Montclair Students Debut in Broadway Musical Bye, Bye Birdie
Students Act Alongside TV Actor John Stamos

The official opening of the musical was today. (More photos on Page 4)

By Kelly Jones, Assistant News Editor

Sophomore Allison Strong (bottom, second from the left) and Paul Pilcz made their Broadway debut in "Bye, Bye Birdie," starring John Stamos.

"Performing is what brings the most talent into the industry," she said. "But performing is more than that. It's the opportunity to be part of a team, to work with others that I will carry with me as I continue to develop as a performer, and I've learned those lessons from some of the most talented professionals in the industry.

"Both Strong and Pilcz also had the chance to perform on ABC's Good Morning America."
The Pelican, was published on November 28, 1928 in the Montclarion. The first edition of The Montclarion, then known as the Montelican Publishing Company, did not get chartered.

The Montclarion is a publication of Montelican Publishing Company, Inc. Published weekly, except during examinations, the Montclarion is a publication of Montelican Publishing Company, Inc. During the summer and winter sessions, The Montclarion is funded by student fees distributed by Montclair State University.

The Montclarion is funded by student fees distributed by Montclair State University. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of The Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

In last week’s article titled “$6.5 Million Grant Awarded to College of Education,” the object was $10.5 million, not half as stated in the original article.

On Oct. 6: A student reported the theft of her parking hangtag from her unsecured vehicle parked in Lot 24.

On Oct. 6: A student reported the theft of her GPS system, iPod Touch, iPod cable, iPod charger, mobile phone charger, cash and identification from her unsecured vehicle parked in Lot 23.

On Oct. 7: A student reported the theft of her parking hangtag from her unsecured vehicle parked in Lot 24.

On Oct. 7: A student reported being harassed by a known suspect while in the Red Hawk Diner.

On Oct. 8: Belinda Thelisma was arrested and charged with simple assault, harassment and acts of domestic violence while outside of the Clove Road Apartments.

On Oct. 8: A student reported being harassed by a known suspect while in the Red Hawk Diner.

On Oct. 9: An MSU employee reported an unknown suspect attempted to gain entry into College Hall through a bathroom window while the building was closed.

On Oct. 11: Parking Services reported a known suspect did not pay when exiting the Red Hawk Deck. Theft of services charges are pending.

On Oct. 11: A student reported being harassed by a known suspect while in the Red Hawk Diner.

On Oct. 12: Derek Henrichsen was arrested and charged with unlawful possession of a weapon while in the Clove Road Apartments.

SGA Notes

- Jonathan Aronoff was named the Student Advocate of the SGA.
- Brian Davis, an environmental organization, did not get chartered.

 Corrections

- In last week’s article titled “$6.5 Million Grant Awarded to College of Education,” the object is $10.5 million, not half as stated in the original article.

Sims, Lori Wieczorex, Sanee Simmons, Gerald Flores, James Carolan, Sam Gherman, Robert Aitken, Emily Golloub, Kulsoom Rizvi, Nicaury Santana, John Pope, Chief Copy Editors.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.

The Montelican Publishing Company is a student-run organization, did not get chartered. The views expressed by the students at the Montelican Publishing Company are not necessarily the views of the Montelican Publishing Company.
Montclair State University’s Bell Tower Initiative (BTI) is an ongoing project that involves upgrades in just about every aspect of the University’s data systems, business systems and online network. The project is scheduled to have all of its various components completed by the end of 2011. MSU has teamed up with Oracle Consulting, and will take advantage of Oracle’s PeopleSoft Enterprise products to complete the transition over to the new system.

What will come from the BTI is a completely updated online network that is fully able to take advantage of the most current technology and software, and will make use of the full capabilities of the Internet.

The need for the BTI stems from the fact that MSU’s current system is very outdated, according to Ed Chapel, vice president of Information Technology.

“Our current system is very old, and it was not designed with the Internet in mind. The new system is developed in accordance with web services standards. As a result, it provides a vast array of self-service capabilities for all members of the university community.”

WESS, the system through which students register for classes, view their bills, view their grades and manage other academic affairs, will be done away with as well.

“WESS, which is the web services interface to our old administrative system, will be decommissioned and it will be replaced by a new suite of web features for managing all manner of students’ academic and business affairs with the university.”

According to Chapel, the project entails several key tracks including the implementation of an enterprise portal, a new financial management system, a budget and planning system, a robust campus management, a human resources management system, a student accessibility, billing, human resources, etc. to share a common language and operating system. This should facilitate communication, reduce errors and speed up all our management processes.

The Initiative encompasses many different improvements and upgrades in the realm of MSU’s Information Technology system. In addition to better program, customization and more features, the BTI will improve efficiency, simplicity and accessibility on campus.

According to Gingrich, “Communication on issues of advising, financial aid, bursar and registration should become faster and more efficient. Wireless systems will be more extensive and more accessible. Wireless systems will be more extensive and more accessible.”

In an increasingly technology oriented society, MSU is evolving and adapting to the ways in which students manage their lives and their education.

The end result of the Initiative will assist students more independence and freedom to manage their own college. Students will be given better access to MSU’s network, new tools to use, more manageability options and more privacy and personal customization. The project will provide students timely and efficient access to the campus and its resources anywhere, anytime.

The Montclarion
October 15, 2009 • The Montclarion
NEWS 3

The Five Phases
STRATEGY

Planning & Structure
Creating basis for project plans

<table>
<thead>
<tr>
<th>Human Capital Management</th>
<th>October - December ’09</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Solutions</td>
<td>January - December ’10</td>
</tr>
<tr>
<td>Hyperion</td>
<td>September ’09 - January ’10</td>
</tr>
<tr>
<td>Financial Management</td>
<td>July ’09 - January ’10</td>
</tr>
<tr>
<td>Portal</td>
<td>September ’09 - January ’10</td>
</tr>
</tbody>
</table>

Construction
Building and designing new systems

<table>
<thead>
<tr>
<th>Human Capital Management</th>
<th>October ’09 - July ’10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Solutions</td>
<td>March - April ’11</td>
</tr>
<tr>
<td>Hyperion</td>
<td>December ’09 - July ’10</td>
</tr>
<tr>
<td>Financial Management</td>
<td>March - April ’11</td>
</tr>
<tr>
<td>Portal</td>
<td>September ’09 - April ’10</td>
</tr>
</tbody>
</table>

Transition
Functional and technical parts of project are assembled into a working system

<table>
<thead>
<tr>
<th>Human Capital Management</th>
<th>June ’09 - September ’10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Solutions</td>
<td>March ’10 - June ’11</td>
</tr>
<tr>
<td>Hyperion</td>
<td>December ’09 - January ’10</td>
</tr>
<tr>
<td>Financial Management</td>
<td>April ’09 - June ’10</td>
</tr>
<tr>
<td>Portal</td>
<td>December ’09 - January ’11</td>
</tr>
</tbody>
</table>

Deployment
Move all project support activities to the production support team and train the users

<table>
<thead>
<tr>
<th>Human Capital Management</th>
<th>September ’09 - December ’10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Solutions</td>
<td>September ’09 - June ’11</td>
</tr>
<tr>
<td>Hyperion</td>
<td>January ’09 - March ’10</td>
</tr>
<tr>
<td>Financial Management</td>
<td>April ’09 - June ’10</td>
</tr>
<tr>
<td>Portal</td>
<td>March ’09 - July ’10</td>
</tr>
</tbody>
</table>

The Bell Tower Initiative has created implementation teams for the different phases and plans associated with the initiative.

The data collected was based off charts located on the BTI homepage: http://www.montclair.edu/erp/index.html

Montclair State University’s Bell Tower Initiative (BTI) is an ongoing project that involves upgrades in just about every aspect of the University’s data systems, business systems and online network. The project is scheduled to have all of its various components completed by the end of 2011. MSU has teamed up with Oracle Consulting, and will take advantage of Oracle’s PeopleSoft Enterprise products to complete the transition over to the new system.

What will come from the BTI is a completely updated online network that is fully able to take advantage of the most current technology and software, and will make use of the full capabilities of the Internet.

The need for the BTI stems from the fact that MSU’s current system is very outdated, according to Ed Chapel, vice president of Information Technology. “Our current system is very old, and it was not designed with the Internet in mind. The new system is developed in accordance with web services standards. As a result, it provides a vast array of self-service capabilities for all members of the university community.”

WESS, the system through which students register for classes, view their bills, view their grades and manage other academic affairs, will be done away with as well.

“WESS, which is the web services interface to our old administrative system, will be decommissioned and it will be replaced by a new suite of web features for managing all manner of students’ academic and business affairs with the university.”

According to Chapel, the project entails several key tracks including the implementation of an enterprise portal, a new financial management system, a budget and planning system, a robust campus management, a human resources management system, a student accessibility, billing, human resources, etc. to share a common language and operating system. This should facilitate communication, reduce errors and speed up all our management processes.

The Initiative encompasses many different improvements and upgrades in the realm of MSU’s Information Technology system. In addition to better program, customization and more features, the BTI will improve efficiency, simplicity and accessibility on campus.

According to Gingrich, “Communication on issues of advising, financial aid, bursar and registration should become faster and more efficient. Wireless systems will be more extensive and more accessible.”

In an increasingly technology oriented society, MSU is evolving and adapting to the ways in which students manage their lives and their education.

The end result of the Initiative will assist students more independence and freedom to manage their own college. Students will be given better access to MSU’s network, new tools to use, more manageability options and more privacy and personal customization. The project will provide students timely and efficient access to the campus and its resources anywhere, anytime.

The Bell Tower Initiative has created implementation teams for the different phases and plans associated with the initiative.

The data collected was based off charts located on the BTI homepage: http://www.montclair.edu/erp/index.html
no joy, and I’m happy to spread joy to those audiences every night,” Strong said.

Fitz could not be reached for comment.

The BFA in Musical Theatre concentration at Montclair State University is “a rigorous training program offering a conservatory experience within a liberal arts setting,” according to a news announcement on the College of Arts website.

Students get a chance to receive intensive training in acting, vocal lessons and various dance forms. They also learn music theory, movement, production and stage craft. The objective of this competitive, creative program is to prepare students for performing in a professional setting and train them to launch their careers.

The program was generated between the Department of Theatre and Dance and the Cali School of Music.

Students perform in stage productions in the state-of-the-art Alexander Kasser Theater. “I suspect we may see our students in many more Broadway productions to come. Because we are so close to New York City, many of our students can and do audition in everything that is going on in New York,” Diaz said.

“We do our best to focus on their studies at school because that is important too, but they also learn how the business works.”

Bye, Bye, Birdie will be playing Tuesday through Saturday nights at 8 p.m., with Wednesday, Saturday, and Sunday matinee performances starting at 2 p.m. The show has been in production since Sept. 10, but the official opening was today.

Bye, Bye Birdie will be the inaugural production at the new Henry Miller’s Theatre located on 124 West 43rd Street.
Margaret and Herman Sokol Science Lecture

Gravitation
From Galileo to Einstein and Beyond

Honoring the 400th anniversary of first use of the telescope for astronomical observations by Galileo and celebrating “International Year of Astronomy”

October 20, 2009
8:00 p.m. at Kasser Theater

KEYNOTE SPEAKER

Dr. Eugenio Coccia
Renowned Italian physicist

Dr. Coccia is the director of the INFN National Laboratory of Gran Sasso, the world’s largest underground laboratory for astroparticle physics. Most recently, he was full professor of gravitational physics at the University of Rome Tor Vergata.

LECTURE DESCRIPTION

Gravitation is responsible for keeping the Earth and the other planets in their orbits around the Sun, for keeping the Moon in its orbit around the Earth, and for heating the interiors of stars to very high temperatures allowing the formation of the chemical elements we need for life. The talk will describe the breakthroughs of Galileo Galilei and Isaac Newton and the vision of Albert Einstein who described gravity as a curvature of spacetime, making it possible for us to understand fascinating cosmic phenomena like gravitational waves, black holes and ‘spaghettification.’

Sponsored by the College of Science and Mathematics and the Joseph and Elda Coccia Institute for the Italian Experience in America.

Tickets are FREE to Montclair State students, faculty, staff, and alumni at Kasser Theater Box Office. All others: $15

For more information call 973-655-5352 or e-mail jaberj@mail.montclair.edu
Disney Recruiters Return to MSU

Kevin Flynn, a junior business major at Montclair State University, participated at Disney World in Spring Advantage 2009.

“Flynn also helped in Delivery Service with the responsibility of picking up any merchandise a guest purchased, and holding it for guests until they came to pick it up,” Kevin said. “The favorite part about working for Disney was the people he had met.”

“I met and worked with people from all around the world. I still communicate with many of my fellow cast members who live all around the world, and plan on seeing them again one day.”

Flynn has stayed in good standing with the company, and he hopes to work another college program or a full time job when he completes school.

“My dream is to work at Walt Disney World, and the Disney College Program gave me the opportunity. While I was helping our guests’ dreams come true, my dreams were coming true.”

CHRISTINA HARZER

Sophomore Christina Harzer applied for the Spring semester program. Only a freshmen at the time, she was not sure if she would accept the offer if she had been accepted in the program. However, she knew working for Disney would be an incredible opportunity she could not pass up.

Harzer worked in food and beverage is one of the more popular roles for Disney college program students. It was overall a memorable experience,” she said.

Harzer also had encounters with celebrities such as Tom Cruise and Katie Holmes. Harzer hopes to go back and participate in Disney’s Professional In-tern programs.

The program is a paid internship to recruit students for the Disney College Program.

Continued from Page 1

Kevin Flynn

It was always a dream of mine to work at Walt Disney World, and the Disney College Program gave me the opportunity. While I was helping our guests’ dreams come true, my dreams were coming true.”

Gail Job

Quinn Shuttle Bus Collides with Parked Fire Truck

On Monday morning, a La Quinta shuttle bus was driving along Valley Road when it was too close to and hit the side view mirror of a Clifton Fire Department truck parked along the road.

Four students were aboard the shuttle bus. Montclair State University Police responded to the scene, and the Clifton police joined soon afterwards. It was reported that there were no injuries.

The university monitors its debt service payments. “The university is getting the best interest rates and financing structure possible. In the past, the university has refinanced its debt, (similar to a mortgage refi-nance) which has saved millions in debt service payments,” said Cipullo.

The university’s annual financial statements can be viewed publicly on the university website under the Division of Finance and Treasury.

This year’s statements will be posted within the next few weeks.
Wear pink and sip on expensive drinks... The entire month of October is devoted to the awareness of breast cancer. The American Cancer Society offers a variety of events that are not only informative, and in the United States alone will affect approximately 102,000 young women this year, according to the American Cancer Society (ACS).

Want to learn more and get involved? Join Montclair’s very own political science professor Fernando Uribe, on his quest to save breasts. He is holding a fundraiser for breast cancer this Friday night.

Uribe has been annually involved with this cause for the past five years, in addition to the March of Dimes, which occurs every April. He has witnessed those who have suffered and recovered from breast cancer, which has served as his inspiration, but a study motivational instrument to help raise awareness and money.

"Making Strides" Against Breast Cancer, will be taking place at Recal, a lounge located on 7th Ave., between 48th & 49th, on the second floor, just blocks away from Port Authority in the Theater district of Manhattan. For all of those who are 21 and up, there is a private bar, boasting a collection of the most expensive drinks, while live music is hosting in the main bar.

This laid back and casual atmosphere provides comfortable seating, and has plenty of room to roam. You will be able to spot the host of the night wearing a pink tie, as a mark of respect in acknowledgment of the color of breast cancer awareness month.

There is always that one guy or girl within your circle of friends that you all gossip about or laugh at and with. Yet, this person never knows they are the “Karen.”

If you aren’t nodding your head in agreement now, cheryl a good chance that you may be the “Karen” of your group. If these circumstances apply to you, then you probably are the “Karen.”

1. You are simply kept around to be the butt of everyone’s jokes the high point of water cooler gossip. Every time she enters the room the conversation goes silent, and he or she chimes in with something like “Hey guys, what’s going on?”

2. These days, you’re hard pressed to find a college student who doesn’t spend a great deal of time on the Internet, so they can’t pretend they haven’t seen your request. Most likely, they are pretending you ignore key, and have no desire to be your friend virtually or in real life.

3. Every time you walk into a room, the conversation abruptly stops. This is a dead give away that you are indeed the “Karen” of your group, and your “friends” were just talking about you behind your back. Either or you’re planning a surprise party for you, but most likely, they were laughing about the last stupid thing you said or did.

4. You never get anything back that you lend out to your friends.

If your friends don’t care about you enough to return the belongings which you so generously lent them, then they don’t care a whit about you. You are the “Karen” of your group. You shouldn’t have to keep a tab on what your friends owe you; they should respect you and your properties.

5. You have a nickname that you do not approve of.

If you were given an embarrassing nickname that you wish to rid yourself of but it sticks to you like glue to rubber, your friends probably don’t care about your feelings.

“They’re just keeping you around to be the butt of their jokes. Don’t let them have the last laugh, get out now and don’t be the “Karen!”

6. Your friends ignore you when they see you in public places.

If your so called “friends” can’t bother to acknowledge your existence in the light of day, there is a good chance they don’t see you as their real friend. You are the “Karen,” and they only want you around when it benefits them.

7. You are always the designated driver.

If your friends only invite you to party with them because the cut you drive them home when they’ve wasted and inebriated, then you are the “Karen” of your group. You’re being used, and you should cut them off now!

8. You are always the one taking the group picture, but you’re never actually in it.

If these friends of yours don’t want to be seen with you in a muddy pic, then they probably don’t enjoy being seen with you in the real world. If you’re always the one behind the scenes and never a part of them, you are the “Karen” of your group.

9. You always end up paying more than everyone else at the end of the night.

If you’re consistently the one stuck with the bill or the tip, or the one who has to throw in an extra $10, you’re being used. You are the weakest link, the “Karen!”

10. Your friends make you mix tapes for your birthday, even though you got them iPods for theirs.

Something is very wrong if the give and take is all out of whack. If you’re constantly working over time to please your buds, but they are simply slopping crap together, they don’t care about you, and see you as the “Karen.” Stop being the butt of their jokes, and get a new group of friends, preferably one that already has the “Karen” position filled!
I hope your palate enjoyed the “Num-Nom” burger last week. It’s a real big hit where I come from. Ok, enough of the small talk! Now, I am on to what you are all waiting for. This week’s addition of “Cooking with Nelson” delves into the great possibilities of the 13th wonder of the world: the hoagie. 

Now, for once this isn’t like any other normal hoagies, it’s a Nelson-worthy hoagie. This three-foot sub is made specifically for a whole day’s worth of consumption. This includes breakfast, lunch, dinner, and even a little night time snack if you’re too messy to eat it.

The only instructions on how to make this is the order of the various foods being placed on the bun. Everyone that reads this should have enough culinary knowledge to put together a sub sandwich. Mmmmm … tasty. The “Daily DePas” Sub is a chicken francese sandwich. Mmmmm … tasty.

Now, of course, this isn’t like any other normal hoagies, it’s a Nelson-worthy hoagie. This three-foot sub is made specifically for a whole day’s worth of consumption. This includes breakfast, lunch, dinner, and even a little night time snack if you’re too messy to eat it.

For the breakfast portion, one must mix it up a bit you can have a Daily DePas breakfast sandwich. Mmmmm … tasty.

The only instructions on how to make this is the order of the various foods being placed on the bun. Everyone that reads this should have enough culinary knowledge to put together a sub sandwich. Mmmmm … tasty. The “Daily DePas” Sub is a chicken francese sandwich. Mmmmm … tasty.

Now, of course, this isn’t like any other normal hoagies, it’s a Nelson-worthy hoagie. This three-foot sub is made specifically for a whole day’s worth of consumption. This includes breakfast, lunch, dinner, and even a little night time snack if you’re too messy to eat it.

For the breakfast portion, one must mix it up a bit you can have a Daily DePas breakfast sandwich. Mmmmm … tasty. The “Daily DePas” Sub is a chicken francese sandwich. Mmmmm … tasty.

Now, of course, this isn’t like any other normal hoagies, it’s a Nelson-worthy hoagie. This three-foot sub is made specifically for a whole day’s worth of consumption. This includes breakfast, lunch, dinner, and even a little night time snack if you’re too messy to eat it.

For the breakfast portion, one must mix it up a bit you can have a Daily DePas breakfast sandwich. Mmmmm … tasty.
Don't Be Tricked By These Health And Wellness Myths

James Carpentier
The Montclarion • October 15, 2009

If you talk to long —

With Halloween coming up at the end of this month, there will be plenty of tricks out there. And, when it comes to health and wellness, there are some myths that can also trick you—not only around Halloween, but year-round. Here are a few nutrition and other health-related myths and facts:

- **Milk Chocolate Has More Nutritional Value than Cocoa Powder.**
  
  False. In other words, better check the type of chocolate used in those bars in your trick-or-treat bag. First, here's the good news about chocolate: According to Parade magazine, research shows that chocolate contains protein, calcium and antioxidants, which may prevent certain chronic diseases, including cancer and atherosclerosis, and may reduce the risk of coronary heart disease. Chocolate also contains a "feel-good" chemical called phenylethylamine that promotes happiness. However, not all chocolate is alike. According to Star-Ledger nutrition columnist Ed Blonz, cocoa powder and dark chocolate contain the most beneficial compounds — flavonoids. "Dark chocolate contains significantly more flavonoids than milk chocolate and white chocolate, which are both low in essential nutrients." Flavonoids can help reduce blood pressure, which may reduce the risk of coronary heart disease.

- **Pan-Fried, Scalloped and Sautéed Are Heart-Friendly Words.**
  
  False. According to USA Weekend magazine, "If you talk to long-distance runners, they'll tell you about the euphoria they experience after running 30 or 40 minutes. It's called a "runner's high." Many people who have participated in walking programs have experienced the same kind of thing by walking at three to four and a half miles an hour. They feel a period of heightened consciousness, they feel more creative, enthusiastic and excited. Some psychologists feel that this 'high' is an altered state of consciousness. They feel that running 30 or 40 minutes can help to preserve cardiovascular health. Unfortunately, the age-related loss of muscle, sarcopenia, can undermine people's ability to carry out these activities, but resistance training can prevent and even reverse sarcopenia.

- **Eating Six Small Meals a Day Instead Of Three Big Meals Daily Burns More Body Fat.**
  
  True. According to Ellington Darden, Ph.D., author of Living Longer Stronger: "Eating smaller meals throughout the day, with some of the meals exceeding 800 calories, is an important aspect of efficient fat loss."

- **You Won't Get the Same Euphoria from Walking as You Get from Running.**
  
  True. According to the book, The Complete Book of Walking: "If you talk to long-distance runners, they'll tell you about the euphoria they experience after running 30 or 40 minutes. It's called a "runner's high." Many people who have participated in walking programs have experienced the same kind of thing by walking at three to four and a half miles an hour. They feel a period of heightened consciousness, they feel more creative, enthusiastic and excited. Some psychologists feel that this 'high' is an altered state of consciousness. They feel that running 30 or 40 minutes can help to preserve cardiovascular health. Unfortunately, the age-related loss of muscle, sarcopenia, can undermine people's ability to carry out these activities, but resistance training can prevent and even reverse sarcopenia.

- **Resistance Training is Safer for Heart Disease Patients than Strength Training.**
  
  False. According to Doug McGuff, M.D. and John Little, authors of Body By Science: "The evidence is clear: Strength training is a modality of exercise that is as safe and productive as possible from a cardiovascular standpoint. The American Heart Association has even included strength training as one of the major components of cardiac rehabilitation... Doctors have routinely told their patients that just performing activities of daily life such as walking, taking the stairs, gardening and yard work can help to preserve cardiovascular health. Unfortunately, the age-related loss of muscle, sarcopenia, can undermine people's ability to carry out these activities, but resistance training can prevent and even reverse sarcopenia.

- **Your Brain Gets More Oxygen and Nutrients During a Daydream.**
  
  True. The book, Training The Body To Cure Itself, mentions, "So, how do you solve the problem of eyestrain — particular-ly if your job involves lots of close-up work?" For starters, make sure your office is well lit. If you use a computer, the screen should be free of glare. And, remember to do a very basic eye exercise — blink! Normally you blink once every five seconds. But, sometimes you can concentrate so intensely on what you're doing that you forget to blink. The longer you go without blinking, the drier and more painful your eyes become!

- **Eating Dark Chocolate Contains The Most "Feel Good" Chemical that Promotes Happiness.**
  
  True. According to Natural Health magazine, "Compounds in dark chocolate called procyanidins counteract oxidation and inflammation, two conditions that age the brain." The magazine adds that scientists think procyanidins also improve memory by increasing blood circulation, so your brain gets more oxygen and nutrients.

- **Eggs Are No Longer Taboo.**
  
  True. In recent decades, egg consumption dropped because of the yolk's high-cholesterol content and fears that eggs would contribute to heart disease or make you fat. According to the journal Nutrition Today, "A common misconception is that eating egg yolks is unhealthy and will make you fat. Wrong! The yolk contains the majority of the egg's nutrients — from vitamins A and D to choline. Furthermore, the cholesterol in eggs doesn't contribute to high blood cholesterol levels." Parade magazine notes, "Studies have not shown that the risk of cardiovascular disease increases in egg eaters. For example, in a study of more than 133,000 men and women, there was no association between egg intake and the risk of coronary heart disease or stroke over an eight-year period, except among those with diabetes. Women who ate more than one egg a day actually had the lowest risk of coronary heart disease."

- **Carbohydrates Make You Fat.**
  
  True. According to the journal Nutrition Today, "A common misconception is that eating egg yolks is unhealthy and will make you fat. Wrong! The yolk contains the majority of the egg's nutrients — from vitamins A and D to choline. Furthermore, the cholesterol in eggs doesn't contribute to high blood cholesterol levels." Parade magazine notes, "Studies have not shown that the risk of cardiovascular disease increases in egg eaters. For example, in a study of more than 133,000 men and women, there was no association between egg intake and the risk of coronary heart disease or stroke over an eight-year period, except among those with diabetes. Women who ate more than one egg a day actually had the lowest risk of coronary heart disease."

- **Pan-Fried, Scalloped and Sautéed Are Heart-Friendly Words.**
  
  False. According to USA Weekend magazine, "Pan-fried, Scalloped and sautéed are heart-friendly words. Words to avoid, compiled by the American Heart Association: fried, au gratin, pan-fried, sauteed and stuffed." Instead, the American Heart Association recommends healthier menu words such as "steamed, broiled, baked, grilled, poached, and roasted.

- **You Won't Get the Same Euphoria from Walking as You Get from Running.**
  
  True. According to the book, The Complete Book of Walking: "If you talk to long-distance runners, they'll tell you about the euphoria they experience after running 30 or 40 minutes. It's called a "runner's high." Many people who have participated in walking programs have experienced the same kind of thing by walking at three to four and a half miles an hour. They feel a period of heightened consciousness, they feel more creative, enthusiastic and excited. Some psychologists feel that this 'high' is an altered state of consciousness. They feel that running 30 or 40 minutes can help to preserve cardiovascular health. Unfortunately, the age-related loss of muscle, sarcopenia, can undermine people's ability to carry out these activities, but resistance training can prevent and even reverse sarcopenia.

- **Your Brain Gets More Oxygen and Nutrients During a Daydream.**
  
  True. The book, Training The Body To Cure Itself, mentions, "So, how do you solve the problem of eyestrain — particular-ly if your job involves lots of close-up work?" For starters, make sure your office is well lit. If you use a computer, the screen should be free of glare. And, remember to do a very basic eye exercise — blink! Normally you blink once every five seconds. But, sometimes you can concentrate so intensely on what you're doing that you forget to blink. The longer you go without blinking, the drier and more painful your eyes become!

- **Eating Dark Chocolate Contains The Most "Feel Good" Chemical that Promotes Happiness.**
  
  True. According to Natural Health magazine, "Compounds in dark chocolate called procyanidins counteract oxidation and inflammation, two conditions that age the brain." The magazine adds that scientists think procyanidins also improve memory by increasing blood circulation, so your brain gets more oxygen and nutrients.

- **Eggs Are No Longer Taboo.**
  
  True. In recent decades, egg consumption dropped because of the yolk's high-cholesterol content and fears that eggs would contribute to heart disease or make you fat. According to the journal Nutrition Today, "A common misconception is that eating egg yolks is unhealthy and will make you fat. Wrong! The yolk contains the majority of the egg's nutrients — from vitamins A and D to choline. Furthermore, the cholesterol in eggs doesn't contribute to high blood cholesterol levels." Parade magazine notes, "Studies have not shown that the risk of cardiovascular disease increases in egg eaters. For example, in a study of more than 133,000 men and women, there was no association between egg intake and the risk of coronary heart disease or stroke over an eight-year period, except among those with diabetes. Women who ate more than one egg a day actually had the lowest risk of coronary heart disease."

- **Carbohydrates Make You Fat.**
  
  True. According to the journal Nutrition Today, "A common misconception is that eating egg yolks is unhealthy and will make you fat. Wrong! The yolk contains the majority of the egg's nutrients — from vitamins A and D to choline. Furthermore, the cholesterol in eggs doesn't contribute to high blood cholesterol levels." Parade magazine notes, "Studies have not shown that the risk of cardiovascular disease increases in egg eaters. For example, in a study of more than 133,000 men and women, there was no association between egg intake and the risk of coronary heart disease or stroke over an eight-year period, except among those with diabetes. Women who ate more than one egg a day actually had the lowest risk of coronary heart disease."

- **Pan-Fried, Scalloped and Sautéed Are Heart-Friendly Words.**
  
  False. According to USA Weekend magazine, "Pan-fried, Scalloped and sautéed are heart-friendly words. Words to avoid, compiled by the American Heart Association: fried, au gratin, pan-fried, sauteed and stuffed." Instead, the American Heart Association recommends healthier menu words such as "steamed, broiled, baked, grilled, poached, and roasted.

- **You Won't Get the Same Euphoria from Walking as You Get from Running.**
  
  True. According to the book, The Complete Book of Walking: "If you talk to long-distance runners, they'll tell you about the euphoria they experience after running 30 or 40 minutes. It's called a "runner's high." Many people who have participated in walking programs have experienced the same kind of thing by walking at three to four and a half miles an hour. They feel a period of heightened consciousness, they feel more creative, enthusiastic and excited. Some psychologists feel that this 'high' is an altered state of consciousness. They feel that running 30 or 40 minutes can help to preserve cardiovascular health. Unfortunately, the age-related loss of muscle, sarcopenia, can undermine people's ability to carry out these activities, but resistance training can prevent and even reverse sarcopenia.
RU USING TANNING BEDS?

TANNING BEDS CAN BE RISKY FOR WRDS. THEIR UV RAYS CAN INCREASE UR RISK 4 SKIN CANCER—MELANOMA—THE KIND THAT CAN KILL U. 1 AMERICAN DIES OF MELANOMA ALMOST EVERY HOUR.

@TEOTHD IT’S SO NOT WORTH IT. DON’T BE STUPID.

INDOOR TANNING IS OUT.

www.aad.org

A text message from the American Academy of Dermatology.
**THE MONTCLARION**

**Word Search**

**This Week’s Puzzles**

**Frank Sinatra Songs**

Find the names to these famous songs sung by Frank Sinatra, who will have the new dorm on campus named after him.

- adkdn i wr mmusk
- m t en eo a mg i fnth
- ff y k ss ad a i ith
- whitechristmas
- kroywen kroywent
- g w r h s n u r w g o o s
- h e f i l s ‘a th t i d o t
- d g i o s m n m i e m s
- n i g h t a n d d a y a a e u
- m a c k t h e k n i f e h l d
- a c e m i d r i a t s r r r
- a a c a c y g e e y a a d p a
- a a c e e a u d v f i t s n t
- a n i o m m n p o n h a k e s
- e a r i u t a s l g u e h c r

---

**Answers to the Oct. 1 edition**

**MSU Jumble**

Unscramble the words. The first letter of each word will spell out the original nickname of MSU.

- atlbbsalek
- dnanisi
- myg
- bruyg
- mextneetic
- edesefn

**ANSWER:**

The Big Red

---

**Sudoku #1**

Easy Sudoku Puzzles by KrazyDad, Book 1

KRAZYDAD.COM/PUZZLES

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Or use the answers page if you really get stuck.

© 2008 KrazyDad.com

---

**SPECIAL HIDDEN MESSAGE:**

Autumn is a second spring when every leaf is a flower.

---

Send us your thoughts, comments, suggestions about the Games section to msuproduction@gmail.com

Subject: Games Section
HAPPYLAND! by Lou Cunningham!

You’ll never guess where I’ve been!

A black hole?

How’d you guess?

THE RETURN OF THE GAMES SECTION

PAGE 11
Echo Screen, an unsigned rock band originally from Brick, N.J., gave Jersey residents a little more pride when telling people where they are from.

Echo Screen came together in 2003, and recently released their CD, *Goodbye Old Life, Hello Echo Street*, that is definitely worth listening to. Lead singer Pete Crisci said, "While there are plenty of bands working the genre-blending angle, Echo Screen sticks it up a bit better, and they do it flawlessly. Enthusiasm (newest ep) is a fun listen, and will convert even the most seasoned listener to their very true believers.

Check out Echo Screen at [http://www.myspace.com/echo](http://www.myspace.com/echo)

**Bruce Springsteen and the E-Street Band**

**Play Final Show in Giants Stadium**

Scott Bachman, Staff Writer

The anticipation in the packing lot was high for this one. Everyone knew it was going to be a party. The rumors had already gone viral via text message and word of mouth. Bruce was going to play until the sun came up. South Side Johnny, Clapton, Jagger and Billy Joel were all shown to be guest performers. Elton John and Bon Jovi were considered maybe. A well-rested Jimi Hendrix had even been spotted in the East Village earlier in the day.

So were the expectations of the crowd for what was to be the last concert performance at Giants Stadium. The venue, which opened in 1976, has hosted more than its share of sport and entertainment excitement. The monumental green given to Bruce Springsteen and the E-Street Band was no small order. Springsteen’s reputation as an astonishing performer and spirited perfectionist on stage set the bar even higher for his New Jersey fans.

Springsteen and the band walked onto stage dressed in all black, with the exception of Clarence Clemons’ gold-trim robe, in uniform but determined fashion, as is their way. ‘“Wrecking Ball,” a song written specifically about the slated demolition of Giants Stadium, was the opener for what would prove to be a nearly endless 21 song set lasting over three hours. This was the fifth show in a ten-day span at the Stadium. As they broke for each of these shows, the band played in its entirety one of their own classic albums. Tonight was the band’s pale-playing, anthem-filled, commercial hit, “Born in the USA.” Springsteen first headlined Giants Stadium in 1985 during the “Born in the USA” tour. This was his fifth performance at Giants Stadium, larger-crowd staples “Badlands” and “Hungry Heart” were among the early songs played. The crowd carried Springsteen throughout “Hungry Heart” — both vocally and literally.

About half way through the song a long Springsteen jumped into the crowd for a thorough surf and into at least the sun of humanity. Not surprised to see an enhanced Springsteen concert gear, it was clear from the get go that this show would be very much about the fans. There was ample opportunity to contribute vocally, and the large video screens on either side of the stage cut frequently away from the band to shots of the crowd singing along and dancing.

After a raging performance of the title track off the latest album, Springsteen stated to the crowd that next song was “the song we started out with the first time we entered this stadium.” The familiar riff of “Born in the USA” immediately followed, and from there the band took the crowd on a musical journey sheathed in red, white and blue. The crowd went for a ride down “Hurricane.”

**BRUCE SPRINGSTEEN SET LIST**

**Downbound Train                                                                                                                                                                                                 ** The Rising
Down to You
No Surrender*[1]                                                                                                                                                                                                 ** Born to Run
Born in the USA
Bobbi Jean*[2]                                                                                                                                                                                                 ** Raise Your Hand
Skin Deep*[2]                                                                                                                                                                                                 ** The Last Time
Dancing in the Dark*[2]                                                                                                                                                                                                 ** Waitin’ on a Sunny Day
My Hometown*[1]                                                                                                                                                                                                 ** Seven Nights to Rock
Tougher Than the Rest*[1]                                                                                                                                                                                                 ** Kitty’s Back (with Curt Rumalla)
The Promised Land*[2]                                                                                                                                                                                                 ** American Land
Last to Die*[2]                                                                                                                                                                                                 ** Jersey Girl
Long Walk Home*[2]                                                                                                                                                                                                 **"}

Jackman, Craig Deliver A Steady Run on Broadway

**Emily Gollub**

**Arts & Entertainment Editor**

**Hello Echo Street**

**Many well-known Hollywood actors have taken on Broadway — seemingly the “in” thing at the moment. Julia Roberts made her debut a couple of years ago. Jude Law is currently playing the title role in *Hermia*, and Catherine Zeta-Jones is set to open in *A Little Night Music* next month. Although producers are satisfied with solid-to-outstanding performances, critics aren’t as easily won over by the current wave of star power on the stage. This time, Hugh Jackman and Daniel Craig take the stage in Keith Huffs drama, *A Steady Rain*.**

However, these are not your typical “Hollywood” stars. With both actors having various notable film credits to their name, very few are aware of their intense theatrical backgrounds before they made it to the big screen — one of the many reasons why the show is making waves on Broadway with audiences and critics alike.

*Steady Rain*, directed by John Crowley, presents the tale, or “tales,” of two Chicago cops, depicting two different accounts of inchoate events in their lives. Opening with two simple acts of kindness showing Craig and Jackman, sitting side by side for a momentless moment, the intensity is set, and the audience is ready to dive into the captivating drama.

Soon after, Jackman begins his monologue in, surprisingly, a humorous and light mood. Craig soon joins in, both recalling one eventful night of their friendship. Both actors are able to stir laughter from the audience with ease — however, the story starts to delve into a deeper situation; one that threatens their friendship, as well as the lives of their loved ones. The fast paced dialogue and quick-wit of the characters easily grab your attention; and don’t think of letting your mind wander for a second.

Craig — our current “Bond, James Bond” — recently took over the iconic role in 2006, so for completing two films of the series — *Casino Royale* and *Youth’s Quantum of Solace*. Other credits include *Defence*, the *Gallic Company* and *Road to Perdition*. Craig is no stranger to the theatre, since he is considered one of Britain’s most famous stage performers. At sixteen, he joined the National Youth The
drama; and don’t think of letting your mind wander for a second; every element of dialogue is vital to the plot.

Craig — our current “Bond, James Bond” — recently took over the iconic role in 2006, so for completing two films of the series — *Casino Royale* and *Youth’s Quantum of Solace*. Other credits include *Defence*, the *Gallic Company* and *Road to Perdition*. Craig is no stranger to the theatre, since he is considered one of Britain’s most famous stage performers. At sixteen, he joined the National Youth Theatre; and went on to attend the Guildhall School of Music and Drama in London. A steady Rain marks his Broadway debut. Sheding any remnants of the womanizing spy, Craig delivers a strong and engaging performance that was truly impressive. Those who typified Craig to his 007 role would definitely be proven wrong. It seemed clear from the start that he has discovered a new and better role for himself on Broadway.

---

[1]springsteen.com

---

*Continued on Page 17*
In the medium of video games, few genres have, arguably, been as stale lately as RPGs. More specifically, critics and gamers alike agree that the Japanese RPGs are reeking the brunt of these complaints, and with good reason.

Fortunately, about a year ago, on Nov. 8, 2008, SEGA, with the same team behind Skies of Arcadia, released Valkyria Chronicles exclusively for the PlayStation 3. Unfortunately, despite critical success, Valkyria Chronicles sold abysmally in the U.S. during its initial release. La Valkyria Chronicles ultimately just another forgettable RPG, or is it really worth all the praise and critical adoration?

The setting is 1935 in Europe, a fictional parallel to Europe. Valkyria Chronicles, is presented like a novel, and literally opens up, greeting us with our main protagonist, Welkin Gunther, a twenty-one-year-old university graduate on his way back home. And thus, the game brings us to the conflict.

On returning to Bruhl, the village he calls home, Gunther is surprised to see that his once beautiful homeland of Gallia is in the middle of war with the not so originally named Empire. He is immediately stopped and questioned by some members of the town watch, who happen to be led by the female protagonist, Alicia, a nineteen-year-old aspiring cooking baker.

Alicia also encounters Gunther, a twenty-one-year-old university graduate, who happens to be the female protagonist, Alicia Melchior, a nineteen-year-old aspiring cooking baker. After Gunther finally arrives at his house, we discover that he has an adopted sister, Isara, and that Gunther is the son of the father (left behind the Edelweiss, a huge blue tank with which our heroes escape; the father) left behind the Edelweiss, a huge blue tank with which our heroes escape; thus, truly starting off the journey.

Moments in this game have impact enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breathtaking enough to illicit tears, the soundtrack along with the graphics are breath...
Winter Session

Turn up the heat on your degree

WINTER SESSION

www.montclair.edu/winter

December 21, 2009–January 15, 2010

Schedule available on WESS

Web registration begins:

• November 9 for Montclair State Students
• November 16 for Visiting Students

Winter Session registration ends December 15

All coursework begins December 21, 2009

• Online and Hybrid Courses Offered
• Enroll in up to 4 credits this winter
• Check your Montclair State e-mail regularly for important information from your professor
• December 21 – Assignments and readings will be posted on Blackboard for all courses
• January 4 – In-person meetings begin for hybrid courses

Visit WESS for course schedule and details*

Winter 2010 Tuition and Fees**

Undergraduate:

NJ Resident: 1st credit: $387.61 Ea. Add’l credit: $321.31
Non-resident: 1st credit: $654.56 Ea. Add’l credit: $588.26

Graduate:

NJ Resident: 1st credit: $622.64 Ea. Add’l credit: $556.34
Non-resident: 1st credit: $887.24 Ea. Add’l credit: $820.94

Payment Plan Available

For complete tuition and fee information or payment options, visit: www.montclair.edu/bursar/tuitionandfees.

Montclair State University no longer mails paper bills or statements.
All statements will be posted and available for viewing on the Student Web Enrollment Student Services (WESS) Account Summary Web site.

Winter Session

E-mail: winter@montclair.edu • Voice: 973-655-4352 • Fax: 973-655-7851

*The University reserves the right to cancel courses, change faculty and/or room assignments, modify its calendar, make adjustments to course schedule and the availability of the Web registration system.

**Above are approximate tuition and fees for Winter Session 2010. Tuition and fees are subject to change without prior notice.
Couples Need Help

Blair Bridges

Couples Retreat is the kind relationship movie I’d bring a date to if I thought the date would go poorly. It’s sometimes funny and has filmed view of troubled marriage is a safe content for amusing your brain, and accepting that things don’t always go as planned.

The comedy is played as subtly that there is no need to worry about drama at all, either within the film or on the ride home. You might just appreciate your partner that much more by the end.

I have a sneaking suspicion that my ink and I aren’t the target audience. I think the film is intended for old people. Just look at the cast. Vince Vaughn, Jason Bateman, John Favreau and Faizon Love, who are all usually funny and all over forty.

But, here’s a cool trick — if you average their ages with that of their much younger wives, the film settles at a median age of about 31. But, shh! I think we’re supposed to suspend our disbelief, and accept that the twenty-something Kristen Bell is actually a little older.

The film focuses on four exhausted couples. Dave and Ronnie (Vaghn and Acker man) deal with their hyper, bed-wetting children. Dusty and Lacy (Favreau and Davis) are a couple so sick of each other, they spend every chance they get cheat on the other within the film or on the ride home. They recall the memories in his sleep, during the day which makes Joel particularly upset, but while walking on the beach, he sees a girl, and later sees her on the train home when they begin talking. He starts out shy, but slowly opens up to her as he begins talking about where they live, which happens to be in the same city. The conversation quickly turns awkward as she appears to have a few screws lose. Her name is Clementine, and she is slightly headbushed and open, while Joel is rather shy and quiet. She invites him up to her apartment after he gives her a ride home, and attempts to open him up a little. She breaks him out a bit at first, but he begins to fall for her. Seventeen minutes and thirty-five seconds into the movie, the opening title finally appears, showing him crying in the dark in front of his steering wheel. This style of off-continuity editing plays a large role in the way the plot unfolds. Joel explains the situation to two of his friends, they hand him a card they received in the mail that says “CLE-

4

centime Kruczynski has had Joel Barish erased from her memory. Please never mention their relationship to her again. Thank You, Lacuna, Inc.” Joel then goes to the address at the bottom of the card to figure out what exactly happened to his relationship. He finds out that Lacuna, Inc. specializes in removing the memory of a specific person or event from a person’s conscious, and Clementine chose to erase Joel. In a fit of impulsive rage, he decides to have her erased too. They tell him to bring in everything that reminds him of Clementine, and in addition to that they will come in while he sleeps to remove the memories of all of the objects from his brain. So when he wakes up, she will be nothing but a forgotten dream. But when they recall the memories in his sleep, during the process of destroying them he relives everything he and Clementine ever expe-

ceived. He then realizes he does not want to forget her and the duration of the film follows their relationship in reverse, trying to keep the memories of the girl he loves.

The plot can be a little hard to fol-

low at times, but its worth the extra at-

tention. The mix between stylish filming, perfect casting and acting, a clever sound-

track and brilliant editing make Eternal Sunshine Of The Spotless Mind one of the most unique films of the last ten years. Do yourself a favor and grab this film as soon as possible.

Disagree with anything I have said? Have anything else to add? Any requests for movies you want me to mention or review? Send an email to msuarts@gmail.com with “Your Review” in the subject heading, speak and you will be heard.

Movies You Should Have Seen: Eternal Sunshine

Submit pictures, critiques and anything else you want to be shared in the Arts and Entertainment section!

Submit all work to msuarts@gmail.com
Springsteen
Continued from Page 13

Washington, D.C.-based rock group Springsteen and the E Street Band winged for two sold-out shows at Giants Stadium last week.

Springsteen, known for his fiery performances and his deep connection with the New Jersey audience, delivered a powerful set that included a mix of classic songs and new material. The crowd, well-versed in Springsteen's music, sang along and danced to the music, creating a vibrant atmosphere.

Springsteen opened his set with "The Last Time," a track that brought the audience to their feet. The group continued to perform songs like "Tougher Than the Rest," "The Promise," and "The Rising," all of which were received with enthusiastic applause.

The performance ended with a powerful rendition of "Jersey Girl," a song that reflected Springsteen's love for his家乡 and his connection with his fans. The crowd went wild as they sang along, creating a memorable conclusion to the show.

Despite the sold-out shows and the excitement of the audience, some fans were disappointed that certain songs were missing from the setlist. However, Springsteen's vast catalogue made it impossible to cover all of his songs in one show, and the crowd seemed content with what they heard.

Springsteen and the E Street Band are known for their high energy performances and their ability to create a sense of community through their music. The shows at Giants Stadium last week were no exception, and fans were left wanting more.

Broadway
Continued from Page 13

Craig (left) and Jackman (right) starring together in A Steady Rain on Broadway.

Stage and screen performer, delivering a clearly defined character, which was easy to sympathize with throughout the production. Although the limited engagement closes on Dec. 6, the producers recently purchased film rights, and a screenplay is currently in production. There is no word on whether Craig or Jackman will reprise their roles on film, though the performances of both actors are strong enough that a screen adaptation should be more than successful.

If you happen to be fortunate enough to grab tickets to attend this production, it should not be missed. Sitting in the orchestra will enhance the experience, since a lot is based on glances and gestures — and after all, the audience is the "jury" in this production.

You will want to stay as engrossed as possible. However, anywhere in the house you may be seated, you will still be thoroughly impressed. Seeing these talented performers in this twisting drama is truly the essence of Broadway.

Check out next week in Arts and Entertainment!
The Artwork of JOHN LENNON, MSU’s own Scott Gordley in Gallery 51, and Broadway’s Hair!
Free Vaccinations on Campus: Get in Line

Lou Cunningham | The Montclarion

As of Oct. 11, The Montclarion reported 17 confirmed cases of influenza this semester at the university. This is a relatively average number, and while health officials tell stu-
dents not to panic, they do encourage precaution.

As many students have experienced first-hand, the university has also been taking preventative measures to control the spread of any flu viruses.

In many cases, students who have exhibited any flu-like symp-
toms, such as fever, chills and cough, have been sent home and instructed to stay off campus for at least five days.

While some have called this method of prevention extreme, The Montclarion hopes that students would rather miss a few days of classes than contract either of the flu viruses and risk spreading it to others around campus.

New Technology with the Bell Tower Initiative

Lou Cunningham | The Montclarion

Freshman forestry major Alex Verde points to the Bell Tower Initiative of the future. The tower is not necessarily an upgrade, but rather the success of the information system is as a result of a system that this university has in place before the personal computer even existed.

However, the tower is an initiative that comes first. With so many professors and staff to avoid the confusion and headaches that are bound to follow. "Oh now I want you to program this."

Many students at Montclair State will complain about the university’s techni-
cal services, from the frequent Blackboard outages to the oc-
casionally sporadic Internet on campus.

There is, however, nothing to complain about when it comes to the university’s record keeping and filing systems for Human Resources, Faculty Resource Services and Standard Information Services.

The FSRS system is a wonder-
ful tool compared to the days when students had to wait weeks to receive grades by mail, or when they had to register for classes over the phone (before cell phones).

Now we enjoy the luxury of registration for classes on a system that almost never fails. Every stu-
dent on campus is able to view his or her own grades, even over the Internet the day they are released.

The success of these systems, or rather the success of the information on these systems, is as a result of a system that this university has in place before the personal computer even existed.

It is an original system, with only a keyboard, monitor and one central tower, where all the data was stored. That tower still puts your laptop or desktop to shame.

Yet, despite this, it has worked for low cost and low maintenance for decades. So the question might be asking as “Wait, if it’s not broke why are we fixing it?”

This is because simply the sys-
tem in 2012 will no longer be supported. This is where the Bell Tower Initiative comes in.

This high-cost, high-maintenance system will change every-thing. Yes, it will allow students to use a web-based system with all of their components like shells embedded objects and crazy custom-
izable widgets?

It is easy to see the univer-
sity once again has a plan for enhancing information technology on campus. First, however, they should focus on training professors and staff to avoid the confusion and headaches that are bound to follow.

- JC

F

The Montclarion

Free Vaccinations on Campus: Get in Line

Lou Cunningham | The Montclarion

As of Oct. 11, The Montclarion reported 17 confirmed cases of influenza this semester at the university. This is a relatively average number, and while health officials tell students not to panic, they do encourage precautions.

As many students have experienced first-hand, the university has also been taking preventative measures to control the spread of any flu viruses.

In many cases, students who have exhibited any flu-like symptoms, such as fever, chills and cough, have been sent home and instructed to stay off campus for at least five days.

While some have called this method of prevention extreme, The Montclarion hopes that students would rather miss a few days of classes than contract either of the flu viruses and risk spreading it to others around campus.

New Technology with the Bell Tower Initiative

Lou Cunningham | The Montclarion

Many students at Montclair State will complain about the university’s technical services, from the frequent Blackboard outages to the occasionally sporadic Internet on campus.

There is, however, nothing to complain about when it comes to the university’s record keeping and filing systems for Human Resources, Faculty Resource Services and Standard Information Services.

The FSRS system is a wonderful tool compared to the days when students had to wait weeks to receive grades by mail, or when they had to register for classes over the phone (before cell phones).

Now we enjoy the luxury of registration for classes on a system that almost never fails. Every student on campus is able to view his or her own grades, even over the Internet the day they are released.

The success of these systems, or rather the success of the information on these systems, is as a result of a system that this university has in place before the personal computer even existed.

It is an original system, with only a keyboard, monitor and one central tower, where all the data was stored. That tower still puts your laptop or desktop to shame.

Yet, despite this, it has worked for low cost and low maintenance for decades. So the question might be asking as “Wait, if it’s not broke why are we fixing it?”

This is because simply the system in 2012 will no longer be supported. This is where the Bell Tower Initiative comes in.

This high-cost, high-maintenance system will change everything. Yes, it will allow students to use a web-based system with all of their components like shells embedded objects and crazy customizable widgets?

It is easy to see the university once again has a plan for enhancing information technology on campus. First, however, they should focus on training professors and staff to avoid the confusion and headaches that are bound to follow.

- JC

F

The Montclarion

Free Vaccinations on Campus: Get in Line

Lou Cunningham | The Montclarion

As of Oct. 11, The Montclarion reported 17 confirmed cases of influenza this semester at the university. This is a relatively average number, and while health officials tell students not to panic, they do encourage precautions.

As many students have experienced first-hand, the university has also been taking preventative measures to control the spread of any flu viruses.

In many cases, students who have exhibited any flu-like symptoms, such as fever, chills and cough, have been sent home and instructed to stay off campus for at least five days.

While some have called this method of prevention extreme, The Montclarion hopes that students would rather miss a few days of classes than contract either of the flu viruses and risk spreading it to others around campus.
Following the fail of traditional teaching, television is coming to the rescue. A new trend seems to be the incorporation of creativity in the modern world.

KATIE WINTERS
ASSISTANT COPY

As I read in last week’s article, the recognition of a generation’s art is often delayed until much later. The definitions of both high culture and “art” are rarely updated as often as articles create new, innovative pieces.

In part, to define art is extremely difficult; it is a complex subject. I will attempt here and definitions vary from person to person. Recognizing creativity, though, should be easier, as the definition of creativity is more general.

Creativity is defined as “the ability to transcend traditional, causal limits; to break relationships or the like and to create meaning.” We must be willing to recognize creativity as a broad essence, not only in our culture, but also in our personal experiences and work.

Creative impulses are not only found in Calista, but also in every other place you can possibly go on campus. The impulses may be hard for some to see, but just because it may be low obvious does not mean it is nonexistent.

While expanding our view to the world at large we have to carefully choose whether to either accept or reject an experience for creative decay that I have heard around campus seems to focus on the “mediocrity” of modern art. The reliance on prefabricated buildings and the commercialization of popular musicals.

Profligate houses and developments are not representatives of architectural innovation. For those interested in modern innovation, Architecture Today would be a better source.

Popular music, produced with the consumer in mind, may also fall short compared to the beginning of the human race. However, to claim no one is doing anything beyond my expectations.

If any someone uninterested in the many nuances of movies, television, and books (which often suffer a lag in recognition from the modern world) creativity is evident from the multitude of sections, characters and plots.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.

Buth a n email thrust unexpected conclusions.

In the director’s office, an email came to me from a student at our own university, but also from a colleague at the Center.

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

I, personally, am not sure the loss of creativity should or not be so fast to dismiss what is surrounding us.

Finally, I call to the admittance of the director’s office, she asked me, “What do you think about the writer’s intentions?”

Due to the nature of creativity, it is hard to recognize brilliance close to its destination. Creativity is evident in the early stages of an artist’s journey, but not creativity.

Therefore, I ask my contemporaries to avoid a narrow view of creativity. Look not only at what is surrounding you, but also all your possible impulses.

I can only assume that those who complain about the lack of creativity are not happy about its perceived disappearances and, hence, should not judge it.
President Barack Obama’s Nobel Peace Prize
The Prize Sets Even Higher Expectations for Our 44th President

Oct. 9, 2009. The nation woke to unexpected headlines: President Barack Obama had been awarded the Nobel Peace Prize. Other nominees for the 2009 Peace Prize included two formerly jailed Chinese dissidents, a Columbian politician who helped secure the release of 36 hostages; a female-Indian doctor who spoke for women’s rights; and has been threatened for doing so. This was longest list of nominees for the Nobel Peace Prize in history.

A frenzy of outraged comments flew through homes and news outlets alike. The common opinion emerged with lightening quickness — the president had received the award prematurely. Many believe that he was not qualified to be in the company of so many of the transformative figures who’ve been honored by this prize — men and women who’ve inspired me and inspired the entire world through their courageous pursuit of peace.

Many people remain unclear as to what the actual reasons were that President Obama won the Nobel Peace Prize. According to the official Nobel Prize website, Obama deserves the award “for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples.”

Yet, the general population has their doubts. Many Americans, conservatives and liberals alike, do not believe that President Obama should be grouped together with such influential figures as Jimmy Carter, Mother Teresa, Martin Luther King Jr., Mikhail Gorbachev and the United Nations. Tim Fowler, a freshman at Montclair State University, believes that “they should have held off considering him as a candidate until after his term. He was not qualified for the prize.”

Despite President Obama’s lack of action, this award places new pressure on him. Obama referred to the Nobel Peace Prize as a “call to action.” And, I’m sure the majority of U.S. citizens agree with the idea. The general integration of the public may have been sparked by the President’s recent consideration to send more troops into Afghanistan. Nationally citizens wonder where the correlation between peace and war is.

Repeatedly, the joke has been made that the only reason President Obama won the Nobel Peace Prize of 2009 was an “incentive to the president and to us all.” In a short time he has been able to set a new tone throughout the world and to create a readiness for dialogue.

Despite conflicting opinions, the fact remains that President Barack Obama won the Nobel Peace Prize of 2009. Concernably, he will stay true to his words that this is a bold “call to action.”

There is no denying the 44th president’s ability to both stir controversy and inspire hope. Yet, I can’t help but agree with the Nobel Committee’s reasoning. "Only very rarely has a person to the extent as Obama captured the world’s attention and given its hope for a better future. His diplomacy is founded in the concept that those who are to lead the world must do so in the name of values and attitudes that are shared by the majority of the world’s population." Congratulations President Obama, I hope you’ll earn it.

Lori Wieczorek, an English major, is in her first year as a columnist for The Montclarion.

Students Speak:

In your opinion, did President Obama deserve the Nobel Peace Prize? Why or why not?

Natalie Rusciani, Senior
Philosophy/English major, Religion minor

“I woke up this morning. Well, if you want to be technical, the morning. I’m still waiting for my Nobel Peace Prize for that.”

Angel William, Freshman
History Education major

“No, he did not deserve the award, because he has not done anything to deserve it. The award was given to people like Martin Luther King Jr., in Obama is a great man, but must still earn the award.”

Ibrahime Diakh, Freshman
Math major

“Yes, he deserves the award. He has great ideas that will result in a lot of good for the world.”

Tashika Hartley, Freshman
Biology major

“I think President Obama deserves the Nobel Peace Prize because his ideas to improve life in the United States will work.”

Students Speak Policy
Responses to Students Speak are the opinions of the students of Montclair State University and are not necessarily those of the staff of The Montclarion and Montclarion Publishing, Inc. Once given, responses are the property of The Montclarion and Montclarion Publishing, Inc. and are eligible for editing where felt necessary. Responses were given on the campus of Montclair State University on Wednesday Oct. 14, 2009.
Have a business you want to feature? Got an apartment for rent? Need a sitter for your children? Advertise With Us!

Contact Kevin at:
MontclarionAds@gmail.com

Happy Birthday, Buddy!
I still miss Laura.
I love Katherine.
Dear Buddy, be happy you are 21!
How bout’ them Yanks?
Awesomenj.com
No class today, Kulsoom. Woo!
Is it almost time to go to Texas?
Find me a menu. Website it!
Fear and loathing in Austin!
Suck it up, Bud ... AND STOP SUCKING.
... And you want to be my latex salesman.
Yo, B-Dog ... Happy B-day. <3 K-Sop
I THROW IT ON THE GROUND!
Oh and I also love Kelly Jones.

Taylor Bonner is hot!
I can’t believe I missed Jess and Chrissy on Tuesday!
Texas ‘09, kids!
I don’t love Kristie anymore.
I say that I “less than three” people. I hope they get it.
Beware of the white teddy bear!
Em, come to Texas so we can be Pebbles and Bam Bam.
We’re just ... so funny.
H1N1 gives me the heebie jeebies.
Wocka wocka.
Kulsoom, don’t go anywhere, Franlieine! I heart you.
Oh, and I almost forgot. Emily smells like horses.
Thank you and goodnight.

Beware of the white teddy bear!

The Law Offices of Geoffrey T. Mott, P.C.
Serving the MSU Community throughout the State of NJ in ALL Municipal and Superior courts. Representing students and their families in all civil and criminal matters, including immigration, family law, DUI’s, traffic violations, bankruptcy, personal injury, landlord/tenant, debt and credit related issues, and all other legal matters impacting your family and the Community. Saturday and evening appointments available.

Tel: (973) 655-8989
Fax: (973) 655-0077
546 Valley Road
Upper Montclair, N.J. 07043
email: gmott@geoffreymottlaw.com
web: www.geoffreymottlaw.com

Contact Kevin at:
MontclarionAds@gmail.com

Wednesday October 28, 2009 5 - 7:30 p.m.
Seton Hall University
Bishop Douglass University Center
400 South Orange Avenue
South Orange, New Jersey
Register Now: gradopenhouse.shu.edu

Visit gradopenhouse.shu.edu for a complete listing of our programs.

Position Yourself for Your Future
- More than 120 world-class graduate, post-graduate, certificate and competitive online programs
- Part- and full-time programs and evening and weekend course offerings
- Convenient northern New Jersey campus, only 14 miles from New York City

The Montclarion
msuproduction@gmail.com

CLASSIFIEDS


Baby-sitter/ driver needed two afternoons (flexible) a week. Near Montclair Art Museum, 8 minutes from campus. Must have car. Light cooking. $15/hr. stephenskinner@me.com or call 973-509-7154.

Family on Upper Mountain, Montclair looking for babysitter. Monday-Friday 3-7 p.m. or open to discuss. Must be fun and energetic plus have experience with young children. Call Naureen 646-549-0055 / $15 per hour.

Brown: One of the Top Track Stars in Nation

Hard Work, Dedication is Key to Brown’s Success at Montclair

Stephen Nagy
Staff Writer

Brown: One of the Top Track Stars in Nation

Six a.m. hill runs, lifting at night and even yoga lessons, all without the coach even being there?

For track captain, William Brown, this is all in a day’s work.

This is almost completely unheard of in the sporting world. Athletes work hard to get into shape, but how many student athletes would really find the time, and expend the effort to participate in these activities on a daily basis without a coach barking at them?

“It’s on the team right now,” said Brown when asked about the team’s practice routine. “We do captain’s practices, so I’m in charge.” Because of NCAA regulations, coaches aren’t allowed to run track practice until November, so until then, it’s the team’s responsibility.

Brown and the rest of the team aren’t dedicating all of their time for nothing. He thinks the team has a great chance this year.

“This year, I’m expecting big things, because we’ve got a lot of new faces and a lot of good athletes. So, I think not only will we win NJ, but we will go to nationals, and come back with a team national championship.”

Brown didn’t always run for Montclair, when he first started his track career, he ran for North Carolina A&T. Montclair just seemed to be a better fit. “Here, it’s a smaller school, I can concentrate on my work more. And it’s like the same thing I could do there, I could do here.”

Brown also explained that when you run for a Division I school, you’re held to a different standard as a student athlete. “At a Division I institution, you have to listen to everything they say. Let’s say I have a test and there’s practice, I have to find out a way to do both, whereas here I can just call my coach and say, coach, I can’t make practice today.”

Brown has stepped up for the Montclair track team, and has been as strong of a captain as track coach Aubrey Lewis could ask for. Of course, the team is a reflection of all effort the coaches put in, and Brown is very thankful for having such a great coach.

“My coach is a great guy,” said Brown when asked what he thinks of coach Lewis. “Off the field, he gives me advice about a lot of things.”

But, what occurs on the track is, of course, the most important thing this season. Brown summed up what the team’s going to do this year, saying, “Watch out we’re going to win this year, I’m very confident, as a team we’re going to win.”

FANCY FOOTBALL UPDATE

Thumbs Up

GB: Matt Hasselbeck vs. Cardinals: Hasselbeck looked great in his return from injury last week; look for another solid day against Arizona’s pass defense, the worst in the league.

RD: Cedric Benson vs. Texans: Houston’s defense has been susceptible to the run, and Benson has proven that he can be a valuable fantasy commodity with multiple 100+ yard rushing games.

NR: Wes Welker vs. Titans: Welker re-emerged as a favorite target of Tom Brady last week, and the Bucs offense is just as bad.

Thumbs Down

GB: Eli Manning vs. Saints: This isn’t Oakland anymore, the Saints defense is ranked sixth this season. Coupled with the fact that Manning is still injured, it won’t be a fun day for the Giants passing offense.

RB: Steve Slaton vs. Bears: Slaton has struggled early this season, and the Bengals defense is no tougher. Don’t expect much from the ground game here.

NR: Darren Hunter vs. Falcons: Hunter is still recovering from an injury, and has to share targets with Roddy White, Greg Olsen and Earl Bennett. That’s bad news all around.

RD: Raji Harris vs. Vikings: Minnesota has been picking defenses apart with a constant mix of runs and passes. Baltimore’s aging defense will be no exception.

I can just call my coach and say, coach, I can’t make practice today.

Brown has stepped up for the Montclair track team, and has been as strong of a captain as track coach Aubrey Lewis could ask for. Of course, the team is a reflection of all effort the coaches put in, and Brown is very thankful for having such a great coach.

“My coach is a great guy,” said Brown when asked what he thinks of coach Lewis. “Off the field, he gives me advice about a lot of things.”

But, what occurs on the track is, of course, the most important thing this season. Brown summed up what the team’s going to do this year, saying, “Watch out we’re going to win this year, I’m very confident, as a team we’re going to win.”

Brown: One of the Top Track Stars in Nation

Hard Work, Dedication is Key to Brown’s Success at Montclair

Stephan Nagy
Staff Writer

Brown: One of the Top Track Stars in Nation

Six a.m. hill runs, lifting at night and even yoga lessons, all without the coach even being there?

For track captain, William Brown, this is all in a day’s work.

This is almost completely unheard of in the sporting world. Athletes work hard to get into shape, but how many student athletes would really find the time, and expend the effort to participate in these activities on a daily basis without a coach barking at them?

“It’s on the team right now,” said Brown when asked about the team’s practice routine. “We do captain’s practices, so I’m in charge.” Because of NCAA regulations, coaches aren’t allowed to run track practice until November, so until then, it’s the team’s responsibility.

Brown and the rest of the team aren’t dedicating all of their time for nothing. He thinks the team has a great chance this year.

“This year, I’m expecting big things, because we’ve got a lot of new faces and a lot of good athletes. So, I think not only will we win NJ, but we will go to nationals, and come back with a team national championship.”

Brown didn’t always run for Montclair, when he first started his track career, he ran for North Carolina A&T. Montclair just seemed to be a better fit. “Here, it’s a smaller school, I can concentrate on my work more. And it’s like the same thing I could do there, I could do here.”

Brown also explained that when you run for a Division I school, you’re held to a different standard as a student athlete. “At a Division I institution, you have to listen to everything they say. Let’s say I have a test and there’s practice, I have to find out a way to do both, whereas here I can just call my coach and say, coach, I can’t make practice today.”

Brown has stepped up for the Montclair track team, and has been as strong of a captain as track coach Aubrey Lewis could ask for. Of course, the team is a reflection of all effort the coaches put in, and Brown is very thankful for having such a great coach.

“My coach is a great guy,” said Brown when asked what he thinks of coach Lewis. “Off the field, he gives me advice about a lot of things.”

But, what occurs on the track is, of course, the most important thing this season. Brown summed up what the team’s going to do this year, saying, “Watch out we’re going to win this year, I’m very confident, as a team we’re going to win.”

National hurdles champion, Will Brown, in action at last year’s NCAA Championships.

Courtesy of Will Brown

As a sophomore, Brown was the NCAA 55-meter hurdle champion.
Red Hawk Weekend Stats

Larry Geraghty — one goal
Mike Pytlar — game winning goal
Teddy Ritter — two saves

Red Hawk Stats

WHO’S HOT THIS WEEK

Drena Hagel
Forward — Field Hockey

In two games last week, NJAC Offensive Player of the Week Hagel scored five goals, including a hat-trick, with the third goal winning the game in OT against SUNY New Paltz.

Volleyball

Oct. 17, 7 p.m.
vs. Ramapo
Panzer Gym

Two of the top teams in the NJAC battle at Panzer, with the first place Red Hawks taking on the third place Roadrunners.
The monkey has finally come off Montclair State’s back. After losing to NJAC powerhouse Cortland State five consecutive years going into 2009, the Red Hawks finally knocked them off, 16-7 on Saturday at Sprague Field.

“We wanted this one bad,” said senior captain and linebacker Brian Tweer. “We needed this; it was a must win.”

The Red Hawks came in hungry against a depleted Cortland team that has already lost two quarterbacks for the season to injuries. However, the defending conference champion Dragons still entered the game ranked 19th in the country and with a solid 3-1 record.

The major key for the Red Hawks in the game was defense, which dominated the Cortland offense throughout the entire game. The Red Dragons mustered just 202 yards of total offense on the afternoon, including just 35 yards on the ground. Cortland never got into the red zone during the first half, with five of their seven drives ending in punts and another on a fumble.

Cortland’s defense, however, kept them in the game as the Red Hawk offense failed to find the end zone in the first half. Montclair State drove into the red zone three times in the first half, but could not put the ball through. Senior Marco Capozzoli kicked three, first half field goals, and Montclair led 9-0 at halftime.

Despite the stalled red zone drives, Montclair’s offense dominated ball possession throughout the game. The Red Hawks held the ball for 34 minutes of the game, and were able to sustain long drives to keep it away from Cortland’s offense. Senior Jeff Bliss led the rushing attack for Montclair with 77 yards on 23 carries, and Junior Chris D’Andrea managed 48 yards on just five carries in the game.

Despite the stifled red zone drives, Montclair’s offense dominated ball possession throughout the game. The Red Hawks held the ball for 34 minutes of the game, and were able to sustain long drives to keep it away from Cortland’s offense. Senior Jeff Bliss led the rushing attack for Montclair with 77 yards on 23 carries, and Junior Chris D’Andrea managed 48 yards on just five carries in the game.

However, the long offensive drives did not convert into points, and the defense finally gave in to the Red Dragon offense in the fourth quarter. Cortland drove 97 yards in just over five minutes, culminating in a rushing touchdown from running back Dom Sair to cut Montclair’s lead 9-7.

Montclair State failed to gain a first down and ran the clock out on their ensuing drive, giving the Red Dragons a chance to drive down the field and pull out a win. However, the Red Hawk defense stepped up against Cortland’sanged up offense. On fourth down, senior corner-back Dominique Dunn picked off freshman Red Dragon quarterback Rob Van Bergen, and took it back 16 yards for a touchdown to ice a 16-7 win for the Red Hawks.