Richardson Hall Annex construction underway

By Tom Boud
Staff Writer

Construction on the Richardson Hall Annex will begin next March weather permitting, according to Associate Director of Facilities Planning David Yen on October 20.

Yen said the Richardson Hall Annex is intended to satisfy logistical needs for a soon-to-be expanded biology curriculum. “MSU’s biology department will be developing a doctoral program which will require more space. The annex will be 59,000 square feet in size. It will have offices and meeting rooms on the first floor, labs on the second and third floors, and mechanical rooms on the fourth floor. The building will also have one elevator,” Yen said.

Yen said some preconstruction requirements have been completed. “We just have completed phase one construction, which is the relocation of existing gas, water, and electric lines,” Yen said. The preconstruction went according to plan with the exception of a mishap that occurred on September 24 in which a construction worker struck a water pipe during a location procedure, shutting down all water to the campus for several hours. “We are now getting ready for phase two construction, which is the actual construction itself, by applying for permits from the DCA (New Jersey Department of Community Affairs). We will have all necessary permits by January, and we will send out for bids by February,” Yen said.

Yen said the March 1998 construction start date is heavily dependent on the weather. I hope all the snow and ice is gone by then, because the first thing we are going to do is dig a foundation, and you can’t dig through ground which is frozen solid,” Yen said.

Yen said Richardson Hall’s RICHARDSON cont. on p. 5

SGA Organizations play musical offices

By Christopher Lepre
Assistant News Editor

Several of MSU’s Class I, II, and III Organizations’ offices were moved to new locations according to a plan created by the Space Allocation Committee of the Student Government Association (SGA).

Under Supervision by SGA president Karen Cardell, legislators John Griffin (President Pro Tempore of the SGA), and Brett Klein (Director of Class II and III associations) the trio spearheaded an operation to effectively use new space sanctioned by Montclair State’s administration. The two goals of the committee were to ensure that all Class I Organizations were moved to a Class I size office, and organizations with similar interests were moved closer to each other. “We tried to put organizations that work with each other closer, so that it would create a more community atmosphere within the organizations. For example, we placed Alliance of Students for a Free Palestine next to the Amnesty International office,” says Klein. “We also created offices for organizations that previously did not have one.” Offices were created for Caribso, Alliance for Students for Palestine, The Spanish Club, International Students Organization, and New Jersey Community Water Watch. Previously these organizations had no place to centralize themselves, and would have to reserve rooms in the student center to hold meetings.

The class of the organization was the criteria used to determine who was moved from an office.

Students join in tuition battle

Rachel Kahn
Staff Writer

On Saturday, October 18, Montclair students joined with 180 other students from around the state for the first tuition summit. The summit was sponsored by the 21 Fund: Advocates for Higher Education. Their goal is to unite public, private, 4-year, and 2-year colleges and universities in order to keep excellent education at an affordable price in New Jersey.

Over the past eight years, tuition at New Jersey’s colleges and universities has more than doubled. Higher education’s share of the state budget has plummeted over 45% and New Jersey has fallen to 42nd in the nation in per capita spending on education. “We need a systematic change in how we approach education in this state,” said Hon. Susan Bass Levin, the mayor of the township of Cherry Hill and a member of the board of directors of the 21 Fund. Due to increasing tuition, and lower state aid to students, 60% of all graduating high school seniors choose to go on to higher education in another state, taking more than $1 billion dollars with them, that could otherwise be funneled through New Jersey.

The economy has made higher education a vital necessity for economic advancement and then, because the first thing we are going to do is dig a foundation, and you can’t dig through ground which is frozen solid,” Yen said.

We, as students, are not second class citizens and we do not have to be treated as such

- Anthony Samu; National V.P. US Student Org.

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News from the outside world

International

US sends aid to earthquake victims in Italy

ASSISI, Italy — For weeks, Italian families have crowded into a makeshift community of small trailers and tents near Assisi.

Most fled to the shelter after quakes destroyed their homes, leaving them with no place to go. They wash clothes and dishes in an open-air sink and cook in a communal dining hall watched over by a statue of Jesus, salvaged from a crumbling medieval church.

One such resident, Felicita, lives with her son, daughter-in-law and two granddaughters in a one-room trailer. The children share the bed with their parents.

The first of two teams of U.S. Air Force engineers arrived in the hilltop town of Assisi Friday and began work clearing rubble with bulldozers for the construction of temporary homes that will be built by the Italian government.

Gruesome discovery leads to murder charge

BRUSSELS, Belgium — The discovery of human remains — a skull, jaw, thigh and hip bones — were all Belgian police needed this week to bring a charge of murder against a 70-year-old Protestant minister.

Police arrested Andreas Pandy, a native of Hungary who now is a naturalized Belgian, after a search of his three houses in Brussels uncovered several bones — including a human femur — and two refrigerators parked with large chunks of meat of unknown origin. Police say they also found an urn containing ashes, and blood on a stairway.

Russia's Communists withdraw motion

MOSCOW — Russia's Communists, the biggest faction in the State Duma lower house of parliament, formally withdrew a no-confidence motion in the reformist government on Wednesday.

"Considering latest decisions taken by the president and the government...the faction draws the question of nonconfidence," Communist Party leader Gennady Zyuganov told the chamber. "It is history now."

Gennady Seleznyov, the Duma speaker who is also a Communist, later told deputies the no-confidence motion had been formally removed from the day's agenda.

National

Bannister receives lethal injection

KANSAS CITY, Missouri - Convicted hit man Alan Bannister was put to death by lethal injection shortly after midnight Wednesday at a Missouri prison, despite an international campaign to stay the execution.

A crowd of protesters waited outside the gates of Potosi Correctional Institute in Potosi, Missouri, in silent vigil while Bannister was executed, a prison spokesman said.

The execution ended a 14-year battle to have his death sentence overturned by supporters who claimed that a blunged defense led to a wrongful conviction of premeditated murder.

Mississippi teens indicted in murder-conspiracy

BRANDON, Mississippi — Six Mississippi teenagers have been indicted on murder-conspiracy charges in connection with a shooting rampage at Pearl High School earlier this month.

The indictments — charging the teens as adults — were unsealed Tuesday and name Grant Boyette, Luke Woodham, Wes Brownell, Donald Brooks II, Allen Shaw and Justin Sledge. All the teens are age 16 with the exception of Brooks, who is 17, and Boyette, who is 18.

Allen standoff continues

ROBY, Illinois — To neighbors, 51-year-old Shirley Ann Allen was the harmless loner who sometimes talked of spies in helicopters or sprang from ditches to surprise people. Outside this rural community, she was unknown.

But that was before she took up her shotgun and threatened sheriff's deputies who were sent to take her for a court-ordered psychiatric exam.

In a standoff that has gone on for a month now, Allen has tended off a tear gas attack by slathering petroleum jelly on her face, withstand bean bag bullets by wearing heavy layers of clothing and ignored the Barry Manilow songs blared through loudspeakers.
SGA faces pressure to remove lettering from Clove Road trestle
By Christopher Lepre

Concerns over the Greek letters spray painted on the railroad trestle that runs across the northern end of Clove road have recently come up in the SGA. The Township of Little Falls (Great Notch area) sent a letter to the Montclair State administration in 1994 concerning the graffiti that many Greek Organizations at Montclair State have painted on the trestle. The letter was then passed on to the SGA, but unfortunately the issue was never dealt with and no action was ever taken.

Last week, the letter resurfaced again, and SGA members decided that the matter warranted some discussion.

Members of the SGA formed a committee to discuss ideas on the removal of the graffiti. Kerri Anne Dinan, Director of Greek Affairs, who sits on this committee stated that originally the committee proposed the trestle should be restored to its original likeness, and that through funds supplied by the SGA, they would hire out a company to see to it. “When we found out that it would cost thousands of dollars to have the trestle restored, it was just too expensive” Says Dinan. What was then proposed was that members of the student body volunteer time to help paint the trestle. Instead of restoring the trestle, it would just be painted over. Dinan goes on, “...if we could get volunteers to just show up and paint a little at a time, then it would get painted quicker and much cheaper.” The SGA would appropriate funds for the painting of the trestle only, not the restoration. The original claim that Little falls wanted to make the trestle a landmark was not true. The maintenance of the trestle is routine by the New Jersey transit Railroad Division not the township of Little Falls. Furthermore, the township of Little Falls has no authority to reclaim, or name anything a Historic Landmark. This has to go through either the Essex country Parks department or the State Landmark Commission, because the road is owned and maintained by the county.

Joan Skal, the town clerk of Little falls, stated that the Township has no official power over the railroad and any communication between Montclair State and the township is informal and has no official weight behind it. Any action taken by Montclair State will just be done in good Faith.

When we found out that it would cost thousands of dollars to have the trestle restored, it was just too expensive. - Kerri Anne Dinan, Dir. of Greek Affairs

The Figured Wheel: New and Collected poems 1966-1996. Milosz. Other works of his has earned him the Shelly Memorial Award, the Williams Carlos Williams Prize and one of his books “The Figured Wheel” was nominated for the Pulitzer Prize.

The Figured Wheel was up next. They asked for a $75 appropriation from the MSU EMS association. The proposal was already turned in to the executive council and was table back to the University Senate. The proposal faced pressure to go into closed session. It depicts a not so good image of the workings of the SGA. I believe that the Montclair should be able to stay. If not, I’m going to be forced to write a story about what happened in your closed session last week. The legislative body has to fully of leaks.” The debate grew and was finally stopped by a motion made by legislator Eric Alders who called for a quorum count. This is a procedure which calls for the executive secretary to take attendance of those legislators in the room at that exact moment. If the number is not two-thirds of the amount of legislators that were present at the beginning of the meeting, then the meeting is immediately adjourned. It was discovered that there was not quorum in the room and the motion for closed session was a mute point.

Last week’s SGA session ended when President Karen Cardell excused the legislative body to go into closed session. The session was called to discuss the discord among the SGA Executive board and what kind of remedies could be taken. Also, it was asked if the PPT should bring these concerns to the light of the Executive board in the open forum that followed. It was decided by the legislators not to.

The executive board declined to comment when asked about the allegations of discord among the four members.

Farewell, Good Luck
and Thank You
President Reid from the staff of the Montclarion.
You will be missed.
The Annual Fund Phonathon raises money for MSU students

by Liz Voltman

An estimated 75 percent of undergraduates receive financial aid, with the state providing less than 60 percent of the University’s operating funds. Because of this, the private support contributed by parents and alumni through MSU’s annual phonathons is critical.

The funds procured through the phonathon help provide for scholarships, research, equipment and special programming on campus. Items that are necessary to provide a quality education for the future generations of MSU students.

“The Phonathon is a great oppor­tunity for students to learn more about how this essential private support affects Montclair State, while raising funds to further enhance the University,” said Deborah Winger, Director of the Annual Fund.

This fall, the Annual Fund’s Phonathon will be held on several evenings during the first three weeks of November at the Continuing Education House, 10 Normal Ave. For the first two weeks, student workers will call parents of MSU students for donations. During the third week, they will call MSU alumni. Each night students will be provided a free dinner and training session from then on, they spend three hours making phone calls to request contributions.

“I’ve worked several MSU Phonathons and have enjoyed the experience. Speaking with the donors who play a key role in the advancement of the University was great. I’m hoping to participate again this year,” said Jeannette Staal, an MSU senior.

Students who are involved with a sorority or fraternity may wish to utilize this phonathon as a fund raiser to fulfill their philanthropy requirement.

Nightly prizes are awarded for the most money raised. All students of MSU are welcome to get involved. For more information about the Annual Find Phonathon, you can call 655-7472.

Write for the Montclarion!

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LAW SCHOOLS PARTICIPATING IN THIS EVENT HAVE INCLUDED:

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  • LAW SCHOOL ADMISSIONS COUNCIL’S LATEST FILM
  • LAW SCHOOL ADMISSIONS COUNCIL’S LATEST FILM

For further information, please contact the Department of Legal Studies at (201) 655-4122

ISO moves into new office in Student Center Annex

By Tom Boud

Staff Writer

The International Student Organization (ISO) opened a new public relations office on October 17 in Room 120 of the Student Center Annex, according to ISO President Recep Kaplan. Kaplan discussed ISO’s latest developments in an October 20 interview at his Clove Road residence.

Since ISO has only been a Class One organization since last year, they did not have official ISO office hours. ISO received the office as part of a relocation process. Kaplan told reporters that the office will increase student participation in organizational questions. He said official ISO meetings will not take place at the office.

“We will still hold our weekly meetings in Student Center Cafeteria, Room B, every Wednesday at 4 p.m. We have 35 active members in our organization, and we would not all fit in our new office,” Kaplan said.

Kaplan said he hoped the ISO office will also serve a multicultural purpose. “We have books and brochures about different countries, so that people can stop by and learn more about the cultures of different countries. We will soon be buying more books for our library,” Kaplan said. The books will be purchased by ISO with funds from their $5,500 budget that they receive as an organization of the Student Government Association.

Kaplan said the ISO office is regularly staffed by members who are on hand to address cultural and organizational questions. He said official ISO meetings will not take place at the office. “We will still hold our weekly meetings in Student Center Cafeteria, Room B, every Wednesday at 4 p.m. We have 35 active members in our organization, and we would not all fit in our new office,” Kaplan said.

Kaplan said he hoped the ISO office will increase student participation in such activities as a soccer tournament, the October 30 multicultural food festival, and other activities as a soccer tournament, the October 30 multicultural food festival, and a Thanksgiving weekend trip to Toronto. Anyone wishing further information about the ISO can call 655-4231.

Recep Kaplan, ISO President

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Recep Kaplan, ISO President
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Tuition Cont. from p. 1

in the future of financial aid, and looking to the future for higher education.

Last April, the SGA led a campus-wide strike against tuition increases. But it cannot stop there. Students are registered to vote in small numbers, and legislators often overlook the student vote. “Students and their families could be the most significant voting force in the state of New Jersey,” said Mayor Levin.

With direct action organizing and getting students involved, tuition increases do not have to become an annual expectancy. “We, as students, are not second class citizens and we do not have to be treated as such...” said Anthony Samu, the National Vice-President of the US Student Organization, which represents the interests of hundreds of thousands of students from across the U.S., “...students have voices and they need to speak up and be heard.”

Karen Cardell, the SGA President and a representative at the summit, is an advocate of the 21 Fund and our rights, as students, to have our voices heard. “We need to force these issues into the light; no one is going to do it for us. And reaching out to other colleges is the first step.”

By working together with other colleges and universities, student involvement can gather momentum and make a difference. In the next few months, the 21 Fund hopes to bring legislatures to campus for press conferences and open forums, and coalitions between faculty, administrators, and students should be formed in order to facilitate communications. Montclair State University is only one facility as such...,” said Mayor Levin.
office, and what office they then moved to. Christian Campus Ministry replaced the Conservation Club (a Class II organization). The Christian Campus Ministry received a larger office from this move. Kathleen Lewis, chaplain of Chi Alpha, said, “This larger office was needed. We had about five chaplains sharing a small office upstairs in the Student Center.” Lewis also commented that the move was done efficiently and that the SGA was very courteous in their efforts.

Joy Selnick, president of Four Walls Quarterly, had a different take on the move. “I was very inconvenienced by the move. I found myself running around Thursday night trying to gather our stuff together because we had to be out of there by 8:00 am Friday morning.” Even though the organizations were given three weeks notice prior to the move, Selnick wished that the move could have been done in the beginning of the semester, when things were less busy. “My executive board also had a hard time getting keys, and still we do not have a phone line.” Selnick added.

The Montclarion had to reshuffle their staff also, as their Treasurer/News office which was in room 112E was moved to 113A, formerly the office of Four Walls Quarterly. Greek Council moved from the fourth floor of the Student Center into the office vacated by the Montclarion. The move was an annoyance according to Montclarion Treasurer Tom Tracy. “I have like a month and a half left in this school and I have to move all my treasurer stuff into another office in the middle of the semester.” He said. Tracy added, “why couldn’t this have been done during the summer? Was the SGA too busy arguing amongst themselves and taking vacations to plan this move then?”

Ensuring space to organizations will be an ongoing process with the Space Allocation committee. The SGA eventually wants to allocate enough space to all organizations and ensure that they have the facilities to operate efficiently. Klein also stated, “At the end of every year the Space Allocation Committee will review all that went on during the year to make sure that everything was done as efficiently as possible. We will also provide an application for organizations to request more space and lodge any complaints that an organization has about their current offices.”

Remember, there will be no Montclarion next week!

A comedy for anyone who’s ever been in danger...
Office of Student Activities
‘Wow’ing students of MSU
By Robin Tyson
Feature Editor

W.O.W. has been the theme word every Wednesday during this semester. The Wonderfully Outrageous Wednesdays program aka, W.O.W., is now running every Wednesday from 8 a.m. to 10 p.m. for students and staff of MSU, according to Valerie Winslow, Assistant Director of Student Activities.

“The purpose of the W.O.W. program is to bring students together in different settings to enjoy cultural, educational, recreational, and entertaining activities,” said Winslow. With a special blend of events and entertainment, the Office of Student Activities are determined to ‘wow’ students by satisfying their unique interests.

W.O.W. is a program designed by Winslow, now in its second year. Between the 8 a.m. Wednesday morning breakfasts for commuters and the 8 p.m. Wednesday night movies for all students, there are other events which include music in the Ratt, free pool in the Gameroom, poetry readings with faculty members, aerobics in Panzer Gym, book discussions led by MSU faculty members, and Java Social Hours (JSU) for students who commute. “All activities are free!” said Winslow.

Last night’s movie, Scream drew a sizable crowd to the Commuter Lounge where free popcorn and chips were available.

Many of the events are co-sponsored by the Residence Hall Association, the Women’s Center, the Recreation Department and the University Bookstore. Faculty and staff members, Tom Benediktson, Deena Linett, Carol Stone, Normal Stock, Joe Moore and David Weischadle have joined the W.O.W. celebration by sharing their time and talent with students.

The W.O.W. poster advertises a complete list of events and entertainment.

“Fourth-year” free deal gives seniors tuition break

College Press Service

Fort Wayne, Ind. - Students who spend their first three years of study at St. Francis College now can get their final year for free.

That’s the deal St. Francis College officials are offering its seniors. The “Senior Year Tuition Free” plan is an attempt to give students some financial relief while keeping the retention rate up, said St. Elise Kriss, St. Francis College President.

“To the best of our knowledge, no college or university in the nation has offered this type of program,” she said. “A few colleges have made attempts to lower tuition, but, by and large, little has been done to really help students financially.”

Tuition at St. Francis College currently runs about $20,700. Freshman who enroll at the college next September and complete six consecutive semesters would get their senior year free. For students who already receive federal, state or private aid, the college would pick up the balance.

“This is not a gift,” Kriss said. “The senior has to earn it by three years of hard work.”

The Board of Trustees would consider a special tuition program for its current students at its next meeting this fall, she added.

The college said it expects to pay for the tuition program through higher enrollments.
MSU supports the EPA through Water Works

Garry Dossy

I n the past couple of months, there have been a few commercials by car rental and beer companies using the environmental slant to sell their products. The ads made fun of those so-called people who always feel the need to save something. You know them, those bushy-hair, tie-dye wearing, tree hugging, banner carrying people, who cry wolf on TV all the time. This is the lingering image from the 60’s that probably most people have of anyone interested in the environment.

However, with the efforts of people like Michael Whalen, this image is rapidly changing. When I first met him, he did not have the self-righteous-doom-and-gloom attitude that people have grown to expect from environmentalists. Rather, he had a pleasant smile and shook my hand.

You would not suspect it, but Michael is a seasoned “enviro-head.” He has been involved in different community services like food drives and cleanup with his parents since he was seven years of age in his hometown of Prospect Park. “I’ve been taught at an early age to take care of the environment,” Michael said. “It’s like payback. We’ve done so much to the environment. Cleaning up is my way to payback.”

He took his cue from his mother who is the leader of a 4-H community group sponsored by Rutgers Cooperative Extension (4-H stands for Heads, Heart, Hands, and Health). With assurance, he told me of the countless homeless shelters he visited and the many food drives he has participated in.

Earlier this semester, Michael joined the New Jersey Community Water Watch student group on campus. He already occupies the post of Cleanup Coordinator and is very active. Along with Meredith Cacesse and Christina Mills, the two Americorps members on campus, Michael is organizing on Saturday, October 25th, in Paterson. The cleanup coincides with the Paterson Pride Day. However the organizers told me that students from MSU are strongly invited to participate.

This could not be a better call. Only two weeks ago, the U.S. Environmental Protection Agency in Washington D.C. released, for the first time, its index of Watershed Indicators for assessment to the public. The report’s goal was to sensitize citizens in knowing and preserving their watersheds and waterways. It found New Jersey’s watersheds and waterways to be

HRLD supports the community

By Andres Lara & Rosa Carusone

H uman Relation Leadership Development (HRLD) had a long but overall productive weekend. HRLD members participated in two major events. Its constant and unstoppable crew gave up their Saturday and Sunday to keep their commitments to the community. They conducted one of their most laborious community projects, Adopt-A-Highway, and participated in the AIDS Walk-A-Thon in New Brunswick.

HRLD Adopt-A-Highway was conducted by Maria Yapondijian, the HRLD Team Leader. HRLD members gathered Saturday at 9:00 a.m. in front of College Hall. After they met, ten HRLD members exited the MSU area and navigated towards the highway. Once they arrived at their destination, they divided into two groups. One group was assigned Route 3 East and the other one Route 3 West. Although the weather was not as expected, it did not discourage them from attaining their goal, which was to remove debris from the highway. They posted their sign, put their gloves on, grabbed the garbage bags in one hand, and picked the trash with the other. In almost no time, they had piled up more than fifteen garbage bags of highway debris.

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They definitely had a very successful day.

Did you know that New Jersey is among the states where higher numbers of AIDS cases are reported? More than 8,500 people all around the world are being infected every day. It means that one person gets infected every 11 seconds. Last year over 3000 HIV infections were reported in the state of NJ. For these reasons, Hyacinth AIDS Foundation agency is providing a wonderful treatment to people who are infected with the HIV epidemic, enabling them to live longer. However, because of the exorbitant prices, not everyone has access to this treatment. Therefore, this agency promoted an AIDS Walk fund-raiser, where HRLD members were active participants. HRLD team joined the AIDS fund-raiser to help battle against AIDS. They raised a considerable amount of money and attended to this humanitarian event.

This event took place on Sunday morning, October 19 around 11:00 a.m. HRLD members hit the road about 9:00 a.m and traveled to the location. When they arrived at Rutgers where the AIDS Walk-A-Thon was being held, they registered and handed over the collected money to the people in charge.

It was a tremendous event. There were over 1000 people involved. Some without responses to questions like “describe your worst date,” and “describe your favorite childhood memory.” Though admittedly strange and rauous, the homecoming pageant was fun and interesting for everyone present.

Delta Chi performing with Mike Blaylock during the talent competition.

EPA cont. on p. 11
Autumn is undoubtedly my favorite time of the year. I love the cool, crisp weather, fall fashions and most of all the beautifully changing landscape. This is the time when nature reveals its true colors and during this season I and Charlie Brown, eagerly await the arrival of one of fall’s finest foods - the pumpkin. The pumpkin is truly a great fruit for a variety of reasons. (Yes, it is a fruit contrary to what some of you may argue - we won’t go there right now, though.)

The pumpkin is believed to have been a gift from the American Indians. According to Ethel Hammer, caterer and co-owner of Savoury Chef Food Service in Virginia, colonists used pumpkins to make such culinary concoctions as pumpkin butter, pumpkin sugar and even pumpkin beer (…hmmm) ! Although traditionally served as pumpkin pie on Thanksgiving in the United States, pumpkin is showing up in less traditional ways thanks to the influence of predominantly European and Latin American chefs.

Pumpkin is actually a common ingredient in certain regions of Italy and Latin American chefs. According to Tracey Vowell, sous chef at a popular Chicago eatery, “pumpkin is as basic to traditional Mexican cooking as chili peppers”. Mexican sauces made with pumpkinseed, called pipian, are paired with pork, chicken and seafood.

Pumpkin is also as nutritious as it is delicious! Judith Halffrisch, a research leader at the U.S. Department of Agriculture’s Human Nutrition Research Center, notes that pumpkins are high in fiber, beta carotene (responsible for the orange color), and are also good sources of Vitamin C and potassium. This is perhaps the best reason to find ways to savor the flavor of pumpkins. Instead of discarding all those pumpkin seeds leftover from carving your jack o’lantern, simply set your oven to 375 degrees and bake the seeds for 20 minutes.

In Mexico these delicious nut-like snacks are known as “pepitas”. Or, if you want to do it different, cut the pumpkin into quarters, place the entire whole, uncut pumpkin on a baking sheet lined with foil and bake at 350 degrees for approximately 90 minutes. After the cooked pumpkin cools, place it in a bowl and mash with a fork. Once it is completely mashed, add the brown sugar, cinnamon, cloves, salt, pepper, and sage. The mixture will be easier to shape with your hands.

The Great Pumpkin Recipe

Ingredients:
- 1 1/4 cups all-purpose flour
- 1 1/2 cups 1% milk
- 1/2 cup vegetable oil
- 1/2 cup chopped walnuts
- 1/4 cup 1% milk
- 4 egg whites (or 2 eggs)
- 1 cup packed brown sugar
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/4 cup chopped walnuts
- 1/2 cup unsweetened applesauce (or 1/4 cup shortening)
- 1/2 cup chopped nuts
- 2 cups all-purpose flour

Method:
1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine the flour, the brown sugar, baking powder and salt. Mix well.
3. In another mixing bowl, beat the egg whites and add the milk, oil, applesauce, nuts, and cinnamon. Mix well.
4. Mix in the dry ingredients until well combined.
5. Pour into a greased 9x5x3-inch loaf pan and cool thoroughly on a wire rack.

Yield: 18 servings.

Log On
Use Pine on Alpha!

Topic Of The Week: Pine, the new mail program on Alpha.

As we all know, the mail system on Alpha sucks. Finally, there is a new program on Alpha called Pine. I’ve been using Pine for years on Pegasus, and now it’s available to Alpha users. Here’s how you use it (everything you need to type is in capitals):

1. At the $ prompt, type PINE. (ex: $ pine)
2. It should now drop you into a list of options. To see your new mail, type L. To read a message, simply use the arrows on the keyboard to select the message you want and hit enter. To get back to the list, type Q. To delete the message, type D. The message will be deleted when you quit pine.
3. To print out a message, all you have to do is type Y. It will print out to whatever printer you have set up as your default printer.
4. To send a message, type C. It will drop you into a message screen:

Subject: The subject of the message. Hit enter.

To: Enter the address you want to send it to and hit enter. You DO NOT need Pony% anymore!!!!

Cc: Carbon copy, you can send a copy of your e-mail to someone else. Hit enter.

M - Main Menu, to get back to the main menu.

D - Delete, to delete the message.

U - Undelete, to undelete the message.

R - Reply, use this when you read a message and you want to reply to it. It will enter the address and subject for you. Apparently, it automatically includes the letter you are responding to.

F - Forward, use this to send a message you have to someone else.

S - Save, if you want to save your mail message in a file.

For most of you, the old mail system will have placed your old messages in a separate folder. To get to the folder, type L. You’ll be dropped into a list of folders. Use the arrow key to get down to MAIL. Hit enter once you’ve selected it. You can now view, delete, or print your old messages. To get back to your new messages, type L to get back to the list of folders. Select INBOX and hit enter.

7. To quit pine, type Q. It will ask you if you really want to quit, say yes.

Questions, Answers, & Complaints:
Q: Dear Louis,
A: Dear Biting Off More Than I Can Chew

It’s hard to believe how many times I hear this question. Of course, it has never come from someone with a pestilence for biting. Anyway, your account has a certain printer selected. It will always go to that one. So, if you want it to go to another printer, here’s what you type at the $ prompt:

$ pine

It will drop you into a list of printers. Select the one you want to print out of and hit return. After that, get ready to serve some prison time. Next time you need to take a bite out of something, try a hamburger.

Cool Site Of The Week: http://www.teleport.com/~pulver/tour.html

Tour de Butt - if you are wondering where to travel this year, this page can help you out. You’ll see many beautiful sites around the world, seen from the “behind”. WARNING: while it isn’t as offensive as most episodes of “NYPD Blue” , I still don’t recommend looking at it on campus. Wait till you get home.

Lame Site Of The Week: http://members.tripod.com/~PoetTom/

Thomas Colli’s homepage - this guy’s homepage doesn’t have any pictures of butts, but he is still an ass. Oh yeah, he’s also my brother :)

Next Week: I’m the new sheriff in town and there’s a few rules I think you guys should be aware of. Read them or you may have to face me at high noon.
Cheap thrills on Halloween

By Kara Richardson
Assistant Feature Editor

The cost of your Halloween costume shouldn't scare you as much as witches and ghosts coming out of every corner! You don't need to rent a full costume from a store in order to have an award winning outfit. Here are a few ideas to make your Halloween fun and affordable.

Reduce your costs by recycling old costumes. Ask your friends and family if they have old costumes. Chances are that they are not going to be using them again this year. Even if you just incorporate one piece of a preworn costume, you will be one step ahead in saving money.

Visit local thrift shops. In these stores you should be able to find tons of clothes to fit any costume idea. There should be clothes at low costs from one of the decades. Instead of having to buy overpriced costumes that will only be worn once, you can buy something at a discounted rate. I recommend going to these stores if you plan on dressing up as a hippie, gypsy, swinger, mobster, pirate, viking, princess, etc. Going into the thrift shops should also stir up some ideas for a fantastic inexpensive costume.

Last minute purchases can save you money. Although the selection may be minimal, stores are looking to liquidate their inventory. Check out any local drug-store or Halloween specialty store. Even if the prices of the costumes are too much you can mimic an expensive costume by using your own stuff.

To be a ghost, go beyond the white sheet, drape the it over your head, but try taking a photo copy of a dead celebrity, enlarging it to face size and presto you 'vc made a mask. I have a feeling there might be a lot of Elvis sightings this Halloween.

Go a little further than your average Toga. In order to go out as Zeus, take some cardboard, cut out bolt of lightning and cover it with tin foil. To create the look of a Greek Goddess, like Athena, attach a

owl stuffed animal to your shoulder. In either case, don't forget to snap some leaves for your hair and drag out the sandals from summer! These little details could bring some life to you look. Use your own dreams and aspirations as costume ideas. I might dress up like a college graduate. All I would need is borrow someone's old robe and roll up a piece of paper with a ribbon around it. Hey, Halloween is about stretching the imagination isn't it?

Open your own vaults. Reuse old prom dresses, suits, sports uniforms, etc. Slip on an old hockey jersey, pick up some teeth blackener and some fake blood and your fit for the NHL. To create a Bill Gates look all you need is a suit some glasses and some monopoly money coming out of your pockets. Pick up any People magazine and try a star look-a-like. Good Halloween costumes don't always need to be complex, just creative. Use your own props, some ideas can be conjured up from looking at your own junk.

Scheme with your Halloween date if you run out of ideas. Work together and build a costume that works for both of you. A friend mine is going out as Dana Scully from the X-files and her husband is dressing as Fox Moulder. The hardest part of their costume will be making FBI Agent badges. Don't limit your costumes to people, think of anything that comes in pairs. Ordinary household things can also open up some frightful opportunities. Wearing something like a garbage bag, tape the inside out ofyour pocket, tails could bring some life to your look. As random as some of your ideas sound they could bring about a lot of laughter in the night to come.

Whether you end up going to a party, a club or to the city creativity is the key to a low budget Halloween costume. With a little planning and effort, you could be up for some costume prize money and you won't have to go to such lengths next year. Have a fun and safe Halloween!
The Real World

Cary Retlin, an intern at Great Swamp National Wildlife Refuge

By Kara Richardson

Assistant Feature Editor

Cary Retlin laces up his hiking boots for another day at the refuge. Cary works as an intern and is one of the few human influences at the Great Swamp National Wildlife Refuge. Most of the refuge is closed to the public in order to create breeding grounds and habitat for migratory birds without human intrusion. The Great Swamp is over-seen by the US Fish and Wildlife Service. According to Cary, the Fish and Wildlife Service’s primary mission is conservation. This is in comparison to the Parks Services who focus is on education and interpretation.

One of the major responsibilities of his internship is to set up and record surveys. He is currently working on a study on predatory mammals to determine presence or absence in certain areas of the swamp. It is currently migratory season and from now until December, he will work closely with the Refuge Biologist to do migratory bird counts. These studies will be done over a few months, in the meantime many other studies and projects will go on simultaneously.

Without an influx of people coming into the Refuge to do work, Cary and his coworkers have to be skilled in many areas. Retlin attributes being chosen for the position to his plethora of experience. His experience goes beyond the obvious environmental volunteering. He worked on trails for two summers in both Alaska and New Mexico. Cary also participated in theAutobahn Expedition Institute Program. His maintenance skills have improved through the two years working as a carpenter’s apprentice. Cary also feels his experience interacting with the public as a Boy Scout Camp Director, volunteering on an EMT squad, and so on also plays an important role in what he does at the refuge.

Cary’s work is not limited to interaction with the swamp animals. He also coordinates a lot of volunteer activities. Recently, he coordinated ten volunteers from AT&T to do trail work. Trail maintenance is also a requirement for Cary. He is finishing up construction on a bird viewing area. “This job is very enganging for me. It challenges me in so many different ways.”

Even though the work is ever-changing, the hours remain consistent for Cary. His housing is provided by the US Fish and Wildlife Service. He is compensated with a weekly stipend which is sponsored by AT&T.

Cary mentioned that the Great Swamp depends on a large number of volunteers to keep such a large refuge running smoothly. There are only eight paid full-time employees in the Great Swamp. This is typical to many environmental government agencies and nonprofit organizations. Unfortunately, the competition for a paid position is high. He mentioned that there is a great variety of volunteer opportunities both nationally and abroad in the conservation field. Cary recommends, “Start volunteering because most of the work force in these types of jobs is volunteers.”

As a student or employee at Montclair State University, you’re eligible for Credit Union membership. Call the Credit Union for more information at (973) 785-9200. You can also visit us at our new web page at www.njfcu.org. Our e-mail address is info@njfcu.org.

Healthy Living

By Cristy M. Day

Staff Writer

Can certain foods actually make you feel better? Whether you are sick or not, healthy eating is the key to making yourself feel alert, energetic and productive.

First of all, the major nutrient our body needs is water. Drinking plenty of this no calorie liquid is the most important thing you can do to keep your body in good condition. Along with helping you maintain a clear complexion, it helps keeps you hydrated and active.

With this winter weather coming, you should eat lots of foods saturated with vitamin C. Laima Wesson, M.P.H. R.D., health educator and dietician at Los Angeles’s Student Health Center states, “It’s an antioxidant that helps strengthen your immune system.” Citrus fruit is the main source of this vitamin: red peppers, broccoli and strawberries are also excellent sources.

A good way to make sure you are consuming plenty of antioxidants is to make sure that your diet contains plenty of dark green leafy vegetables along with citrus fruits. Carrots, spinach and an orange would be a good example of these antioxidants. Likewise, another healthy antioxidant is vitamin E, wheat germ and vegetable oils are two examples of these antioxidants.

Along with grain, fruits and vegetables our bodies function best with small amounts of lean meat, like one or two servings a day. (These servings, according to the Food Pyramid, are extremely small.) Wesson states, “Meat is one of the best sources of the essential amino acids.” Other sources of lean protein are skim milk and yogurt.

It is important to eat low fat foods which make us feel good, and not just to maintain a certain weight. Fat will make us sluggish and irritable. Instead, you should eat a variety of small foods high in vitamins. Fruit and salad is good if you balance it with something of substance which will neutralize the acidity like a baked potato.

In addition to healthy eating you should pay attention to the quantities that you consume. Wesson states you should eat small portions throughout the day. Likewise, light snacks in between meals is good. Bagels, pretzels and unsweetened cereals are carbohydrates which raise blood insulin levels. This keeps your blood sugar level as well as your metabolism intact. So focus on healthy eating for a more productive and vibrant attitude.

E D I T O R S ’  N O T E :  Christy Day is a Dietitian major at MSU.

Correction: A headline in last week’s issue should have read “MSU Celebrates Sukkor.” Our sincerest apologies to the Jewish community for the error.

NORTH JERSEY FEDERAL'S CREDIT UNION CORNER

3 TIPS TO STRETCH YOUR PAYCHECK

1. Check the annual percentage rates on all your credit cards and get rid of all but those with the lowest rate. Times of low inflation, such as these, usually mean low interest rates. However, many financial institutions are still charging between 17 and 22 percent interest.

2. If you put your paycheck in your wallet until a convenient time to make a deposit, you may be giving up interest. Instead, take advantage of direct deposit or payroll deduction offered by your Credit Union. This is an entirely safe means of electronically depositing your paycheck in your checking and/or savings account while saving you a trip to your financial institution.

3. Don’t overpay Uncle Sam. The internal Revenue Service estimates that more than 75% of the US taxpayers have too much of their check withheld. Meaning they pay too much in taxes throughout the year and get a nice little mid-year bonus in the spring when they get their refund check. But, in effect, they’ve given Uncle Sam an interest-free loan. Your money should be earning interest for you, Not Uncle Sam.
1964...The Tribute replicates the Beatles

By Colleen Lutolf
Staff Writer

For anyone who noticed, The Beatles performed here this past Sunday night to about 100 people in the Student Center Ballroom, courtesy of Class One Concerts. Well, they were not really The Beatles, but for everyone in attendance, they might as well have been The Beatles. 1964...The Tribute is a Beatles cover band from Acron, Ohio. They have been touring for about thirteen years now and have played all over the globe, including places like Austria, South America, and of course, The Beatles’ home country, England.

Mark Benson who “is” John Lennon, is the mastermind behind the whole concept. “We did this part-time just for something to do. Once we started playing for the college-market the whole thing really took off.” The other members of the band are: Gary Grimes (Paul McCartney), Greg George (Ringo Starr), and James Pou (George Harrison). The similarity to The Beatles was surprising. James Pou (George) and Greg George (Ringo) had the most resemblance to their Beatles counterparts. Although slightly older looking than The Beatles in 1964 (all the band members are in their 40’s) everything else was perfectly copied right down to John Lennon’s gum-chewing while performing. This Fab Four dressed in black English-tailored suits with the famous black boots and mop-top haircuts which were actually wigs. With Vox amplifiers and instruments that were exact replicas of those the original Beatles used, like George Harrison’s 12-string Gretsch and Rickenbacker guitars, the resemblance was uncanny.

The band started the show with “I Want to Hold Your Hand” a definite crowd pleaser and a song that everyone recognized after the first few notes. The band continued playing to the dancing crowd with the songs, “All My Lovin’,” “Hard Day’s Night,” “Nowhere Man,” and “Can’t Buy Me Love.” At this point in the show, the band asked everyone in the crowd to stand up and dance to “Twist and Shout.” The audience obliged and continued standing and dancing for the remainder of the show. After “Twist and Shout,” they did a few numbers off of their Revolver album like, “Taxman” and “Yellow Submarine” that included some participation from the enthusiastic crowd. In fact, the audience was so impressed by the band that they demanded an encore. This time 1964...The Tribute was happy to oblige with “Dizzy Miss Lizzy.” Over-all, the music was impressive and James Pou’s mastery of his 12-string was amazing.

After the show, the band hung out outside the Ballroom to talk to their new fans and to sign some autographs. One attendee of the show, Carlo Carmielli, 49, of Ringwood, New Jersey actually saw The Beatles live in 1964 in Rome, Italy. The Beatles played a sold-out show in a movie theater there. Comparing the two bands, Carmielli said he “enjoyed the show” and although “the voices are different, the music was the same” as he remembered from that night in 1964. He further added that “it was a very good show.”

There were all age groups in attendance on Sunday. Little kids like Matthew Kenny, of Clifton; MSU students; and older Beatles fans like Carmielli made up a diverse audience. Bill Kenny, 38, also of Clifton, felt that The Tribute were “even better musicians than The Beatles” themselves. A common sentiment amongst all the concert attendees was that the audience was surprisingly small. Christen Pierce, 19, a Sophomore here at MSU, stated that “it’s a shame that more people didn’t come.” For those that did come and do not go to school here, the price was ten dollars, but many of the people I talked to felt the show was well worth it. For MSU students, the fee was only three dollars. For the few of you who did attend the show and want to see more of 1964...The Tribute, the band has upcoming shows in Manhattan and Rhode Island.

Accessories gives new insight on piercings

By Kristopher LaGreca
Staff Writer

Now until November 7, anyone can see a fantastic example of undergraduate art. Gallery 3 1/2, a club which presents art exclusively by undergraduate students, is currently hosting Susan Kozlowski’s Accessories in room 208 of Calcia Hall. The gallery is open all day for anyone to stop in and enjoy the current exhibit.

The closet-sized gallery displays twelve photographs of Susan’s encounter with seven different MSU students. These black and white portraits of fellow class mates all share one thing in common, facial piercing.

Piercing is all the rage for the 90’s. Just about every college-age person you see today has at least something pierced. In some ways, piercing’s novelty may have even begun to wear off. Though easily brushed off as “trendy,” Susan presents a fresh and artistic view of body piercing.

All twelve photos are perfectly taken and developed with such a crisp look, that the subjects appeared three-di-mensional. Between each equally-spaced frame are various quotes from the subjects. Looking at the pictures and quotes together, the exhibit really begins to convey the feeling that the artist wants to express.

By talking with Susan, I began to really appreciate the meaning behind her photos. These are not just haphazard photos. Susan interviewed each person individually and took the time to really understand the people she was photographing. The effect of her in-depth work is a relationship and feeling which radiates from the exhibit. As said by one of the photographs by Susan: “The reason I do piercing, it’s not because it’s a fad, it’s expressing who I am.”

The crowd that gathered for the opening reception was greeted by Susan, the Director and Assistant Director of the gallery, as well a generous assortment of snacks and food. The small but diverse crowd seemed to appreciate the photos, spending much time studying each one.

The guests’ expressions varied. From smiling to cringing, everyone enjoyed observing the strange and unique areas that the people pierced themselves in. Both Susan Kozlowski and Gallery 3 1/2 have presented a great exhibit of art, and everyone should take advantage of this opportunity to see this and other exhibits done by MSU’s undergraduate students. For more information about display times, call Gallery 3 1/2.
Viva Brazil Dance Company displayed impressive skill

By Robert Oakes
Staff Writer

On Saturday night the Viva Brazil Dance Company, headed by founder Silvana Magda, brought its vivid display of colorful, sparkling costumes; vibrant, sensual dancers; passionate musicians and even some fiery pyrotechnics to the Memorial Auditorium stage.

The company presented a diverse sample of Brazilian dance and music, ranging from the ritualistic movements and sacred music of the indigenous people to the more elaborate exotic dance and the very festive Carnival dance. The costumes varied drastically, beginning as the simple loin cloths, beads and spears of the Indians and ending as the outrageously spectacular, sequined, feather-plumed outfits worn by the Carnival dancers.

The troupe of musicians, which included several drummers, a keyboardist, a flautist, a saxophonist, and several vocalists, complimented the dancers nicely with some very atmospheric flute music, wonderfully driving drum rhythms and even a rendition of “Girl from Ipanema” during their bossa nova demonstration.

The drummers seemed electrified as they sparked up the intricate Latin rhythms with hands on fire. Toward the end of the evening, each musician soloed on his instrument, and while every player displayed prowess, it was the kit drummer who stole the show. As he raced across the stage, displaying his own dance ability, he tapped his sticks on the floor, the stairs, a pole, the wall.

When he finally sat down at his kit, he belted out a thunderous drum solo while shouting “I play with my soul in my hands” much to the delight of the roused audience.

There were many nice moments during the dance displays. For example, an Indian hunter, armed with bow and arrow, stalked after a woman through the woods with slow, deliberate movements as subtle flute music flitted around him. His prey captured, the two became one with some intimate exchange and erotic gestures. Despite the objectifying implications of this sort of scenario, its presentation was effective.

Later, several women appeared with fire-plied braziers. As they knelt down, they seemed to rub themselves with the flames. Then another dancer moved downstage carrying a bowl of fire. She danced around the fire, ate it and stepped into it with bare feet.

She held the bowl in her hand as she spun on one leg, seemingly on fire herself. The overall effect of this flame dance was inspiring.

At the close of the show, the musicians played Samba music that seemed absolutely limitless in length and tempo. The dancers paraded around the stage and through the audience dressed in some extraordinary costumes, creating absolute stimulation overload. This last display was anything but subtle. The dancers wore multi-colored feathers, sequined capes and held exaggerated grins and postures. While the initial effect of this was rather eye-opening, it seemed to drag quite a bit and became almost disturbing by the end.

Overall, The Viva Brazil Dance Company gave a very entertaining performance. The dancers and musicians displayed impressive skill and certainly created a lively spectacle.

Four Tiger Lilies Out of Season increases awareness

By Tina Napoli
Staff Writer

Throughout the course of the play we witness Justine undergo a transformation in which she questions her existence and reevaluates her life. Most importantly the character of Justine brings to the foreground the important question that all breast cancer patients are faced with: to decide which is more important the quantity of life or the quality of life. This is a question which each individual must come to terms with in their own way. Barbara Guidi does an excellent job of bringing out the uniqueness and complexity of Justine’s personality. The character that Green has created is a woman that is not afraid to swim against the flow of life. Guidi, under the direction of Spina, creates the sense that the decision Justine makes for herself, refusing the tedious and time consuming treatments her doctor has prescribed for her, is truly her own and one that suits her character.

The members of the support group; Jean (Dianna Taitley), Terry (Nancy Heinss-Glaser), Lynn (Joanne Joseph), and Lisa (Lisa Alford), also represent this spirit of individuality. This group of women prove that although this disease may have brought them together on common ground, it can not destroy their own personal system of beliefs. The decision that Justine has made may not be appropriate for Terry and Lisa who may choose to deal with it in a different way. Four Tiger Lilies Out of Season stresses the reality of the individual suffering from this disease, rather than just repeating facts and statistics.

This was a well done performance. Although the cast was small, each member gave an excellent performance. Gary Wood did a brilliant job as Dr. Zella, Justine’s dedicated and compassionate surgeon. The production ended with a slide show of portraits of the characters depicted in the play which offered an interesting aspect. Most importantly it opened my eyes and taught me something about a disease that too many women try to ignore. It was one of the most interesting and useful educational experiences I have ever had. With more productions like this one, the issue of breast cancer will become harder to avoid and more easily understood by the women of today.
Arabs and Israelis for Beginner is informative

By Lily Hodge

Staff Writer

Arabs and Israelis for Beginners is written for the innocent but not the weak of heart. Two types of people should read it: those who know nothing about the history of the Middle East, but are expected to buy wholesale away the myths and lies we are fed from our media. As David Selnick’s poem should have been “God’s Gripes.”

Correction: In last week’s article by Gabrielle Wild the title of Joy Selnick’s poem should have been “God’s Gripes.”

WMSC 90.3 FM TOP 20 ALBUMS COUNTDOWN

1. Promise Ring - Nothing Feels Right
2. Kid With Man Head - Flapjack Hairpiece
3. Various Artists - Duran Duran Tribute Album
4. Various Artists - Before You Were Punk
5. Everclear - So Much For The Afterglow
6. Save Ferris - It Means Everything
7. Green Day - Nimrod
8. Lagwagon - Double Plaidium
9. Inspector 7 - The Infamous
10. Rocket science - Well Known Drag
11. Jerky Boys - Part 4
12. May Favorite Citizen - 7"
13. Mogwai - Young Team
14. Shift - Get In
15. Sundays - Static and Silence
16. Interpreters - Back In The USSR
17. Hoarse - Happens Twice
18. Man Will Surrender - Man Will Surrender
19. Big Wreck - In Loving Memory of...
20. Ivy - Apartment Life

Arabs and Israelis for Beginner is informative

All My Children: Gillian and Sky search Dimitri’s loft and Sky hides some evidence that could be damaging to Edmund. Maddie’s blood test reveals more than just anemia; it shows the truth about who her real father is. Edmund comes to the conclusion that his outburst was caused by a reaction to drugs. Derek is looking into whether Laura was the victim of child porn. Meanwhile, Ricky has Laura bound and gagged and Brooke is attacked.

The Young and the Restless: Ryan is in jail for shooting Nina. Nina claims not to remember anything: but Ryan and Chris are not sure they believe her. Victor and Diane’s plans of having a nice quiet dinner by themselves are spoiled when they run into Katherine and Jack dining at the same restaurant. Victor visited Victoria at the ranch and she informed him of her separation from Cole. However, she has no plans of losing gracefully.

As the World Turns: Lily is determined to prove that Molly is lying about being pregnant with Holden’s child. She comes to suspect the lab technician, Doug, had something to do with it after a telephone conversation they had that was engineered by Carly. On the good side, Lily is improving. Holden confronts Molly about the pregnancy test. Ben said some horrible things, that he quickly regretted, to get Camille to go away. Sam is moving in with Kirk much to the dismay of Lucinda.

Guiding Light: Dinah and Hart got in an argument over guess who? Cassie. She found out that he was helping Cassie out of trouble again and blew her top; but they’re still together. Rick is trying to get back with Abby with some help from Holly. Annie and Cassie got in a fight over Reva. Roger tries to get back together with Holly to no avail.

The Bold and the Beautiful: Connor, James and Maggie plot to win Sheila’s trust. Amber and Sheila get into a whole discussion about James and the baby. James has Maggie sign the annulment papers to fool Sheila and then goes to Sheila with them and asks if he can move in. Thorne tried to convince Taylor that telling Ridge that the baby was his would not be a good idea for all involved. Brooke tries to seduce Ridge with a sexy dress. Even though she says all the wrong things, her plan works.

Sunset Beach: Olivia tries to induce Cole to take Caitlin away by handing him a check for $200,000 but he refuses it. (What is he crazy?!) Gabi walks in on a discussion between Michael, Casey and Mark about the attack and runs out after getting the impression that they doubt her. Gabi has disappeared and Mark is frantic. Elaine asks Gregory to represent Ricardo in the rape trial because she believes he is innocent.

Another World: Matt demands that Amanda give up pretending to be Hadley. Nick moves in with Tomas and Sofia; but he’s not the one who’s dreaming of Sofia. Felicia fell through the skylight and Alexander tells the police it was Carl’s fault. Carl was taken to the police station. Felicia was taken to the hospital, where it’s not clear how much damage was done. Rachel blames the whole fiasco on the Hadley Prescott scam.

Days of Our Lives: Stefano tells Hope that John is dead. On the home front, Roman’s condition is worsening while Marlena and Eric try to comfort him. Billie decided to testify against her drug dealer and has plans to steal Bo’s heart from Hope. Sami went to steal Carrie’s diary out of her hotel room but got stuck in there when the happy couple came back. Sami hid under the bed while Austin and Carrie rumbled the sheets on top.

Hello Soap fans! This is what is going on in the wonderful world of daytime drama:

One Life to Live: Ian told Blair that their relationship (or whatever it was exactly) was finished. Max offered his assistance to Blair. Kelly went to visit Melinda for the first time in years. Tea accused Blair of courting feeling for Blair, which he denied. Joe came home. Mel continued to dig into Dorian’s past. Clint and Viki have a little spat.

General Hospital: At Jax’s invitation, Brenda’s sister, Julia, arrives from London. Brenda was not as enthusiastic as Jax hoped. Sarah and Nikolas’ plot to catch Liz in a lie about the stolen test worked. Liz reveals her true feelings about her resen­tment of Sarah. Sarah plans to tell everyone the truth instead of covering for her again. Stefan confronts Katherine about her newly formed friendship with Luke Spencer. She threatens to tell Nikolas the whole story, but she can’t bear to hurt Nik that way.

Port Charles: Scott is trying to piece together the mystery of who drugged him and why with some help from Jake. Rex is spying on their every word. Julie came in on Bennett giving Eve a goodbye kiss. Matt is extremely ticked off at Laura bound and gagged and Brooke is attacked.

Rex is spying on their every word. Julie is determined to prove that Molly is lying about being pregnant with Holden’s child. She comes to suspect the lab technician, Doug, had something to do with it after a telephone conversation they had that was engineered by Carly. On the good side, Lily is improving. Holden confronts Molly about the pregnancy test. Ben said some horrible things, that he quickly regretted, to get Camille to go away. Sam is moving in with Kirk much to the dismay of Lucinda.

Guiding Light: Dinah and Hart got in an argument over guess who? Cassie. She found out that he was helping Cassie out of trouble again and blew her top; but they’re still together. Rick is trying to get back with Abby with some help from Holly. Annie and Cassie got in a fight over Reva. Roger tries to get back together with Holly to no avail.

The Bold and the Beautiful: Connor, James and Maggie plot to win Sheila’s trust. Amber and Sheila get into a whole discussion about James and the baby. James has Maggie sign the annulment papers to fool Sheila and then goes to Sheila with them and asks if he can move in. Thorne tried to convince Taylor that telling Ridge that the baby was his would not be a good idea for all involved. Brooke tries to seduce Ridge with a sexy dress. Even though she says all the wrong things, her plan works.

Sunset Beach: Olivia tries to induce Cole to take Caitlin away by handing him a check for $200,000 but he refuses it. (What is he crazy?!) Gabi walks in on a discussion between Michael, Casey and Mark about the attack and runs out after getting the impression that they doubt her. Gabi has disappeared and Mark is frantic. Elaine asks Gregory to represent Ricardo in the rape trial because she believes he is innocent.

Another World: Matt demands that Amanda give up pretending to be Hadley. Nick moves in with Tomas and Sofia; but he’s not the one who’s dreaming of Sofia. Felicia fell through the skylight and Alexander tells the police it was Carl’s fault. Carl was taken to the police station. Felicia was taken to the hospital, where it’s not clear how much damage was done. Rachel blames the whole fiasco on the Hadley Prescott scam.

Days of Our Lives: Stefano tells Hope that John is dead. On the home front, Roman’s condition is worsening while Marlena and Eric try to comfort him. Billie decided to testify against her drug dealer and has plans to steal Bo’s heart from Hope. Sami went to steal Carrie’s diary out of her hotel room but got stuck in there when the happy couple came back. Sami hid under the bed while Austin and Carrie rumbled the sheets on top.
song, featuring a rap from Q-Tip and radio and TV with a video last month. The "Til It’s Gone" which was released to both electric avenue.

Staff Writer

By Franca DiMaso

Kiss the Girls is a greatest hits compilation listing dance down Jackson’s own personal album to date, if you count her two albums since Janet Jackson’s last album, janet, was released. If anything did change, it only made her sound better.

The Velvet Rope, which was released to the world Tuesday, is Jackson’s seventh album to date, if you count her two albums before Control and her 1996 greatest hits compilation Design of a Decade 1986/1996.

Once again Jackson has decided to allure her adoring fans with her smoothly gliding grooves and brilliant vocal power. The tracks interludes, 22 in all, is a spiraling dance down Jackson’s own personal electric avenue.

The album features the single "Got Til It’s Gone" which was released to both radio and TV with a video last month. The song, featuring a rap from Q-Tip and samples of Joni Mitchell’s “Big Yellow Taxi” is only a morsel of the feast yet to come.

One thing is for certain throughout the entire album - Jackson has definitely become comfortable with her sexuality. Between songs entitled “Tonight’s The Night” and “Rope Burn,” in which Jackson discusses bondage, and the provocative pictures within the album’s liner notes, it’s a given that Jackson has come a long way since her days of Rhythm Nation 1814, although the flames of her passion were beginning to smolder with the release of janet and such hits as “IF” and “Twenty Fourplay.”

Jackson has grown up both mentally and emotionally in this album. Here we are presented with a woman who knows what she wants in "My Need" and is not afraid to ask for it in "Go Deep" or seduce you with "Anything."

Jackson has a hit here, and this will not be the last we hear of her.

By C.E. Frei

Miss Jackson has done it again.

Not much has changed in the past four years since Janet Jackson’s last album, janet was released. If anything did change, it only made her sound better.

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Only God has the right to judge people

Dear Editor,

In his editorial, "The Misconceptions of Religion", Rod Point-du-Jour made a very good point. I have always agreed that being religious doesn't mean the same as being faithful. I did not agree with his flagrantly biased depiction of atheists. “So let me ask you this, atheist, what is your religion? Is your ritual to go out...for a night of partying only to be hunched over a toilet...the next morning? Is your religion to hop into bed with every girl or guy...? Is your ritual to get lifted of of track-cocaine, marijuana or heroin every chance you get?”

I, myself, am a Christian, and I feel that to make such a blanket statement and say that all atheists are bed-hopping, alcoholic drug addicts is not only presumtuous and hypocritcal, but downright rude. I personally know a lot of atheist who lead perfectly respectable and moral lives. They simply deny the existence of God.

One may harbor the idea in one's mind about wicked people, but one should never voice such opinions. No one has the right to tell another person that he or she is condemned, even if he or she is the most reprehensible individual. How do you know that we will not be burning in the eternal flames of Hell with them? Only God has the right to judge people, and, as Matthew 7:1 states, “Judge not, lest ye be judged.”

But you've been generous friends of mine might say, “surely you are going to Heaven.” Nonsense! Even if I am accepted into the Kingdom of God now, there is no way of knowing if I will remain there. Likewise, the very person everyone so readily damns and curses could easily be saved. Do I also need to remind Mr. Point-du-Jour of the story of Mary Magdalene?

Were not Christians teachings about love, mercy, and sympathy? It would seem a more Christian attitude to have compassion on those who refuse God and pray for their deliverance instead of publicly libeling them in a newspaper article. “But Jesus said, ‘let the little children come to Me...’” This will not happen if we drive away the non-believers by berating them and cursing them! “...and do not forbid them; for of such is the Kingdom of Heaven.” (Matthew 19:14) It is a greater disservice to God to do such a thing.

Mr. Point-du-Jour seems quick to point out that he is a Christian, though not as quick as he is to denounced others. I suppose that he has forgotten that he is also a sinner. “For all have sinned and fall short of the glory of God.” (Romans 3:23) Such statements as the ones above are more hypocritical than they are Christian. “Or how can you say to your brother, ‘Ley me remove the speck out of your eye,’ and look, a plank is in your own eye?” (Matthew 7:4) The next time Mr. Point-du-Jour thinks to write discordant material about people who differ from his own beliefs, he may wish to judge himself first.

I would like to state that I am a member of Chi Alpha Christian Fellowship, and I am rather dismayed with the reaction that this elicits. I am not going to pound you over the head with Bible and tell you that you are going to hell, nor will I come after you like a zombie from “Night of the Living Dead” and drag you to one of our meetings. If you want to come, that’s great. If not, fine. We really just want to help anyone who might be looking for fellowship.

I refuse, however, to apologize for my more zealous brothers and sisters. If you find them annoying, get over it. Either listen to what they have to say, or ignore them. They are simply very excited by what they want to share with everyone, which happens to be a rather important message.

Sincerely Yours,
Tim Carney
English

Dispelling the misconceptions of religion

This article is in response to the Rod "Deacon" Point-Du-Jour's editorial, "The Misconceptions of Religion." In this article, the Deacon attempts to clarify "what religion really is and what it is not." During the course of his sermon, however, the Deacon commits an ased depiction of atheists. "So let me ask you this, atheist, what is your religion? Is your ritual to go out...for a night of partying only to be hunched over a toilet...the next morning? Is your religion to hop into bed with every girl or guy...? Is your ritual to get lifted of of track-cocaine, marijuana or heroin every chance you get?"

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Sincerely Yours,
Tim Carney
English
The SGA does have its priorities straight

Dear Mr. Kevin P. Hancock,

To begin, I would like to thank you for your article of concern for the Student Government Association in the October 16 issue of the Montclarion. I see that you feel quite strongly about the SGA not having its priorities straight. You are also concerned with programming, parking, residence halls and money for improved education. The SGA’s committees are “fighting” for all of those things to be improved. Furthermore, this is my introduction to cordially invite you to these committee meetings. The times of these meetings are posted in the SGA office and the meetings are open to all concerned students like yourself.

The next issue I would like to confront concerns the warning letter from the SGA which you have received. Rules are rules, and there are very good reasons for maintaining this one. We treat our Class One organizations with the utmost respect. Unfortunately, not even they can be waived from the rules.

Although I do not recall you attending any SGA meeting this year, I would like to inform you that, thus far, we have lived up to our “Students Serving Students” motto. From the bottom of my heart, I am terribly sorry that you have not heard about us helping such organizations as the Management Club or the International Students Organization, to name but a few.

As you can see, we have been “Students Serving Students”. We will remain to be a student government that does have its priorities straight. As for a response to your comment about whether or not we should have pizza during meetings, although I am bit unclear about this, you must be focusing on the meetings from the previous term. We have not had time to debate topics such as these. A large amount of our effort has been going towards the important needs of students, such as office space allocation, appropriations, and the 21 Fund Higher Education Appropriation.

In conclusion, I conceive that you have the fear that we are back to our old and familiar order of business. Fear not, as I have tried to explain in my above statements, we at the SGA are “Students Serving Students”, and this will remain our priority. Thank you greatly for your commentary as well as the time you spent writing that letter. However, I would like to suggest that next time you spend your time in the most productive manner. Either sit on one of our 15 committees or one of the 32 Campus-Wide committees that on which we have seats. Spend an hour or two a month actually having an impact on these issues and joining us in our fight to improve the quality of education offered at MSU.

Sincerely,
Ihor Andrukh
SGA Director of Public Relations

Common Ground

My response is by no means an attack on Mr. Gibbs’ response, but merely what can also be seen in this situation. In particular, both of our perceptions of the problems facing the African Diaspora can not be solely blamed on neither Africans, African-Americans, White Americans nor Europeans. More specifically, it was not my intention to place the blame only on Europeans when historically there has been internal warfare on the continent of Africa, illustrating that, as you state, “not all Ancient Africans got along.”

Second, the intellectual African-American discourse which has transpired is the sole purpose of my column, “The Afrocentric”. As you state in your article, “We, as young people, can no longer just sit idly by and complain about the wrongs and ruins of this nation.” By having a column such as this, more is being done than sitting and complaining. Problems are being stated, solutions are posed and criticisms are given and accepted. In this way everyone can come up with a universal solution to the problems which plague America and elsewhere if it applies.

The focus of your article is the backbone of my column because it is true, “African-Americans must help themselves if they wish to succeed.” As stated in my first response, “Education...is the key to dismantling the mind-set of ignorant people of all races, whether they be White or Black.” Hopefully, the Montclarion, but more specifically my column, can be the outlet in the beginning of this battle.

Montclair Mailbag Policy

- All letters must be typed, preferably on disk or via e-mail.
- Please keep letters to a single topic which is relevant to the issues at hand.
- Once received, letters are property of the Montclarion and may be edited for length, content and libel.
- Letters will not be printed unless they are signed, include the author’s name, major, phone number, and social security number. The last two items will be used for verification only.
- Only one letter by an author will be printed each month.
- Letters and e-mail must be submitted by Monday at 6:00 pm. Any correspondence received after this time will not be considered for publication in that week’s issue.
- Correspondence may be submitted through e-mail to Flannery@alphamontclair.edu or sent to the Montclarion - Attn: Editorial Editor, MSU, 115 Student Center Annex, Upper Montclair, NJ 07043.
Ellen DeGeneres is not a hero and homosexuality is a crime against God

D
isgusted? That is how I felt insidewhen I gazed at the cover of the New York Post on Friday, October 17. For those of you that did not see the front page headline, it read, "GORE COMES OUT FOR ELLENE". Bureau Chief Deborah Orin's story screamed of Vice President Al Gore's support for the ABC television show, "Ellen".

You may wonder why I am disgusted. My feelings of disgust come from Orin's article reinforcing my feelings that our country is in a downward spiral. The author stated that Gore "predicted a new "Golden Era: for Hollywood and urged executives...to avoid glamorizing violence, tobacco and drugs."

Since when did homosexuality fall into the same category as violence, tobacco, and drugs? Granted, homosexuality is a social problem like foreign substances and violence, but it could even be called worse.

You see, all of these problems are demeaning to the body that you were given by God. Violence can hurt or kill you, just like tobacco or drugs. But the only problem is that the abomination of homosexuality is accepted in this culture. So much in fact, that Ellen DeGeneres was nominated for an Emmy for her portrayal of her shows character. The episode where she revealed her dysfunction to her audience was also nominated. Why is it that we have built an entertainment industry that will nominate few "black" shows and actors who are straight; yet we have a white woman committing a crime against God and she is hailed a hero? What should one expect from a country where a pot-smoking, adulterer, Vietnam draft-dodger gets to sleep in the White House? How will while Vietnam veterans are forced to sleep on our city streets?

We say in our "Pledge of Allegiance" that we are "One nation under God". Adultery, drug use, disobeying the government, and homosexuality are all condemned by God. In other words, what I am trying to say is that HOMOSEXUALITY IS WRONG!!! Yet, instead of attacking the things that are wrong and truly bad examples to society like Miss DeGeneres, Mr. Gore (second in the idiot chain, third counting Hillary Rodham Clinton) chooses to attack "Mighty Morphin Power Rangers" on the grounds that it was "boosting violence". How can a show where five loudly dressed teenagers jumping around and visibly not hitting each other insight violence?

Violence is learned environmentally. This would mean in the home and in schools. If children come from abusive home environments or they see children fighting in school, they are going to do the same thing.

I believe the same thing about homosexuality. People have been pushing that bull about lesbians and gays being "born that way". They say that it is "scientifically proven". How do we know that these very scientists weren't themselves gay? Therefore, the study could be biased. Many homosexuals were sexually molested by other homosexuals as children. Could this not have a correlation to their "uniqueness"? I mean, curiosity can lead to experimentation. If the experiment produces pleasure (as sin can do) then this can become a life-style. Do not let your personal bias prohibit you from admitting that I make sense.

Some may say that it is wrong for me to "insult" the gays, but if Miss DeGeneres can have a television show because it is her First Amendment right, then my First Amendment right says that I can publicly disagree with her and her alternate life-style until I am blue in the face.

For Al Gore to address Ellen DeGeneres as an "Archie Bunker of the 90s" is WAY OFF. First of all, Bunker's problem was his intolerance to other races. Homosexuality is not a race. Bunker was also a Christian. This was proven in an episode where he argues with Gloria and Michael about the baptism of their infant Phillip. Finally, Archie baby takes Phillip to their Presbyterian Church and baptizes the infant himself.

Archie Bunker's only sin was ignorance. Ellen, on the other hand is a lot more than just ignorant.

Plus, to rate Ms. DeGeneres in the same category with Carroll O'Connor (Archie Bunker) is truly a poor comparision. DeGeneres will never be the actor that O'Connor is, no matter which female producer she chooses to sleep with.

It is said that a nation can be judged by the quality of its leaders. When we live in a country where the president and vice-president endorse abominations it is quite clear that we look pretty bad. Instead of calling the USA the United States of America, we should call it Unceasingly Spiting the Almighty!

More letters to the editor...

Campus cops add to the parking problem on campus

It was a typical evening after class and I was walking to my car parked in the "pit" adjacent to the new sports arena. A male colleague and myself had just assured ourselves that a fellow student had made her way safely to her vehicle when MSU's "finest" performed a very dangerous, close call. The "fly-by-boy" who was coming down the "fly-by boy" who had seen me entering my car a minute and a half earlier in the middle of the parking lot! Not only did the police officer conveniently forget where he saw us (we were the only people in the parking lot), but he also forgot his own name!

After spotting a parking ticket on my windshield for not parking between the lines, I flagged down the "fly-by boy" who after telling me I didn't need to know his name, mumbling and other ignorant comments, he reluctantly said, "Apple". Officer Apple, if you ever need to know your name you can surely ask me, I'll remember.

Officer Buscaugue, Secret Code #32, should look a little closer at the "white lines" or have the University repaint them so as to erroneously issue more parking summonses.

I find it very discouraging to pay $35.00 for parking that is not only 1/2 mile from the academic buildings (providing one can find a spot), but it is ridiculous to get a ticket for parking legally!

Wouldn't the fine, young officers' time be better spent curtailing the violent crimes, rapes, drugs, and robberies on campus than trying to draw another $15.00 from students.

I have shared my concern here not for me, as I'm finished with MSU in December, but to help prevent future injustices and identify real needs on campus.

Good luck for those of you who are left.

Frank Kelly MBA graduate student

Mr. Carroll, the American Dream is for everybody

Now, now, Mr. Karanja Carroll, do I sense a little bit of racism in your October 9th rebuttal letter to Mr. Lepre? Not you, Mr. Carroll!!! "Only" Whites are racist and prejudiced towards others. Prejudice and racism are wrong no matter when it happens. When you come out with a wise remark like, "My overall point is that Black Americans are trying to attain a "WHITE" American dream.", you sound like a jerk. Let me tell you how it is, "people" are trying to attain this "dream", which is more like a nightmare! "Everybody" is taught in this American culture that whoever has the biggest and best toys wins.

Blacks exploit and sell out each other, just like the Whites do, and the Asians, and the Indians, etc. Being like this to one another obviously doesn't make it the right way to act. It is a person's choice if they want to chase the American dream. Nobody busts into your house and says, "Okay freeze, now go out there and keep up with the Joneses." When Blacks buy outside the black community, they do hurt the black business man. Just like when we buy a Honda, Toyota, Sony, or any other import over our own American products, money goes out of our community and we suffer.

In short, I love everybody and hope you can see what I'm saying. It's okay to state history, but when you start sounding ignorant, it's sad. Just remember, if you go to an doctor and he or she messes you up, it does not mean all doctors are bad. The same holds true for race, color, creed, etc. Judge the person, not the people.

Anthony Coppola History

E-Mail your response: Flannerye@alpha.montclair.edu, and see it in print the next week!
Finishing School Graduate

An easy solution to the SGA troubles

This past week, I sat at my computer trying to figure out what topic I wanted to write about for this column. I began with another article about Residence Life, and how something should be done about the water being turned off every week. Then, after reading Kevin Hancock’s article, I was tempted to write a response and try to explain that there were a lot of reasons I wrote the posting policy violation warning Kevin Hancock’s article, I was tempted to write a response and try to explain that there were a lot of reasons I wrote the posting policy violation warning. But then the editorial editor said something, in his usual sarcastic way, that made me think. He said something along the lines of, “Wow, those two story ideas are just so controversial!” And you know, he is right. I could whine and complain all I want, but it won’t do any good. Residence Life knows about the water complaints, and defending the SGA will just be more of the boring, pointless, SGA-Montclarion drivel we see every week. Most importantly, no one else would care. So, I took Ed Flannery’s advice. If it is controversy he wants, then that’s what he’ll get. If this doesn’t get a response, I don’t know what will.

My proposal is to get rid of this whole situation. Let’s get rid of the Montclarion versus SGA bickering. We can do away with the student complaints that the SGA never does anything, the alleged wrongdoings of the SGA and even the apathy of the students who pay for it all.

So how do we get rid of this garbage? Let’s get rid of the SGA. Not dissolve the corporation. Not remove the executive board. But let’s dump the whole system. Abolish student fees. Have no more SGA. No more newspaper. No more Class One Concerts, or CLUB, or radio station, or cultural events from LASO or OSAU. No more yearbook, no more literary magazine. No more student government. Period.

If you listen to the student body, as I often try to do, you might notice that most students don’t care about the SGA. They don’t think it is effective, or they don’t know it exists. They think that the SGA is nothing but a bunch of insiders lining their own pockets or serving their own interests. They think the SGA has no real purpose except to waste time and money. No one would give a second thought to these complaints if there wasn’t some truth in it. There are some in the SGA who are there for their own interests. It is these same individuals who give the SGA its bad reputation. With that bad reputation comes the students’ apathy towards the SGA.

If you don’t believe me, take a look at what goes on this campus. In the past ten days, we’ve had two concerts and several plays productions. How many students went to any of them? How many students read the Montclarion? Numerous students looked at nothing except the personals page, and now that’s gone. A new copy of the Quarterly, the literary magazine, was recently published. How many students read it? In the last SGA election, a little over 900 students voted, when there were well over 9000 eligible students who could have voted. And the polls were open twelve hours a day for four days, plus a few more hours on the weekends, over the course of eight days. Not enough students voted to even correct typographical errors in the SGA constitution.

So, would students prefer to have the extra seventy dollars or so per year rather than the SGA and all that it does? If you look at the participation of students, you might think so. I wouldn’t seriously advocate abolishing the SGA, but I’m also an insider. I’m someone who has worked for the SGA for over two years, and have been a legislator, a vice presidential candidate, and I am currently the Attorney General. I get a lot more out of the SGA than I put in, at least as far as money is concerned. But I also realize that I am not in the majority. I am one of a relative few who can claim that I get more out than I put into it. Most students never get anything tangible out of it. It’s surprising how many students don’t even read the Montclarion.

I could think of thousands of reasons why the SGA should be kept, but most of them depend upon the students caring. Do you, John or Jane Doe Student, really care about the SGA? If not, do yourself a favor and start a petition. Try to get rid of the SGA and the student fees. Save yourself some money, and save the few of us who actually do care from wasting our time to help students who don’t care whether we exist or not.

If, on the other hand, you do care, show it. Show up to an event. Stop by the SGA office for something other than to use the photocopiers or buy Parkway tokens. Try to help us as we try to serve the students. Show support to the students who give up so many hours of their time to put on an event to make this campus a fun place to be, only to watch as most students couldn’t care less. Help us petition the administration to satisfy the concerns of students, especially regarding parking, food, fire alarms, tuition, whatever. Help the SGA be productive. Help solve these stupid problems plaguing the SGA internally. Help the SGA to be in the newspaper for something other than mishaps on their legislative conference or for a lack of attendance at their meetings. Help ensure that the SGA lives up to its motto, “Students Serving Students.”

If you don’t care who will? The same people who always have: those, like myself, who are there to do something to really improve the lives of students, and the individuals who want to serve their own needs. And it is this latter group that will dominate, causing the same useless things to happen next year that are happening this year, and that happened last year. In essence, no progress will ever be made, and those who do care will eventually give up and let the SGA die. I don’t want that to happen, but it will if you let it. Then again, maybe that’s what you, the students, really want.
Who? will make a statement next?

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Waiters make postal workers seem content with life

by Rupert Tuesday

College Press Service

A new study released today by the U.S. Department of Health states that restaurant servers have become more disgruntled and psychologically unbalanced than U.S. Postal Workers. The study, which took place in twenty of the country’s major chain restaurants, shows that cases of alcoholism, homicide, suicide, and food-contaminated food have risen in the past two years.

“What we see here is a strange blend of psychological disorders,” said Dr. Ivan Rosenblat, chief psychiatrist in the National Restaurant Stress Disorder Clinic. Rosenblat was crucial in discovering this unique psychological condition, which he named SPSSD (Server Post-Shift Stress Disorder). “The condition is a sort of pathological schizophrenic bipolar sociopathic delusional reaction to really annoying people.”

Preliminary symptoms are easy to recognize. A victim of SPSSD is usually added after work, to the point that they are shaking. An insatiable urge to talk about how terrible they thought their day was usually follows the shaking. They are usually irritable to the point of madness—any small remark or action can send the poor waiter into a state of rage. A SPSSD sufferer usually ends up spending money on alcohol at a local bar. “I don’t know how it all goes away—all I know is that I spend all of my money after work at Scotty’s Bar,” said Shawna Wetzel, a server at TGIFEAQHBSHEMB Monday’s.

The symptoms of SPSSD don’t only show up after a waiter’s shift, however (making the nomenclature of this disease rather poor). Many times, a server during or his or her shift will start to experience signs of extreme stress. Expletive-laced language and mental delusions of horror permeate every thought of the SPSSD victim. Sometimes, these thoughts of doom and morose hatred of the world come crashing near fatal when he stabbed one of the customers with a sword.

Eventually, O’Gallagher was restrained by four rather burly customers, and was calmed down after managers shoved a liter bottle of Absolut Vodka in his mouth. He was dragged into the Short Hairs Police Headquarters, where he slept in a cell by eight other drunk waiters. The stabbing victim, Mr. Ernie Zargarza, was brought to nearby Short Hairs Memorial Hospital, where it was discovered that the stabbing didn’t cause the guest’s critical state. Rather it was the nasty chicken quesadilla laced with rat droppings and cyanide he ate for lunch that did.

O’Gallagher was put into custody, awaiting a trial date. The restaurant, “International House of Grub,” has been temporarily closed by the New Jersey Department of Health, due to major health and safety violations. Mr. Zargarza is in stable condition, and plans to sue the restaurant for food poisoning and psychological trauma. “Why sue the kid? He probably doesn’t have a penny. I’m going after the ones with the money! If I don’t have a few mil after this, I’ve done something wrong. By the way, this is off the record, right?” Zargarza later said in the hospital.

Postal workers have been ecstatic about this recent news of restaurant violence. “Of course we’re happy about this—it takes all of the pressure off of us,” said Bob Swans, a representative from the U.S. Postal Worker’s Benevolent Association. “I can’t tell you how sick we all are about those ‘going postal’ jokes. It’s about time somebody else takes the flank. We don’t like that at all. We’re all rather calm people, who have pets of our own, and live in small houses. It’s just that we get annoyed every now and then—and then the voices in our heads that control what we do tell us that it’s time for vengeance. Then, and only then, do we spill blood for the gods of our wish they would stop screaming at me.” Swans said in his permanent room in the Greystone Psychological Facility in New Jersey.

Like postal workers, there is no cure for the victims of Server Post-Shift Stress Disorder. Dr. Rosenblat, when asked about new treatment options said, “These poor fools, they don’t have any hope at all. They’ll have that illness until they lose their minds, or lose their jobs at their restaurants. Only really large tips, and courtesy on the guests’ behalf can dull the pain of SPSSD.”

When asked about possible drugs to cure neurological symptoms, Rosenblat talked of the latest treatment. “Well, we found that a rather strong gin and tonic with two slices of lime, rather than one, can dissipate some of the pangs of SPSSD. Other than that, those waiters are in dire straits, unless they find high-paying, low stress jobs,” Rosenblat said.

Ways to avoid an SPSSD attack when you visit a restaurant:

✓ Get your own drinks.
✓ If you bring kids with you, and they start to throw food all over the place, chastise them, and give your server an even BIGGER tip to clean up the mess.
✓ Complement your server. (ex: “Gee, you’re a really great guy/gal! I’m going to name my kid after you!”)
✓ Pay the server’s bar tab.

Bizarre UFO cult predicts day that world ends: July 5th, 1998

by J.R. “B.” Dobbs

Staff Writer

A Dallas based group calling itself The Church of SubGenius claims that the end of the world will come sooner than you think. Founded in 1980 by billionaire businessman J.R. “Bob” Dobbs, the Church has attracted over 10,000 members across the world. The fanatic followers of this self-proclaimed anti-religion are busy preparing for the rapidly approaching apocalypse they call X day. “This is the day we have been preparing for all our lives,” explains cult leader Rev. Ivan Stang, “the glorious day when the X-ists shall rupture earth to save it from the desolation by being taken aboard pleasure spaceships where ev-
CATBERT: EVIL H.R. DIRECTOR

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NOBODY HAS TEN YEARS EXPERIENCE WITH NEW TECHNOLOGY! YOU'RE JUST BEING EVIL, ADMIT IT.

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WITH ALL DUE RESPECT, IS THAT YOUR FACE OR IS A MONKEY CLIMBING DOWN YOUR COLLAR HEADFIRST?

如有任何关于内容的问题，请随时告诉我。
the horo...the horo...

Written by the only non-human student at Montclair State, John J. O'Sullivan

Aries (March 21 to April 19) Beware the chickens. Beware the chickens. Baaack Baaacck!

Taurus (April 20 to May 20) You're in a party mood, so flow with it! Wait...you're ALWAYS in a party mood, and you're failing all of your classes. Maybe you should hide the bottle this week. BUT IT'S HOMECOMING! Aw, this is a HUGE problem. I think you should just drink and worry about the consequences later.

Gemini (May 21 to June 20) You don't have to try very hard to get ahead. When you sleep your way to the top, there's no problem with strife and crap.

Cancer (June 21 to July 22) Couples, enjoy a weekend at a favorite romantic spot—Burger King™

Leo (July 23 to Aug. 22) That project you've been working on can't afford to wait. Cloning human beings takes a long time, so snap to it!


Libra (Sept. 23 to Oct. 22) An apple a day keeps the doctor away. Nineteen cloves of garlic keep everyone away.

Scorpio (Oct. 23 to Nov. 21) Andy Huntoon, world famous talent scout, will come to your home to give you the theatrical job of a lifetime. Take it immediately—getting into Ice Capades™ is a huge career stepping stone!

Sagittarius (Nov. 22 to Dec. 21) (THIS SPACE LEFT BLANK FOR WORLD PEACE™)

Capricorn (Dec. 22 to Jan. 19) Love and happiness will flourish later this week. Untimely death and dismemberment will flourish later next week.

Aquarius (Jan. 20 to Feb. 18) The Bees Gees will invade your house on Friday, and refuse to leave until they've played "Staying Alive" 500 times.

Pisces (Feb. 19-March 20) Now that he's out of a job, Marv Albert will go around your neighborhood to rake lawns for money. He does a good job, even if he works in a dress. Just tell your neighbors he's from Pengo Pengo or something. Yes(h)!

answers

on second thought, please DON'T recycle your socks. thanks!
Guess which one can't
go on your MasterCard?

W: They can all go on your MasterCard. No card can be used in more places or ways.

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Classifieds

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After school Tues. 4:00 - 9:30 P.M., Thurs. 4:00 - 7:30 (sometimes 2:00 - 7:30) & some Monday nights for 9 year old boy in Upper Montclair near University. Call 718-488-1106, leave message.

Responsible person wanted to care for 1 1/2 year old girl in Little Falls. Flexible hours, 10 - 15 hours/wk, mornings preferred. 785-3658.

BABYSITTER WANTED One Weekend Eve. per week alternating Fri. & Sat., and occasional weekend afternoons, for 4-year old at our Montclair home. Please leave message. 783-9378.

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Roommate wanted to share a large 6 bedroom Victorian home w/ fireplace, screened in porch 2 bathrooms, washer/dryer. $388 a month & utilities on street or lot parking available. 744-9167.

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All Proceeds Go to Charity.
SORRY!
The
The
MONTCLARION
Will not be publishing next week.

New Jersey’s leading collegiate weekly will be away in Chicago.

But don’t worry, we will be back the week after with an issue on November 6.

See you then!
Students: Say farewell to President Irvin D. Reid at a special make your own sundae party.

Tuesday, Oct. 28
4 p.m.
Student Center Ballrooms
Men's Soccer crushes Old Westbury 8-1

By Jason Lampa

Fighting off frigid temperatures, the MSU Men's Soccer Team defeated Old Westbury College 8-1 yesterday in a game which featured two yellow cards, a 44 minute game delay, and a missing van.

The game was summarized by MSU Student Brian Na:

"Is that a high school team MSU is playing out there?"

An honest mistake after watching a Westbury team, who was missing half its team due to one of their vans getting lost, attempt only three shots on goal the entire game.

Three players for MSU which stood out in the game were junior forward Sebastian DiBello, senior forward Pedro Zapata, and senior midfielder Ian Myles. DiBello put MSU on the scoreboard early at 3:37 into the game on an assisted chip shot right in front of the goal.

DiBello also had a hand in the second goal at 20:27 by firing a pass into the bread basket of senior midfielder Joe Augiunello, who placed the ball onto his right foot, and shot a rocket into the upper left corner of the goal. Augiunello's goal wound up being the game winner. Miles also received an assist on this play on his pass to Augiunello from the right sideline.

"We trained well this week and it showed in our performance tonight," said Head Men's Coach Rob Chesney, a former All-American soccer player for MSU. "We are still in contention for an NCAA birth and pretty much control our own destiny."

The third goal of scored by MSU was tallied by senior fullback at 31:42 off his own rebound using his left foot.

29 seconds later at 37:11 MSU added their fourth goal of the game scored by DiBello coming on an assist from freshmen back Mike Cronin. Cronin lifted the ball to DiBello on the right sideline around the 40 yard line.

Racing toward the goal, DiBello beat the opposing defender, dribbled in five yards from the goal, and slid the ball past Westbury's freshmen goalie Juan Piedruhita.

MSU scored it's fifth goal at 39:27 on a pass from the veteran Zapata to a cutting Myles, who put the ball in the lower left corner of the net.

"Thank goodness there is only 2 minutes to go in this half so I can finally figure out who is who on this field," said an irritated announcer Bert Shoobs, the voice of the Red Hawks referring to the Old Westbury squad having 10 players whose number differed from their number in the program.

Old Westbury rebounded in the second half momentarily on a goal from junior midfielder Steven Mohan at 60:59. Mohan snuck through the MSU defense to score their only goal of the game.

At 62:34 Zapata connected with senior back Mario Lukin. Zapata, passing the ball into the center of the field on a corner kick from the right side hit a cutting Lukin in perfect stride, who headed the ball into the left corner of the goal.

MSU's seventh goal was scored by Myles on an assist from junior midfielder Harold Gaitan. Gaitan out maneuvered a defender on the sideline and hit Myles with a perfectly-timed pass in the middle of the field. Myles first shot was deflected, but he quickly recovered the ball and blasted the ball into the net.

MSU's final goal of the evening was scored on a penalty kick by sophomore midfielder Marcin Skypek at 85:28. The kick just slipped by the diving Piedruhita.

#86's Opinion

By Karl D. Benefield

In last night's match-up of MSU vs Richard Stockton College at Panzer Gymnasium, there was no words to describe the feelings other than pure undiluted excitement. When both teams came to night's contest having 6-0 records, everyone was anxious and eager to see who would prove to be the "best of the best." In the end, with a three to two victory, the Richard Stockton Ospreys came out on top...but not without some doing.

Even with the aid of the extremely animated and supportive football team, including a fan dressed as a chicken hawk, the Redhawk support still wasn't enough to change the inevitable. Montclair's head girls volleyball coach Sandy S. Lombeyda had only positive things to say about the game, it was obvious that a victory would have been the icing on the cake, but she seemed content with her girls' performances. After being asked whether one thing or another may have had a deciding factor on the game, coach Lombeyda said,"We won...we gave it all we had," plain and simple.

Then, after promptly being asked if any individuals stood out in her mind, the coach quickly responded by saying.

Staff Writer

Jason Lampa "Also known as Peerless" (2-2)

West Morris +1 1/2 over Wqttahic: "Kris Grafton is the difference." Rutgers + 1/2 over Pittsburgh: "Coach Sheu is starting at Running back." Giants +1 1/2 over Bengals: "The first place NY Giants!"

TIMOTHY CASEY/MONTCLARION

THE MONTCLARION FEARLESS FORECASTS

Timothy M. Casey "Editor-In-Chief" (3-2)

Bills +7 over Broncos: "Too Collins is coming on strong.

Patriots -1 1/2 over Packers: "Bledsoe will shld Packers secondary."

Nebraska -35 1/2 over Kansas: "BIG RED is #1."

Kevin P. Hancock "Chicago here I come" (3-1)

Giants -5 1/2 over Bengals: "Atoh the NFC, and going strong.

PACKERS +1 1/2 over Patriots: "Farve is the toughest player in the NFL.""Win it guys!!!"

Bucs -3 over Vikings: "Bucs get back on winning track."

Rutgers +6 1/2 over Pittsburg: "Antonella has a Stewart jersey."

Vittoria Tengelles "Queen of the Arts" (0-0)

Redskins -6 over Ravens: "They look great in those uniforms."

Dolphins -9 1/2 over Bears: "They look great in those uniforms."

Boston College +1 1/2 over JFK: "My friend says they're good."

Edward Flannery "Rob says I'm stupid." (0-0-0-0)

Giants -5 1/2 over Bengals: "The first place NY Giants!"

Lions -3 1/2 over Jets: "The game to watch."

Steelers -3 over Jaguars: "Antonella has a Stewart jersey."

Jason Lampa "Also known as Peerless" (2-2)

West Morris +1 1/2 over Weequahic: "Kris Grafton will be the difference." Rutgers +6 1/2 over Pittsburgh: "Coach Sheu is starting at Running back."
Owls down Hawks 5-1 in Men’s Soccer game

By Scott Kline

The Keene State University Owls (10-2) defeated the Montclair State University men’s soccer team in a 5-1 non-divisional game played Oct. 15 at Sprague Field, dropping their record to 6-6-1.

The Red Hawk’s only goal was scored by junior forward Sebastian DiBello, with a shot into the upper right hand corner of the goal with an assist from junior midfielder Jason Haw in the seventy-second minute of play.

The team started slowly and could sustain no offensive pressure on the Owls.

Keene’s junior forward Chris Ahearn scored the second goal of the game at 52:05 on a powerful shot by Phil DeRosa. Montclair tried to mount a comeback with 10 second half shots, but none could find their mark.

Rich Mejias had five saves for the defense lead by the Ed Grayer.

The defense lead by the Ed Grayer, Montclair widened their lead even more at 52:05 on a powerful shot by Berry from the left hash on a crisp pass from Gregoria.

The scoring was finished off by Berry on an assist from Badishian at 87:00. The goal came on a pass from the left wing to a open Berry who easily flipped the ball into the left corner.

Correction: The Rugby team is sanctioned by Campus Recreation, and they hold their practices every Thursday night at 5:15 at the Field House. For more info call 655-7443.

Name The Red Hawk Contest!

Submit your entry to The Montclarion via E-mail at: MONTCLARION@SATURN.MONTCLAIR.EDU, or to the Montclair State Cheerleaders during this Saturday’s Homecoming Game. Include name, phone, and your suggested name for the Red Hawk!!

The winner will be announced during the Pride Bowl on November 8, at 2:00, and in the Nov. 13 issue of The Montclarion. Good Luck!
Exercises to improve the chest

A strong muscular chest not only looks impressive but also decreases upper body injury in every sport. The chest is made up of two muscles: the pectoralis major and the pectoralis minor. The best way to stimulate these muscles is the basic bench press. However, far too many people perform this basic exercise incorrectly.

- Lie flat on the bench with your feet flat on the floor throughout the exercise.
- Your grip should be slightly wider than shoulder width.
- Slowly lower the bar until it touches your chest (negative). This part of the movement should take less than two seconds. While the negative should be done slowly, about four seconds.
- Don’t lock out your elbows and rest at the top position. Keep the bar moving with continuous tension on your chest muscles.

**Most common mistake:** People arch their back too far high off the bench or they roll their shoulders forward and do most of their pushing with front deltoid rather than their chest. This usually means there is too much weight on the bar. Remember this “quality not quantity.”

**Workout tips:** To ensure stimulation of the chest, push your sternum upward and keep your shoulders down throughout the entire exercise. Concentrate on pushing the bar with only your pecs as if it was the only muscle in your body.

There are no secrets to developing a well defined chest. The best advice is to master the basics and the bench press is the number one basic exercise there is.

If you want to add mass perform with heavier weights consisting of 4-5 sets with a range of 15-120. For toning stay lighter performing 3-4 sets with a rep range of 6-10, pyramiding your weight up each set.

Remember that your rep range is when your muscles fail from exhaustion. Therefore, always use a spotter. Your should work your chest about once per week with a workout time of no more than an hour. Which should be the same for all other muscle groups. Give 100% effort into your exercise and you will leave the gym fully satisfied even if you did bomb that chemistry exam.

**Supplements:** People want to know the best supplements for adding lean body mass. What works best for me is Creatine made by EAS or Muscle Tech. All the popular types of creatine are in the top 5-10% of all supplements.

The game to be at this weekend will be the football game against Wilkes University PA (3-3), where head coach Rich Giancola plans to achieve his 100th career win.

**Football**

at Montclair, Oct. 18
Montclair 28 7-7-14-0-28
William Patterson 7 7-0-0-0-7
MSU (4-2)
WPU (9-6)
Game stats: MSU-WPU
First downs: 15-12
Rushing: 174-119
Passing: 152-67
Penalty: 6-8
Return yards: 45-4
Punt returns: Number-Yards: 5-45; 2-4
Fumble returns: Number-Yards: 1-0-2-0
MSU Individual Statistics
Rushing: Lewis 19-102; Cinque 7-33
Passing: Cooney 6-14-2-152
Receiving: Allen 6-133; Urbanowycz 1-10
Punting: Schladitz: 4-160
Punt Returns: Lewis 2-22
Kick Return: Johnson 2-21
Tackles-Assists-Sacks: Grayer 7-7-2; Capers 6-5-2

**Men’s Soccer**

at Montclair, Oct. 14
Keene State, NH 5, Montclair 1
Keene State (10-2) 2-3-5
Montclair (6-6-1) 0-1-1
Goals (Assists): (K) Chris Abeam (Chris Brunette) 19:27; (K) Mike Norton 27:66;
(K) Norton (Derek Bell) 53:17; (M)
Sebastian DiBello (Jason Hawn) 72:24;
(K) Jesse Beer (Phil DeRosa) 75:31;
DeRosa (Tim Graham) 87:39
Saves: Montclair 3-1
Shots: Keene State 12-11
at Montclair, Oct. 18
Montclair 4, Rutgers-Camden 0
Montclair 7-6-2 4-0-4
Rutgers-Camden 0-0-0

**Women’s Soccer**

at Montclair, Oct. 15
Montclair 8, Ramapo 0
Montclair (7-7-1) 4-4-8
Ramapo 0-0-0
Goals: Maggie Findlay (Jenn Berry) 19:27; Pat Paulo 24:37; Findlay (Pam Barbot) 40:00; Findlay (Denise Badishian) 43:23; Dana Rumpehn (Cynthia Gregoria) 47:11; Berry (Gregoria) 51:00; Barbot 61:00; Berry (Badishian) 87:00
Saves: Ramapo 6-2
Shots: Montclair 21-3

**Field Hockey**

at Montclair, Oct. 14
Rowan 6, Montclair 0
Montclair 3-3-6
Goals (Assists): Dana Reynolds (Christina Jones) 1742; Reynolds (Ingram) 18:46; Reynolds 23:44;
Christina Mural 31:20; Reynolds 39:30; Mural 71:38
Saves: Montclair 6-1
Shots: Rowan 13-3
at Fairleigh Dickinson - Madison, Oct. 16
Fairleigh Dickinson - Madison 1, Montclair 0
Montclair 10-7-0-0-0
Fairleigh Dickinson - Madison (10-2) 1-0-1
Goals (Assists): Debbie Fordyce 6:32
Saves: FDU 3-2
Shots: Montclair 5-4
On a personal note, the bolstering cheers heard 'round the gym, and probably outside, should be more evident during other home sports events. Remember, Homecoming is this week... that is all.

Lambda Tau Omega Sorority, Inc.

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MONDAY OCTOBER 27, 1997
@ 2:00 P.M.
IN ROOM 416 SC

Either attend, follow or, let us do what we came here to do.

AIG is a class IV of the G.A.
Football defeats William Paterson 28-7

Red Hawks take fourth consecutive win; Giancola one away from 100

By Nicholas Clunn
Assistant Sports Editor

The Montclair State University football team stretched its winning streak to four games by defeating William Paterson University 28-7 Saturday night at Sprague field.

With the score knotted at 7-7 mid-way through the second quarter senior quarterback Brian Cooney threw a five-yard pass to senior wide receiver Ellis Allen along the left sideline. Allen turned the short completion into a 37 yard touchdown, after he broke several tackles along the side line and beat the WPU defensive secondary in a foot race to the end zone. Cooney, who passed for 152 yards made six of his eight completions to Allen who led the team in passing with six catches for 135 yards.

"They told me that I broke three tackles," said Allen. "But I had some key blocks that sprung me open also, and I just cut up the scene."

Compared to MSU's last two performances, the Red Hawks introduced a passing attack that has been absent from the play books in past weeks. Although sophomore running back Ron Lewis led the team in rushing with 19 carries for 99 yards, WPU shut down the running lanes to stop MSU's strongest attack. Coach Giancola seeing that WPU was packing the line of scrimmage, moved to a 

Women's Soccer dominates Ramapo in 8-0 victory

By Jason Lampa
Staff Writer

Two years ago MSU and Ramapo Women's soccer squads played 120 minutes only to tie 0-0. On Wednesday, the game was a whole different story.

MSU dominated Ramapo in a 8-0 victory, playing on a turf which was more conducive to ice hockey than soccer due to the afternoon rains.

Senior left wing Pam Barboto highlighted the game when the 5'2 senior took the ball from the left sideline 40 yards out. Pam Barboto maneuvered towards the goal, faking out half the Ramapo, and shooting the ball into the right corner from one of the toughest angles on the field with 61 minutes into the game.

Pam Barboto displayed her dribbling skills by keeping the ball away from an aggressive defense and good sportsmanship when she scored after being leg wiped by one of the defensive players who received a yellow card at 40.13 into the half.

With 15:03 into the first half MSU started its offensive onslaught with freshman midfielder Maggie Findley connecting on her first of three goals in the half on a 22 yard shot in the middle of the field, with the assist from senior forward Jennifer Berry.

Five minutes and fifteen seconds later, at 20:23, senior backfielder Patty Paulo on a high arching shot from the left side of the field gave MSU a 2-0 lead.

"We put them away early," said head women's soccer Coach Fernando Barboto. "We made sure that they would not have a chance to get back into the game."

MSU extended their lead with 43:54 into the half on a pass from freshman forward Denise Badishian's pass to the right pole, where a sliding Findley notched her third goal of the half making the score 4-0.

If you have any items to submit to the Red Hawk Report, please send to Rob Williams, Sports Editor - 113 Student Center Annex, Upper Montclair, 07043