Montclair State College

CLARION

Volume 73 No. 22

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Investigative News Unit returns • Dept. of Higher Ed abolished • SGA impeachment proceedings

Montclair Clarion

Besmirched Blantons

One copped a plea, the other skipped a key

Welcome to the S.S. Blanton

5%

Tuition Hike
Bookstore, C-Store search committee names new contractors

• new hours
• “Free-Flow” available in C-Store

by Greg MacSweeney

The college book store and C-Store will be under new management this fall. A search for new contractors started in February and ended last week with a decision on two new contractors. The search committee decided that the book company, Follet, will run the book store and Aldan Dining Services will run the C-Store, said SGA treasurer James Henaghan.

Other bidders included Barnes and Noble but Follet had a better overall proposal, said Acting Student Center Director Constance Ford. Follet presented a very nice bid with a good buy-back program along with many other improvements that I feel will benefit the students,” said Ford.

Henaghan also speculated that Follet will operate on a 25% mark up compared to the 33% mark up that the current book store runs on. He is not completely sure of the exact numbers for current store or the numbers for Follet.

Barnes and Noble planned to offer students a five percent discount on books to students but Follet’s overall proposal was better for the students, Henaghan said.

Follet’s proposal included improvements to the bookstore such as an area for books on the best seller list, an area for faculty authors, a reading area and an area for special promotions, said Henaghan.

Henaghan also speculated that Follet will operate on a 25% mark up compared to the 33% mark up that the current book store runs on. He is not completely sure of the exact numbers for current store or the numbers for Follet.

The committee visited Follet bookstores at William Paterson College and at Farleigh Dickenson University in Rutherford and visited Barnes and Nobles bookstores at Kean College and at Jersey City State, said Ford.

“Follet presented a very nice bid with a good buy-back program along with the other improvements that I feel will benefit the students” said Ford.

Although Ford was not completely sure about all of the financial specifics, she did speculate that books would be bought back from the student at the value that they are worth at the time of buyback.

The C-Store, soon to be operated by Aldan Dining Services, plans to extend hours from the current 9 a.m. to 7 p.m. to 7 a.m. to 11 p.m. Alden also has plans to allow students to use their “free-flow” account in the store to purchase items, Henaghan said.

The committee comprised of two students, two faculty members, Constance Ford, the Assistant VP of Finance Barry Cohn and the Director of the Faculty-Student Co-op Marge Bycheck, said Henaghan.

Advertising Policy

DEADLINES

The deadline to submit advertisements to The Montclarion is noon on the Friday immediately preceding the issue in which you wish to advertise.

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First-time advertisers are required to pre-pay their ad orders. Established accounts may opt to pre-pay at a 5% discount. Tearsheets and invoices will be mailed approximately (3) days following publication. Payment is due (30) days after insertion date. After (45) days of non-payment, a 10% finance charge will be levied. Any payment not received after (60) days will be forwarded to an outside collection agency.

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*Includes black plus one color. *Pre-payment required for classifieds
Blanton hall room check angers residents

by Gail Corrigan

Blanton Hall residents were angry on March 27 after returning from Spring Break to find that their doors were not double locked as they had left them.

This comes after a theft in Blanton Hall following the fire in the 4C wing on March 13. $1,000 of property was stolen from room 3C08 when Residence Life officials left the doors in the entire wing open while checking rooms for residents during the fire.

According to the Director of Residence Life Margaree Coleman-Carter, Educational Facility Authority (EFA) officials do an annual sporadic room inspection in Blanton Hall, Bohn Hall and Clove Road apartments. In addition to the resident assistants’ spot checks, the EFA officials accompany a maintenance foreman and one security guard into rooms checking for lighting safety, or any problems that may be in violation of certain codes.

Authorized representatives of the college have the right to enter any space at any time to inspect facilities for health, safety, maintenance and for damages to the space or its equipment, according to the resident life contract.

Director of Blanton Hall Shelley Jackson received three complaints from residents who found that their deadbolt was not locked after returning from vacation.

At the SGA meeting on March 30, Attorney general of the SGA April Steinmetz, expressed concern about her room during the open forum part of the meeting, “If I took the two seconds to lock the door, I wish residence life would have the respect to leave things as I left them for my own piece of mind.”

At this time it is unknown whether RA’s or EFA officials left the deadbolts off, but these were the only people who had access to rooms over break.

Security guards are on duty over break daily from 7 a.m. to 4:30 p.m. to ensure that no one enters the building. At 4:30 p.m. every day the doors are locked and chains are put on the doors, said Coleman-Carter. Campus police and maintenance had no access to the building and no repairs were made except to the rooms that were damaged in a recent fire.

There were no reports of anything stolen from Blanton rooms, but in the future Coleman-Carter said, “We will make sure that the RA’s and EFA officials put the deadbolts back on after doing their inspections.”

Unlike other resident facilities on campus, Blanton Hall is the only one with double locks on the doors.

Coach Blanton pleads guilty

• Plea bargains down to official misconduct

by Kathleen Nolan

Suspended track coach John Blanton plead guilty to a charge of official misconduct during a March 22 trial at Passaic County Superior Court. Blanton, 39, of Orange, entered into a plea bargain and plead guilty to one count of Second Degree Official Misconduct for events which took place on or about February 24, 1992. Blanton allegedly attempted to coerce and force a female track member to have sex with him on two occasions. Once in Little Falls, and another time in South Brunswick. Blanton’s attorney, Louis Childress could not be reached for comment.

Second Degree Official Misconduct carries a maximum sentence of up to ten years imprisonment and fines up to $100,000. Blanton was arraigned in Passaic County Superior Court on Jan. 12, 1994 and bail was set at $35,000. Blanton was suspended without pay from the college following the indictment.

Blanton has been surrounded by clouds of controversy since he was hired in April of 1988. There was concern about MSC’s hiring practices concerning reverse discrimination after Blanton, an African-American, was hired. In 1990, there were allegations that he falsified track records and he illegally confiscated a Montclarion photographer’s film because he did not want to be photographed for a story.

Since Blanton’s suspension, the track team has had two substitute coaches. Charle Bethea, the first, resigned for personal reasons and Leander Knight is the new head coach until further notice, according to MSC’s Athletic Director Gregory Lockard.

‘Takesha Pettus, a former track team member under Blanton doesn’t believe the allegations. “I believe he’s innocent no matter what anybody says. During the course when I was running, he never did anything like that.”

Write for the Montclarion

MSC tuition due for increase next year
NO FEE. NO ANXIETY.

AND NO #2 PENCILS REQUIRED.
Impeachment proceedings set for SGA member

by Sean Daily

At the April 6 meeting of the SGA legislature, impeachment proceedings began for Pat Dougherty, Director of Residence Life for the SGA. Her impeachment stems from her repeated absences from SGA, Welfare and Internal Affairs, and Cabinet meetings. Dougherty has been absent from all the meetings of all three since last September, including this one. Her impeachment, to be decided at the next SGA meeting, may remove her from the cabinet. The motion for impeachment proceedings to begin passed, 24-5, with five abstaining.

Impeachment proceedings were motioned by SGA Legislator Dan Mankiewicz, and during discussions he was supported by Candice Meyer and Tara McCaffery. Later, in an interview, McCaffery, who runs the Welfare and Internal Affairs committee, gave her complaints about Dougherty's absences. "We would like support from her to carry these problems that come into our committee concerning Residence Life out. She has not attended [Welfare and Internal meetings] since September," she said.

"How are we supposed to fully execute these issues if she's not there to support? There's no communication," she continued.

Meyer agreed. "According to our statutes, she is grossly negligent in her duties in terms of reporting to the [Welfare and Internal] committee," she said. Among the duties of a Cabinet member is to make a bimonthly report to the SGA.

However, Dougherty had her supporters, which included SGA President James Cotter. He had a particularly dramatic way of making his point. He called for the Cabinet members to raise their hands, then said, "Anyone that has ever submitted a report please raise your hand." His point was that if Dougherty is to be impeached, then the other Cabinet members must be too.

Director of Internal Affairs Rick Leto, gave his appraisal of Dougherty's abilities by saying that she was once a DA and is able to "weave through [Residence Life] bureaucracy while still staying loyal to the SGA." McCaffery did state her value and abilities, and said that impeachment proceedings for her were beginning only because of her repeated absences from meetings.

Whitman cuts DHE

by Deborah Darcy

The abolishing of the Board of Higher Education and the Department of Higher Education by Governor Christine Todd Whitman leaves many questions unanswered. The Board was made up of people who represented different aspects or sectors of New Jersey state colleges and was the chief policy maker of colleges. The Department, which was made up of paid state employees, was in charge of implementing these policies. Whitman has come up with a plan that has not been specifically drawn out. She has appointed a panel to help design a new system that will eventually take the place of the Board of Higher Education.

As a result of the abolishment the colleges will be more autonomous when deciding what is best for the school and, for right now, will only have to answer to the governor. The panel is going to create a Board of College Presidents, it is not yet known how much power or authority it will have. With MSC becoming more autonomous it now has the authority to make decisions on a local level which will probably enable the school to get things done quicker and will enable students' problems to be dealt with in a more localized or personal way.

The Department of Higher Education was responsible for dealing with budgets for all the state colleges and administering financial aid. The new system will involve each school talking directly to the state treasurer and each school will discuss how much is needed, financial aid will now be administered through the Treasurer's office as well.

"I personally believe that students will experience no major changes as a result of the Governor's actions," said Deputy Provost and Associate Vice President for Academic Affairs Dr. Gregory Waters.
Affirmative Action and admission at MSC

Associate Dean of Student James Harris believes there are not enough black and Hispanic students at MSC. Most in the administration would agree. Since blacks comprise 8.1% of the student body and Hispanics 9.6% in an area with a large minority population, the college has developed an array of special programs to bolster minority enrollment. Have they worked? Somewhat. But the college has continually fallen short of its stated goals. And, unfortunately, the harder it works to increase minority enrollment, the more it risks solidifying a racial double-standard for the admission into MSC.

The Minority Student Enrollment Committee chaired by Harris is currently in the process of coming up with numerical “goals” for black and Hispanic enrollment at MSC. “We look at the total number of students expected to be enrolled then decide upon the number of minority students we would like to see among that total,” Harris said.

Harris explained that MSC has historically drawn the majority of its students from the five counties of Essex, Hudson, Bergen, Union and Morris. His committee would ultimately like to see the demographics of MSC’s student body more reflective of these urban counties, said Harris.

Harris expects his committee to present enrollment goals to the Provost before the end of the semester.

MSC’s practice of setting racial goals for full-time freshmen admissions began in 1987 in response to a resolution by the Board of Trustees to redress inadequate minority enrollment. A five-year plan, centered around numeric quotas for black and Hispanic admission, was put into place that year and expired in 1991. There has been no numerical plan since then. Harris expects the new goals being formulated by the Minority Student Enrollment Committee to be completed this semester.

Admission

There are basically two ways to be admitted into MSC. Students either enter the college via regular admission, or they become students by way of a special admissions program. The special admissions programs at MSC include the Equal Opportunity Fund Program (EOF), the Program for Academic and Student Support (PASS), Health Careers and Special Talent admissions. Numerical goals are suggested by the Minority Student Enrollment Committee for black and Hispanic students for each type of admission.

Regular Admissions

While extracurricular activities and personal essays may help in the admissions process, students are admitted to MSC primarily on the basis of their Academic Index, according to Admissions Director Dr. Alan Bucchieler. The Academic Index, or AI, is a ranking based on a student’s SAT scores and class rank. The AI is derived by means of a sliding scale. A student with an SAT combined score of 1120 and a class rank of 30% would have an AI of 200. So would a student with an SAT combined score of 700 and a class rank of 95%. The average AI of Fall 1993 regular freshmen admits was 217. That average fluctuates each year based upon the AIs of freshmen applicants to the college.

“The college has been committed to increasing the number of African American and Latino students on campus,” said Bucchieler. But how can the Admissions Office increase the number of African American and Latino students if it must admit according to a numerical formula? “We make special attempts to recruit,” said Bucchieler. Representatives from the admissions office visit high schools with high minority populations. They visit with guidance counselors from those schools to help them help their students apply to MSC. They also invite prospective freshmen to tour the campus, have lunch, and meet with current students.

How have these efforts measured up to recruitment goals in the past? That’s really not a fair question because the Admissions Director had never seen a minority enrollment goal before being interviewed for this story. After being presented with a copy of the 1987 Board of Trustees resolution which called for the creation of minority enrollment goals, Bucchieler said he had “no knowledge” of the resolution nor any numerical goals resulting from it. “All decisions [concerning regular admission] are made in this office,” said the director.

“If the administration is not in sync, not aware of goals, not instituting steps,” said Harris, “you can’t go anywhere.” He’s right. According to a memo from MSC President Irvin Reid to members of the Academic Program Planning Committee dated, the goals for regular admission African American and Latino full-time freshmen in the Fall 1990 semester were 52 and 65 respectively. That year only 27 African American and 31 Latino full-time freshmen entered MSC via regular admission.

Equal Opportunity Fund

“The purpose of the EOF program is to get students admitted into New Jersey higher education who have been excluded in the past because they have not met academic and financial requirements,” said Dr. Michael Brown, director of the EOF program. Students must have lower SAT scores (600-750 as compared to MSC’s average 900 combined score), lack certain college preparatory units from high school, be from low income families and be in the top 60% of their class to qualify for the program, said Brown. The average AI of EOF students is 160. Extracurricular and community service activities are also considered in EOF admissions.

So is race.

In the EOF’s Taking the First Step Toward Success pamphlet there is no indication that the program is closely connected with the college’s Affirmative Action program. Ethnicity is not discussed in much of the program’s promotional literature, but Brown says he “expect[s] the majority of EOF stu-
students to be African Americans.” According to Brown, the EOF is comprised of 40% African Americans, 40% Latinos, 15% Caucasians and 5% Asians. “We’d like at least that [percentage of African Americans and Latinos],” said Brown. The reason for this, according to Brown, lies in the roots of the program which was formed in response to the 1967 riots in Newark and Paterson. “People were living outside of the mainstream; in poverty,” said Brown, “We believe education can lead to empowerment through economic and political development.” Once admitted through the EOF program, students are eligible for yearly grants ranging from $200 to $1,000. To fill the tuition gap, the Financial Aid office assists in fashioning a package of various grants and loans based on individual need.

EOF students then begin their college career with a mandatory six-week summer program which is designed to help participants adjust to college life. This “intensive orientation” stresses group counseling, leadership skills and the proper attitude necessary to excel in an academic environment, said Brown.

To encourage retention, EOF students are provided access to tutorial and counseling throughout their college years at MSC. As a side benefit to the college, many programs available to all MSC students owe their origin to the EOF, said Brown. “Enhanced counseling and service,” basic skills and tutorial services, has been adopted campus-wide from EOF services, said Brown.

Program for Academic and Student Support
In 1981, a program was formed to address the low rate of black and Hispanic students at MSC, said Geraldine Barlow PASS director. The program, then called the Special Tutorial Program, allows students with lackluster Academic Indices admission. The AI of PASS students range from 165-185.

In addition, students receive counseling from MSC graduate students. While the program was designed to help minority students, Barlow said the program does help white and Asian students as well. “The overwhelming majority of PASS students are African Americans and Hispanics,” said Barlow, “but we do not exclude. Our intent is to mirror the EOF program.”

Health Careers and Special Talent
The Health Careers program, according to a statement of purpose given to the Montclarion, combines formal course work, comprehensive supportive services, field experience, and financial assistance to undergraduate students preparing for a career in the health professions. The program is offered to “highly motivated and academically capable students of color.”

Special Talent admissions is not one program but a blanket term referring to admissions based on talents such as athletic or artistic ability. While there is no centralized admission board for special talent admissions, the college does set goals for African American and Latino enrollment through this program.

For the Fall 1990 semester, the college hoped for 12 African American and 11 Latino full-time freshmen special talent admissions. There were only two African American and one Latino full-time freshmen special talent admissions that year.

The Scope of Special Admissions
According to President Reid’s memo, one hundred forty eight African Americans were admitted into the college as full-time freshmen for the Fall 1990 semester. Of those, 27 entered the college through regular admission; 82 entered via EOF; 37 were admitted through the forerunner of the PASS program, STP; and two African Americans were admitted via special talents admissions. That means slightly more than 81.7% of the college’s African American freshmen admission for that year entered the college under special circumstances.

Latinos did not fare much better. One hundred fifteen Latinos were admitted into the college as full-time freshmen for the Fall 1990 semester. Of those, 31 entered the college through regular admission; 71 entered via EOF; 12 were admitted through STP; and one Latino was admitted via special talents admissions. Seventy three percent of Latinos freshmen were admitted to MSC under special circumstances.

Lack of preparation damaging
While there are clearly different standards for admission into the college, once in, all students must take and pass the same courses. Quite often, special admits have difficulty keeping up.

“We retain 35% of EOF students over five years,” said EOF director Brown, “Twenty percent graduate in five years.”

According to the president’s memo, over 63% of full-time African American freshmen enrolled via regular admission in 1988 were retained in 1990. In contrast 55% of special admit full-time African American were retained over the same period.

The reason for the weak academic showing of special admits, according to Dean Harris, is the lack of preparation provided by urban secondary schools. “We’re at their mercy,” he said.

Kevin Colligan, INU Coordinator
TIRED, EXHAUSTED, CONFUSED?
WELL, THE SGA HAS AN EVENT FOR YOU
THAT WILL EASE YOUR PAIN!!!

April 13
OSAU Explode with color. Color Explosion Fashion Show.
7:00 p.m. Student Center Ballrooms

April 18-24
Conservation Club Earth Week. Lectures, activities...

April 22, 23, 24
Get wet and excited- whale watching trip to Mass.

April 25-30
Be fun, friendly and social-join us at
Club Spring Week

April 27
Drive-In "Dazed and Confused" and "Grease." Time:
when the sun goes down

April 28, 29, 30
Carnival once again...

May 1, 1994? Outdoor Jam
AND YOUR WHEELS ARE SOMETHING SPECIAL, TOO.

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So take time out to see your Ford or Lincoln-Mercury dealer today and ask about the College Graduate Purchase Program. (It's a terrific way to show the world just how smart you really are!)

*Special Finance rate alternative and Ford Credit programs not available on leases.
**To be eligible, you must graduate with a bachelor's or graduate degree, or be enrolled in graduate school, between 1/1/94 and 9/30/94. This program is in addition to all other national customer incentives, except for other Ford private offers, including the Young Buyer Program. You must purchase or lease your new vehicle between 1/1/94 and 9/30/95. Some customer and vehicle restrictions apply, so see your dealer for details.

Visit Your Nearest Ford or Lincoln-Mercury Dealership Today... or Call 1-800-321-1536 for Details on the College Graduate Purchase Program
WMSC, Member of a Dying Breed

by Kathryn A. Dean

"101.5 WMSC-FM, the station that brings you all the best new music that you just can't get anywhere else." Do these words sound familiar to you? If so, you have probably been tuned into MSC's radio station and have probably gotten a healthy dose of such alternative bands as Ween, The Dentists, Angel Fish and The Chain Saw Kittens.

WMSC began in 1967 as 90.3 WVOM (Voice of Montclair) and was a carrier current, which means that the station only reached the immediate area. In 1973, the station changed frequencies and has been at 101.5 ever since.

Located in room 110 at the bottom of the Student Center, WMSC plays new and alternative music. The station operates on Monday-Friday 7 a.m. - 11 p.m. and Saturday and Sunday from 3 p.m. - 10 p.m. The weekend is devoted to specialty shows such as Country, Rap/ House and Reggae. Newscasts occur five minutes before every hour and include International and National news, sports and weather. In lieu of commercials, WMSC plays Public Service and Community Bulletin Board announcements.

According to General Manager Mike Hyde, WMSC is a legal, viable public radio station that is regulated by the Federal Communications Commission. "We are a true college radio station, a dying breed. We play music the others won't touch. We are constantly pushing the envelope," said Hyde.

Unlike most college radio stations, WMSC's listening audience is generally area high school students. Program Director Chris Miguel said that though their target is mainly MSC college students, they're glad that teenagers are listening because it "helps them have a connection to the college and may draw potential students."

Darrin King, public relations director feels that generally MSC students do not take advantage of the radio station. "At any given time we are giving away tickets to shows in the city. We also give away records, CDs and tapes," said King.

Contrary to the opinion of some, the opportunity to become a disc jockey is not strictly for broadcast majors. New members are welcomed in any capacity. Some choose to obtain their FCC license, some just do news, Hyde said.

According to Hyde, in order to get your FCC license you need to be an apprentice to a licensed DJ. He also commented that people normally learn quickly.

"I am new at MSC this semester and it was real easy to get involved. Within a few months I was on the air," Brian Baldinger, a WMSC DJ, said.

WMSC recently bought a $7,000 remote system to obtain sound bites on campus, and last year the studio replaced its board at a cost of over $20,000. The station recently made headlines in The Star Ledger, The Bergen Record and The Montclarion with WMSC's interference with WXXU in Trenton. Currently WMSC shares the same frequency with WXXU. The move would slide WMSC to specialty shows such as Country, Rap / House and Reggae. Newscasts occur five minutes before every hour and include International and National news, sports and weather. In lieu of commercials, WMSC plays Public Service and Community Bulletin Board announcements.

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Theta Xi Mixes Social with Service

by Rich Broan

Since its founding in May of 1989, the Gamma Mu Chapter of Theta Xi National Fraternity has been active on campus and in the community. Five years after the first members decided that they wanted to start a new national fraternity on campus, Theta Xi is successfully blending their role as a social fraternity with a strong dedication to the community.

This year, while celebrating the national organization’s 130th anniversary, Theta Xi is challenging both itself and other campus organizations to take it upon themselves to better the world we all live in. They offer the challenge to both themselves and the campus to quit complaining and criticizing about the problems encountered and work to change them. Hopefully, right now you’re asking yourself, “How can I help?” I’m glad you asked.

Theta Xi recognizes the many diseases confronting our world. Theta Xi has chosen to focus its attention on multiple sclerosis as their national service project. In an attempt to conquer this crippling disease, they have been volunteering at the National MS Society in Cedar Knolls every Friday. They will also be participating in the MS Walk on Sunday April 10 in not only one, but three, different locations—Liberty State Park, Baltimore and Clifton. They strongly encourage individuals and other organizations to join them in the battle against the disease that affects hundreds of thousands of Americans.

Theta Xi’s interests, however, do not stop with MS. They participate in the Adopt-A-Highway Program, visit the M.J. Children’s Hospital and a nursing home, serve food at a soup kitchen and placed third in the Alumni Association’s Phonathon. Upcoming projects include the March of Dimes Walk for Healthier Babies, working intimately with the Montclair YMCA and other projects still being explored by the Philanthropy Committee, including a volunteer tutoring program at Clifton High School. These projects not only bring a smile to the faces of the individuals they are helping, but also to their faces because they know they are making a difference in other people’s lives.

Well, are you up to the challenge? If you or your organization is ready to start making a difference in other people’s lives, and would like to help with any of the above programs (especially the upcoming MS Walk) or if your organization has any projects planned in which you could use our support please feel free to contact Philanthropy Chairman Rich Broan at x5513. Just remember—this is your world, what have you done lately to improve it?
My great concern was that their aims might include more than simple robbery.

...to strip off layers of denial and recognize the real limits and responsibility of one's situation. To make a good death...
Some "New"trition

by Renee Anderson, Dawn Kelly and Lorraine Hoffman

Although National Nutrition Month is behind us, there is no better time to keep
the theme alive than to introduce a new bi-weekly addition to the Montclarion.
Our goal is to provide you, the readers, with informative, factual food and nutrition
related-data to help set you in the right direction towards creating a healthier you.

Despite its sometimes negative connotations, "nutrition" does not mean eating
miniscule portions of bland, tasteless, colorless food. Good nutrition is simply
making sensible food choices. But who knows what a "sensible food choice" is
these days? One magazine says one thing and the next tells you something
completely different.

Have no fear, we are here to help you.

What Happened to the Four Food Groups?

Cliche as it sounds, we are what we eat. The best defense against the top 8
leading causes of death in this country - heart diseases, strokes, atherosclerosis,
cancers and diabetes mellitus - is an adequate nutritious diet. Our body is made
from the nutrients we consume. So what is a nutrient?

There are 6 types of nutrients: protein, carbohydrates, fats, vitamins, minerals
and water. Calories are not nutrients. They are a measure of energy supplied by
food when it is used by the body. The nutrients that supply calories (energy) are
carbohydrates, fat and protein. Protein and carbohydrates supply 4 calories/gram
while fat supplies a whopping 9 calories/gram (a paperclip weighs a gram).

A nutritious diet contains a balance of the 6 types of nutrients. One of the
most comprehensive guides we have to meeting our nutrient needs is the
Food Guide Pyramid. Designed by the U.S. Department of Agriculture
(USDA), the Food Guide Pyramid has replaced the four food groups many of
us grew up with. This publication will affect the way people view nutrition
for years to come.

The bottom of the pyramid emphasizes what the base of our diet should be
- bread, cereal, rice and pasta. Six to eleven servings are recommended daily. It
is recommended to consume at least 5 servings of fruits and vegetables a day.
The dairy and meat groups form a band near the top of the pyramid with a fewer
number of servings required. At the tip are fats, oils and sweets, which are not
considered a major food group, and should be used sparingly.

Each of the groups in the food guide pyramid supply some but not all of the
nutrients you need. For example, milk is rich in calcium but a poor source
of vitamin C, orange juice is an excellent source of vitamin C but contains no iron
or calcium and beef is a great source of iron but not of calcium. No one group or
one food is more important than another. All essential nutrients can best be
acquired by choosing different foods within each group.

Preventative medicine is not the only reason to eat healthy. We feel better
when we take control of our lives and often food is one area that controls us.
Choose from the abundance of available foods, try new ones and improve not
only your physical body, but also your mental and emotional well being.

What did you eat today?

<table>
<thead>
<tr>
<th>Group</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>2-3</td>
</tr>
<tr>
<td>Milk</td>
<td>2-4</td>
</tr>
<tr>
<td>Meat</td>
<td>2-4</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2-4</td>
</tr>
<tr>
<td>Fruits</td>
<td>2-4</td>
</tr>
<tr>
<td>Bread Group</td>
<td>2-4</td>
</tr>
</tbody>
</table>

Fill in the dots and see how your diet rates.

Serving Sizes

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads, Cereals, Rice and Pasta</td>
<td>2-3 SERVINGS</td>
</tr>
<tr>
<td>Dairy</td>
<td>2-3 SERVINGS</td>
</tr>
<tr>
<td>Meat &amp; Alternatives</td>
<td>2-3 SERVINGS</td>
</tr>
<tr>
<td>Fruits</td>
<td>2-3 SERVINGS</td>
</tr>
<tr>
<td>Fat</td>
<td>2-3 SERVINGS</td>
</tr>
</tbody>
</table>

Food Guide Pyramid

A Guide to Daily Food Choices

<table>
<thead>
<tr>
<th>Group</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, Yogurt, &amp; Cheese</td>
<td>2-3 SERVINGS</td>
</tr>
<tr>
<td>Vegetable</td>
<td>2-3 SERVINGS</td>
</tr>
<tr>
<td>Fruit</td>
<td>2-4 SERVINGS</td>
</tr>
<tr>
<td>Bread, Cereal, Rice, &amp; Pasta</td>
<td>6-11 SERVINGS</td>
</tr>
</tbody>
</table>

Necessary Nutrients:

Proteins are the building blocks of the body. They are necessary for
normal growth, maintenance and replacement of body cells. They also
form the hormones and enzymes used to regulate body processes. Any extra
protein is used to supply energy.

Carbohydrates include starches, sugars, and dietary fiber. Starch and sugar supply the body with
energy. Dietary fiber provides bulk to the diet, which encourages regular elimination of wastes.

Fats provide energy and are carriers for fat soluble vitamins. Some fats help form cell membranes and
hormones. They lend flavor to food. Your diet should not include more than 30% of
its energy from fat and no more than

10% of saturated fat.

Vitamins are organic substances needed by the body in very small amounts.
They do not supply energy, but they help to release energy from carbohydrates, fats and proteins.

Minerals are also needed in relatively small amounts and do not supply energy.
They are used to build strong bones and teeth, and to make hemoglobin in the red blood cells. They also help
maintain body fluids.

Water is often called the forgotten nutrient. It is needed to replace body
water lost in urine and sweat. Water is necessary for the transport of nutrients,
removal of wastes and as a regulator for body temperature. Eight glasses a day
are recommended.
PIE ROAST

SATURDAY, APRIL 30th
NOON till 6:00pm
RAIN or SHINE

Continuous Live Music

PARTY WITH A PIC

River Bank Park
Kearny

ADVANCED TICKETS $8.00
at the door with College ID $10
at the door w/out ID $12
18 & over please

Food, Drinks, Games, Prizes...

Bus Rides Available!

Moist Clarion
WEEKEND COLLEGE
STUDENT ASSOCIATION

PRESENTS

"FIESTA IN AMERICA"
CARNIVAL 1994

PLACE  -----> MEMORIAL AUDITORIUM
DATE  -----> SATURDAY APRIL 9th
TIME  -----> 7 pm

DONATION -----> $7.00 WITH ID
$8.00 WITHOUT ID.
$5.00 CHILDREN & SENIOR CTZS.

MUSIC AND DANCE FROM NORTH, CENTRAL AND SOUTH AMERICA

Student Center Annex, Room 123. Upper Montclair, New Jersey 07043 (201) 893-7230
From the Left

By Frank Fleishman

Have you noticed how politics have changed in the past few years, or even in the past few months? Politicians, especially those from the more conservative party, have taken a new way of addressing social problems: simple answers!


Nobody seems to understand that the problems mentioned above are complex problems. There are no simple answers. Let's take the homeless first. At least seventy percent of the homeless population in the United States is mentally ill. How can you tell a mentally ill person to just "get a job?"

Drugs are another complex problem. Nancy Reagan went all over the United States telling kids and adults to "Just Say No" to drugs. While she was at it, she should've stopped by the local mental health clinic and told the manic-depressive people to "just cheer up!" because that's pretty much the effect she had on the drug problem. It's interesting how our drug policy focuses on punishing drug dealers and drug users instead of trying to find out why people use and sell drugs. It's just our crime problem. Our lawmakers are just so eager to make penalties stiffer that none of them even pause to think about why people commit these crimes.

Sex and violence on television is a touchy issue, but I feel that programs such as Seinfeld and Beverly Hills 90210 and singers and music groups such as 2 Live Crew and Ice-T, no matter what you may think of them, are protected under the First Amendment. Nobody is forcing anybody else to listen to music or watch TV. It's as easy as switching channels on the TV or radio.

Are we, as a nation, becoming so intolerant and complacent that we feel that a few words or the use of force is going to solve our problems? We need housing, we need drug and crime policies that are based on the idea that these problems affect people. The vast majority of people did not put themselves in their predicaments. People don't choose to be mentally ill. The vast majority of homeless people haven't chosen to be homeless.

So, until we as a nation come to the realization that problems need solutions and not pointless sloganeering, we will continue to have these problems at the extent that we have them. When we realize that we are dealing with human beings and that human beings and their problems are complex, we will have moved one step further on the golden road to a better United States.

Letters...

President Carter calls on the administration to act

Dear Editor,

Far be it for me to sound apocalyptic, but I have a great concern for the future well being of our student body. There has been a terrible rash of incidents here at MSC that have adversely affected and in some cases compromised the safety and security of our campus, both residents and commuters alike. If we are to flourish in the academic arena, students must feel confident that their health and security are of primary importance and that the mission of this institution speaks to the notion that health and security are of primary importance and that the mission of this institution speaks to the notion that the protection of students is paramount to the successful completion of a degree. Over the course of my tenure as [the Student Government Association] President and my dealings with various divisions on campus, I do not see a commitment on the part of our administration towards actively pursuing tangible measures to protect the student body. I believe the time is now long past.

Two weeks ago, the Montclarion ran a front page story focusing on two assaults on campus, one sexual, both violent. One of our fellow students was attacked in an unrelated assault, was attacked by two men in the library, sexually violated and the suspects are still at large. Every student now must walk our campus in fear of being the next victim. Must a student be raped or worse before MSC recognizes the need for action?

Last week's Montclarion focused on two assaults on campus, one sexual, both violent. One of our fellow students was struck on the head with a pipe, severely injured and remains under medical supervision. The other victim, in an unrelated assault, was attacked by two men in the library, sexually violated and the suspects are still at large. Every student now must walk our campus in fear of being the next victim. Must a student be raped or worse before MSC recognizes the need for action?

Two weeks ago, the Montclarion ran a front page story chronicling a fire in one of our resident halls. The blaze, according to Residence Life, was caused by a faulty exhaust fan located in the bathroom of the suite. Allegedly, the residents had issued a work order with the building, but their request to get the fan fixed prior to the fire went unheeded. The property of these students, their peace of mind and their very lives were put into jeopardy by the inability of Residence Life to maintain the facility. This is not only unacceptable, but deplorable.

I call for our administration to immediately address these issues with a firm resolve to alter the course of deteriorating society. The leadership of the SGA is willing to work in coordination with the president to foster a campus environment where no one lives or walks in fear. On the academic side, our institution must offer courses in self defense. We must install a rape crisis center on campus to intervene the moment a sexual assault occurs and to educate both men and women on date rape, sexual violation and ways to cope after an assault. On the facilities side, I believe it is self evident that our residence halls must reach a goal of 100% safety. I pledge my unadulterated support. In the fall, we will continue to have these problems at the extent that we have them. When we realize that we are dealing with human beings and that human beings and their problems are complex, we will have moved one step further on the golden road to a better United States.

Sincerely,

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Sincerely,

James "Appetite" Cotter
Student Government Association, Inc.
President

Residence Life has the right to enter your dorm at any time to do a spot check. This, according to the contract students are forced to sign in order to get housing, is not debatable.

But, under these rules, how far is enough? Over this last spring break, there was a student in Blanton Hall that students who had left their doors double-locked and only persons with access to their rooms was the resident assistant. It could have been a spot check, where officials check rooms for Residence Life codes. It could have been the Easter Bunny. While residence assistants were put in jeopardy by the people who are hired to keep them safe.

Residence Life is run like a dictatorship as it is. Eighty dollar fines, ten dollar fines are given if one plug is left in, mistakenly, on checks of your belongings at the door. If we as students are going to pay exhorbitant prices, we should be given respect.

Spot checks should be limited and fines should fit the offense. Pay an eighty dollar fine, not painting a room. There does not exist a law that says you can't take in your belongings, then they should at least leave things the way they came in. And a word to incoming as well as resident MSC students. Not only have been commented on by the Montclarion, think before you fill out your housing applications. The price of dorms off campus can go for a lot less and with that low price comes your right. Privacy.
Letters...

Another vote against the cryin' Irish

I was greatly pleased to read Anthony O'Donnell's article entitled "Southern Exposure" in last week's Montclarion. Why? Well frankly I am sick and tired of late to turn on the news and hear about the evil English in Northern Ireland, how the British government is abusing the Catholics and what a savior Jerry Adams is to the Irish people. Let me tell you something, I was born in Northern Ireland and lived there for sixteen years (basically all my life) and I am not ashamed to say that my parents are British and I am (God forbid) a Northern Irish Protestant.

What did this mean for me growing up? A nice life free of prejudice and abuse just because I don't attend mass? I think not. One thing, if you are to understand anything about the situation in my country, is that the people, namely the IRA and UVF (the Protestant version), who blow up pubs, churches, cars, buildings, and the list goes on, really don't care about religion or about who they are hurting (because if they did they wouldn't be killing people). Of course the IRA are not so that they would blow up a Catholic church, just as the UVF wouldn't blow up a RUC police station, but the majority of the violence is a random tit-for-tat battle that has persisted since 1690.

So people are looking for a solution to the violence and prejudice that has torn a country apart for longer than this country has been in existence. Well I don't want to sound ominous but I don't see a way that will completely change people's beliefs. Beliefs are so deeply rooted in their psyche, into their everyday existence and into their heritage that when they see two people together, one in a Catholic uniform and one in a Protestant school uniform it makes them throw glass bottles at the couple.

This was my experience. Prejudice has no boundaries. Even with education and enlightenment it will never be wiped away, because if all the hope you have in life is a future of working in a supermarket because you didn't succeed in school (in Northern Ireland you can't buy your way into college as you can in this country) then what goal do you have in life. None, just a vengeance against being born and having to grow up in a country that you think should be yours, but it isn't because somebody else is there. And your parents tell you that you are trodden on, and you hear the same message through the actions of para-military groups. So what do you do? You join them to fight for your cause. An illusory cause that gives you illusory freedom and illusory hope in a country whose policies are based on the same principle.

I suppose I sound bitter. Well I am because the people who are persisting in this tradition are a tiny minority of Catholics and Protestants. A minority who are deepening the wounds, mistreating and bitterness of the place I call home. And when the bastard (excuse my language) Jerry Adams stands on a podium in New York City and proclaims that there will be peace in our time, well I know that it is just yet another tactic of the IRA, sorry I mean Sinn Fein to ral at the British government yet again.

So what would Northern Ireland be like without the British government? Firstly it would have a weaker economy than it has now. If you think this country is bad try buying a pair of jeans for fifty pounds when you make under three pounds an hour. The unemployment would rise dramatically and the violence would not stop, because there would still be Catholics and Protestants who would still hold onto the same beliefs.

So the solution? Although education is slow and does not come with a guarantee, I believe that it is only hope for the country has. This is not a simple task, because to undo the web of hate that has entangled the country for 304 years is not going to be accomplished over night. So when you hear about Northern Ireland hold your instanteous thoughts that the cure is a simple solution of kicking out the British, because without some kind of control the minorities would have destroyed the place years ago.

I have missed our open conversations in these pages. I have not stopped fighting for what is right for all of us as MSC students and Americans, I am simply going to take the battle to another level. Events that have taken place since we last spoke continue to show us that this world is crazy and getting crazier. The Long Island massacre defendant, Colin Ferguson, is claiming a defense of "Black Rage". Vladimir Zhirinovsky continues to rally support for his blatantly racist and destabilizing platform in Russia, North Korea continues to oppose the international will and threatens to turn Seoul into "a fireball", Campus Police officials remain completely unwilling and incapable of realizing that they must, by law, release information that is public and, last but not least, one meaningless, memo-happy, insignificant little cockroach who's opinion means shit to me, continues to ask me for a response to some silly exercise in futile he engaged in recently.

I suggest that person make sure his/her proverbial ass is covered. I know it's not.
Jaworski. By using their observations as films which I will be reviewing. Well as mine, I hope to give you a comprehensive and diverse set of opinions on the movies I'll be reviewing. Their names are Howard I lawks, Barlon and Michael and Raimi (as you might know, these are the two who have brought us great oddities such as Raising Arizona and Barton Fink). They have a knack for taking Hollywood standards (in this case, a 1940's-era screwball comedy about newspapers a la His Girl Friday) and manipulating them into something unique and entertaining.

This particular work of theirs is about a company that wants to lose money for less-than-scrupulous reasons. To achieve this, they promote the seemingly imbecilic Tim Robbins (The Player) to president of the company and watch their stock plummet. The talented Jennifer Jason Leigh (Rash, Single White Female) plays a newsroom executive who smells a rat and goes undercover at the company.

Paul Newman (as the V.P. of the company) and Robbins give good performances, but the real standout in the cast is Leigh. She plays her character so authentically that she reminds one of Rosalind Russell (His Girl Friday). She is truly a talented actress and will be someone to watch for in the future.

After my friends and I see a film, we usually end up discussing it afterwards. Here's basically what transpired at Houlihan's after viewing The Huducker Proxy.

Perf was disappointed: he expected much more from the Coen brothers. He felt the writing was well below par for them, especially the characterizations. "My favorite character was the elevator guy, he was funny, man!" He also felt that the camera work was only occasionally impressive. "Their worst film yet." (Perf supports his negative review by citing that this was a film the brothers had written as one of their first and had put it aside until recently - thus explaining its inferior quality.)

Mister Jaworski, however, felt the writing, as well as the camera work, which is innovative, were good. There are many plot points that you just won't find in standard movie fare (the ending was completely unpredictable). Mike's only major problem with the film was Jennifer Jason Leigh. Apparently, every time she appeared on the screen, he wanted to slap her! (Uh...get help, Mike!) He has explained to me that he likes Leigh as an actress, however, he felt her character was designed to get laughs and failed miserably at it. So he found the character annoying and hence the violent reaction. "No offense to Jennifer Jason Leigh!"

Mike says Owen Gleiberman (Entertainment Weekly) agrees with him, but Gleiberman is an imbecile.

As for myself, I enjoyed the film not only for its superior writing and camera work (superior to mainstream films) but also for the atmosphere - it left me feeling upbeat and a little silly (it is a silly film). As for Perf's complaints: I agree that this is not their best work, but that doesn't mean it's not good. As for Mike's complaint: I understand. It is a bit difficult to watch a film when you feel that it is superior to its authors, especially when you are a film buff. I think that is the reason why I enjoyed the film, and that is why I thought it was a good film.

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**Coming up...**

*The Montclarion* will provide free listings of your A&E events if you drop a note off to Kelly Schub, the A&E editor, by Friday at noon.

**Thursday, April 7**

**ART** - Gallery One, "Two Views/Sculpture and Drawing." The artists are Soo-Hung Lee and Richard Taylor. Runs through April 20.

Photography, Nicole Strafaci. Runs through April 12.

**THEATER: Mainstage Theater Series concludes its season with "The Diviners." Show times are 8 p.m. on April 28 through 30 with a 2 p.m. show on April 29, 8 p.m. on May 6 and 7 and 2 p.m. May 8 in Memorial Auditorium. Ticket prices are: $7.50 general admission, $6 senior citizens and $3.50 students with I.D. For more information, call the MSC Box Office at (201) 655-5112.

**Friday, April 8**

**MUSIC:** The visiting choir from Montclair's sister city of Graz, Austria, will perform music by 16th century Imperial Austrian composers, music by composers in F Major" by C.W. Gluck, "Romance for Four Solo Violins" by Joseph Hellmesberger. "Sonata for Three Solo violins" by Ignaz Lachner and "Simple Symphony for Strings" by Benjamin Britten. Show time is 3 p.m. and the suggested donations are: $5 for adults and $3 for children.

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**The Fashion Boutique**

by Deanna Mazzu

Spring is the perfect time to practice wearing hats according to Francine Barnes, Denver Post fashion editor. This spring dresses emerged in a myriad of soft pastel colors constructed in lightweight fabric. Because of this, feminine hats are brought back in full force. Complimenting the flowered dresses of the season are straw or transparent delicately woven material hats overflowing with flowers.

Picture hats, wide brimmed hats, pill box crowns with upturning brims and portrait brims can all be used to exude your desired look while drawing favorable attention. New York milliner Frank Olive said that by far spring's most popular hat is wide brimmed. The introduction of silver to '94 spring fashioned milliners to utilize the color in their creations. This innovation allows consumers to easily pair elegant hats with matching jewelry and shoe accessories. The hats and silver hue somehow finishes pastel colors found so readily in free-flowing dresses and business suits. When searching for the "perfect" hat, try different styles. Crowns and brims vary in size depending on the particular style. It's advantageous to shop around and find the look you're most comfortable with if you are not too keen on donning hats.

For those who are not brazen enough to spend $124 on a bonnet, alternatives exist. Leisure hats have been surfacing on runways and college campuses alike. As a result, the industry has seen significant growth in the demand for finishing caps, crushers and baseball caps. These street looks reflect the trends of the season fashioned in denim, plaid or other trendy fabric. These hats may be worn to further accentuate a particular color in an outfit. With all these options, bad hair days may be a thing of the past!
and "I Could Use You" seeming to be favorites. The band will be hitting the road very shortly, opening up for INXS this summer. Frank City Soundtrack is consistent good, never loses interest and could turn out to be a big success for these guys.

Reg E. Gaines
Please Don't Take My Air Jordans
Mercury

The kind of spoken word Reg E. Gaines performs can be labeled performs can be labeled as urban haiku. Please Don't Take My Air Jordans is a selection of Gaines' spoken word pieces dealing with social criticisms on black and white culture in America. Gaines pulls no punches and gets to the heart of the matter on excessive force of white cops, interracial relationships and black and Jewish relations.

"Just Another Misunderstood Brother" is a tribute to the late, great Jimi Hendrix, set against the guitar work of Gordon Gaines. "Eulogy" examines the case of Annic Rae Dixon, who was killed by police in Texas mistakenly during a fake drug raid. Gaines uses a soothing jazz beat to offset the harsh reality of his words. "Jamaica to Roslyn" deals with the exploitation of immigration labor by the white upper class upon the often Jamaican and Haitian workers. The title track is the story of a teenager who only wants to look good, whatever the consequence. If it means taking another life to get his Airs, then that's what he has to do. "Watermelon, Lox & Bagels" pleads for harmony amongst races.

Gaines is a modern bard with innovative ideas. His awareness and honesty leaves the listener thinking about his subjects and ultimately illicits an opinion and emotion that great poets strive for.

Welcome, loyal readers, to anotherspecial installment of PROPHET BIGG! Sally, part two.

PROPHET- You made some statements in your presentation that made me feel that you don't like newspaper reporters very much.

Sally Jesse Raphael- It's not that, so much as the fact that I believe the newspaper is a dying medium. I mean soon it will all be on computer. And that will also replace the television.

I don't know how much longer the entertainment end of TV will last. It will become menu driven. You want to watch sports a menu comes up saying football, baseball, basketball, hockey. And you select one and it will say this game or that game or the other.

PROPHET- How do you respond to the questions that your show and shows like yours only serve to churn up the minuita of society?

S.J.R- Simple. If they didn't want to watch it they wouldn't. There are millions of people who watch our shows. So what does that say? What do the critics try to say? The public doesn't have the right to watch what they want to? 20 million people a day.

What newspaper writer can say that "All you 20 million are fools for watching it." The majority of the health news in this country is presented by our shows. Alcoholism, Oh, that's guy who drinks all the time down at the bowery. No, it's not. It could be the doctor next door. Incest. Oh, that's couple of people in the Tennessee Mountains doing that. No, it's not. More people watch talk shows than read any health column of any newspaper.

PROPHET- You and people like Phil and Oprah have sort of set the foundation for the "successful" talk show. Others have come along and tried to change the structure a little and haven't lasted long. Do you have a comment on that?

S.J.R.- What Phil, Oprah and I do are three different things. Oprah does what I call girlfriend. Hi, girlfriend! Phil is a political animal. I am Aunt Sally who lives down the block who you would talk to about these kind of things. Guys like Montel and Maury, when they try to get a guest to open up, well, it's hard to swallow there sincerity. I mean I can't see them in the bar the previous night with a guy goin', "My wife this and that" and Montel or Maury goin', "Tell me about it" in a soothing way (laughter).

Next week-LIVE! A special interview with the band by the PROPHET and WMSCl's Shoelace! Be there.

WWOR has capitalized on the recent boom of syndicated television in a big way.

It all started a little over a year ago with the introduction of PETN, or Prime Time Entertainment Network. Shows in this area are primarily produced by Warner Bros., and include Renegade, Kung-Fu: The Legend Continues, and Time Traps.

Syndicated television is no stranger to the Seacacus station- moldy oldie reruns of The A-Team and Knight Rider have been a staple of WWOR's lineup since the mid-80's.

Two new shows have been added within the past two weeks- RoboCop: The Series, and the latest endeavour by pro-wrestler turned actor Hulk Hulker, Thunder In Paradise.

Forget about the RoboCop movie sequels or the hokey cartoon. The original team that worked on the first movie is at the helm of the series, and the quality is light-years ahead of the corny storyline that comic book wizard Frank Miller (Batman: The Dark Knight Returns, Daredevil) cooked up with for RoboCop 2.

Instead, the new series takes its energy from the original. OCP is still the quasi-bad organization, hell-bent on taking over New Detroit, the Old Man is still as shady as ever, and RoboCop is still upholdning the law and protecting the innocent.

The new actor isn't Peter Weller (and the actor's name escapes me at the moment) but he remains true to the groundwork laid down by Weller.

As a matter of fact, many of the things that gave the movie its appeal are in the series- the tacky commercials, the special effects, and puns on current society (in the movie, RoboCop visited Lee Iacocca Memorial School, and Alex Murphy once attended H. Ross Perot High School).

Also, RoboCop's unique visual point of view is an added plus. Viewers can still see how RoboCop sees, just like in the movies. The new series is fun, less bloody than the films (great for those who think that violence on TV leads to hairy palms and blindness), and looks like it may be around awhile. Thunder In Paradise is, in a nutshell, another in a long series of tropical action shoot-em-up shows, like Magnum P.I., or The A-Team, Knight Rider, et al.

The show is about two ex-Navy Seals (Hogan and Chris Lemmon) who have a souped-up boat that looks like it's got every possible device known to man in it- radar, sonar, guns, a hidden jet-ski that launches from inside the boat, everything that an ex- Seal needs for that morning commute.

It's set in a gorgeous tropical resort environment, with scantily-clad men and women bouncing and bronzing on the beach. Costarring is supermodel Carol Alt, who isn't a bad actress. Then again, neither is Hogan, who just switched to a different arena to act in.

In addition, pro wrestlers make up the silent but ever present supporting cast for Thunder. If you look, you will find Brutus "The Barber" Beefcake, Jim "The Anvil" Neidhardt, and Jimmy "The Mouth of the South" Hart flexing their muscles and ogling at babes in bikinis.

The show is entertaining. It's got sexy guys and gals in skimpy swimwear. It's got hot hardware. It's got a lot done to death. Personally, I enjoy the show. It's fun to watch, I love the tropics, and they have a cool boat.

However, don't expect this show to win a flood of Emmys. The equipment, the muscle, the attitudes, and the whole nine yards have been a quick entertainment fix for quite some time. Sometimes, it works. Sometimes it falls flat. Thunder's premiere was okay, introduced the characters, and did all the things a premiere is supposed to do. Whether or not the boat will float remains to be seen.

See you next week.

P.O.V. continued from page 18

How would this movie rate on a purely entertainment-based level? Well, everyone has different tastes, but I believe most people will find it to be mildly amusing and somewhat uninteresting (not thematically, but in the way that it tells the story and sets up it's scenes). It is precisely because of this that I expect this film to be gone from the theaters soon, but that's no surprise. This film is unconventional, and that, by its very definition, means unpopular. This is unfortunate since it is an unconventional filmmakers who change film as an art form. A perfect example of this is Citizen Kane which bombed when it was released, but changed the face of filmmaking forever.

I warn you mainstream movie goers that you really must keep your mind open to something different to enjoy this film — go without any expectations. For those of you who don't quite think you can handle it, all of us highly recommend renting Raising Arizona, Barton Fink or Blood Simple to get a good introduction to the innovative work of the Coen brothers.

Hulucker Proxy - ***1/2
SENIOR BASH

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AT THE WESTMOUNT COUNTRY CLUB IN WEST PATerson, 8 PM

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A Conference on

NAFTA

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With the passing of the North American Free Trade Agreement (NAFTA) on January 1, 1994, the USA, Canada, and Mexico created the largest market on the globe (until E.C. admits more members). It combined the annual GDP of nearly $7 trillion and 375 million consumers.

NAFTA promises more open trade and procedural simplicity. It provides tariff reduction, elimination, or phase out schemes. NAFTA creates a free trade area not a common market. It provides cross border advantages to firms in each on the countries. NAFTA will generate many marketing opportunities for all parties.

• Background on Niche Marketing

NAFTA has a big marketing potential not only for large but also for small and medium size companies. Niche Marketing is something like finding a needle in a haystack. Finding a niche simply means to find a small neglected market segment in which the leader, the challenger, or the follower does not have an interest. These companies go for mass markets. A small company therefore can identify such small segments and custom design the product or service and charge a high price to make a profit.

• Where and When:

Wednesday, May 4, 1994 (8:30 am - 4:30 pm)

Student Center Ballroom, Montclair State College

• Cost:

$16 Students, $25 non-students

Coordinator, Dr. Nadeem M. Firoz. Marketing and International Business Department can be reached by phone at (201) 655-7466 or by FAX at (201) 655-5312. Funded by the Global Education Center
<table>
<thead>
<tr>
<th>Snapshots by Parag Joshi</th>
</tr>
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<tbody>
<tr>
<td>Calvin and Hobbes</td>
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<tr>
<td>MISTER BOFFO by Joe Martin</td>
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<tr>
<td>Comics</td>
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**HAPPY LOVING COUPLES**

**CULTURAL IDIOCY QUIZ**

**Happy Loving Couples**

**Directions:** Below are famous dating couples from the magical world of TV entertainment. Write down the name of the show in which these couples can be seen, then state whether the characters were married during the show's run.

<table>
<thead>
<tr>
<th>TV Show</th>
<th>Did they marry?</th>
</tr>
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<tbody>
<tr>
<td>1. Richie Cunningham and Lori Beth Allen</td>
<td></td>
</tr>
<tr>
<td>2. David Addison and Maddie Hayes</td>
<td></td>
</tr>
<tr>
<td>3. Sam Malone and Diane Chambers</td>
<td></td>
</tr>
<tr>
<td>4. Mork from Ork and Mindy McConnell</td>
<td></td>
</tr>
<tr>
<td>5. Alex Keaton and Ellen Reed</td>
<td></td>
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<tr>
<td>6. Andy Taylor and Helen Crump</td>
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<tr>
<td>7. Carmine Ragusa and Shirley Feeney</td>
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</tr>
<tr>
<td>8. Maxwell Smart and Agent 99</td>
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</tr>
<tr>
<td>9. Tony Nelson and Jeannie</td>
<td></td>
</tr>
<tr>
<td>10. Stephanie Vanderkellen and Michael Harris</td>
<td></td>
</tr>
<tr>
<td>11. Donald Hollinger and Anne Marie</td>
<td></td>
</tr>
<tr>
<td>12. Joe Gerard and Rhoda Morganstein</td>
<td></td>
</tr>
<tr>
<td>13. Kevin Arnold and Winnie Cooper</td>
<td></td>
</tr>
<tr>
<td>14. Ralph Hinkley and Pam Davidson</td>
<td></td>
</tr>
<tr>
<td>15. Frank Burns and Margaret Houtlihan</td>
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</tr>
</tbody>
</table>

**CULTURAL IDIOCY QUIZ ANSWERS**

1. Happy Days
2. Married...yes
3. Yes...amy
4. Yes...amy
5. Yes...amy
6. Yes...amy
7. Yes...amy
8. Yes...amy
9. Yes...amy
10. Yes...amy
11. Yes...amy
12. Yes...amy
13. Yes...amy
14. The Wonder Years
15. Yes...amy

**SNAPSHOTS by Parag Joshi**

1. "In the beginning........."
2. "I have the victim of this freak anvil accident here, Mr. Scarfoot, any comments?"
Dear Joyce,

I have a girlfriend whom I have been seriously involved with and love very much. I have been living in an apartment with three other people, one of them is my best friend. She has made it known to me that she is in love with me. I know I love my girlfriend but I am starting to have feelings towards my best friend. More than anyone, I know I love my girlfriend and best friend. You need to ask yourself if you’re free and maintain your friendship with your best friend.

Dear Joyce,

I went to visit my best friend in the world at her college in Pennsylvania. I spent the night there with her and her two roommates. We had a great time but drank a little too much. I noticed that my friend’s roommates were gone. I don’t know what I was thinking so I stole a shirt, pants and a sweater. My friend questioned my about it two weeks later and I confidently denied it. Now her roommates think she did it and everything is a mess. I feel very guilty but I don’t know if I should tell her because she will think I am a liar and a thief.

Sincerely,

Thief with a Conscience

Dear Confused and in Love,

You need to ask yourself if you’re feeling towards your best friend are strong enough to leave your girlfriend. If so, then go for it! If not, then I think you should be honest with your best friend and explain to her what you need from her; a friendship. If her love for you continues to the point where your friendship is diminishing then I suggest you move out. Moving out will enable you to avoid confrontations between your girlfriend and best friend. You now have room to see your girlfriend freely and maintain your friendship with your best friend.

Signed,
Confused and in love

Aries: (Mar. 21–Apr. 19) The stars and a local TV weatherman are sending you telepathic messages in the form of low pressure fronts. Head their word.

Taurus: (Apr. 20–May 20) Your fellow employees are conspiring against you. They use your pencil when you are away from the desk, making them dull and useless.

Gemini: (May 21–June 21) Your health suffers when an evil sorcerer tricks you into eating an enchanted walnut.

Cancer: (June 22–July 22) The realization that “Urkel” from TV’s FAMILY MATTERS is nearly thirty years old will crush you.

Leo: (July 23–Aug. 22) The stars show financial success in the future. You’ll win a million dollars eight seconds before suffering a coronary failure.

Virgo: (Aug. 23–Sept. 22) Romance is in the stars for you and a very unlucky Pisces.

Libra: (Sept. 23–Oct. 23) If you’re hungry for adventure, attack a city but armed only with your strange brand of deadly cunning.
PERSONALS

Christina,
Kevin

Amy,
I am still the only one who can spell your name correctly!

Mick

Beth
Thanks for your help.
Mick

Cris,
It is still an immense pleasure to meet you,
Mick

Val ΔΦΕ
Now I know why the blazer only cost $5.
Angelina

Sex tip #5 is ?
KDK

Latex, you were definately missed in Panama City!

Mo-
So, you channelled Jim Morrison?

Brian (AXP)
BOO!
Guess who!

Eric-
More coffee, Daudy?
Krivakians and Mo

To our couches-
Come on already

867.Valley-
Don't turn on light-Bad wiring is suspected.
The Electrish-Lynn

Freeman Hall Cheer,
It's over! Now it's time to get drunk and forget it.

Hey Dana and Krissey!
FAP thiel

Love Kris
Walko you definately do justice to those callins.

Does anyone know where Bracey, Virginia is?

Xi Class of Phi Sigma Sigma-Keep up the good work. It will all be worth it!
Love, Bounty #91

Chachi loves Joanny
Bayonne, (Senate)
To the most sexiest guy at MSC.
Love, U know who

Tony-
We have a test? Oh, wait, I dropped it.

Mutt (4th floor RA in Blanton)
I think you're cute! I'd like to get to know you better so write me back!
A Blanton Admirer

CRISTY (Delta Phi Epsilon) Sorry I couldn't be there on Tuesday-I'm still a youngster. Watch out for next week though, I'll finally be 21!!ANGELINA

To the Mu Class of DELTA PHI EPSILON Good luck my little ones. I'm always here for you when you need me. Remember it's worth it in the end. Love Mama Mu.

Eric
Uninate in any Snapple bottles lately?

Prof. Livespot,
How quickly your calcium-depleted bones will snap! Smarten up.
Pupil

Paulo-
Get tipped over lately?
To swim team-
Get diesel at the field house
Krivakian of the Akians-Akians

To my Big friend G,
Good luck in the Cabaret!
Pick-up

Krissy,
Do the lucky dance!
Kris

Chris (Delta),
Once they take the date do you "reel" them in?

GO TO C.G.'s ON APRIL 13th. IT'S GOING TO BE THE BEST THING YOU'VE EVER EXPERIENCED!!!!!! THANKS.

Joanne(SIGMA) Can't wait to be roomies again this summer. We're gonna have a kicken ase time.
Angelina

Joe(AXP) I hope you enjoyed the wonderful fish dinner at my house. Nice talkin' to ya. Love lots, Angelina

Eric-
Who's Maria anyway? You mentioned her in passing once.

Hey Easter bunny,
I won't eat your Cadbury Cream Egg. Trust me.

I won't
Mo Morlando
gave Jimmy the lighter fluid idea for lighting the guitar on fire.

Jonathan-
Your paper sucks- really though.

Big Red,
I miss and I love you.

Erin

Tony-
I'll see you in class - oh, wait, I dropped it!

Vinni-
Next time we'll definately be stopping the car.

Apt. 109A and Jesse:
Tanx for an awesome break! I love you guys.
Ann Marie

To the bastard who stole my makeup case instead of my wallet in Richardson Computer Lab-
SUCKER! Hope you rot in hell! P.S. What goes around...

Michelle G. (AXI)
Dream date with who? Oh yeah!! So you want to come to NE with us!

Tania,
I owe you big time. Thanks a million.
Love, the Black Crow

Hint #39-If I were an animal, what would I be?

Jay (AXP) pledge,
You are Goud
Love, the secret pledge
Hint-a scissors!

Melissa,
Figure 8, Yogi Bear, Trees, and many more strange things! Have a great time next year! I'll miss you! Best of luck!

Love, your roommate Lauren
P.S. Salad Man!

Theresa and Lisa,
We are almost there, and we will survive.

Love, Noreen

Tania,
I owe you big time. Thanks a million.

Love, the Black Crow

Hint #39-If I were an animal, what would I be?

Krissey,
Do the lucky dance!

Kris

Chris (Delta),
Once they take the date do you "reel" them in?

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Dream date with who? Oh yeah!! So you want to come to NE with us!

To the E pledge class (AXI)
I love you girls. We are almost there, and we will survive.

Love, Noreen

Tania,
I owe you big time. Thanks a million.

Love, the Black Crow

Hint #39-If I were an animal, what would I be?

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Figure 8, Yogi Bear, Trees, and many more strange things! Have a great time next year! I'll miss you! Best of luck!

Love, your roommate Lauren
P.S. Salad Man!

Theresa and Lisa,
I am almost done! I hope I have been interesting to watch pledge! Thanks for everything.

Love, Lauren
P.S.-Lisa, don't forget to check your glase!

Jack P. Warren,
The secret AXI pledges are watching

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Jana, GX piedge-youl
Laura (Fhi Sig)
Let's do it again next year!
Had a great time on Spring Break!
( tri Sig), Rick (Crow) and Heva-
Robyn, Fam (Alpha Omega), Melanie
Where would I be without ya! Don't 4-
"Cuffs" (AIX)
NJ? Now get to NE!
WHAT IN THE HELL are we doing in
Michelle (AIX)-
of luck
Maria-
You are truly a dival
Michelle (AIX) -
WHAT IN THE HELL are we doing in
NJ? Now get to NE!
"Cuffs" (AIX)
Robyn, Pam (Alpha Omega), Melanie
(tri Sig), Rick (Crow) and Heva-
Had a great time on Spring Break!
Let's do it again next year!
Laura (Phi Sig)
Jana, GX pledge-
Where would I be without ya! Don't 4-
get Red Lobster Dude.
Love ya,
Alicia
Pledge sisters (Sigma)-
We're doing great. Study hard! I love
ya all.
Love, pledge Alicia
P.S. "Shake your thing"
To the ladies of Zeta Phi Beta
Sorority, Inc.-
EE-KEEE my sorors
Love, "Charisma" - Fall '92
Red Mark-
I love your antisocial rat, Erin. She's
perfect for you.
Why are Thetas talking like Chuchi?
We are definitely fighting someone
tonight.
Paula-Gonna get tipped over today?
Rachel S. (AIX)-
You big loser-why don't you drop two
more classes? Ha Ha.
Michelle #123
FEE:
To my little chicken, I'm so glad
you're in my family. I love you!
Love, Lisa
FEE: Good luck Xi class!
Love, Lisa V.
Michelle G. (AIX)-
Spring Break was incredible -
wait until Spring break. Nebraska is
going back next year - want to go!
Michelle #123
Erin (AIX pledge)
I'm behind you this weekend.
I love you!
Your Big Big
John (Theta Xi)
When are we going to get together?
Phi Sig #91
Niyati (AIX)-
Want to go
to Nebraska
this weekend-I
miss him.
-Michelle
#123
Sigma pledges of
Gama Chi,
Luck to us all,
Keep up our
strength and
courage.
Study
hard and we
will be
rewarded.
Niyati (AIX)
Next time make sure they are not
rommates
Michelle #123
Carrie (AIX)
You and Al knew I needed the
mindreader Saturday night - yeh
right. Thanks.
Michelle #123
Hey Marky, how ya doin'? Tuesday
was the best, Nature Boy. I had lots
of fun, by the way I think you should
buy a new bottle of Valerian Root. Oh
Voy! Fourth date Huhl
Ceci
Congratulations-
To our new Frat brothers of Phi Beta
Sigma Frat. Inc., Spring '94
Love your Sorors of Zeta Phi Beta
Sorority, Inc.
Melissa (Phi Sig)

MIDDLESEX COUNTY COLLEGE
- Want to make up a course that
was not your finest hour?
- Want to lighten next year's course load?
- How about that course you "always wanted
to take" but couldn't fit it in?

IT'S HERE,
IT'S NOW,
AND YOU CAN
AFFORD IT!

First Session Begins
May 31

Take up the challenge at
MIDDLESEX COUNTY COLLEGE
in Edison, New Jersey
- 300 classes ranging from Organic
Chemistry to American Musical Theater
and including business, social sciences and
humanities.
- Varied scheduling - 4,5,6,7 & 13 week
sessions: Day and evening classes and
Independent Study.
- Join students from over 100 different
colleges and universities who will be taking
a course at MCC this summer.

Registration is taking place NOW!
Call (908) 906-2523 for
registration information.*

* Before registering for any course at MCC, have the transfer credit approved by the Office of Academic Affairs at your college.
Don't Forget About JESUS
Now that EASTER is over!

Chi Alpha Christian Fellowship
Invites you to a
CELEBRATION!

Thursday nights at 8:00 p.m.
in rm. 411 in the Student Center
(take the elevator to the 4th floor)

a Class III organization of the SGA
Sorry about missing the meetings! I promise I won't do it anymore!
Love, your Little

AIX-Panama City Girls
What in the hell!!!
Michelle #123

AX Pledgee-
Good luck this last weekend and your last week!
Love your Dean

To my Little Dawn (Phi Sig)
I'm so proud of you! Keep up the good work!
Love, your Big, Laura

To Jenny C. (Phi Sigma)
Our tree keeps getting bigger! There's no stopping us now!
Love, Laura

A-Lust ya

Pledge of AIX:
Good luck for the rest of the duration. We love you.
Love-Anne Marie

Doogie-
Avocado
Love, Laura

Chris (Delta)
Keep your eye on the watch next time...five minutes!

Yes, I still have a big bruise on my butt from that fall!!!

Krissy and Dana-
I had a great time in the Bahamaas!!
I'm glad we went.
Love Kris
ZK63

Can we ride the big banana again??

KDK-
Had a great time even though I have a bruise on my butt!!

Xi class of Phi Sig
Keep up the good work. You're doing great.

Casele, Courtney, Christine, Rosanne, Janine, Dawn, Corine, Samantha, L.P.S.L.

AIX Sigma Pledgee-
Good luck next week!
Love your Dean #130

Nate-
The seeds are growing (also-you're killin' me).
867 Valley

Cuffs (AIX)
Enough said! Ha ha - How's Jail?
Ann Marie

Ricky (AXP):
Panama City was the best. Thanks for coming. Hey, wanna go to Po' Biddy's for lunch?
Cacci

Lester,
Do you want to come back to my room for a drink?
Long duck along wins by a mile!!

KDK,
Do you want to ride the big banana again?

Little,
You won, you threw up twice!!
UR Big

Theta Kappa Chi,
Spring Break '94 was awesome - can't wait till next year!

Thetas at Days Inn,
So when are we going to Ohio? Oh, we were already there!

Susan (Theta),
Today is the greatest!! And I'm a loser baby...
Love, Stephanie

Hey Mariana (Theta),
It's frassy out! Oky-oky!
Love, Stephanie

Hey Lester!
Want to go back to my room for a drink?

Hey Susan (Theta),
I am Gooodlll
Love Stephanie

Billy-
Don't ever, ever say you can't win!

K and K, EEE
I won with three, better luck next week.
Spring Break Dana

K and K,
You shouldn't stare, even though it was sooo big!
Dana

Look at the feet in the mirror Big!
Love, your Little

To all my roomies in Apt. 203A:
Panama City was awesome! You guys are the greatest.
Melanie

Chad-
Watch out for those southern pines girls - they're tough!

Kristen and Krissy EEE,
Bahamas was awesome
Dana

Rindoos (Theta)
Spring Break was nucking futels
Love the inbred

Todd-
Can I borrow your kisses alarm?

Shelly, I still love you
Greg

EVERYBODY LOVES ME!!!

Every once in a while, when life actually works the way you hoped that it would, it is a wonderfully beautiful thing.

Lynne! Hey! Look! Overherel
It's a personal just for you.
MSC’s tourney outing far from a Classic

by Keith A. Idee

It’s no secret that if you give the Trenton State softball team the slightest opportunity, it will take you apart, piece by piece.

Although the baseball and softball teams collectively struggled a bit this week, the MSC lacrosse team powered its way to a 3-1 record after defeating Richard Stockton, 17-11, on Saturday as the Lions knocked the Ospreys off the OTVERRZ Cursi.

Although the baseball and softball teams collectively struggled a bit this week, the MSC lacrosse team powered its way to a 3-1 record after defeating Richard Stockton, 17-11, on Saturday as the Lions knocked the Ospreys off the OTVERRZ Cursi.

Red Hawks win third straight behind Van Ness brothers

Goalie, midfielder spark MSC to 17-11 victory over Stockton

by Maureen K. McLeer

Red Hawks’ senior catcher Kristi Kuchinski prepares to take a pitch from Trenton State’s Karen Stefanowicz in MSC’s 7-1 loss on Saturday in the MSC-Kean Softball Classic at the Quarry Fields. Kuchinski, who is hitting .478 with 15 RBI on the year, went 0-for-3 and was intentionally walked once in the loss. Trenton went on to take the tournament championship.

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Red Hawks’ defense flies the coup in 10-8 loss
Five errors lead to six unearned runs as MSC falls to Elizabethtown

by Brian Falzarano

Defense is an integral part of winning. What happens when it fails you was painfully evident in MSC’s 10-8 loss at Elizabethtown this past Tuesday.

Baseball

The Red Hawks were deadlocked at 8-8 with the Blue Jays (15-2) when one of their five errors altered the course of the game. After a Keith Glauber suicide squeeze, MSC (8-5) got Bob Mayo in a rundown.

But senior third baseman Rob DiLaurienzo’s throw was mishandled at third base, allowing the Blue Jays to score the winning run. Six of the runs scored by the winners were unearned.

Despite the loss, junior Ralph Yezza continued his torrid hitting, going 4-for-5 with four singles. He also set two MSC records in the game by getting his eighth consecutive hit and for reached base on a baseball field, MSC coach Norm Schoenig had two expectations. The first was that Chris Roof was “about ready to explode” offensively. The second was that Yezza would remain as consistent as last year and hit with more power.

Both have proven Schoenig right thus far. They are both very talented; Yezza was a third team All-American last year and Roof was the Co-NJAC Rookie of the Year in 1993. But this year, they have both really come into their own.

This past Saturday, Yezza’s hitting painted a picture as pretty as the Mona Lisa. He went 4-for-4 with four RBI, including a three-run homer in the fourth inning which gave the Red Hawks, ranked No. 30 in the nation, an 8-0 lead on their way to an 11-4 win over Wilmington (Del.) College. For the season, the outfielder from Oakland is hitting .429 with three home runs and 15 RBI.

Senior first baseman John Pallino bashed another four of MSC’s 14 hits. He also added an RBI, showing that he is ready to step his already broad offensive game up another notch.

“John’s coming along,” said Schoenig. “Yezza and Pallino really swung the bats well.”

Todd Sak (2-0) held the NAIA team at bay for 5 and 1/3 innings, allowing only two unearned runs.

Roof took his turn the previous day, hitting a three-run bomb in the third inning that landed approximately 460 feet away in the tennis courts behind Pitzer Field to help MSC crucify Allen-town (Pa.) College, 11-4, on Good Friday.

On the season, Roof is third on the Red Hawks in hitting (.393), tied for the lead in home runs (3) and RBI (15), as well as being the team leader in walks (14). Schoenig believes he knows why Roof has become such a force this year.

“I think he’s widened his strike zone,” Schoenig said. “What I mean by saying he’s widened his strike zone is...”

continued on page 31

Call the Red Hawks Sports Hotline for all of the latest and up-to-date information on your favorite MSC athletic team: (201) 655-7645.

Red Hawk Sports Briefs

A SILVER LINING: Although she would have preferred to have walked away with the big trophy (see story on p. 28), MSC softball coach Anita Kubicka was pleased with the overall result of the MSC-Kean Softball Classic. “I thought that the whole thing went very well,” said the fourth-year coach. “Obviously I would have like to have won it, but I have no complaints. Everyone, from the trainers to the maintenance department to the sports information department did a great job.” This marked the first time in several years that the tournament was played according to schedule. Last year it was played on the turf at Sprague Field and the year before it was cancelled altogether due to the weather.

TAKE ME OUT TO THE BALLGAME: Prior to this Saturday’s MSC-Trenton State baseball doubleheader, there will be a ceremony to honor the 1993 Division III National Champion Red Hawks. It will begin at 11 a.m. at MSC’s Pittser Field, and refreshments and souvenirs will be sold.

AND THEY'RE OFF: The MSC outdoor track team began its season on Saturday with an appearance in the University of Maryland-Eastern Shore Spring Invitational. Sophomore field-event specialist Jason Williams dominated the shotput event with a winning throw of 46 feet, 9.5 inches. He also finished second in the discuss with a toss of 128 feet, 5 inches. For his efforts, Williams was named the NJSSA Track and Field Male Athlete of the Week.

GETTING INTO THE SWING OF THINGS: The MSC men’s tennis won its first match of the season on Friday, when it defeated Jersey City State College 6-3. The Red Hawks are currently 1-3.

- Compiled by Karl Lomberk

MSC Sports Schedule

Thursday, April 7:
Softball (home) vs. Richard Stockton, 3 p.m. (Doubleheader)
Baseball (away) vs. Rutgers Newark, 3:30 p.m.

Friday, April 8:
Baseball (home) vs. William Paterson, 3:30 p.m.

Saturday, April 9:
Baseball (home) vs. Trenton State, noon. (Doubleheader)
Men’s tennis (home) vs. New York University, 3:30 p.m.
Softball (home) vs. Kean, noon. (Doubleheader)
Track (away) at the Howard Relays, TBA.

Monday, April 11:
Men’s tennis (home) vs. New York University, 3:30 p.m.

Tuesday, April 12:
Baseball (home) vs. Rutgers University, 3 p.m.
Lacrosse (away) vs. SUNY-Maritime, 4 p.m.
Softball (away) vs. William Paterson, 3 p.m. (Doubleheader)

Wednesday, April 13:
Baseball (away) vs. Dominican College, 3:30 p.m.

Thursday, April 14:
Baseball (home) vs. Ramapo College, 3:30 p.m.
Men’s tennis (home) vs. Western Connecticut, 3:30 p.m.
Softball (home) vs. Wilmington, 3 p.m. (Doubleheader)

*Spring sports teams’ home game and match sites: baseball (Pitzer Field), softball (Quarry Fields), lacrosse (Sprague Field), men’s tennis (The Red Hawk Courts).
Baseball trio braves the road to recovery

by Brian Falzarano

John Pallino and Drew Yocum sat at a table in the Ratt when Pallino decided to ask a question. "Is this about the surgery?", he inquired, making as if he was not aware of it beforehand. He takes the answer to the question in stride and laughs.

At this point, their friend and fellow Red Hawk Chris Rampone arrives from class, wearing a turtleneck which covers his scar from surgery. He pulls up a chair and becomes one with the conversation.

In the off-season, Pallino, Yocum and Rampone all had arm surgery. All had the same surgeons, Dr.'s Charles Melone ("He's considered one of the top hand-wrist surgeons on the East Coast," Rampone said) and Keith Raskin. All even rehabbed at the Sports Physical Therapy Center of Bergen in Fort Lee.

For the most part, the division is drawn here between the similarity, or difficulty, of their plights. Pallino, a stocky senior first-baseman/outfielder for MSC, has not been affected at the plate by his surgery. A torn medial collateral ligament (MCL) in his elbow hurt him in the field, though. "When I threw, I got pins and needles in my arm," he said.

Pallino had surgery last June 16 to correct that, as well as to move the ulnar nerve in his elbow. Even strength training and stretching out the ligament in his elbow did not prepare him for throwing. He says of his arm that "it's weak" and "it tightens up" after he throws.

He has progressed, though, as he said, "It's the best I've felt (overall) all year. I feel like I'm starting to get comfortable."

Yocum, the MVP of the College World Series, has taken a different road. He still has not recovered from Oct. 15 surgery to correct a muscle tear in his elbow because his forearm was overdeveloped, which is evidenced by a scar of about three inches running vertically down his arm.

He, like Pallino, has also done strength training. Presently, he is pitching in relief, trying to strengthen his arm. He has not pitched more than three innings (vs. Chowan College) and says it will take a little more time. "I still have a while to go," said Yocum, a senior, who MSC coach Norm Schoenig has tentatively scheduled to re-enter the starting rotation in mid-April. "I'm not too far from where I should be." But one of the side effects of his recovery is that he said, "Right now, if I were to pitch one inning or eight innings, it would be the same thing (in terms of soreness afterwards)."

"I think the key for Yocum is for him to get to the mound more often for shorter periods of time...I think he'll get a little bit stronger," said Schoenig.

Seemingly the one worst off, Rampone is back in the starting rotation.

His July 2 surgery was for nerve damage in the lateral part of his arm, as well as to remove a bone spur. Other problems included swollen ligaments, torn tendons, and bands in his arm that were too tight.

Rampone took part in strength training and thought he was on the fast road to recovery. While playing basketball in the winter, he felt stronger, ready to go this season. That turned out not to be the case.

"I had a setback," Rampone said. "The first couple of times I threw in the cage." Then, he regained confidence. "Right before we left (for North Carolina), I started to get some pop on my pitches."

His recovery is coming along ("about..."

continued on page 31
A VIEW FROM THE PRESSBOX
By Keith A. Idiec

This could be the last Straw for Darryl

Things were supposed to be different when Darryl Strawberry packed up and went back home over three years ago.

He was going to get a fresh start. Life in Los Angeles was going to be great, with the help of a five-year, $20 million contract and his hometown fans cheering him on.

In 1991, it was his dream come true. Only these days, that dream has become a living nightmare for a complex man that could have done things on the baseball diamond that not many others were ever capable of.

Back trouble forced Strawberry to suffer through the worst year of his career last season, during which he hit .215 with only 13 home runs, and was at his lowest point of the season.

But somehow, he still entered spring training with a positive attitude, vowing to right his past wrongs. He was born-again and finally at peace with Darryl Strawberry.

Yet, bad-again certainly seems more appropriate. Because apparently he's still the same old Darryl. He constantly gets into these dangerous situations that are harmful to not only himself, but everyone involved in his life from his family to his teammates.

Perhaps Tommy Lasorda was correct in saying enough is enough already.

Sure, Darryl's got a problem that is worthy of human compassion. But sooner or later, a man has to take responsibility for his actions. And that doesn't mean merely saying you're sorry every time you let down the people who care about you.

Claiming that this "disease" is the root of all of one's evils will appease only a select group.

Still, the Dodgers' brass won't admit that they've had they're fill of Strawberry's antics. That would be asking for a public crucifixion.

General Manager Fred Claire and President Orestes Destrade and the players all have to realize that Strawberry is going to have to play through the pain in his knee.

A lot of players do, and he has to realize that despite his rather uneventful two seasons in the Big Apple (other than that display of softness in the final seconds of Game 5 against Chicago), his team will need him if it is going to win an NBA Championship. And if that isn't enough, New York General Manager Ernie Grunfeld and President Dave Checkett's will give him 21 million reasons why he better get back to work...Have a nice week.

Baseball loses, from page 29

he's getting more pitches that are his. He's more aggressive."

As for Roof, of the three home runs he has hit, two of them have come with two strikes on him. His blast this past Friday came with two runners on, two outs, and two strikes. That he has produced the way he has has made the heart of the MSC lineup (Yezza, Pallino, and himself) that much more revered.

"I think it's starting to come together," said Pallino, who is hitting .370 on the year. "This weekend was the best baseball we've played."

Chris Rampone put forth a nice outing, going seven innings to get the win. After giving up a bases clearing double in the fourth, he settled down and pitched well. The righthander improved his record to 2-1 on the season, tying him with Glauber and Sak for the team lead in victories. It was his 15th win as a Red Hawk.

Calling the shots.....

Was anyone else beginning to wonder if President Clinton had anything more important to do than attend sporting events? Someone even wanted to know why Big Bill was not invited to throw out the first pitch at AT&T Park (The Ballpark at Arlington) for the Texas Rangers' home opener. Perhaps George Bush's son being the majority owner of the team has something to do with it.....And speaking of the Rangers, their new red uniforms are downright hideous.....Is Tuffy a great nickname, or what?.....After having a conversation with someone yesterday during which the person said, "I've always hated Darryl Strawberry," one very important thing came to mind: Hate is a strong word. Especially to use with regard to a person you've never met. Strong dislike for someone you'd like to slap silly would probably be better. Applicable examples include Dennis Rodman, and once again become the MVP candidate that he was in 1991.

But there is a fine line between having faith and grasping at straws.

Recovery, from page 30

80 percent," he said, although he is not quite at the form he was at a year ago, when he was 8-0. All three players acknowledged the fact that they will not be stronger than they were before surgery until next year. But next year, their careers may be over; a shot at a pro career is not something they can count on, something which is now and may always be a dream.

One thing these three leaders for the Red Hawks have in their favor is motivation. Although there are the normal reservations of thinking about returning to the way things were before surgery, they knew that they would survive. After all, it was only arm surgery.

Two people that the trio saw along the way helped to inspire them. Those two were none other than New Jersey Nets' guard Kenny Anderson and New York Yankees' first baseman Don Mattingly, both of whom had wrist surgery last year.

Both had the same doctor as the threesome. They all got to meet Anderson, only Yocum saw Mattingly. But seeing what Anderson has done this season and what Mattingly has done in the pre season has inspired them.

Yet, their own motivation, as it is with most, proved to be the greatest force driving them."

"I just wanted to play," Pallino said.

Spoken like someone determined to reach the end of the road. The end of the road to recovery from surgery.

In the bleachers...

"How much did you pay for these seats?"

In Steve More

SPORTS/THURSDAY, APRIL 7, 1994

MONT CLARION 31
With the help of Mike Como (pictured left), the MSC lacrosse team rolled to its third straight win this week (McLeer, p. 28)

Photo by Al Langer/Montclarion