing Martel suggests relaxing or eliminating your caffeine intake. Although your morning cup of cof-fee may wake you up, it will also dehy- drate you and cause more frequent blood sugar and mood swings. Martel also suggests drinking more water and eating more vegetables. Just like our mothers used to tell us, "Eat your greens and you’ll feel great." These are the things you “feed you,” but are not the things you need for increasing your energy? Spending more time with people who energize you.

For more information on eating and living healthier, visit Martel’s website at www.vibranthealthandwellness.com. For more information on eating and living healthier, visit Martel’s website at www.vibranthealthandwellness.com.

Open Mic Night a Smash Hit

On Thursday, February 28th, starting at 10pm, the Office of Student Affairs along with the Residence Hall Association (RHA), hosted the February Open Mic Night, in Elmwood’s Underground.

"Open Mic Night is a great oppor-tunity for students to come out and perform. The crowd is big tonight, and the event should be a fun evening!" Devin Men-ton, a freshmen Criminal Justice and Forensics major, one of the head hosts of the night, said.

The first performer of the af-fair was an MU freshman ... major, Bill Palmer. Bill sang a joking hit about Looney Tunes. It was a very light-hearted song, compared to his other albums that were previously recorded, which he says, "are more seri-ous."

On a more poetic side, next up was Chad Espostio, an MU junior. Psychology major, who read a self-written, touching poem, "Broken Family."

"Let it Be," a well-known Beatles melo-dy was played and sang by Nick Lenzol, an MU junior and History major.

"This was quite a stellar perfor-mance!" stated Tommy Del-lanno, an MU junior, Criminal Justice major.

The crowd clapped out of con-trol, for Nick.

"This was an awesome night! I’m so glad I played here! I en-joyed it!" Nick stated, after his performance. The next "Vanilla Shake" was played by He Man. Then the first drawing occurred, and Sunaina Kausha, an MU junior, walked away with a $10 gift card to Einstein Beagles and chocolate bars.

Elizabeth Ricardi and Lauren Philippi were selling $2 “Don’t Drink and Drive, do it for Kylie” bracelets. The profits went to the victim of a drunken driving accident which happened recently. All the proceeds of this bracelet sale will go to Melissa Pinheiro’s fam-iily, a senior MU student, to help her with paying for her medical bills from surviving this drunken driving accident.

“Support our cause; do not drink and drive!” Elizabeth strongly an- nounced.

The White Shark, Billy Burgin, a Public Relations and Communi-cation major, sang his hits. He went crazy and had the crowd going wild; what a performance! Billy stated after his performance how he had a great time.

Al Penta, a Graduate student, Corporate Communication Major, performed a song that he had written that very day. "I wrote this song today, so if I forget the words, you understand" he an-nounced to the event’s guests.

“AJ did a good job!” Tommy Dellanno stated, after AJ’s perfor-mance. "Shiny Horse," a self writ-ten and performed song by Mi-ichael Dante Summonte, a senior Music Industry major, a regular Open Mic Night musician, was sung next. “You’ll like this, and if you don’t, well… Confident Michael announced to the audi-nence.

The trumpet was played by Matt Monkan, a sophomore Software Engineering major.

Russell Carstens, a 2007 Grad, who performed that night, stated, as Matt was playing his instrument, “I thought that it was unique that Matt played his trumpet at Open Mic Night! That’s never been done before.”

The next performers of the night, Charlie Decaro, a TCNJ student, and Robert Freeman, played an original song written by Charlie “Fist Full of Dyna-mite.” Standard musicians continu-ing to approach the stage and kept the show going. Summonte and Palmer jammed to end off the night! "The evening ended early, but what a great night it turned out to be!" Devin acknowledged ending the night off with. “The 27th of March is the next Open Mic Night. See you all then!”

Screaming Orphans

Band continued from pg. 9

Although there was a smaller turn out than most shows performed in Pol- lor, having such an intimate setting helped to make the show seem more personal for the audience and the Diver-sionally High was stated, “It was beautiful playing here in such a good-sized room.”

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**March 5, 2008**

**The Outlook**

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**Catholic Centre at Monmouth**

Easter Basket Donations

We are collecting items for baskets for children in Monmouth Medical Center. No candy as there may be diet restrictions and only new toys or items. Please drop off donations to the Catholic Ctr or leave on the back steps. Baskets will be assembled at our Easter/St. Patrick’s Day party on March 17 at 7:30 PM. Thanks so much

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Clear Blue Pool Management
Where does the Rain Garden go?

JAMIE KINARD 2009-0101

So now you that you know what a rain garden is, where do you build one? The answer to your garden goes is one of the most important steps in this process; the garden must be located anywhere. One of the most important things to remember in deciding a location is to remember the function of the garden. The garden is meant to purify rainwater runoff, and to drain water from areas with a lot of water. Thus, a good place to put a rain garden is a place where there is a lot of rain water runoff, possibly with a large amount of puddles and water in one area. Usually, a rain garden is placed at the bottom of a sloped area, because when it rains the water will make its way down the slope, and collect at the bottom. This leads to standing water and puddles, which can attract mosquitos and cause other problems.

By placing a rain garden at the bottom of the slope, then water that would have collected is now being filtered through the soil, which helps to take out the pollutants from the water and filter it back into the river bodies of water. Places to avoid would be around areas of heavy foot traffic and near areas of heavy development, such as too close to houses. This is because the amount of activity near these areas causes the soil to be deeply compacted, causing water flow to be difficult. Also, it is not entirely beneficial to place a garden in an area with little water flow, such as in the middle of a flat field. The lack of water flow means that there is very little for the rain garden to purify, and flooding can still occur in other areas.

In the past week, we observed where the rain garden will be placed on campus. About a minute walk from Pollak, right by the Athletic building, the garden will be placed between the two telephone poles closest to the theatre. This a perfect place to put the garden because the parking lot itself is a hill, forming a deep slope. This is a great place to put a rain garden because the collected water at the bottom of the hill is collecting in large puddles, causing problems for the parking lot. Also, all the sediment and debris from the parking lot is being carried to the bottom of the hill, leaving to build up over time. By putting a rain garden there, all the sediment from the lot will be filtered through the soil, and the amount of collected rain water will be reduced significantly. In finding a place to put a rain garden, it is crucial to remember that the garden should go in place with a lot of sediment and rain water buildup.

JAMIE KINARD 2009-0101

SIIFE

Hey all, hopefully you have noticed over the past few weeks that SIFE is a group with a mission and that is ready to make a difference. We are an active club with nothing but active members who work to make changes in the lives of people anywhere we can. Our projects are being implemented all over the world; here are some more of our projects. To find out more about our projects email us at SIFE@monmouth.edu or come to our meetings at 3pm in Hey Hall Room 229. Have a great spring break!!

JAMIE KINARD 2009-0101

She traveled the world

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The Outlook 16

March 5, 2008

COMMUNITY INVOLVEMENT

JAMIE KINARD 2009-0101

Where does the Rain Garden go?

JAMIE KINARD 2009-0101

SIIFE

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Delta Phi Epsilon

**Come support Delta Phi Epsilon on Wednesday, March 18, in their new event, “You Think You Know Me.” This show parallels the newlywed game; however, it tests the knowledge of best friends rather than couples. This fun filled event starts at 9:30 in Pollak Theatre. Many sororities, fraternities, and sport teams are involved. Tickets will be sold before the show, contest winners are paired up (one beauty and one geek), and each week they compete in challenges in order to become the Beauty and the Greek by the end of the season.

Proceeds collected from Beauty and the Greek will benefit Suicide Awareness and Prevention, one of the philanthropies of the Beta Omega chapter of Alpha Sigma Tau. Sisters of AST also held a bake sale in the Pollak Theatre lobby during the show to help raise money as well. The sisters raised a total of $1,137.50.

The event was planned by AST Event Co-chairs Jenna DeLozier and Nicole Russo. DeLozier and Russo also hosted the non-Greeks, which helps to take out the possibility of non-Greeks forming another team. The non-Greeks formed another team to compete, as seen on the CW11. On the other hand, the non-Greeks formed another team to compete, as seen on the CW11.

On Monday, February 25, 2008, the sisters of Alpha Sigma Tau sorority put on their event, Beauty and the Greek in Pollak Theatre. The event was based on the reality show, Beauty and the Greek, as seen on the CW11. On the other hand, the non-Greeks formed another team to compete, as seen on the CW11. On the other hand, the non-Greeks formed another team to compete, as seen on the CW11.

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What are your plans for Spring Break?

COMPILED BY: SARAH ALYSE JAMIESON

Anthony sophomore
“I plan to visit a friend in Maine.”

Zachary sophomore
“I’m going home to chill in the woods of Western P.A.”

Matt sophomore
“I plan to make out with many fine ladies.”

Chad junior
“I’m going to a Rose Garden Nursing Home, in Toms River.”

Mary sophomore
“I’m going to Puerto Vallarta, Mexico to babysit my cousins.”

“I’m going to work at Fort Monmouth.”

“I’m going to visit my cousin at the University of Cincinnati.”

“I’m going to go to Arizona with my father and meet up with my 27 year old girlfriend and her girlfriend.”

“I’m going to make out with many fine ladies!”

“I will attempt to find the state of Michigan on a map.”

“I’m going on a trip to Massachusetts with my Dad, then I’m going to Florida with friends!”

“I’m going to make out with many more fine ladies!”

“I’m going to work at a Rose Garden Nursing Home, in Toms River.”

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Hawks Barely Make the Field of Eight

Men back into NEC Tournament with St. Francis (Pa.) overtime loss to FDU

ERIC WALSH Writer

With only two left games in their season the men’s basketball team found themselves stuck in last place in the NEC, on the outside looking in for a spot in the postseason NEC Tournament. The Hawks had to win both games to give themselves a chance to even make it into the top eight. They got that break in game one against St. Francis (Pa.) the Hawks were victorious in a hard-fought victory over St. Francis (Pa.) 73-64 in Boylan Gym on Thursday night, but could not defeat Mount St. Mary’s in their last game of the season on Saturday afternoon, going down 81-67, and losing control of their postseason destiny.

However, with their defeat of St. Francis (Pa.) on Thursday night, and with Fairleigh Dickinson’s defeat of St. Francis on Saturday, the Blue and White were in a four-way tie for the eighth and final spot in the NEC Tournament. It all came down to the four teams’ head-to-head records, and it turned out that Monmouth was the team that got the nod for the eight seed.

In the same game of the 2007-08 season, the Hawks welcomed St. Francis (Pa.) to Boylan Gym. With both teams fighting to stay alive in the NEC Tournament, it resulted in a hard-fought contest.

Monmouth, after opening the game with a 12-7 lead, was able to run a 16-8 run to lead 13-7 with 13:44 remaining. Whitney Coleman hit consecutive baskets at the midpoint of the second half to increase Monmouth’s lead to 22-11.

The Red Flash answered with a run of their own over the next 4:35, cutting the deficit to only three at 30-27. However, the home team battled back and ended the first half on a 7-2 spurt, taking a 37-30 advantage into the halftime intermission.

St. Francis came out of the locker room looking to cut into the seven-point Monmouth lead, and it looked positive after two free throws for the Red Flash; but the Hawks responded with a 17-4 scoring run, going up 54-33 with 13:22 left in the game.

Yaniv Simpson was the leading scorer in both games this week for the Hawks, averaging 19 points.

The Red Flash came right back with their own spurt, making the score 61-51, as Monmouth could only hit two shots over a nearly nine-minute span. They trimmed the lead to 69-60 with 2:56 left in the contest, but a Nick DeVillo three-point shot at the 1:34 mark put the Blue and White ahead for good.

For the first time all season, MU had two players register 20 points in the same game. Both Coleman and Yaniv Simpson reached the 20-point mark in leading the Hawks to the must-have victory. For the season finale, the Blue and White traveled to Mount St. Mary’s to take on the already must-win game. The Hawks fought hard, but could not pull out the victory, losing 81-67.

Getting off to a slow start, the Hawks called on Simpson to come off the bench to defeat St. Francis (Pa.) 65-50.

Another basket from Nunner, this time a trifecta, cut the home team’s lead to 17-11. After a break away lay in for the Mount’s Kelly Beidler, R.J. Rutledge hit a three-pointer to cut the Monmouth deficit to only one. As the whistle blew for the end of the first half, the Blue and White led the advantage 47-34.

Monmouth was led by Simpson, who came off the bench to lead the team in scoring with 13 points, hitting 3-of-4 from downtown. Both teams were hot in the opening half, with each shooting close to 50% from the floor.

The Mount went up by seven, 42-35, after a three-pointer, just two minutes into the second half. The Mount extended their lead to nine before Coleman hit back-to-back treys to make the score 46-41 with 15:20 remaining.

Down 62-53, Coleman and Simpson hit consecutive buckets to cut the lead to five with just six minutes remaining. Just when it seemed like the moment was swinging Monmouth’s way, Cajou hit a three-pointer and cut the basket for a lay up to increase the Mount lead to 10 with 5:45 left in the game.

Monmouth could not claw back down an 11-3 Mount run in the opening minutes by 14. Simpson and Coleman led the team once again with 14 points each, while the Blue and White shot 49% from the floor.

The Hawks ended the season with a 7-23 overall record, 4-14 in the NEC. The team will travel to Moon Township, Pa. to take on number one seed Robert Morris on March 6, in the NEC Quarterfinals.

Andrew Schetter

The outlook

Basketball

Blue and White Clinch Postseason for Seventh Consecutive Year

ANDREW SCHETTER CONTRIBUTING WRITER

After the Hawks defeated the number one team in the North East Conference Quinnipiac last week, they came out this week with confidence and won both of their games against NEC rivals locking up the 6th seed in the NEC tournament. On Saturday afternoon they beat Mount St. Mary’s on the road 70-66 and came back Monday night to defeat St. Francis (Pa.) 65-50.

At Knott arena on Saturday afternoon against the Mount, it was the perfect scenario for a let down game, the Hawks had just beat the number one team in the conference and had to wait 5 days for their next game, so they came out flat. In fact the Hawks were down 21 points at one point and still pulled off the victory. In the last 14 minutes of the first half they were down 44-26. Their amazing comeback in the 2nd half had them outscored the opponents a remarkable 44-22.

Jennifer Bender led the team as they took the lead so decisively in the second half based on their strong play on the glass. They out rebounded Mount 45-23 and an impressive 18-4 on the offensive end alone.

Whatever Coach Baxter said at halftime must have been effective as the Blue and White came out hot from the start the second half. The Blue and White came out hot from beyond the arc as Nyaimah Ware drained the final minutes of play. Jennifer Bender led all Hawks with 23 points and 11 rebounds recording her 9th double-double.

The Hawks shot over 51 percent in the 2nd half of play. Marisa Jimenez scored 13 and guard Marheyl Montes contributed with 10 points of her own.

Hawks on Monday night against St. Francis (Pa.) decided it was much easier a game from start to finish then come back from an 18 point deficit at half as they defeated the Red Flash 65-50.

Monmouth shot 40% from the field and with stifling defense held St. Francis a dismal 28.8%. The Hawks only had one player score in double figures. The win was again led by Forward Jennifer Bender as she recorded her tenth double-double of the season scoring 13 points and bringing down 12 rebounds. Emily Bollinger led all scorers with 18 points in the game for the Red Flash. However, her contributions came up short on this emotional night for Monmouth.

The Hawks came out motivated on their senior night as they honored seniors Veronica Randolph, Kim McCloskey, Nyaimah Ware, Brianne Edwards and Lindsey Seygowitz. Seygowitz was the story of the game as she started and played the final four minutes despite having ACL surgery less than 2 and 1/2 months ago.

Everyone will now have a chance to prolong their college careers in the NEC tournament as the Hawks enter as the 6th seed and squaring against 3rd seed Sacred Heart at Long Island on Saturday Night. Monmouth lost 64-55 that the two times the teams faced one another but with this 3 game winning streak giving the team newly found confidence a tournament run would no longer be a surprise to anyone.

Jennifer Bender recorded two double-doubles last week on her way to 10 for the season.

Blue and White Clinch Postseason for Seventh Consecutive Year

PHOTO COURTESY of MU Sports Information

Final NEC Men’s Basketball Standings

1. Robert Morris* (16-2)
2. Wagner * (15-3)
3. Sacred Heart* (13-5)
4. Quinnipiac* (11-7)
5. Mount St. Mary’s* (11-7)
6. St. Francis (PA) (10-8)
7. Long Island* (7-11)
8. Monmouth* (4-14)
9. St. Francis (NY) (4-14)
10. FDU (4-14)
*Clinched NEC Tournament Berth

Final NEC Women’s Basketball Standings

1. Quinnipiac (16-2)*
2. Robert Morris (16-2)*
3. Sacred Heart (14-4)*
4. Long Island (13-5)*
5. FDU (9-9)*
6. Monmouth (7-11)*
7. St. Francis (NV) (7-11)*
8. Mount St. Mary’s (6-12)*
9. Wagner (5-13)
10. St. Francis (PA) (3-15)
*Clinched NEC Tournament Berth
Lacrosse Wins Two Straight to Open '08

The Monmouth University lacrosse team won their second straight game over the weekend, started by Erick Matthews on an assist from Nicole McCurdy with less than three minutes left in the half. Bonczek finished the half with two assists and finished the second from the free position, with 1:15 left in the half.

The second half began the same way the first one ended, with a McCurdy goal. McCurdy assisted by McCurdy 41 seconds into the second half. Nutter stopped the La Salle rally with an assisted tally with 27:00 left in the contest. The back and forth scoring continued when La Salle’s Stefanyi McCree scored off an assist from McCurdy, and MU’s Pollock found the back of net, off a feed from Feinstein for the answer.

Bonczek continued her scoring with a tremendous individual effort. She connected to take the lead, 11-8. Nutter continued her stellar year with an unassisted goal off of a spin move, and Bonczek followed that with a score from a teammate. McCurdy scored later.

La Salle’s Allie Venuti would continue her assist goal for the Explorer’s final tally, making the score 14-10. Brennan would score again on a fast break goal, the second off a fumble from Nutter, and the senior would finish the day with 11 goals on the day. Brennan led MU with six goals, while Waldman and Brennan added three scores apiece. Pollock scored two goals for Monmouth, and Monica Johnson made 10 saves in the net for the Hawks.

Monmouth led 9-6 at halftime on Sunday March 7 when they traveled to Syracuse for a 3:00 p.m. showdown with DeLaMoa.

Track and Field Earns Five Qualifying Marks at NYU

NYU Fasttrack was last meet before the IC4A/ECAC Division I Championships next weekend

Mummont's Patrick McCarney was the ninth collegian in the 500m, while Doherty took seventh in the 800m (1:54.53).

Larry Lundy’s IC4A qualifying shot put throw of 51’ 11” was good enough for fourth with freshman Tom Ciccillo finishing in ninth place with his distance of 49’ 9”. MU alum Jon Kalnas blew away the competition with his first-place effort of 63’ 4.7”. Lundy also finished fifth in the high jump. The Explorers had one competitor in the 400m hurdles with a time of 10:17.84 but could not qualify for next week’s meet. Alex Irvin did finish sixth in the long jump for the second straight weekend, while Waldman finished 17th with a mark of 22’ 1 ½”.

The meet was the final tune up before next weekend’s ECAC IC4A Division I Championships, held in Boston.

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Press Release

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The men's basketball team got the eighth and final spot in the NEC Tournament, with their first game coming up on March 6 against the number one seed Robert Morris. Story on page 18.