**Montclair Students Debut in Broadway Musical Bye, Bye Birdie**

Students Act Alongside TV Actor John Stamos

**Students Act Alongside TV Actor John Stamos**

Sophomores Allison Strong (bottom, second from the left) and Paul Pilcz made their Broadway debut in *Bye, Bye Birdie*, starring John Stamos. The official opening of the musical was today. (More photos on page 4)

“Performing is what brings me true, especially when you’re so young,” she said. “I’ve learned many valuable lessons 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.

“She has been a great voice for brand new years, and it’s a little surreal when your dreams come true,” said John Stamos.

**University Seeking Volunteers to Administer H1N1 Vaccine**

**University Seeking Volunteers to Administer H1N1 Vaccine**

The university is currently searching for medical professionals to volunteer at the mass immunization clinics to administer the H1N1 Flu vaccine in the middle of November.

“We have received about 30 responses for medical volunteers, but still need more.”

**BUILDING UP DEBT**

Part II: Where is MSU Debt Coming From?

**BUILDING UP DEBT**

Montclair State University has incurred more than $377 million in bonds payable and other long-term debt to pay for construction, renovations and other capital acquisitions, school officials say. “For well over a decade, the university has not received any capital funding from the State of New Jersey for facility needs, and therefore had to implement a well planned financing program in order to fund necessary capital improvement and expansion,” Vice President for Finance and Treasurer, Don Cipullo, said in an e-mail response. Facilities that have been funded through this herowring are the Recreational Center, the Red Hawk Deck, Kasser Theater, Panzer Gymnasium and University Hall. Major projects that are currently under construction are the Cali School of Music, new Clove Road apartments and a new on-campus parking deck.

**“Money is spent on construction to expand and improve MSU.”**

Don Cipullo

**“Money is spent on construction to expand and improve MSU.”**

MSU Debt Continued on Page 6
A student reported the theft of her parking hangtag from her unsecured vehicle parked in Lot 24.

A student reported a known suspect using her Flex account money without her permission while in in the Red Hawk Diner.

Ryan Kirby was taken into custody for reckless driving while on Normal Avenue.

An MSU employee reported criminal mischief graffiti drawn on the side of a couch in Blanton Hall.

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.

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

A student reported being harassed by a known suspect while in Williams Hall. The victim refused to file criminal charges.

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

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

Rey Perez and Dior Vassilatos were charged with underage consumption of alcohol while outside of Blantion Hall.

Derek Henrichsen was arrested and charged with unlawful possession of a weapon while in the Clove Road Apartments.
University Launches Bell Tower Initiative
WESS Will Be Eliminated and Replaced

The Five Phases

**STRAtegy**

Creating basis for project plans

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<th>Human Capital Management</th>
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**Construction**

Building and designing new systems

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**Transition**

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

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**Deployment**

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

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Montclair State University’s Bell Tower Initiative (BTI) is an ongoing project that involves upgrading 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 tasks including the implementation of an enterprise portal, a new financial management system, a budget and planning system, a human resources management system, a robust campus network and a new database management system that focuses on areas of admissions and recruitment, online and on-campus financial aid, registration and records, advising, etc., a data warehouse and an analysis and reporting package.

The BTI will also bring personal customization to MSU’s website and web services. “It will include a portal that can be customized by different segments of the population (students, staff and faculty) that will allow you to arrange the business related content from the system in a way that meets your personal preferences.

Students will essentially be able to organize what they see on the website according to their own preferences, and have the ability to customize and personalize the information they see.

Every aspect of campus managing including student accessibility, billing, database access, resource management on campus, recruiting information, statistics and many other features will be unified through the BTI.

The manner in which students access Blackboard will change based upon the way the Blackboard application is represented in the portal view of institutional resources.

The Initiative encompasses many different improvements and upgrades in the realm of MSU’s Information Technology system. In addition to better programs, customization and more features, the BTI will improve the entire 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 BTI will allow students more independence and freedom to manage their own college curricula. Students will be given better access to MSU’s network, more tools to use, more manageability options and more privacy and personal customization.

The project will provide students time-ly and efficient access to the campus and its resources anytime, anywhere.
Vaccine

Current license in New Jersey as an LPN, RN, APN, PA, registered Pharmacist or MD, and volunteers will be covered for liability protection.

In case the university does not obtain enough volunteers, Barry admitted that there is no backup plan, but she does not anticipate that happening. "We have received about 30 responses for medical volunteers, but still need more," she said. "We will also be requesting non-medical volunteers beginning next week, especially students."

Barry said that the university encourages individuals in the high-risk groups to be vaccinated, but anyone from the university may obtain the vaccine.

"We are still seeing individuals with influenza-like illnesses, but the amount is negligible in consideration of the population of the university," he said.

The university has seven clinics so far made each year, "so broadcasting majors could and do audition in everything important too, but they also learn how to rent it out because of the 1080i high definition system."

February 4th

-Newly installed, so broadcasting majors could and do audition in everything important too, but they also learn how to rent it out because of the 1080i high definition system.

FACTS

-In a poll conducted by Harvard Public Health, about 50 percent of American adults plan to get vaccinated and only about 40 percent were

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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 jaberi@mail.montclair.edu
Disney Recruiters Return to MSU

Kevin Flynn, a junior business major at Montclair State University, was accepted into the Disney College Program. Only a freshmen at the time, she applied for the Spring semester program. It was overall a memorable experience," she said.

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 could she not pass up. Harzer worked in food and beverage is one of the most popular roles for Disney college program students. It was overall a memorable experience," she said.

Harzer's responsibilities included dealing with cash, bussing tables, taking out trash, working on counter and creating magical moments for guests. "I know it sounds pretty bad, but food and beverage is one of the most 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 Intern programs. Her goal is to move on up with the Walt Disney World company.

Next Tuesday, students can go to the Disney Program presentation to learn more about the internship and jobs available in Disney.

The Montclairian

Cont'd from Page 1

MU Debt

The university borrows through the New Jersey Educational Facilities Author- ity to issue tax-exempt bonds for the building of eligible educational facilities.

“MU has experienced record growth in enrollments. In order to meet increasing demands, the university must address capacity issues through expansion and therefore borrow,” said Cipullo.

Frederick Stout, New Jersey ranked 50th in the country for increases in appropriations for higher education. New Jersey also has the highest number of students that attend college in another state, according to the New Jersey Association of State Colleges and Universities.

“Money is spent on construction to expand and improve MSU,” Cipullo said.

Approximately $54 million has been spent every year, for the past five years to pay for construction and renovations. The debt acquired to pay for this expansion is similar to a personal loan for a home. It requires annual interest and principle repayments.

Compared to other public colleges and universities in New Jersey, MSU remains one of the most affordable.

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A Professor’s Quest to Save Breasts

Camille N. Naipaul

REGARDS TO THE economic climate, it’s difficult to solicit funds at any time.

Fernando Uribe
Political Science Professor

Feature Story
How to Help:
1. Donate online. You can go to http://main.acsevents.org/site/TR2r:id=1979292&pg=pfnd
2. Bring a check to the event made it out to: The American Cancer Society
3. Cash in hand is also acceptable

Come out and Support!

The Friend Nobody Likes: the “Karen”

Margot Levinson
Staff Writer

If you're in college you're probably heard of Dane Cook, and there's a good chance you may even find him pretty funny. If you're a fan of his, you've probably seen his “The Friend Nobody Likes” routine — what he calls the “Karen” of the group.

The “Karen” is 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 guyz, what chu talking about?”

Of course, most of what Dane Cook says shouldn’t be taken seriously, but this little quip rang true to me. I have several groups of friends which I hang out with, and in some of them I feel that my status is not as high as in others.

I don’t go to bed crying, and I have no desire to be your friend virtually or in real life. I can be the last person invited — or worse, I can be the one to drive them home when they’re wasted. You are the “Karen.”

You are the “Karen” of your group. You’re being used, and you should cut them off now!”

If these friends of yours don’t want 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 should respect your friends and their properties.

Regardless of the economic climate, it’s difficult to solicit funds at any time.

Fernando Uribe
Political Science Professor

FEATURE
A Professor’s Quest to Save Breasts

Wear pink and sip on inexpensive drinks...

The entire month of October is de- voted to the awareness of breast can- cer, but it seems as if the focus is not on fundraising, and in the United States alone will affect approximately 102,000 young women this year, according to the American Cancer Society (ACS).

Wear pink, and sip on inexpensive drinks... The entire month of October is devoted to the awareness of breast cancer, but it seems as if the focus is not on fundraising, 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 has been holding a fundraiser for breast cancer since last year.

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 suf- fered and recovered from breast cancer, which has given him a new inspiration, but a sturdy 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, a private bar has been set outside for the mature audiences who wish to enjoy expensive drinks, while live music is being hosted in the downstairs lounge. This laid back and casual atmosphere provides comfortable seating, and has plenty of room to roam. You will be able to stop the night wear- ing a pink shirt.

This event alone for the past three years, and will be pulling an all-nighter after the event to make sure everything runs smoothly.

Can’t make it to the night of the event but would like to be active?
Do not hesitate to walk with others on Sunday Oct. 18, at 10 a.m., located at Lincoln Park on the West Side Avenue in Jersey City, N.J. Registration begins at 9 a.m.

Margaret Lockshin
Staff Writer

There is always that one guy or girl within your circle of friends that you all group 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, then you're the “Karen” of your group. If these circumstances apply to you, then you are probably the “Karen!”

1. You are still waiting for friend confirmations on Facebook from several of your friends.

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

2. 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 your group is planning a surprise party for you, or they are being ungrateful for you being there.

3. You are always the designated driver.

If your friends only invite you to party with them when they need a ride to the club, then you are the “Karen.”

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.

“If 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’re the “Karen,” and they only want you around when it benefits them.

7. You are stuck taking notes for your friends or doing their homework.

No one with any decency would ask their friend to do their homework or write an essay for them, that is so school bully-esque. I am sorry to say if this is the case you are the “Karen”!

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 needy pic- ture, 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 a meal.

If you’re constantly 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 are working over time to please your bud- dies, but they are simply sleeping 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 al- ready has the “Karen” position filled!
When I was growing up, there was a phrase I heard many times—"The road to hell is paved with good intentions." Many of you may find yourselves full of ideas and with the good intention of going through with them. How many of you actually do it? I predict, not many of you. Do not feel bad. I also have suffered from a lack of commitment and motivation, which has led me to stack up many unpublished books and un-released recordings. I’d like to call this phenomenon the “good intentions” syndrome. Many suffer from such syndrome, whose symptoms include procrastination, distraction, procrastination and, of course, lack of commitment. Many people, myself included, have been distracted with daily hectic schedules that consume our lives. As a result, we leave our goals on a back burner, even when we have the opportunity to actually complete them. We also take many things for granted, thinking that the opportunities will still be there later on or when the time is convenient for us, yet many times the door shuts on us before we become motivated to act on them. Some of us limit ourselves with negative thoughts, thinking that we are incapable of actually reaching our goal. We constantly tell ourselves we don’t have the skill or ability, yet we actually do. Others even lie to themselves, and thinking they are actually trying to accomplish their goal, but are actually wasting their time. But, sooner than you think time runs out, and 20 years or more zoom right by with nothing done. Do not let this happen to you. I see thinking of how many I have done, and the many opportunities I could have jumped at, but I didn’t. This was my “Road to Hell,” and I have worked hard to change it. One of the most difficult things I have had to grasp is that one must learn a lesson before actually teaching it. And at times, life has a very funny way of teaching us such lessons.

Today, I have grown up to understand that honorable intentions, intentions that are actually followed through, are very different from the good intentions experienced in the “good intentions” syndrome.

When Nelson DePasquale was a student, he had a favorite sandwich. It was called a “Nom Nom” burger, a burger with lemon pepper chicken, lettuce, salt, pepper, and shredded Parmesan cheese. Tomatoes and mayo are optional, but not necessary. Hey! who doesn't like an Italian hero for lunch? Do you know what I mean?

Second Foot
For lunch, I like a nice Italian sub. This includes ham, salami, pepperoni, capi-collas, imported sharp provolone (my personal favorite), lettuce, salt, paper, and grated Parmesan cheese. Tomatoes and mayo are optional, but not necessary. Hey! who doesn't like an Italian hero for lunch? Do you know what I mean?

Third Foot
Now we get to the main meal of the dinner. I have thought very long and hard about what to put on this section of the sub. The first thought that came to my mind is the classic chicken Parmesan. Of course, it tasted great, but there is one dish that hits the spot with perfection: the chicken francesco. You know that feeling you get in your tummy after your done with chicken francesco, and you dip bread in the sauce? Well both that and the actual chicken taste combine in your mouth and stay there on your tongue for quite some time.

The “Daily DePas” Sub is three feet and a half long, and includes ham, salami, pepperoni, capicolla, imported sharp provolone (my personal favorite), lettuce, salt, paper and grated Parmesan cheese. Tomatoes and mayo are optional, but not necessary.

Now this is one of the only recipes in the world that I can say that I have actually mastered. I hope that you enjoy the recipe and enjoy the enthusiasm of Nelson DePasquale.

Stay tuned, and stay strong!
Tune in: Sunday and Monday mornings at 7 a.m. to 10 a.m., and Wednesday afternoons at 10 a.m. to 1 p.m. 90.9 FM WMSC or online at www.WMScradio.com.

WHAT DID YOU SAY?
Have you heard anything outrageous on campus? Send it to The Montclarion at msufeature@gmail.com

Person 1: Is there a place called Brick?
Person 2: Yea, and it’s right next to Wall. No joke!

“STOP!!! Your going to make me fart!”

“After your test, take your hands grab your chest
and remember that’s what I told you to do.”

“Tell him to stop sucking. Just Stop Sucking...”

Person 1: I’m not afraid to go to jail!!
Person 2: Wait, you’ve been in jail?
Person 3: Yeah, on a field trip.

A: “I CAN’T!!”
B: “Can or can’t?”

“Try being called ‘Buddy’ for 21 years!”

A: “SHUT UP! I’m the boss.”
B: “Yeah right!”

“The road to hell is paved with good intentions.” Many of you may find yourselves full of ideas and with the good intention of going through with them. How many of you actually do it? I predict, not many of you. Do not feel bad. I also have suffered from a lack of commitment and motivation, which has led me to stack up many unpublished books and un-released recordings. I’d like to call this phenomenon the “good intentions” syndrome. Many suffer from such syndrome, whose symptoms include procrastination, distraction, procrastination and, of course, lack of commitment. Many people, myself included, have been distracted with daily hectic schedules that consume our lives. As a result, we leave our goals on a back burner, even when we have the opportunity to actually complete them. We also take many things for granted, thinking that the opportunities will still be there later on or when the time is convenient for us, yet many times
Don’t Be Trickèd By These Health And Wellness Myths

James Carpentier
Staff Writer

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 Alzheimer’s, 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 Bona, cocoa powder and dark chocolate contain the most beneficial compounds—flavanoids. “Dark chocolate contains more flavonoids than milk chocolate and white chocolate—less contains little if any.” 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 noted, “Studies have not shown that the risk of cardiovascular disease increases in egg eaters. For example, in a study of more than 115,000 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 on a Menu.

False.

According to USA Weekend magazine, “Binging out is tricky. To control what’s on your plate, look for these key menu words to avoid, compiled by the American Heart Association: fried, au gratin, crispy, scalloped, pan-fried, sautéed and stuffed.” Instead, the American Heart Association recommends healthier menu words such as “steamed, broiled, baked, grilled, poached, and roasted.”

• Eating Six Small Meals a Day Instead Of Three Big Meals Daily Burns More Body Fat.

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 seeing their world at three to four miles an hour. They feel a sort of heightened consciousness, they feel more creative, enthusiastic and excited. Some psychologists feel that this ‘high’ is an altered state of consciousness, an opening up of the unconscious.”

• Frequent Blinking is a Good Way to Prevent Eyestrain.

True.

The book, Training The Body To Cure Itself mentions, “So, how do you solve the problem of eyestrain — particular-

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!”

• Walking and Gardening Are Safer Activities 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 those activities, but resistance training can prevent and even reverse sarcopenia.”

According to the book, Training The Body To Cure Itself, mentions, “So, how do you solve the problem of eyestrain — particularly 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 ﬂee of glare. And, remember to do a very basic eye exercise — blink! Normally you blink once every 3 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!”

• Walking and Gardening Are Safer Activities 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 those activities, but resistance training can prevent and even reverse sarcopenia.”
RU USING TANNING BEDS?

TANNING BEDS CAN BE RISKY 4 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. ETOOTH IT'S SO NOT WORTH IT. DON'T BE STUPID.

INDOOR TANNING IS OUT.
Answers to the Oct. 1 edition

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.

Imagine
Start Dust
Pald Moon
Night and Day
White Christmas
So Far
Mack the Knife
My Way
New York New York
Summer Wind
That’s Life
Love and Marriage

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

SPECIAL HIDDEN MESSAGE:
Autumn is a second spring
when every leaf is a flower.

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.

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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?

BLUNDERGRADS
by phil flickinger (www.blundergrads.com)

...our textbook is like, ridiculously expensive, it rambles incessantly, it smells funny...

It's full of outdated examples, and it's heavy. Why'd you choose this piece?

Check the cover. I'm the author.

THE STARE
simsj1@montclair

Pretty birds?

mother complex
by Jess Sims

Sticks 'n' Stones
by Mark
Bruce Springsteen and the E-Street Band
Play Final Show in Giants Stadium

Scott Bacharach
Staff Writer

The anticipation in the parking 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 great performers. Elton John and Ron Wood were considered maybes. 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 mezzanine-level green 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 this night. Springsteen and the band walked on stage dressed in all black, with the exception of Clarence Clemons’ gold-trim robe, in uniform but determined fashion, as is their way. “Working on the Rocks,” a song written specifically about the slated demolition of Giant Stadium, was the opener for what would prove to be a nearly endless string of songs 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 role-grounding, anthem-filled, commercial hit, “Born in the USA.” Springsteen first headlined Giant Stadium in 1985 during the “Born in the USA” tour. This was his fifth performance at Giant Stadium. The large-crowd staple “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 the sea of humanity. Not surprising to see Springsteen’s concert goers, 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 and shots of the crowd singing along and dancing. After a rousing performance of the title track off the latest album Working on a Dream, Springsteen started to the crowd that his last song was “the song we started with the first time we entered this stadium.” The familiar riff of “Born in the USA” immediately followed, and from there the show took the crowd on a musical journey shouted in red, white and blue. The crowd went for a ride down “Born in the USA.”

BRUCE SPRINGSTEEN SET LIST

Wrecking Ball
Badlands
Spirit in the Night
Outlaw Pete
Hungry Heart
Working on a Dream

Born in the USA
Cover Me
Darlington County
Working on the Highway

Downbound Train Up on Fire
So Surrounded
Bobby Jean
Eyes on Down
Glory Days
Dancing in the Dark
My Hometown
Tougher Than the Rest
The Promised Land
Last to Die
Long Walk Home

The Rising
Born to Run
Raise Your Hand
The Last Time
Waitin’ on a Sunny Day
Seven Nights to Rock
Kitty’s Back (with Curt Rumän)
American Land
Jersey Girl

Check out Echo Screen at http://www.myspace.com/echoscreen

ARTS & ENTERTAINMENT

Goodbye Old Life — Hello Echo Street

Emily Callahan
Arts & Entertainment Editor

Echo Screen, an unsigned rock band originally from Brick, N.J., goes 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, this past August. The CD features five new songs produced by Alex Gaskarth, a N.J.-born and raised alternative rocker known for being a founding member of The Storytellers. Their recent releases have been influenced by old and new sounds, from Simon & Garfunkel and The Beach Boys, to Oasis and Death Cab for Cutie. Their music has been featured on TV shows such as MTV’s The Real World/Road Rules and E’s Livin’ Loud. Their newest songs and great covers weave in and out of each other so well that this CD is definitely worth listening to.

Bruce Springsteen Set List Continued on Page 17

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 Hamlet, and Catherine Zeta-Jones is set to open in the title role in Chicago. New York audiences have also been treated to musicals that have originated in London. Many well-known Hollywood stars have tried their hand at the theater. Many of these stars have proven wrong. It seemed clear to this reviewer that they had not been fully enveloped in the character’s role. Craig — our current “Bond, James Bond” — recently took over the iconic role in 2006, so far completing two films of the series — Casino Royale and last year’s Quantum of Solace. Other roles include Defiance, The Golden Compass and Road to Perdition. Craig is no stranger to the theater, 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. Starring any remnant of the womanizing spy, Craig delivers a strong and engaging performance that was truly impressive. Those who typecast Craig to his 007 role would definitely be proven wrong. It seemed clear to this reviewer that even his 007 role — every element of dialogue is vital to the plot. -

Photos Courtesy of www.myspace.com/echoscreen

Jackman, Craig Deliver A Steady Run on Broadway

Jockie Coolidge

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Photos Courtesy of www.myspace.com/echoscreen
GAMES YOU WISH YOU DIDN’T MISS:
VALKYRIA CHRONICLES

Mark Reandek

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 with the breeze 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 Valyria Chronicles ultimately just another forgettable RPG, or is it really worth all the praise and critical adoration?

The setting is the 1930s 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, Melchiot, a nineteen-year-old aspiring singer. After Gunther finally arrives at his home, we discover that he has an adopted sister, Isara, and that Gunther is the son of a late, world-renowned army general. Alicia 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, Melchiot, a nineteen-year-old aspiring singer. After Gunther finally arrives at his home, we discover that he has an adopted sister, Isara, and that Gunther is the son of a late, world-renowned army general.

At this point, the set-up is established, making the experience remarkably refreshing and unmatched. On top of this, the art style is an interesting mix of anime and cel-shading, which makes the F35 to the limit and is simply beautiful.

Just when you think it couldn’t get better, the soundtrack floods you with epic orchestrations and completely memorable tunes. In fact, the ending theme is probably one of the most memorable pieces of music that has inhabited a video game in years. While supremely well-done, these elements aren’t where Valkyria Chronicles pushes the envelope.

Valkyria Chronicles could have been a classic turn-based RPG, and it would have been well deserving. Instead, gamers can expect a mixture of turn-based, real time strategy and shooting games. Games will be able to deploy and control primarily six types of units: Scouts, Snipers, Lancers, Engineers and Tanks. Each has their own strengths and weaknesses, which need to be exploited for maximum success. Specific characters also react positively or negatively to the other friendly units around them, adding useful helpful advantages. During battles, you may want based on how full or empty the Action Points Gauge is. AP is gained every round, but this depends on how many officers in are in play and is often a constant number.

Thus, knowing when to save and use AP is essential. Furthermore, as one side is being controlled, the deployed opposing units will shut at enemies. Therefore, cover, along with visibility, become imperative to survival, especially since you can lose most of the game personaliities forever if they die in battle, which will lead to many a frustrated reload. Upon completing battles, you are rewarded a rank based on how well you did as well as money and experience to be used for upgrades and various extras, such as units and side quests.

With all of that being said, there are very few flaws to be seen. Graphically, the physics engine in battle is a bit exaggerated, leading to many humorous character deaths.

Gamers may also be put off by the difficulty at times, though it’s a nothing too astounding. Other than that, Valkyria Chronicles has everything an RPG gamer could want.

Moments in this game have impact enough to illicit tears, the soundtrack along with the graphics are breathtaking and the gameplay harkens to being revolutionary. All of the thousands, maybe even millions, of F35 gamers who love RPGs and do not own Valkyria Chronicles need to do themselves a favor, and pick this game up; it’s as simple as that.
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 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 sometimes a bit tooExposed view of troubled marriage is a safe context for numbing your brain, and accepting that things don't always go as planned.

The comedy is played so safely 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 ilk are all usually funny and all over forty. But, here's a cool trick — if you average the ages of each character, you find that the twenty-something Kristen Bell is actually a little older.

The film focuses on four exhausted couples. Dave and Ronnie (Vughn and Askerman) deal with their hyper, bed-wetting son. Dory and Lacey (Favreau and Davis) are a couple so sick of each other, they want to divorce. John Favreau steals the show as the only character that isn't either unattractive or incredibly annoying, and the relationship he has with his wife creates the perfect image to accompany my review. Alas, I think we're supposed to suspend our disbelief, and accept that the twenty-something Kristen Bell is actually a little older.

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Springsteen
Continued from Page 13

Leighton County,” was brought aboard a “Downbound Train,” joyfully reminisced about their “Glory Days” and was even re-introduced to an old friend, “Bobby Jean.” The travels came to an end where they usually do — at home — with an achingly sentimental performance of “My Hometown.”

But, there was little time for the band or the crowd to catch its breath. The show was hardly half over. After a handful of faith-themed songs including “Tougher Than the Rest” and “The Promised Land,” Springsteen lifted the spirits of his audience with a stirring version of “The Rising,” a song that holds special significance when played in the shadow of the New York City skyline. And, of course, no Giants Stadium show would be complete without a performance of “Born to Run.”

The lights came on, everyone stood up and for one last time amidst the concrete and steel of the storied venue, shouted out the melodic chorus “Wo-Oh-Oh-Wo-Oh-Ohhh!”

Springsteen and the band took a brief interlude, but emerged on stage only moments later for an extended encore. A crowd request of The Rolling Stones’ “The Last Time” was a fitting choice. “Wavin’ on a Sunny Day” was the energy high, and a beautiful performance of the early classic “Kitty’s Back” gave the band an opportunity to showcase some of their musical talent. Toward the end of the show, forever present behind the stage and above the luxury boxes highlighted what was otherwise a fairly straightforward performance for the band (as hard as that is to believe). In fact, the show did not do much to stretch the boundaries of creativity, or vary much from the previous shows at the stadium. It became clear at this point that the special-guest rumors had been false and in hindsight, somewhat ridiculous.

The only question remaining was what song would be played last — how would they end it?

There were several songs still absent from the night at this point. Classics such as “Thunder Road,” “Jungleland” and “Rosalia” were notably missing, but with a catalogue as extensive as Springsteen’s, it’s impossible to cover all the bases in one show. For his finale, he chose what is perhaps his most popular cover, the Tom Waits classic “Jersey Girl.” It was a low-key but poignant choice for a finish: a no-frills, close to home, true-to-life song.

This concert was Bruce at his best: stage and screen performing, 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.

The Psychology Club Presents
Miracles of the Mind
Starring Robert McEntee
a hypnotist of 20 years with
Magic Beyond Imagination, Inc. of Huntington, NY
October 21st @ 4:30 – 5:30 pm
University Hall Rm. 1030

“Psychology Club is a Class II Organization of the SGA Inc.”

Broadway
Continued from Page 13

Photo Courtesy of justjared.buzznet.com
Craig (left) and Jackman (right) starring together in A Steady Rain on Broadway.

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

Under new guidelines from the Center for Disease Prevention and Control, all students on campus are expected to receive flu vaccinations. The university has contracted with a local supplier to provide these vaccinations. The Flu Vaccination Campaign will be held on a first-come, first-served basis. By the end of October, 20,000 doses will be enough.

As of Oct. 15, the Montclairian 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 firsthand, 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 Montclairian 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.

Lou Cunningham | The Montclarion

New Technology with the Bell Tower Initiative

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

There is, however, not much 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 WFish 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 stu-dent on campus is able to view his or her own grade 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 ran on a mainframe system, with only a keyboard, monitor and one central tower, where all the data was stored. That tower still puts up a web update with nice customiz-able pages. It will make students feel like they have the Montclair State University social network at our fingertips. This is, however, not the change here that will really affect us.

What will have the most impact on students is the imple-mentation of this system, once it will incorporate almost every system on campus. From our per-sonal information to our grades to our financial info, think about the amount of people will have to learn a new system that is decades away from the one we are currently using.

To put this into perspective, it is almost like handing an apple laptop to someone who has never used a computer and telling him, “Ok now I want you to program this.”

So here is what it teachers, many of whom cannot even use blackboard for their classes, are going to be able to use a web based system full of flash embed-ded objects and crazy customiz-able widgets?

It is easy to see the university must 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 disasters that are bound to follow.

Lou Cunningham | The Montclarion

M o s t 0 p i n i o n e r s  

F asst's opinion will soon be in full swing, and Montclair State University wants to assure the entire campus community of its preparedness to control any out-break, and prevent the spread of viruses.

Twenty thousand doses of H1N1 (“swine flu”) vaccines have been ordered. The university has seven vaccination clinics sched-uled from Nov. 3 – 11. The last time the university offered flu vac-cines earlier this semester, the student response was greater than expected, and the Health Center ran out of supplies.

The Health Center is now look-ing for registered medical profes-sional volunteers to help adminis-ter these vaccinations to students, faculty and staff.

While The Montclarion is not suggesting that the university does not have an organized plan for adminis-trating the vaccinations, we are asking how they will deter-mine which students have prior-ity. With 30,137 undergraduates and graduate students, in addition to the full-time professors, adjuncts and staff members, we do wonder whether or not 20,000 doses will be enough.

The Center for Disease Prevention and Control recommends that “high risk group” individuals, pregnant women, care-takers of infants who are under six months of age and healthcare workers receive the vaccination.

The Center also states that the at-risk groups include those who range from six months to 25 years of age. The majority of students fall into this category.

The Health Center will offer the vaccination to these groups first, but after that, it appears the vac-cinations will be administered on a first-come-first-served basis. With so many people falling into the category of “high-risk,” the university should already have a system in place.

So far, Montclair State has done a decent job of keeping the cam-pus community updated on the flu viruses via e-mail and the school’s website.

Whatever the plans for adminis-trating the vaccines may be, we hope there’s more than one email sent out to give students a warning.

Debates have risen over whether or not the flu shot will be mandatory for healthcare workers. Additionally, some questions whether employees in various fields should have the right to force their employ-ees to be vaccinated.

The general consensus is that col-lege students, and those who spend several hours a day in contact with a variety of people and surfaces, should take advantage of the vac-cinations.

As of Oct. 15, The Montclairian 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 experi-enced firsthand, the university has also been taking preventative mea-sures 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 Montclairian 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.

Lou Cunningham | The Montclarion
Students Crusades for the Recognition of Creativity in Modern Culture

Laura Barry, a theatre major, is in her first year as a staff writer for The Montclarion.

W hen I learned about the swine flu outbreak this past spring, I dismissed it as a problem that would never touch me. After all, I've always thought of myself as a healthier person. I was called into the office to present some exciting trivia show that was being produced in the Whoop, Inc. office. Dana and McPaul were the writers of the show. Dana and McPaul were both very knowledgeable about science and television production. I was called into the office to present some exciting science information and links to where people could learn more about science.

Therefore, I ask my contemporaries to avoid the fear that the recognition of creativity is just “not what it used to be.” This is a call to arms the devotees of creativity. Due to the nature of creativity, it is hard to recognize brilliance close to its inception. Innovation surrounds them. Creativity is evident from the multitudes of sections, characters and plots. Again, those who fear the loss of creativity should not be so fast to dismiss what they do not understand. I call to arms those songwriters of which we are simply one of the fad of our world, creativity is evident from the multitudes of sections, characters and plots. These days Purcell is my best friend and for me, I no longer have any fear to be a millionnaire.

I was a theatre major and I was very proud of my own play. My internship was far more than a steady job. I was involved in the show for the entire season, from the conception to the final curtain. That was just for my own possible impulse. After I was allowed to return to campus, I was sitted with the show. The show was called...
President Barack Obama’s Nobel Peace Prize
The Prize Sets Even Higher Expectations for Our 44th President

O

Oct. 9, 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 Colombian politician who helped secure the release of 36 hostages, a female Afghan 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 has yet to do anything to warrant such an honor.

“You cannot call him a Nobel Laureate,” said Ph.D. student and History Education major Tim Foder, a freshman at Montclair State University, believes that “they should have waited until he has done something.”

“A frenzy of outraged comments flew through homes and news outlets alike,” he continues.

Yet, President Obama is a leader, and there are many who believe he is deserving of such prestigious honor.

Many people remain unclear as to what the actual reasons were that President Obama won the Nobel Peace Prize.

According to the official Nobel Peace Prize website, Obama deserves the award “for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples.”

Perhaps acknowledging the hastiness of this award, President Obama immediately issued an acceptance speech that conveyed a readiness for dialogue. He began by stating, “I am both surprised and deeply humbled by the decision of the Nobel Committee. Let me be clear: I do not view it as a recognition of my own accomplishments, but rather an affirmation of American leadership on behalf of aspirations held by people in all nations.”

He continues to say “I do not feel I deserve 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.

“...He will stay true to his words that this is a ‘call to action’... I can’t help but agree with the Nobel Committee’s reasoning.”

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 Martin Luther King Jr., Mother Teresa, Martin Luther King Jr., Mikhail Gorbachev and the United Nations. Tim Foder, 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 was the that the vote on the peace prize began in February 2009, shortly after Obama was sworn into office.

Despite the negative portrayal of President Obama, there was a fair amount of praise directed towards his recognition.

The New York Times quoted Chancellor Angela Merkel of Germany saying the prize was an “invitation 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. Conceivably, 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 hopes for a better future. His diplomacy is founded in the concept that those who are to lead the world must do so on the basis of values and attitudes that are shared by the majority of the world’s population.” Congratulations President Obama, I hope you’ll earn it.

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

Students Speak:

Let me be clear: I do not view it as a recognition of my own accomplishments, but rather an affirmation of American leadership on behalf of aspirations held by people in all nations.

—or Barack Obama

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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 sermon. 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 yet. The award was given to people like Martin Luther King Jr., in Obama is a great man, but must still earn the award.”

Ibrahime Diabolo
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.”

Pelican’s Choice! Website Edition!

-FMZ.org
-PBS.org/NOW
-Awesomenj.com
-Ronpopmusic.com
-Homestarrunner.com

-huffingtonpost.com
-kongregate.com
-textsfromlastnight.com
-angryjournalists.com

The Montclarion • October 15, 2009

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 Montelican Publishing, Inc. Once given, responses are the property of The Montclarion and Montelican Publishing, Inc. and is eligible for editing where felt necessary. Responses were given on the campus of Montclair State University on Wednesday Oct. 14, 2009.
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.


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

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.
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.”

Personally, Brown has very high expectations for himself this year. “I’m trying to win the 55 meter hurdles again at nationals,” an event that he won last year, running a time of 7.39 seconds, which is Montclair’s school record. “I’m trying to win the New Balance games, and that’s one of my biggest goals.” The New Balance games are a track event held in New York.

To get ready for the season, Brown and the team have started doing some unconventional workout routines. “We go to yoga classes; fast hurdlers are limber, and stretching is a part of track anyway.” Working together everyday has not only gotten the track team into great shape, but Brown feels that it really helps bring everyone together.

“It’s like a family. It’s easier to run when you’re with people you know and with people who have the same passion as you.”

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 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 the 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.”

Gold: 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.

RB: 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.

WR: Wes Welker vs. Titans - Welker re-emerged as a favorite target of Tom Brady last week and for those of you in a PPR league, Welker is a gold mine of points.

DST - Panthers vs. Bucs - Carolina’s defense played well against Washington last week, and the Bucs offense is just as bad.

Thanks Down

QB: 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 fan day for the Giants passing offense.

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

WR: Devon Hester vs. Falcons - Hester is still recovering from an injury, and has to share targets with Johnny Knox, Greg Olsen and Earl Bennett. That’s bad news all around.

DST - Ravens vs. Vikings - Minnesota has been picketing defenses apart with a constant mix of runs and passes. Baltimore’s aging defense will be no exception.

National hurdles champion, Will Brown, in action at last year’s NCAA Championships. Courtesy of Will Brown
Red Hawk Weekend Stats
Larry Geraghty — one goal
Mike Pytlar — game winning goal
Teddy Ritter — two saves

Who's Hot This Week
Deana 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.

Dominique Dixon
Cornerback — Football
Dixon was named to D3Football.com’s “Team of the Week” thanks to his interception return for a touchdown, the icing on the cake in MSU’s win over Cortland St. on Saturday.

Game of the Week
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.

Overall Volleyball
With just 20 minutes remaining in the RU.
just over 10 minutes and attempted four
shot. The Red Hawks took a stretch of
game, was there to stop the Rhyan Nelson
Teddy Ritter, who had two saves in the
attack to start the second half. However,
The Scarlet Raptors continued their
get another attempt at a goal for the rest
Raptors’ Tim VanLiew, and MSU did not
get many shots off in the first half.
However, at just under four minutes
remaining, VanLiew let one slip by as the
Red Hawks’ Mike Pytlar took a cross that
was set up by Gary Stuart and Kevin
Brown, giving MSU a 2-1 lead and soon
enough, the win.

With a recent slew of close games,
Coach Brian Sontowski sees this as just
another learning opportunity that is sure
to keep MSU winning.

“We play a very competitive schedule, and
these close games help us prepare for a
difficult run to the end of the sea-
son,” said Sontowski. “Our guys are used
to playing in tough matches, and are
ready when the games get even
tougher at the end of the
season.”

Brian Sontowski
Men’s Soccer Head Coach

Red Hawk Stats

Mike Pytlar — game winning goal
Teddy Ritter — two saves

Pytlar’s Game Winning Goal Keeps Red Hawks Unbeaten Season Alive

Jake Del Mauro
Assistant Sports Editor

MSU saw themselves in a position they
are not too familiar with last Saturday.
Trailing for only the second time this
season, the team came behind late in
the second half to pull off the 2-1
victory over RU-Camden in Camden,
remaining unbeaten this season.

The Scarlet Raptors gave the Red
Hawks all they could, and, early on, it
paid off. In the 26th minute, C.J. Finley
scored his first goal of the season, giving
RU an early 1-0 lead. Montclair could
scored his first goal of the season, giving
the Scarlet Raptors a 2-1 lead and, soon
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Brian Sontowski
Men’s Soccer Head Coach
Senior defensive lineman, Chris Merkle wraps up Cortland State running back Dom Sair in the Red Hawks’ 16-7 victory over the Red Dragons.

Mike Zawadzki
The Montclarion

Football Defeats Red Dragons for the First Time in Six Seasons

Montclair State is now 4-0 in the NJAC, tied with Kean at the top of the standings. Now they embark on a two-game road trip: first, north to take on Buffalo State on Saturday, and then down south the following week to take on a very tough College of New Jersey team. However, the team seems confident that they have a shot at continuing their winning streak.

“We just got to continue to be successful on offense, defense and special teams,” said wide receiver Scott Kubrak. “The Red Hawks will return home Halloween to take on Western Connecticut.”

The win was a long time coming for many Red Hawk players like Tweer who have suffered through years of losing versus Cortland.

“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 needed 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 stalls, Montclair’s offense continued to plow through the Cortland defense in the Red Hawks’ win on Saturday.

Montclair State

The win was a long time coming for many Red Hawk players like Tweer who have suffered through years of losing versus Cortland.

“We’ve been playing for this game since last year,” said Tweer. “We felt we got robbed up there last year, and should have come away with the win. Everything we saw today we saw in practice all week. Our coaches did a great job scripting them out on film.”

“This is huge for our season,” said junior defensive back Taylor Bonner. “It puts us one step closer to winning the conference, and that’s the only way we can get into the tournament.”

Men’s Soccer Comes From Behind

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Senior defensive lineman, Chris Merkle wraps up Cortland State running back Dom Sair in the Red Hawks’ 16-7 victory over the Red Dragons.