New Online Web Enrollment Service Offers MSU Students
Many New Services Once Only Performed on the VRS System

By Inbal Kahanov
Production Editor

New web capabilities including online registration for classes and access to grades, billing and transcript information, were recently added to MSU’s web site, launching WESS (Web Enrollment Service for Students) this past week.

These additions are part of the newly enhanced features now offered with SCT Plus, the administrative program system already in use for the MSU web site.

Students can now use WESS to: register for, add or drop courses, review their academic schedules, check their registration status, and review their grades and transcripts for MSU or transferred courses.

They can also look over their billing account summary and check any checks they may have on record. View course descriptions and the available courses still open for registration, change their pin number and view their address and e-mail address.

Information Technology, along with help and input from the Office of the Registrar, Bursar and Academic Affairs established these added services at the end of April 2001, running a test version for the past few months and going live with the site on Tuesday.

A staff member from Information Technology, whose work is specifically dedicated to the project, will handle the running and maintenance of the site, and other departments will be involved in information updating for the web site.

The cost for this service included a one-time purchase of the module, which includes other online services and programs that will be added to MSU’s web options for implementation in the future.

A maintenance fee of a couple of thousand dollars per year is also included.

For the security purposes, an encryption protocol was purchased from Verisign, a third party vendor, which encrypts all messages that are sent back and forth.

Other security measures include an authentication protocol, which requires students to enter their password and pin number upon entering their account.

“Between the layers of security, security hardware and the authentication protocol, hacking into the service becomes harder,” said Edward Chapel, Associate Vice President of Information Technology.

“Obviously, it is at impossible nothing is immune. But, I believe we have set up a good security service.”

Initially, for registration, prior to 1989, students mailed in course requests that were kept punched in data processing. Course add or drops were performed in person, requiring add/drop forms to be approved by staff members.

In 1989 through 1995, full-time undergraduate students were “WESS” on p. 3

Student Center Transformer Replaced for $30 Grand
Problem Discovered after Squirrel Chews Through Wires; Causes Shutdown

By Lillian M. Aleman
News Editor

A new transformer was installed in the Student Center last Thursday after the MSU physical plant was notified to replace the older one following last November’s power outage.

The replacement started at 5:00 p.m. on Thursday afternoon and took about 8 hours to accomplish.

The new transformer was manufactured in the Midwest and arrived in NJ last Tuesday. High Energy, a company located in Central New Jersey, contacted the MSU physical plant and scheduled the transformer to be installed.

The problem would not have been noticed if the power outage, which was brought about as a result of a squirrel that had chewed through the electric wires by lot 14, hadn’t occurred last November causing the arm thick, one to two-foot fuses to burn out.

During the replacement of those fuses in November by employees of High Energy, it was suggested to the MSU physical plant that a replacement of the old transformer was needed because “as a transformer ages, its ability is reduced.”

The old transformer had not been replaced since the Student Center first opened, and according to Chief Operations Engineer, Giuseppe Marzula, “this was the perfect opportunity to replace it (the transformer).”

A temporary generator was installed alongside the old transformer and an emergency generator, which is used as a “back-up” in case power is lost within the Student Center, was in November during the campus wide shut down.

“We’re the Student Center,” said Carter. “As Blanton Hall, that would be used in case of an emergency as in-house sheltering,” said Carter.

After deliberating the quickest, most efficient time to replace the old transformer, a new transformer, costing approximately $30,000 was installed in the Student Center.

The cost of the transformer was generated from the “Student Center Auxiliary budget, Student Center fees, and a repair & maintenance budget for the Student Center,” said Carter.
A construction worker was electrocuted while another was critically injured Monday when metal scaffolding they were setting up around a home touched an electrical wire. The man who died was identified as Thomas Davidson, 50, was transported to Morristown Memorial Hospital trauma center. The Millburn Police Department and the Essex County Prosecutor’s Office are investigating the incident.

A Newark man died after the car he was driving collided with another vehicle in Elizabeth where he was listed in critical condition. Both men were part of a crew from Luis A. Chavez Construction of Belleville.

A contractor who was working in a home that had been damaged by a fire was electrocuted. The victim was taken to a hospital where he was pronounced dead.

An SGA meeting was not held last night. Check out next week’s edition of The Montclarion.

American Taliban fighter John Walker, will be brought back to the United States to stand trial on multiple charges including conspiracy to kill U.S. nationals abroad. The charges do not carry the death penalty, but if convicted Walker could be sentenced to life in prison. He was also charged with two counts of providing material support or resources to terrorists, which could carry a penalty of up to 15 years in prison, or a life sentence if death resulted from the act.

In the aviation security law passed in November, Congress gave airlines what some call flexibility, but others suggest is too much leeway. Options, such as bag matching, are now trying to determine how the suspect managed to get on board. Manual searches of suitcases and bomb-sniffing dogs are some of the alternative ways to improve safety on airlines but could cause major delays.

Two students were shot and wounded at Martin Luther King Jr. High School in Manhattan on Sunday, the 27th anniversary of the birth of the man for whom the school was named. Police recovered a .380 caliber gun in the school. School officials are now trying to determine how the suspect managed to get the gun into the school, which has metal detectors at the main entrance.

Compiled from the Star Ledger by Lillian M. Aleman

SGA News & Notes

An SGA meeting was not held last night. Check out next week’s edition of The Montclarion.

Compiled from the Star Ledger by Lillian M. Aleman
College Audits Pioneer An EPA Effort to Clean Up Facilities

By Jennifer Moroz
Courtesy of KRT Campus

The director of health and environmental safety for Rutgers University is leading a team of inspectors as the school reviews practices in its laboratories, scrutinizes underground storage tanks and pores over records for air emissions and pesticide use.

The goal is to uncover any overlooked violations of federal environmental law.

In November, Rutgers became one of the first universities in the country to commit to a comprehensive self-check under a federal program aimed at making large educational institutions more environment-friendly.

Temple University in Philadelphia also is auditing its facilities.

"This is a big place, and no one's perfect," Quinlan said of the Rutgers system, which has more than 900 buildings on its three main campuses in Camden, New Brunswick and Newark, N.J., and at its off-campus facilities.

"If there are things we're doing wrong, we want to find them and fix them."

Becoming a model of environmental stewardship was only part of the school's incentive to agree to the intense self-examination. Under an Environmental Protection Agency policy, fines for any violations that Rutgers discloses and corrects will be significantly reduced.

The alternative is risking a visit by EPA inspectors, which, Quinlan pointed out, could mean "paying lots of money and getting bad publicity."

The EPA has been offering industry the opportunity to avert a messy enforcement process and heavy penalties by disclosing violations since 1993. Launched in 1999, the extension of that policy to colleges and universities is the latest move by the government to make environmental regulation more inclusive — and less antagonistic.

"The goal is to foster a more collaborative spirit between government and industry," said Nina Habib Spencer, spokeswoman for the EPA regional office overseeing New Jersey.

Some EPA watchdogs, however, wonder whether such an honor system is the best way to protect the environment.

Under the policy, the EPA can waive or reduce penalties for violations disclosed and corrected according to a timetable.

A facility does not, however, escape paying fines associated with a profit it may have made from breaking the law.

Realizing that companies were the only ones posing a threat to the environment, the EPA in 1999 launched a program to remind colleges and universities of their responsibilities under federal environmental law.

The agency warned that inspections were imminent and encouraged the schools to take advantage of the self-audit policy.

"These are very large institutions, many of which are the size of small towns," Habib Spencer said.

"We had general information that much of the time they either didn't think they were subject to certain environmental regulations, had forgotten about them, or had complied with them but not all the way."

Problems included the improper handling and disposal of hazardous waste, particularly in laboratories; boilers and furnaces that did not meet clean-air regulations; and sewage plants and underground storage tanks that were improperly monitored and maintained.

While other universities, including Temple, have taken advantage of the self-audit policy, Rutgers is the first to sign a formal agreement with the EPA, locking itself into a timetable for reporting and correcting violations at all of its facilities.

Quinlan put the school's costs for the audit, including labor, in the "hundreds of thousands." EPA officials "get a lot of regulatory bang for their buck," he said.

"We'll inspect more than they ever could."

EPA officials said any facility that is proved to have "knowingly" violated the law will not get consideration for relief under the policy.

Nor will the self-checks ever replace traditional enforcement measures, they said.

"The audit policy is not one in which EPA waives its right to inspect a facility," Habib Spencer said.

Whether the agency, with its limited resources, would inspect a facility that has agreed to do its own audit is questionable, some environmental groups argue.

"There's a presumption that those who opt into the program are good actors because they're going above and beyond what is required of them," said Bill Wolfe, policy director of the Sierra Club of New Jersey.
Five Ways Of Dealing With Rejection

1. DON'T TAKE IT PERSONALLY.

Some people may not be quite so when it comes to rejecting someone else tactfully. There could be dozens of reasons you are rejected in one form or another. In this case, don't feel it's you making a mistake. The line, "It's not you, it's me" does not apply here.

2. KEEP TRYING.

As much self-doubt as you have at this very moment, keep trying. You will never get anywhere if you don't even Writers who get rejected "It's not you, it's me" does not apply here. Some people may not be quite so when it comes to rejecting someone out of school.

3. DON'T DWELL ON IT, MOVE ON.

So the guy you like doesn't like you. So you submitted something and was told they had something better. So the pain smarts a little. That's normal. But you have to get on with your life! There's nothing else you can do. You will never get anywhere if you don't.

4. KNOW THAT REJECTION IS A TEMPORARY THING.

It doesn't last forever and you will eventually get what you deserve in the end. You will make it in this world if you keep trying. Do you think all the famous artists, writers, entertainers, etc., thought they would get anywhere once they were rejected. They didn't know but they kept trying and temporary rejection turned into permanent success.

5. REMEMBER HOW COOL YOU ARE.

As melodramatic as this sounds, rejection for college students is an adamant part of being. Dealing with it can seem difficult at times, but not if dealt with the right way, feelings of inadequacy and self-doubt can begin to subside as the student facing this rejection can learn to roll with the punches.

There are ways to deal with the rejection that college students face, and ways to become better soon after it.

They, Too, Were Rejected...

Britney Spears and Justin Timberlake both lost to other contestants on Star Search.

Dr. Seuss's first children book, And I Think I Saw It on Mulberry Street, was rejected by 27 publishers before finally being accepted by the 28th. It has sold six million copies...

Woody Allen failed English and motion picture production at NYU.

Minnie Driver found out Matt Damon had dumped her while watching the Oprah Winfrey Show.

Editors rejected Stephen King's book, Carrie, over thirty times.

Pablo Picasso's work in the early years of his career was rejected and disliked for being too different.

Rudyard Kipling, author of The Jungle Book, once received a rejection letter that read, "I'm sorry, Mr. Kipling, but you don't know how to use the English language."

Thomas Edison failed Math and was kicked out of school. Later, he went on to invent the lightbulb, movie projector, record player...

Movies such as E.T., Home Alone, Speed, and Pulp Fiction were all rejected by major studios.

J.K. Rowling, author of the Harry Potter series, was told she would get nowhere writing children's fantasy books.

Galileo was kicked out of the Catholic Church for believing the Earth was not the center of the Universe.
Wawa. Those who live in South Jersey know exactly what I am talking about. Wawa is more than a convenience store; it is a novelty and somewhere to go when you need comfort... or a hoagie. There is something about that big flying goose and the cuppaccinos that gravitates me when I’m home.

During the break, I tripped upon the phenomena of higher education nocturnal patterns. This, I discovered, was the reason I rarely prepared to go to school as I lay in bed before I awoke for the following day. Then they came home and began other activities which was my signal to get out of my pajamas and shower. I would then eat breakfast and make plans as they ran to basketball practice. They came home, kissed them goodbye and went out for the night, to return the next morning before they awoke for the following day.

Higher education nocturnal patterns means that I, a college student, am pre-destined to hold an opposite schedule of all those in the middle class world. I honestly tried to spend time with my family, but it just wasn’t meant to be. Yet this brief time of laziness has come to an end, and we all are now trucking back to our classes, or running to, depending on how much you enjoy the time with your family.

CARS kicked off its expected series of programming this Tuesday with the New Student Orientation information session, which took place outside the commuter lounge.

Members of CARS came out in full force to show commuter students that they actually count at MSU and that their needs are going to be more greatly considered.

The orientation came to welcome students back to school for the Spring semester and to roll out their new expected programs.

Students were offered refreshments and members of the “steering” committee, including Junior Valerie Wakeham, freshman Jason Scuirm and Carolyn Velchik, the undergraduate intern for Student Leadership Development, distributed information packets to interested students to answer any of their questions.

Brochures and calendars were arranged out, along with surveys to assess the needs of commuters.

“We want to get commuter students connected to campus,” said Rob Vincent, graduate assistant to commuter students. “We want it to be something where the students don’t just come to MSU, park their car, go to class, and go home. We want to build a campus community.”

The main focus of CARS and the information monthly open houses they provide is to attract commuter students to join organizations and take on leadership roles, which are otherwise mostly dominated by resident members of MSU.

Another expected service they are planning to provide is a commuter student website and a specific meal plan for commuter students.

“When I came to this school as a transfer student, I felt out and wanted to get involved. So, I want students to feel like they are part of the community,” said Wakeham.

Another active department in CARS is Campus Recreation, which is actively working to recruit participants to its services.

“My focus is to make sure students know about the programs and services we offer, because 90 percent of the time, students don’t come because they don’t know,” said Keith Forsezca, assistant director of campus recreation.

“We’re all selling a product that everyone pays for, but doesn’t know about.”

In the coming semester, CARS is hoping to provide several programs and events and to see a significant improvement in the input and participation of commuter students in campus life.

“We’re looking forward to a great semester with lots of activities,” said Director of Evening and Weekend Programming Greg Brown.

MSU Steers Commuters in the Right Direction

Organization CARS Strives To Get Commuters Involved with Orientation

By Inbal Kahanov
Production Editor

January 17, 2002

Why One Student’s Break Went Too Fast

Student Lacey Smith Notices the Differences Between Living with Family and Living on Her Own

By Lacey Smith
Staff Writer

A Column with real stories about real people dealing with life on campus.

And the question of the week is... “What did you do over break?” Let’s see.

This book I had intended to read continues to sit on the nightstand, with a gum wrapper marking the place where I left off, only a third through.

Most of the old friends I meant to spend time with have gone back to school and are pushing our quality time together to summer vacation.

The piles of miscellaneous stuff still sit unattended to in my room, forever waiting to be sorted through.

The book I had intended to read sits unattended to in my room, with an over 70 percent commuter population, MSU is otherwise mostly dominated by resident members of MSU.

Wawa. Those who live in South Jersey know exactly what I am talking about. Wawa is more than a convenience store; it is a novelty and somewhere to go when you need comfort... or a hoagie. There is something about that big flying goose and the cuppaccinos that gravitates me when I’m home.

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12 Ways To Get Yourself in Shape For 2002
Your Personal Guide to Fitness Each Month

By Bob Condor
Courtesy of KRT Campus

Most of us likely feel that we have about a hundred things to do every week. In the spirit of lightening your load while boosting your health, here are a mere 12 positive things you can accomplish for your fitness goals this year. That's one small change per month. Here's a monthly review to enhance your eating and physical activity patterns:

JANUARY
Let's start out with an easy change. Drink more water. Divide your weight by two; that's the number of ounces to consume each day. Chris Rosenbloom, a nutritionist at Georgia State University in Atlanta, says sticking to a "water schedule" is the best approach. Fill up your water bottle and empty it at regular intervals.

FEBRUARY
Adopt the "rule of one," Roberta Clarke, a dietitian who operates the www.figurefacts.com Internet site, urges you to note the serving size on the nutrition label of packaged foods. If you feel eating just one portion of a food is not possible, then Clarke says don't eat the food until that's possible.

MARCH
Breathe deeply. Sounds silly, but natural medicine guru and best-selling author Dr. Andrew Weil contends most people suffer from oxygen deprivation of sorts. He recommends the "four-square" technique when stressed: Inhale for a count of four, hold the breath for four, exhale for four, hold for four. Do it at least once each day.

APRIL
If you insist on visiting fast-food restaurants, Rosenbloom has an action plan for this month: Skip any specialty sandwiches with sauces and cheese (a plain burger or grilled chicken is better). No supersize meals or fries. Pass on soft drinks. No eating in the car. Bring the meal home to supplement it with fresh veggies, salad and water.

MAY
"Take the fifth" in the fifth month. Sports nutritionists say the optimal eating pattern is smaller, more frequent meals. The usual recommendation is eating something nutritious every three hours, which is roughly your waking hours divided by five. For May, commit to eating smaller dinners and more food during the morning hours.

JUNE
During this time of long daylight hours, you can make a lifestyle change that will pay off during the darkest days of winter. Wake up at the same time every day, weekdays or weekends. It will reset your personal "body clock," which will help address any sleep problems and, surprisingly, boost your energy levels.

JULY
As summer blooms, use this month to add more deep color to your diet. James A. Joseph, a Tufts University researcher and co-author of the book, The Color Code, has found pigment in vegetables and fruits are powerful protectors against heart disease and cancer. Blueberries and beets are top examples.

AUGUST
Personal trainer Teri O'Brien is quick to say "every movement counts." In her recent book, Performance Fitness: 101 Optimum Performance Strategies For The Time Challenged, she recommends adding one rep to every exercise in your workout. Same goes for any extra steps you can add to daily walking.

SEPTEMBER
Clarke says too many people make the mistake of overindulging in white-flour pasta or white rice, no matter what the number of fat grams in the sauce. These foods provide simple carbohydrates but that's about it. Better to make your pasta dishes with a one-to-one ratio between pasta and fresh vegetables, then add some protein.

OCTOBER
Do something nice for yourself every day this month. O'Brien says personal enjoyment and its rejuvenating effect is the most overlooked part of any fitness program. She encourages clients to take brief walks in the midday sun or daydream over a cup of tea. The idea is to take a five- to 10-minute break at least once a day.

NOVEMBER
As the holidays approach, commit to add one homemade meatless meal to your diet each week. It's less about the red meat or chicken which are best used as "condiments" or side dishes - and more about adding grains and vegetables to your recipe box. For bonus points, buy whole-grain cereals and sandwich bread.

DECEMBER
In a month that challenges your health habits, make it a point to practice body awareness this December. Get in the habit of doing a five-second "body check" after meals or physical activity. If you feel overstuffed, make a note. If a brisk walk feels good, make a note. A key step to enhanced fitness is making the connection between your mind and body.

Grad or Business School in Your Future?
GRE courses beginning: 1/28 in Montclair, 2/3 at Rutgers-Newark, and 2/3 in East Hanover. GMAT courses begin 2/3 and 2/5 in East Hanover. Not too late for the April MCAT! Courses begin 2/6 in East Hanover and 1/26 at Rutgers-Newark. Taking the June LSAT? Courses begin 4/9 in Montclair, 3/17 in East Hanover and 4/13 at Rutgers-Newark.

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One Man’s Dream Relived Each Year

America Celebrates Martin Luther King, Jr.: The Man Who Yearned for Freedom and Equality for All Peoples

By Allison Nazimek
Staff Writer

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.

Even though the inspirational Rev. Dr. Martin Luther King, Jr. spoke those words years ago, his memory and deeds live on through others in the United States.

On January 15, our country celebrates a day dedicated to the man who courageously fought for the unity of all people regardless of their race.

Dr. Martin Luther King, Jr. was a civil rights activist who was the principal force behind the movement to retract the segregation laws in the 60s.

He was born at noon Tuesday, January 15, 1929 at the King family home, 501 Auburn Avenue, N.E., Atlanta, Georgia. Dr. Charles Johnson, the attending physician, delivered the first son to Martin Luther King, Sr. and Alberta Williams King. Dr. Martin Luther King, Jr. was a very intelligent human being who was able to enroll in college at the age of 15.

King received a high score on the college entrance exams and was able to skip his junior year of high school at Booker T. Washington High School and go directly to Morehouse College. King completed a Ph.D degree which was awarded on June 5, 1955.

Numerous other honorary degrees were bestowed upon Dr. King from colleges and universities in the United States and from several foreign countries.

Between 1957 and 1967, a ten year bracket, Dr. King was granted approximately 14 honorary degrees.

Martin Luther King, Jr. was ordained a minister in February 1948 at the age of 19 at the Ebenezer Baptist Church in Atlanta, Georgia, the same church where he served as co-pastor with his father from 1960 until his death in 1968.

Once he was ordained, he became the assistant pastor of Ebenezer. When he completed his studies at Boston University, he became the pastor of Dexter Avenue Baptist Church in Montgomery, Alabama from September 1954 to November 1959.

He soon moved to Atlanta to take up the position of co-pastor of the Southern Christian Leadership Conference. Not only was King an important figure in the Church, he was also a significant catalyst in the Civil Rights Movement. Rev. Dr. Martin Luther King, Jr. was arrested 30 times for his participation in civil rights activities. He was president of the Montgomery Improvement Association, which was the organization that coordinated the Montgomery Bus Boycott from 1955 to 1956 lasting 381 days.

Dr. King served as the president and founder of the Southern Christian Leadership Conference from 1957 to 1968. He was also the vice-president of the Sunday School and Baptist Teaching Union Congress of the National Baptist Convention.

Rev. Dr. Martin Luther King, Jr. served on numerous national and local boards of directors. He also participated in on the Boards of Trustees of several agencies and institutions.

He received several hundred awards for his direction in the Civil Rights Movement. He was elected one of the most outstanding personalities by TIME in 1957.

Also in 1957, he was listed in WHO’S WHO IN AMERICA, and received the Spingarn Medal from the NAACP and the Russwurm Award from the National Newspaper Publishers.

Between 1957 and 1968, Dr. King was honored with awards from the Southern Christian Leadership Conference, the Jamaican Government, the Catholic Interracial Social Council of Chicago, the United Federation of Teachers, and the Laundr­ dy. Day Clear­ing­ ing, and Die Workers Interna­tional Union.

He was also awarded the Nobel Peace Prize at the age of 35 and was the youngest man to receive the honor. Dr. King was also named TIME’S “Man of the Year” in 1963.

Rev. Dr. Martin Luther King, Jr. was assassinated on April 4, 1968 on the balcony of the Lorraine Motel in Memphis, Tennessee by escaped convict James Earl Ray. Dr. King was in Memphis to help the sanitation workers lead a protest against low wages and horrible conditions.

His funeral was held on April 9, 1968 in Atlanta at Ebenezer Baptist Church. Services were also held on the campus of Morehouse College where the President of the United States proclaimed a day of mourning and the flags were flown mid-staff.

Rev. Dr. Martin Luther King lies at peace on Freedom Plaza surrounded by the Freedom Hall Complex of the Martin Luther King, Jr. Center for Nonviolent Social Change, Inc. On May 5, 1977, the Martin Luther King, Jr. Historic Site was listed as an National Historic Landmark. It was also made a National Historic Site by the U.S. Department of the Interior on October 10, 1980.

Rev. Dr. Martin Luther King’s achievements and influences have inspired the lives of Americans across the country.

He will always be a man remembered for his outstanding triumphs for the Civil Rights Movement.

Written on his tombstone are his immortal words taken from one of his most famous speeches, “Free at last, free at last, thank God Almighty, I’m free at last.”

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66 ON JANUARY 15, OUR COUNTRY CELEBRATES A DAY DEDICATED TO THE MAN WHO COU­ RAGEOUSLY Fought FOR THE UNITY OF ALL PEOPLE... 99
Tired of Searching For The Perfect Guy?
Knowing What To Look For Can Help Anyone Find The Right Person

By Kathy McFadden
Staff Writer

It isn’t easy being a woman in this day and age. Everywhere you turn there’s pressure, pressure regardless race, age, economic standing and/or religious background. There’s pressure to get ahead in the work force (for less money than a man) while simultaneously raising a family. There’s pressure to be strong and independent while remaining feminine and maintaining a healthy relationship.

Who has time to doggy paddle around the dating pool? Save time! here are a few categories to get you started:

The Rocker
Destination: CBGB’s, various seedy dives around the tri-state area where other obscure bands are playing.
Pros: He’s never blah. The creativity and passion that every musician harbors is always a bonus, And let’s face it: a man who can rip through a guitar solo is undeniably sexy.
Cons: The rock and roll lifestyle without the perks of a private plane and a room at the Ritz. Expect to sit in on many a late night jam session, not to mention the swarms of scantily clad pretenders who love to rush the stage.

The Banker
Destination: La Traviata, La Luna, and any other Italian sounding restaurant that begins with “La”, “Il” or “Bar.”
Pros: Who doesn’t like to be wined and dined? You’ll look great in the dim candlelight and get a chance to wear those strappy heels you bought for your third cousin’s wedding last year.
Cons: Your trusty Old Navy fleece pants are absolutely out of the question. Truly kicking back to this guy is khakis and a polo shirt to peruse Barnes & Noble after Sunday brunch.

The Frat Boy
Destination: Fuddruckers, Chili’s, Destination: His mom’s house.
Pros: You’ll laugh yourself sick during beer pong and there will never be a shortage of liquor or bitches.
Cons: Expect nothing serious from the beer and burger set; this is strictly a goodtime friend. Quoting Nietzsche will only get you a blank stare and a renegade on that free shot that was headed your way.

The Younger Guy
Destination: His mom’s house.
Pros: You’ll be the apple of his eye, that sexy, curvaceous Mrs. Robinson mentor that he’ll always remember. He’ll be at your beckon call whenever you’re feeling less than 100 percent woman.
Cons: Expect to foot the bill or go dutch at least half the time. You can’t exactly parrot this piece of flesh around being that he doesn’t have an ID yet, and let’s not forget the risk of Mom barging in to deliver his freshly laundered Superman underoos.

So there you have it. Next time your girlfriend from work begins with the same old, “You know. I have the perfect guy…” tell her to consult the chart, you have a more important agenda.

Happy hunting!

we’ll push you to the [edge],
then tell you to jump.

It’s in you. The desire to go farther than you ever have. To start where others stop. It’s why you should consider Army ROTC. In this class, you’ll face all sorts of challenges. And in the process, develop skills that’ll last a lifetime. Like how to think on your feet and be a good leader and decision maker. Register today for Army ROTC. And hold on tight.

ARMY ROTC Unlike any other college course you can take.

Unlikely any other college class.

Captain Jim Sekelsky (973) 761-9446, sekelsja@shu.edu

Staff Writer

The Montclarion - January 17, 2002

The Frat Boy
Pros: You’ll laugh yourself sick during beer pong and there will never be a shortage of liquor or bitches.
Cons: Expect nothing serious from the beer and burger set; this is strictly a goodtime friend. Quoting Nietzsche will only get you a blank stare and a renegade on that free shot that was headed your way.

The Younger Guy
Destination: His mom’s house.
Pros: You’ll be the apple of his eye, that sexy, curvaceous Mrs. Robinson mentor that he’ll always remember. He’ll be at your beckon call whenever you’re feeling less than 100 percent woman.
Cons: Expect to foot the bill or go dutch at least half the time. You can’t exactly parrot this piece of flesh around being that he doesn’t have an ID yet, and let’s not forget the risk of Mom barging in to deliver his freshly laundered Superman underoos.

So there you have it. Next time your girlfriend from work begins with the same old, “You know. I have the perfect guy…” tell her to consult the chart, you have a more important agenda.

Happy hunting!

we’ll push you to the [edge],
then tell you to jump.

It’s in you. The desire to go farther than you ever have. To start where others stop. It’s why you should consider Army ROTC. In this class, you’ll face all sorts of challenges. And in the process, develop skills that’ll last a lifetime. Like how to think on your feet and be a good leader and decision maker. Register today for Army ROTC. And hold on tight.

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Staff Writer

The Montclarion - January 17, 2002
What it takes!
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*compared to the price of new textbooks.
A Béautiful Mind

Ron Howard
Universal Pictures

A beautiful film, Ron Howard’s A Beautiful Mind is, like its main character, a man who suffers from schizophrenia. The film tells the story of John Nash, a brilliant mathematician who holds a reputation for being a genius, but also suffers from the non-fictional disease schizophrenia. The film is a true story of a man who battles with his own mind and finds a way to overcome it. The film is not only entertaining but also informative, as it sheds light on a disease that is often misunderstood and stigmatized. The acting is superb, with Russell Crowe delivering a powerful performance as John Nash. The film is a must-watch for anyone interested in psychology, mental health, or just a good story. It is a beautiful film that reminds us that even in the darkest of times, there is hope and light.
Thursday, January 17
Lavogia: Bowery Ballroom
Freelance Bishops, The Waz
Knitting Factory

Friday, January 18
Engine Orange: Castle Heights
Lincoln Conspiracy: Elbow Room
Los Straitjackets: Mercury Lounge

venues... venues... venues... venues... venues... venues... venues...

Bowery Ballroom: 6 Delancy St., New York. (212)982-6138
Castle Heights: 83-11 Northern Blvd., Queens. (718)989-9384
CBGB's: 315 Bowery, New York. (212)928-4052
Elbow Room: 144 Bleecker St. New York, NY. (212)989-9506

Saturday, January 19
Dream Theater: B.B. Kings
Bad Medicine: L'Amour
Brian McKeight/Tyreese: Radio City Music Hall

Sunday, January 20
The Joyhawks: Bowery Ballroom
Munkboka: Bitter End

Monday, January 21
Reunion Show: Showoff
Student*Rick: CBGB's

Tuesday, January 22
American Nightmare: Hotelbedhead:
CBGB's
Teracioso: D: Roseland

Wednesday, January 23
Slightly Ripe: Acme Underground
Juliefer: Knitting Factory

By James Topoleski
Interim Arts and Entertainment Editor

January 17, 2002

Acme Underground: 9 Great Jones, New York, NY. (212)677-6963
Bitter End: 147 Bleecker St. New York, NY. (212)677-7030
B.B. King’s Blues Club 243 W. 42nd St., New York, NY. (212)997-4144

The decorations are all packed away, the presents opened and returned for cooler gifts, and everyone back to sitting through three hour courses that the professor doesn’t show up to until hour two.

To help in keeping your sanity this semester, we have four sites that either help you relieve stress, or help you finish that paper at three A.M.

SnappingBubbles.com - Whtud Bubble Wrap
www.snappingbubbles.com

Everyone knows the pleasure of snapping bubble wrap. The feel of the air filled plastic, the snap of pressing on one of the bubbles, the incredible addiction that is only stopped once the wrapping is demarcated. But without any bubbles to wrap in sight. How do you cope?

How do you release the stress without stopping once the wrapping is demarcated. But what if there is no bubble wrap to wrap in sight. How do you cope? How do you release the stress without stopping once the wrapping is demarcated.

By James Topoleski
Interim Arts and Entertainment Editor

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Blackhawk
continued from p. 10

shown. For instance, a young boy sees his friend shot and killed at the hands of an Army Ranger.

The boy vows then and there to fight for his country and against America, even though he had no interest in politics whatsoever before that. People in this country wonder why other nations hate us; reading the account of the young boy explains this in grave detail. Another of the book's shattering moments is when Chief Warrant Officer Mike Durant finds himself down on street level and injured after the crash of Super Six Four. With the sound of enraged Somalis headed towards the crash site, Durant's thoughts climax into despair. His attempt to defend himself and shoot down incoming Somalis was a failure, and unable to move with his broken leg, finally was forced to give in. The Somalis beat Durant viciously, and he was taken captive.

If Black Hawk Down does nothing else, it reminds us that war is not a fun thing, and that battle is never glorious. By interviewing both the surviving Army Rangers and members of Habr Gidr, Mark Bowden creates a story with the picture perfect detail of someone who had been in Mogadishu that day.

But perhaps the most interesting thing that the book has over the movie is its independence from the yay-hooray-USA theme prevalent in many other war films. From the trailers alone, Black Hawk Down the movie has conformed itself to post 9/11 nationalism. In the book, neither party seems to be demonized, but neither party seems to be favored. As with all triumphant books such as Black Hawk Down, they provide more thought than the films made from them that only serve to sedate the brain.

PHOTO COURTESY OF YAHOO MOVIES

Ty Burrell (left) as Wilkinson and Jeremy Piven (on stretcher) as Wolcott in Columbia Film's adaption of Mark Bowden's Book Black Hawk Down.

Happy Birthday!

Friday, January 18
Kevin Costner 1955
Cary Grant 1904
Oliver Hardy 1892
Scott Thomas 1970

Saturday, January 19
Janis Joplin 1943
Robert Palmer 1949
Edgar Allan Poe 1809

Sunday January 20
Gene Hackman 1931

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www.themontclarion.com
acquired after playing the muscular Maximos in Gladiator. Alicia Larder did in fact bear Nash's child, John. Yet, this child was his second. The first, also John, was fathered with Eleanor Stiers, whom he abandoned. Alicia was not the foremost supporter through Nash's illness, divorcing him when she could no longer endure the brunt of his illness, recently remarrying him. Both facts would probably have been more difficult for an audience to stomach and continue supporting than the highly pleasing notion of love extracting Nash from the depths of mental illness.

What the movie certainly does not tell us is about Nash's several homosexual affairs, which caused his loss of security-clearance at Rand, when soliciting sex in a Santa-Monica men's restroom. It also embellishes Nash's schizophrenic episodes, making them highly more exciting than they ever were.

What the movie lacks in detail, it makes up in casting. Crowe fills the embattled character of Nash with subtlety, clueing us into his condition with only an awkward constant wiping of the brow with his hand, as if erasing something. He bounces from merely quiet and introverted to crazed and unsure in his mind, one that is often difficult to extract from. He tries to make sense of Nash's quest for normalcy are merely repetitive in nature, and fail to cite websites for material. So if it's those people who would like to watch them work as you read. There are even animations so you can go step by step with the schizophrenia and uncertainties Nash experiences, with both the schizophrenia and real world occupying the same plane. However, the movie also gives in once too often to the urge for the melodramatic. The final scenes of Nash's quest for normalcy are merely repetitive in nature, and fail to depict the complex battle, rather giving it an oversimplified sentiment. A Beautiful Mind is delicate and allows for a glance into an intimate mind, one that is often difficult to relate to and comprehend. However, it looking for an accurate depiction of Nash's life, without overly infused inspirational sweetness, one should unfortunately look elsewhere.

The site your own finds for pointing on the site as well, so that when you come finding known mistakes, you can go looking for the unknown ones. Most important though is for any student writing a project since sometimes they will gladly allow you permission to cite from their site for a project, they will gladly allow you permission to use materials in projects and even show you how to cite from their site for a bibliography. This is a must for any student writing a project since sometimes it is very hard to know exactly how you are to cite websites for material. So it's the explanation of how a doorbell works that you need, your first stop should be HowStuffWorks.

Continued from p. 10

CONTINUED FROM PAGE 11

The Monclarian

Jennifer Connelly as Alicia Larder.

Marshall Brain's How Stuff Works
www.howstuffworks.com

Named “Best Science and Technology Resource” by “Yahoo Internet Life,” How Stuff Works tells you not only how to do things like network computers, but more importantly how things like networking work. There is no end to the list of things they check out, from billiard tables, to how a digital camera works. All of the pages are full color images to guide you through the process. There are even animations for things like engines so you can watch them work as you read.

Websites Exclusive

SPIN's list of the 50 Greatest Bands of All Time has generated lots of controversy for who it includes and who it leaves out.

What do you think?

Read the entire list and speak out on our forums section.

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O>matics

Moody Panel
Joanie Loves Trotsky

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Welcome to the Future

WESS, MSU, SCT Plus, VRS, REGGIE, WFS- What do they mean?!

Well, some of these should be obvious to anyone reading this page, specifically, of course, MSU (if you don't know this one, you don't belong here) and the more vexing VRS, or Voice Response System of MSU, that had, up until this past Tuesday, provided the only major, though not always reliable, form of registering for classes, checking grades, and various other functions. Now comes along the powerhouse acronym, WESS, or Web Enrolment Services for Students, which provides most of the VRS functions, and more, through the Internet. (wfs.montclair.edu)

The rest of the acronyms? Window dressing. REGGIE is the mostly unused nickname of VRS, WFS is simply Web For Students- a three word abbreviation for the four-word WESS, and SCT Plus, basically WESS's mommy (see the news story on page 1 for details).

WESS represents payment of a debt that had been outstanding for a year at least, ever since MSU launched its online schedule of courses, at which time something along the lines of WESS had been promised. At that time, The Montclarion complained of a lack of more Internet interfaces for students to get at their records, especially in light of many other schools already having these functions, such as William Paterson and quite a few county colleges. Go MSU Finally up to the level of county colleges...

One important feature of WESS is its ability to instantly inform a student about the holds he or she may have on their account. This is an especially nice feature for students to have access to, considering some of the recent mishaps in registration land. One such problem was with holds not being printed on some of the little registration card we all receive in the mail, leaving lots of students until their day of registration to find out about money they may unknowingly owe, or owe only through a mistake in the system.

Another important aspect of these new online resources is the security under which they have been implemented, which is very high. Again, in light of some of the mishaps that have occurred with computer security on campus, most notably a crude e-mail sent in the name of President Susan Cole, this was a wise decision.

So, while wading through the acronyms of all of these things can be a bit confusing, for now students need only remember WESS, which ultimately spells out less confusion for students who have more access, and therefore more power over their careers here at MSU.

Montclarion Question
Of the Week:

How Dangerous Is The Pothole Situation?

Log on to: www.themontclarion.com to voice your opinion.
**Viewpoint**

**Take the Fighting Outside...of the Ring**

Crammorin Frazier must decide, for the last few months, she's balanced her business as a personal trainer and her desire to box. She's had two fights and lost both. After seeing the movie "Ali" she said to evaluate where boxing fits in her life. She's lost nearly 100 percent, four days a week, at Charlotte Boxing Academy off. After seeing Ali's dedication to training with unwavering belief in his boxing skills, Frazier wondered if she could.

"What makes a true champion is what you consist of, his desire, his passion," said Frazier. "He's definitely the greatest fighter of all time. He didn't back down."


**Entertainment or Horror Show?**

Looking for a fun night out? How about the acidballs, clowns, and animal attractions at the circus? It's right, who doesn't love the circus? Well, the animals sure don't!

While you may have thought that the circus was all fun and games, the truth behind the glamour is that many animals are treated and severely abused in the entertainment arena of circuses.

This is a common misconception that circus animal trainers have a good relationship with the animals that they train. Instead, most trainers resort to whips and chains in order to manipulate their animals. It is unnatural for an elephant to stand on a tiny platform or for a bear to ride a bicycle. While personifying these animals for the sake of comedy may seem charming, the torture that the animal endured is anything but.

Ringo Bros. and Barnum and Bailey Circus, who claims itself to be a humane establishment, admits to the use of chains in handling elephants. According to the People for the Ethical Treatment of Animals (PETA) there is now video evidence that Ringling Bros. Circus also uses electrical prods, and muzzles in the treatment and storage of their animals. PETA's video footage, available at peta.com, shows an elephant being whipped in the face and groaning with metal hooks attached.

Ringo Bros. Circus has also "created" a unicorn as a new attraction by surgically removing the horns of a baby goat and moving them to the center of his forehead. This horrific act is inbreed and torturous. Other circuses have committed even worse acts. The polar bears of the Mexico-based Suarez Bros. Circus are exposed to extreme heat and unhealthy conditions. The polar bears are forced to perform in the tropical climates of Mexico, the Caribbean, Central America, and South America, in which the temperatures range up to 113 degrees Fahrenheit. These bears are shipped from their natural environment in Canada to be-whipped and deprived of food and water in order to entertain circus-goers. The seven bears that are currently in the possession of the Suarez Bros. Circus are diseased and emaciated.

In 1998, one Suarez Bros. Circus polar bear died an excruciating death after a prolonged case of heartworm went untreated. The Suarez Bros. Circus is in violation of the federal Animal Welfare Act and is currently being sued for the release of the polar bears.

However, such practices unfortunately occur at most of the circuses right in your own neighborhood. So, please, if you plan on going to the circus, find an animal-free circus to attend.

Gina Nitting, an English major, is in her first year as Opinion Editor of the Montclarion.
INTRAMURAL SPORTS REGISTRATION

Registration Period: January 16 – January 24
Team and Free Agent (Player without Team) Entry Meetings:
USE REGISTRATION FORM BELOW

**Basketball**
January 22 (4pm) or January 24 (6pm)
Student Center Commuter Lounge

**Inner-Tube Water Polo**
January 28 (4pm) or January 30 (6pm)
Student Center Commuter Lounge

**Interruption and Free Agent (Player without Team) Entry Meetings:**
Use Registration Form Below

**Basketball**
January 22 (4pm) or January 24 (6pm)
Student Center Commuter Lounge

**Inner-Tube Water Polo**
January 28 (4pm) or January 30 (6pm)
Student Center Commuter Lounge

Play for both Men’s/Women’s and Coed Teams!!!

Pick up and Submit Team Registration Forms in the Student Center Commuter Lounge

Any Questions about Intramurals or Recreation? Call the Campus Recreation Office 655-5350/7883

**ALSO COMING THIS SEMESTER:**
**Intramurals**
Softball, Wiffleball, Badminton, Tennis, Indoor and Outdoor Soccer, Quickball, Golf Tournament, Kickball

**Special Events**
Hunter Mountain Ski Trip (Sat. Feb. 9), Trivia Night, Ultimate Frisbee, One-Pitch Softball, Spelling Bee, 3 on 3 Basketball, Dean vs. Students Volleyball and Softball, Rec. Fun Night (cards, darts), Bowling Trip

**Fitness**
Group Fitness Classes (Cardio Kick, Aqua Aerobics, Stress Relief), Triathlon, Bench Press Contest, Sports and Fitness Day (Feb. 22), Target Fitness Challenge

LIKE WHAT YOU SEE? COME TO A REC BOARD MEETING.... EVERY FRIDAY, 2 pm, 4th Floor Student Center (SC-417)

**Montclair State University**
Intramural Team Entry Form - Spring 2002

**Which Sport(s):** Inner-Tube Water Polo Basketball Both (circle your choice)

**Forfeit Fee:** $0 $40 $30

If you choose both, and you forfeit Inner-Tube Water Polo, you may forfeit Basketball also. Choose wisely.

**Team Name:** ________________________________

**Water Polo Division:** (circle one) Women Coed Men

**Basketball Division:** (circle one) Women A Women B Coed Men A Men B

**Investigations Required for Entry to be Valid:**
- At least one team representative MUST attend the entire mandatory meeting for each sport to be in the league (NO EXCEPTIONS).
- Please note: no teams in both a men’s/women’s league, ALL A CLE.
- Please do not enter both sports (inner-tube water polo and basketball) unless you plan on showing up for both.
- If you enter both Water Polo and Basketball, the team name (DOES NOT) have to be the same in both. Make sure you have a min. of 5 players on your team before you enter a team.
- We are trying to promote Inner-Tube Water Polo. That is why the initial forfeit fee is $30. However, teams that enter Water Polo and forfeit will be forced to pay a forfeit fee.
- All teams must participate in both Sports. Teams that do not maintain a 3.0 Sportsmanship GPA - Teams that receive 3 technical fouls during the regular season - Teams that Forfeit One Game - Teams that are deemed not to be acting in the best interest of the Intramural Program - Teams that have不合理 participants.
- Entry Forms must be submitted to the Assistant Director of Campus Recreation in the Commuter Lounge, or at Panzer Gymnasium and Student Center Cafe during entry signup time (in January around noon).

**Registration Period:** December 3 – January 24, 2001

**Special Notes:** (Please make sure that you have read and understood)
- By entering forms, you agree to have a team representative(s) at one of the team meetings where one will be informed of all the rules, regulations, and rights and responsibilities agreement.

**WATER POLO AVAILABILITY**

<table>
<thead>
<tr>
<th>Sun</th>
<th>7:15-8:15</th>
<th>8:15-9:15</th>
<th>9:15-10:15</th>
<th>10:15-11:15</th>
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</thead>
<tbody>
<tr>
<td>Tue</td>
<td>8:15-9:15</td>
<td>9:15-10:15</td>
<td>10:15-11:15</td>
<td>11:15-12:15</td>
</tr>
</tbody>
</table>

**Basketball Availability**

<table>
<thead>
<tr>
<th>Sun</th>
<th>9:15-10:00</th>
<th>10:00-10:45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Class</td>
<td>Class</td>
</tr>
<tr>
<td>Tues</td>
<td>9:15-10:00</td>
<td>10:00-10:45</td>
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<td>Wed</td>
<td>9:15-10:00</td>
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<tr>
<td>Thurs</td>
<td>9:15-10:00</td>
<td>10:00-10:45</td>
</tr>
</tbody>
</table>

Please cross out when you CANNOT play. If you cross off more than half the slots, your team will not be allowed in the league.

**$55 (lift ticket/equipment rental)**

$35 (lift ticket only)

**BUS IS FREE**

LEAVES RED HAWK DINER at 7:00 A.M./RETURNS at 8:00 P.M.

$20 Non-Refundable Deposit due Friday February 1st, 2 p.m.
Pay At Campus Rec. (Keith x5350; Student Center 104-J)

Trip is limited to first 45 people

Sign-Up NOW!

Beginner Skiers Welcome

**FEBRUARY 9, 2002**

SKI & SNOWBOARD TRIP

Hunter Mountain
**The Montclarion**

**CAPTAIN RIBMAN - Prize Fighter**

*by Sprengelmeyer & Davis*

January 17, 2002

**Crossword**

ACROSS
1 Like the sea
6 Oven setting
10 Yawn
14 In fancies
15 Sign
16 Yummy
17 One's son's son's son
20 Dish using stock
21 Itemize
22 Readily available
23__ rehearsal
25 Phonograph record
26 Zoo attraction
29 Lights out
32 Permit
33 Hive worker
35 Fort
36 Disparaging remark
37 Combat between knights
38 Chap
39 Bond
40 May or June
41 Monterrey mister
42 Surround
45 Take on
46 Puget or Pamlico
48 Fight site
50 Thaw
51 Place one's stake
55 Tailor's requirement
58 Comfort
59 Gripping tool
60 In the company of
61 Tiny feathered friend
62 I second that!

**Clues**

ACROSS
11 Simultaneous
12 Entrance
13 Miniature whirlpool
15 Narrow, secluded valley
19 Stocky
20 Horizontal lineup
22 Fender flaw
23 Moistened periodically
24 Horizontal lineup
25 French police officer
26 Japanese honorific
27 Worn out
28 Salad dressing
30 Bach's "Mass in B__";
31 Newsboy's shout
33 Completed
34 Not a groovy groove?
37 Ballplayer Canseco
38 French police officer
40 Upright
41 Japanese honorific
43 Lime tree
44 Mixed breed
45 Feel
47 Ancien
48 Once more
49 Backdoor
50 Cause bodily harm
51 Sign gas
52 Soaks up rays
53 Soaks up rays
54 Rim
55 Marie Saint
56 Owned

**Down**

1 Droop
2 Frizzy do
3 In__
4 Hitch
5 Stir
6 Actor Karloff
7 Gather
8 English county
9 Finish
10 Horrified
11 31 Simultaneous
12 Entrance
13 Miniature whirlpool
15 Narrow, secluded valley
19 Stocky
20 Horizontal lineup
22 Fender flaw
23 Moistened periodically
24 Horizontal lineup
25 French police officer
26 Japanese honorific
27 Worn out
28 Salad dressing
29 Flapdoodle
30 Bach's "Mass in B__"
31 Newsboy's shout
33 Completed
34 Not a groovy groove?
37 Ballplayer Canseco
38 French police officer
40 Upright
41 Japanese honorific
43 Lime tree
44 Mixed breed
45 Feel
47 Ancien
48 Once more
49 Backdoor
50 Cause bodily harm
51 Sign gas
52 Soaks up rays
53 Soaks up rays
54 Rim
55 Marie Saint
56 Owned

Solutions

**Dithered TWITS**

"You may notice some post-operative behavioral changes. More often than not, dead people become quiet and withdrawn."

**Humor**

**Sigh**

GIGH, I DON'T THINK THIS FEELS RIGHT NO MORE UNDERSTAND WHERE HE KEEPS HER HANDS ON ME!

**The K Chronicles**

1. But what about once, doing right, getting in through these tough times...
2. There are times I truly have to do things I don't want to do to help the men they call superman.
3. I used bring a huge amount of fruit that my parents.
4. If I could only fire him to this day...I'm a farmer.
5. It would be like the sea not being able to breathe naturally. Kids be for food sign for the colors on the front.

**Off The Mark**

All these birthday gifts and she done with the wrapping paper!! Do you see this, Francis?? Francis?

Hunk, what sheesh... how long was I nuked?

On the way, what falling contains a computer chip... now I'll be able to track your brushing and flossing habits...

If your new Michael Jackson CD come with any extras?

She only at things have not reduced in the growth curve I had in mind...

By the way, what falling contains a computer chip... now I'll be able to track your brushing and flossing habits...

**Off The Mark**

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Hunk, what sheesh... how long was I nuked?

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If your new Michael Jackson CD come with any extras?

She only at things have not reduced in the growth curve I had in mind...

By the way, what falling contains a computer chip... now I'll be able to track your brushing and flossing habits...
child care wanted

Experienced female babysitter needed in West Orange to care for 2 1/2-year-old toddler girl. Call 973-325-2539.

Babysitter needed for Saturday Nights for toddler, in West Orange. Mature, responsible person with experience. If interested, call Suey 973-324-0572.

Student who enjoys working with children to be with 13-year-old in our UU. Upper Montclair home Tuesdays 7-10:30. Must have car. References required. Excellent salary. Call 973-783-3908.

Babysitter wanted 3:5-30 after school and to help with homework for 8 and 10-year-old. Flexible days. Call Michele 973-509-1768.

BABYSITTER for 2 wonderful kids, Mon-Fri. 1-7 p.m. Exp., non-smoker, excellent references. Clean driving record. Must have car. Salary neg. 973-632-0651.

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Work on campus to raise money for your student group or organization. Make your own schedule and earn $5 per application. Please call 1-800-808-7450.

Nationally known bridal designer needs full-time help in her studio in Millburn, New Jersey. Some knowledge of word processing necessary. Call 973-762-1001 after 6:00 p.m.

join us

Want to be a part of making this publication what it is or what you want it to be? Join Us! Come down to The Montclarion, Student Center Annex room 113, call us at 973-655-5241 and speak to an editor of your choice, or e-mail Mike Sanchez, Managing Editor: msumanaging@hotmail.com. Wherever your interest lies, The Montclarion has a job for you. So, come on by.

for rent

Furnished room for rent. NON-SMOKER, FEMALE preferred. Approximately 1 1/2 miles from Montclair State University. Please call after 7 p.m. 973-744-3113.

When you burn the candle at both ends, it goes out too soon.

Sleep deprived Americans have a 70% higher death rate.
A lack of sleep can cause marital strife, poor job performance, and more. California Department of Health statistics show that people who get less than the recommended amount of sleep have a 70% higher death rate.*

Highways are a particularly dangerous place.
Sleep problems put drivers at risk for mistakes. Uncontrollable waves of fatigue where you nod off at the wheel. Each year drowsy drivers cause at least 100,000 crashes, killing more than 1,500 people and injuring another 71,000.**

Sleep help is available. New treatments are helping millions of Americans get the restorative sleep their bodies crave. Now they're rested, happier and more productive, too. Burning the candle at both ends is not only dangerous ... it's unnecessary.

Talk to your doctor or go to our FREE Risk Assessment page on the web.

* 70% higher mortality in a 9 year follow-up period for people getting 6 hours of sleep or less per night. Wingard, L.H., Berkman, L.F., Mortality risk associated with sleeping pattern, Sleep, 1983; 6(2): 102-7.

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when you burn the candle at both ends, it goes out too soon.

Sleep deprived Americans have a 70% higher death rate.
A lack of sleep can cause marital strife, poor job performance, and more. California Department of Health statistics show that people who get less than the recommended amount of sleep have a 70% higher death rate.*

Highways are a particularly dangerous place.
Sleep problems put drivers at risk for mistakes. Uncontrollable waves of fatigue where you nod off at the wheel. Each year drowsy drivers cause at least 100,000 crashes, killing more than 1,500 people and injuring another 71,000.**

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Men's Basketball

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Women's Basketball

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Women's Swimming

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Men's Basketball

- Sat. 19 vs. Rowan 4 p.m.
- Wed. 23 @ WPU 8 p.m.

Women's Basketball

- Sat. 19 vs. Rowan 2 p.m.
- Wed. 23 @ WPU 6 p.m.

Wrestling

- Sat. 19 - Sun 20 @ Ohio State TBA
- Wed. 23 vs. TCNJ 7 p.m.

Senior Forward
Hometown: Union, NJ

Skeete was named the MVP for the Billy Martucci Holiday Tournament scoring 30 and 25 points a game. In the six game span over the break,* Skeete averaged 18.6 points per game.

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Joseph Thomas
Junior Center
Carteret, NJ

Thomas was second in scoring over the break averaging 12.3 points per game. In the game against Staten Island, Thomas scored a game-high 21 points.

Darryl Louis

Louis came in first in the finals of the Men's 400-Meter Dash in the 2002 Yale University Track Classic in New Haven, CT on Sat. Jan. 12. Louis ran a time of 49.62 seconds.

Enrique Llanos

Llanos won the Men's 55-meter High Hurdles finishing in a time of 7.52 also at the Yale University Track Classic. He won earlier the semifinal round with a time of 7.63.

Tom Baldwin

Baldwin qualified for the 3,000 meter "Feature" race at the prestigious Milrose Games at Madison Square Garden on Feb. 1. Baldwin, who will be matched up with Olympic hopefuls in the race, is just the second Division III runner to ever compete in a "Feature" race. His qualifying time was 8:30.00.
Women Break Apart

Lose 7 of Last 9 Games by 17.5 Average

By Mike Sanchez
Managing Editor

The women's basketball team struggled over the last nine games, losing seven of nine. They picked up their only win at York (Pa.) 70-42. The team struggled in all assets of the game as they lost by 17, 21, 10 and 15.

The team, now 5-9 overall and 2-6 in the NJAC, started the season well but have now lost seven of their last nine. The Red Hawks lost by an average of 17.5 in those seven games.

The team shot dismaly over the last nine. They were 31 and 25 percent in two games. The one game they won, the team shot 48 percent. Leading the way for the Red Hawk offense was Jasmine Baiths who has been the one consistent for the team all season. The team's leading scorer averaged 12 points a game but didn't get much out of her teammates who showed up in the last three.

Stephanie Croley added 12 points a game and a big 21-point lead and never led in the opening possessions of the second half. A key for the team was Skeete's big game in the first game of the season, the Red Hawks saw the same thing happen. MSU ended the game on a 18-5 run. Again the free throws became important as the team connected on 11 of its final 15 shots.

When Savannah came in for the holiday tournament, the Red Hawks went back in form with Savannah, took a big lead, saw it go from 10 to just a one-point lead with 1:17 left in the game. So you know what that means? Close games always mean big free throws. MSU shot 77 percent from the line, including a perfect 4-4 in the final 88 seconds of the game as they went on win by five.

You're probably saying - let's face it free throws aren't exactly exciting. But let's continue.

The following day, against the College of Staten Island, MSU did take a commanding 21-point lead and never gave up much ground late in the game. MSU hit 63 percent of its free throws and held SIU to 38 percent. Though they struggled they didn't commit that many turnovers. Key here: Consistency.

When the NJAC contests started up on Jan. 9, Ramapo, then seeded 9, took the Red Hawk cladded team in a seven point victory. Though they lost by 17, 21, 10 and 15, Thomas connected in the final 150 seconds of the game shooting just 27 percent of the free throws. Though MSU's shot better and went on to a 18-5 close the game on a 18-5 run. Again the free throws saw the same thing happen. MSU saw the same thing happen. MSU hit 63 percent of its free throws. Though MSU's shot better and went on to a 18-5 close the game on a 18-5 run. Again the free throws saw the same thing happen. MSU saw the same thing happen.

The team shot dismally over the stretch shooting 46 percent of their shots versus TCNJ's 46 percent. When Savannah came in for the holiday tournament, the Red Hawks went back in form with Savannah, took a big lead, saw it go from 10 to just a one-point lead with 1:17 left in the game. So you know what that means? Close games always mean big free throws. MSU shot 77 percent from the line, including a perfect 4-4 in the final 88 seconds of the game as they went on win by five.

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