Ice rink opening delayed

By Tom Boud
Staff Writer

The opening of the Floyd Hall Ice Arena has been delayed until Christmas. Associate Director of Architectural and Engineering Services David Yen said on December 3. The ice arena, which features two skating rinks, is situated just west of lot 25.

Yen said rink number one was scheduled to open right after the Thanksgiving holiday break. However, the opening was postponed after officials from the New Jersey Department of Community Affairs (NJDCA) determined that some safety modifications were necessary. Meanwhile, rink number two is still slated for completion in February, barring any excessively harsh winter conditions.

"On November 20, inspectors from the DCA came in and looked at rink number one. They said that we would have to add more fire alarms at different locations for easy accessibility in case of fire. The contractor is working on installing the alarms right now. This will take one month," Yen said.

The additional fire alarms are being paid for with existing money in the Floyd Hall Ice Arena construction budget. Yen further mentioned that the rink one debut was also delayed on account of unfinished safety reviews.

"We are checking the refrigeration pressure in the systems that operate the ice machine, and the defrosting machine. There's no actual problem with any of the two systems. These are just standard safety checks. We did not get around to doing this by the time the inspectors came, but we'll have them done by Christmas," Yen said.

Clove Road, Quarry cameras working again

By Tom Boud
Staff Writer

The Quarry/Clove Rd security camera system is back on line, Department of Campus Safety and Security (DSS) Lt. Paul Cell said on December 3. Cell said the camera system regained full function shortly after the November 26 edition of The Montclarion went to press. Cell stated that DSS was able to fix an inoperative camera control console when a replacement arrived via FedEx. Cell added that there have been no problems whatsoever ever since the new console was installed.

In last week's issue, DSS Director Philip Calitre said the surveillance camera system had recently been out of commission due to technical difficulties with the main camera control board at DSS Headquarters. Calitre did not quantify exactly how long the camera system has been down, but did say that he instructed his patrols to pay increased attention to all areas around the cameras. A DSS officer insisting upon patrols to pay increased attention to all areas around the cameras.

Bill introduced in SGA to fund e-board tuition

Constitutionality of bill in question

By Kevin P. Hancock
Managing Editor

Student Government Association President Karen Cardell introduced legislation to the student government legislature yesterday that would allow for the SGA’s four executive board members to receive money "equal to no more than the cost of 12 credits," in order to fund their full-time MSU tuition while in office, according to the bill.

This legislation, if approved, would allow the SGA president, vice-president, treasurer and secretary to receive $1,117 each from the SGA budget every semester, adding up to a total semesterly appropriation of $4,471.

The money for this appropriation would be drawn from the SGA’s budget, which is appropriated to them each year by the money the MSU administration collects from student fees assessed on a per credit basis.

The bill sites that SGA executive board members are forced to make a "time commitment equal to that of a 40 hour work week," preventing them from "holding down a substan-

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News from the outside world
(Compiled from CNN.com by Nicholas P. Clunn)

International

U.S. seeks world’s help to fight Internet crime

WASHINGTON -- The Justice Department said the two-day meeting beginning next Wednesday will be the first of its kind to give international authorities to assess ways countries can cooperate to locate criminals who use the Internet and other new technologies and to ensure that there are no safe havens for cybercriminals.

The rapid and global growth of the Internet raises a host of complex issues involving criminal law enforcement that expand beyond national boundaries," Attorney General Janet Reno said Wednesday, addressing a conference on making the Internet a safer place for America’s children.

The Justice Department said law enforcement officials from the United Kingdom, Germany, Japan, Italy, Canada, France and Russia will participate in next week’s conference.

Cooler temps ease threat as fires’ page continues

SYDNEY, Australia -- Cooler temperatures Wednesday eased fears that bush fires would immediately threaten more homes near Sydney.

But forecasters predicted a return this weekend to the hot, dry and windy weather that has fanned the flames in the city’s southern “This crisis is nowhere near ended,” New South Wales Emergency Services Minister Brian Langton told reporters.

“Every prognosis for the weather is that this is going to get a lot worse.”

Officials evacuated more than 200 families from their homes Wednesday to escape the bush fires, which so far have killed two firefighters and destroyed nearly 40 homes.

World War II Allies caught in stolen gold scandal

LONDON — World War II allies France, Britain and the United States knowingly used gold stolen by the Nazis from individuals to repay looted European central banks after the war, the World Jewish Congress claimed Wednesday. But Britain immediately denied the allegation.

Britain, France and the United States set up the Tripartite Gold Commission after World War II to return looted gold to 10 countries whose treasuries had been sacked when Nazi Germany’s troops swept across Europe.

National

Clinton Returns To Fund-Raising

AKRON, Ohio --- One day after averting a special investigation into his telephone calls to political donors, President Clinton returned to his public fundraising schedule Wednesday night with plans to raise $900,000.

After conducting a town hall meeting in Ohio on race relations, the president was flying to Chicago for two political events. He hoped to raise $350,000 for Democratic House candidates and $550,000 for the debt-ridden Democratic National Committee.

The trip is part of an intense effort by Clinton and Vice President Al Gore to close the gap in spending between Democrats and Republicans. The DNC is $13.2 million in debt; about $11 million of the red ink issue to legal bills run up in campaign spending investigations.

Clinton addresses racial problems

AKRON, Ohio, (Dec. 3) — The White House held its first town meeting on race at the University of Akron today where President Bill Clinton went face-to-face with 65 community leaders and students on the racial problems facing the nation.

Clinton stressed the importance of open, frank discussions on the issue of race. “I think it is very important that we understand that this is something that we have to we keep dealing with honestly and openly. There are many people today with whom I have great sympathy who say, well, the president shouldn’t be talking about race out of context,” the president said.

Supreme Court to hear Woodward trial

BOSTON --- A justice of Massachusetts’ Supreme Judicial Court has ordered that all seven-judge court hear the combined appeals in the case of au pair Louise Woodward, possibly in March.

Justice Ruth Abrams, responding to an emergency petition from the prosecution seeking to immediately put Woodward back in prison, ordered on Wednesday that all of Woodward’s court records be consolidated to combine appeals filed by both the prosecution and the defense. The decision means that Woodward will remain free until a hearing before the Massachusetts Judicial Court.

Questions? Comments?
E-mail The Montclarion
Montclarion@saturn.montclair.edu
AIDS Awareness Week
By James Falstrom
Staff Writer

A number of campus groups met last Monday, December 1 for National AIDS Awareness Day which marked the start of AIDS Awareness Week here at MSU. The purpose of the event was to promote AIDS awareness, compassion for those with AIDS, and safer sex among college students. Those participating in and sponsoring the event included the Lambda Tau Omega Sorority, the Campus Health and Wellness Center, Psychological Services, the Women's Center, the Campus Ministry Council, the Newman Catholic Center, and the Campus Protestant Foundation.

Lambda Tau Omega began AIDS Awareness Week by dropping AIDS ribbons from the balcony in the Student Center. Students were also invited to leave their handprint on a large cloth and write something about the cloth was covered with handprints, prayers, and heartfelt messages and could possibly be used as a patch for the national AIDS quilt according to Lambda Tau Omega. The ceremony also consisted of lectures from Nancy Elston of the Health Center and Father Al Berner of the Catholic Center.

Lambda Tau Omega continued the week with free showings of the AIDS related movies Philadelphia, The Band Played On, Boys on the Side, and It's My Party in the Blanton Hall Atrium. The week closed with a candle light vigil at the Blanton Quad last night.

Although most college students are aware of the myths and facts about AIDS, many are still confused about AIDS prevention. High risk behaviors can include anything from having too many sexual partners, not using latex condoms, or experimenting with intravenous drugs. Early symptoms of HIV can include fatigue, fever, loss of appetite, nausea, skin rashes and swollen neck glands. Early detection of HIV is necessary to slow the disease down and prevent the infection of others. An active lifestyle is still possible with early detection and treatment. Our Campus Health Center runs free oral HIV testing by appointment every Wednesday from 1-5pm on the first floor of Blanton Hall. No blood is required and results come back in two weeks. For more information or to make an appointment call 655-4361.

“Consultation is not representation. We believe we have a right to participate, and we refuse to be a subset of the University Senate. Therefore, we’re asking all of our members to boycott the search committee because our principles have been violated,” Becker said.

Becker added that the board’s rejection of AFT representation is abnormal. “We were involved with the search for President Walters, and we were involved with the search for President Reid, so the board is clearly going against the established norm,” Becker said.

Becker stated that there is no way that the AFT could compel the Board Of Trustees to accept union representation. “Frankly, if I could force them, I would have done it by now. Legally, the board has the right to make the determination to exclude us. Why are they doing this, I honestly don’t know. All I can say is that this is like playing cards when the board has all the picture cards and aces,” Becker said.

Response from the University Senate:

(The following is excerpts of a letter from Murray L. Cole, Board of Trustees’ Chair to the Montclair St. Community regarding the presidential search committee.)

I would like to provide an update to the University community on behalf of the Board of Trustees with regard to the presidential search process. At its meeting on September 11, the Board described the composition of the search committee which includes campuswide representation as follows:

6 faculty members (1 from each college/school, except 2 from the CHSS)
1 professional staff member
1 support staff member
2 administrators
1 dean
1 alumnus/alumna
2 undergraduate students
1 graduate student
2 trustees
17 voting members

In addition, a trustee chair and a staff coordinator will serve a non-voting members of the committee. The Board used the same composition as that in the 1988-89 presidential search, with the addition of one trustee. This composition affords an opportunity for every single student and full-time employee of MSU to be nominated for membership on the committee.

The Board recognizes that within groups such as those listed above, there is great diversity of experience, background, and opinion. That is why we decided, once again, to use the same procedures as those from 1988-89 in making appointments to the committee.

That is why we decided, once again, to use the same procedures as those from 1988-89 in making appointments to the committee. Three constituent nominees for each position provides a diverse pool of candidates with various viewpoints, including that of graduate faculty and the AFT Local 1904.

Montclair State University is now in competition with both Rowan University and The College of New Jersey in searching for a new president. We have attempted to create a smooth process by using the procedures that were so successful the last time in attracting excellent candidates. Although the 19 member search committee will be large by national standards, we wish to be inclusive of all campus constituencies and to provide a significant voice for faculty. (Faculty and professional staff will constitute 41% of the voting members of the committee.)

Every member of our campus community is a member of at least one of the groups represented on the search committee.

The Board of Trustees is committed to serving the University in the best manner possible. While statute assigns the responsibility for The Board of Trustees is committed to serving the University in the best manner possible. While statute assigns the responsibility for The Board of Trustees, it is our intention, and always has been, to be fair and reasonable in providing an opportunity for all voices to be heard in the process.

We are firmly convinced that the search process as described can be unfriendly and fully satisfactory in the achievement of the mutually beneficial goal of attracting to the University a leader worthy of the privilege of guiding this dynamic community. We must be ever mindful that the students we serve will be instructed by the example we set.
11/25/97

BURGLARY/CRIMINAL MISCHIEF/BIAST CRIME

Person(s) unknown entered a secured room in Bohn Hall, rummaged through the room, broke CDs, wrote a racial slur, and stole a cellular phone.

DISPUTE

Officers respond to a report of a fight in Blanton Hall. Upon arrival the parties had left the area.

SUSPICIOUS ACTIVITY

Officer on patrol identifies male after a smell of marijuana was detected in the area of Pitzer Field. No drugs were found.

THEFT

Female Clove Road resident returned to her parked car in lot 28 and discovered the rear license plate missing.

Female reported she placed her book bag in the safe keeping area outside the book store in the Student Center. Upon her return the book bag was missing.

11/27/97

PROPERTY DAMAGE

Officer on patrol discovers a section of roofing over the Panzer pool had been torn from the building. High winds caused damage. Maintenance was contacted.

BURGLARY/THEFT

Male Clove Road resident returned to his parked car in lot 29 and discovered his parked car in lot 29 and discovered his rooftop over the Panzer pool had been torn from the building. High winds caused damage. High winds caused damage. Maintenance was contacted.

ARSER ON WARRANT

Officer observes vehicle being operated by a male known to have suspended driving privileges and an outstanding arrest warrant. Rohan Sutherland, of Delray Beach, Florida was arrested and transported to headquarters. His car was impounded. Harding Township Police responded to take custody of the prisoner on the warrant.

11/30/97

FALSE PUBLIC ALARM

Officers respond to a fire alarm in Freeman Hall. Upon arrival discover a 1st floor pull station activated. No signs of smoke or fire. Montclair Fire Dept. responded.

12/01/97

HARASSMENT

Female Stone Hall resident reports receiving two harassing phone calls. Investigation continues.

THEFT

Person(s) unknown entered the athletic office and removed a box containing cash. Male reports someone stole his pen case and pens while he was working in the hallway of College Hall.

Female Bohn Hall resident reports someone is using her phone calling card number and making numerous calls without her consent. Investigation continues.

ASSIST OTHER AGENCY

Officers assist the little Falls Police with a motor vehicle accident on Clove Road. Female driver suffered neck, back and leg injuries. Victim was transported by ambulance to Mountainside Hospital.

12/02/97

MEDICAL

Male Bohn Hall resident injuries shoulder while playing basketball in Panzer Gym. Victim was transported by ambulance to St. Barnabas Medical Center.

Female student becomes ill in lot 15. Victim complained of headache, stiffness in the neck, fever, chills and acute abdominal pain. Montclair ambulance unit responded. Victim refused further medical attention. Her boyfriend drove her home.

12/08/97

TANNING

Sunspot TANNING

1 Route 23 South Little Falls, New Jersey 07424
(973) 256-5605

WOLFF SYSTEM TANNING

$6 Per Session

15 Sessions - $75.00

Notice: All unused visits expire 6 months from date of purchase.

Upgrades to 36/3 Ruva $5.00 to 43/4 $9.00

RUVA TANNING

Reflector Lamp Technology

Gets you darker faster with longer lasting results and less burning

36/3 Ruva Bed
1- Session $11.00
5- Sessions $45.00
10- Sessions $75.00

43/4 Ruva Bed
1- Session $15.00
5- Sessions $65.00
10- Sessions $120.00

Notice: All unused visits expire 6 months from date of purchase.
Graduate studies expand to include doctoral programs

By Carolyn Velchick
Staff Writer

In former President Irvin Reid's Vision Statement, he stated six points, one being the promotion of graduate education here at Montclair State University. This motive then set off proposals for three new doctorate programs: applied linguistics, environmental management and science, and pedagogy with specialization in mathematics and philosophy for children.

After hearing former President Reid's statement, faculty at Montclair State got together and created those three programs. They not only based their methods of programming on research, but also on surveys of potential students who may have wanted to enter the programs once they were established. In order for any of these doctorate programs to succeed, the programs themselves had to meet certain criteria: they had to be applied in their focus, interdisciplinary, non-duplicative, they must embrace the theme of critical thinking, and they must build on existing program strengths. After meeting all of these criteria, the Board of Trustees not only rigorously reviewed these programs, but they also went as far as having consultants come in from across the country to review these proposals. Once the Board of Trustees approved the proposed programs, which was in the summer of 1996, the proposed programs were forwarded to the State, October 1996. Discussions occurring on the State level brought about questions, which are now causing a holdup within the Ph.D. programs of applied linguistics and environmental management and science. Although these two programs are being held up, the EDD program in the field of pedagogy is still being pursued. It was approved by the Presidents Board of the State in November 1997 and is now awaiting hopeful approval from the Commission on Higher Education.

The proposed doctoral programs would benefit Montclair State University in more than one way, according to Dr. Carla M. Narrett, Dean of Graduate Studies. They also enhance graduate students within the region to pursue a doctorate. “Having doctoral programs enhances other programs already offered. There is a wider range of activities Dean of Graduate Studies. They also enhance the reputation of the University in general,” claimed Narrett.

As of right now, most New Jersey teachers can not get a doctorate, due to the fact that most doctorates offered focus on educational administration. It has been quite a problem in the past for teachers who want a doctorate in pedagogy and not administration.

That is only one positive point of this proposed program, another positive point is the fact that evening courses will be offered so that teachers can continue teaching, which in essence will help to create better teachers. Dr. Richard Lynde, Provost and Vice President for Academic Affairs believes that this is another reason why this program is so unique.

"We are on the cutting edge. Most schools that offer doctorate programs are only interested in research, not in serving a part time population. The proposed program of pedagogy at Montclair State University was designed for classroom not in serving a part time population. The proposed program of pedagogy at Montclair State University was designed for classroom teachers so that they can stay in the classroom," not take off a few years to pursue their doctorates, stated Lynde.

“The purpose of the program is to equip outstanding teachers who are committed to a career as classroom teachers to become even more exceptional in the classroom and as leaders and scholars in New Jersey schools,” says Narrett.

“High quality, well-prepared classroom teachers are the key to success in education,” says Dr. Julia Minier, director of the Center of Pedagogy.

Former President Reid’s Vision Statement has definitely paved the way towards more of a focus on doctoral programs here at Montclair State University. Although doctoral programs are moving up, Lynde maintains, “undergraduate education is still the main focus of this University.”

A Healthy Investment in Your Future

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. So do millions of patients who choose chiropractic as their preferred source of health care. The chiropractic beliefs in fitness, nutrition, prevention, and natural maintenance make good sense. Wellness, you see, is the normal state of being.

New York State government agrees. They have recently passed the Insurance Equality bill that mandates insurance coverage for chiropractic care.

For over 75 years, New York Chiropractic College has upheld a tradition of excellence in chiropractic higher education. Our combined traditions, old and new, have built the base from which the chiropractic doctors of the future can build.

Choose New York Chiropractic College. A healthy investment for today and tomorrow.

Call us today at 800-234-NYCC (6922) to schedule a visit of our beautiful 286-acre campus in central New York.
There is still time to apply for the SCHOLARSHIPS available from the Montclair State University Alumni Association.

Deadline for all Scholarship applications is December 15.

Applications are available at the Alumni House 34 Normal Ave.
Directly across from Sprague Football Field

For more information, please call the Alumni Office at 655-4141
**Residence Life Benefit Fashion Show raises $1,100**

By Rhoda Donat  
Staff Writer

On Tuesday, December 2, 1997, in the Student Center ball rooms, the second annual benefit fashion show was held. Something Different for '98, it was a memorable event presented by the Residence Life staff. This event was dedicated to the memory of Yvonne Collins, Kevin Anguin and Omar Redding.

The evening began with the scene Four seasons... In this setting, an assortment of 28 models graced the runway with a variety of stylish pantsuits, short skirts and long dresses. The hues of these garments ranged from black and blue, brown and long dresses. The faces of 28 models graced the runway with a variety of stylish pantsuits, short skirts and long dresses. The faces of these models were masked by sieves and masks of all colors from each season.

This scene was the first of eight which was displayed. Coordinated by Brenice Duran, the committee members included: Errin Brown, Clara Cheung, Nikki Colella, Theresa Elehak, Marsha Guthrie, Matthew Kane, Amy Keczpynski, Tara Morlando, Dana Seave, Lori Tobias, Leah Weinberger, and Nicole Zeimer, with special assistance from Elizabeth Jiminian, Kelly Marin and Christina Piedra. Greg Ciccone and Opheila Johnson served as masters of ceremonies. The scenes following Four Seasons were: In Style, (contemporary wear), Making You Sweat (sports wear), The Great Outdoors (hiking gear), Intimate Moments (lingerie), Free Your Soul, (metallic wear), and A Touch of Elegance, (formal wear).

The final scene, We'll Be Missing You brought to light the purpose of the entire event. The models: Ruben Delgado, Shola Briggs, Jason D. Jerimiah, Mike Scott, Conni Freestone, Brenda Sheezhan, Pandora Anderson, Hyun S. Park, Yocasta Garcia, Shabneen Rehan, Angie Del Busto, Steven Daniels, Antoine Smith, Erica Jiminian, Damion Newman, Carolyn Jean-Phillipe, Neneh Kamara, David Leon, Kelly Marin, McMensar Olei Meinga, Timothy Cheung, Milton Olave, Demetra Ashe, Christina Piedra, Mari Del Busto, Elizabeth Jiminian, Berenice Duran and Matthew Kane, came out dressed all in black as they performed a melancholy march as a symbol to paying tribute to the individuals to whom the event was dedicated.

Matthew Kane, Resident Director of Blanton Hall commented, “It was a wonderful event. It was a fitting tribute in memory of the students who passed away.”

Collins, born March 4, 1974, was a Pre-med student enrolled in the Health careers program. In the evenings program, she was described as, “a loving person who tried to bring love into the lives of everyone she touched.”

Anguin, born in Manchester, Jamaica on September 9, 1976, was remembered as, “a kind, loving and compassionate person. His easy going manner and his pleasant personality attracted people to him.”

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**Thoughtful and Thrifty this Holiday Season**

By Kara L. Richardson  
Feature Editor

What if your holiday shopping list goes on and on but your ATM card doesn’t. The holiday season is becoming more and more commercialized, and there is more pressure to buy more. Well, a lack of money doesn’t mean you won’t put some joy into someone’s holiday gift. I have come up with some handmade gifts that will lighten anyone’s heart and your credit card statement for months to come.

You can start by saving money on holiday cards. Although it may seem like a small gesture, holiday cards are a great way of letting loved ones know that you are thinking about them this season. If you are not sure which holiday some­one celebrates, a New Year’s news letter is a politically correct way to go about it.

Hand delivering cards is a charming way of saving cash, postage adds up. You can make your own cards by recycling parts of old cards given to you. Just cut out pictures or designs and paste them to some construction paper. This money saving tactic is not only great for the wallet, it can produce some pretty, creative greeting cards.

Perhaps your skills lie in the wood­working category, stop by any craft or hardware store and you will be able to find whatever you need to bring the Tim Allen out of anyone. There are kits and instructions available at most stores for those who don’t have time to start with the bare tree. Remember things like painting, engraving, stenciling can help personalize your gift.

Making a batch of candles can save you a batch of money. Candles are an easy craft to make and a perfect gift for all ages. Scented or unscented, dipped, beeswax, colored, round, pillars, etc. the list goes on and on. There are many products out there in craft stores to help you out. Candle making is also a fun pre-holiday activity to share with a friend to gear up for the sea...
Alpha Phi Omega hosts blood drive at MSU

By Kara L. Richardson
Feature Editor

Alpha Phi Omega, MSU’s coed service fraternity, hosted the third Blood Drive this semester on Wednesday, December 3. From 10:00 a.m. to 5:00 p.m. the Alpha Phi Omega volunteers greeted the blood donors as a service to the New Jersey Blood Bank. According to Lennon N. Barkley, an Alpha Phi Omega brother, the blood drives are open to the public. She mentioned that they avoid a sign up process to encourage more people to donate blood.

The Alpha Phi Omega brothers noted a good response to their frequent blood drives. On average the drives will attract 50 people to give blood. There are usually two days offered by Alpha Phi Omega but on this particular drive, the Student Center was only available for one day.

A New Jersey Blood Center Phlebotomist, P. Ravirajait mentioned that the holiday time is a crucial time for the Blood Center. The supply of blood drops very low due to frequent accidents. The blood drive is not the only on-campus service done by Alpha Phi Omega. With 20 active brothers, the Nu Psi chapter has played an influential role around the community and in MSU life. The enthusiastic group of students has been a part of campus clean-ups, church paintings and the AIDS Dance-a-thon. Recently, the chapter made a donation to the Kevin Anguin scholarship fund.

Haddassah Redding, sister of Omar Redding, expressed that, “no words are enough to communicate the support and love that we as the family feel. We (the families) appreciate this. It is wonderful to see that the students remember their families (as) and have no qualms with using them. You're missing out on a lot!”

We hope you enjoyed this little homemade quiz and we also hope that everyone scored within the highest range! Let us know how you did!
Conservation Club Presents: "Reptiles and Amphibians" (Live Animals!!) SC Ballroom B, 6:30. Bake sale and raffle will also be held  
SAGA: Japanimation Lovers Club SC 415 at 5:30

Thurs.

December

Fri.

5

Boldly go where you have never gone before!

Fri.

December

Start studying for finals!!  
Sunday Mass for the Newman Catholic Center: 11:30 at Koppes Lounge and 6:30 at the Newman Center

Sat./Sun.

6/7

December

Sign up to write for The Montclarion!!

Mon.

8

Amnesty International meets at 3:30 in the Student Center Commuter Lounge  
OSAU meets at SC Cafeteria C, 7:30

Tues.

9

Prefinals Destress Table: SC Lobby 2-6:00.  
Hand massages for a buck.

Wed.

10

School of Business Administration Alumni Reception, SC Dining Rm, 6-8pm, RSVP X4304

Thurs.

11

SORAC presents "Dialogue of Cultures: The Africa of Arts, Politics, and Religion and its Impact on the West" 9-2:00, SC Rm 411-414 More Info X7516  
First Earth Week Planning Committee Meeting SC Cafeteria C 5:00

December

NUTRITION NEWS

By Chrisann McCarthy  
Staff Writer

Are the season to be jolly, right? The last thing anyone, myself included, feels like nibbling on this time of year is nutrition news. The end of the year brings added stress from exams, holiday shopping, and maybe an extra pound or two - okay, maybe three.

In the name of celebration, this is not a major crisis and as with other aspects of life, extra holiday "poundage" must be kept in perspective. As a result, this column will be devoted to the virtues of fat, rather than the vices. Hopefully, when you bite into Aunt Ida's incredibly delicious holiday cookie, you can wash down any traces of guilt with scientific information about the beneficial role of fat in your diet.

Fat is stored in the body as adipose tissue. Adipose tissue serves a wide variety of functions, such as holding our organs and nerves in place and protecting them from traumatic injury. The layer of fat directly below the skin, known as subcutaneous fat, and the main ingredient in "love handles," insulates the body and plays a role in maintaining normal body temperature. In addition, fats aid in the transport and absorption of the fat soluble vitamins - A, D, E, and K. Finally, most muscles, including the heart, derive their energy from fatty acids.

So, there you have it - a few reasons to appreciate the value of the fat in your diet! Unfortunately, all fats are not created equal. Certain fats, such as the monounsaturated and polyunsaturated varieties, have been shown to be more healthful than saturated fat, but they are not likely the type Aunt Ida is using to bake her delicious, traditional, once a year treats! The American Dietetic Association recommends deriving the majority of dietary fat intake from sources of monounsaturated and polyunsaturated fats, which are generally liquid at room temperature. Canola oil and olive oil contain monounsaturated fats and the majority of other vegetable oils (with the exception of coconut and palm oil) are sources of polyunsaturated fats. Scientific research has implicated a high intake of saturated fat with elevated risks of heart disease and certain forms of cancer. As a result, dietary fat intake should contain relatively few saturated fats from food sources such as lard, butter, and whole milk.

Should you make a New Year's resolution to eat as much fat as you possibly can? Maybe run across campus screaming, "Give me fat or give me death!" Of course not. The American diet is clearly not deficient in fat. A well-balanced, low-fat diet is the main ingredient in the recipe for good health. However, this holiday season, eat, drink, be merry and enjoy your food! The quality of your diet over time is what really matters. An occasional indulgence every now and then is certainly no reason to pout! Happy Holidays!

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NORTH JERSEY FEDERALS CREDIT UNION CORNER

CHRISTMAS BILLS PILING UP AGAIN

The holidays are always a wonderful time of the year. Everyone is in a giving mood, but some of us give too much and don't realize it until the bills start to roll in.

North Jersey Federal Credit Union can help. If you are paying a high interest rate on your credit card purchases, the national average is around 18%, why not consider a debt consolidation loan with us. The interest rate is considerably lower than credit card rates and with a debt consolidation loan you make only one payment a month.

In addition, you can sign up for direct deposit or payroll deduction and have the payment come directly to the credit union to pay off the loan. That's right, no monthly checks to write, no trying to remember to get the check in the mail by the payment due date and no trying to make deposits to cover the loan payments because the payment is made automatically from your payroll department to the credit union.

North Jersey Federal can also help you start your holiday savings program now. Start saving now to meet next year's holiday expenses with a club account. It is never too late to open one and.. you can make your club deposits via direct deposit or payroll deduction also. Next year, when the holidays roll around, you'll be prepared to be as giving as you like because you prepared for those holiday bills early.

As a student or employee, you're eligible for credit union membership. Stop by or call the Credit Union at (973) 785-9200 for more information. You can also visit us at our new web page at www.njfcu.org. Our e-mail address is info@njfcu.org.

NUTRITION NEWS

STRESS cont. from 7

cannot change, like the past. Identify deadlines and be prepared.

Try to relax a few minutes everyday. Take a deep breath and release slowly. This can help bring your heart rate and respiration back to normal.

Meditation and massage can also be helpful.

Exercise is also an excellent release for built up stress. Try moderate physical activities like walking, cycling or swimming. You can use this time to get away from pressures.

Also make certain you get enough sleep. It is easier to handle stress when you are well rested.

Remember to try and solve the problems that cause you stress. Look for creative solutions or ask someone for help if you need to.

Someone once said, "life is 10% what happens to you, and 90% how you react." Think about it. We can all benefit by keeping a realistic perspective and by utilizing the numerous resources that are available to help make our lives more enjoyable.

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DURING THE LAST 4 WEEKS I HAVE NOTICED:

BEING SAD, HOPELESS, BORED OR BLUE  
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A LOSS OF INTEREST OR PLEASURE  
POOR CONCENTRATION OR MEMORY  
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Giving the greatest gift

By Mariel Aponte
Staff Writer

It's finally that time of the year. The holidays are here. For some people that means memorable moments of tree trimming, eggnog and many gifts. But for some other people it might not be so pleasant.

The holidays can bring disappointment, loneliness and depression. There are a lot of unhappy people that would just rather forget sometimes when we get caught up in the joy of the season.

There are a myriad of events to participate in this season. For example, some local community churches are participating in food drives and providing services for the homeless. You can learn about other community service activities by calling local hospitals, schools, food banks, and shelters. Donating blood is another crucial service during this time of year. Service agencies and organizations are in great need of help this time of year.

Sometimes we find ourselves stressed out because of all the commotion with the last minute shopping and hustle and bustle of parking and even figuring out what to buy for who, that brings out the worst in most of us and we tend to forget about the people who are less fortunate. We should think about them and do something. The smallest bit helps.

Donating money, food, blood or participating in other planned charity events are wonderful ways of making a difference in someone's life. The rewarding experience of helping someone in need may be the best gift you give this year.

Log On

By Louis Collin

What is it like to be a Lab Assistant, Part 2

I f you read part one, you know the score. If you didn't, listen up: this is a "screenplay" that someone wrote a while back called, "Lab Assistants On Location - MSU". I'm printing this to show you exactly what lab assistants have to deal with. Remember it next time you're in the lab.

Lab Assistants On Location - MSU (continued)

LA (lab assistant - voice over): A lot of people who use the labs just sit around on e-mail and Netscape for hours. They really make me mad when there are lots of people who use the labs just sit around on e-mail and Netscape for hours.

Scene: LA is standing over a student helping them. Another student approaches him.

LA: ...okay, you have to make sure to charge the drive to A: before saving. Just call me if you have any problems.

STUDENT: Hi, can you help me?

LA: Sure, what seems to be the problem?

STUDENT: The mouse isn't working.

LA: Let me take a look. Hmmmm....it looks like the computer froze. Did you save your paper?

STUDENT: No, I don't have a disk!

LA: The only thing we can do is reset the computer. Your paper might get lost, but there is no other solution. I recommend that you purchase a disk before using the computer again so that you can save your work periodically.

STUDENT: I don't have the TIME to type it again, you @$hole!!! What kind of piece of s**t lab this is!? MSU sucks!!!

LA: I'm sorry, but there is nothing else I can do.

LA (voice over): I could tell the student was becoming upset and I tried my best to avoid an altercation. I tried to ease the tension, but he got agitated and stormed off out of the lab. Sometimes there is nothing we can do. It is just a fact of life. I wish I could have done more, but it was out of my control.

Scene: LA sitting at computer typing. A student voices some irritation.

STUDENT: Why do people keep sending them to me?

LA (voice over): I approached the student and asked what the problem was. She informed me that she had just received another chain letter from somebody she doesn't know. She also informed me about her superstitions and how these letters were making her nervous if she didn't do exactly as it says. Fortunately, I had a solution for her. I wrote a letter to the head of the alpha system and had the person who sent the letter's account suspended. She seemed at ease knowing that person was in trouble, so I went on with my job. Anytime there is a problem, do my best to assess the problem, approach it with care, and try to solve it in the most logical and least harmful way. It's my love for people that keeps me doing my job.

None of us want to be unhappy.

The End

Write Me:
If you have any questions you'd like answered, or you'd just like to tell me what a freak I am, feel free to write me at: collil@alpha.montclair.edu

The last column this year will be responses to all the questions I get, no matter how dumb the questions may be. As always, there will probably be a few celebrities who want my answers :).

Cool Site Of The Week:
http://www.alien-resurrection.com/

Flubber - 'The #1 movie at the box office this weekend. Big deal. Anything Disney puts out has a bunch of bad parents taking their kids to the movies so they don't actually have to play with them. The site has up-to-date info on "Alien: Resurrection", behind the scenes stuff, and a retrospective of the first three films.

Lame Site Of The Week:
http://www.disney.com/DisneyPictures/Flubber/
Figure Skating in Floyd Hall Arena

New Spring Course
PEGN 26501 (Call # 06975)
Tues/Thurs 12:00 - 1:40 p.m.
1/15/98 - 3/16/98
* Meets Physical Education GER
Additional Fee
For additional information call
Dept. NPPERS 655-4154
* Additional Ice Hockey Course anticipated. Watch for announcement

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Our state of the art Sales and Customer Service Center is rapidly expanding. We are currently seeking enthusiastic, team oriented individuals to manage 100 inbound calls per day. Will provide customer service and product information to clients wishing to purchase merchandise from our specialty catalogs. HS diploma (or equivalent) and PC skills are necessary. Previous customer service or sales experience is preferred.

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(PART TIME)
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The qualified individual will support the Control Buyer and the rebuying function through product setup, inventory data management and organization of seasonal product information. Additionally, you will be required to maintain communication with the distribution center and vendors as well as coordinate the execution of invoice payments. HS diploma (or GED) and one year related experience is required. Minimum 2 years in a data entry and computer environment is necessary, along with good communication and mathematical skills.

In addition to exciting and challenging professional opportunities, the selected candidates will enjoy competitive compensation and benefits. Qualified individuals should submit resume with salary requirements, indicating position of interest to: Human Resources, Attn: College Recruitment, Genesis Direct, Inc., 100 Plaza Drive, 4th floor, Secaucus, NJ 07094. FAX 201-583-3607

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Genesis Direct is transforming the specialty catalog business. As one of the most exciting direct marketing catalog companies with a focus on Sports, Kids and Collectibles, professional career opportunities exist in a variety of areas for students enrolled in an undergraduate program or recent college graduates.
A very different Turkish perspective

I am writing in response to Tom Boud's interview of Recep Kaplan. With all due respect to Mr. Kaplan’s right to free speech, I do not feel that he should be acting as President of the International Student Organization. Kaplan also makes an interesting point in his interview in conjunction with his separatist attitude. Kaplan applied for the aforementioned position.

I demand an apology to all Americans, especially American women. I will not tolerate such bigotry being supported by the U.S. tax dollar. I sometimes wonder if Mr. Kaplan has chosen to be educated by the American dummies when he has such exciting things to do back home such as talking about turbas. I see that Mr. Kaplan hangs out in bars rather than the library and chooses to make his observations according to that segment of the population.

Mr. Kaplan's comments are pointless and he has shown no qualifications to be an ambassador. I agree that Americans are closed minded about learning other languages, but I should also remind Mr. Kaplan that it is his job to integrate into American society, not vice versa. He should not categorize others if he does not choose to be stereotyped. A logical explanation to Mr. Kaplan's dilemma would be for him to return to a more friendly, better-educated, and family-oriented society. I am not calling Mr. Kaplan a hypocrite, because he does fine all by himself. God bless America.

Kevin Dillon
MBA Student

Student’s own version of computer lab adventures

To the Editor,

I must admit, I found Mr. Colli’s last few “Log On to MSU” articles interesting. Interestingly, in that they provided me with some good fictional entertainment. In them, he reflected on his experiences working in Lab Assistants being incompetent and overpaid. Now perhaps in some computer lab, at some school, on some planet there is an army of Lab Assistants that fit Mr. Colli’s utopian model, but not at MSU. Granted there must be a few Lab Assistants that know how to do something beyond checking their e-mail, but there are too many that I have seen that are too busy doing homework or “phoning” friends to give more than a simple answer to a student’s computer question. Don’t even get me started on what they get paid for this.

Now don’t get me wrong, I appreciate the fact that LAs are students doing a job to benefit the University. In fact, some good friends of mine are Lab Assistants. Take, for example, my recently hired friend (who will remain nameless). After she was hired she came to me and was excited. She wanted to know if I could teach her how to use Microsoft Word. Mr. Colli made a point that LA's cannot be expected to know how to use every obscure program made, but Microsoft Word? Word is an INDUSTRY STANDARD! Exactly what kind of hiring criteria do the computer labs have? Do you even have to know what a computer is in order to get hired?

Let’s take a moment, if we may, to look at what really goes on at many computer labs here at MSU. Keep in mind that this script is based on my own experiences and those of people I have spoken to, not the rose-tinted vision of a lab assistant.

The scene takes place in a typical MSU computer lab. Many of the students as well as the lab assistant are tying up machines and bandwidth with Netscape, MUDs, and E-Mail. One student is trying to print out the final version of a term paper, but it keeps coming out sideways. Unbeknownst to both of them, the previous user changed the page orientation to “horizontal,” a very simple operation.

Student: “Excuse me, can you help me out?”

Lab Assistant: “Uh...yeah...hold on. (He finishes reading a Smurf Sex forward) OK, what’s the problem?”

S: “My term paper won’t print out correctly.”

LA: “Okay, let’s have a look. (The LA goes to the computer, brings up the print menu and scans it.) Um, everything looks okay, I guess. Maybe if we reboot it... (LA saves the file and reboots the computer. Unfortunately the problem persists.) Uh, I guess the machine is broken. Sorry.”

The LA shrugs his shoulders and tape up another “Out of Order” sign. Since the lab is full, the student gathers his belongings and heads off in search of another open lab.

I think we’ve all been there.

Aldo Castanon
History Education
American women are not all "bimbos"

Dear Editor,

Upon reading last week's Montclarion, I took an interest in the title "This week: A Turkish Perspective." I would like to make a few comments. In high school, two of my best friends were Turkish girls. They taught me that there are many good Turkish people, and, in fact, told me about their country. I even went to several dances at a Turkish hall with all Turkish people. My friends' parents did not like Americans and they tried to keep their daughters away from us. For some reason, they liked me, so I was welcome in their home, but no others were. The point of all this information is to tell Recep Kaplan a thing or two about American "bimbos.

Every woman in the United States is not a bimbo and it is unfair of him to generalize in that manner. I, personally, am not a bimbo and I am very interested other cultures. I love meeting people or different races and ethnicities and always inquire about their culture. I'm sure that I am not the only American to do so, either. If Recep Kaplan keeps up with his attitude, I'm sure he'll never have a girlfriend to talk about when he goes to his bars.

I could very well throw in some rude comments about Turkish people given the hardship I went through to be accepted in my friend's home. But I won't be, because I like Turkish people as well as Chinese people, and Greek people and so on. I also will not sink to Recep Kaplan's level either. I was angered by his comments and disappointed because the article started out nicely enough, but he blew it with his comments. If I wasn't curious about culture, I wouldn't have started to read the article in the first place. My final words to Recep Kaplan himself are, "If it's so bad here in America, then don't let the door hit you in the ass on your way out!!"

Caroline Ruffilo
Physical Education

Ice rink will only cause us problems

If it hasn't been the noise of the steam shovels, dump trucks and other construction machines, maybe it has been either the traffic disruptions in the vicinity of the Clove Road Bridge or losing some parking spots in the lower lots of the Quarry. Perhaps, like many other people, you've seen it with your own eyes or in the Montclarion. In case you still do not know, I am talking about the Floyd Hall Ice Arena that is being built near the railroad tracks behind Lot 28 off of Clove Road.

I was shocked to find out that this arena will cost even more primarily for use by Montclair State students. It is designed for use by area high schools. To make this seem rational to us, we are told that a venue such as this might draw more perspective students to our campus.

But anyone with an ounce of intelligence would ask, "What about the students that are already on this campus? What about the students that find it very difficult to park their vehicles safely and conveniently? What about the students that often abandon this campus on the weekends for lack of a better thing to do?"

Moreover, I have had the opportunity to see this gym in action. This is the very limited time at this University, I have discovered that our administrators only seem to care about money. The more students they have attending this institution, the more students there are to pay the tuition every time someone decides to raise it to pay for something that we are not going to see.

I understand that the money for the ice rink came from many sources, mostly from those high school students. Furthermore, I understand that the money from Montclair State (or so we are told) the money that those prospective students will bring in will make our greed filled administration very happy.

A student like you or I that is paying hard earned money to attend this university has every right to be crying foul, especially whenever we make an attempt to park our car in the already overcrowded parking lots. Instead of trying to pack in more of your "prospective students," worry about the ones that are already here. Worry about the students that must wait in the biting cold for a shuttle bus (any of the nine of them) that will take its sweet time to arrive. Worry about the resident students that have to park at least a mile from their dorm. Worry about the students that are experiencing extra commute, time, and expense to their campus.

Mr. Hall, my message to you is to listen to the needs of the community that you have chosen to build your precious ice rink in. A community of students that does not have a safe and convenient place to park their vehicles, which many of them depend on immensely. Instead of an ice rink which they will barely be able to use, you should have given them a parking garage of at least seven stories. This would be secure, and it would have plenty of room to park our vehicles. Plus, this would have created jobs for the students on this campus that are already having their money sucked out of their pockets by this greedy driven University.

If Mr. Hall and our administration were so hot to have an ice rink here, why didn't they create the provision for a Montclair State University Hockey Team? Again, in the Public Educational Arena, making sense is not the order of the day.

Maybe they will let us use this ice arena once in a while. Those students that enjoy ice skating may stay here one weekend and do so, instead of running home from this "suitcase school" and abandoning it for the weekend for whatever reason. But why is it that people whom we do not know have to come on our campus, disrupt our traffic flow, to use something that we will not even own until the middle of next semester?

Furthermore, the Department of Campus Safety and Security (DSS) says that they are worried about having added strain placed upon them trying to secure the grounds of the new Floyd Hall Ice Arena. A quick solution for that would be to hire students to work for DSS. There are many able bodied students in need of work, that would solve any problem being employed by DSS for slightly above minimum wage (which is what other unskilled campus jobs pay).

These students could serve as extra sets of eyes on this ever growing campus. They could handle basic needs such as writing parking tickets, sitting in guard booths, patrolling the campus. This way, our present DSS staff could do more important things like work on investigations, ticket speeding motorists on Carlisle Road, or provide safety and security to the students who live on and use this campus. This solution is sensible, and it would costs much less than hiring new police and security guards.

So clearly, the intelligent among you can see that our new ice arena is another problem to add to the list of growing pains that our overcrowded University is experiencing.
MSU senior gets his break with Chubby Checker

By Victoria Tengelics
Arts Editor

Those who have attended any of the open mic events at MSU may be aware of some of the overwhelming talent we have on our campus. Scott Solomon is a senior here at MSU majoring in Music Education; he is also an accomplished saxophone player who has played with, among others, Chubby Checkers and The Nerds.

Scott started playing the saxophone in the fourth grade when he got to choose an instrument to learn to play at school. His father was also a musician who played with the late Jimi Hendrix in the '60s. Scott plays three types of saxophones: soprano, alto and tenor; along with the flute and the piano. He performs with various bands at bars, weddings and other functions. Scott first started playing out when he was fifteen at local bar bands around Freehold. In 1993 he recorded the soundtrack for Kathy Ireland's fitness show on E.S.P.N., Body Shaping.

Recently, Scott performed with Chubby Checker at a show in Virginia. "I got my name around from playing out a lot," a friend of mine is Chubby Checker's saxophone player and he couldn't make a gig, so about two weeks ago I went on the road with Chubby," said Scott.

Scott described his experience with Chubby Checker: "We played at this big auditorium there were probably about 500-700 people there. It was really cool, there was a bigger turn-out than I ever excepted. As I made my way backstage, I had security guards walking me in and fans were screaming. We played for about an hour and a half. It was great. Chubby was signing autographs for about three hours; getting his picture taken with everybody. I was signing autographs. From there we went back to Philadelphia. It went really good. Maybe when I get out of school I'll go on tour with Chubby Checker for a year."

Currently Scott is with Main Attraction a wedding/bar band which Scott feels is "probably one of the best bands I've ever worked with." Scott also has a jazz quartet which has played at MSU in the past. Scott has studied with Erik Sanborne, a saxophone professor here at MSU; Steve Slagle and Tommy LaBella, who was the saxophone player for the 10,000 Maniacs.

Scott expressed his plans for the future. "I want to graduate with a degree in education and be a college professor and also a studio musician. I was also offered a job with Chubby Checker."

Scott enjoys playing "funk, like James Brown, Stevie Wonder stuff like that. I listen to that, I listen to a lot of jazz, R&B and a lot of recent stuff."

His influences include, "David Sanborne, probably the most recorded rock-saxophone player there is. He was on James Taylor's "How Sweet It Is", Michael Brecker, Stevie Wonder, James Brown, and Jimi Hendrix."

His advice on how to get into the music business is: "The biggest thing that I would say is don't just play an instrument, become a musician if you are really serious. Because if you just want to make it big, you want your one big shot, then you're just going to get one shot. If your a musician and you really know your instrument you can work, you can really make a living at it for years. It's a shame, you listen to the music that's out there, now, it's just people playing instruments and they play three chords and they scream and I think it's sad that people don't take it seriously. Music is such a craft."

I got a chance to see Scott perform with Main Attraction; he was very impressionable. With his talent and drive, he is sure to succeed.

Children of Eden is a refreshing change from the norm

By Garry Doxy
Staff Writers


"Children of Eden" is the musical child of Stephen Schwartz (music and lyrics) and John Caird (book) based on an original idea by designer Charles Lisanby. Many might know Stephen Schwartz from his hit musical "Godspell." Religion seems to offer Schwartz an outlet for his creative impulses.

"I am concerned with spiritual issues, but the truth is, these projects find me, mostly," said Schwartz. "It's not the religious aspects that attract me to them, but the fact that they deal with big stories, big human issues and people making choices and decisions under very extreme circumstances."

Children of Eden is loosely based on the Genesis' accounts of the creation of Adam and Eve and the story of Noah. Note the word loosely. It raises some pertinent questions, such as: the judgment of God and Adam and Eve's decision to anticipate all species of creation at the time of Noah.

"What appealed to me about the idea was that it was a way to deal with the issue of dysfunctional families and how dysfunction gets passed from generation to generation," continued Schwartz. And according to him, "it's the first family which happens to consist of God and Adam and Eve" that is to be blamed for originating dysfunction.

The strong melodic voices of Stephanie Mills (Eve/Mama Noah) and Kelli Rabke (Yona, wife of Noah's son Japhet) stress the mettle of the female leads in the play. They are not portrayed as the weaker vessel rather the strongest characters that question the motives of God and their own exclusion in the finality of events. "God doesn't talk to me," said Eve to Adam. Besides strength, Miss Mills and Miss Rabke offer delightful performances that also accent the early feminine sensibilities.

Adrian Zmed (Adam/Noah) and William Solo (Father) create the typical father and son tumultuous relationship.

The cycle by which a growing son searches for answers and direction from
Hey Soap fiends! I got your fix for the week.

**One Life to Live:** Max believes his children drowned in the lake. However, the children are on their way to Canada to be sold to a childless couple. Max assaul ts R.J. and blames him for the death of his kids. Bo breaks it up but can't arrest R.J. until he has hard evidence.

Melinda freaked out at Dorian's dinner party and Mel snuck one of Melinda's pills out of the house. Will he admit this? Edmund and Maddie arrived at Wildwind to an emotional greeting from Hayley and Mateo.

**General Hospital:** Jax and Brenda share smores for Thanksgiving dinner. Carly and Tony stop by Bobbie's to drop dinner and arrives just in time to scare the Quartermaine's, thieves stop by to tell them to stay for Thanksgiving dinner. At Carly and Tony stop by Bobbie's to drop dinner and arrives just in time to scare the Quartermaine's, thieves stop by to tell them to stay for Thanksgiving dinner. At

**Ways Of Our Lives**

By Victoria Tingley

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<tr>
<th>WMSC 90.3 FM</th>
<th>TOP 20 ALBUMS COUNTDOWN</th>
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<tr>
<td>1. Velour 100 - Of Color Bright</td>
<td>11. Charming - Twee Kitten</td>
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<tr>
<td>2. BMX Bandits - Theme Park</td>
<td>12. The Get Up Kids - 4 Minute Mile</td>
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<td>5. Porcelain Boys - Away Awhile</td>
<td>15. Purple Ivy Shadows - No Less Than The Trees Than The Stars</td>
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<td>6. NOFX - So Long, Thanks For All The Shoes</td>
<td>16. Far Out Records/Pop Kid (sampler) - V/A</td>
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<td>7. Rock Band #47 - You Can Never Go Home</td>
<td>17. Jerky Boys - Part 4</td>
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<td>8. Weston - Matinee</td>
<td>18. Sunday - Static and Silence</td>
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<td>9. Six Going on Seven - Self Made Mess</td>
<td>19. Rocketscience - Well Known Drag</td>
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<td>10. Spiritualized - I Think I'm In Love ep</td>
<td>20. Joyride - Soundtrack</td>
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Port Charles: Danielle died leaving behind a grief stricken Jake. The interns give Ellen and Jake a Thanksgiving dinner. The Scanlon's have Thanksgiving dinner and remember Danielle. Jake took Julie's shift and cared for a woman in premature labor.

**All My Children:** Tim was found and taken to the hospital. Hayley didn't believe Tim when he blamed Janet. Tim told Trevor that Janet was the one who locked him in the meat locker. Jack brought Bianca to visit Erica in jail. Allie went to the Martin's for Thanksgiving. Edmund and Maddie arrived at Wildwind to an emotional greeting from Hayley and Mateo.

**The Young and The Restless:** Diane and Victor went to the Ranch for Thanksgiving. Seeing Victor with his grandson made tears come to Diane's eyes, something that Nikki didn't miss. Nina had Ryan served with divorce papers and the complaint did not mention his affair with Tricia. Tricia overheard Jill and Ryan talking and decided to go see Edmund and Maddie arrived at Wildwind to an emotional greeting from Hayley and Mateo.

**The Bold and The Beautiful:** Mike showed Sheila proof that James was just pretending to be in love with her to prove she was unfit as a mother. Meanwhile, James told Maggie that he was through with the charade. The woman from Social Services felt there was no evidence that Sheila was unfit. James followed Sheila onto a rooftop, and guess what? She jumped! Taylor told Thorne that she had given up on Ridge, he has moved on.

**Sunset Beach:** Caitlin still hasn't told Cole about the miscarriage. She hopes to hide it until she can get pregnant again. Meg says she trusts Ben but she's still acting like she doesn't (Why should she?) Ben moved Meg into his house. Days up with Erik Ben and Meg with a Maria look-alike. Olivia decided to divorce Gregory. Everyone gathered at Ben's for Thanksgiving.

**Another World:** Shane will go to any lengths to stop Vicky from marrying Jake. First he gets her on a boat and drifts out to sea with her. Somehow they make it back and she gets herself to the altar. Right before she says "I do" Shane runs in and yells "Don't do it, Vicky!" (Do it Vicky!) Grant and Cindy argue over her attire for the wedding.

**Days of Our Lives:** Travis and Jenn are on their way to meet , the now alive, Peter. At a rest-stop she leaves a note in the paper towel dispenser. (Will anyone find it?) Meanwhile Jake is still on the run searching for her. Roman is moving back into the penthouse much to John's chagrin. Marlena tells John that she can’t tell Roman that she loves John until after the holidays. (Isn’t that nice of her?) Sami argues with her mother about John.

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**Lawrence plays the saxophone at MSU**

By Robert Oakes  
Staff Writer

With lilt s, shrieks, buzzes and key taps on his sax, MSU Professor Erik Lawrence invited his audience to join him and his group as they performed improvised music at a noon recital on Monday afternoon at McEachern Recital Hall. After his initial solo piece, Lawrence welcomed two friends, upright bassist Dave Schenkman and discussed the process of spontaneous composition. The trio improvised nearly every note of music heard that afternoon, though some was previously written.

"There is little music on the stand," Lawrence said, pointing to a few sheets of paper on which only bits of bars and notes were scribbled. "Most of the music isn't even in our heads yet."

Lawrence explained that when performing improvised music, the first rule to follow is that all musical rules are broken. Unsure of what was about to happen, Lawrence said, "so, let's play, guys.

Then the group took their instruments in hand as the audience looked on quietly.

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**Recital Review**

Schenkman began with some ringing notes on guitar and was met by Keys’ deep bass tones. Lawrence added his sax, and the trio sparked a musical meditation. At times the trio locked in together completely and at times they ventured off into separate places.

Three pieces performed by the group originated from songs composed by Lawrence and Schenkman. The first, "Epifanes" by Schenkman, whose credits include starting the group "The Spin Doctors," is soon to be recorded, said Lawrence.

The next piece, entitled "Lullaby" was a soft, melodic tune composed by Lawrence. The song seemed to include some intentional dissonance within its sweet context as well as some dirty guitar.

"Beautiful Nightmare," another piece by Lawrence, began with some piercing sax notes then flowed into some wonderful interplay between the players. The piece involved a series of pauses and starts, as the trio weaved harmonies together masterfully.

After the performance, the musicians took questions from the audience and discussed the process of spontaneous
Midnight in the Garden of Good and Evil

By Gabrielle Wild
Assistant Arts Editor

The film Midnight in the Garden of Good and Evil is one of this year’s best written and directed movies. The story is an adaptation of John Berendt’s best selling novel and is directed by Clint Eastwood.

Midnight in the Garden of Good and Evil stars John Cusack as John Kelso, a writer from New York. Kelso comes to Savannah, Georgia, where the entire movie is set, to write an article on one of the most lavish Christmas parties in the South. Kelso soon discovers that Savannah isn’t a normal Southern town. In fact, everyone Kelso meets once his plane lands in Savannah is eccentric. But, it is these whimsical characters that make the film such an entertaining one. For example, where else could you find a man that walks an invisible dog? Overall, Cusack does a superb job playing Kelso, who is more like a fish out of water than a hero.

The film also stars Kevin Spacey, who plays Jim Williams, a wealthy Southern family. Kelso comes to Savannah to write a book about it after it is over. I think it is safe to conclude that Kelso has a double motive — while gathering information for his book, he helps Williams’ defense.

The murder trial itself is an intriguing one. Jack Thompson does an excellent job with the character of Sonny Seiler, Williams’ attorney and friend. Thompson’s character is the only one who really makes the court scenes believable and worth watching. Of course, this is no ordinary trial. The jury surely has its hands full as the trial goes on and secrets are revealed. This is as far as I will go; to find out these secrets, you’ll just have to see the movie.

Clint Eastwood did a fantastic job directing this movie. This is one of the few movies that Eastwood has directed and not starred in. With such a fantastic cast, Eastwood did fine just being behind the camera. Eastwood also had another advantage when he directed this movie: the great city of Savannah. This beautiful Southern town really comes to life throughout the movie and through Eastwood’s directing eye.

Although I have not yet read John Berendt’s novel, this movie does the viewer justice as far as a movie goes. After all, what other movie can make you cringe, gasp, cry and laugh all in the same two hours? I give Midnight in the Garden of Good and Evil four stars.

---

Cusack as writer John Kelso Midnight in the Garden of Good and Evil

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**CenterStage**

**Friday Night December 5th**

**The Nerds ARE back again...**

**Friday Night December 12th**

**DoggVoices**

**Friday Night December 19th**

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CenterStage One south main street Lodi, New Jersey
Entertainment in the 90's: The karaoke experience

By: Angela Marchetti

Staff Writer

H
ere's a scenario for you: It's the weekend. You and some friends have decided to go to the local bar in town for a few drinks and some laughs. Upon arriving at the bar, you see some people on a small stage singing to some accompaniment tapes, laughing, carrying on and having a pretty good time. Then you realize, it's karaoke night. But, what is karaoke? To you, it's probably just a bunch of drunk people getting up on stage, making fools of themselves "trying" to sing. In some cases, that could be true, but what's the history behind this new entertainment craze that's sweeping the nation?

The Japanese like parties. From ancient times, a party became enlivened when someone started singing and the others kept time with hand-clapping, making the atmosphere more cheerful. It has never mattered whether the person sings well or not. Even if he sings out of tune, it can spark laughter and make the party more lively.

By Jeff Kaminski

Staff Writer

I
went to Tramps in NYC to see the Bouncing Souls and Vision on Wednesday, November 26. Things were running late, so I got to Tramps and Vision had just taken the stage. This New Jersey hardcore band is one of the oldest as well as one of the best. They have been doing their thing for many years which they proved that night. Vision consistently puts on excellent live shows. Everyone seemed to enjoy Vision and they received a great response from the crowd.

It was then that karaoke appeared on the scene. Holding a microphone and singing a song to the accompaniment of an "orchestra," you can feel like a professional singer. If other customers give you a big hand, you feel all the happier. Karaoke has thus stimulated people's desire to sing. Consequently, karaoke immediately spread from Kobe City, all over Japan and to the United States.

So, you're at the bar, and you see these people up on the stage having a good time and you think you might want to try your hand at karaoke. What do you do? Companies such as Sing-Sing Karaoke provide bars with their karaoke equipment such as CD players that include laser disk graphics which appear on a television screen in front of you while you're singing along to the accompaniment music. Located on the tables and bars are thick, hard-bound books filled with lists of over 1,000 songs listed by song title and artist alphabetically. Once you find the song you'd like to try, you fill out a little slip of paper, hand it to one of the professional karaoke singers (yes, these people are professional and do this for a living), and are called up to the stage on a first-come-first-serve basis. Many people try karaoke for the first time in a group setting. "I was so nervous the first time I got up on stage," stated sophomore, Rider University student Urzula Broniszewski. "Actually, I was pulled up onto stage by a group of friends, but once we started singing, I didn't want to stop." Many people like the solo spotlight and choose to sing alone. "Karaoke's a lot of fun," states Montclair State senior, Tracy Polay. "It's great getting up there and being the center of attention, but it is kind of nerve-racking."

Many bars around the Tri-State area hold "Karaoke Nights" and even have designated contests where contestants can compete for cash awards and even trips. One karaoke company recently sent three semi-finalists to Las Vegas to compete in a National Amateur Karaoke contest, in which the winner could win up to $10,000. This past summer, Sing-Sing Karaoke held a contest where the winners of 4 different contests were invited to sing at the Meadowlands Fair, as well as win cash awards. These events take place year round and are often listed in the Arts Sections of local newspapers.

So, the next time you stop into a bar holding a karaoke night, why not get up and sing? And bring your friends along too. Remember, the more, the merrier.

Top 5 Songs Sung at Karaoke: (As of 11/16/97)
1. How Do I Live (Trisha Yearwood)
2. Barbie Girl (Aqua)
3. Sweet Caroline (Neil Diamond)
4. Copacabana (Barry Manilow)
5. All Cried Out (Allure)

What's Going On?

Thursday, December 4
Blue Muse, Room 126 Student Center, 7:30 p.m.
more info? x4478

Points of Versatility (sculpture & painting) lecture & reception, Calcia Auditorium, 3 - 6 p.m.

Friday, December 5
Baroque Holiday Celebration, Union Congregational Church, Upper Montclair, 8:30 p.m.
more info? 973-746-6068
TheCrystal Method/Vapour Space, Irving Plaza, NY, doors 11 p.m.

Saturday, December 6
Dana Hsu Kung (painting) reception, Gallery One, 2 - 5 p.m.
Sick of It All/Strife/Cast Ironhike/Subzero, Irving Plaza, NY
more info? 212-777-1244

Sunday, December 7
Crawford Memorial Concert Celebration, Memorial Auditorium, 7:30 p.m.
more info? x7817

Monday, December 8
MSU orchestra, Memorial Auditorium, noon
more info? x7817

Tuesday, December 9
Brutal Truth, Sea Sea's, 7 p.m.
Moosic, PA
more info? 717-457-9898

Wednesday, December 10
Fates Warning, Club Bene', South Amboy, NJ
more info? 908-727-3000
Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

Beans Break Cake Can
Creamer Cup Grinder House Plant
Klatch Maker Mill Shop
Pot Shop Table

Coffee
Kawsplieasxtqnj
gczwgrinderhtqnn
jgdaxuenrocljgd
axvspnumktaifca
xvsoolialjnhecax
xvtrpnlerekamle
jhfdcklcsryllx
vtrpomkipuncbpge
edbxwushopatrq
onljgfdchtekey
xwvtsrponkaerbl

Word of the day:
om-phaloskep-sis(v)
The use of one’s navel as an aid to contemplation or meditation

Answers to Super Crossword
Neat-o!

From puzzle on the next page.

a three to four page humour™ section will appear next week: the large international staff of humour™ writers is on sabbatical at the greystone state psychiatric facility.
**Answers**

ACROSS
1. Goodall
2. Garlic
3. shouts
4. Ares' sister
5. 's20th century
6. fence
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**COFFEE**

**GRINDER**

Answers for the puzzle on the previous page

**Humor/Thursday, December 4, 1997 • MONTCLAIRON**

**the horo...the horo**

Taurus gets rich,
Capricorn dies again:
Horoscopes from Hell.
by John J. O'Sullivan
Featuring PsychicShite™ Technology

Aries (March 21 to April 19) You are at a crossroads in your life. Duh! Get the hell out of the crossroads! You'll get hit by a truck!

Taurus (April 20 to May 20) You will be richer beyond your wildest dreams. To celebrate your newfound wealth, go to the Mall at Short Hills™ and tell the snobby rich bastards that shop there that you have more money than they do. After that, punch them in the face.

Gemini (May 21 to June 20) Gargle gasoline. It's fun.

Cancer (June 21 to July 22) Financial opportunities are on the horizon, but they will set with the sun when you buy the world's largest ball of twine as an investment.

Leo (July 23 to Aug. 22) Don't confide in a prying friend: Punch the bugger in the face.

Virgo (August 23 to Sept. 22) You're full of questions this week. Go to RadioShack™. They have the answers.

Libra (Sept. 23 to Oct. 22) Parents face some difficult decisions concerning child-rearing this week. The question: "Should I let a college student watch my kids while the wife and I go to a company Christmas party?" Duh! Do you want some drunken frat™ guy barely glancing at your kids, but drinking your cognac, watching large amounts of porn™ on your 36 in. Surround Sound TV while spontaneously puking Bud Ice™ and Cheezy Poofs™ on your nice leather couch? Didn't think so. Skip the Christmas party this year.

Scorpio (Oct. 23 to Nov. 21) You are super sharp mentally and seem to have all of the answers, you know-it-all loser. I'll punch you in the face.

Sagittarius (Nov. 22 to Dec. 21) Your myna bird is the Antichrist. Your lucky numbers are 47, 168, 28, 6, and e.

Capricorn (Dec. 22 to Jan. 19) This week, only Capricorns born on January 13, 1976 will die a horrid death by deep paper cuts. The rest of you can enjoy a death free week!

Aquarius (Jan. 20 to Feb. 18) Make important phone calls over the weekend. Make frivolous prank phone calls Monday through Friday during peak business hours.

Pisces (Feb. 19-March 20) Quiet pursuits are best for the weekend...so you can just forget the planned weekend of all git-out noisy sweaty gorilla sex™ with your mate. Return the leather suit you rented, whatever the stars say...
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. 509-2132.

Babysitter wanted for 2 school-aged children in Millburn, N.J. Live-in or Live-out possible. Opportunity to work while attending college. Call (212) 787-1535.

Wanted next semester: Energetic baby-sitter(s) weekday afternoons 3:30-6:00/occasional evenings for bright, sunny pre-K boy. Must enjoy Disney villains/Nickelodeon/monsters. Winter/spring break availability helpful, but not required. 744-8154.

Childcare: Work near University (Nassau & Valley) for a 2-year old. Mon-Fri (7am-2pm). Light housekeeping, N/S, education background, must have references and drive own car, $7/hr. 783-0597.

Experienced babysitter with car desired for lovable toddler on Sat. and Sun. mornings), $7-8 hr (depending on experience) Call Linda at 746-0086.

Position Wanted: Babysitter, willing to do light housekeeping; Monday through Friday; excellent references available. Call (718) 471-9058, ask for Norma.

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

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

Attention Junior, Senior, Graduate Students! Receive valuable experience representing hard/software manufacturers demonstrating products in local super stores. Great pay, Free software and training. Part time, flexible hours. Win95 and sales experience needed. Fax resume 770-667-8906.

Part-time tele-recruiters needed for Upper Montclair consulting firm. 6:30-9:30 PM weekdays plus weekends. Min. hours: 6. Must be articulate and well-organized. Previous experience a plus. (973) 744-6500.

Administrative Assistant Part-Time: Montclair CPA's office needs an assistant 2-3 days per week; answer phones, type, file and other general office work. Please phone 744-2200.

Bridal fashion designer needs full-time help in her studio in Montclair. Knowledge of sewing is a must. Call (973) 655-1239. After 6:00p.m. (973) 857-4376.

Seeking: Managing Representative -- Start, Own, & Operate your own business in the fastest growing company in the fastest growing industry - No experience necessary - No telemarketing - Must be coachable and trainable (973) 880-5352.

Who's Who Among Students in American Universities and Colleges 1997-98

Applications and Nomination forms for Who's Who Among Students in American Universities and Colleges 1997-98 are now available for students with a minimum GPA of 2.75, plus 90 earned credits, and can be obtained at the following locations:

STUDENT ACTIVITIES OFFICE - STUDENT CENTER, ROOM 400
STUDENT CENTER INFORMATION DESK

STUDENT GOVERNMENT ASSOCIATION - STUDENT CENTER ANNEX, ROOM 103

ACADEMIC SUCCESS CENTER - MOOREHEAD HALL
EOF OFFICE - MOOREHEAD HALL

COLLEGE HALL INFORMATION DESK
RESIDENCE LIFE OFFICE - BOHN HALL

CAMPUS RECREATION - FIELD HOUSE OFFICE

The filing deadline is Friday, December 19, 1997 at 12:30 P.M.

Who's Who Among Students in American Universities and Colleges is a prestigious biographical volume that provides a permanent tribute to the leaders of today's college generation.

Each year a select group of students is nominated to receive national recognition for their scholastic achievement, participation and leadership in extra-curricular activities, citizenship, service to Montclair State, and their potential for future achievement. Their resumes are reviewed by a committee compromised of administration, faculty members, professional staff members, and undergraduate and graduate students The names of these students who are selected by the committee as outstanding leaders in those areas are then submitted as nominees to receive this exclusive national honor.

For further information, please call Lisa Dittman at 655-4235.

Thank You.
76ers Tim Thomas makes it big, and gives back to the community

By Lakresha Harris

Staff Writer

E ven as a small child, Tim Thomas dreamed of becoming an NBA star and making his mom proud.

"I used to get up early. I don’t really remember what time, but as soon as I got up the first thing I wanted to do was go in the back yard and shoot some hoops,” Thomas laughs as he recalls the make shift basketball court made out of a plastic milk crate that was nailed to an old tree.

Now long gone are the days of having to wear worn out sneakers and feeling awkward about always being the tallest in his class. He even admits that at the age of eleven he would go to the local Dunkin Donuts and buy large cups of coffee, hoping that it would stunt his growth.

It is his tall lanky build and his natural abilities on the court that have helped him reach his goals. It was also that bright future, hoping that it would stunt his growth.

...and gives back to the community

him a “likeable” person on and off the court.

“...This is it! This is what I’ve been working for all my life,” said Thomas referring to his three-year, over 4 million dollar NBA contract with the Philadelphia 76ers. This contract might be small in comparison to the Michael Jordan’s and the Grant Hills of the NBA, but for a 20-year-old barely out of high school, it’s more than enough.

At 6 foot 10, Thomas entered the NBA after only one year of college at Villanova University. Thomas received a lot of negative response for this decision. At a time when many teens are being recruited right out of high school with the prospect of making the “big bucks,” many feel that these youngsters aren’t prepared yet for the NBA.

“I feel like I’m ready. I know that I still have a lot to learn but I think this was the right decision for me at this time,” says Thomas.

Timothy M. Casey “Large & In-Charge”

Bills -1 1/2 over Bears: “Collins is hot after beating Jets.”

Colts -8 over Jets: “Mayday! Mayday! Jets are going down!”

Nebraska -16 over Texas A&M: “I only like Neb. b/c my sister goes there.”

West Morris -8 over Morristown: “West Morris = State Champs!”

The Montclarion over SGA: “They got nothin’...”

Kevin P. Hancock “Hey, I want free tuition too!”

Jets +8 over Colts: “Is Foley back yet? O’Donnell is miserable”

Packers +3 over Bucs: “The Pack can’t be stopped.”

Jets -6 1/2 over Colts: “Who are the Colts?”

Victoria Tengelics “Queen of the Arts”

Jackets -6 1/2 over Colts: “Who are the Jets?”

Redskins +1 over Cards: “Ok I just love them!”

Naval Academy’s new coach Steakhouse Einstein: “We need to give them the ball.”

Ed Flannery “Editorial Editor”

Jackets over Eagles: Winner of this game will take NFC East crown

Giants over Jets: “O’Donnell might even look competent.”

Bucks over Packers: “The Pack can’t be stopped.”

Cardinals over Redskins: “The Pack can’t be stopped.”

Jason Lampa “Young, white and famous (aka - slick)”

West Morris -2 1/2 over Morristown: “The names of Blanche, Casey, Grundy, Feltman and Little will be household names after this victory.”

Nebraska -16 1/2 over Texas A&M: “You get what you pay for.”

Jackets -2 1/2 over Patriots: “Parcells needs an attitude adjustment.”

Thomas cont. on p. 23
Who's who in MSU Athletics

Dan Wydner
Men's Baseball Team

Position - Center Field
Year - Junior
Major - Sociology
Minor - Criminal Justice
Height - 6'0"
Weight - 185
Nickname - Junior

By Jason Lampa
Sports Editor

Coming out of high school, Montclair State Outfielder Dan Wydner was a highly recruited athlete. While attending West Morris Central High School in Chester, New Jersey, Wydner accumulated a total of six varsity letters to go along with all-state selections in both football and baseball. Numerous recruiters were very interested in his abilities to play both sports for their colleges, but wanting to concentrate on one, Wydner chose his first love, baseball.

Migrating south, Wydner took his act to George Mason University, a Division I program in Fairfax, Virginia. It didn’t take the coaching staff long at Mason to see that Wydner’s blazing speed (4.5 in the 40 yard dash), would make him an excellent leadoff hitter. For two years Wydner manned the #1 slot, leading the team in at-bats his freshman year.

Wydner was having a successful career for himself down in Virginia until rumors of coaching changes started to head around the program. Upon hearing this, friends and family urged Wydner to bring his skills back to Jersey to play for national powerhouse Montclair State. Wydner and Head Baseball Coach Norm Schoenig met during the summer and Wydner was impressed with what MSU had to offer.

“The baseball program here at MSU gave me a great opportunity to come to a place where winning a National Championship was held in the highest regard,” said Wydner.

This fall, MSU traveled to Columbus, Ohio for the College Baseball Classic, a tournament that hosted teams from all over the country. Wydner started the tournament off with a bang, smashing a home run in his first at bat. He wound up going 8 for 15 with three doubles, one home run, and four stolen bases. For his accomplishments, Wydner was named to the All-Tournament team, including an invitation to travel Europe for two months, playing teams from all over the continent.

Sitting in Wydner’s dorm room on Tuesday, I asked Wydner what he feels is the goal for the team going into the 1998 season.

“We have a talented bunch of ballplayers on this team with a coaching staff that has the experience and ability to get the most out of us. I would be lying if I didn’t tell you that the goal for this year should be nothing less than winning the National Championship this season...”

I went on to ask him how much should MSU fans expect out of him in this coming season. Wydner looked up with a smile on his face and with his slight southern drawl calmly stated:

“Guess y’all will have to come to the ballpark to see for yourself.”

Defining a winner: One athlete’s rise to glory

By Jason Lampa
Sports Editor

Senior Offensive Tackle/Place Kicker Kris Grundy will be taking the field in the most important football game of his life when he and his teammates of West Morris Central High School take on the Colonials of Morristown on Saturday, to see who will be crowned the Group 3 section 2 State Champion. No matter win or lose, Grundy is a champion in my eyes and many others’ who know what it took for him to get to this point.

Grundy has battled through circumstances in his life in which a lot of people would not have had the courage to accomplish what he has. Sticken with numerous allergies (including severe asthma) and bone ailments, Grundy’s younger years were spent in and out of doctor’s offices trying to find the right medications to heal him. The medications that he had to take caused him to put on weight and softened his bones. Though in pain, Grundy continued to participate in soccer and basketball never once complaining about his situation.

“Kris Grundy is the type of kid that puts you in a good mood no matter how your feeling,” said Rick Sturgeon, one of Grundy’s many fans back in Long Valley.

Going into his freshman year in high school, Grundy weighed 180 pounds while standing 5 feet 6 inches tall when he met Kevin Henley (then an assistant coach and presently the head football coach) in the high school’s weight room. Henley took Grundy under his wing, showing him the correct exercises to perform and continually motivated Grundy to work harder and harder to strengthen his body. Through this friendship, Grundy joined the football team his sophomore season.

The next couple of years Grundy worked like a madman in the weight room, while paying special attention to his diet. In just a couple of years Grundy improved his bench press from 135 to an amazing 300 pounds. Throughout this time, Henley was always there making sure Grundy pushed himself to the limit. All slavia. Lambert can shoot the ball from anywhere on the floor, whose range extends out somewhere in the parking lot. Only time will tell how well the Red Hawks will do, but so far 1st year Head Coach Darryl Jacobs has done and outstanding job of getting the most he possibly can out of his players. Hopefully, the team will continue it’s much deserved success.

Grundy continued to participate in soccer and basketball never once complaining about his situation.

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Thomas reveals that he was tired of watching his mother Dorothy struggle everyday cleaning houses that belong to other people, a job that she did for almost 30 years. His decision to join the NBA has now allowed his mom to retire, living in a home that Thomas purchased for her that's even bigger than the ones she used to clean.

"I told her how much she could spend and said get what you want, and that felt good. She deserves it. I remember when we didn't have any food to eat, walking around in old sneakers with holes in them. We struggled but we stuck it out and now it's my turn to give back," says Thomas proudly.

Giving back is what he is doing. Some say that the New Jersey native has given more back to his hometown of Paterson than anyone since actor Lou Costello, also a Patersonian. He has founded the Tim Thomas Summer Basketball League which began this summer. He has a basketball court dedicated to him at a local park for his contributions towards rebuilding it for the neighborhood kids, along with Adidas. Thomas also has a $12 million contract with Adidas in which stipulations were made to supply him with brand new Adidas gear for it's kids, along with Adidas. Thomas also has a $12 million contract with Adidas in which stipulations were made to supply him with brand new Adidas gear for it's kids, along with Adidas.

It is his relationship with his mother that has kept him well grounded even with his newly obtained success and riches. His mother raised five children on her own, Thomas being the youngest. When speaking about her, his words come out slowly and thoughtfully. "I love my mom. She's my anchor. She always told me to put God first and everything else will follow."

This advice is especially important now that Thomas is experiencing many things that are very new to him. He just moved into his first apartment which is nothing like the your typical first apartment - complete with marble floors, and an in house elevator complete with doorman. Even so, Thomas likes to think of himself as normal.

"I'm just an ordinary guy. I still hang out with my same old friends, play video games when I'm bored. I try to be as easy going as possible. I don't want to be a superstar personality, but if I become a superstar for my abilities on the court, then I'll be happy," says Thomas.

Thomas doesn't take all the attention he has received to heart. If he can avoid being noticed then he feels a little normal. That is why he cherishes the time that he spends with his family, especially his nieces and nephews and now his two-month old daughter. It is here that he feels the most at ease. Now he's just Tim.

"One thing I know about my mom is that regardless of what I do she'll tell me the truth," says Thomas. Even after his first exhibition game against the New York Knicks, Thomas couldn't wait to get to a phone so that he could call home and ask his mother, "How did I do?"

Anyone who has been around athletics can see how bad the Head Women's Basketball Coach wants to win. In some of her players, like Lateesha Holland, one can see that same fire that burns within their coach.

Personally, after being around the game of basketball since the age of three, I think it is fair for me to say that I was appalled at the effort I saw out of some of the women basketball players tonight.

It's a strange situation, because most teams reflect the attitude of their coach. If that were the case, I would be complimenting this team on how hard they play and the heart that they display, but that's not the case.

It was disturbing to watch as Holland was scoring at will on the inside in the first and half, and then seemed to be frozen out of the offense by her teammates in the second. Why? Was it so hard to dish the ball inside to the player that was ripping apart the opposing team? I don't think so.

I think a lot of the problem starts with senior captain Jill Schultz. Schultz is indeed a very talented basketball player, who has the potential to lead MSU to numerous victories this season, maybe even a post-season championship. I went to the game tonight, hoping to see that type of player in Schultz. What I did see in Schultz was the attitude of a two year old baby, whining for her bottle. Time after time against Ramapo, Schultz was blaming her poor play on the officials, who it appeared that in Schultz's eyes, were allowing the Ramapo players to unfairly push her around. On a couple of occasions, Schultz was absolutely hammered. Schultz could have taken these blows, as part of the game, and got back up and come back more aggressive. Instead, Schultz stayed on the ground seeming to feel sorry for herself.

Schultz, it's time you sit at the head of the table. You are the leader of this team. Grow up, before you look back at your season and wonder if you could have given more.

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Calling the shots
By Jason Lampen

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Men's basketball
defeats Ramapo 73-61

Peeples leads Red Hawks to victory with 21 points, 13 rebounds; MSU record to 4-1

By Jason Lampa
Sports Editor

Junior Forward Anthony Peeples continued his strong play with a team high 21 points and 13 rebounds, leading MSU to a 73-61 victory over Ramapo College Wednesday Night at Panzer Gymnasium. MSU's record now stands at 4-1.

Seniors Raheem Rex and Kyle Griffith joined Peeples in controlling the glass the entire night, totaling 30 rebounds between the three of them.

The team played well, though they can play better. Freshmen Jermel Mayo from Irvington High School, is a very talented guard with cat quickness on defense and a potentially explosive offensive weapon.

B.J. Reilly, MSU's point guard, is a solid player. Though he does nothing exceptional, Reilly does a little bit of everything to help the team win. Whether it's with a steal, three pointer, or one of his numerous assists, he continues to break down opposing teams guards until they fold like a sheet of paper.

Griffith is the team's swingman at 6'2", 200 pounds. He has a good combination of size and speed which can be very intimidating to opposing players unfortunate enough to draw him as a defensive assignment. Griffith has a beautiful arch to his shot to go along with a very soft touch. Simply put, Griffith is the kind of player you want to have on your team instead of someone else's.

Peeples and Rex fill the last two starting slots at the forward and center positions, respectively. Peeples stands at 6'4 weighing 225 pounds while Rex hovers six feet eight inches above the ground weighing 220 pounds.

If MSU is going to build on their 4-1 record, Peeples and Rex are the players who are going to have to sit at the head of the table. Both are very good athletes and both have the potential to dominate the frontcourt night in and night out.

Holland’s 21 not enough as turnovers cost MSU close game

By Jason Lampa
Sports Editor

Laleethea Holland slightly grimaces in pain as she hobbles down the floor, due to a heavy brace on her left leg. Though only around 70 percent, Holland showed herself to be a dominant low post player, shooting 8 for 11 from the field for a total of 21 points, while grabbing eight rebounds and blocking four block shots in a 68-66 loss to Ramapo College on Wednesday night at Panzer Gymnasium.

"I think once we get everyone healthy I think we will all come together," said Bradley. "We had our chances tonight to put the game away, but all those turnovers killed us."

Bradley was both complimentary and critical of the way some of her players played tonight, something that every good coach does. Bradley knows her team needs some work, but she also sees some positive things that could be taken out of Wednesday's defeat.

After the game, she spoke on how her leader Jill Schultz is a very gifted player, but must start to assert herself more in all facets of the game. Bradley is looking for Schultz to be one of the players to carry the team on her shoulders, since Schultz has had so much experience in both the regular season and post-season in her first three seasons at MSU.

Bradley continued to focus on her W. B-BALL cont. on p. 23

Junior forward Anthony Peeples (Linden) shoots two of his team high 21 points over two Ramapo defenders.

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The men’s basketball team’s next home game is next Wednesday, Dec. 10 in Panzer Gym.

Soph. guard Felicia Ingram drives to the basket in last night's game.