The Montclarion, November 12, 2009

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

Shinn attempted to enlist the help of another to fabricate an account of events. Barrett said that 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. "The person who was approached by Shinn has not, and will not be charged, as they did the lawful thing by coming forward." Shinn was charged with witness tampering in connection with the Sept. 23 fire connection with the Sept. 23 fire.

The Montclair State University Veterans Association held a Veterans Day celebration on Nov. 11 in the Student Center quad to recognize and raise awareness for American troops. "I'm just doing the best I can to be a 'veteran' this week and honor those who died in combat," James Song, a freshman English major and veteran of the Marines for two and half years, said. During the Veterans Day celebration, the Veterans Association collected donations for care packages that will be sent to troops stationed overseas. Items collected included clothing, magazines, toiletries, DVDs and snacks. Cash donations were also accepted to help out a lot of people," Jorge said. "They can see how we achieved to stay together and stay healthy and stay active, but at the same time, have a fun time doing it." An estimated total of 1, 400 students, faculty and staff members received the H1N1 vaccine, starting Monday.

An estimated total of 1, 400 students, faculty and staff members received the H1N1 vaccine, starting Monday. Donna Barry, director of the University Health Center, admitted that, although there has been a "steady trickle" of people coming in to get vaccinated, more students should consider receiving the vaccine.

"We are concerned about students hearing inaccurate information of the vaccination and its symptoms," she said. Nineteen hundred doses still remain out of 2,300 that were shipped to the university. Barry added that the university is ordering 9,000 more doses in total, but shipping has been haphazard with the increase in demand of the vaccine.

Six thousand more doses are in transit and will be available to the Montclair community once they have arrived. "We still have vaccines available, and strongly encourage our students to get vaccinated," she said. "Having the flu is an unpleasant experience and this is a high-risk contagious virus. There is
**Pelican Police Report**

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

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

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

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

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

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

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

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

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

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

11. **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.

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**SGA Notes**

The Student Affairs Committee is setting up a speaker series with Chris Christie.

Carlisle Road will become a two way road in 12-16 months.

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**The Montclarion**

The Montclarion is a freely distributed newspaper providing one copy per person. Additional copies are $0.25.

**Corrections**

The Montclarion willingly corrects its factual errors. If you think that we’ve made a mistake in a story, please call Editor-in-Chief Kristie at ext. 5230.

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**SGA Notes**

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.

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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 Frank, 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 want 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 rooms a better, healthier place for the cats and kittens,” Perpepai said.
Laura and Jorge Posada pose with Thomas (left), Brianna (center) and Katie Phelan (right) during their visit to Yogi Berra Museum.

Thomas 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.

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.

Kristie Cattafi | The Montclarion

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Fit Home Team: The Posada Family Guide to Health, Exercise, and Nutrition, the Inexpensive and Simply Way

Stay in shape, stay healthy, stay fit, but they don’t tell you how.

“A lot of people out there are saying ‘Stay in shape, stay healthy, stay fit’ but they don’t tell you how,” Laura said. “In this book, we are telling you how. And it’s how we do it. So, I think it will motivate a lot of people to change to a healthy lifestyle forever, not just a week or two, but forever.”

The book also touches on family values.

“You know kids stand in front of the TV away from the families,” Jorge said. “Sitting down together at the table and sharing the moment, sharing the time with their parents, I think that’s important.”

Although their new book was separate from the Jorge Posada Foundation, which Jorge and Laura created after their son was diagnosed with craniosynostosis (a condition that affects the growth of the brain and skull), the book signing brought the foundation right before Thomas’s surgery, Phelan said. “We got involved with the Posada Foundation. Our daughter has craniosynostosis, which is the same condition that Jorge’s son has,” Licor Harvard said, whose daughter, Mikayla, had surgery just three months ago. “Through that, we met them. With her having the condition and surgery, Laura and Jorge have been a great support system for us. They have been checking on us, emailing, sending things to her after her surgery … Even with the World Series going on, they were still emailing us and checking on us. It’s amazing.”

“Thomas has craniosynostosis,” Cylbil Phelan said. “We got involved with the foundation right before Thomas’s surgery, and they have just been tremendous as far as support emotionally, and their outreach to families financially. The two of them are such tremendous people. They never have any problems with speaking with anybody, e-mails or phone calls. They are just the most generous people ever.”

Emotions seemed to run high for everyone, even the people who just came to see one of their heroes in person. There were more than 300 people waiting in a line that seemed to have no end. It twisted and wound in and out of the displays of Yogi Berra history.

“This is fantastic because I was one of those people who couldn’t get to the parade on time,” Jorge Fernandez said from Brooklyn. “I was about 20 rows back, just seeing over the top of people’s heads. But that’s ok, because I get to be here today. And 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.”

When asked if this was an extension of the so-called “Yankee party” he said: “Oh absolutely, I think it’s going to go on all winter, players will be out signing everywhere. I actually think Cervelli and Coke were down at Hunter today.”

The “party” at the Yogi Berra Museum even proved to be more competitive for some.

“People could come to this in a way that they couldn’t go to the parade,” Veneta 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, said. “People have Yankee fever right now, and two or three days after the World Series, a day after the parade, I really think people want to say thank you to Jorge and just meet him. So we are very fortunate that it worked out this way.”

“I think it means a lot,” said Yogi Berra. “He’s [Jorge Posada] a good guy. He said he’d do it and he came. He could have said no, but he didn’t. And a bunch of people came here for him.”

One hour and over three hundred autographs later, Jorge and Laura Posada continue the promotion of their book, and the fundraising for the Jorge Posada Foundation, they are, without a doubt, touching peoples’ lives, one family at a time.
President Cole Named Member of Christie’s Transition Team

Robert Atkins
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 the opportunity to work 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.

Certificate Programs Aid Students in Finding a Job During Recession

Vicente Jesus
Photo courtesy of CLIFTON • 973-471-8616

With the recession at its peak and job search success at an all-time low, people 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 Bachelor's 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 graduates is our expectation,” Constantine E. Theodorou, dean of Montclair State’s University’s graduate school, said.

“We hope to continue to improve the quality of what we have to develop new programs and to improve the current ones,” Theodorou said.

This statement describes Montclair State University perfectly as it responds to the needs of society by providing the necessary education accordingly.

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

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

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

In those 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 decides to return to school, 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 success for our students and faculty in the learning and teaching at the graduate level, especially their timely admission and timely completion of the studies,” Theodorou said.

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

Vaccine

Continued from Page 1

Robert Atkins
Photo courtesy of Mike Peters

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

Junior Ashley Peifer 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 added that to date, there are minimal, if any side, effects and pulled a hamstring while in the shower due to the stiffness.

“Everything we are seeing is the 2009 H1N1 virus,” Schucha said. The rates of disease are higher than normal for this time of year. We wouldn’t expect this many states to have this widespread of a disease.”

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. There is twice as much vaccine as last year.

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

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

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

(Bottom) Graduate Catie Shelley receives her H1N1 vaccine by medical volunteer Pat Wolpert.
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 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.

“arange guard team that raised the colors actually went down to the Children’s Center and made cards with one of the preschool 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 of the military vehicle.
Flores remembers when she was in the 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 know 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 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 get hired in the military to help her get transferred to college. So I said, ‘Let me join the military.’"

Flores says that the biggest advantage of coming out of the military are responsibility and discipline. She used the experience of having to fend for herself in the military to help her get through her college classes.

"First time I got a stomachache, I went nuts, because [my mom] wasn’t there. 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 at Fort Lee, all while taking 12 credits at MSU.

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.

"It was very difficult. I just wasn’t ready mentally to step into a classroom. Everyday you have to have those memories or those images in your head that no one else has to worry about," said Flores.

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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.

"It was very difficult. I just wasn’t ready mentally to step into a classroom. Everyday you have to have those memories or those images in your head that no one else has to worry about," 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 know 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 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 get hired in the military to help her get transferred to college. So I said, ‘Let me join the military.’"

Flores says that the biggest advantage of coming out of the military are responsibility and discipline. She used the experience of having to fend for herself in the military to help her get through her college classes.

"First time I got a stomachache, I went nuts, because [my mom] wasn’t there. 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 at Fort Lee, all while taking 12 credits at MSU.
review and conduct analyses on train sets

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 townships 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 Adden, a frequent user of the New Jersey Transit.

Although this is a big step in the right direction for Transit 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 Leons, senior director of government and community affairs said, “We have always wanted to expand weekend service up 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 train, the more riders we have, the sooner we will be able to expand to MSU,” Dan Zief, chairman of the transportation Advisory committee said.

NJ 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 28 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 alternate transportation for the ten or fifteen minute commute over to Bay Street, the weekend train run is a definite plus. Many students plan on taking full advantage of the new train schedule.

“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 offence through her own statements and the interview of other residents with available information related to those incidents.

“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.
In my five years at Montclair, I have met many people, I have seen many diverse events and I have learned about many other cultures, ethnicities and interests. And as time goes on, I think we all would agree that Montclair is pretty diverse. However, there is one special day that occurs every November that seems to always be neglected. This day is Transgender Remembrance Day.

The Transgender Day of Remembrance (TDOR) is held every November in honor of Rita Hester, who was murdered in Nov. 28, 1998 into a transgender-related hate crime. Her death caused the community it is primarily a part of. This year in Transgender Remembrance Day.

In this issue’s “Ask the Nutrition Geek,” you can find an article by Jocelyn Thomas, a staff writer for The Montclarion. Jocelyn has written an article about the importance of Omega-3 fatty acids in our daily diet. She explains how good Omega-3 fatty acids are for our health and provides some tips on how to incorporate them into your diet. Here are some highlights from her article:

Omega-3 fatty acids are essential nutrients that are vital to our health. They are needed to maintain healthy brain function, heart health, and inflammation levels. Some common sources of Omega-3s include fish, walnuts, flaxseeds, and chia seeds.

To increase your intake of Omega-3s, Jocelyn suggests incorporating fatty fish into your diet, such as salmon, sardines, and mackerel. She also recommends considering taking a supplement to ensure you are getting enough Omega-3s daily. Omega-3 supplements are available in many different forms, including capsules, soft gels, and oils.

Jocelyn also mentions the importance of Omega-3 supplements being of high quality. It’s essential to choose a reputable brand that uses sustainable sources and provides consistent dosing. She advises looking for brands that have independent lab testing to ensure the quality of their products.

In conclusion, incorporating Omega-3 fatty acids into your diet is crucial for maintaining overall health and well-being. By making informed choices when it comes to selecting your supplement, you can maximize the benefits of these essential nutrients.

To read Jocelyn’s full article, visit [link].
Exploring Bloomfield Avenue

Scott W. Buchanan
Staff Writer

Sick of (or from) the food on campus? Take a short ride with me to explore the culinary diversity along the historic thoroughfare that is Bloomfield Avenue — on a college student’s budget, of course. This is a series by Scott about good restaurants that college kids should check out.

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 screamo 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 café is as much about poetry as it is about profit. Need a break? Check it out.

*Café Eclectic
444 Bloomfield Avenue
Montclair, NJ 07042
(973)-509-9179
http://cafeeclectic-nj.com/
Price per Meal — $8.00+
Miles from Campus — 3.7 Miles

In today’s world, a graduate degree gives you a real advantage — in a competitive marketplace and in your chosen career. At Hofstra University, with programs recognized by The Princeton Review and U.S. News & World Report, among others, you’ll find an environment designed to help you find your edge and succeed in whatever field you choose. Top-ranked programs. Renowned faculty. A worldwide network. Get ready to succeed.

Graduate Open House
November 22, 2009
1-4 p.m.
hofstra.edu/motivated
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 another clue 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.”

“On The Sunny Side Of The Street”: Grab your coat and get your hat, have your worries on the doorstep, just di...
Answers to Last Week

ANSWER: Swine Flu

This Week’s Puzzles

leayptn
eronstiminsi
klatec
trenouv
esav
Indniee
er crddda (2 words)

ANSWER: _______ Field

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 season-long name of the soccer field behind the Red Hawk Deck commonly known as MSU Soccer Park.

Answers to Last Week

answnt
swreetb
nymtiumi
anewnmm
epcmmeid
remfnae
flei
srtyiinveu

ANSWER: _______ Field

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

ANSWER: _______ Field
Gordley recalls were dis...
Movies You Should Have Seen:

Haggard

Jon Reino  Staff Writer

When most people think of Bam Margera, they think of the decaying 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 CKY 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. Dunn, Raab Himself, Rake Yohn and Dunn’s character, Ry, seek out revenge on her and informa his girlfriend, who had just broken up with him. As the film progresses, Ry gets more depressed and desperate, and him. As the film progresses, Ry gets more depressed and desperate, and

But, the heart of this comedy does not just lie in the main plot, much of the tension and show time passing in a visually appealing manner. The camera work is also surprisingly good for such a low budget film. The director of photography, Joseph Fantozzi, 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, Mixtapes, both available on DVD for 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.

It’s 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 email to msuarts@gmail.com with “Ask Reino” in the subject heading, speak 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 Milop, Opinion Editor

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

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

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

“The War is Over” by Sarah Brightman and Kazem al - Saher
Mike Campbell, Managing Editor

Favorite Songs of

Katherine Milsop, Opinion Editor

Katie Winters, Assistant Copy Editor

Mike Campbell, Managing Editor

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

Put your holiday break to good use!
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 Skinz, 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 a 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. Between talking about his influences and wide range of jobs, Gordley offered a piece of advice for art students; Gordley recommends, “Do more than one thing. Have a safety net against recession.” He emphasized balancing more than one thing. He suggested teaching. He also warns that artists are often very isolated in their studios, and that isolation can be devastating. Gordley suggests getting out in public and socializing.

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 hopes the best for them. Gordley says 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 saying 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.”

Self-Portrait
oil, 50 x 70 in

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

Submit all work to msuarts@gmail.com

- Grey’s Anatomy’s Dr. Isobel Stevens (Katherine Heigl) returns from hiatus.
- Up leads the record 20 eligible films for the Best Animated Feature Oscar at the 82nd Academy Awards.
- Fox’s Dollhouse is officially canceled.
The Biggest Game of the Year

**Call of Duty: Modern Warfare 2**

Mark Raskulac

Lovers will increase their scruffling, shades will grow deeper and significantly and ultimately, time will be consumed. It’s that time of year again, the time of year when developers release their biggest games. Arguably, 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. Instead of trying to navigate the soundtrack of the last game, it is considered a completeMeasure many concessions 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 the globe. 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 “Roach” Sanderson.

Immediately, 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 crucially smart implementation. After this, we take control of Allen and go through the tutorial with which veterans will quickly be used to since, thankfully, the controls are the same as the prequel. 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模式 type game. Levels are not related to the story, and you receive stats at the end of the missions showing how well you did. The scenarios span anywhere from airplane to meeting down enemies. While Special Ops is an added treat, it isn’t the mode that has millions across the country addicted.

Multplayer is almost the same as 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 any gamer will see for many years. Gamers are, almost literally, thrown into the middle of this situation through the viewpoint of US Army Ranger Allen as well as Sergeant Gary “Roach” Sanderson.

**VENICE**

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 mode type game. Levels are not related to the story, and you receive stats at the end of the mission showing how well you did. The scenarios span anywhere from airplane to meeting down enemies. While Special Ops is an added treat, it isn’t the mode that has millions across the country addicted.

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The scenarios span anywhere from airplane to meeting down enemies. While Special Ops is an added treat, it isn’t the mode that has millions across the country addicted. Modern Warfare 2 has already added a plethora of other goodies. Luckily, for those with the urge for customization, there is 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 crucially smart implementation.

Photo Courtesy of www.jayjackson.com

**MOVIE TO SEE OVER THANKSGIVING BREAK**

**The Princess and the Frog**

- The first mainstream cell-animated feature in years, from the creators of *The Little Mermaid*. Makes me so happy I could kiss a frog!\n
**The Road**

- Cormac McCarthy’s dense symbolist tome of the misadventures of “The Man” and “The Boy” as they wander through the vast emptiness of the world. While there is a very intelligent plot, the style is a serious drawback.

**Ninja Assassin**

- Director James McTeigue says the martial arts film hasn’t gotten it’s due. Someone obviously hasn’t seen *Kill Bill*. I’m sure Tarantino will forgive him if it rocks.

**The Little Mermaid**

- Science Fiction

- Cormac McCarthy’s dense symbolist tome of the misadventures of “The Man” and “The Boy” as they wander through the vast emptiness of the world. While there is a very intelligent plot, the style is a serious drawback.

**The Princess and the Frog**

- Family Flick

- 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**

- Cormac McCarthy’s dense symbolist tome of the misadventures of “The Man” and “The Boy” as they wander through the vast emptiness of the world. While there is a very intelligent plot, the style is a serious drawback.

**Ninja Assassin**

- Action

- Director James McTeigue says the martial arts film hasn’t gotten it’s due. Someone obviously hasn’t seen *Kill Bill*. I’m sure Tarantino will forgive him if it rocks.
H1N1 Vaccinations: Swine Not?

Despite the anticipation leading up to the H1N1 vaccination clinic on campus this week, there's been a much smaller turnout than expected.

Since the beginning of the semester, the health center has been regularly reminding students, faculty and staff (primarily via e-mail) about the free vaccinations.

It is strongly recommended that college-age students, 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.

“It’s a very, very safe vaccine,” Donna said. “You get the shot, 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 sight. Students may have been put off by half-baked testimonies and edited videos on Youtube depicting horrible, paralyzing reactions as a result of the vaccine. If those 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 26,000 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.

Barry said that she would like to see more students and faculty take advantage of the free vaccinations.

“Don’t put off getting the vaccine,” Barry said. “It’s a very, very safe vaccine.”

Recently, however, students at Montclair don’t appear to be worried about catching or spreading this 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, a miserable two weeks. The whole process takes less than 15 minutes.

Ultimately, students should consider what’s best for them. If you have any questions, speak with your doctor or any of the nurses on campus.

You should actually read the information on the “What You Need to Know” sheets at the clinic before getting the vaccine.

They are still two days left for vaccinations on campus. Get it over with so we can stop writing editorials on H1N1.

- KM

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 4 p.m.

The winner takes 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 6-1 record. Red Hawk 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 this with a lack of fan support.

The only game that consistency pulls the seats every year is the annual Homecoming football game. 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.

Most of the people came just to watch the football game alone.

Money isn’t a good excuse either. Saturday’s football game is free for all Montclair students, and Sunday’s soccer game is just three 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 playing before a full house.

This weekend could be historic in the making for both the MSU football and men’s 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.

-MM & NDP
Plan to Improve Education in N.J. Neglects “Chronically Failing” Schools

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 driving forces behind changing a bad school to a better one, will be content with the knowledge that a smart child doesn’t have to suffer 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 get the smart kids out of school. No school would ever improve if this were the attitude taken.

Christie, the state congress and county governments just need to commit to improvement. If this money is going to be spent on education, it would be better spent 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 an overnight task and students need to stop looking for immediate results.

This 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 bussed out, then presumably the scores will continue to drop.

Also, this idea of allowing bright kids to improve schools elsewhere, removes a possibly positive influence other students may find compelling.

The challenge other students pass on 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.

This won’t yield immediate results, and it will improve the education available to the whole student through this reform, but it will improve the quality of the student population available to the whole student body for years to come.

It’s better to use this money to improve the education of many, rather than a few.

Kate Winters, an English major, is in her first year as an assistant copy editor for The Montclarion.

Equal Rights in N.J.

I do not support same-sex marriage and I would not sign a bill if it came to my desk. The words of candidate Chris Christie during the past gubernatorial debates could not be a clearer indicator of how Gov-elect Christie will lead our state.

There will always be those who hold prejudice against their fellow citizens, hindering their contempt in a constant reciting of vague words “tradition,” “preservation” and the incredibly morose “liberty” are usually the most egregious offenders of common sense and liberties to divers discourse. To hear such an outright dismissal of the possible equality of gay rights through legitimate democratic processes is all too commonplace today.

Christie ran on a platform, but none of his economic policies matter when he subscribes to an also morose multiculturalism, so dispensable and so abhorrent that he would be willing to deny basic civil rights to his fellow N.J. residents. Gov. Jon Corzine openly supports gay marriage and civil rights. In December 2008, N.J. became the third state in country to legalize same-sex civil unions. If elected again, he promised to work for the legislation of same-sex marriage.

There is no doubt that Christie’s election will affect the state’s civil rights movement. Should guys in N.J. new have to worry about keeping the rights they gained under Corzine? If Christie wants to live up to his campaign promises of low government intervention in people’s lives (a claim that is so fundamentally to modern conservatism), then he needs to drop his stance on vetoing any gay marriage bill that would come out of the legislature.

The governorship is a place to be a strong advocate or supporter for — it is a place to lead the state.

Additionally, those that will inevitably make the claim that gay marriage is a redefinition of marriage are completely right — it is. Just as the 1973 Supreme Court decision redefined marriage as legal between people of two races, so will the future bill that comes out of our State Assembly 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 few years. However, if you believe the rights of true freedom, liberty and the pursuit of happiness to be fundamental to our State, then I urge you to follow your conscience 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.

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

No, I do not support same-sex marriage and I would not sign a bill if it came to my desk.

Katherine Newcomb

Also, this idea of allowing bright kids to find schooling elsewhere, removes a possibly positive influence other students may find compelling. This encourages the idea that the inner city schools can never be helped, and that we just need to get the smart kids out of school. No school would ever improve if this were the attitude taken.

Christie, the state congress and county governments just need to commit to improvement. If this money is going to be spent on education, it would be better spent 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 an overnight task and students need to stop looking for immediate results.

This 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 bussed out, then presumably the scores will continue to drop.

Also, this idea of allowing bright kids to improve schools elsewhere, removes a possibly positive influence other students may find compelling.

The challenge other students pass on 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.

This won’t yield immediate results, and it will improve the education available to the whole student through this reform, but it will improve the quality of the student population available to the whole student body for years to come.

It’s better to use this money to improve the education of many, rather than a few.

Kate Winters, an English major, is in her first year as an assistant copy editor for The Montclarion.

Equal Rights in N.J.

I do not support same-sex marriage and I would not sign a bill if it came to my desk. The words of candidate Chris Christie during the past gubernatorial debates could not be a clearer indicator of how Gov-elect Christie will lead our state.

There will always be those who hold prejudice against their fellow citizens, hindering their contempt in a constant reciting of vague words “tradition,” “preservation” and the incredibly morose “liberty” are usually the most egregious offenders of common sense and liberties to divers discourse. To hear such an outright dismissal of the possible equality of gay rights through legitimate democratic processes is all too commonplace today.

Christie ran on a platform, but none of his economic policies matter when he subscribes to an also morose multiculturalism, so dispensable and so abhorrent that he would be willing to deny basic civil rights to his fellow N.J. residents. Gov. Jon Corzine openly supports gay marriage and civil rights. In December 2008, N.J. became the third state in country to legalize same-sex civil unions. If elected again, he promised to work for the legislation of same-sex marriage.

There is no doubt that Christie’s election will affect the state’s civil rights movement. Should guys in N.J. new have to worry about keeping the rights they gained under Corzine? If Christie wants to live up to his campaign promises of low government intervention in people’s lives (a claim that is so fundamentally to modern conservatism), then he needs to drop his stance on vetoing any gay marriage bill that would come out of the legislature.

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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.
Welcome!... line....
Kel, I have the essentials to succeed in journalism.
Phil Corso is a moosey head! P.S. let's go make one at Build-A-Bear.
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: alexcohan@aol.com


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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 on the field for the NJAC football championship. The winner will receive an automatic berth into the NCAA playoffs.

The Red Hawks will be looking to add to 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’ post-season party.

For this season, both Montclair State and Kean have had very similar seasons. Both teams saw their only loss come in a conference game, with the Red Hawks losing to Wilkes, 31-10, 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 easily disposed of Montclair State, 32-0, in their home opener, and also routed Western Connecticut, 31-7, on Halloween. However, they needed a late score to win over Goucher, 41-39, a missed field goal to put past TCNJ, 16-15, and a game that went double-overtime for a missed field goal by the Profes.

Both teams have had ups and downs this season. Despite some tough games in both teams’ journeys, they have managed to win every conference game, and this week both sit tied atop the NJAC at 8-0. The question still remaining is who will be going on to win on Saturday.

On paper, both offenses look rather similar in build. Both Kean and Montclair State are more than 100 percent prepared for the afternoon, but in this season it has been the Cougars that have been performing more successfully. Led by senior running back Jarred Chunn, Kean has averaged a whopping 188 rushing yards per game, compared to just 105 for the Red Hawks.

However, the Cougars have yet to meet the Red Hawks defense, which is ranked number one in the nation. Montclair State has managed to allow running backs all season long, holding them to an average of just 2.5 yards per carry. The Red Hawks, however, are 8-0 in the NJAC, and going to the NCAA playoffs.

Meanwhile, the Red Hawk offense did their part early by controlling the football, and keeping it out of the hands of the Kean offense, Montclair State embarked on an 11-play, 84-yard drive that ate over six minutes off the clock in the first quarter. It culminated in a short two-yard touchdown run by Senior Jeff Bliss which gave the Red Hawks a 7-0 lead.

The Red Hawks also ran the ball seven times on the drive as Bliss gained 17 of his 36 total yards in the game on that drive.

In the second quarter, the defense, according to Tweer, the Red Hawks are more than 100 percent prepared for the afternoon, but in this season it has been the Cougars that have been performing more successfully.

For any defense, shutting down the top offense in the NJAC and going to the NCAA playoffs. For any defense, shutting down the top offense in the NJAC and going to the NCAA playoffs.

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For any defense, shutting down the top offense in the NJAC and going to the NCAA playoffs.
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 Bunrham 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

For three seasons, women’s soccer has had a reliable keeper tend the net 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 Offreda, Natalia Forte, Jackie McGrath and Stefani Elefther.

Tepperman has had a career that would make any keeper envious. She finishes her illustrious career third all-time for wins, shutouts, saves and goals against average in school history. This season, she posted a .872 win percentage while making 116 saves first in the NJAC conference.

“Along with her, seniors Sisti, Della Fave and Offreda are hanging up their cleats this season,” said Tepperman. “But I step it up, and play strong next year. I think since we are all graduating, it’s a good opportunity for someone new to step into my role. I would love to share the wealth, too.

“One of my favorite memories was beating TCNJ last year. The whole team played great together, and really gave it their all,” Tepperman said. “Everyone really stepped it up during those games, and we were fun 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 hard, Tepperman has remained one thing; consistent and a winner. And, she is one to share the wealth, too.

“There are so many words that come to my head right away, but if I had to pick one, I would say the word team stands above the rest,” Tepperman said. “Without my teammates, these past four years would have never happened. Dedication is the next word that comes to my head, and all those countless hours I gave up to be a better keeper for the team.”

Leah Tepperman Season Stats

<table>
<thead>
<tr>
<th>Category</th>
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<th>Career Stats</th>
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<tr>
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</tbody>
</table>

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**Who’s Hot This Week**

**Football**

**This Week**

**11/14 vs. Kean (NJAC Championship)**

**Last Week**

**11/7 MSU 14 Rowan 7**

**Men’s Soccer**

<table>
<thead>
<tr>
<th>Team</th>
<th>NJAC Overall</th>
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<tr>
<td>MSU</td>
<td>7-1-1</td>
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<td>16-8-1</td>
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<tr>
<td>RU-Newark</td>
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<td>NJCU</td>
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<td>NCA</td>
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**This Week**

**11/15 vs. Stevens 1 p.m. Second Round NCAA Tournament**

**Last Week**

**11/7 MSU 1, Rowan 0 NJAC Championship**

**Women’s Soccer**

<table>
<thead>
<tr>
<th>Team</th>
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**This Week**

**11/11 Gwynedd-Mercy**

**7 p.m.**

**Last Week**

**N/A**

**Field Hockey**

<table>
<thead>
<tr>
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<td>RU-Newark</td>
<td>1-1-0</td>
<td>10-11-1</td>
</tr>
</tbody>
</table>

**This Week**

**11/11 Gwynedd-Mercy**

**7 p.m.**

**Last Week**

**N/A**

**Volleyball**

<table>
<thead>
<tr>
<th>Team</th>
<th>NJAC Overall</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>RU-Camden</td>
<td>1-1-0</td>
<td>11-8-0</td>
</tr>
<tr>
<td>NJCU</td>
<td>0-2-0</td>
<td>7-12-0</td>
</tr>
<tr>
<td>RU-Newark</td>
<td>1-2-0</td>
<td>9-10-1</td>
</tr>
<tr>
<td>MSU</td>
<td>3-2-0</td>
<td>11-8-0</td>
</tr>
</tbody>
</table>

**This Week**

**-- Season over--**

**Last Week**

**-- Season over--**

**Game of the Week**

**Football**

**November 14, 1 p.m. NJAC Championship Sprague Field**

For the second straight season, these two NJAC rivals will line up against each other. This time, however, the conference championship and NCAA Tournament berth is up for grabs.
Our Hawks were in control for most of the game. Midfielder Joe Cullen takes control of possession against forward Peter Nelson DePasquale, a standout for the Hawks. Joe Cullen's leadership was key as the team pushed for victory against Rowan University. The game was intense, with both teams battling for the upper hand in the midfield. Despite Rowan's efforts to break through MSU's defense, the Hawks held strong, maintaining possession and controlling the game's rhythm.

Rowan's junior forward Peter Nelson DePasquale was a focal point of the game, showcasing his skills and determination to find a way through MSU's defense. Though he faced some challenges, his persistence and tenacity were evident throughout the match. MSU's defense, led by senior midfielder Joe Cullen, worked tirelessly to prevent Rowan from gaining an advantage.

The pressure was on Rowan to score and keep the game alive, but MSU's defense held firm. Their disciplined play and teamwork were instrumental in maintaining the lead and securing the win. The game was a testament to MSU's strength and resilience, as they continued to push forward and claim their victory.

Photo Courtesy of Jeff Leavy