Making Vitamins and Minerals a Part of Your Daily Routine

SLOANE CORAN CONTRIBUTING WRITER

The change of seasons means saying goodbye to the more mild autumn and saying hello to the arctic chill of winter and all that comes with it: freezing temperatures, colds, the flu, stuffy noses and more. Health.org suggests incorporating a new routine of vitamins and minerals into your diet each season. Research shows that the body needs a minimum amount of vitamins and minerals each day to remain healthy and to function properly.

University Professor Mary Harris, Director of the Monmouth Area Vegetarian Society, said depending on a person’s nutrition, there is an importance to taking certain vitamins to supplement one’s diet. “Even a person who partakes in good nutrition is almost always deficient in certain vitamins and minerals,” Harris said. “However, good nutrition is numerically one, and combining that with the appropriate vitamins is the appropriate thing to do. Supplementation in combination with a proper diet is really essential. One without the other is not as beneficial. If a person eats a horrible diet, but takes a multivitamin, they are missing the mark.”

At first glance, a shelf of vitamins may seem overwhelming with variety. How do people know which types to choose? The Cornell University Chronicle states that vitamins are divided into two categories: fat-soluble and water-soluble. Fat-soluble vitamins are found in foods containing fats and oils and are stored in body fat. Water-soluble vitamins dissolve in water and mix easily in the body. Some vitamins are antioxidants—chemicals that prevent damaging changes in cells and may help protect against cancer, heart disease, and aging.

Vitamins, pictured above, can be divided into two categories: fat-soluble and water-soluble, serving different purposes for the body.

Facebook Affecting Law School Applicants

COLIN SARGENT STAFF WRITER

A recent study by Kaplan Test Prep has found that 41 percent of law school admission officers perform a Google search of their applicants before admission, while 77 percent use Facebook to check out a potential student. This is compared to 20 percent of college admissions officers and 27 percent of business schools.

Jeff Thomas, Director of pre-law programs at Kaplan Test Prep, says this is social networking and is the behavior for the admission process. “Despite jokes and negative stereotyping of lawyers, the reality is that the legal community takes ethics among its members very seriously,” Thomas said. “You not only have to be accepted to a state bar to practice law, but once you are admitted, unethical behavior can lead to your disbarment, stripping you of your ability to practice.”

Greg Bordoff, pre-law advisor, said law school applicants should be very cautious as to what they post on Facebook both at the time of application to law schools and during the time that bar authority character and fitness investigations are underway, as early as the first year of law school. “Many students have a false sense of security relying on privacy settings within the program itself and often do not realize that unprotected third-party communications can be used if discovered. There is, for the most part, no constitutional right to privacy in social networking postings.”

The bottom line is, if you don’t want potential law schools to see it, don’t put it up or be tagged doing it,” Bordoff said. Thomas added, “Not many other professions have that kind of enforceable code of conduct, so it’s a good idea to clean up your online presence.”

Tenth Anniversary of 9/11 Lecture to Take Place

Thomas Kean, Former N.J. Governor, to Speak at Program

DAIANA KUMPFF STAFF WRITER

The University will present the program “9/11, A Ten Year Perspective” on Thursday, November 4 at 4:30 pm in Wilson Hall. With the passing of a decade, this event will allow people to gather at the University and reflect on their own perspectives of the terrorist attacks.

“It is surreal that it has been 10 years already,” said Rebecca Ryan, a senior, who was only 11-years-old on 9/11. “I can’t believe I lived through such a huge tragedy.”

Ryan said that she still recalls exactly where she was as that fateful day unfolded. “I was in sixth grade English class. I remember my teacher coming into the classroom crying,” she said. “My school had students ranging from kindergarten to eighth grade. She was not allowed to tell us anything. We kept asking, ‘What’s wrong?!’ but she never did.”

Ryan said that her mother had picked her up from school, which struck her as unusual. When she asked her mom to tell her what was going on she explained what had happened to the World Trade Center. Ryan spent the rest of the day watching the smoking towers fall on every news station.

“With A Ten Year Perspective” will have a variety of speakers including former New Jersey Governor Thomas H. Kean, who was chair of the National Commission on Terrorist Attacks after 9/11. Other speakers who will share their perspectives of 9/11 Eisenhower Perspective continued on pg. 4

Mt. Vernon Nazarene University Models EOF Program after Monmouth

EMILY JODRY COPY EDITOR

A panel of Educational Opportunity Fund (EOF) students met last Tuesday morning with representatives from numerous schools across the country, was John Ballenger, Director of Student Success at MVNU. “Ballenger thought [Johnston’s] program would best suit [MVNU’s] needs, and he chose to reach out to Colleen,” said Albert Fure, a long-time math and history and anthropology professor Dr. Richard Veit, titled “Building for Success: A Model for Improving Retention and Building Diversity through the Educational Opportunity Fund.”

Also present at last November’s symposium, among representatives from numerous schools across the country, was John Ballenger, Director of Student Success at MVNU. “Ballenger thought [Johnston’s] program would best suit [MVNU’s] needs, and he chose to reach out to Colleen,” said Albert Fure, a long-time math and history and anthropology professor Dr. Richard Veit, titled “Building for Success: A Model for Improving Retention and Building Diversity through the Educational Opportunity Fund.”

EOF continued on pg. 3
University Hosts First Public Relations Panel

ASHLEY CORREIA
CONTRIBUTING WRITER

The University hosted its first public relations focus panel on November 25. The panel, “Today’s Public Relations Strategy: Tools of the Trade for Effective Online News,” featured an array of local professionals in both the public relations and journalism fields.

“This is the first year we will have positions for student volunteers for the University’s home football game against Albany,” said the founder of Complete College America, 75 percent of students today are college computer users, juggling families, jobs and school. The fact for football fans who have graduated in the past year have had a hard time making eye contact and engaging with the interviewees, measured that students are accessible for all facets of the industry.

The reading of all the names is expected to take close to eight hours to complete. The names will be read in chronological order.

In addition to the reading of the names, the Monmouth Veteran Association also will take part in its second march in New York City’s Veterans’ Day Parade. Names, the Monmouth Veteran Association will also participate at 9:30 am and on throughout the afternoon, hopefully it will sink in. No veteran prevents many from completing their degrees or those of the fallen,” said Lt. Col. Brett Morris, the National Roll Call Coordinator.

To help prepare, the names of every military member who lost their lives in support of operations overseas since 9/11/01. They come from all over the United States,” said Jeffrey Hood, the Veterans Service Coordinator at the University. “This is the first year we will be doing the roll call. I expect it to be something we do every year because it is important to remember those who gave their lives.

The actual panel discussion lasted approximately an hour and a half, during which time all those in attendance had the chance to have their questions answered by the panel. When the Q&A portion was finished students had the chance to speak directly with the panelists in order to establish connections, network, and exchange resumes for business cards.

When asked about her overall impression of the event, the Monmouth Veteran Association President Co-President Kim Mahon stated, “I learned a lot of useful tips and valuable information; it is hugely important for someone like me to know how the industry is changing and a Vet’s place in it. It has been successful I can be in the industry.”

Mary Harris, a new PR professor at the spring, thought overall the event had an “outstanding turns out,” and was excellent for anyone who attended because they got to saw a variety from the speakers.

Last year, the University became certified for education in public relations; it is the only other school in the state of New Jersey to have this accreditation besides Rowan University. It is the only other school so far for in potential job candidates, she stressed how important writing is.”

The program consists of a summer orientation and two not-for-credit courses that focus on giving first-year students the advice and mentoring they need to succeed.”

“Research and data shows that students who see success in their first three semesters tend to continue,” said Jose Adams, professor at Bergen, N.J., Community College. While some students do not succe...
CASSANDRA FIGUEROA
CONTRIBUTING WRITER

Counseling and Psychological Services is hosting a workshop called “How to Talk to Your Roommate” that provided communication tips for residents at the University. The event gave students the opportunity to explain how their problems encountered while living with different individuals and how they should use communication to fix these issues. “This is an attempt to get students to be aware of and use certain skills that can resolve some roommate conflicts, before they become a big deal,” said Tom McCarthy, the psychological counselor that held the meeting. McCarthy began his discussion by asking the students what types of conflicts they faced while living with someone new. The students mentioned many problems which included sharing, overnight guests, personal space, personality differences and partying. The students were asked about the differences between communicating and talking. Talking is when an individual hears what another is saying but does not necessarily understand, while communicating involves actively listening by giving eye contact, feedback, and responding to what the individual is saying, according to McCarthy and different students at the meeting. McCarthy said examples of feedback include a head nod or even just the inaudible sound of “mhm.” He said the way to actively listen is by “putting yourself in their shoes” and being able to relate to what a person is saying.

University’s EOF Program is Model for Midwest College

EOF continued from pg. 1

specialist for the University’s EOF program. At the request of MVNU’s President Dr. Daniel Martin and inspired by the paper, Ballenger reached out to the University. Upon Ballenger’s request, Johnson made arrangements for him and Dr. Bradley Whitaker, professor of mathematics at MVNU, to visit the University and meet with EOF staff and students which took place last Monday. In attendance were Provost Dr. Thomas Pearson, Azeka, Director of First Year Advising Debbie Kavourias, Vice President for Student Life Dr. Debra McCarthy, Dr. Ann Nagy, Director of the Writing Center Jane DeRudio, Admission Coordinator Olivia Wendland and Assistant Director of Financial Aid Robert Hennessey. According to the Higher Education Student Assistance Authority (HESAA), EOF was created by law in 1968 to ensure meaningful access to higher education for those who come from backgrounds of economic disadvantage. It is a scholarship program that provides support for states to make it easier to cover the cost of books, fees, tuition, room and board.

Every spring, the University’s EOF staff interviews over 100 eligible candidates, and only 40 of those interviewed receive admittance to the program. To be considered for the EOF program, students must first meet the University’s admission requirements and be a New Jersey resident for at least one year. Financial eligibility is dependent on the relationship between students’ families and the Federal adjusted gross annual income and the number of dependents in the family ($21,600 for a one-dependent family; $74,000 for a family with eight dependents).

Counseling and Psychological Services taught residents how to properly resolve conflicts with their roommates at a recent workshop.

"I believe that the biggest problem facing students who live on campus pertains to communication," said Chris McKittrick, a residence hall director at the University. "Most roommate conflicts originate from either a lack of communication or miscommunication.

"IDEAS" is an acronym explained by McCarthy that is an easy way to remember problem-solving models to use with a roommate. The "I" stands for identifying the problem. This means to be as specific as possible and, since people interpret things differently, individuals must figure out what exactly it is that needs to be fixed. The "D" represents defining possible, alternative solutions. This means that the people involved in the conflict must brainstorm and generate as many possible solutions to the problem at hand. "E" is for evaluating the alternative solutions and picking one that is mutually accepted and is also a compromise on all parts.

To date, over 80 percent of current EOF students are inducted into Chi Alpha Epsilon, the EOF National Honors Society, for maintaining a cumulative GPA of 3.0 or higher for at least two consecutive semesters. Johnson asserted that all EOF scholarship students are held to a higher level of expectation, responsibility and behavior.

"The program builds your character," teaches you how to be a leader and how to deal with real life situations. You learn to truly respect your peers and your education," Whitaker said that he and Ballenger were impressed by the success of the program and moved by the students’ resilience and stories of dedication to their education.

"I was a summer peer counselor for two years in a row and we had strict rules we had to abide by," said Hawthorne Parven in senior in EOF. "The program builds your character, teaches you how to be a leader and how to deal with real life situations. You learn to truly respect your peers and your education."

EOF continued from pg. 1

"We are no problems with your roommate. If there are any problems, you should not judge your roommate, or she should always try to come to a mutually accepted and is beneficial solution. To do this, you need to figure out what exactly it is that needs to be fixed. The "D" represents defining possible, alternative solutions. This means that the people involved in the conflict must brainstorm and generate as many possible solutions to the problem at hand. "E" is for evaluating the alternative solutions and picking one that is mutually accepted and is also a compromise on all parts.

"A" stands for analyzing the preferred solution or basically checking to see that there are no problems with your roommate. If there are no problems, you should also figure out who to talk to if there are any problems. Michael Palyard, a resident assistant (RA) at the University said, “Don’t be afraid to go to your RA, they want to make sure that they can feel comfortable confiding in RAs when there is a roommate issue because they can help find the best solution.

The last step is "S," which means to stick with it. This step focuses on making a conscious effort to stick with the decision, trying to resolve the problem and maintaining a beneficial solution. One key thing to remember while trying to solve a problem is that it is not a competition. According to the participants and faculty at the meeting, an individual should not attempt to win an argument, but instead he or she should always try to compromise.

"Always give your roommate the benefit of the doubt," said Kelyn quickly and important that you are present at the meeting. Rinear said that you should not judge your roommate, but instead you should always try to compromise.

"The University’s EOF program is designed to be a leader and how to deal with real life situations. You learn to truly respect your peers and your education," Whitaker said that he and Ballenger were impressed by the success of the program and moved by the students’ resilience and stories of dedication to their education.

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"The program builds your character," teaches you how to be a leader and how to deal with real life situations. You learn to truly respect your peers and your education.

EOF continued from pg. 1

"The University’s EOF program has given me the opportunity to experience so many things that I otherwise would not have been able to do," said Michelle Malanga, a senior in EOF majoring in criminal justice. "With a similar program, MVNU’s EOF majoring in criminal justice."
Graduate students will have to adjust to a few changes with their loans starting in 2012.

Under the new law, students seek- ing advanced degrees will start owning interest immediately on loans issued after July 1, though they will have the option of deferring pay- ments until after graduation.

"They can defer it but it adds to what they owe, and we always encourage students to pay it back so in the end it's not so expensive," said Ivan Nunez, financial aid director at the University.

Nunez said a student borrowing the federal maximum of $6,500 could end up paying an extra $200 a month over 10 years.

Chitty said an analysis by NAS- FA found that a student graduating this year would take out the maximum subsidized loan of $8,500 a year for four years for a $4,624 subsidy while in school.

Graduate students paid more for loans taken out next July, and recent graduates will lose rebates for loans taken out in the past.

The law passed by the House and Senate, which Congress passed this summer to keep the federal deficit in check while expanding Pell Grants for low-income students, gives rise to several costs for graduate students.

The Congressional Budget Office estimates that the law will cost the government $21.6 billion meaning that students will pay more or borrow less over the next 10 years.

For example, if the Senate uses its amendment to the law that would end unemployment benefits for graduate students, it is estimated that the changes will save $6.1 billion by getting rid of a grace period for subsidized graduate loans.

The elimination of repayment rebates and loan subsidies for graduate students was included in the big debt deal reached in July known as the Budget Control Act, the law that set 10-year federal spending caps while raising the federal debt ceiling.

Financial aid departments at colleges and universities are now start- ing to notify graduate students that Stafford loans they take out next summer will no longer include a subsidy that keeps interest from accruing while they are in school.

"This was one of the few federal subsidies provided to graduate stu- dents," said Haley Chitty, commu- nications director for the National Association of Student Financial Aid Administrators. "It is a pretty significant blow."

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Here's a sample step-by-step approach to start your hunt:

Step One: Figure out what you're interested in doing after graduation. This will narrow down your job search and your focus. Clean up your online appearance to display a professional, responsible job candidate.

Step Two: Meet with an advisor in your academic department or in the CSS. The faculty will guide you toward the right employment data and even offer you the names of professionals to contact and network with. Resume building should also be addressed. Even small mistakes are deal-breakers for employers. The staff in Career Services will most likely be completely different than skills applied while on a job.

Step Three: Apply to jobs and prepare for interviews. It's especially important to practice common interview questions and answers and to research the companies you are interested in. Use LinkedIn.com, go to job listings on the company's website, and consider interviewing you. Make a note of who you met and thank them after the interview. The interview is your opportunity to do your homework and research the employer. After the interview, make sure to send a thank you letter. The thank you letter is your last chance to make a good impression on the employer. It can even change the outcome of the interview.

Step Four: Follow up with the employer. They will be impressed by your professionalism and attention to detail.

Step Five: Network. Contact your professional contacts and let them know you are available for employment. They are more likely to keep you in mind for future job opportunities.

Step Six: Be persistent. Keep applying for jobs and following up with employers. It's important to keep your options open and maintain motivation.

How to Network with Professionals

The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center.

All copy must include the author’s full name and contact information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University.

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Every weekend the University parking lots turn into a regular cab depot. A person could easily count out 50 cabs coming through our park area. To create movement and stop the genocide, we as consumers to take action. “You are the ones who have to speak out,” she told you university students. I ask that we be the voice of the voiceless and stand up for the genocide of our time. Bring peace to the Congo now by being aware and advocating. To create movement for change and justice. No miracle can be performed over night, but we can save lives.

Why would you want to wear a pair of heels that killed a family? Act now before it’s too late.

In 2011, the U.S. Congress passed the Conflict Minerals Act which mandates companies to report on the conflict minerals. Leading companies are paid by companies to acquire the conflict minerals and go on with their highly detrimental and destructive way of life. According to the Enough Project, in 2011, the U.S. Congress passed the Conflict Minerals Act. This act was geared towards ensuring that companies who import the conflict minerals due to their conflict-free minerals. This act was to avoid using the minerals from the Democratic Republic of Congo. They were to use the conflict-free minerals. The act was formed over night, but it has not ended the conflict in the Congo.

The United Nations has called the Congo “a neglected catastrophe, a silent but deadly enemy.” I ask that we be the voice of the voiceless and stand up for the genocide of our time. Bring peace to the Congo now by being aware and advocating. To create movement for change and justice. No miracle can be performed over night, but we can save lives.

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The Polling Institute: More Opportunities to Come

SANDRA MEOLA
POLITICS EDITOR

Many students do not recognize the Polling Institute as one of the University’s reputable, or the opportunities it has to offer. There are many opportunities for students to gain experience concerning the way polls are taken and how they are analyzed.

Founded to the University in 2005, the Polling Institute was established in order to act as a nerve center for public opinion important local, state, regional, and national issues. Patrick Murray, Director of the Polling Institute, explained that the Institute’s mission is to produce involvement externally and internally from the University. The Institute was established in order to act as a voice for the accuracy of its predictions regarding the East coast region from New York to Virginia.

For instance, the Institute conducted a survey in 2009 in conjunction with the Urban Institute which measured the attitudes of residents in New York, New Jersey, Delaware, Maryland, and Virginia living along the coast line. The Institute is not only conducted by professional researchers, but students assist with the process, as well as all background research, organizing data, and forming where to represent it. Murray explained that polls can include anything from measuring the social service program to analyzing the effectiveness of a municipality’s policies.

"Students should be noticing more opportunities from the Institute," said Murray. He explained that six years ago, the mission of the Institute was to provide opportunities and get people interested. Today, the Institute seeks to gain interest internally from academic departments and create opportunities through cross-discipline work. Murray also explained that he is currently looking into introducing a class that would give undergraduate students the opportunity to work with a client and form a research project with the Polling Institute.

Dr. Kevin Dooley of the Political Science Department, said, “I think a class that incorporates the Polling Institute would be a great addition to the Political Science curriculum.”

Fred Strahal, a senior political science major, said, “A class should be available because it allows students to see and understand the knowledge of how polling works and the experience of working on polling projects. It is an important role in the political process.”

"Our aim is to encourage different departments to work together," said Murray. "This will allow the campus to become larger internally. We want people to know the University as a place with many experts in various fields."

Along with serving as the founding Director of the Polling Institute, Murray also writes articles and op-ed pieces and is a frequent guest speaker on new stations throughout the state. Murray was named Pollster of the Year by politickernj.com and one of the most influential people in New Jersey politics. With his support, the Institute has grown to be a valuable survey research center due to its quality of life issues and meticulous tracking.

Roll Call: Words from the SGA Senate

Six students from the Student Government Association have been given the opportunity to attend a student leadership conference at the State House in Trenton on October 24. At this conference, the Senate met with students from other New Jersey universities and had discussions about issues that interest them.

This year, the Institute was awarded a grant by New Jersey Politifax for the accuracy of its predictions regarding the East coast region during the 2010 election. However, Murray stressed that the polling the Institute conducted is not merely political candidate polling.

Rather, the Polling Institute works to ensure that the voice of the public is heard concerning relevant social issues and standards that everyday people are concerned with. The Institute is unique in that it covers quality of life issues that affect New Jersey residents as well as residents up and down the East Coast," Murray said. For example, the Institute released a survey this past April which measured the quality of life in New Jersey.

"We know what makes New Jersey tick," Murray said. Roughly 3,000 residents in that state were polled, raising about $100,000 of revenue for the University.

While the Polling Institute is funded by the University, it brings in external money from partnerships with media outlets that use the researched data. A strong partnership is held between the Institute and the string of Gannett Company Inc. newspapers, which include the Asbury Park Press. Results of the Institute’s polls are also mass-mediated by New Jersey 12 News and 101.5 Radio, among many other outlets. Polls are also distributed throughout the East coast region from New York to Virginia.

For instance, the Institute conducted a survey in 2009 in conjunction with the Urban Institute which measured the attitudes of residents in New York, New Jersey, Delaware, Maryland, and Virginia living along the coast line. The Institute is not only conducted by professional researchers, but students assist with the process, as well as all background research, organizing data, and forming where to represent it. Murray explained that polls can include anything from measuring the social service program to analyzing the effectiveness of a municipality’s policies.

"Students should be noticing more opportunities from the Institute," said Murray. He explained that six years ago, the mission of the Institute was to provide opportunities and get people interested. Today, the Institute seeks to gain interest internally from academic departments and create opportunities through cross-discipline work. Murray also explained that he is currently looking into introducing a class that would give undergraduate students the opportunity to work with a client and form a research project with the Polling Institute.

Dr. Kevin Dooley of the Political Science Department, said, “I think a class that incorporates the Polling Institute would be a great addition to the Political Science curriculum.”

Fred Strahal, a senior political science major, said, “A class should be available because it allows students to see and understand the knowledge of how polling works and the experience of working on polling projects. It is an important role in the political process.”

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Who’s Who in SGA: Soraya Quezada

Academics Chair

Soraya Quezada is a senior majoring in Biology. She hopes to be a doctor and will be attending medical school once she graduates in May. Quezada is from Keyport, New Jersey. She has the position of Academics Affairs Chair in SGA. Quezada works with the Provost and the academic departments to improve the overall academic quality for the student body. This includes any issues from class scheduling to concerns with professors or advisors.

For example, Quezada was recently briefed on the new plagiarism tool that professors will now be using. She has also held the position of Elections Committee Co-Chair. She joined SGA her sophomore year to get more involved on campus and to meet new people. “I thought it was important for me to get involved, especially as a commuter. I really care about Mommy and want to see the University and it’s students succeed,” Quezada said.

SGA is the governing body on campus and acts as a voice for the students. Quezada explained that everyone should look into SGA to help improve the University and that she best be it for students.

She said her proudest moment on SGA thus far was being voted into the Senate from a general member, to a voting Senator her sophomore year, as well as holding committee chair positions her junior and senior year.

“I am looking forward to having a great year on Senate and getting as much done as we can and to make the University better as well,” Quezada said.

The university is asking for students to get involved on campus especially through student government. It’s never too late.

“Be active in the organization and be a part of many committees and volunteer as much as possible to get the most out of this organization,” Quezada said.

She described that she will miss weekly meetings next year when she’s graduated. “I will especially miss working with a group of overall fun, loud, and interesting people on Senate,” Quezada said.
President Obama looking to help college students

A people-powered movement began in Zuccotti Park in New York City in the fall of the 2011, when hundreds of activists from around the country descended on Wall Street to protest the unfair system that produced the Great Recession and to demand a fairer financial system. The Occupy Wall Street movement quickly grew to include thousands of participants across the country, who held demonstrations in cities large and small, calling attention to the growing inequality in our country and the role of corporations in favoring the interests of the wealthy and powerful over the needs of ordinary Americans.

While the Occupy Wall Street movement was primarily focused on economic issues, it also drew attention to the role of the political system in perpetuating inequality and corruption. The movement called for a more transparent and accountable political system, one that is responsive to the needs of ordinary Americans and is not controlled by powerful interests.

The Obama administration has been slow to respond to the demands of the Occupy Wall Street movement, and the Democratic Party has been criticized for not doing enough to address the issues that the movement was calling attention to.

However, some Democratic lawmakers have begun to speak out in support of the movement and to call for reforms that would make the political system more representative of the people. For example, Representative John Conyers of Michigan has introduced legislation to create a public financing system for federal elections, which would help to reduce the influence of wealthy donors and special interest groups in our political system.

Moreover, many Democratic lawmakers have called for reforms to the financial system, such as regulating Wall Street, strengthening financial oversight, and increasing taxes on the wealthy.

The Obama administration has also taken some steps to address the issues that the Occupy Wall Street movement was calling attention to, such as increasing the minimum wage, enacting gun control laws, and passing the Affordable Care Act.

However, many activists and the Occupy Wall Street movement remain dissatisfied with the progress that has been made and continue to call for more significant reforms to address the underlying causes of inequality and corruption in our country.

The protests on Wall Street have been the first sign of a new political controversy for the past month. The Occupy Wall Street movement has brought together people from all walks of life and from all corners of the country, and it has demonstrated the power of people coming together to demand change. As the movement continues, it will be important for lawmakers to listen to the voices of those who are calling for a more responsive and accountable political system, and to consider the reforms that are necessary to create a fairer and more just society.
A Daily Dose of Vitamin Goodness

Vitamins continued from pg 1

Kara Hunt, consider the college experience an opportunity to gain real world exposure in their perspective field. Some students, however, think outside the box. Instead of the word “college” into the search bar of urbanbiont.com, an online website in which users can submit their own definitions at a private institution costs well over $100,000. During that four-year period, if you need to pay off loans after graduation, the smart and most obvious thing to do would be to save money. However, college students and the idea of saving money go together like water and oil. Most part-time jobs don’t pay enough to network and learn the valuable skills of communication and leadership,” said Buzza. Chris Spinto, senior, and founder and CEO of All Shore Entertainment has been DJing since the age of 13, but took his business to the next level when he began college. “I registered with the state as an official business, created a website, and invested in equipment to develop the company even further,” said Spinto. In addition, Spinto said that his business helped him get involved in the University’s WMUX radio station where he now DJ’s live every Friday night from 6 pm to 8 pm. His current mixes won him the title of October’s DJ of the Month. All Shore Entertainment is one of the new buzzes on campus regarding nightlife. All, a clever acronym for “All In Every Day” is a company Keith McPhearson, University senior, started this September by recruiting a small group of young entrepreneurs. “What we do is set up events pro-active and sometimes the foot is critical to your long-term health. If taking vitamins isn’t part of your daily lifestyle, Dr. Sharon Stark, Associate Dean/Associate Professor of the School of Nursing and Health Studies, agrees that “the best source of vitamins is through food, however we aren’t sure how those foods are grown (pesticides, preservatives, etc.) so we may actually be losing valuable vitamins.” Serious moderators and deficiencies can still develop if the diet does not meet your body’s needs. According to vitaminstore.com, the common causes of these vitamin deficiencies include poor eating habits, the lack of sufficient vitamin intake, stress, the improper absorption of vitamins and minerals, the intake of medicines that interfere with the ingestion of vitamins and lack of exposure to sunlight. Be sure to abide by the old adage “everything in moderation” when it comes to taking vitamin and mineral supplements. According to health.org, when taken in excess, vitamins A, D, E, and K are stored in body fat tissues and can be harmful. The table of vitamins identifies various foods and their respective vitamin contents. "Getting in the habit of buying fresh produce at the farmers’ market and the organic section of supermarkets and the local food store. "An excellent source of some vitamins and minerals are fresh fruit and vegetables organically grown, and if possible, purchased locally through farmers markets and the organic section of the local food store. "An excellent source of some vitamins and minerals are fresh fruit and vegetables organically grown, and if possible, purchased locally through farmers markets and the organic section of the local food store. "An excellent source of some vitamins and minerals are fresh fruit and vegetables organically grown, and if possible, purchased locally through farmers markets and the organic section of the local food store. 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Graduate School Programs

- Anthropology
- Business Administration (MBA)
  - Accelerated MBA option
- Computer Science
- Corporate & Public Communication
- Criminal Justice
- Education (MAT, MEd, MEd)
  - Accelerated MAT option
- English
- Financial Mathematics
- History
- Mental Health Counseling
- Nursing
- Doctor of Nursing Practice
- Psychological Counseling
- Public Policy
- Social Work
  - Traditional/Advanced Standing MSW
- Software Engineering

Graduate School Information Session

Tuesday, November 15, 7 p.m.
Wilson Hall Auditorium
www.monmouth.edu/GR_infosession

MONMOUTH UNIVERSITY
WHERE LEADERS LOOK forward

West Long Branch, New Jersey | gradadm@monmouth.edu | 732-571-3452
The song deals with the frustration of getting over a relationship and attempting to move on. “Dark Side” is a vulnerable tune that has Clarkson questioning if the person she loves will love her back. “If I show it to you now/Will it make you run away/Or will you stay even if it hurts.” That’s not to say that all of the lyrics are smart. “Einstein,” ironically, has some of the most idiotic lyrics. It is a catchy, fun track about Clarkson ending a bad relationship with a guy she believes is naive. The math analogy seems a little silly in the beginning, but it gets even worse when the chorus ends with “dumb plus dumb equals void.” There are four songwriters credited for the track (Toby Gad, Bridget Kelly, and James Fauntleroy with Clarkson), and not one of them could come up with anything slightly more articulate. Two of the three ballads on the album feel a bit long peaking at just over two minutes when the show was quite interesting. “I was a little lost with the singing performances,” Anne Chamberlain, sophomore, mentioned. “The performance turned out to be an enlightening experience as the actors were beyond believable in their performances. I was glad to return to America, however, the performance was a bit long peaking at just over two hours.” Overall, “Civil War Voices” brought a sense of reality to a generation unfamiliar with this unforgettable time in America that resulted in the death of 620,000 Americans, and the freedom of 4,000,000 African Americans.

In “Civil War Voices: Songs and Memoirs of Five Extraordinary Lives,” actors brought individual stories about people involved on both sides of the Civil War to life.
Global Understanding Through Percussion and Song

Tari Khan

ENTERTAINMENT

In Time is Off a Couple of Minutes

Gawal Najmuddin Salludin and Brothers

November 2, 2011

The Outlook

GROWING up, I was never a big fan of the Tabla, Timber lade and N'Sync (although I couldn’t avoid the songs). However, I have started to appreciate the Tabla’s acting abilities further in a more dramatic and action-packed venue. Dan Stein. Maire discovers what he has, is unable to resolve a rather dull story about a world where people don’t age past 25 as long as they can afford it.

In Time follows Will Salas (Timberlade), who lives in the poor part of the city with his grandpa Ray (Olivia Wilde), and works at a factory to earn money making cars. His world is a bleak one.

One night at a bar, Will meets Henry (Matthew Broderick), a 60-year-old guy at a bar might not be hooking up with a 60-year-old guy at a bar. However, Henry has given him his time and wouldn’t waste them.

Henry asks Will what he would do if he had all this time, Will can finally see they only have minutes left to either live or die. They set out on a deadly game.

While Will is playing poker and scoring for his chronocurrence, he encounters Raymond Leon (Cillian Murphy), who believes Will and his friends to be an insightful look at human futures instead of rushing head first.

The final act for the Caravanserai event was the qawwals singing group, led by Qawal Najmuddin Salludin and Brothers. It consisted of five brothers and a second cousin who are con- tinuing the group's "wonderful week" of global diversity, building understanding programming where the audience could bridge cultures through the arts.

The night started with tour manager Lindsey Welker calling guests to the event and commenting on the group’s "wonderful week at the University" and the musicians felt "welcomed" and "so at home." Fenley described Caravanserai as a "place where cultures meet" and "dramatic and action-packed venue."

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The Outlook

In a world where people can be immortal as long as they can pay, Will (Justin Timberlake) is an action hero. In Time doesn’t have that same quality and breaks the reality of the audience. Still, the casting of Will and Sylvia (Amanda Seyfried) and the chemistry of the two is what makes many of the crowd scenes rather fun.

The writer also recreates an action hero. However, at the same time, Will is being hunted down by the police. It is a rather dull story about a world where people don’t age past 25 as long as they can afford it.

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The Outlook

The Woman Behind Student Success

Meet Dr. Mercy Azeke, Dean of the Center for Student Success

Dr. Mercy Azeke has been working in the Center for Student Success since 2009.

"Mission: Philosophy" Pioneers Forward

Students Fight to Organize Philosophy Major

Once the group discovered that the University did not offer a philosophy major, they mobilized in spring 2011 and have since been working to add the major.

"Mission: Philosophy" promotes the philosophy major and its benefits to students. In order to raise awareness about the movement, the executive board members of the Philosophy Club, who are also the pioneers of the movement, have made numerous presentations in first-year seminar classes and introductory classes in the social sciences and humanities, according to Curry, Secretary of the Philosophy Club and one of the movement's pioneers.

"We wish to make the students aware of the lack of a philosophy major, gain student support, and encourage students interested in philosophy to declare a minor," added Curry.

Philosophy was offered as a major at the University at one point in time during the 1980's, but it was eventually dropped due to lack of student interest. "Many students don't take philosophy seriously because there is not an obvious career path for a philosopher," said Bell, Vice President of the Philosophy Club. "However, philosophy is extremely important in order to analyze things critically.

The movement has garnered the support of many students, as well as professors and administrators.

"Mission: Philosophy" has over 400 signatures from students who show their support along with a few students who have declared philosophy minors," said Mama, Philosophy Club Treasurer. "We also have the support of a few faculty members who see having a major in philosophy as beneficial to both the students and the institution."

Despite "Mission: Philosophy"'s strong support system, the movement and its founders have also encountered a few bumps along the road.

The lack of student support and awareness about both the philosophy major and minor has been one of the administration's main reasons for not taking into consideration the message of "Mission: Philosophy." The biggest roadblock has been student and administration, said Curry. "On one hand, we have a ton of wonderful students who support our movement, but some administration has been telling us that we still haven't gained enough student support, and until we get more students interested and more declared majors.

A lack of financial support from the faculty, students have also been slow to endorse the movement because they are hesitant to show their support because they feel unsure of how philosophy could be helpful to them or why they should add a new professional requirement to their schedules, but having a philosophy major would do more for the University as a whole than it would for students alone," said Mama. "Most liberal arts universities have philosophy majors, while Monmouth does not, and having the major would further support the liberal arts program at Monmouth."

Also like to replicate Monmouth's approach to student support, and one of the movement's pioneers is upperclassmen, and a concern of the group is ensuring that the movement and word of "Mission: Philosophy" continues to spread and stay alive. "It's a student-driven movement continues even after we graduate," said Curry. "We are hoping the bureaucratic process will not be completed until after we graduate." We are looking for fellow students that are interested in carrying the mission on.

For those who feel that philosophy has nothing to offer them and does not enhance their major, the movement's group members believe that everyone can benefit from at least the philosophy minor.

According to Curry, the idea of philosophy is to teach people how to think and how to use their reasoning skills in any way, rather than using rigid facts and learning methods, and these teaching practices are what make philosophy diverse and relevant to people of all majors or career fields.

"Philosophy is a serious major when one looks at the kind of material that would fall into the category of philosophy," said Mama. "Ethics, existentialism, logic, existence, and reason are all topics that merit equal consideration in any serious university trying to foster the growth of the mind of its students.

In the upcoming weeks, the groups plan meet again with the administration to discuss its progress and support and set things in motion for the philosophy major curriculum program.

The Center for Student Success (CSS) allows students to have access to the many programs and services that help students cope with the stresses of college. These include the academic rigor, determining and declaring an appropriate major, acquiring valuable leadership and work experiences, and making progress towards degree completion.

The CSS houses all of the programs that help students accomplish these goals including the Office of First Year Advising, the Tutoring Center, Career Services, Experiential Education, Student Learning and Community Programs, the Department of Disability Services, the Writing Center, Supplemental Instruction, the Office of Transitions from High School to College, and the Educational Opportunity Fund (EOF). Dr. Mercy Azeke is the overseer for all of the programs encompassed by the CSS.

Azeke became the Dean of the CSS in October 2009. She is originally from Nigeria where she received her bachelor's degree from the University of Nigeria in home economics education. She came to the States in 1980 with her husband. After a few months in the U.S., she decided with the help of her parents to go to graduate school at Temple University, where she received her master's in curriculum instruction and doctorate degree in vocational education.

Azeke has worked in both public and private two-year and four-year institutions. Prior to coming to the University, she worked at Virginia Tech as the Director of Academic Advising and Student Services for the Undergraduate Program in Pamplin College of Business. Before that, Azeke worked at Lewis University in Romeoville, Illinois, where she was the first Associate Director of the Academic and Career Services Office. Azeke's expertise include student development, enrollment management, academic advising, and career services. She has also taught education courses at the undergraduate and graduate level.

Azeke truly enjoys working at the University because it is a close knit, family-oriented community. She has found that the administration is very caring and involved. "My folks at CSS are the best," she said. "They truly believe in being students first, while I am working with students," said Azeke.

On average, 200 students come into the CSS every day. Since Azeke has been at the University, a few new programs have been added. The Center for Experiential Instruction, have been implemented. Some areas in the CSS include activities such as academic skill workshops, career activities, writing-related workshops, and curriculum projects, and advising activities. CSS is taking their services to the students at various locations throughout the campus. The use of social media sites, websites and e-mails are main resources used to reach out to students.

Also, despite the poor economy, more and more University graduates and returning students are getting jobs, whether they are full-time, part-time, internships or service learning experiences. This is partly due to the programs and offices aimed to help the students. Additionally, she said that many of the programs and courses are very beneficial to students.

"One day, Dr. Azeke would also like to replicate Monmouth's CSS at the University of Nigeria.
Hall. "Unless you want to look antiquated," and best thing, and you have to do it now use videos submitted via Face ly started or is planning to launch Counseling. to a survey done for the National try as students communicate with fast becoming an integral part of And just about every college and page and opened a Twitter account, sions office has launched a Facebook set that admissions officers might have set up myriad Facebook groups for freshmen enrolling in the class. sions office put up a Facebook page and responded to inquiries. And now many have their own Facebook pages, which often include photos and pictures. The challenge is to reach students in a way that is relevant to them and promotes engagement.

"A New Hope Against Malaria"

Patricia Alex
MCT Campus Wire

Social networking tools, such as Facebook, blogging and Twitter, are fast becoming a staple of college admissions. More than 60 percent of schools are now using social media to engage students and prospective students. And just about every college and university in New Jersey has a social media presence.

"In many ways social networking is the frontier, the Wild West," said Andrew Witty, CEO of GSK, at a recent event. "We are unconvinced that this is the end of social media, however. Rutgers student bloggers are now getting on to say that GSK has spent $300 million to develop RTS,S, and will provide the vaccine free of charge. The cost of production and reinvest the excess profits into research into the next malaria vaccine.

"Today, society stands at the pen sible" to the human immune system. It's a human-infecting malaria parasite, digests a cell’s hemoglobin, multiplies to the point of rupturing the cell, and rapidly spreads a new generation of infections. The first 6,000 children in the older age group showed during 12 months of follow-up the first episode of malaria meeting the primary case definition as 0.44 per person-year in the RTS,S/AS01 group and as 0.83 per 12 weeks of age and 8295 children five to 17 months of age at the time of the first vaccination, according to the NEJM publication.

"It's a vast body of work, and a vast body of data that we've been able to collect," said Mark Brown, who led the study. "It's amazing to see the impact that this vaccine can have on reducing the severity and frequency of malaria."

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"Today, society stands at the pen..."
You Can’t “Beat” This Fundraiser

TKE Hosts Annual Car Smash Behind the Student Center

BRIAN HALISKOE
STAFF WRITER

Tau Kappa Epsilon (TKE) hosted its second annual Car Smash last Wednesday, October 26, in an effort to raise money for St. Jude Children’s Research Hospital. The event took place behind the Student Center, and participants were charged money to hit the car.

Participants were provided with safety goggles and a sledge hammer. Signing a waiver was required for liability reasons. At the end of the day over $200 was raised for St. Jude by donations of students, faculty, and staff.

Disguise, the opposing team for Homecoming weekend, was painted on the car to help promote school spirit.

The car was donated by Mazza & Sons Demolition and Recycling. Mazza & Sons helped by towing the car to the Student Center and then towing it back to their Recycling Center, to salvage the scrap metal.

Joe Dellaire, sophomore, works at Mazza & Sons as a desk assistant. He is a member of Tau Kappa Epsilon and organized the event. He said, “I think it is a really good event, because it is interactive and everyone has an opportunity to participate. I’ve seen each department come and support St. Jude Children’s Research Hospital and it does raise a lot of money. Plus it’s fun!”

Dannan Edmonson, senior, and current Vice President of TKE said, “I’m glad it’s not just students participating but faculty and staff as well.” When asked why students enjoyed hitting the car so much, he said, “It helps take frustrations out for midterms!”

However, students were not the only ones attracted to the event. Professor Richard Veit said “The Car Smash was a great stress reliever and a lot of fun.” He also noted that this was his first time donating to St. Jude.

Professor Joseph Putten said, “It was a great way to relieve some stress while helping a great cause. TKE did a great job in creating a lot of energy around the event and it’s great to know the organization is helping awareness and funds for St. Jude Children’s Hospital.” Specialized techniques were used when striking the car. Some ventured on top of the car and struck down, while others attacked from the side. All participants were cheered on when smashing, especially if you were a professor. However, one member of TKE stated he knew the correct way to strike.

Matthew Avellino, a biology major, said, “People think if you hold it midway and slide your top hand down, you have the weight of the sledge hammer, gravity bringing the weight down, and the force of your muscles exerting on the sledge hammer. That movement gives added force.” He concluded that the car smash is great because “If you’re walking by, you can get out a little aggression. It helps with all the people to cheer you on.”

TKE has always contributed to St. Jude Children’s Research Hospital. So far this year they have organized a dodge-ball tournament and co-sponsored a dunk tank event. According to St. Jude Children’s Research Hospital, their goal is to “ advance cures, and means of prevention for pediatric catastrophic diseases through research and treatment. No child is denied treatment based on race, religion or a family’s ability to pay.”

Members of Tau Kappa Epsilon helped raise over $200 for St. Jude Children’s Research Hospital at their annual TKE Car Smash.

The Outlook
November 2, 2011

Social Media Expert Presents at Speaker Series

PRESS RELEASE

WEST LONG BRANCH, NJ -- Christine Rochelle, Vice President of Operations for PCG Digital Marketing, will be giving a presentation November 2 at 3:00 pm in room 234 of Flanegre to offer students advice on the advancing social media field.

With her position at PCG, Rochelle travels with a team to propose compelling information about involving social media and other digital marketing strategies.

Prior to her work with PCG, Rochelle gained experience at Star Magazine, HRP, MTV.com, LifeStyler, Eatontown Patch and AOL.com. In addition she has been featured in The New York Post, Crushable, Get Busy Media, DrivingSales, Wanderlust & Lipstick, and Daily Single.

The PRSSA bio-monthly Speaker Series was instituted in 2009 to provide networking opportunities for public relations students and professionals. To stay up to date about who is speaking when follow us on Facebook at www.facebook.com/speakerseries. For more information about the speaker series or Monmouth’s PRSSA chapter go to www.monmouth.edu/prssa or contact Amanda Erdmann, Communication Director, at s0756510@monmouth.edu, or Dr. Sheila McAllister-Spoon er, Faculty Advisor, at smcallis@monmouth.edu.

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Bubbakoo’s Burritos

PHOTO CREDIT: of Brian Haliskoe
Fat, Sick and Nearly Deadly Screening is a Success

PRESS RELEASE

West Long Branch, NJ-- The Monmouth Area Vegetarian Society (MAVS) and the Monmouth University chapter of the Public Relations Student Society of America (PRSSA) invited students and community members to a free screening of the award-winning documentary film Fat, Sick & Nearly Dead this past Wednesday, October 30 at 1:00 pm, in the Student Center. The screening was followed by a special Q&A session with the film's star and director, Joe Cross.

Screening is a Success

WEST LONG BRANCH, NJ, OCTOBER 30: Monmouth Oral Communication Center has taken on the role of tutoring those in need of help with public speaking. Tutoring will begin this week and take place in the Center of Student Success, located in the Rebecca Stafford Student Center. Students can sign up for public speaking tutoring on tutortrac. Public Speaking tutoring is as follows: Monday 10:00-3:00 pm, Tuesday from 10:00 am -12:00 pm, Wednesday from 10:00 am - 12:00 pm, and Thursday from 10:00 am - 12:00 pm.

For information about Joe Cross, Fat, Sick & Nearly Dead or the Reboot Your Life juice mission, please visit www.rebootyourlife.com. Thanks to everyone who watched and did such a fantastic job!
Where do you see yourself in 10 years?

Compiled by: Jacklyn Kouefati

Carlos
sophomore

“Married with two kids, a third on the way, and having a job at an accounting firm.”

Katie
sophomore

“Working in the ABC studio behind the scenes and editing movies.”

Kiley
senior

“With a job and getting close to starting a family.”

Mary
sophomore

“Having a career in the health field.”

Elisha
sophomore

“With a job and married with kids.”

Marissa
senior

“In Hawaii being a lawyer.”

Jenna
sophomore

“Employed and married with kids.”

Sarah
sophomore

“Working in public relations and not living in New Jersey.”

Mary
sophomore

“With a job and getting close to starting a family.”

Gina
junior

“With my masters and doing something in social work.”

Matt
sophomore

“Owning my own garage.”

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LIVING PROOF
MOROCCANOIL
OSCAR BLANDI
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they'd say, 'It sounds like Buffy pitched it to just blank faces. And with a DVD sequel in 2010). "I finally become a movie in 2007 turned down ("30 Days of Night" be a movie that was continuously comic book but originally set to be "30 Days of Night: 30 Days of Night: Return to Barrow." (There was also "30 Days of Night: Eben and Stella," which continued from "Dark Days").

In addition to the main storyline, there have also been a number of tie-in tales that further explores this deadly breed of vampires and the humans that encounter them such as "30 Days of Night: Bloodsucker Tales," "30 Days of Night: Spreading the Disease," and "30 Days of Night: Dead Space." Some have returned to the past to look at Harrow's history with vampires in "30 Days of Night: Beyond Barrow" and "30 Days of Night: Red Snow" (which was set in WWII).

Titles like "Dark Days" and "Eben and Stella" were penned by David Lapham. The miniseries focused on a vampire, who tries to evade his own kind and live a normal life despite his condition. While talking to newsarama.com, artist Ben Templesmith in an interview with Chris Ryall, Chief Creative Officer and Editor-in-Chief for IDW, spoke to comicbookresources.com at this year's New York Comic-Con about including "30 Days of Night" into this mega-event and said, ""With 30 Days of Night," we thought, it’s kind of fun to explore the series of, in the "30 Days" world, the vampires are the bad guys, and what happens when they become not as bad as the bad main guys. Are we actually sympathetic toward them? That sort of stuff!"

So, yes Halloween movie marathons and scary costumes might be done for another year, but when it comes to "30 Days of Night," the fridges can still be found.

"30 Days of Night" has not always planned out as a comic book but originally set to be a movie their new miniseries "Legion of Monsters," which features creatures like Morbius, the Living Vampire and Manphibian uniting with Elsa Bloodstone to deal with the supernatural horrors of their world.

Yet, if there was only one comic that could be picked to keep the Halloween spirit alive in the comic book community, it would have to be "30 Days of Night" from IDW. Created by writer Steve Niles and artist Ben Templesmith in 2002, "30 Days of Night" was a three issue miniseries that focused on the fictional town of Barrow, Alaska, which experiences a month of darkness every year. However, when the sun was unex pected vampires came to town to enjoy a smorgasbord of human blood. While the book offered a strong, original, and terrifying take on the vampire mythos, Niles also helped to reinvent horror comics for a new generation.

"30 Days of Night" was not always planned out as a comic book but originally set to be a movie their new miniseries turned down ("30 Days of Night" finally become a movie in 2007 with Niles pitched it to just blank faces. And they'd say, 'It sounds like Buffy, it sounds like Buffy!' And honestly I had just about given up," Niles told IGN.com. "And the day the ad for the first issue hit, we started getting calls from every studio, every producer, even people I had pitched before. People to this day deny that they rejected it, and I love it! Even one of the producers on the movie had originally rejected it.

Since then, IDW has published sequels to "30 Days of Night" to establish a trilogy with "30 Days of Night: Dark Days" and "30 Days of Night: Return to Barrow." (There was also "30 Days of Night: Eben and Stella," which continued from "Dark Days").

In addition to the main storyline, there have also been a number of tie-in tales that further explores this deadly breed of vampires and the humans that encounter them such as "30 Days of Night: Bloodsucker Tales," "30 Days of Night: Spreading the Disease," and "30 Days of Night: Dead Space." Some have returned to the past to look at Harrow's history with vampires in "30 Days of Night: Beyond Barrow" and "30 Days of Night: Red Snow" (which was set in WWII).

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So, yes Halloween movie marathons and scary costumes might be done for another year, but when it comes to "30 Days of Night," the fridges can still be found.
Women’s Soccer Team Looks to Reach New Heights in the NEC Tournament

MAGGIE ZEINKA STAFF WRITER

The women’s soccer team has concluded their regular season play this weekend by facing the Sacred Heart University Knights. The Hawks were able to even out this weekend and bring their final record to 5-1 in the conference. The Hawks fell to Sacred Heart. With two days in between their weekend games, the Hawks were able to catch their breath before facing a current 4-12-1 Farleigh Dickinson University. The Hawks fell to Sacred Heart putting a one on their side of the scoreboard with no effort lost. One of the biggest heartbreaks of this season was Monmouth’s Ian Simon hit the ball into her own net by accident, but it was not an accident which the Hawks could afford.

Understanding that the two teams were more, the women did not let their energy waver. Shortly after the Pioneers first goal, they were able to make the game 2-1 and eventually, this became the final score. The Hawks must have changed their mental- ity after the second goal because they appeared to become a new team. The women managed to limit SHU’s shots on goal to four after the goals instead of a previous 16 shots on goal. Even though they improved greatly, it was not enough to get another goal and the Hawks fell to Sacred Heart.

As for preparing for the play- oﬀs, Root commented, “We have waited all year for this and we have the talent, now all we have to do is execute.”

JILLIAN ROOT Midﬁelder

The Hawks were shut out on Homecoming Saturday against Duquesne. Monmouth really hurt its chance of winning the NEC conference. The defense put forth a solid performance, only allowing 16 points. Simon recorded the team’s only sack. Safety Jose Gumbs led the team in tackling with eight tackles, seven of which were solo.

Duquesne remains second in the NEC. Albany won again, improving to 5-0 in the conference and stand alone in first place. Brett and Sacred Heart are tied with Monmouth in third place. Monmouth no longer controls its own destiny to win the conference. They would need to win the rest of their games, and have a lot of help.

As a young team, the Blue and White, can’t just roll over after Halloween night, the girls headed into their final game before the playoff. No one would be able to beat the Knights with a final score of 2-1. Sophomore Midfielder Patricia and senior Courtney Synder were able to get Monmouth on the board while sophomore Alexandra Baca and Dana Costello were awarded the assists. The Hawks boasted 26 shots with 12 of them being on goal. It was a fairly easy day for goalie McCoy by stopping merely two shots.

Reflecting on the season was freshman Jillian Root. “In the beginning, we did not come out as strong as we should have, but as the season progressed, we continued to grow as a team.” As for preparing for the playoffs, Root commented, “We have waited all year for this and we have the talent, now all we have to do is execute.”

The Hawks have taken major steps this season, after failing to make the NEC tournament last season. This year they were able to pull out some big victories and qualify for the tournament. They ﬁnished in the top four in the NEC, giving them a chance to compete for the NEC title. The women will be competing in the NEC semi-ﬁinals this upcoming Friday. Their opponent is still to be announced.

Football Team Blanked by Duquesne in Homecoming Game

ED MORLOCK ASSOCIATE SPORTS EDITOR

The Hawks were shut out on Homecoming Saturday against Duquesne University. With two days in between their weekend games, the Hawks were able to catch their breath.

The Hawks fell to Sacred Heart. With two days in between their weekend games, the Hawks were able to catch their breath and two came against conference teams (Robert Morris and Duquesne).

“It was a tough afternoon for us. I think field position and winning the special teams were a little more successful when they tried to throw the ball than we were able to be. Ultimately, that was the difference in the game. They were able to capitalize more so on those situations than we were,” Monmouth’s best chance at scoring came early in the game. On Duquesne’s first possession, Monmouth’s Ian Simon hit the quarterback and knocked the ball loose. The Hawks recovered and took over in Duquesne’s territory. They were not able to capitalize and score points.

Jillian Hayes had a huge workload in this contest. He was given the ball 34 times. He gained 114 yards, but was kept out of the end zone. In the two previous games, Hayes had scored three times in the last two games. Hayes fumbled 12 times. Hayes fumbled the ball twice, losing one of them. Craig Peterson didn’t have too many opportunities to throw the ball. That’s to be expected when playing in 35 mph winds. He completed just five of 13 passes for 41 yards. He also threw an interception and was sacked three times.

Right end Tyler George was the leading receiver. He had two catches for 18 yards. He also lost a fumble in this contest. The defense put forth a solid performance, only allowing 16 points. Simon recorded the team’s only sack. Safety Jose Gumbs led the team in tackling with eight tackles, seven of which were solo.

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Defensive Back Jose Gumbs(sets his sights on the NHL)

DARIA DELUCCIA
November 2, 2011

All New England MVP as a senior in high school, NEC Defensive Rookie of the year, NEC Defensive Player of the year, First Team All NEC Honors, and First Team Preseason All- American can only be consideredHighlights of one of the Hawk’s finest, Jose Gumbs. This fifth year senior has learned to develop the physical football star, and his future is only looking brighter.

Jose completed his 15th season of playing football, Gumbs first picked up a football in 1996 when he was eight-years-old. His career started off as a football star. He leads his team to victory and even though everyone just told him to stick to football. And good thing they did. Gumbs started making history well before he even made it to college. As a sophomore with the Hawks he led his team in tackles and was the two-time All-League selection and was named NEC Special Teams Player of the Week for his goal, he did not look back. Gumbs helped lead his team to the New England Bowl with a win over Robert Morris. Gumbs continued his football legacy as a senior, he took the team to new heights in the NEC. As a sophomore he led the team with 60 tackles, 43 assists, five tackles for a loss, and one fumble recovery. After his first year on the team, it was clear that the Hawks were about to be reckoned with. His junior year brought him more success as he finished the season with a team high of 95 tackles, three sacks, and six tackles for a loss. The second was the second in the NEC in tackles per game with 10.6, and was his second Player of the Week against Wagner with 95 tackles, which is the seventh most in school history.

Jose Gumbs, Defensive Back

As a senior, Gumbs lead his team with 76 tackles, and five sacks, and making him fifth in the NEC. He was named NEC Defensive Player of the year, NEC Defensive Rookie of the year, NEC Special Teams Player of the week, and NEC Defensive Player of the Week. The key to Gumbs’ success was his ability to read the game. He read the game like a pro and he was always in the right place at the right time. Gumbs is the first to go out and get the ball. He has been working on all year, and I say how excited I am to see them. Gumbs carren takes him next.

Field Hockey Team Knocks off RMU; "Our Game is Just as Unconditioned"

GAVIN MAZZAGLIA
Staff Writer

The field hockey team finished their regular season on a very strong note, beating Rider and defeating Robert Morris University 4-1 on Sunday in Moon Township, Pennsylvania. Seniors DEPIA DELUCCIA OF THE HUNT and TRISTAN ZINKE OF THE HUNT scored goals for the Hawks on both sides of the ball, as the Hawks dominated on shot and on defense.

“Football just came along for me,” stated Gumbs. “I used to play basketball, but I just told me to stick to football.” And good thing they did. Gumbs started making history well before he even made it to college. As a sophomore with the Hawks he led his team in tackles and was the two-time All-League selection and was named NEC Special Teams Player of the Week for his goal, he did not look back. Gumbs helped lead his team to the New England Bowl with a win over Robert Morris. Gumbs continued his football legacy as a senior, he took the team to new heights in the NEC. As a sophomore he led the team with 60 tackles, 43 assists, five tackles for a loss, and one fumble recovery. After his first year on the team, it was clear that the Hawks were about to be reckoned with. His junior year brought him more success as he finished the season with a team high of 95 tackles, three sacks, and six tackles for a loss. The second was the second in the NEC in tackles per game with 10.6, and was his second Player of the Week against Wagner with 95 tackles, which is the seventh most in school history.

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Winter weather wreaked havoc on the 2011 Homecoming weekend and was a factor in the football team’s 16-0 loss at home to Duquesne.

Full Story on page 22