New Vice-President for SDCL announced
Karen L. Pennington selected; takes over position in January

By Timothy M. Casey
Editor-In-Chief

Dr. Karen L. Pennington has been named Vice President for Student Development and Campus Life at Montclair State University, said interim President Dr. Gregory L. Waters in an announcement of the appointment.

"I was attracted to MSU because it is such a progressive institution that is really moving into the future," said Pennington. "All of the people I have spoken to were very positive about MSU!"

Dr. Pennington is currently serving as the Vice President for Student and Campus Life at the State University of New York at Geneseo and regional vice president of the National Association of Student Personnel Administrators. She is scheduled to begin at MSU on January 17, 1998.

Pennington interviewed for the position in October. "It was the most organized search process I have ever been involved in," said Pennington.

The Vice President for Student Development and Campus Life oversees the offices of Admissions, Campus Safety and Security, the Dean of Students, Financial Aid, the Academic Success Center, Residence Life, and the Student Center. These offices include the New Student Experience, Wellness Center, Child Care Center, student activities, intramural sports and recreation, and student support services.

"I am looking forward to this opportunity to work at an institution that is positioning itself to be a major comprehensive university," Dr. Pennington said.

Since 1994, Dr. Pennington has been vice president for student and campus life at SUNY Geneseo, where she led major initiatives toward a student learning/student centered focus and helped reshape her division's philosophy toward a developmental approach to student affairs.

Prior to that, Dr. Pennington was at SUNY New Paltz for nine years, as director of Student Experience, the Academic Learning Center, Student and Campus Life at SUNY New Paltz.

By Tom Boud

A fence will be erected around the perimeter of the Richardson Hall Annex construction site by mid-December, said Associate Director of Facilities Planning, David Yen, on November 18. Construction on the Richardson Hall Annex is scheduled to begin in March, 1998.

Yen said the fence will be installed early for the purposes of student awareness. "We want to give the students three months advance notice. We want to get it into their heads that the place is off-limits."

This is important, because starting next March, the road behind Richardson Hall will also be off-limits. Everyone will have to go around the concrete walk between Webster Hall and Blanton Hall to get to the dorms," Yen said. He estimated that the fence will be up for at least 14 months.

The dormitory access road closure is necessary for safety reasons.

"When construction begins in March, there will be a cement mixer that will be using the road. It's a really big truck, and there's the hazard that it might accidentally hit someone. Therefore, we have to close the road off for liability reasons," Yen said.

Yen said Department of Campus Safety and Security (DSS) officers, maintenance workers, and Residence Life personnel will still be able to use the dormitory access road via a gate which they will be able to unlock.

"At the end of the Spring Semester, we will temporarily reopen the road so that students will have an easier time moving out of their dorms. We will also reopen the road right before the Fall, 1998 semester to give the students a chance to move back in," Yen assured.

By Tom Boud

The Floyd Hall Ice Arena will be opening shortly after Thanksgiving, pending a final inspection, according to Associate Director of Facilities Planning, David Yen. on November 18.

The ice arena, which contains two skating rinks, is located in the quarry between lot 25 and the NJ Transit railroad tracks.

Yen said construction on rink number one has been completed, and will shortly undergo a final review.

"State inspectors will very soon be checking over the ice arena for compliance with electrical codes, fire safety laws, and handicap regulations. If all goes well as expected, we’ll be able to open rink number one to the MSU community not too long after Thanksgiving," Yen said.

Yen said construction on rink number two will not be opening until early 1998.

"Rink number two won’t be finished until maybe February. Right now, rink two is 50 percent completed. The contractor still has to put in the ice making machine, the lighting system, as well as the bleachers," Yen said.

Yen added that winter weather conditions could interfere with construction and push the rink two opening beyond February.

According to the Associate Director, the Floyd Hall Ice Arena, which was built from a multi-million dollar donation from K-Mart Chief Executive Floyd Hall, will eventually become MSU property.

"The arena will be finished next March. We’re going to conference with construction and push the rink two opening beyond February. Right now, rink two is 50 percent completed. The contractor still has to put in the ice making machine, the lighting system, as well as the bleachers," Yen said.

Yen added that winter weather conditions could interfere with construction and push the rink two opening beyond February.
Advertising Policy

DEADLINES
The deadline to submit advertisements to The Montclarion is the Monday of the week of publication.

BILLING
The Montclarion is distributed on Thursdays, and invoices and tear sheets are mailed following Monday (tear sheets for pre-paid ads must be requested). Thirty (30) days are given for payment after the insertion date, after which a 15% finance charge is levied, to sixty (60) days, when accounts are referred to an outside collection agency.

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Call the advertising office at 655-5237 for a complete listing of discount packages.
Reid honored in portrait hung in College Hall

By Nicholas P. Clunn

News Editor

Closing the final chapter in Dr. Irvin Reid’s career, an MSU alumni committee recently commissioned and hung a portrait of the former president on the second floor of College Hall near the Office of the President. Although Reid’s new picture, which appears next to other former president’s pictures, continues the tradition, the artwork’s actual size does not. Even though the picture’s largeness appears boastful, the portrait’s painter Wendy Schrijuer claims responsibility for its size.

“There’s no comparison,” said Schrijuer, who through her time spent painting Reid, felt that he deserved such magnitude.

Schrijuer, residing in Manhattan’s upper east side, also relayed that she enjoys working on a larger scale. She admitted that, for the most part, she pushed for the picture’s existing size. The effort put into such a painting was equally as large as it required nine, four hour sittings and careful preparation.

Dr. Jeff Newman Dean of the School of the Arts was in charge of assembling the candidates, and collaborated on the technical aspects of the piece. Lisa Green, executive assistant to the president also assisted in the process. The final decisions, however, according to Newman, were made by Reid himself.

“It had all the excitement of people working on creating a history, something customized,” stated Schrijuer.

The portrait’s every detail was dealt with and discussed by Schrijuer and Reid, ensuring an accurate and precise depiction. The artist used a combination of oils and pastels because it gives the painting a dignified look as opposed to the effect of a different medium. The objects in the background are equally as important as the subject is. The painting on the right side is Reid’s favorite, while the globe is positioned so Detroit is shown, emphasizing Reid’s future and his new home at Wayne State University. Reid’s demeanor was also carefully considered.

“I wanted to convey boyishness with a missionary look,” said Schrijuer.

Schrijuer who paints professionally and who specializes in portraits added that with out Reid’s cooperation and patience, the portrait would not have been as successful.

“You build up a rapport when you paint someone and I found him to be very open and a very enthusiastic pleasant, person,” said Schrijuer. “He is a phenomenal human being.”

The portrait of now former President Reid hangs alongside other past Montclair State University presidents in College Hall.

Colleges student eating disorders rampant nationwide

By Brandy Berry

College Press Service

The dreaded “freshman 15” is not a problem for some college students.

That’s because some students will never be found at the student union eating pizza.

They will be found on the treadmills. They will be found purging.

Each year 16 percent of collegiate women in America and 7 million women overall show some signs of having an eating disorder, said Dr. Laurie Humphries, University of Kentucky Medical Center psychiatrist specializing in eating disorders. Two-thirds will battle the disease for a lifetime, while one-third will be cured through treatment and counseling.

Anorexia nervosa and bulimia are complex, life-threatening, psychological eating disorders whose victims constantly fight a battle between their mind and body, continually restricting food intake to the point of obsession and sometimes death.

“Eating disorders are extremely common in collegiate women,” Humphries said. “There are many more who are afflicted in a college population than in a high school population.”

The causes of anorexia nervosa and bulimia are as different as the diseases themselves. Humphries attributes the college atmosphere to exacerbating the diseases in some cases.

“If there is a soreity house with one or two who have eating disorders, they may influence others,” Humphries said. “Pretty soon, you have a group phenomenon where everyone is severely restricting food intake.”

However, the cause of eating disorders is multifactoral.

“Those with low self-esteem and those under serious stress are susceptible,” Humphries said. Others may have personal problems such as with the family or a boyfriend, which can eventually progress into a disorder.

Anorexia victims typically compulsively exercise and restrict food intake to the point of fasting for days at a time in some cases.

“Bulimics practice ‘binging and purging,’ which involves eating excessive amounts of food in a very small amount of time and then making themselves throw up,” Humphries said.

The problems associated with the diseases are not minor.

“Anorexia has the highest death rate of any psychiatric illness,” Humphries said. “The actual percentage of deaths associated with bulimia is not known, but the number is thought to be quite high.”

One percent of anorexics will die in their initial battle with the disease, but 18 to 30 percent of the victims who beat the first onset will die from recurring bouts by the age of 45.

Anorexics suffer from loss of hair, osteoporosis (decrease in bone density), problems with poor nutrition, and loss of a menstruation cycle for as long as they are restricting food intake.

Bulimics often suffer from electrolyte problems attributed to excessive purging, intestinal and throat tissue damage, and dental erosion.

“Of all the fads which have affected mankind, none seems more difficult to explain than the desire of American women for the barberpole figure,” Dr. Morris Fishbein, longtime editor of the Journal of the American Medical Association, once wrote.

“In many ways we have become a celebrity culture where the emphasis is placed on thinness,” Humphries said. “Many of the models maintain an unhealthy body weight and image.”

When treating eating disorder victims, the medical problems, rather than the psychological ones are treated first. The first step is to ensure that the patient is not suicidal and then if the victim is depressed, anti-depressant medication and nutritional counseling are implemented.
11/12/97
FALSE DRIVER’S LICENSE
Found wallet is turned in at police headquarters. Inventory reveals false driver’s license. Criminal charges pending.

11/13/97
FIRE ALARM
Officers respond to a fire alarm at the Library. Upon arrival discover a system malfunction caused the alarm. Montclair Fire Dept. responded.

11/14/97
HARASSMENT
Female Freeman Hall resident reports receiving 3-4 harassing phone calls in a two week period. Investigation continues.

11/15/97
CRIMINAL MISCHIEF
Female Clove Road resident reports she turned to her parked Jeep in lot 28 and discovered the canvas doors slashed.

11/16/97
CRIMINAL MISCHIEF
Female Webster Hall resident reports suffering from a severe headache. Victim had fallen striking her head the day before. The victim was transported by ambulance to Mountainside Hospital.

11/17/97
HARASSMENT
Female Blanton Hall resident reports receiving a threatening phone message. Suspect identified. Investigation continues.

11/18/97
HARASSMENT
Female Blanton Hall resident receives a threatening phone message. Suspect identified. Investigation continues.

11/19/97
CRIMINAL MISCHIEF
Person(s) unknown threw a garbage can from the third floor balcony to the lobby floor in Blanton Hall.

NORTH JERSEY FEDERAL’S CREDIT UNION CORNER

BUDGETING TIPS FOR THE 90’S

Living on a budget doesn’t necessarily mean having less - it can mean doing more with what you have. Here are some suggestions to help you design your own budget and avoid financial pitfalls.

• Use your Share Drafts (Checking) Account register or carbon copies to determine your expenses. Once you have this information, you’ll be able to zero in on trouble spots and adjust your spending habits.

• Set a savings goal. The cost of a vacation, new car or other major purchases will help you determine your goal. Put enough money aside each pay period to meet your goal in a reasonable time period. If you’ve just paid off a loan, let your loan payment amount accumulate in your shares. Chances are, you won’t miss the money, but it will add up fast.

• Budget for entertainment. If your plan doesn’t make room for some fun, you may have trouble sticking with it.

• Keep your personal debt-to-income ratio under 20% of take-home pay for installment credit. When you include rent or mortgage payments, the ratio should be no more than 40% of your net pay.

• If you have trouble making monthly rent or mortgage payments, try putting aside half of your payment amount each payday if you are paid bi-weekly, or one-quarter if you are paid weekly.

• Save money by spending it. The funds you invest in continuing education can lead to a higher paying job. Money spent on home improvements can increase the value of your home. Buying a new, fuel-efficient car can help you save on gas and major repairs.

Remember, the first step in planning for your future is to budget now. Once you determine your expenses, you can make decisions that will help you save, invest or keep up to date on your current payments.
OPENING cont. from p. 1

owned by Floyd Hall Enterprises until
the university takes over ownership in
the year 2037. In the meanwhile, it's
going to attract a lot of high school
hockey teams. I think the ice arena is a
good way to attract students to MSU,”
Yen said.

“There will be 750 hours per year
set aside for the benefit of the students.
We don’t know yet what hours the stu­
dents can use the arena because the
schedule still has yet to be worked out,”
Yen stated.

Lastly, a spokesperson from the
MSU Department of Safety and Secu­
rity (DSS), who insisted on anonymity,
said the Floyd Hall Ice Arena will place
additional strain on an already under­
staffed campus police force.

DISORDERS cont. from p. 3

Bulimia often abuse alcohol and drugs,
so those problems will usually be treated
before the actual eating disorder.

Humphries said studies are being
done to prove that genetics plays a role
in eating disorders.

“It is interesting because just as
there are different types of cancers which
can be passed down from generation to
generation, there are different ideologies
regarding eating disorders as well,”
Humphries said.

“The studies are showing that the
genetic link to anorexia has something
to do with energy metabolism in vic­
tims.”

NEW VP cont. from p. 3

A graduate of the University of
Scranton with a bachelor’s degree in his­
tory, Dr. Pennington holds a master’s de­
gree in history from the University of
Scranton, and an Ed.D in educational ad­
ministration from SUNY Albany.

Dr. Pennington will be on campus
on December 11 to meet with various de­
partments in order to smooth the transi­
tion into her new position. Pennington will
eventually move to New Jersey, but will
be temporarily living on campus in Bohn
Hall while she gets situated in a new
home.”

Dr. Pennington is replacing Dr. Lee
Wilcox, who left MSU last spring for a
position at Georgia Tech. Dr. Helen
Matusow-Ayres has been serving as the
interim Vice President in his place.

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*Based on a survey conducted in 1995 by an independent organization in which 96% of respondents expressed overall satisfaction with TIAA-CREF
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charges and expenses, call 1 800 842-2733, extension 6509, for a prospectus. Read the prospectus carefully before you invest or send money.
AFT Local 1904 Wishes to Advise the MSU Campus Community Of The Following Resolution

WHEREAS the MSU Board of Trustees, in Murray Cole’s memo of October 6, 1997, has rejected the idea of Local 1904 representation on the Presidential search committee, and

WHEREAS consultation between the Union and the Senate, as proposed in that memo, does NOT constitute an offer of union representation, and

WHEREAS the absence of such representation undermines the ability of the search committee to properly conduct its activities, and

WHEREAS the absence of such representation deprives faculty, professional staff, and librarians of proper representation in matters of terms and conditions of work, and

WHEREAS the absence of such representation creates an atmosphere of unnecessary and counter-productive tensions and bad feelings on our campus,

WE THEREFORE

1. Strongly protest the failure of the MSU Board of Trustees to include union representation and urge an immediate rectification of this unwise policy.

2. Urge faculty, professional staff and librarians in the bargaining unit to boycott any elections or other search committee selection process until a proper search is set up.

3. Fully support reasonable processes to insure diversity among search committee members, including the appointment of additional committee members following any elections.
OSAU celebrates 30th annual Harvest Ball

By Rhoda Donat
Staff Writer

On November 16, 1997, the Organization for Students of African Unity (OSAU) held its 30th Annual Harvest Ball. The evening was filled with excitement, begun Libations, which were poured by Karanja Carroll.

Libations are a way of paying homage to individuals who lived in the past and made a positive impact on our lives. After the name of an individual was stated, water was poured from a cup onto elements of the earth, leaves, grass, etc., which symbolized giving back. Ash was pronounced after the pouring of the water, which means we are in agreement. Among the numerous achievers cited were Askia Muhammad, the great King of Songhay who implemented a dynasty of professionals, judges and tradesmen; Carter G. Woodson, an African-American philosopher, engineer, teacher and astronomer who built the first pyramid.

Following the Libations was a vivacious dance, called "Funga," which was performed by the OSAU Ayoluwa Dancers. This group was composed of ten female dancers dressed in an assortment of African outfits. They danced barefoot to the beat of a three-man drum ensemble. The drums that they used were native to Guinea, Liberia, Mali, Senegal and the Ivory Coast. In addition to "Funga," they performed other lovely, soul-stirring dances: "YanValu" and "La Ban." During their third dance they invited the audience to join in the fun. Many individuals responded to the call.

Next was the presentation of the purpose, which was "To honor our ancestors."

Health and Wellness Center holds Health Fair

By Kara Richardson
Feature Editor

As usual, the staff of the MSU Health and Wellness Center are providing the campus with a wealth of resources and information. The annual MSU Health Fair invited many on and off campus organizations and businesses for a one day expo on Wednesday, November 12. The well-attended event was chocked full of curious students, faculty and staff who collected pamphlets, samples and goodies from the participating exhibitors.

The Health Fair was not without opportunities to be asked and prodded a little. Among the many services on location, there were cholesterol, blood sugar and chem profile tests available to the attendees for reasonable costs.

The MSU Adult Fitness major also provided a little workout and examination of their own. A series of tests including flexibility, body fat percentage, blood pressure, weight, and a cardiovascular test were given to willing students, faculty and staff. After the serious of tests there was a station to give out "exercise prescriptions." Ernest Johnson, an Adult Fitness major commented, "It is important to go through these series of test so that you have a starting point. Many people don’t know where to begin an exercise routine."

A - though the exhibition only lasted for the day, the majority of the services, from Gamblers Anonymous to Spa Lady will be available to students year round.

D id you know that November 20 is the day of the Great American Smokeout? Sponsored by the American Cancer Society, the Smokeout is an effort to get people who are addicted to cigarettes to give up their habit for twenty-four hours each year, exactly one week before Thanksgiving.

Each year, over one million kids begin smoking, adding to the rough estimate of forty-six million Americans who already smoke. In an attempt to help these people “kick the habit” the American Cancer Society has sponsored the Smokeout since 1977. The event has had a very good success rate, with over 2.4 million smokers quitting in 1993. Spokesmen for the event have included all sorts of celebrities, from talk show host Leeza Gibbons to the late Larry Hagman to Mr. Potatohead.

Seen as one of the ACS’s more light-hearted efforts, the Smokeout has included special “smoke-free” events at worksites, hospitals, malls, military installations, community organizations and schools. Presentations are held, along with media events and "survival stations" for those who don’t smoke or are planning to quit.

One of the larger components is the Great American SmokeScream, which allows students between the ages of eleven and fifteen to compete by screaming against smoking after a week of anti-smoking education. Held at malls all over the country, the SmokeScream was started for last year’s Smokeout. The winner for that year won a seven hundred dollar shopping spree at the mall sponsoring the event. Similar prizes are offered this year to whichever child can scream the loudest against smoking.

Because smoking and smoke-related diseases have been responsible for more deaths than AIDS, alcohol, car accidents, murders, suicides, drugs, and fires combined, the American Cancer Society began its campaign against tobacco, which includes many other events besides the Smokeout, including “I QUIT” and Fresh Start Plus. Unfortunately, not everyone agrees with the means by which the ACS wish to eliminate smoking.

The organization known as FORCES (Fight Ordinances & Restrictions to Control & Eliminate Smoking) has attempted to negate the efforts of the Smokeout by urging all smokers to completely boycott all industries. Because smokers tend to use more sick days than non-smokers, FORCES also wants all smokers to call in sick for work on November 20, to show the American Cancer Society that "smokers mean business!"

If you are a smoker and wish to quit, today would be a good day to start. For more information on the American Cancer Society and the Great American Smokeout, contact their website at http://www.cancer.org or call 1-800-ACS-2345.
Where do I begin? Lab Assistants are probably the most useful, yet maligned workers on this campus. Students always need their help, yet they hate them. In last week’s Editorial section, Aldo Castanon said that MSU has, “many overcrowded labs which contain numerous malfunctioning computers and which are run by incompetent, overpaid assistants.” Now, why would someone say such a thing? He obviously doesn’t know what lab assistants are or aren’t there for.

What should a lab assistant know? There is no definite answer to this question because there is no real criteria for the job. So, even if you know nothing about computers, you are eligible for the job (Don’t blame me. I don’t make the rules!). Most of the people they hire at least know something about the programs used the most in the labs. The lab assistants cannot be “incompetent” because they aren’t required to know anything. There are a lot of lab assistants working here who are very knowledgeable, but please remember that THEY DON’T KNOW EVERYTHING! Nothing angers me more than to see a knowledgeable lab assistant chewed out by some student because they are using SPSS or some other program and the lab assistant can’t help them. Lab assistants are not trained to use this stuff. They learn about programs by using them and asking other lab assistants about them. When I got hired, I knew very little. Sure, I knew a lot about alpha and Microsoft Word, but that was about it. I learned everything else on the job.

If you want to make the argument that the lab assistants are coming in knowing less, go right ahead. The recent influx of new computer labs put a strain on the supervisors to hire new people in a hurry. Some of the new people were very knowledgeable, some weren’t. Because they needed so many new people, of course the standards were dropped a bit to fulfill the need. They had no choice. That’s business, folks. You wanted more labs, you got them. This is one of the many side effects of opening more labs.

If a lab assistant can’t answer your question, you can always call the helpline at x7971. They should be able to answer most questions. Regardless, don’t get mad at the lab assistant! What is a lab assistant responsible for?

Lab assistants are responsible for answering your questions to the best of their ability. They are NOT supposed to help you with homework. For instance, if you get an assignment which says, “Look up three sources on the net,” they won’t help you. Your teacher should have shown you how to do that. That is what teachers are there for.

Lab assistants are also not responsible for the condition of the computers. They don’t own, or fix them. They really have nothing to do with it. Don’t go off on a lab assistant because 10 machines are broken in a room.

They can’t do anything about it. It is also not their fault if the labs are not cleaned up, supply toner, etc. All of these things are handled by people over their heads. They have nothing to do with it.

Are lab assistants overpaid? Absolutely not. When I got hired, I was paid $5.50 an hour, just a quarter over the minimum wage difference between men and women in the work force. Women earn only 75 cents to every dollar that a man earns. We were informed that iron intake by males, especially African-American males, contributes to alarming rates of prostate cancer. We brought to our attention The School of the Americas, which has been dubbed “The School of the Assassins.” The students of this institution are trained to kill innocent people mainly in the Latin American countries. Dr. Howard also informed us that there are 31 man-made chemicals that contribute to the depletion of the ozone layer as it increases the risk of developing cancer cells. These are just a few of the facts that she shared with us.

After her presentation, Montgomery blessed the food and we were invited to dine. There were many tasty variations in this potluck style dinner. Some of the dishes on the menu included yellow rice, Haitian beans and rice, macaroni and cheese, turkey, curried meat, corn, salads, cabbages and desserts. It was like a Thanksgiving meal.

As the guests ate, the choir performed “Joy,” “Melodies from Heaven,” “The name of Jesus,” “Thank You” and “Let Every that has the Nike Industry charges consumers over the lab (to make sure you don’t steal a mouse or something). They won’t help you do your homework, they are not responsible for computer maintenance, they are not incompetent and they are not overpaid. Got it? Good.

Cool Site Of The Week: http://members.tripod.com/~labasses/

Lambda Alpha Beta - this page is devoted to the lab assistant club, L.A.B. There are links to a lot of other lab assistants pages there. Check it out if you want to see just how nuts we really are.

Lame Site Of The Week: http://www.csam.montclair.edu/~ahadi/

Elias’ Homepage - this is the page of a really good friend of mine who is a former lab assistant, Elias Ahadi. Unfortunately, his page really sucks. Sorry, Elias.

Next Issue: Part I of the “Day in the life of a lab assistant” two-parter. It’s pretty funny. Seriously!

Hey, lab assistants are people too!

By Louis Colli

Log On @ MSU

ECO-TIPS: Don’t Bag it!

By Elisabeth Carrozza

Did you ever stop to think how weird it is that everything we buy gets put in bags? Even when it’s only one item, like a soda or a bag of chips...bag in a bag...that’s crazy! But it happens all the time. And then the bag just gets thrown away. Watch people leaving a store, and try to count all the bags they’ve got. Then imagine people all over the United States leaving supermarkets every day with all those bags. It’s difficult to imagine just how many trees are being cut down and how much plastic is used in a single day just for carrying groceries.

What a waste! Paper bags are made of trees; plastic bags are made from oil. Manufacturing either of them creates a lot of pollutants and adds toxins to our atmosphere. Disposing of them takes up lots of space in our landfills. You can help:

Next time you buy something small, or just a few things, tell the clerk, “No, thanks, I don’t need a bag.”

If you don’t notice the clerk putting your things in a bag, don’t feel stupid about giving the bag back: “Sorry, I don’t really need this.” Even if the clerk gives you a weird look, you’ll feel better knowing you did the right thing.

Bring your own bag to the store when you go shopping. It’s easy to keep three or four paper bags folded up in the trunk of your car. Cloth bags are the best, however, since they last a long time. Just use your knapsack to stash purchases.

Harvest Ball cont. from p. 7

Statue of Liberty,” by Jessica Karen Moore. Farah Snipes interpreted, “Ego Tripping,” by Nikki Giovanni, Evangeline Moore, like a soda or a bag of chips...bag in a bag...that’s crazy! But it happens all the time. And then the bag just gets thrown away. Watch people leaving a store, and try to count all the bags they’ve got. Then imagine people all over the United States leaving supermarkets every day with all those bags. It’s difficult to imagine just how many trees are being cut down and how much plastic is used in a single day just for carrying groceries.

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Harvest Ball cont. from p. 7

HARVEST BALL cont. from p. 7

As the guests ate, the choir performed “Joy,” “Melodies from Heaven,” “The name of Jesus,” “Thank You” and “Let Every that
Women in Islam lecture brings
Islamic Awareness week to a close

By Dina Aboulmagd
and Sarah Mostafa

The final (and most successful event) of Islamic Awareness Week, a lecture sponsored by the Muslim Students Association took place last Thursday. This event discussed the role of Women in Islam. This topic of the lecture was one that possesses a great deal of misconception. The speaker was Abdullah Adhami from Al-Ghazali High School in Teaneck.

Adhami started the lecture by explaining that the role of women comes from the role of mankind. Adhami divided his speech into four different facets that women embody: mother, daughter, wife, and a follower of Islam. He went on to explain that in Islam this role is the submission to one God. Through that submission one receives liberation, and one achieves this liberation through righteous deeds. He illustrated that the Koran requires all Muslims to acquire knowledge, and thus intellect. The highest form of intellect and piety is to be of service to God's creations. The lowest level of piety is the most basic act being modest and humble. Thus, these rules apply to both men as well as women. Therefore, education is not only for men, nor is modesty solely for women.

Adhami first addressed the role of the daughter. In pre-Islamic era, infant girls were being buried alive. The Koran condones this, and Adhami points out that Islam views daughters as being a blessing. He narrated a saying of the Prophet, which said that an indication of the goodness of women is that she bears a female child first.

He further demonstrated that Islam views the roles of wives and mothers as unparalleled to any other civilization. The word for spouse in Arabic is zouj; it is a neutral word that means part of a pair. The word for bride is arous which means something that produces joy. The word for bride is arous which means the highest quality of being a person. He explained that this word has no relation to man, and that it simply means “female person.”

Adhami then went on to show that women have held leading and distinguished roles throughout Islamic history, and that Islam only requires knowledge in becoming an Islamic scholar. Gender is not an issue. He further explained that women were intrusted with documents such as the Koran, and that this is something that woman of the Judeo-Christian tradition could never claim to have today. He illustrated that western history has done a great injustice to women and this is why they are angry. He supported his statement by explaining that the Renaissance focussed on the man being everything in society, and woman were excluded from everything in society. Thus, the anger Western women embody is real. If a Muslim woman knows her rights she has no reason to feel this anger. "Islam is a protective religion and frames everything in a paradigm of dignity," Adhami said.

Islam is usually seen as a religion that requires its women to be submissive and to comply with a man's every whim. If we look at language it is the West that refers to woman in a subordinate manner. Adhami told us that the word woman comes from the old-English root “wif-man” meaning “wife-of-man,” and the Arabic word for woman is mara which means the highest quality of being a person. He explained that this word has no relation to man, and that it simply means “female person.”

Adhami's lecture was so successful that the discussion did not subside until 11:30. Controversial questions were answered, and the inquirers were satisfied.

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A closer look at the U.S. - Iraq conflict

By Inna Gutman
Staff Writer

N
o, it hasn't happened... yet. The current problem is that Saddam Hussein has the biological, chemical, and nuclear resources to start World War III. President Clinton is trying to solve the problem using diplomacy supported by increased military presence in the Persian Gulf.

At the end of the Gulf War, in 1991, Iraq signed a truce agreement that is supposed to allow United Nations inspectors to run unannounced checks on possible weapons arsenals. Last month, the United Nations inspections chief, Richard Butler, reported that Iraq was withholding information, again, on its chemical weapons and missile programs. As a precaution, United States asked the UN security council to ban international travel by Iraqi military and intelligence officials. This proposal was not supported by other influential members of the council, who preferred to issue a threat to possibly block future travel, thus causing a minor split among the council members.

When Saddam banned the United States inspectors from participating in the searches, he hoped to deepen this split. However, this time the UN security council stood by the US and ordered all inspectors to leave the country last Friday, thus unifying the UN council. The council debated for some time whether it was wise to withdraw the inspection team and finally issued a statement condemning the action of Saddam and warning that it would not accept “segregation” of the American inspectors from others.

President Clinton, is likewise upset and considering his options. He issued a statement in which he explained that he is in favor of diplomacy. In fact, he sent Secretary of State Madeleine Albright to the Middle East to persuade Iraq to allow the US inspectors come back. Nevertheless, he sent a second aircraft carrier to the Persian Gulf which should be there by Monday, in preparation of possible military action in case diplomacy fails. Even with as little support as the President has at the present, from Britain, Kuwait, Saudi Arabia, and Turkey, his aides say that Clinton is comfortable with the idea of strong-arming Saddam back into the corner where he belongs. However, it would look much better for the US and help attract more allies, specifically: France, Russia, and Egypt, who now oppose military attack, if Saddam did something rash first.

In the meantime, while the inspectors are not in Iraq, Saddam has been trying to move some weapons around. That is why it is absolutely necessary for the United States to keep sending its satellites and U-2 spy planes to monitor critical military movements. Saddam has threatened to shoot these planes down, but hasn't yet.

Among the weapons of mass destruction that the UN security council is trying to keep its eye on are biological, chemical and nuclear weapons. But also as significant, is the fact that Iraq is trying to rebuild its missile system that was supposedly destroyed by the Iraqis as part of the agreement after the Gulf War.

The terrifying part of this situation is that nobody really knows what kind of resources Saddam has and what he is willing to do to stop other from finding out. Experts think that the ban of US investigators was due to the fact that they were getting too close to actually discovering some of the biological weapons, and this scared Saddam. Right now, President Clinton claims the US will maintain a strong military presence in the Persian Gulf and try to convince Iraq to allow the inspectors to continue their work.

Weapons that may be available to Saddam Hussein:

**Biological:**
- Ricin - causes blood poisoning, collapse of circulatory system, slow death
- Botulinum - paralyzes respiratory muscles, slowly suffocates victim
- Anthrax spores - causes pneumonia and suffocation

**Chemical:**
- mustard gas - eye and lung damage, severe skin blistering, lethal in large dose
- sarin - paralyzes chest muscles, mass killing within 15 minutes (used in the Tokyo subway terrorist attack - 1995)
- VX - in liquid form causes nausea, convulsions, seizures, death

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Health Care. Those two words have been the source of much discussion recently. Probably because we as a nation know the importance of investing in a healthy future.

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Nutrition News

Antioxidants: A Natural Defense System

By Chrissian McCarthy
Staff Writer

Humans have a very unique relationship with oxygen. Although it is essential for life, it paradoxically plays a role in potentially harmful chemical reactions which occur in our bodies during the normal course of metabolism.

Oxygen may react with body compounds to produce highly unstable molecules known as free radicals. Free radicals are not generated by metabolic reactions alone, but are intentionally produced by cells of the immune system to fight viruses and bacteria. In addition, environmental factors such as radiation, pollution, herbicides and cigarette smoking can also result in the production of free radicals.

So, what's a human to do? Fortunately, nature has provides a solution to deal with the harmful nature of free radicals. The nutrients vitamin A, vitamin E and beta-carotene, otherwise known as antioxidants, presumably protect us by neutralizing free radicals and promoting stability.

Scientists have implicated excess free radical formation in the development of diseases such as cancer, arthritis, cardiovascular disease and heart disease. While it is clear that a deficiency in any of the antioxidant chemicals is essential to good health, the theory that excessive amounts of certain antioxidants may be used to prevent or fight disease has not been proven at this time. A responsible health care practitioner is presently not in the position to advocate the use of vitamin supplements in excess of the present recommended daily allowances. It is not entirely clear that antioxidant nutrients are solely responsible for their protective effects. It is quite possible that in conjunction with other chemicals in foods, may of which have not been identified, antioxidants are able to stunt their stuff. The right balance of chemicals is essential to good health. Supplements are not biochemically balanced, but concentrated sources of specific chemicals. According to Victor Herbert of the Mount Sinai School of Medicine, supplements lack over 150 phytochemicals present in fruits and vegetables. This imbalance actually has the potential to promote free radical generation. Therefore, with respect to vitamins, too much of a good thing, is simply not good! The best advice is to strive to achieve adequate nutrient intake from foods rather than relying on vitamin supplements.

Although the time may eventually come when physicians prescribe large doses of certain vitamins as part of the course of treatment for many diseases, in the mean time by eating a variety of foods, exercising, and especially by not smoking, you can breathe easy knowing you are doing your best to protect your most valuable asset - your health!
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The 1997 Homecoming Parade Winners:

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Best Performance: Alpha Iota Chi
Most Enthusiastic: Theta XI and Phi Sigma Sigma
Most Original: Alpha Iota Chi
Best Overall: Theta XI and Phi Sigma Sigma
Delta Chi and Delta Phi Epsilon
Alpha Iota Chi

KEVIN SPACEY JOHN CUSACK

Midnight in the Garden of Good and Evil

Starting Friday November 21st

WARNER BROS. PICTURES in association with SILVER PICTURES KEVIN SPACEY JOHN CUSACK

Starts Friday November 21st
You should be able to major in football

Last week, the play “Inherit The Wind” opened at Memorial Auditorium. The show is produced by students who are theater majors here at Montclair State University. For their services, either on stage or behind the scenes, these students receive college credits and, if all goes well, they will eventually graduate with degrees in theater.

If students are allowed to act and make plays as part of their curriculum, why don’t athletes get college credits for serving MSU and representing our school? If people can major in acting, I think that students should also be allowed to major, or at least minor, in athletics.

To make things clear, let’s take one scenario. Joe Jock is a stand out athlete in High School. He has the possibility to go pro after a few more years of seasoning at the collegiate level. As he looks at his choices for schools, he sees that MSU offers a degree in Football Science. In return for playing each year, Joe is excused from mentally taxing courses that would interfere with his practice schedule. The result would be a better, more focused football team. A championship caliber team. A championship caliber team.

Homecoming coverage could be better

Dear Editor,

In addition to the articles and photospreads that were published for Homecoming, I would like to comment on the outstanding participation by everyone during Homecoming Week. There are negatives that we can point out, but I prefer to compliment the good things. Good job to everyone who participated in the Dance/Skit and Float categories. Congratulations on an excellent performance to the winners of each category. We all know the time and dedication that went into your production and we appreciate your efforts.

MSU has high hopes for the new VP

Dr. Karen L. Pennington was named as the new Vice President of Student Development and Campus Life for Montclair State University by Interim President Dr. Gregory Waters this week. Dr. Pennington will fill this position vacated by Dr. Lee Wilcox, who left for a position at Georgia Tech last spring.

Dr. Pennington is very qualified for this position. Some of her previous positions include Director of College Activities, Director of Residence Life and Dean for Student Life at SUNY, New Paltz. While she was Vice President for Student and Campus Life at SUNY Geneseo she committed herself to the development of student learning and shaped up the campus’ approach concerning student affairs.

It is quite obvious from her background that she is incredibly sincere when it comes to students and developing a rapport with them. For years she has been active in the National Association for Student Personnel Administrators and was coordinator of the NASPA’s Minority Undergraduate Fellows Program.

When Dr. Pennington was asked why she thought her new role as Vice President would be beneficial to the lives of the students here at Montclair State University she stated, “We need to meet the needs of students today. I want to take a look at what is happening and tap into what the student’s want.”

Interim Vice President Dr. Helen Matsush-Ayres says, “Dr. Pennington has a tremendous commitment to students. She will definitely make a contribution to campus life and I am really looking forward to working with her.”

There are many serious concerns that Dr. Pennington must address in her new position. First, as the person responsible for Campus Safety and Security, she will need to address the alarming rate of car thefts and other crimes on campus. Also, she will be expected to spark a sense of campus life and student involvement.

Dr. Pennington will definitely be a positive addition to the student life of MSU. The fact that she is so caring about students is the most important factor as to why we, the student body, should be very excited. If she is as successful as we all hope she will be, MSU will no longer be known as a commuter school. Interim President Dr. Waters stated, “Her substantial experience in student development and her student-centered approach will continue to make campus programs an important part of our students’ lives.”

When Dr. Pennington becomes the Vice President of Montclair State University January 18 let us welcome her warmly to the new university that will be her new home and wish her the best of luck.
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The Senator

This Saturday, November 22, marks the 34th anniversary of the death of our 35th President, John Fitzgerald Kennedy. Although the 34th anniversary of anything is not usually commemorated, I felt it would be appropriate since this year would have marked his 80th birthday. Although his presidency only lasted a thousand days, he had an enormous and significant impact on this nation and the world. Today, though, many try to make sensationalist allegations about his personal life ranging from sexual to criminal. These baseless allegations cannot stop people like me, although I am only 20 years old, from realizing the significant contributions this great man made to this country as a military officer, national legislator and President.

Kennedy was elected with countless people doubting and underestimating him. Some said he was too young, idealistic and inexperienced to be President. History only judges them wrong.

When Kennedy announced his goal of putting a man on the moon, his critics called it a “science-fiction stunt.” In July, 1969, we placed a man on the moon. Although Nixon took all the credit at the time, it was Kennedy who declared, “We have thrown our hat into the space.”

It was Kennedy who was the first President to take a stand on the issue of Civil Rights when he made sure that James Meredith was safely escorted into the University of Mississippi. Kennedy first declared, “Racism has no place in American life or law.” Kennedy first took on the horrible practice of discrimination against African Americans when he tackled the issue of voting rights. His eloquent words portrayed his feelings when he said, “We have to fight for every American’s right to vote, to go to school, to get a job and to be served in a public place without arbitrary discrimination, not merely for reasons of economic efficiency, world diplomacy, domestic tranquility, but above all because it is right.”

It was Kennedy who bravely, valiantly and firmly kept us out of nuclear war during the Cuban Missile Crisis. He defied everyone, including Nikita Kruschev, who thought he was too young to handle the crisis. Could you imagine what would have happened if the irrational Richard Nixon was elected instead of Kennedy? We probably would have had a nuclear war.

It was Kennedy who tackled the problems of lower class Americans with his minimum wage legislation. Kennedy implemented programs to help the desolate, starving, and poverty stricken people of the world with programs like the Alliance For Progress, Food For Peace and the Peace Corps, which is still going strong today.

He was not an ordinary President. Labor leaders called him anti-labor and the Chamber of Commerce called him anti-business. The liberals said he was spending too much on defense and the conservatives said he was spending too much on education. He was a Democrat who is still quoted today by Republicans. He was a Capitalist respected by Communists. He was a White man revered by Blacks.

Kennedy never labeled himself “ideological”. He never called himself a liberal, conservative, moderate or any other label that he detested. He called himself an “idealist without illusions”. That is exactly what he was.

The pain that America felt from his death are exhibited when one watches footage of people of every creed crying upon hearing of his death. People in countries all over the world mourned over his death. One can only imagine what could have been had he lived. Maybe 60,000 people could have been saved from the Vietnam War. Maybe we wouldn’t have all the racial tension in America that we have today.

I am not advocating President Kennedy as a saint. He was not flawless as a human being. He was not always successful. He was not perfect as a President. Nobody is impeccable. But he knew how to look beyond race, beyond wealth and into people’s humanity.

He knew what had to be done in this country and he bravely tackled each issue, with what he called the greatest gift from God to humanity, “the ability to reason.”

I recommend to everyone, if they get a chance, to read a copy of his inaugural address in which he said unforgettable quotes such as, “Ask not what your country can do for you, ask what you can do for your country,” “Civility is not a sign of weakness,” “Let us never negotiate out of fear, but let us never fear to negotiate,” and “If a free society can not help the many who are poor, it cannot save the few who are rich.” Lines that were not just rhetoric, but words that he lived by.

This editorial goes out to everyone who was not old enough, like me, to experience his presidency, to help you gain a better understanding of why he was not just a bleeding heart, Communist living, womanizer, as so many critics point him out to be today. It especially goes out to those who I envy, who were there and remember his action filled thousand days in the White House that brought new hope across this nation and beyond, hope for a world of peace and reason, hope that honest and effective government could right our nation’s wrongs. Let us never forget this great man.

Further readings on the Bible and gays

Dear Editor,

As a Library Assistant, I’d like to suggest that your readers on both sides of the “Bible and Homosexuality” debate take a needed time-out. I encourage all interested parties to do some reading on this very complex topic. There are also some points I would like to make.

1) The early Christians had no Bibles. They were usually converted by oral preaching about Jesus of Nazareth. The original manuscripts of the books of the Bible are lost. What we have are translations of translations, copies of copies.

2) Moses and Paul, two biblical figures who are so often quoted about homosexuality, were inspired men of God. They were also murderers. Christians believe that Jesus was unique, because the incarnate Son of God, preaching against sin in the midst of the decadent Roman Empire, says absolutely nothing about homosexuality.

3) There is evidence that as far back as the time of the secretarial writer Marcion (2nd century AD), it was believed that the passage of Romans 1:19 was not written by Paul at all. The most unbiased reading of 1 Corinthians 6:9 “catamite” which means male prostitute, not all homosexuals.

Here are some resources for interested parties:

Christianity, Social Tolerance and Homosexuality” by John Boswell.

"Jonathan Loved David" by Rev. Tom Homer.

"Gays Under Grace" by Maury Johnston.

"Stranger at the Gate" by Mel White.

Sincerely,

Hunter Jones

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Friday's Child puts on an outrageous show in the Ratt

By Kris LaGreca  
Staff Writer

Written across the flyers advertising Tuesday night’s show in the Ratt was, “The tri-state area’s fastest rising rock band!” Indeed, that’s a big statement for Friday’s Child to live up to. It’s almost a challenge, asking the audience to come forward and affirm that statement. Anyone who came to see Friday’s Child that night would probably agree, they could be the tri-state area’s fastest rising star.

Phi Mu Alpha Sinfonia, MSU’s music fraternity, was good enough to present Tom Walker on guitar and vocals, Rick Ippolito on bass and keyboards, and Dave Drzewiecki banging away on the drums. These guys were dressed and ready to knock down the crowd, which unfortunately was almost non-existent. If it wasn’t for the loyal followers and @MA coming out for support, it might have been called a rehearsal rather than a concert. It’s too bad, because not only was it a free show, but Friday’s Child put on an outrageous set for close to two hours. Their top-notch set included twenty songs mostly from their debut CD, Boy Without a Name.

Tom Walker, the lead and focal point of the band, had a remarkably kind and friendly nature about him. His attitude is truly admirable and is something that other cranky bands should take note of. Tom’s bright nature reflected from the first strum of his acoustic guitar during “The Connection”. Keeping up the beat was Dave on drums, who while not playing anything wild, kept the percussion smooth and right on track. The third point of this triangle was Rick, who played a very steady bass, but perked up nicely for songs like “North by Northeast”, and “Deep”. Friday’s Child is not like the grungy, noise inducing music that usually graces the Ratt. Friday’s Child’s strong point is that they don’t go overboard. Every song that they played was foot-tapping-sing-along-in-the-shower-clap-your-hands good. Their sound was unfiltered, with an all-acoustic lead and a clean sounding bass as backup.

There was no gut-wrenching lead, but Tom covered the gap with impressive finger-picking in songs “An Oasis” and “The Chasing Game”. Although a pop and happy band in general, songs like “Rory Brady” and “Sparrow” have haunting lyrics which sent a chill down my spine.

Starting off a tour which could very possibly explode, Friday’s Child was happy to entertain MSU and hopes to play more college shows in the area. Boy Without a Name is now available at local CD Worlds and can be found playing on radio stations all over the area. Any MSU students who missed this prime example of good music (which would be almost everyone) can catch them in the village where they perform on a regular basis. A big thanks should go out to Phi Mu Alpha Sinfonia for bringing Friday’s Child to MSU and let’s hope that they continue to bring more good music to the campus in the future.

An array of musical works put on at McEachern Recital Hall

By Gary Doxy  
Staff Writer

Did you know that every Wednesday day of every week there were free concerts on campus? Well, grand was my surprise yesterday at noon when a sizable crowd gathered at the McEachern Recital Hall in the Music Building to digest an hour filled with musical works. The performances presented an array of original and divergent musical pieces conceived and performed by talented students and faculty. They ranged from a choral performance of a poem with musical arrangement by Cheryl Crock to a work in progress by Scott Van Hoven.

“The aim of these concerts are to show what the students are doing,” said Professor Ting Ho who is the Theory and Composition Coordinator in the Music Department. “We want to expose students to contemporary music,” he also said.

There was no opposing argument there by the looks of the diverse crowd. The call was also to support fellow students in their endeavors.

Professor Ho appealed to the forgiving gentility of the audience because “the composers are taking risks” in presenting their works. He also encouraged the audience to take and hear the different pieces in the context of a tradition. Several of them expressed that artistic reality which is true for all performing arts. Notably, Israeli Peace by Jerry A. Greene used recent events that happened in Israel to exemplify that truth. Greene was inspired by the death of Prime Minister Yitzhak Rabin to create a poignant piece. By the dual lamenting sounds of both violin and piano, Israeli Peace recreated the somber day of the assassination. The score contained traditional Jewish sounds that were familiar to all. One could almost feel and see the weeping of an adoring populace after the success of the violent act.

Another student, Vlad Rosco, presented a derivative work inspired by part of La Traviata by Giuseppi Verdi’s La Traviata suffered a Spanish attack. A sextet of guitarists composed of Keith Kukla, Vlad Rosco, Umer Ghani, Matt Palumbo, Tim Nelson and Andres Holquin gave Verdi a Spanish twist that sent the audience to take and hear the different pieces in the context of a tradition. Another student, Vlad Rosco, presented a derivative work inspired by part of La Traviata by Giuseppi Verdi’s The Music Department has definitely found a winning idea. When I asked Professor Ho if the Department plans to expand these concerts, he told me with certitude that it was in the plans.
D id you miss your favorite soaps? Keep reading and find out what’s going on.

One Life to Live: Last week some­one kidnapped Max’s children (gee I won­der who that could be?) while he and Blair were scrapping around in the living room. The dog, like in a “Lassie”-re-run, tried to warn him but it was too late. Now he’s selling off all his assets to make the ran­som payment. He is trying to hide what’s going on from Bo and Nora because he is afraid of police involvement getting his children killed. R.J. all of a sudden is putting on the nice act to Hank. He’s tell­ing everyone he’s convinced that Jacara will be back because Max won’t be able to afford the partnership. (Now how does he know that?) Carlotta and Hank have a heart-to-heart.

General Hospital: A.J. confronted Carly before the arranged wedding and she ended up collapsing in pain (poor thing). Carly was brought to the hospital and both the baby and she are fine. Tony asked A.J. to leave her alone. Carly and Bobbie talked without fighting. Alan’s addiction is slowly beginning to show. A.J. asked A.J. to leave her alone. Carly and Bobbie talked without fighting. Alan’s addiction is slowly beginning to show.

Addiction is slowly beginning to show. A.J. asked

Port Charles: Bennett convinced Eve to talk with Nicole and explain that he never loved Eve. Unfortunately for Bennett; Nicole didn’t buy it. Kevin doesn’t quite like Lucy’s new plot to get information out of Rex. It involves pre­tending to dump Kevin and go to Rex. Karen confronted Danielle about the plot to take Serena from Scott. Jake dumps Danielle. Danielle might be changing her mind about helping Rex.

All My Children: Gloria and Dimitri took Maddie back to Hungary and convinced Corvina that Edmund is crazy. Ted and Edmund snuck into Vazdel to get Maddie. Mates and Hayley decide to focus on their relationship instead of on their grief. Hayley tries to convince Liza to forgive Adam. Right now Liza can’t do that. Tim is trying to accept Janet. Trevor and Janet go on a date leaving Amanda with Tim but when they return Amanda is alone. When they confront Tim, who was babysitting, he takes Janet’s keys and crashes her car! Allie is upset that Dr. Hayward is still in Pine Valley.

The Young and The Restless: Dr. Tim Reid has decided to test­ify against Adam. Adam could testify against Dr. Reid. He believes that Adam is the one to at­ tack Abigail. Jesse insisted he be put on stand. Ben questioned him whether the motive of the attack on Abigail was revenge for Dr. Ed Bauer’s killing of his mother.

The Bold and The Beautiful: Tay­lor is going to drown in her own tears sometime soon. She and Thorne have a spat about the wedding date. Thorne wants to get married as soon as possible and Taylor wants to put it off for as long as possible, so she cries. Then, Ridge calls to talk to Thorne and she ends up crying. Brook and Ridge tell the kids about their engagement to mixed reac­tions. Everyone is worried about Eric, who is still stuck with Lauren in the moun­tains. Rush is there sabotaging their es­cape.

Sunset Beach: Caitlin lost the baby. Cole is on the run from the police. Greg­ory fired Bette for assisting Cole. Olivia refused to get a paternity test because she’s convinced the baby is Gregory’s.Sean tells Olivia that Gregory tried to kill Cole and barely missed killing Sean instead.

Another World: Popper tried to sell Rain to Gary and Josie but they got it on tape instead and he was arrested. Nikos has not been found but Rachel has. She’s ok and Felicia is recovering also. Jake and Vicky have been out. Jake confronts Vicky on whether she is sure about the wedding. She claims she has no doubts. Cindy was bothered watching Cass and Donna getting along very well.

Days Of Our Lives: Trent/Travis has kidnapped Jennifer. Jack told TC he would tear him apart if anything happened to Jenn. John and Marlena had an argu­ment over when she should tell Roman that she loves John not him. Stefano and Kristin eavesdropped as Marlena told John that she wanted to wait till Roman was better. It made Kristen happy to see that John wasn’t going to get Marlena (or so she thinks). However, she missed the end of the conversation wherein Marlena agreed to do as John asked.

WMSC 90.3 FM TOP 20 ALBUMS COUNTDOWN

1. Promise Ring - Nothing
2. Ivy - Apartment Life
3. Charming - Twee Kitten
4. Weston - Matinee
5. Velour 100 - of color bright
6. Rock Band #47 - You Can Never Go Home
7. Mogwai - Young Team
8. BMX Bandits - Theme Park
9. Delta Haymax - Delta Haymax
10. Jerky Boys - Part 4
11. Congo Norvell - Abnormals
12. Sundays - Static and Silence
13. Rocketscience - Well Known Drag
14. Green Day - Nimrod
15. NOFX - So Long, Thanks For All The Shoes
16. All Natural Lemon and Lime Flavors - 7"
17. Fu Manchu - The Action Is Go
18. Verbena - Souls For Sale
19. My Favorite Citizen - 7"
20. Get Up Kids - 4 Minute Mile

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CINELLI cont. from p 15

Menco music. This music had a serious, dramatic tone; its quick, single-fingered notes faded into a silence that was sud­denly shattered by loud chord strums. Here, Cinelli displayed some particularly masterful technique.

At the close of the program, Cinelli returned to the 17th century Venice­an gui­tar to play a famous dance piece by Sanz. He invited the audience to imagine that he was a group of court musicians stir­ring the dancers into a whirl with the me­lodious music.

Cinelli has been teaching guitar at MSU for nine years and has performed in ensembles of varied musical styles, in­cluding jazz, classical, pop and early mu­sic. He has toured the U.S. and Europe with his ensembles, the Cinelli Duo and The Early Guitar & Friends and has per­formed with the American Symphony and the Bach Aria Group.

Mon.-Fri. 9:00 am - 8:00 pm
Saturday 9:00 am - 7:30 pm
Sunday 11:00 am - 6:30 pm
Caldor Shopping Center
Route 46 West
Little Falls, New Jersey
(201) 890-8200
**By Victoria Tengelies**  
**Arts Editor**

For those of you who are awaiting the triumphant come back of real rock ‘n’ roll, the CD that you must have is Sexpod’s newest release Goddess Blues. With a sound that is both sexy and edgy, this trio is bound for success.

The first track of their new CD, “Goddess Blues” is currently being played on radio stations nationwide and for good reason, this song starts you off with a rock ‘n’ roll base. Karyn Kuhl has a seductive voice; she proves that you can do hard hitting songs without sounding like you are in pain. The music is strong and together.

Unlike a lot of the new bands coming out where you hear one song you have heard them all, every song on Goddess Blues is unique. “Go” has a little funk to it. On the sixth track, “Emily”, they slow down just a bit, but on the seventh track, “Pretty Thing”, the sound gets slicker. “Baby Window” and “Drunk In A Dress” give a faster kind of metallic rock sound.

The bands founding members, Karyn Kuhl (lead vocals/guitar) and Alice Genese (bass/vocalist), met here at MSU and formed the band Out Bank in the 80’s along with Tia Sprocket (drums/vocalist). Unfortunately, that band broke up.

However, that didn’t stop them for long and six years ago Karyn and Alice joined up again to form Sexpod with Billy Loose on drums. Alice said her reasons behind the name were, “I always liked the word pod and what it meant, that time before birth. Well sex is both sex and I think rock ‘n’ roll is sex. And it just happened that the two words went together.”

Billy left to join Bay of Pigs and Tia joined them again. Together they three put out Goddess Blues.

This past July Tia left the group and the band has recently added drummer Wylie Wirth, formerly of Sweet Liz and illit to the line up. The cover of the CD, a picture of a drag queen in body paint, was chosen by the band because it was “striking.”

“Personally, I grew up listening to Led Zeppelin and Sabbath, stuff like that, Aresmith, and the Stones. Now I listen to a lot of different kinds of music, it just has to be good. I listen to funk and I listen to rock and pretty much only the best stuff that I can find.” said Alice about her musical influences. Alice defines their music as, “Honest and from the soul.” Their shows are “usually very intense, depending on the crowd it can go anywhere. It usually goes up. There is a level of excitement at Sexpod shows that entails a lot of audience participation in the vibe of the room. The more the audience gives the more the band gives. It’s fun. There’s a lot of good energy,” describes Alice. Sexpod performed this summer with the ROAR tour. As a special addition to their shows they will be playing at an Air & Style snowboarding event in Austria, which is being taped by MTV, and will also be featured on a compilation album along with artists such as Pantera, Type O Negative and Bad Religion.

According to Alice, the band plans to “keep playing, write new songs, to record a new record and to get out on tour as much as we can. To just keep doing what we do best which is to rock and to play music.”

Alice also expressed her opinion about the state of the music scene today, “I think it needs a face-lift and I also think that it is highly male dominated and I would like to see that change. I would like to see it become a little more equal. I would like to see more women that can really rock.”

So if you were into pure metal rock ‘n’ roll when it was “in” and are now, or if you just like music, check Sexpod out when they play here next Tuesday night. I guarantee you won’t be disappointed. Be sure to bring a can of food, you’ll get a $1.00 off price of admission.

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**By Gabrielle Wild**  
**Assistant Arts Editor**

Last Wednesday night, a small crowd gathered at the Page One Cafe in Upper Montclair for a poetry reading. The featured poets for the evening were Dr. Carole Stone and Norman Stock, colleagues here at Montclair State University. All of those in attendance, definitely had a treat that night, as well as, some great cappuccino.

Norman Stock, the department head of Sprague Library, took the pulpit first. He had the audience laughing the entire time. He read many poems from his collection of poetry entitled, *Buying Breakfast For My Kiknaza Pilot*. I highly recommend purchasing this book of poetry. Stock opened with, “The First Time I Robbed Tiffany’s”, which was about the “robbery [he] never committed and the sex [he] never had.” The poems “Do You Want a Chicken Sandwich” and “Chicken Sandwich Nissie” were simple and hysterical. The first was about a boy who is masturbating and gets caught by his mother who wants to know if he wants a chicken sandwich. The second is the follow-up to this poem, about how his friends called him “Chicken Sandwich Nissie” after he was “caught with the hot goods in [his] hand.” “Homeless” and “Go” were two of Stock’s more serious poems of the evening, yet they too did not lack Stock’s humorous anecdotes. “Homeless” is about a son coming to terms with his father’s old age. The father is not. The poem ends on a sad note, “... and then he dies, here on the homeless Earth.” “Go” is a very commanding poem. This poem is reminiscent of the old saying, that you can do anything, if you put your mind to it. Of course, Stock added humor to the poem by saying, “Go get a better life, just don’t ask me where”. But, my favorite poem that Stock read was “Thank You for the Helpful Comments”. Anyone who has ever written a poem and had it torn apart by someone will definitely connect to this poem. Stock describes how one of his poems was deconstructed by a group of fellow poets until he was only left with four words.

Dr. Carole Stone was the second reader of the night. Stone is an English professor here at MSU. She read several poems from her two chat books, *Lime and Salt and Orphan in the Movie House*, as well as, some new and unfinished poems. Although Norman Stock was a tough act to follow, Dr. Stone stood her ground. “A Spin” was one of Stone’s most moving poems of the evening. It is about the memories a daughter has of her father, “a gambler, [her] Rhett Butler”, and the ride in his car he never gave her. The poem also shows great emotion with the repeated line, “each year my father grows dimmer.” “Rehearsal” is a more lighthearted poem, especially with the line, “I will die in New Jersey on a rainy Sunday.” “Branvisa” is a poem that deals with the notion behind the difference between sex and love. Although it dealt with such a profound idea, it still enabled listeners for themselves whether or not there is a difference. I really connected to her poem entitled, “My Assets”. In the poem, Stone writes, “But I was a teenage Socialist... I intended to live on thought.” This poem focused around how one’s personal philosophy changes with age. “Celebrated” is a poem about a woman who dreams about what it would be like to be a famous poet, “shaken by euphoria,... signing every book.” “Happiness, Hormones and Virgins” was moving. She read this poem to illustrate her take on sex to the crowd, as Stock had done with many of his poems. Although Dr. Stone claimed that this poem was only in its first stages, the message was clear. Dr. Stone captured the images of happiness, hormones and virgins so effectively in this poem.

Overall, this poetry reading was wonderful. It was great to listen to two distinctly different poets. The audience laughed with Norman Stock’s cynical humor and sighed with Dr. Carole Stone’s breathtaking images. Yet the two poets complemented each other and offered the audience plenty of poetry to listen to and reflect on.
Gattaca: There is no gene for the human spirit

By Jennifer Alexander
Staff Writer

Gattaca portrays an eerie version of our future where parents can choose their children’s characteristics such as: hair, height, weight, intelligence, etc. The only thing that can’t be chosen is their spirit. This movie demonstrates just how far a determined person will go to achieve his/her dreams.

Vincent Freeman (Ethan Hawke) is the first “faith birth” (natural born) son in the Freeman family. His parents then chose to have a second, genetically perfect child, Anton (Loren Dean).

He takes a janitorial position at Gattaca, the highest of high-tech space facilities. After only a few months cleaning up after the genetically superior, he decides that he no longer wants to be what is called a “De-gene-rate”.

Vincent goes to the underground to purchase the identity of Jerome Eugene Morrow (Jude Law). Eugene, the name he insists people use, is a genetically superior man who was in a car accident and is now crippled. Everything goes as planned, and within weeks, Vincent, now going under the name of Jerome, becomes employed at Gattaca.

Two years later, Vincent/Jerome is up for a space flight. Before they get any further than preparing the flight plans, the director of Gattaca is murdered. Sweeping the area, they run DNA tests on every single piece of debris they can find and only one thing turns up, that shouldn’t be, is one of Vincent’s eyelashes. Still, the mission is pushed forward.

Vincent has to get through the physical, a tough thing to do for someone with a heart condition. During these trials, we meet Irene (Uma Thurman), a genetically superior woman with only one flaw. She too has a heart condition, one that slipped by her geneticist. A romance quickly develops between the two, even though she is clearly jealous of Vincent’s amazing perfection.

Hawke does an impressive job of portraying this young man who seems to have been dealt a bad hand in life. Not only is the character of Vincent the “victim” of a “faith birth”, but he is also dwarfed by his younger brother’s achievement.

Uma Thurman, having taken some bad roles in the recent past, redeems herself in this movie with her portrayal of Irene. Irene is a character that shows us that even when you control the hand of fate, there is still a chance that fate will break your hand and throw her own dice.

Jude Law, making his American film debut with this role, is superb. His character is contemptible and pitiful all at the same time, a hard combination to portray.

What’s Going On?

Thursday, November 20
Antartica, All Natural Lemon and Lime Flavors, Rocketscience, My Favorite Citizen, The Ratt, 6:30 p.m., m.

Inherit The Wind, Memorial Auditorium, 8 p.m., more info? ext. 5112

Friday, November 21
Inherit The Wind, Memorial Auditorium, 1 p.m. & 8 p.m., more info? ext. 5112
311/Sugar Ray, Roseland, NY, more info? 212-249-887

Saturday, November 22
Inherit The Wind, Memorial Auditorium, 8 p.m., more info? ext. 5112

Sunday, November 23
The AAA Freak Ensemble, CBGB, NY, more info? (212) 982-4052

Monday, November 24
Collegium Musicum, McEachern Recital hall, 12:00 p.m., more info? ext. 4296

Tuesday, November 25
Queen of the Arts Birthday!
Tweed/ Sex Pods, Student Center Ballroom, 7:30 p.m., more info? ext. 4478

Wednesday, November 26
Bouncing Souls, Tramps, NY, more info? 212-544-1666

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CLASS ONE MEETING TIMES

CLUB: MON. AT 5 PM IN SC CAFE C
WMSC: THURS. AT 4:30 PM IN SC 110
LASO: TUES. AT 4:30 PM IN SC CAFE C
CIC: THURS. AT 4 PM IN SC CAFE C
PLAYERS: WED. AT 6 PM IN SC CAFE C
OSAU: TUES. AT 7:30 SC CAFE C
4 WALLS: THURS. AT 4 PM IN SC 121
ISO: WED. AT 4 PM IN CAFE B
MONTCLARION: MON. AT 11AM IN SC 113

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SGA MAIN OFFICE: X 4202
MONTCLARION: x5169

SGA LEGISLATIVE PETITIONS ARE STILL AVAILABLE IN THE STUDENT GOVERNMENT OFFICE, ROCA SC-103.

MONTCLAIR STATE UNIVERSITY
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1908

DON’T BELIEVE EVERYTHING YOU READ !!
THE TRUTH, THE WHOLE TRUTH, AND NOTHING BUT THE TRUTH !!

SGA STANDING COMMITTEE MEETING TIMES

Academic Affairs: Every Monday at 1:00
Appropriations: Every Thursday at 3:30
Constitutional Rev: Every Tuesday at 1:00
External Affairs: Every Thursday at 5:00
Gvmt. & Admin.: Every Friday at 1:00
Public Relations: Every Wednesday at 3:15
Welfare & Internal: Every Tuesday at 3:30
Residence Life: Every Monday at 4:00

ALL MEETINGS OCCUR IN THE SGA OFFICE IN THE STUDENT CENTER

SGA MEETINGS WEDNESDAYS @ 4PM SC411
Childcare wanted: energetic student wanted to interact with 2 boys, aged 3 and 5 Mon and Fridays 1-4 in our Montclair home near campus, $10/hr.

Babysitter needed. Tues. and Thurs. evenings, experience and transportation required. Education majors encouraged to apply. Starting $7/hr. Come meet our family. Call Alaine at 783-4589.

Babysitter wanted - Looking for student to care for my 3 year old son in our Bloomfield home. Mornings or afternoons. $7.50/hr. Call Constance 893-5056.

Babysitter wanted for 17 month old in my home near campus, $10/hr. Call Cynthia for details 973-595-0531.

Childcare needed: 2 girls, ages 4 and 6. Two-three afternoons a week from 3 pm - 8 pm. Experience and references required. Own transportation needed. Call 379-1512.

P/T sister needed for 20-month-old girl in Upper Montclair home approx. 10 hours/week. Nonsmoker, experience and references required. Call 509-2421.

ACCESSORIES SALE: Fog Lights, Radar Detectors, Colored Headlight & Interior Bulbs, and much more. Many styles & brands to choose from. LOWEST PRICES -- CALL NOW 9-5 (973) 742-7555. 24 hours (973) 880-5352.

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Upper Montclair, room in a quiet neighborhood for mature or graduate student, Kitchen, Laundry, Parking, phone outlet. $100 weekly, other payment arrangements available. Mr. Richardson, 744-2433, 746-6173 Residence.

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MEETING EMERGENCY NEEDS WITH DIGNITY
(An interfaith anti-hunger network which provides 15 food pantries in Essex Counties with nutritionally-balanced food supplies all year)

This food will be distributed to people in need through a network of church pantries in the Essex County Area. Statistics available from the Newman Center 746-2323.

Bags of food should be gathered from November 18-24. The bags must be brought to the Student Center before noon on Tuesday, November 25, 1997. The collected food will be dedicated during the 11th Annual Thanksgiving Service at 12:15 in Ballroom A of the Student Center. We hope those bringing the bags will stay for the 35 minute service.
Men’s Basketball young and ready to represent
With new head coach Jacobs in charge, a new team is on the verge of victory

by Karl Benefield (aka #86)
Staff Writer

It looks like this year will be one of opportunistic ramifications.

The Red Hawks are coming into the winter season with a variety of new features. One new feature will be a new head coach, Darryl Jacobs. An assistant for a number of years, Jacobs has been revered as the man to get the job done.

The coach also said he was not nervous about his first year of coaching. “Nope...not one bit,” said Jacobs.

Confidence will be the least of Montclair’s problems when faced against an opponent. Defense, however, is another story. Admiringly, Jacobs was not at all hesitant to share his team’s weaknesses.

“Weak points, if there are any?” he responded quickly. “Defensively we got all hesitant to share his team’s weaknesses. However, this year, we got all hesitant to share his team’s weaknesses.

The cap-tains are Kyle Griffith and Raheem Rex. Griffith (200 lbs. senior), is a guard/forward who’s work ethic is said to speak for itself, and is known as “special” to the team. Rex (220 lbs. senior), is a forward/center who is expected to have steadily improved. Rex, also a key returner, was an all-conference athlete as a junior, and will hopefully receive the same, if not greater, honor this coming season. Key returner junior guard B.J. Reilly will also be a contributing force, said Jacobs.

With a fairly experienced coaching staff and freshmen that could aid in obtaining the title, the Red Hawks will doubtfully disappoint. When asked which teams might be the greatest threat(s) this season, Jacobs said he participates challenge with each opponent.

“All of them,” said Jacobs. “We welcome all the competitors of the New Jersey Conference.”

When asked about the possibility of the championship title, he said that would be dependent on the team’s performance this season.

“We could be contenders,” said Jacobs. “That is all contingent on how well the guys come together.”

Coming off an unfortunate less-than 500 season (12-13) and losing in the first round of the ECAC playoffs last year, the Hawks have a bit to prove. After witnessing a three and a half hour practice on Wednesday night, it is doubtful that this group of young—intense—men will back down from what critics will most likely through at them.

Also attempting a second sport career in his senior year is MSU’s starting football quarterback Brian Cooney of Guttenberg.

MEN’S BASKETBALL

Nov. 21-22 Drew University Tournament (West, Ontario and Centenary) 6 & 8 p.m.
Nov. 25 WILLIAM PATERSON 8 p.m.
Nov. 29 RICHARD STOCKTON 3 p.m.
Dec. 3 RAMAPO 8 p.m.
Dec. 6 Kean 2 p.m
Dec. 8 Caldwell 7:30 p.m.
Dec. 10 RUTGERS-CAMDEN 8 p.m.
Dec. 13 Jersey City 8 p.m.
Jan. 5 WIDENER, PA 4 p.m
Jan. 10 LEHMAN 2 p.m.
Jan. 12 at Staten Island 7:30 p.m.
Jan. 14 ROWAN 8:40 p.m.
Jan. 17 THE COLLEGE OF NJ 4 p.m.
Jan. 21 at Rutgers-Newark 7:30 p.m.
Jan. 24 at Ramapo 4 p.m.
Jan. 28 at William Paterson 8 p.m.
Jan. 31 at Richard Stockton 4 p.m.
Feb. 3 at Rowan 8 p.m.
Feb. 7 KEAN 4 p.m.
Feb. 11 at Rutgers-Camden 8 p.m.
Feb. 14 JERSEY CITY 5 p.m.
Feb. 18 RUTGERS-NEWARK 8 p.m.
Feb. 21 at The College of NJ 3 p.m.
Feb. 26 at NJAC Playoffs TBD
Feb. 28 at NJAC Championships TBD

ED Flannery “Editorial Editor” (2-4-6-1)

Giants over Redskins: “Way will run for 125 in Big Blue win.”
Ravens over Cardinals: “Arizona is helpless.”
Packers over Cowboys: “GB doesn’t lose at Lambeau.”
Pope John over Paterson Catholic: “Happy birthday, Shannon and Sean.”

TIMOTHY M. CASEY/MONTCLAIRON
Senior guard B.J. Reilly

MONTCLAIRON FEARLESS FORECASTS

Timothy M. Casey “Editor-In-Chief” (0-0)

Bills +3 over Oilers: “They’re going to win.”
Packers -7 over Cowboys: “GB vs. SF for SB.”
Jets +2.5 over Vikings: “Purple uniforms are for sissies.”
Florida St. - 4.5 over Florida: “Why isn’t Nebraska playing?”
West Morris - 6.7 over Scotch Plains: “First round playoff game.”
Oilers -3 over Bills: “They’re going to win.”
Jets -2.5 over Vikings: “O’Donnell sucks but Jets will win.”
Packers -7 over Cowboys: “GB vs. SF for SB.”
Bills +3 over Oilers: “They’re going to win.”
Jets -2.5 over Vikings: “O’Donnell sucks but Jets will win.”
Navy -27 Kent: “I want to be there when their ship comes in.”
Texas Tech - 15.5 Kentucky: “I heard those southern guys have nice assets.”
Jackson State - 4.5 over Arizona: “Hey guys I’m very patriotic.”
Virginia Tech - 6.5 over Florida: “Why isn’t Nebraska playing?”
Tennessee -15.5 Kentucky: “1 heard those southern guys have nice assets.”
Navy -27 Kent: “I want to be there when their ship comes in.”
Tennessee - 15.5 Kentucky: “I heard those southern guys have nice assets.”
Central Michigan - 12.5 over Michigan: “Wolverine will rule.”
Auburn +6.5 over Alabama: “Jerry Tarlianian leads UNLV in tackles.”
West Morris - 6.7 over Scotch Plains: “First round playoff game.”
Ravens over Cardinals: “Arizona is helpless.”
Packers over Cowboys: “GB doesn’t lose at Lambeau.”
Timothy M. Casey “Editor-In-Chief” (0-0)

Victoria Tengellics “Queen of the Arts”

Kevin P. Hancock “Managing Editor” (0-0)

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Jets -2.5 over Vikings: “O’Donnell sucks but Jets will win.”
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Packers over Cowboys: “GB doesn’t lose at Lambeau.”
Timothy M. Casey “Editor-In-Chief” (0-0)

Jason Lampa “Rookie Reporter” (0-0)

West Morris - 6.5 over Scotch Plains: “All-State candidate QB Matt Blanchette will seek help from Felzman and Grundy.”
UNLV +12 over San Jose State: “Jerry Tarlianian leads UNLV in tackles.”
Michigan +12.5 over Ohio State: “Wolverine will rule.”
Auburn +6.5 over Alabama: “This game will cause the state of Alabama to shut down.”

Ed Flannery “Editorial Editor” (2-4-6-1)

Giants over Redskins: “Way will run for 125 in Big Blue win.”
Ravens over Cardinals: “Arizona is helpless.”
Packers over Cowboys: “GB doesn’t lose at Lambeau.”
Pope John over Paterson Catholic: “Happy birthday, Shannon and Sean.”
Ever since childhood when someone asked to see your muscle you immediately knew to roll up your sleeve and flex your bicep. For some reason the biceps have always been a symbol for strength. It's been thought that the bigger your biceps are the more strength you possess.

Besides displaying a pair of bulging guns, the biceps also play a significant function in sports and activities. From a quarterback who throws a pass for the touchdown in a football game to a basketball player who goes for the 3-pointer, every person, athletic or not, has their uses for biceps.

The bicep is made up of two muscles: the brachii and brachialis. Their function is to rotate the forearm and assist with any upward pulling action. By strengthening the biceps you will decrease the risk of any injury associated with the elbow and shoulder joints.

The best way to strengthen your biceps is to do 2-3 basic exercises using strict form. Begin with the standing barbell curl.

THE BARBELL CURL
- Stand with your feet shoulder width apart, knees slightly bent, back straight, and shoulders down.
- Grip the bar with a shoulder width grip.
- Keep your elbows tight against your side at all times.
- Begin pulling the weight upward until the bar touches the upper chest (pause).
- Slowly lower the bar down to the starting position.

Perform 3-4 sets of 8-12 reps.

Common mistake: People frequently sway the upper body using momentum to get the weight up. This usually a result of too much weight.

Tip: Keep your elbows tight against your body throughout the entire movement.

SEATED DUMBBELL CURL
- Sit on an incline bench with your feet flat in the front.
- Hold the dumbbells so your palms are facing your body.
- One at a time curl the dumbbell upward while at the same time rotating your palms outward.
- At the top, pause and squeeze your bicep.
MOONEY cont. from pg 22

- Slowly lower the weight downward.
- Perform 2-3 sets of 10-15 reps.
- Always remember to get that negative.
- The negative is the resistance that occurs when people lower the weight.
- Most people do not know that the negative phase makes up 50% of the movement.

Important workout tip: If you want to add significant size to your muscles, it is important to stretch before and after you workout. Whatever muscle is being exercised, make sure you keep stretching it throughout your workout.

Scheduling your workout: We are getting into the time of the year when stress levels are at their peak.

There seems to be a continuous flow of tests and quizzes, papers and projects. Getting into the time of the year when stress levels are at their peak.

- Stretching it throughout your workout.
- After you workout.
- Whatever muscle was, it is important to stretch before and after your workout.

W. BASKETBALL cont. from pg 24

Looking upon this season to put the ball in the hoop from the outside with your soft touch.

"She has great range," said Bradley. "She can really stroke it."

Schultz, said her last year she would leave MSU with a strong season behind her.

"This is my final year and I am going to make sure I have no regrets. I expect us to have real strong team this season."

Joining Schultz in the backcourt will be the junior Kelly, who Bradley is very proud of.

"If Wyckema can stay focused throughout the entire season, she has a shot to be one of the best guards in the country."

Playing the three spot, will be the sophomore Ingram, who will add versatility to MSU's line up this season for Bradley.

"She brings a lot to the table for us this year," said Bradley, of Ingram. "She is a good enough athlete that she is quick enough to be a guard and big enough to play down low. That type of player is a huge asset to have on your team."

The women open up their season with the Frostburg Tournament on November 21-22 and open up at home against rival William Paterson on November 25 at 6:00 P.M.

SWIMMING cont. form pg 24

plenty to smile about. Another freshman from Aberdeen, Eliza Kaplan won the 200 backstroke while freshman Stacy Goldstein, won the 200 breaststroke.

MSU women's team fell to Seton Hall with a score of 133-91, but the season for the MSU women's team will still be a season of meets to watch.

As for the men's team, McLaughlin said he anticipates a challenging season.

"The guys will struggle this year, but we will look to break 300," said McLaughlin. "We have many swimmers that influence the team."

The men's team also fell to Seton Hall, with combined scores of 138-69, and a record of 0-1. In a day shadowed with struggles and frustration, Gil Castillo sophomore of West NY, was the only bright spot.

Castillo won the 200 breaststroke with a time of 2:25.44. Returning captans, Kuran Quinonis a senior from Jersey City, Mike Alivino a sophomore backstroker, and Yaniv Seagal will be looked to by coach to execute for the team. Also returning is Jose Cruz, a backstroker from Newark, who will also be a focal point of this swim team.

McLaughlin is thankful for the team work his team is showing early in the season.

"I have coached tennis in the beginning of the pre-season and I had to rely on my assistant coaches and captains to run practices," said McLaughlin. "They did a great job. The women's team members get along well, as do the men's team. However, we have ten new members on the women's team and seniors must adjust as far as strokes."

McLaughlin also said his seniors had success not only in the swimming, but in the academic pool as well.

"The men's and women's teams do well in school, they are true student athletes. The team grade point average for women was 3.0 in last year's season of 1996-1997. They were awarded The Aca­demical All American Award for that season."

Coach McLaughlin and his assistants, William Blomn and Mo Morland, and diving coaches Dick Tobin and Carrie Spender will be gunning for past rivals, which defeated MSU in close decisions and left the coach with a bad taste in his mouth. Those teams would be for the men, N.Y.U. and U.S.M.M.A., and for the women, Stony Brook.

WOMEN'S BASKETBALL

Nov. 21-22 at Frostburg Tournament 2 p.m.
Nov. 25 vs WILLIAM PATTISON 6 p.m.
Dec. 3 vs RAMAPO 6 p.m.
Dec. 5-6 19th DIAL CLASSIC 6 & 8 p.m.
Dec. 10 RUTGERS-CAMDEN 6 p.m.
Dec. 13 Jersey City 6 p.m.
Jan. 5 RICHARD STOCKTON 5 p.m.
Jan. 9-10 at C. Newport Tournament (vs. St. Marys, MD, and Newport News) 6 & 8 p.m.
Jan. 14 ROWAN 6 p.m.
Jan. 17 THE COLLEGE OF NEW JERSEY 2 p.m.
Jan. 19 at Kean 7 p.m.
Jan. 21 at Rutgers-Newark 5:30 p.m.
Jan. 24 at Ramapo 2 p.m.
Jan. 28 at William Paterson 6 p.m.
Jan. 31 at Richard Stockton 2 p.m.
Feb. 3 at Rowan 7 p.m.
Feb. 7 KEAN 2 p.m.
Feb. 11 at Rutgers-Camden 6 p.m.
Feb. 14 JERSEY CITY 3 p.m.
Feb. 18 RUTGERS-NEWARK 6 p.m.
Feb. 21 at The College of New Jersey 1 p.m.
Feb. 25 at NJAC Tournament
Feb. 27 at NJAC Champions

MEN'S & WOMEN'S SWIMMING

Nov. 25 at NYU 5:00 p.m.
Dec. 5-6 ECAC @ Springfield TBD
Jan. 8 at Rowan 3:00 p.m.
Jan. 14 vs USMMA 6:00 p.m.
Jan. 17 vs BLOOMSBURG (M only) 2:00 p.m.
Jan. 21 at East Stroudsburg (W only) 7:00 p.m.
Jan. 24 vs WILLIAM PATTISON* 2:00 p.m.
Jan. 28 vs KUTZTOWN 6:00 p.m.
Jan. 31 vs STONY BROOK 1:30 p.m.
Feb. 6 vs ST. FRANCIS 5:00 p.m.
Feb. 20-22 Mets Championship @ TCNJ TBD
Mar. 12-14 NCAA Women's Champion Meet
Mar. 19-21 NCAA Men's Champion Meet
Principia College, St. Louis

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Women’s B-ball enter season with title

Red Hawks will spend the season defending championship

by Jason Lampa
Ass. Sports Editor

In the game of basketball, a team’s success starts with the ability for the coach to get the maximum out of the players. The Montclair State University athletic program is fortunate to have such an individual in Head Women’s Basketball Coach Gloria Bradley.

Bradley played her college ball in the early 80’s, playing for the Pirates of Seton Hall University from 1980-1984. Bradley was voted Female Basketball Player of the Year in the State of New Jersey her senior year by the New Jersey Collegiate Basketball Association in 1984. After a stellar college career, Bradley took her skills to the professional level for the Atlanta Comets of the World Basketball League.

Bradley became the head coach here at MSU in 1993.

Swimming makes waves in winter 97-98

McLaughlin finds hard work, dedication key to winning season

by Rodney Point De Jour
Staff Writer

This season Men and Women’s swimming holds for a year of both struggles and expectations. All upper classmen swimmers worked hard in the off-season and the pre-season and know what it’s going to take to win the big meets.

Although they all worked hard for this season to come, there are questions that still remain. Will the women have the season they hope for or will it be a season of transition? For the men the question will be whether or not this will be a season of struggles or will they become gritty underdogs making unexpected big wins? No matter the question, MSU swim fans will be looking for the answer in Swimming head coach Brian McLaughlin.

McLaughlin will be leading the women’s and men’s teams once again this year and hopes to answer the many questions that swirl around his head. When asked his perspective of this season the coach was very optimistic and also objective.

“The women will be strong. We have 21 members on the team, which will help us in scoring,” said McLaughlin.

where she has led the Red Hawks to ECAC championships in 1994 and 1997.

Coming into the 97-98 season Bradley had this to say about the young women who will be playing for her this year.

“We have a very talented team this season that should be very successful depending upon our health. We have so many injuries at the moment that we’re having trouble running practices. As long as we have everyone healthy, I feel we have a chance to make a run in the NCAA tournament this season.

Leading the charge for the Red Hawks this year will be senior captain Jill Schultz, sophomore Felicia Ingrum, and former NJAC Rookie of the Year, junior Wykemia Kelly.

Schultz, a shooting guard from West Milford, will be W. BASKETBALL cont. on pg. 23

McLaughlin finds hard work, dedication key to winning season

The Red Hawk Basketball teams plays their home opener against William Paterson this Tuesday at 6 and 8 p.m.

With top recruits like Heather Feeney, freshman of Wanapacque, and Joanne Fusco, sophomore of Hackensack, the coach has plenty to look forward to.

Feeney, who placed third with a time of 5:49.73 in a lose to Seton Hall, delivered the goods on a rocky start for the women. Fusco also had a big day.

Placing third in the 200 freestyle with a time of 2:09.06 and winning the 100 freestyle with a time of 59.50 made sure she had the goods for the women.

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