Student Arrested, Person of interest in Freeman Arson Case

Kulsoom Rizvi
News Editor

The investigation into the arson incidents at Freeman Hall in the past six weeks continues, according to Lieutenant Kieren Barrett, as 19-year-old Lauren Shinn is considered as a person of interest in the investigation.

“The person who was approached by Shinn has not, and will not be charged, as they did the lawful thing by coming forward,” he said.

Shinn was charged with witness tampering in connection with the Sept. 23 fire on the sixth floor of Freeman Hall last Thursday.

Barrett said that the charge itself indicates that Shinn attempted to solicit the help of another to fabricate an account of events.

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On Nov. 3: A student reported the theft of her parking hangtag from her unsecured vehicle parked in Lot 21.

On Nov. 3: An employee reported the theft of two woven wall hangings from his office in the John J. Cali building.

On Nov. 4: Isaiah Tibbs was charged with leaving an animal in a motor vehicle under inhumane conditions while in Lot 24.

On Nov. 5: Lauren Shinn was arrested and charged with witness tampering while on the campus of Montclair State University.

On Nov. 5: An MSU employee reported criminal mischief damage to a display case and the theft of a shirt from the Student Center.

On Nov. 5: A student reported the theft of her laptop computer left unsecured in Russ Hall.

On Nov. 6: Brian Antab, William Rooney and Kevin Linico were charged with underage consumption of alcohol while in Stone Hall.

On Nov. 6: Parking Services reported the theft of a parking boot from a vehicle parked near Floyd Hall Arena.

On Nov. 8: A student reported the theft of her parking hangtag from her vehicle parked in Lot 23.

On Nov. 9: A student reported the theft of his motorcycle helmet from his motorcycle parked in Lot 52.

On Nov. 9: A student reported the theft of his wallet, cash, GPS unit with charger, credit cards, driver’s license and phone charger from his unsecured vehicle parked in Lot 41.

Anyone who has information regarding these incidents is urged to call the police station from any campus phone at T-I-P-S (8477). All calls are strictly confidential.
New Playhouse for Cats Designed by Montclair Students

Jillian Knight
Staff Writer

Montclair State University students “purrfect” a playful design for cats at Montclair’s animal shelter.

A team of six industrial design students took part in building a room for cats during the summer at the shelter, using an aspect of the architectural history of the town of Montclair.

Students came up with their own designs for the room, and ultimately, they chose Latcia Suarez’s design. “[The design] was a playground design for the large cat room, and my map design for the small cat room,” senior Jillian Kearney said, who was the design leader.

With the design in hand, and a group of five students to fabricate and execute the idea, the students went to work. The fabrication team was made up of Kearney, Andrew Zheng, Kevin Franck, Erik Pavon and senior Anthony Perpepai.

These students used many skills that they had learned in their classes, such as woodworking, plastering and dimensioning to build the new playhouse.

“This project seemed like a great way for Montclair State to give back to the community.”

Anthony Perpepai
Senior

Most of the work took place on Montclair’s campus inside the new industrial design facilities, and, to top it off, a lot of the materials were actually donated to the cause, including an $8,000 anonymous donation from a Montclair resident.

“This project seemed like a great way for Montclair State to give back to the community. Also, it was the first time we, as students, could work on a project from beginning to end, and have our designs used by others,” Perpepai said.

Kearney added, although it only took a couple of weeks to design the two rooms, it took almost three months to build and install everything.

“Some weeks, we would work 40 to 50 hours a week. It was a full time job for all of us,” she recalled. “The hardest part was time management. I underestimated how long it would take to pick up materials, the time it took for things to dry, trying to estimate travel time, installing time and working with the shelter’s schedule.”

All of the students who participated in this project were part of the industrial design class taught by Professor Denis Feigler, director of the industrial design program and the originator of the project.

“[Dr. Feigler’s] main objective for this project was not only to give his students experience working in the real world, but also to have the Industrial Design program become more involved with the town of Montclair on future projects,” Kearney said.

The students also learned a lot, seeing, as they did, the project from start to finish, which encompassed the entire process of design. Generally, this kind of process can involve four companies to execute the job.

“We all loved working at the shelter and seeing how our efforts made the room a better, healthier place for the cats and kittens,” Perpepai said.

For more photos http://www.themontclarion.org
Jorge Posada holds a drawing two kids (right) drew for Posada when he visited the Yogi Berra Museum for the signing of the Posada's book: *Fit Home Team: The Posada Family Guide to Health, Exercise and Nutrition, the Inexpensive and Simply Way.*

Laura and Jorge Posada pose with Thomas (left), Brianna (center) and Katie Phelan (right) during their visit to Yogi Berra Museum.

Posada

Continued From Page 1

Laura was diagnosed with craniosynostosis, a condition that affects the growth of the brain and skull. The Posada's son was diagnosed with the same disease, and the Phelan family are involved with Jorge Posada foundation.

"Many people came to this in a way that they couldn't go to the parade," Venicia Michaels, a justice studies professor on campus, said. "It's the weekend, and kids don't have to skip school for it. Overall, it turned out to be a very successful and smoothly run event.

"It was really good timing, and I don't think it hurts," Dave Kaplan, director of the Yogi Berra Museum and Learning Center even proved to be more convenient for some.

"This is fantastic because I was one of those people who couldn't get to the parade," Jorge Fernandez said. "I get something that those people at the parade didn't get. I actually get to shake his hand — This is better, at least for me.

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“... and swerved in and out of the displays of New Jersey City University Empowered U Celebrating 50 years of Flexible Graduate Education Education • Arts • Business Counseling • Criminal Justice Health Sciences • Music Psychology • Security Studies
President Cole Named Member of Christie’s Transition Team

Robert Aljaks
Photo courtesy of Mike Peters

Montclair State President Dr. Susan A. Cole has been named as one of ten members of a transition team for Governor-Elect Chris Christie.

“I am honored to be asked to be a member of Governor-Elect Christie’s transition team,” Cole said in a written statement on the Montclair website. “I look forward to working with the other members of the team to do all we can to support a smooth transition and a successful start to the new administration.”

The team also includes two Democratic politicians and officials from Christie’s campaign.

Cole will be the lone higher education representative on the team. She had been involved in the previous five gubernatorial elections.

Vaccine

Continued From Page 1

a much greater risk of catching H1N1 than there is any potential side effect of the vaccine.”

Junior Ashley Pfeifer said she had side effects after getting the vaccine. The junior admitted that she did not read information about the side effects, and added that she felt sick for a couple of days, received a fever at night, had muscle stiffness and pulled a hamstring while in the shower due to the stiffness.

Barry said that those types of symptoms are uncommon, and that there are minimal, if any side, effects of the vaccine including soreness after getting the injection and a possible fever, however that is also uncommon.

“If someone is acutely ill and has possible fever, however that is also uncommon. Having a cold or being on medication ter getting the injection and a possible fever, however that is also uncommon.

“If someone is acutely ill and has possible fever, however that is also uncommon. Having a cold or being on medication

Schucha admitted that the flu can last until May and 90 percent of the deaths are in people under the age of 65, which is a flip flop of what is seen with the seasonal flu.

There is twice as much vaccine available now since Nov. 6 when 38 million doses can now be ordered.

“If all goes well, we are expecting about 8 million doses to be available in the week ahead, that’s if everything goes well,” Schucha said. The vaccine supplies increase, we think things should go better. We still don’t have enough vaccine.”

Certificate Programs Aid Students in Finding a Job During Recession

Robert Aljaks
Photo courtesy of Mike Peters

With the recession at its peak and job search success at an all-time low, peo-ple can turn to higher education to earn a degree by participating in at least one of the thirty certificate programs offered at Montclair State University.

Having this piece of paper in hand, along with excellent communication skills, displays preparation for the advancement of jobs, and is more attractive to the eyes of employers.

Montclair has the largest number of certificate programs with 371 students enrolled. Besides child advocacy, others include health education, paralegal, advanced counseling and molecular biology.

Montclair is very famous for its education doctorate and its auditory doctorate and child advocacy program are unique in the state.

The certificate programs consist of post-baccalaureate or post-bachelors degrees. Some people choose to move beyond the Bachelors degree because it does not prepare its students as much as specialized education for employment, since it is so general. It takes at least one semester to earn a certificate, which may include internships and spending an amount of time off campus working in a particular field.

“A quality university is characterized by quality faculty, quality facilities and quality students. To create quality gradu-ates we must cater to our expectations,” Constantine E. Theodosiou, dean of Montclair State University’s graduate school, said.

“We hope to continue to improve the quality of what we have to develop new programs in health education and technology. This statement describes Montclair State University perfectly as it responds to the needs of society by providing the necessary education accordingly.”

This “needs of society” explains key reasons for the certificate program’s exis-tence, which, in turn, involves a list of financial heartfelt.

“Schooling means self-improvement or professional development, social training and educational training for being successful in life.”

Constantine E. Theodosiou
Dean of Montclair State University’s Graduate School

If an individual is laid off, he or she can always collect unemployment, but eventually, must find another job. This other job may not ever be an option, because it requires more knowledge than the person already has.

In these situations, the individual can decide to go back to school and receive a certificate, which is a rapid way to get new expertise and employability.

What is unfortunate is that loans are not often available, even if a person wants to return to school to reencounter the world, he or she may not be able to afford it.

However, an investment to go back to school is an investment into the future.

“Our mission is to facilitate the suc-cess for our students and faculty in the learning and teaching at the graduate level, especially their timely admission and timely completion of the studies,” Theodosiou said. “Schooling means self-improvement or professional develop-ment, social training and educational training for being successful in life.”

Attention MSU Students!

Come Take Advantage of the MSU Student Discount

(Bo)top Students get advice from medical volunteers after getting vaccinated at the first clinic on Monday.

(Bo)top Graduate Catie Shelley receives her H1N1 vaccine by medical volunteer Pat Wolperts.

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For more photos and video clips http://www.themontclarion.org

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VETERAN'S DAY
SPECIAL REPORT

accepted. Soldiers that will benefit from these packages were found through www.anysoldier.com, a website that provides a list of soldiers, sailors and airmen, and what they’re requesting.

“You open the package and ... it feels good to know that people care about you. It makes you proud to know you have a purpose,” Brian Shaw, a justice studies major and Army National Guard veteran said. Shaw used to receive care packages from elementary schools, the U.S.O. and churches while he was stationed in Germany.

Besides donations, students were also invited to take the PT challenge, a contest to see if a student can do enough push-ups and/or sit-ups to meet military guidelines. The U.S. Marine Corp also set up a pull-up bar, and the National Guard set up a football toss.

“It’s a day to celebrate the student veterans and [for students] to be able to meet and talk to them,” Denise Rodak, coordinator of veteran and military resources, said. Students were also asked to make a card to send to a U.S. serviceman stationed overseas, take a picture in front of a Humvee or try a military issue MRE (Meal Ready to Eat).

“I put ‘Thanks for the hard work’ and drew an American flag,” Joe Kowalski, a sophomore geo-science major, said. Kowalski and two other friends each made a card thanking troops stationed overseas.

The MSU Veterans Association has also celebrated veteran and military students this week by raising the national colors at the student center flagpole on Monday morning. The flags were raised by the Seton Hall ROTC and will be retired by the Marine Corp on Friday, Nov. 13.

“ar Color guard team that raised the colors actually went down to the Children’s Center and made cards with one of the pre-school rooms,” Rodak said.

According to Rodak, there are currently 113 undergraduate students who are military veterans.

Donovan Bembridge, junior, received the highest score of 20 pull-ups during a PT fitness challenge yesterday for Veteran’s Day. Other challenges included push-ups and sit-ups where one student did 57 sit-ups.

A Humvee was parked on the Student Center Quad yesterday afternoon. Students were able to pose in front the military vehicle.
There aren’t many college students that have taken longer to graduate than Linda Flores. Flores, 36, is in her last semester at MSU, and is graduating after an eight-year journey, pursuing a degree in teaching.

No, she hasn’t changed her major a number of times, she hasn’t been forced to make a list of failed courses nor has she defaulted on her tuition payments.

Flores is one of 100 student veterans at MSU who have had to make the transition from U.S. soldier to student.

She’s been serving in the Army National Guard for over 10 years, and is finally getting a diploma in May after having to withdraw from school twice, because she was called into active duty.

“It was very difficult. I just wasn’t responsible, and it helps them open up their minds to something that is outside your town,” said Flores.

Flores remembers when she was in a transportation unit to refuel tankers in Iraq, and seeing soldiers 10 miles ahead get attacked.

“Some of those soldiers were with your unit at one point or in your mess hall … Some of them you kind of knew by face, and then you hear their name if they were killed, you kind of have to think hard of who it was because there’s so many soldiers,” Flores said.

Being called into active duty forced Flores to put her education on hold in 2001 and 2003. After coming back home in 2005, Flores took time to transition back into civilian life before returning to MSU, two years later to continue her education.

“It was very frustrating … I knew I had to do it. The reason I decided not to re-enlist was because I knew I needed to finish school, because I really want to be a teacher,” Flores said.

Her goal now is to use her degree to teach physical education and health full-time next September. Flores says that these military experiences were a benefit to her life and career path.

“Being in the military helps a person mature, and it helps them be more responsible, and it helps them open up their minds to something that is outside of Iraq, and seeing soldiers 10 miles ahead get attacked. It was bad, but then you get used to it. You get used to doing things on your own. Taking care of your own stuff, washing your own clothes and just growing up,” Flores said, as she thought about her basic training experience.

While waiting for graduation day in the spring, Flores moonlights as a student teacher, security guard at Giant Stadium and special part-time police officer in Fort Lee, all while taking 12 credits at MSU.

The most important thing is to honor our soldiers overseas.

“After coming back home, you kind of have to think hard of who it was because there’s so many soldiers, you kind of have to think hard of who it was because there’s so many soldiers,” Flores said.

“Some of those soldiers were with your unit at one point or in your mess hall … Some of them you kind of knew by face, and then you hear their name if they were killed, you kind of have to think hard of who it was because there’s so many soldiers,” Flores said.

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Montclair-Boonton Line Extends its Trail

Students wait and catch the train running at Montclair Heights, which MSU has not included on the stop list. (Jillian Keats | The Montclarion)

Montclair-Boonton Line Extends its Trail
MSU Not on the Stop List

Jodi Mosteller

Officials and Montclair residents gathered at Montclair’s Bay Street train station last Sunday for a celebratory event in theme of bringing in weekend service to the township of Montclair, Glen Ridge and Bloomfield.

For many, this brought a wave of relief. “As a freshman, I’m not given the privilege of having a car on campus, so I heavily rely on the train service. With the absence of the train on the weekends, I learned to plan my weekend schedule within the boundaries of the campus,” said Stephanie Addis, a frequent user of the New Jersey Transit.

Although this is a big step in the right direction for Transnet users, there is still no on-campus access to the rail service on the weekends. Unfortunately, the train will not be stopping at the Little Falls or Montclair Heights stations, which may serve as an inconvenience to many as well.

“Even though the Bay Street Train is now running on the weekends, it would be far more convenient if trains were to run at campus stations during that time. The Bay Street Line is at least twenty-five minutes from campus, how am I supposed to get there, a cab?” Lyndsey Murtagh said with frustration.

New Jersey Transit was able to extend the Montclair-Boonton line’s hours of operation, due to the fact that it did not interfere with their budget. Extending these same hours for the campus rail-service would be accompanied by a price tag that would conflict with that very same budget.

John Leone, senior director of government and community affairs said, “We have always wanted to expand weekend service to MSU. However, there is a financial impediment to expand the train that far and bring in another crew. We wanted to introduce, at least, this limited service rather than nothing.” NJ Transit was able to provide the new service to Bay Street without impacting existing train schedules and financial strains on the company. What they did was extend the train running between Newark and Hoboken. They routinely review and conduct analyses on train sets to see where improvement can be made.

“I wish it were more beneficial to Montclair State University. We encourage students to use the trains; the more riders we have, the sooner we will be able to expand to MSU,” Dan Zief, chairman of the transportation advisory committee said.

New Jersey Transit Public Relations representative, Penny Busset Hackett believes students can find the new service beneficial. “It’s affordable, convenient and an alternative for students that don’t have a car. It is also environmentally-friendly. Students can take the number 26 bus from Montclair State University to Bay Street to get to the train. And, as a Montclair resident, I was very pleased.”

With the state of the economy, college students, especially, are not looking to dig further into their pockets for cab money in order to pay for a train. Students without cars on campus face a never ending battle of transportation, despite New Jersey Transit’s efforts to raise convenience.

On a lighter note, for those that have the luxury of having a car or alternative transportation for the ten or fifteen minute commute over to Bay Street, the weekend train run is a definite plus.

“I am thrilled about this service. It’s a first step, and hopefully, they can expand to MSU soon enough. I usually have my car on campus, so I wouldn’t mind driving my car and parking it at Bay Street rather than driving into the city,” sophomore Lauren Horn said.

Leased on bail, set at $25,000 and has been escorted off campus.

Barrett added that Shinn was identified as committing this offense through her own statements and the interview of other residents with usable information related to those incidents.

“As at this stage we have interviewed many who were within the building, and detectives may re-interview people if warranted,” Barrett said.

The case is still under active investigation, and in response to the incidents and serious concerns, the university police has increased patrol and posts within the building.

“The department has also implemented several other methods of prevention and detection which can’t be shared with the public,” he said.

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Montclair-Boonton Line Extends its Trail

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Mark Banas

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Omega-3 fatty acids are essential, meaning the body does not produce them itself and therefore they must be obtained from the diet. Research shows that the average American intake of omega-3 fatty acids is suboptimal, meaning most of us are deficient. Conversely, the majority of the U.S. population greatly exceeds the recommended amount of omega-6 fatty acids, sources of which are found in vegetable oils used in processed and fried foods, including chips and salad dressings. One teaspoon of corn oil, for example, satisfies the daily omega-6 requirement; however the typical American consumes 10-20 times that amount. To sit down eating a bag of Fritos, you are guaranteed to exceed your daily requirement. Many wonder why we are so deficient. Some may just dress like the gender they identify with. Others may band together with others who dress and act like the opposite sex. Then there are the transgender community, which encompasses the identities of transsexuals, transgendered individuals, and persons who identify as genderqueers.

Transgender Remembrance Day

The "Remembering Our Dead" project can be found online at http://www.gender.org/remember/album/core.html

So, why is this particular event overlooked? One reason may be that a lot of people don’t know what transgender is, or how to react to it. Transgender is an umbrella term that encompasses the identities of: transsexuals, transgendered individuals, performers and gender-bending performers/androgyne. A transsexual is a person who is born into one gender, but identifies psychologically and emotionally as the other. They may be transvestites, alternating from male to female (Mr/Ms) or female to male (P.M). Often, transsexuals experience Gender Identity Disorder, a fairly common condition in which a transsexual is not comfortable with their biological sex they were born with. Gender Identity Disorder is a fairly common condition, even though it is not associated with someone's mental health. Whether that person identifies as transgender, or if they’ve just associated with someone that identifies that way, it is also important to note that not every person that identifies as transgender will have an assignment surgery. It is a personal choice and can change at any time. Some may opt to take hormones, and some may just dress like the gender they feel most comfortable with.
It’s getting to be that time of the semester. You’re checking the syllabus, calculating and re-calculating exactly what it’s going to take to slide by with a C. You’re starting to think about that term project your professor has been talking about since early September. Finals loom on the horizon. What percentage of your grade does lab count for again? And if you’re anything like me, you’ve found yourself transfixed in a desk at Sprague Library, well after sun down, with scholastic intentions, but unconsciously clicking through pictures on Facebook of the latest in coed Halloween fashion (I see you dressed as a cat this year — meowww). As if your lackluster attention span wasn’t troublesome enough, your stomach is beginning to vie for your attention. Another cordon bleu panini from Café Diem isn’t going to cut it to-night. Well, I’ve got you covered. Café Eclectic is a short ride from campus into the heart of downtown Montclair. When you think of a coffeehouse, it probably conjures something along the lines of this place. The space is divided into two large rooms, one which houses the counter and a number of small tables, and the other containing a spirited collection of garage sale salvaged furniture. A gold-painted tin ceiling resides high above the place. Original artwork hangs from the walls. A steady mix of acoustic music streams in the background. The menu here is drink-heavy. The entire front page of the menu is dedicated solely to coffee drinks (in small font). In addition, there are dozens of options of teas, sodas, steamed milk drinks, even a selection of milkshakes. The options for food are more modest. A few salads, a handful of sandwiches, soup and a few specialty dishes comprise the balance of the non-dessert menu. Of particular interest to the “late-in-the-semester-no-loan-money-left” student may be the two-hot dog or grilled cheese special. A choice of either food item comes with a choice of soda for under six dollars. There are plenty of options for desserts as well, including ice cream.

I found solace from my schoolwork with a cheddar and chicken quesadilla and a vanilla and spiced chai milkshake. Both were delicious. The quesadilla came with generous portions of chicken and fresh sour cream and salsa. The milkshake was just right, not too sweet, and adorned with a dollop of whip cream on top. This cost about $12.50, but the milkshake accounted for nearly half the bill at five dollars. Had I ordered a soda, coffee or tea I could have been out the door for under nine bucks. Wireless internet, late hours and lots of caffeinated refreshments make Café Eclectic a good option for studying (or reviewing status updates). This place does bustle at times though, and they advertise regular live music. You may want to check the website to make sure your study plans don’t conflict with the latest local screamsy prodigy. Café Eclectic is the antithesis of the branded coffee house (i.e., Starbucks, Dunkin’ Donuts). A little time spent here reveals a real personality to this place. This cafe is as much about poetry as it is about profit. Need a break? Check it out.
Of all the vitamin bottles found in pharmacies and nutrition stores, there is one vitamin that you can get for free. Can you guess which one? Hint: It’s probably the hottest vitamin discussed in both medical and scientific circles, and it has been widely publicized in newspapers and magazines during the past few years. Don’t know? Well, here’s something else that appears in the lyrics of an 80-year-old song — music and words by Dorothy Fields and Jimmy McHugh from their 1929 tune, “On The Sunny Side Of The Street”: “Grab your coat and get your hat, have your worries on the doorstep, just like a sunshine vitamin.”

So can the sunny side of the street be complete on the sunny side of the street. I used to walk in the shade with those blous on parade. But, I’m afraid — this river has crossed over. If I never had a coat, I’d be as rich as Rockefeller — gold dust at my feet on the sunny side of the street. ‘Sunny.’ ‘Hottest.’ Give up? The mysterious vitamin is vitamin D — also known as the sunshine vitamin. And, with the upcoming cold weather in late fall and winter, you would be wise to grab your coat and get your hat and visit Ol Sol every day for at least 10-15 minutes, whether he’s shining brightly in the winter sky or hidden behind clouds. According to the latest medical research, “As many as 75 percent of Americans may not be getting enough vitamin D for optimal health.” Doctors have known for years that vitamin D is bone, but new research are finding that vitamin D is not only good for bones, but connected to a wide host of illnesses, including cancer, heart disease.”

Harvard scientists recently found that among 18,000 men they’ve been tracking since 1989, those with the highest blood levels of vitamin D were the least likely to have heart attacks, while those with the lowest levels had the highest risk.” Colleen Pierre, a registered dietitian stated, “Now some doctors are recommending 10 to 15 minutes of sun exposure a few times a week. Those who don’t go out much should consider a 1,000-IU (international units) vitamin D supplement daily.”

But, before you take the easy way out and buy vitamin D supplements, if you are “afraid in cross over” and venture outdoors into the sunlight during those blustery wintry days, consider this: Pierre states that the sun “outshines food as your best source of vitamin D.” To get the vitamin D value of a (10 minute) exposure to sunlight, you’d have to eat 1/2 pounds of kale, 210 egg yolks, 150 egg yolks or 3 1/3 pounds of fresh farmed salmon, 30 servings of fortified cereal, 2 1/2 pounds of salmon or 30 cups of fortified orange juice.”

According to Parade magazine, even the richest dietary sources of vitamin D such as fish, eggs, fortified dairy and soy milk products do not provide enough daily units of vitamin D as compared with sun exposure. Parade mentions: “Stronger bones, a better immune system, protection from some cancers, lower blood pressure, clearer skin and a healthier immune system, to name a few of the apparent benefits of the strangest of vitamins — vitamin D. Unlike all other vitamins, vitamin D is made by our bodies, but requires sunshine. The problem is, we’re just not getting as much as we used to or enough to make the vitamin D we need.” We spend too much time indoors, and when we do go outside, we’re using sunscreen, which blocks the ultraviolet rays that create vitamin D.

As for boosting brain health, well, perhaps Dorothy Fields and Jimmy McHugh also realized just how powerful the sun’s rays were toward promoting a ‘sunshine’ disposition when they wrote 80 years ago about ‘walking in the shade with those blous on parade’ and leaving your worries on the doorstep’ and intuitively encouraging everyone to spend more time ‘on the sunny side of the street.’ It turns out that spending too much time in the shade (or indoors in your dorm room, house, classroom or office each day this winter and throughout the year) can indeed lead to a case of the blues.”

According to the Washington Post, “In winter’s gray and cold days, the midday work blues can hit hard. If you feel tired, lethargic or unmotivated during the day... Take a walk to get the blood pumping to your heart and brain. A walk outside in the sun also will activate vitamin D in your body and improve your mood.”

Well, a daily walk outside in sunlight this winter and throughout the year will not make you ‘as rich as Rockefeller,’ but when you get those 10 to 15 minutes of healthful vitamin D while walking in the sun each day, you may indeed feel like a million bucks! See you next week America!

Hello everybody! Please excuse me for missing the last few weeks. I assure you that this week’s recipe will please everyone, even the meat-eaters. The組d was gone. By the way, I hope everyone is enjoying the beautiful weather against that nasty Swine Flu. I know I have been seeing those bluebird trays of fresh flowers every day since a few weeks ago. I have been seeing bears, baby buns, bikes, grass, and all that with this week’s recipe. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one. This one is being brought out by popular demand. I know all you veggie-lovers will love this one.
Answers to Last Week

layptn
eronstiminsi
klatec
trenouv
esav
Indniee
er crdda (2 words)

ANSWER: _______ Field

ANSWER: Swine Flu

Find all of the words associated with the armed forces in honor of Veterans Day this past Wednesday.

Unscramble the words to find soccer terms in honor of the men's soccer team's fourth straight MAC championship and first round bye in the NCAA tournament. The first letter of each term will spell out the adverb known-name of the soccer field behind the Red Hawk Deck commonly known as MSU Soccer Park.

layptn
eronstiminsi
klatec
trenouv
esav
Indniee
er crdda (2 words)

ANSWER: _______ Field

Panther Image by Bubba Tate

Students answer in honor of Veterans Day
A Glimpse into the Life of Scott Gordley

Montclair State University’s Chairman of Art and Design: More Than an Artist

The simple act of walking into Scott Gordley’s office diminished all previous expectations. As chairman of the Department of Art and Design at MSU, there were previous expectations of paint here, brushes there and, maybe, even a few unfinished works lining the office. This wasn’t the case. He was wearing light jeans, a vest, a colorful tie and a button-down shirt. His office was lit with the warm glow of lamps, unlike the fluorescent lights that fill the halls of CalArts. The dark wooden desk made the office feel like a less office than an artist’s office.

A couple of paintings hanging on the walls, a small table in his left ear and his publications on the bookshelf relieved feelings of doubt of being in the wrong office.

Having only seen his self-portraits and a few professional pictures of Gordley, a warm greeting, a friendly smile and a handshake alleviated worries of not knowing what to expect. As a child, Gordley would make up stories of what he wanted to do at four years old. Lessons at the kitchen table were a hallowed out horse trailer. He would sleep in bunk beds, guess ages and weights. Alligator Woman. Gordley’s job, and was offered to work in the carnival. He hated his job. One day, he made it known to a customer that he was unhappy with his job, and was offered to work in the carnival. He, later, worked at a gas station. His work was recently featured in Gallery 51, a gallery located right here in Montclair, on Church Street. One day, he walked into the gallery and began talking to the owner, Andy Foster. He talked about his jazz trio, and how he would enjoy performing there. It wasn’t until Gordley handed Foster his business card that Foster realized that he was also an artist. After weeks of preparation, Gordley’s exhibit was put together and his Family Portraits were displayed.

When asked about his motivation of his pieces, Gordley explained that he wanted to make sense of his family, a sort of reconciliation. He wanted to expose the subtext of making sense of humanity, much like the work of photographer Diane Arbus which exposed the dark side of everyday life through art.

Gordley has always been interested in music. His father inspired him to play instruments. Gordley has played well over ten instruments including multiple string instruments, but favors the saxophone. Gordley said, “Music is the most enjoyable art form, because it is immediate, unlike my paintings, which are tedious. Music is pure, primal pleasure.” Gordley has performed with his trio in places such as a Fireworks and Mohican Sun. They perform every weekend, and has a new recording, Off the Cuff, out on the Emperor Music label.

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When most people think of Bam Margera, they think of the decline star or the professional skateboarder, but very few people think of Bam Margera as a director. Released on June 24, 2003, Haggard marked Bam’s mainstream cinema debut, but this is not his first filmmaking experience. Growing up not too far from here in West Chester, Pennsylvania, he and all his friends filmed each other acting in short skits and stunt videos, which later evolved into the CTY videos and Jackass, where Bam achieved most of his fame, outside of skateboarding. Some considered him a sell out because of his hit MTV series, Viva La Bam, but anyone who has seen his earlier films knows his stunts are real, and his films are hilarious.

Haggard does not follow the traditional style you might expect from Bam. Ronson, Dunn, Rask himself, Bake Yohn and Brandon DiCamilo. The film starts out with Dunn’s character, Ry, getting involved in random objects such as a Television reality show fool you, in most major stores and online. Do not let the title or the DVD cover scare you, the film is a hilarious film that will keep you laughing from beginning to end. What this film does an amazing job shooting in a visually appealing manner. The camera work is also surprisingly good for such a low budget film. The director of photography, Joseph Frantz, who also shot several shows for MTV, is working on the upcoming film, Dream Seller, and does an amazing job shooting in Haggard and his other works. The soundtrack also brings the film together, featuring bands like HIM, CKY, New Order and Iggy and the Stooges among others. In, whether you’re a fan of Bam Margera or not, Haggard is sure to entertain. Check out this film and also the pseudo-sequel, Minglebox, both available on DVD and online. Do not let his Television reality show fool you, Haggard is a hilarious film that will keep you laughing from beginning to end.

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

Pelican Playlist

Favorite Songs of War and Peace

“Bring the Boys Back Home” by Pink Floyd
Amanda Balbi, Assistant Feature Editor

“Gimme Shelter” by The Rolling Stones
Katherine Milsop, Opinion Editor

“Imagine” by John Lennon
Katie Winters, Assistant Copy Editor

“Give Peace a Chance” by the Beatles
Kulsoom Rivizi, News Editor

“War” by Edwin Starr
Emily Gollub, Arts & Entertainment Editor

“The War is Over” by Sarah Brightman and Kadmell Saih
Mike Campbell, Managing Editor

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ENROLLMENT HAS STARTED

Late enrollment period for Wintersession begins December 21, at which time a $40 late fee will be charged.

CLASS SCHEDULE:
Classes meet daily, Monday through Friday, December 28 through January 13.
(No classes January 1)

Check course offerings and availability from our website: www.middlesexcc.edu/winter27
the desperate parts of life; the order of chaos. Like most artists, Gordley's personal life plays a huge part in his work. In one of Gordley's paintings, titled Skins, he shows men standing with no shirts on at various stages of life. He painted his father, his nephew and himself. When asked to remove their shirts, his father, surprisingly, had no problem. His nephew, on the other hand, was very reluctant. This brought back memories of Gordley, as an adolescent, being very uncomfortable and insecure with his body. The emotions are clear on the faces of the men in the painting about how they felt bearing their bodies. His father has a very happy-go-lucky face, at ease, without a care and almost proud. His nephew, on the other hand, has clenched fists and a look of anger.

Now, Gordley bases a lot of his work around a class he taught in Nice, France called Art of Visual Narrative. The classes teach students to look at ordinary things in a new light. It teaches them to stop, and pay attention to the world around them. Gordley lives in Stonington, Conn, where he also has his studio. He also has an apartment in Montclair, and borrows the MFA studios on campus. His wife has her own interior design business in Connecticut. Gordley splits his time in Stonington and Montclair.

Gordley's goal is to just stay grounded. His profession can lead to a very "narcissistic lifestyle," and as long as he can pull away from that, give, contribute and teach, he hopes to give his students guidance and truly hope the best for them.

Gordley said that teaching is very parental.

Throughout the entire interview Gordley answered the questions quickly. It was clear he had done many interviews before. It was almost a defeated feeling though. Clearly, he has "been there, done that." But the last question caught Gordley off guard. When asked what his greatest accomplishment was, he quickly responded with, "Besides my daughter?" He chuckled, but quickly became serious as he began to ponder. He broke the silence with a sigh and stating that, "...this is a hard question." He finally responded with, "Just trying to be a good person I guess. I know it's a bit generic."
The Biggest Game of the Year
Call of Duty: Modern Warfare 2

Lovers will increase their scrolding, degrade truly and ultimately, time will be consumed. It’s that time of year again, the time of year when developers release their biggest games. Inarguably, the biggest game of the year was released this Tuesday, Nov. 10. Of course, that game is Call of Duty: Modern Warfare 2. Developed by Infinity Ward for the PS3, Xbox 360 and PC, Infinity Ward once again aims to tap into the same kind of magic they did with the runaway success of 2007’s Call of Duty: Modern Warfare. The story of Modern Warfare 2 picks up where the last game left off. Never mind the antipathy of the protagonist of the last game, as considered a constant lament to many Russians and terrorists for causing nuclear catastrophe. And while he is dispatched in the final moments of the prequel, we find out that his lieutenant, Vladimir Makarov, is committing various acts of terrorism throughout Europe. Gamers are, almost literally, thrown into the middle of this situation through the viewpoint of US Army Ranger Private Allen as well as Sergeant Gary Rankhaev, left off. Immedi-ately, upon starting the campaign mode, a small warning appears, giving gamers the option to skip certain graphic scenes. While this comes as a surprise, one will quickly find that it is a critically smart implementation. After this, we take control of Allen and go through the tutorial with which veterans will quickly be used to once, thankfully, the controls are the same as the predecessor.

Once the tutorial is over, we are taken to the first level, and the campaign continues linearly into a great story. The locations, much like last game, vary from Europe to the Middle East to South America. Along with the campaign mode, the developers added Special Ops, which can both be played singularly or with a friend. This mode acts somewhat like an arcade mobile races to mowing down enemies. The scenarios span anywhere from snow and ice to deserts and anyone can see that multiplayer is a huge component of the missions allowing how well you did. The scenarios span anywhere from snow and ice to desert. While Special Ops is an added treat, it isn’t the mode that has millions across the country addicted.

Multiplayer is almost the cornerstone of Modern Warfare 2. This being said, campaign and special ops are still great modes. The multiplayer in Modern Warfare 2 is the secret ingredient, which keeps you coming back. Additions include: new weapons, new levels, numerous new perks to have fun with, emblems and awards to collect, 15 kill streak rewards to unlock and a plethora other positives. Luckily, for those with the urge for customization, Modern Warfare 2 let players customize the powers received during kill streaks on top of the already customizable classes. Factor all this in with the already additive multiplayer formula of the first game, and anyone can see that multiplayer is a staggering success.

Among some other great and notewor-thy changes is Modern Warfare 2’s presentation. Graphically, the first game was already pretty good. This installment, however, looks amazing. While the character models didn’t change too substantially, the lighting, shadows and physics among other things brought an im- mense amount of new graphical quali-ties, so enhanced from the first game that anyone will think that it’s been more than two years or between games. Call of Duty as a franchise has always had good reputation for sound- track and sounds, and Modern War- fare 2 keeps this reputation intact.

Modern Warfare 2 has any flaws, it is especially with a big game like this, some very questionable mate-rial has been implemented in terms of violence. And while there is a very intelli- gently placed warning mechanism, it doesn’t make the material any less cringe worthy, even if you are of age. Fortunately, with an amazing single player cam-paign, astounding presentation and mul-tiplayer that defines the word engrossing, any gamer will see Modern Warfare 2 for what it is — the best game of the year.

The Princess and the Frog
Family Fri克
- The first mainstream cell-animated feature in years, from the creators of The Little Mermaid. Makes me so happy I could kiss a frog!

The Road
Science Fiction
- Cormac McCarthy’s dense symbolist tome of the misadventures of “The Man” and “The Boy” as they wander through the vast empti-ness the world has become. This adaptation of The Pollitzer Prize win- ning sci-fi epic promises to be both terrifying and heartwarming.

Pirate Radio
Comedy
- The British Government wants to ban Rock-n-Roll Net on Phillip Semour Hoffman’s Watch. A tale of one man’s fight against square politicians based on a true story.

Ninja Assassin
Action
- Director James Mcteigue says the martial arts film hasn’t got-ten it’s due. Someone obviously hasn’t seen Kill Bill. I’m sure Tarin-tino will forgive him if it rocks.

MOVIE TO SEE OVER THANKSGIVING BREAK

After stuffing your face and watching football, what better way to get back in shape than going to your local movie theater? Here is a list of movies in a variety of genres that you shouldn’t miss this Thanksgiving break.

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The Montclarion • November 12, 2009

A&E
**H1N1 Vaccinations: Swine Not?**

Currently, however, students at Montclair don’t appear to be worried about catching or spreading the flu virus. The health center, so far, reports 175 confirmed cases of influenza on campus. This number is actually much lower than expected considering the size of the school, according to university health officials. Because H1N1 is a new flu virus, people are significantly less immune to it.

Barry said that she would like to see more students and faculty take advantage of the free vaccinations. The vaccine on campus is given in the form of an injection. It’s quick and relatively painless, and may prevent you from having at the very least six hours a day on campus, especially those who dorm or spend at least six hours a day on campus, receive the vaccination.

Unless you have a pre-existing condition that prevents you from receiving flu vaccines, or have an allergy to egg products, you should get the vaccine. Donna Barry, a registered nurse and director of the University Health Center told Montclarion reporters that she was concerned that students are listening to inaccurate information and not basing their decisions on fact.

“Don’t be scared, and go about your business.”

Bad reactions and fevers are not common. Typically those who receive the vaccine may feel some soreness at the injection site. Students may have been put off by half-baked testimonies and solicited videos on Youtube depicting horrible, purpling reactions as a result of the vaccine. If these reactions were truly that common, health officials would not be encouraging pregnant women to get vaccinated.

As of Wednesday, Barry estimated about 1,400 people on campus had received the vaccination so far. This is out of approximately 20,000 students, faculty and staff on campus. There are 900 doses left on site, and close to 6,000 in transit. The university ordered 9,000 doses. More clinics can be scheduled over the following weeks if the health center sees a demand for them.

**Show MSU Sports Some Love!**

This weekend marks two of the most important games in recent Montclair State sports history. Red Hawk Football takes on Kean University this Saturday at 1 p.m. The win will take home the New Jersey Athletic Conference Title and an automatic bid to the NCAA Division III Tournament. The very next day, Men’s Soccer takes on either Stevens or York College in the second round of the NCAA Tournament. If both teams emerge victorious, it would prove to be one of the greatest 48 hours for the Red Hawks in a long, long time.

But will anyone be there to watch it?

What has been evident here at Montclair over the past few years is a lack of support for our sports teams.

Football lost their first game of the season, but went on to win eight conference games in a row to improve to a 9-1 record. Football has won 16 straight regular season home games.

Men’s Soccer hasn’t lost a home game since October of 2005. Those two teams have accomplished all of this with a lack of fan support.

The only game that consistently pulls the crowds every year is the annual Homecoming football games. This year, seats were sold out.

More than 6,000 people showed up with standing room only to see the Red Hawks edge out William Paterson, 24-17. Remember, this was homecoming weekend.

Not to mention, men’s soccer have been personally ranked contenders in all of Division III for the last few years. They haven’t even gotten half as much of a fan turnout as football. The cumulative attendance for the year, so far, for Men’s Soccer is 4,351. That’s more than 1,500 people less than the Homecoming football game alone.

For the NJAC Championship game against Rowan, less than 600 fans came to show their support. And, these are pretty generous estimates.

Where is the love for Montclair State sports?

As students, we shouldn’t just use Homecoming as an excuse to get out to the games.

Money isn’t a good excuse either. Saturday’s football game is free for all Montclair students, and Sunday’s soccer game is just $3 dollars for students.

Montclair State’s football and men’s soccer teams have played well at home all season with little fan support, just imagine what they could do if they had a few hundred fans.

This weekend could be history in the making for both the MSU football and soccer teams. Why not go out and be a witness to that history?

Get out of bed early on Saturday, get together with your friends and go support your Montclair State Red Hawks this weekend.

**NOTICE**

The university ordered 9,000 doses. More clinics can be scheduled over the following weeks if the health center sees a demand for them.
State Education Reforms: Not an Easy “A”

Plan to Improve Education in N.J. Neglects “Chronically Failing” Schools

G overnor-elect Chris Christie included the plan to create a tax scholarship fund for low-income children in his platform. This fund would allow students from low-income families who attend “chronically failing” schools to attend any other public or private school.

In order to have a better education, but this plan seems to be lacking. This plan has many holes in it. Perhaps the biggest problem is that this does not motivate anyone to improve schools. It seems like it would be much more effective to help the “chronically failing” schools rather than just send the “smart” kids elsewhere. Now parents and students, who could be the driving force to making a bad school better, too will be content with the knowledge that a smart child doesn’t have to suffer to a subpar school.

This plan seems to be just another case of a politician admitting that inner city schools can never be helped, and that we just need to send the smart kids out of school. No school would ever improve if this was the attitude taken. Christie, the state congress and county governments just need to commit to improving. If they choose to be spent on education, it would be better spend improving those schools. It’s a solution that will not yield immediate results, but will be much more beneficial in the end. Improvement of an educational system is not something that can be done overnight in a matter of days. There need to be stepping blocks for immediate results.

The plan becomes even more detrimental to “failing” schools when you consider that the assessment of schools is based on standardized testing. There are other factors in rating a school but student test scores are a major source of data. Funneling out all of the good test takers from a school will only make it look worse on the assessments. If nothing is done to improve the school, and all students who achieve good scores are bused out, then presumably the scores will continue to drop.

Yet, this idea of allowing bright kids to find schooling elsewhere, removes a possibly positive influence other students may find compensation.

The challenge other students pose often is one of the best motivators for learning. By removing the “brightest,” other students will miss out on a rival that could have pushed them to achieve more in school.

Allowing low-income students the ability to attend private school through a scholarship fund may be a good idea, but allowing them to attend any public or private school is not.

This encourages the idea that the inner city schools are a lost cause, and all the intelligent kids should find a better education elsewhere. This money would be better used on the public schools because if we don’t have every kid to attend a public school, they will never be better.

It is a solution that will not yield immediate results, but will be much more beneficial in the long run. It seems like this plan could motivate anyone to improve schools.

The Montclarion

Students Speak:
The Montclarion

Students Speak: Will you be getting the free H1N1 vaccine on campus this week?

Support Returning Veterans and Their Families! Check Out:

www.give2thetroops.org 
www.dev.org (for Disabled Veterans) 
www.seevcast.org/ogional-veterans-foundation 
www.donorschoose.org

Lettie Stanzione
Junior
Health and Physical Education major

“I will not be getting the H1N1 vac- cine, I use that Youtube chicken in and it cramped me out. I’ll probably wait until it’s out a little longer before I get it.”

Thomas Walker
Theatre major, BFA acting

“Yes, I already got it. I would rather get it and have a better chance of not getting swine flu, than not get it and have a risk of catching the flu. Besides, it’s highly recommended for anyone living in crowded conditions, like myself. I’m also in a nurse, and none of us can get sick at this point.”

Kristen Dubro
Senior
Anthropology major

“No, I’m not really worried about it. I feel like the H1N1 virus has been blown out of proportion.”

Matthews Gavin
Freshman
English major

“No: I think the vaccine is untested, and based on experimental and un- proven methods. My immune system is good as it is, anyway.”

Katie Winters
Assistant Copy Editor

“...because it would mean the end of our State Assembly to redefine marriage are completely right — it is. Just as the 1985 Supreme Court decision redefined marriage as legal between people of two races, so will the future bill that comes out of our State Assembly to redefine marriage as legal between people of the same sex. If you want your leader to choose whether you can or cannot have the right to marry who you wish, you will probably regret the next four years. However, if you believe the rights of true freedom, liberty and the pursuit of happy- ness to be fundamental to our State, then I urge you to forgo your concurrence towards fighting for total and absolute equality in New Jersey.”

Jonah Nelson, a political science major, is in his first year as a columnist for The Montclarion.

Katie Winters
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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 Montclairian Publishing, Inc. Once given, responses are the property of The Montclarion and Montclairian Publishing, Inc, and is eligible for editing where felt necessary. Responses were given on the campus of Montclair State University on Wednesday Nov. 11, 2009.
GOOD THING I’M JOHN …

I can’t wait until Thanksgiving! nom nom nom …

Time for Christmas music, fellas!

Let’s go Red Hawks!

I got my mojo workin’. It just won’t work on you.

Hey Katherine, where’s my candy?

Dr. Tran is the man.

To!… line…

Kel, I have the essentials to succeed in journalism.

Happy Birthday to me!!!

Phi!...

Don’t worry, be happy!

You got that food on campus? Yeah, who knew?

MMM…. SOUP!

Where are you going? NOWHERE!!!

And the whole… world… loves it when you don’t get down…

JORGE!!!


Seeking an experienced babysitter for my 18 month old daughter. Starting ASAP: Mondays 12pm-5pm and Thursdays 9:30am-2:30pm. I am looking for a reliable, punctual, non-smoker. Light housekeeping required. References a must.

Early childhood education students ideal candidates!

Contact: alexcoban@aol.com

**Hip Hip …**

I miss Laura. I’m missing her more because I won’t see her when she comes home. Come home at the right time Laura!

Welcome back Piff!

Kristie Cattafi equals love.

Em, let’s go TOM shopping.

Lulu also equals love.

Why are you on Farmville? Virtual plowing is very therapeutic!

John Pope for governor!

I love Carly.

Mark Banas is the man.

Happy Birthday to me!!!

Let’s go Raptors!!!

Bye Bye Birdie …

Put it on the map!

H1NE1?

So many swine flu puns!

Whatever happened to Rick Moranis?

BAH BAH BAH BAH BAH! I’m Lovin’ It!

Remember Peter Schaus?

Now Biff, don’t con me!

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Now Biff, don’t con me!
Meghan Rothschild didn’t think indoor tanning would hurt her.

She was wrong.

UV light from indoor tanning, especially when exposed at an early age, can increase your risk of melanoma... the deadliest form of skin cancer.

That’s what Meghan developed when she was 20 after being a frequent indoor tanner since she was 17.

Current estimates show that 1 in 5 Americans will develop skin cancer.

Do you want to be the one... like Meghan?

Indoor tanning is out.

To read Meghan’s skin cancer story or to learn more about protecting your skin go to www.aad.org/media/psa
On Saturday afternoon at Sprague Field, Montclair State and Kean will do battle for the NJAC football championship. The winner will receive an automatic berth to the NCAA playoffs.

The Red Hawks will be looking to avoid a 2-1-1 loss to the Cougars this season, a loss that, essentially, cost them a playoff spot. In the game, Montclair State led at halftime, 14-0, before Kean come back in the second half to spoil the Red Hawks' postseason party.

This season, both Montclair State and Kean have had very similar seasons. Both teams saw their only loss come in non-conference action, with the Red Hawks losing to Wilkes, 37-10, in their season opener, and Kean falling to Delaware Valley College, 30-17, in their first game.

The Red Hawks have had some rather big wins and other wins that came down to the wire. The Red Hawks nearly dispossessed of Montclair State, 3-0, in their home opener, and also routed Western Connecticut, 30-17, in their second game.

However, they needed a late score to avoid a 21-17 loss to the Cougars last season, a loss that, essentially, cost them a playoff spot. In the game, Montclair State led at halftime, 14-0, before Kean came back in the second half to spoil the Red Hawks' postseason party.

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Volleyball Falls to Stockton for Title
Red Hawks Win in Semis, Fall Short in NJAC Finals

Jon Fazio
Staff Writer

Stockton captured its third New Jersey Athletic Conference championship in the last four years, as the Ospreys swept past top-seeded Montclair State at the Panzer Athletic Center on Saturday evening.

Stockton sophomore outside hitter Christine Velott had 16 kills with eight digs, as the Ospreys knocked off the Red Hawks 25-14, 25-19, 30-28 to claim their sixth conference title overall, while earning the league’s automatic berth into the NCAA Division III Tournament.

Senior middle blocker Anna Chesnakova had 11 kills and five digs for Montclair State. The Red Hawks ended their season at 14-16 overall. Montclair was seeking its third title overall and second in two years.

Montclair State was entering the game after finishing a 3-0 sweep of William Patterson last Thursday. In that game, senior middle blocker Kara Burnham collected nine kills, while senior outside hitter Adrianne Moe added six kills, five aces and six digs to advance to the New Jersey Athletic Conference championship against Richard Stockton.

Knotted at 2-2 in the first set, the Ospreys scored six of the next seven points. Freshman Stephanie Warner had a kill to tie the game at three, and Velott had her first of six first-set kills as Stockton took a 4-3 lead; it would not surrender. Velott’s second kill and a service ace by Laura Hausman extended the lead to 10-4. Montclair State would battle back to within 11-8, however Christine Astarita served five straight points, including an ace as Richard Stockton widened its lead to 16-8. Velott would put away the set with her final kill, as the Ospreys took a 1-0 lead in the match with the 25-14 win.

In the second set, Richard Stockton led 6-5 before scoring the next four points. Freshman Stephanie Warner had a kill to tie the game at three, and Velott had her first of six first-set kills as Stockton took a 4-3 lead; it would not surrender. Velott’s second kill and a service ace by Laura Hausman extended the lead to 10-4. Montclair State would battle back to within 11-8, however Christine Astarita served five straight points, including an ace as Richard Stockton widened its lead to 16-8. Velott would put away the set with her final kill, as the Ospreys took a 1-0 lead in the match with the 25-14 win.

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Leah Tepperman: Goalie of the Year

Jake Del Muro
Assistant Sports Editor

For three seasons, women’s soccer has had a reliable keeper tend the nets and keep MSU a solid team in the NJAC conference. Leah Tepperman was named NJAC Goalkeeper of the Year, and was named to First-Team All Conference for the second time in her career. Also joining her with honors are fellow teammates Tina Della Fave, Lisa Oloffs, Natalia Rito, Jackie McGrath and Stefani Einfelder. Tepperman has had a career that would make any keeper envious. She finishes her illustrious career third all-time in stops, shutouts, saves and goals against average in school history. This season, she posted a 0.872 win percentage while making 116 saves first in the NJAC for both stats. She also led the conference in saves against NJAC opponents with 40, and ranked second in save percentage with 0.852.

“Apparently I’m the only one who is surprised that I won this award,” Tepperman said, who overall this season is surprised that she won this award. “Without my defense, coaches and the teammates, these past four years would be difficult to pinpoint. But, Tepperman knows what she will always remember and cherish.

“One of my favorite memories was beating TCNJ last year. The whole team played great together, and really got it there,” Tepperman said. “Everyone really stepped it up during those games, and we won some games to play in.”

“Tepperman also remembers the harder moments.

“The worst memory I have is the last game, and the last goal I gave up,” she said, when speaking of the team’s 2-0 first round exit in the NJAC Tournament. “I know that goal is going to haunt me for a long time, especially since it really shifted the momentum of the game.”

But, for all the good times and the bad, Tepperman has remained one thing; consistent and a winner. And, she is one to share the wealth, too.

“There are many words that come to my head right away, but if I had to pick one, I think the word team stands above all,” Tepperman said. “Without my teammates, these past four years would have never happened. Dedication is the attitude that will carry on to next season, I see good things coming for next year’s team.”

You would think that for a three-year stretch, finding the best of enemies would be difficult to pinpoint. But, Tepperman said what she will always remember and cherish.

“For the next two years, my seniors will end the regular season against each other. This time, however, the conference championship and NCAA Tournament berth is up for grabs.

Who’s Hot This Week

William Griffin: Men’s Soccer

Griffin’s first goal of the season was probably the biggest of his career as the senior’s header was the lone goal scored in MSU’s 1-0 win over Rowan in the NJAC Championship Saturday.

A.J. Letizia: Wide Receiver — Football

Letizia had 105 yards receiving and four touchdowns on the day to help lead MSU past Rowan 14-7 and set up a shot at the NJAC title Saturday against Kean.

Game of the Week

Football

Nov. 14, 1 p.m.
NJAC Championship
Sprague Field

For the second straight season, these two NJAC rivals will face each other again. This time, however, the conference championship and NCAA Tournament berth is up for grabs.
MEN’S SOCCER BEATS ROWAN, WINS FOURTH STRAIGHT NJAC TITLE

Nelson DeRougeade
Senior Writer

Men’s Soccer has won their fourth NJAC Championship in as many years.

The ninth-ranked Red Hawks shut-out Rowan in a 1-0 victory at Sprague Field this past Saturday for the title. All the offense that was needed came in the 16th minute from senior defender William Griffin, who headed in a throw-in from junior Mike Krol. This win officially silenced the critics arguing whether or not this Red Hawk squad would thrive with the loss of star midfielders Tyler Masterson and Nick Mele, who, now, play professionally in Puerto Rico.

“We knew the ref was going to let us play,” senior midfielder Joe Cullen said, who was a starter for the game. “Especially with Rowan. It was hard fought both ways, but before the game we talked about it, and let us play. That’s what it should be, he’s not going to call the little stuff, so he let us play. It was hard fought both ways, and we came out on the right end of it.”

“Anytime you come out against Rowan, Rowan is going to give their heart and soul on the field.” Cullen said. “They’re a great opponent. The first game of the season we won 2-1 against them, it could have gone any other way. I mean, that’s a bunch of brutes, man. They are going to come out there, and they’re going to throw their fists around, and throw their emotions on their sleeve. But, you got to match it, you have to overcome it, and that’s why we came out with a 1-0 victory. It’s all about character. It’s all about coming up in the big games. We should have put a few away, but you know what, it’s better than losing.”

Winning four NJAC Championships in a row is a feat that has only been done by Trenton State (1967-68) and Gloucester State (Rowan) in the 80s. This team accomplished something that may never happen again, and they should be proud. When asked who was to be credited for this amazing accomplishment, Joe Cullen answered:

“Everyone, from front to back, from the coaching staff to the last guy on the bench to the first guy on the field, everyone put in the work all season long, and we got what we got because of it.”

The hard work doesn’t end here. They are hosting either Stevens or York College in the first round of the NCAA Division III tournament this Sunday at Sprague Field at 1 p.m.

Photo Courtesy of Jeff Leavy