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Water Main Break Causes Damage to Clive Road Apartments and Lot 28

MSU Requests Removal of Vehicles

By Lillian M. Aleman
News Editor

A water main erupted in Lot 28 causing damage to some cars parked next to the shuttle bus shelter early Tuesday morning.

“It has not been verified by administration, one student whose car was directly involved in the mishap, freshman Freeman Hall resident Jeff Gant, stated that there were approximately two to three other cars that were affected by the main break at Clive. Gant’s 2000 Hyundai Sonata was located in the last row of cars in Lot 28, next to the bus shelter. The water main break caused a mudslide, which in turn caused both mud and rocks to damage some vehicles where Gant parked.

“Four or five guys had to lift my car because rocks from the mudslide lifted my front wheels off the ground,” said Gant.

Gant was not given any instructions on where to park his car after he was assisted by workers, but according to flyers posted in Blanton Hall, vehicles parked in Lot 28 must be moved to the new parking deck free of charge until today. Also, flyers have been posted on residence hall walls stating that shuttle bus services have been suspended to Lot 28 and those students who wanted to access the lot 28 and those students who wanted to access the lot 28 must walk.

Despite these flyers, there have been shuttle bus services going to and from Lot 28 since the water main break on Monday night.

“I drove by Clove Road last night and everything looked fine because the shuttle busses were still driving into Lot 28,” said senior Communications major, Dana Murphy, who drove past Lot 28.

Also, one student who tried to park at the Red Hawk Deck because her car was located at Lot 28, was told she needed to pay to park at the deck despite the notice. Bohm Hall Resident Assistant, Stephanie Trigg, said she needed to pay to park at the Red Hawk Deck because her car was located at Lot 28, was told she needed to pay to park at the Red Hawk Deck despite the notice. Bohm Hall Resident Assistant, Stephanie Trigg, said

SGA Executive Secretary-Elect Gives Resignation

By Cesarina Miceli
Assistant News Editor

According to the Resident Assistant contract, anything considered a "conflict of interest," including any Executive Board positions, will result in the "termination" of the Resident Assistant position. Faison knew she would have to choose between the two positions, SGA Executive Secretary or Resident Assistant. According to Faison, after much time and consideration, she chose to become a Resident Assistant and resign from the position of SGA Executive Secretary. Faison feels this is the best decision for her, as well as the student body.

Kendra Faison resigned from her position as SGA Executive Secretary-elect.
4/22/03 - A glass door housing a fire extinguisher was found broken in Richardson Hall.

4/18/03 - A female MSU student’s vehicle was broken into and her radio was stolen on Lot 25.

4/17/03 - A female MSU student’s vehicle had one tire slashed while parked in Lot 17.

4/16/03 - The MSU EMS unit responded to Sprague Field on account of an injured female. The victim was treated at the scene and released.

4/16/03 - The MSU EMS unit responded to Finney Hall on a report of an injured person. The female victim was transported to St. Joseph’s Medical Center.

4/16/03 - The MSU EMS unit responded to the Finney Gym on a report of an injured person. The male victim was transported to St. Joseph’s Medical Center.

Another Body Found in Weequahic Park

The discovery of a body in Newark’s Weequahic Park yesterday, the third such finding in the last six months and second since Saturday, sent investigators combing the entire park in search of weapons or other clues. The park was closed to vehicular traffic from late morning into the afternoon to allow dozens of investigators from the Essex County Sheriff’s Office, the Essex County Prosecutor’s Office and Newark Police Department to conduct the search. The searchers uncovered a dead goat and a dead dog, but no other human remains or weapons were found, authorities said. The search may continue today with a smaller team and might be expanded to include the park’s 80-acre lake. Essex County Sheriff Arfon Bonora said.

SUSPECT STEALS CRUISER DURING CHASE

A man who stole a Cranford police cruiser and led police on a brief chase through Newark was caught after he bolted out of the cruiser following a crash and attempted to hide in a nearby home, authorities said. The bizarre chase began after Edgar Galindo, 23, of Irvington, refused to stop when Cranford police officer Timothy O’Brien attempted to pull over his blue Honda Civic about 12:30 p.m. on Centennial Avenue for a motor vehicle violation, said Cranford police Lt. Steve Wilde.

INTERNATIONAL STUDENT ORGANIZATION (ISO) operational budget passed.

Kappa Epsilon receives Class IV Charter.

Newman Catholic Center receives Class III Charter.

An announcement was made that a tuition hearing will be held next Thursday, May 1.

Meeting adjourned by President Pro Tempore.

Emergency meeting to follow.

National News

White House Warns Iran on Iraq

The Bush administration has warned the Iranian government to stay out of Iraq and not interfere with the country in its road to democracy, the White House said Wednesday. While not explicitly confirming reports of Iraq and not interfered with, the Bush administration has warned the Iranian government to stay out of Iraq and not interfere with the country in its road to democracy, the White House said Wednesday.

April 22, 2003

The Montclarion • April 24, 2003

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University Receives $1 M for New Buses

By Lillian M. Aleman
News Editor

A million-dollar grant has been received by MSU from the state for the purchase of new shuttle buses on campus. The grant, which was proposed and developed by the former Vice President of Facilities and Business Operations, Patricia Hewitt, was approved this current fiscal year. Currently, seven shuttle buses operate on a rotating schedule throughout the campus, 24 hours a day, seven days a week. It is not yet known how many buses the million dollars in funding will be able to purchase because bids have not been placed to companies. The bid process is such that the University sends requests for price quotations of shuttle buses from specific companies, and they in turn will respond with price listings. Though the bid process has not begun, an idea of the possible prices the shuttle buses can be seen in the University's last shuttle bus purchase in 2001, in which $173,000 was spent. Maintenance for campus shuttle buses has been one of the biggest problems that the current buses face.

A federal grant for approximately $1 million was received by MSU for the purchase of new shuttle buses.

Teaching Program Gives Alternate Route

New Jersey Consortium for Urban Education Debuts July 2003

By Theresa Cevetello
Staff Writer

A pilot teaching program, the New Jersey Consortium for Urban Education (NJCUE), will make its debut in July 2003, giving those who did not take the traditional teaching track and now have an interest in teaching a chance for an alternate route. The NJCUE is a new pathway to teacher certification in New Jersey. "We are for people who graduated without teacher certification and now decide they want to take the teaching route," said Penny Winship, project coordinator.

Funding for this program will come from the U.S. Department of Education. The NJCUE's collaboration among Montclair State University, Kean University, New Jersey City University, and William Paterson University. Also involved are the school districts of Newark, Paterson, and Jersey City and the New Jersey Department of Education.

The purpose of the NJCUE is to recruit, prepare, and support teachers for positions in mathematics, the sciences, and special education in Newark, Paterson, and Jersey City.

The NJCUE begins in July with an eight-week program of courses, half-time student teaching for six weeks, and mentoring. Participants will begin teaching in Newark, Paterson, or Jersey City in September 2003. One evening per week during fall and spring terms, course work will continue for the participants. These novelty teachers will receive ongoing mentoring during the first year of teaching and peer coaching during the second and third years.

Winship said that the NJCUE expects 60 participants for the kick-off of this program in July 2003. All applications have been submitted and are now being evaluated. There will be another chance to apply next April. There are some application requirements. For math positions, applicants need a BA or BS in math. Science positions require a BS in a natural or physical science and a liberal arts major is required for special education. An overall GPA of 3.0 and a passing score on the appropriate Praxis I examination, are also necessary. Participants do not have a choice in which school district hires them, and must commit to three years of teaching.

The advantages of participating in the NJCUE are 16 graduate credits that count toward a Master of Arts in teaching degree at MSU, Kean University, New Jersey City University, or William Paterson University.
Hudson remarked on Faison's resignation from her position. He said, "I think Kendra resigned not because she isn't a great student leader, but because she isn't a petty student leader. She has offered a lesson to be learned by all of us: students helping students; both positions work towards the greater good of the MSU community.”

SGA-President-elect, Jacob V. Hudnut remarked on Faison's resignation from her position; he said, "Kendra resigned not, because she isn't a great student leader, but because she isn't a petty student leader. She has offered a lesson to be learned by all of us: students helping students; both positions work towards the greater good of the MSU community.”

SGA Legislators and concerned voters also commented on Faison's resignation.

According to Freshman SGA Legislator and communications major, Stacy Kaufman, "She [Faison] did not think of the best interest of the Student Government Organization." Another freshman SGA Legislator Angela Recartaro agreed with Kaufman when she stated, "She [Faison] knew the responsibilities of being the SGA Secretary, but just needed to set her priorities straight."

Senior finance major Stelin Valezko said, "I don't think it's fair that she [Faison] had to resign from the position of SGA Secretary."

Rumors are circulating as to who is running for the position of SGA Executive Secretary. To date, Colleen Halpin, Jason Hanned, Beth Heim, Kara Ruth Mackey, Mike Martin, Scarlett Morris, and Tashana Stewart are gathering signatures to fill petitions.

According to SGA Attorney General, Jay Long, since there could be an "emergency election," only 100 undergraduate signatures are required by Tuesday, rather than the usual 300 signatures.

In order for the SGA Executive Secretary Elections to be official, an emergency legislative session must be called because the legislator did not vote on the emergency election during last night's meeting.

Even after the SGA obtained an advisor and reached quorum, no one could call the meeting or take role since Vice President Orlando Cabrera and SGA Executive Secretary Colleen Halpin left the meeting.

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Take a Big Whiff of Love... and Sweat

Women May Say That the Smell of Sweat is Gross, but Hormones Beg to Differ

By Eric Edwards
KRT Campus

Romantics say that love is blind and the heartbroken can be heard lamenting that love is dumb. But one thing is certain: love has a sense of smell. At least according to researchers at the University of Pennsylvania, Biology at that school, obviously taking a break from curing cancer, discovered that women derive physical benefits from exposure to men’s perspiration. While this finding may smell like roses to men who are tired of rolling-roses that leave white flakes on their shirts, though many might not want to give up deodorant just yet.

The study claims that perspiration affects women’s moods by reducing stress, inducing relaxation and even affecting the menstrual cycle. These things sound good. When trying to date a young woman you like, it is beneficial that she is not taking a break from curing cancer, according to researchers at the University of Pennsylvania.

Research also suggests that omega-3 helps lower the risk for heart disease. Studies show that the protective effects of omega-3 can be achieved by eating seafood twice a week. Since there are more than 200 species of fish and shellfish available, adding seafood to your weekly eating plan is easy.

Here are ten tips to help you enjoy more seafood from ADA:

1. Use fish or shellfish in your favorite casseroles, stir-fries, soups, pasta recipes, and Mexican dishes, such as tacos or burritos.
2. Surprise your family with a fish "steak," like swordfish, fresh tuna, halibut, salmon, or shark.
3. Add seafood into your eating plan gradually, starting by substituting one fish or shellfish meal each week for a typical beef, chicken, or pork meal.
4. Spruce up plain seafood with lemon, lime juice, herbs, such as dill and basil, onions, garlic, barbecued sauce, and tartar sauce made with non-nitrate mayonnaise.
5. Buy a low-fat seafood cookbook or check one out from the

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**The Perks of Seafood**

How Fish Can Benefit Your Health

By Ami Desai
Staff Writer

At last, a food we should eat more of instead of less! Seafood is high in protein and most varieties are low in fat. Seafood also contains omega-3 fatty acids says the American Dietetic Association (ADA). The ADA recommends the use of seafood because of the higher amounts of omega-3 fatty acids, which are polynaturated fatty acids found in seafood. It is found in higher-fat, cold-water varieties such as mackerel, albacore tuna, salmon, sardines, and lake trout.

All seafood, including shellfish and crustaceans, such as oyster and shrimp, contain omega-3 fatty acids. When combined with a healthful eating plan, omega-3 fatty acids may provide a protective effect against heart disease.

Research also suggests that omega-3 helps lower the risk for heart attacks and sudden cardiac arrest due to an irregular heartbeat.
**Double Trouble (On or Off) By Lacey Smith, Feature Editor**

**Feature**

**COMPLED BY LACIE SMITH, FEATURE EDITOR**

**ALL PHOTOS BY CHRIS PETERS / THE MONTRCIARION**

**Kristin Faison**

**Year:** Sophomore  
**Age:** 19  
**Major:** Elementary Education  
**Clubs/Activities:** OSAU, Sweetheart for Groove Phi Groove Social Fellowship, Inc.  
**Hobbies:** Singing, painting, shopping, and traveling.  
**Favorite Music:** R&B, Reggae, Pop, and much much more.  
**Favorite Movie:** Toy Story 2, Shrek, (basically Dreamworks etc.), singing and much more.  
**Best thing about being a twin:** Attention, free stuff.  
**Worst thing about being a twin:** Stupid questions/comments/people, lack of individuality, people getting us confused.  
**Fraternal or Identical:** Fraternal  
**Ever switched places:** No, we do not look alike enough.  

**Kendra Faison**

**Year:** Sophomore  
**Age:** 19  
**Major:** History Education  
**Clubs/Activities:** OSAU, SCA, first-year peer leader, sleeping.  
**Hobbies:** Talking, debating, arguing.  
**Favorite Music:** R&B, Reggae, Pop, (both)  
**Favorite Movie:** Lord of the Rings, The Fellowship of the Ring and The Two Towers  
**Best thing about being a twin:** Attention, free stuff.  
**Worst thing about being a twin:** Stupid questions/comments/people, lack of individuality, people getting us confused.  
**Fraternal or Identical:** Fraternal  
**Ever switched places:** No, we do not look alike enough.

**Christine and Donna Capone have quite different majors: Christine in History Education and Donna in Fine Arts.**

**Donna Marie Capone**

**Year:** 4th year, Senior  
**Graduating:** May ’04  
**Age:** 21  
**Major:** Fine Art Education with a Minor in Anthropology  
**Clubs/Activities:** Choir member at St. Valentine’s in Bloomfield.  
**Hobbies:** Painting (murals, landscapes etc.), singing  
**Favorite music:** I like and have an appreciation for most music, I really can’t put my finger on a favorite one. I know what I don’t like though!  
**Favorite Movie:** Amongst the top of my list are: Monster’s Inc., Toy Story 2, Shrek, (basically Dreamworks etc.), singing and much more.  
**Best thing about being a twin:** The attention. Always having something special about you to talk about. When we were kids we looked extremely alike and mom always dressed us alike, so when people would come up to us everywhere we went, we’d say to each other “Twin Attack” and prepare for the rush of attention. Also, having someone who knows what your thinking when you need someone who knows what your thinking to help you out.  
**Worst thing:** By far it’s having to share our room for 20 years! Having to share a car at first, and always being compared. We were enemies from 4th grade to freshman year of college because we just couldn’t stand each other and constantly being compared. (We don’t mind being mixed up, but I’ve been told by classmates that they didn’t want to say hi cause they were embarrassed that they didn’t know if it was me or not.)  
**Fraternity Or Identical:** Fraternal  
**Ever switched places:** Once we went, we’d say to each other “Twin Attack” and prepare for the rush of attention. Also, having someone who knows what your thinking when you need someone who knows what your thinking to help you out.

**Kendra and Kristin Faison work together and make a joke of telling people they are cousins.**

**Christine Marie Faison**

**Year:** 4th year, Senior  
**Graduating:** May ’04  
**Age:** 21  
**Major:** Business Administration with a concentration in Marketing and International Business  
**Clubs/ Activities:** Vice President External of Alpha Kappa Psi, Interna­tional, Professional, Co-ed Business Fraternity, Member of ISB,  
**Hobbies/ Interests:** Reading, going prose, traveling, and just trying to enjoy my last year as a student before the real world hits!  
**Favorite Movie:** That’s an easy one and at the risk of sounding too girly- Pretty Woman is on all time favorite movie list. Besides the stupid questions we get like, “If I punch her would you feel it?” (I don’t know, why don’t you try-just kidding) or “Can you read each other’s minds?” and constantly being compared growing up, or having to share a room till we were 20 Ivy- I’m not sure.  
**A cute story:** Gee where do I begin? But seriously- this is a tough one. Well one time Donna told me she was going to the mall and I was like- OK- Bye. But later I decide I needed to stop at the mall too. So I end up parking in a lot I never usually park in, and right in front of me is Don­nas car. I think to myself- ha, that’s funny, but brush it off as a coincidence. I go into the depart­ment store and walk out into the mall. Then I start to think it would be funny if I bump into her while I’m there. A few minutes later I get to the entrance of Macy’s (not that I had any reason to go into Macy’s, I just felt like it all of a sudden) and as I’m walking into the store, Donna comes walking out. I was so sur­prised. I had no idea she would be in that store or walking out at that moment for that matter. It was really weird and I used to get a kick out of telling people that story.

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**Favorite Movie:** That’s an easy one and at the risk of sounding too girly—Pretty Woman is on all time favorite movies list. Besides the stupid questions we get like, “If I punch her would you feel it?” (I don’t know, why don’t you try—just kidding) or “Can you read each other’s minds?” and constantly being compared growing up, or having to share a room till we were 20—I’m not sure.

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**Worst thing:** By far it’s having to share our room for 20 years! Having to share a car at first, and always being compared. We were enemies from 4th grade to freshman year of college because we just couldn’t stand each other and constantly being compared. (We don’t mind being mixed up, but I’ve been told by classmates that they didn’t want to say hi cause they were embarrassed that they didn’t know if it was me or not.)

**Fraternity Or Identical:** Fraternal

**Ever switched places:** Once we went, we’d say to each other “Twin Attack” and prepare for the rush of attention. Also, having someone who knows what your thinking when you need someone who knows what your thinking to help you out.

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**Christine and Donna Capone**

**Year:** 4th year, Senior  
**Graduating:** May ’04  
**Age:** 21  
**Major:** Business Administration with a concentration in Marketing and International Business  
**Clubs/ Activities:** Vice President External of Alpha Kappa Psi, Interna­tional, Professional, Co-ed Business Fraternity, Member of ISB,  
**Hobbies/ Interests:** Reading, going prose, traveling, and just trying to enjoy my last year as a student before the real world hits!

**Favorite Movie:** That’s an easy one and at the risk of sounding too girly—Pretty Woman is on all time favorite movies list. Besides the stupid questions we get like, “If I punch her would you feel it?” (I don’t know, why don’t you try—just kidding) or “Can you read each other’s minds?” and constantly being compared growing up, or having to share a room till we were 20—I’m not sure.

**Best thing about being a twin:** The attention. Always having something special about you to talk about. When we were kids we looked extremely alike and mom always dressed us alike, so when people would come up to us everywhere we went, we’d say to each other “Twin Attack” and prepare for the rush of attention. Also, having someone who knows what your thinking when you need someone who knows what your thinking to help you out.

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**Fraternity Or Identical:** Fraternal

**Ever switched places:** Once we went, we’d say to each other “Twin Attack” and prepare for the rush of attention. Also, having someone who knows what your thinking when you need someone who knows what your thinking to help you out.
### Berlyne Vilcant

**Year:** 2nd year  
**Age:** 20  
**Major:** Business Management/Marketing Double  
**Clubs/Activities:** Marketing Club, H.E.A.R.T.  
**Hobbies:** Surfing, anything to do with cars, lifting  
**Favorite Music:** Good Charlotte, Blink 182, Simple Plan, New Found Glory, Ghost  
**Major:** Business Marketing & Quantitative Methods  
**Clubs/Activities:** Cross Country & Track last year, Intramural Softball, Football, Volleyball, Soccer  
**Hobbies:** Bowling, running, going to the beach, playing golf, watching baseball and football, cooking at the restaurant I work for  
**Favorite Movie:** Son, Jovi (favorite song is "Just Older"), Bruce Springsteen, Teen  
**Favorite Movie:** Grumpier Old Men  
**Best thing about being a twin:** Confusing people, and knowing that when we work together, nothing can stop us.  
**Worst thing about being a twin:** Always being compared in every situation. "Yes, we are twins but we do have our own individual strengths and weaknesses."  
**Identical/Fraternal:** Identical  
**Ever switched places?** Tried once but got caught by our teachers.  

### James Contreras

**Year:** 3rd  
**Age:** 20  
**Major:** Business Management/Marketing Double  
**Clubs/Activities:** Marketing Club  
**Hobbies:** Surfing, anything to do with cars, lifting  
**Favorite Music:** New Found Glory, Good Charlotte, Blink 182, Simple Plan  
**Favorite Movie:** Fast and the Furious  
**Best thing about being a twin:** Always having someone there knowing how I am.  
**Worst thing about being a twin:** Always having someone there knowing how I am.  
**Identical/Fraternal:** Identical  
**Ever switched places?** Tried once but got caught by our teachers.  

### Leslie Bruce

**Year of School:** 2nd  
**Age:** 20  
**Major:** Music Education  
**Clubs/Activities:** Sigma Alpha Iota, Music Educators National Conference, International Association of Jazz Education, WMSC DJ  
**Hobbies:** Sewing, playing my instruments, taking pictures of the sky, dying flowers  
**Favorite Music:** 90s Rock (Dave Matthews Band), classic rock, and jazz  
**Favorite Movie:** Princess Bride  
**Best thing about being a twin:** Not being seen as having my own individual personality.  
**Identical/Fraternal:** We don’t know, when we were born the doctor didn’t know, there are things that point in both directions, but when growing up we always thought we were identical.  

### Sarah Bruce

**Year of School:** 2nd (sophomore)  
**Age:** 20  
**Major:** Music Education w/ viola concentration  
**Clubs/Activities:** IVCF- worship team and small group leader, ASTA  
**Hobbies:** Music, church baseball, sewing  
**Favorite Music:** Christian rock, worship music, especially "Third Day"  
**Favorite Movie:** Lilo & Stitch, Sleepless in Seattle  
**Best thing about being a twin:** Having someone who’ve you’ve basically spent almost your whole life with, yet still being different. It’s a part of who I am and how I am unique.  
**Worst thing about being a twin:** Confusing people, and knowing that when we work together, nothing can stop us.  
**Identical/Fraternal:** Ummm, Leslie probably told the doctor didn’t know or something like that. Basically we don’t know. But there is evidence to prove both.  

### Kindlyne Vilcant

**Year:** 2nd year  
**Age:** 20  
**Major:** Psychology  
**Clubs/Activities:** Student Government Association, Haitian Student Association, VOICES, H.E.A.R.T.  
**Hobbies:** Singing, volleyball, dancing, going to church  
**Favorite Music:** gospel music  
**Favorite Movie:** Ghost  
**Best thing about being a twin:** Always having someone to talk to and know that you have. One time we did switch places, but it was a fun 20 years, but its hard to think of one story.  

### Bret Contreras

**Year:** 3rd  
**Age:** 20  
**Major:** Business Management  
**Clubs/Activities:** Intramural Softball, Football, Volleyball, Soccer  
**Hobbies:** Bowling, running, going to the beach, playing golf, watching baseball and football, cooking at the restaurant I work for  
**Favorite Movie:** 90s Rock (Dave Matthews Band), classic rock, and jazz  
**Favorite Movie:** Princes  
**Best thing about being a twin:** It’s very unique with a very special bond.  
**Worst thing about being a twin:** Not being seen as having my own individual personality.  
**Identical/Fraternal:** We don’t know, when we were born the doctor didn’t know, there are things that point in both directions, but when growing up we always thought we were identical.  

### Double Trouble

Berlyne and Kindlyne Vilcant enjoy always having someone to talk to and both love gospel music.
library. Look for recipes in your favorite magazine or the newspaper food section.

Learn a few easy seafood recipes and make them a part of your family favorites.

6. Cook seafood until it is just right. Get the best results with high temperatures and short cooking times. The rule of thumb is 10 minutes per inch of thickness at 450 degrees.

Decrease the cooking time for thinner cuts or increase cooking time for lower temperatures. The fish should just be starting to flake in the shellfish, as well as seafood specials like scallop or shrimp. Consider nutrition when you make seafood choices.

7. Save money by taking advantage of canned and frozen fish and shellfish, as well as seafood specials at the supermarket.

Less familiar types of fish are often less expensive - ask for cooking ideas at the seafood counter.

8. Seafood isn’t just for dinner – try tuna, salmon, or shrimp salad made with low-fat mayonnaise or a broiled fish sandwich for lunch.

9. Fish burgers or “fish loaf,” made with canned salmon, tuna, or mackerel in place of ground beef or turkey, can be a delicious change of pace for the family. Bake in a loaf pan or shape into cakes in a non-stick skillet. Bonus: canned fish that includes the edible bones is an additional source of calcium.

10. Be adventurous with seafood cooking methods. For instance, instead of traditional baking and broiling, try poaching in wine and herb-seasoned broth or lemon juice and water, grilling with barbecue sauce, and stir-frying or steaming with a potpourri of vegetables.

Have dinner on the table in minutes by combining shrimp, scallops or small pieces of fish with pre-washed, pre-cut vegetables from the salad bar.

Check out whether you are on the road to healthy living...

Do you...

Consider nutrition when you make seafood choices?
• usually
• sometimes
• never

To eat regular meals (including breakfast), rather than skip or skimp on some?
• usually
• sometimes
• never

Choose nutritious snacks?
• usually
• sometimes
• never

To eat a variety of foods?
• usually
• sometimes
• never

Include new-to-you foods in meals and snacks?
• usually
• sometimes
• never

Try to balance your energy (calorie) intake with your physical activity?
• usually
• sometimes
• never

Let’s be more specific...

To do...

Eat at least 6 servings of grains and products daily?
• usually
• sometimes
• never

Eat at least 3 servings of vegetables daily?
• usually
• sometimes
• never

Eat at least 2 servings of fruits daily?
• usually
• sometimes
• never

Consume at least 2 servings of milk, yogurt, or cheese daily?
• usually
• sometimes
• never

Go easy on higher-fat foods?
• usually
• sometimes
• never

Go easy on sweets?
• usually
• sometimes
• never

Drink 8 or more cups of fluids daily?
• usually
• sometimes
• never

Try to eat a variety of foods? (includes breakfast), rather than skip or skimp
• usually
• sometimes
• never

Eat at least 6 servings of grains and products daily?
• usually
• sometimes
• never

Eat at least 3 servings of vegetables daily?
• usually
• sometimes
• never

Eat at least 2 servings of fruits daily?
• usually
• sometimes
• never

Consume at least 2 servings of milk, yogurt, or cheese daily?
• usually
• sometimes
• never

Go easy on higher-fat foods?
• usually
• sometimes
• never

Go easy on sweets?
• usually
• sometimes
• never

Drink 8 or more cups of fluids daily?
• usually
• sometimes
• never

Score Yourself

Usually = 2 points
Sometimes = 1 point
Never = 0 points

If you scored...

24 or more points—Healthful eating seems to be your fitness habit already. Still look for ways to stick to a healthy eating plan, and to make a “good thing” even better.

16 to 23 points—You’re on track. A few easy changes could help you make your overall eating plan healthier.

9 to 15 points—Sometimes you eat smart—but not often enough to be your “fitness best.”

0 to 8 points—For your good health, you’re wise to rethink your overall eating style. Take it gradually.

Whatever your score, make moves for healthful eating. Gradually turn your “nevers” into “sometimes” and your “sometimes” into “usually.”

Health quote:

“Be a necessity, but to eat intelligently is an art.”

–La Rochefoucauld

Entry level course in the Dept. of Earth & Environmental Studies for Fall 2003:

PEOPLE and ENVIRONMENT:
ENVR 109 The Human Environment ♦ EUGS 101 World Geography ♦ EUGS 102 Human Geography

THE PHYSICAL EARTH:
EUGS 100 Principles of Geography ♦ GEOS 107 Planet Earth ♦ GEOS 110 Natural Disasters ♦ GEOS 112 Physical Geology ♦ GEOS 114 Historical Geology ♦ GEOS 125 Earth & the Environment

OCEANS AND ATMOSPHERE:
GEO 162 Oceanography ♦ GEOS 257 Under-standing Weather & Climate ♦ PHMS 210 Marine Sciences

See the fall schedule for more advanced courses

Digital Mapping, Remote (satellite) Sensing, Fluvial (river) Geography, Paleobiology, Structural Geology, Geohydrology (groundwater)

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♦ Geography ♦ Geography/Urban Studies ♦ Geoscience
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www.csam.montclair.edu/earth/eesweb/
Presently you are experiencing a slow change that is creating money problems for you. Fear not, a reliable person with great knowledge in this setback of yours will lend you a helping hand.

Many complications stand in your way but people are willing to help you through this troubled time. In order to receive help you must listen to them.

You hate to admit defeat in any situation, but you don’t like to deny it either. Take this time to examine what went wrong and learn to accept that every battle you fight will not be won by you.

It’s hard to let go of the past especially since somehow it still finds its way back into your present thoughts. You must confront those ghosts and put them to rest.

New possibilities, new relationships, and good news are just a few of the things that await you. You’ve hit the jack pot and aim high in every opportunity. Take it for what it’s worth.

A new adventure awaits you with great outcomes to be expected. The rewards you anticipate will double, but not necessarily from one source. You will learn the ropes and hopefully teach others the same.

You’re a constant worrier who always wishes to maintain peace. Unfortunately an unforeseen change will bring about more that you can handle. Be calm you will not be the only one holding down the fort.

You are a skilled person who forgets how talented you are. You can handle matters in a professional way and that’s why people seek your advice.

Emotions are running wild and violent tempers erupt. It’s hard to maintain harmony when people won’t meet you halfway. You’ve done all you can, so don’t feel bad about the foreseeable outcome.

You’ve worked hard for four years!

Play some great games on the Chrysler and Jeep® Web sites.

The Game Zone – design your own Jeep® vehicle (Jeep Lifestyle tab)

Produce your own music video! (Just for Fun tab)

Get an additional $400 College Grad Bonus Cash® above and beyond all existing incentives on new Chrysler or Jeep® vehicles.

Plus get an Essential Care Plan at NO EXTRA CHARGE®
There's Hope for the Unemployed Scenester

By Steve Miller
Staff Writer

Are you too strapped to afford Skate and Surf? Unwilling to spend your tax-refunded checks on the $30 a day ticket, or splurge for the three day $70 tab plus hotel expenses of New Jersey's premiere concert? Many bands unfortunately sign contracts forbidding them to play shows within a time period or mile radius of Skate and Surf, however for those of us financially mosh deprived, there is a silver lining to the world of horrible CGI's and digital plaster.

The typical thrill of movies based on Stephen King novels is that of the unknown. Audiences are often left in awe of key characters until their death. The latest adaptation, Dreamcatcher was equivalent to the birth of a child between Chris Carter and Conspiracy theorist David Icke. The movie tells the tale of four friend, both handicapped and normally-sighted, who are not on the Skate and Surf bill. While they do seem like a far drive, when considering that this is Bad Religion, it makes the drive seem like a walk up the street.

Not alien meaning foreign, alien in this form. Alien, benighted E.T., the extra-terrestrial. Yet this highly clichéd subject is acceptable when juxtaposed with the connection of the four friends and a mentally handicapped friend named Dudditz. Together they fight the alien creatures known only to the government as The Blue Men. With an underlying hint of mass murder, it parallels with the 'Aliens versus Predator' movies that have ever been made. The special effects were gory at times, but all the talent in the world can't save the Blu-ray version of this film. This is a Sunday so have your parents drop you off in a dorm early so you're not to miss this one.

Kasdan, They're All Going to Laugh at You

By Toni Triola
Assistant Feature Editor

This is an opportunity to save by picking a few of our favorite bands, which are playing in the area at only a fraction of the cost. The first of the anti-Skate and Surf shows was at the Bloomfield Ave. Cafe. Skate and Surf's Main stage opener, Folly, played a show with fellow festivalgoer underOATH. This show was only $6; in fact they didn't even charge at the door. The pit was free of peacekeepers and teenie-boppers; it was a much more intimate venue minus the annoyances that are the necessary evil of festivals.

The effects were overdone to the point of practically shaving it down a person's throat. Morgan Freeman stars in this overrated adaptation of Stephen King's novel. The acting was superb. Freeman, once again has demonstrated his skills in the profession, though why act in such an atrocious display of acting is beyond understanding. The cast was talented: of that there is no doubt. But, all the talent in the world could not save this B-rated film. This is not a movie for the weak stomachs.

Not alien meaning foreign, alien in this form. Alien, benighted E.T., the extra-terrestrial. Yet this highly clichéd subject is acceptable when juxtaposed with the connection of the four friends and a mentally handicapped friend named Dudditz. Together they fight the alien creatures known only to the government as The Blue Men. With an underlying hint of mass murder, it parallels with the 'Aliens versus Predator' movies that have ever been made. The special effects were gory at times, but all the talent in the world can't save the Blu-ray version of this film. This is a Sunday so have your parents drop you off in a dorm early so you're not to miss this one.

In the genre of the horror movie, this ranks right down there with The Blair Witch Project... one and two.
By Melinda Smith
Chief Copy Editor

InStyle
NORMAN PEARLSTONE
TIME INC.

’in Style’ magazine embodies all that a fashion magazine should. While at the same time looking stylish, from the title itself to the pages it holds, “in Style” has it all together. The pages are the perfect size and the layout is eye catching and easy to read. Plus, each issue is always on the thick side, which is not always the case with some magazines.

While some fashion magazines have a tendency to cover only fashion, and often fashion for women, in Style provides the perfect look for that dress. Along with the ideal attire for a cocktail party, the May issue of the Instant Style section also includes picks for attending a wedding, a bat mitzvah, Easter Sunday, and a bridal shower.

Usually, fashion magazines are for women but “in Style” has a little something for men each month when they pick a Man of Style. Well, it’s for men to maintain their own lives and to keep things interesting to their readers. The magazine also fills its pages with things other than who’s wearing what and what the latest collection from Marc Jacobs is. It writes about lifestyle, including celebrity homes and food giving recipes for different party ideas.

But, this is a fashion magazine, so it’s heavily filled with just that. in Style. There are sections like, The Look, Style File, Instant Style, Man of Style, and Fashion 101.

In the May 2003 issue, Instant Style provides the perfect look for the summer cocktail party, whether it be a girlfriend’s engagement party, a birthday party, or just a night out with the girls. The yellow silk chiffon Emporio Armani dress is the perfect choice. But what would the dress be without the perfect accessories? So, Instant Style also includes the shoes, bag, jewelry and scarf that’s just right for that dress. Along with the Ideal Attire for a cocktail party, the May issue of the Instant Style section also includes picks for attending a wedding, but not Pittsburgh, Easter Sunday, and a bridal shower.

in Style” covers all the bases when it comes to fashion, lifestyle, and beauty and celebrities. There are sections like, The Look, Style File, Instant Style, Man of Style, and Fashion 101. But they do it in such a way that the reader feels that they could be a part of the game too. And whether you’re at bat or sitting the bench it’s nice to be part of the team.
Greek Week

Contestants participate in a Jello-eating contest in the quad last Wednesday.

If you were walking around campus last week, you may have noticed hundreds of people cheering, shouting, and wearing foreign letters. These letters are not foreign though; they belong to the Greeks of MSU. Last week marked the beginning of the annual Greek Week that many students hold dear to their hearts. During Greek Week, fraternities and sororities compete in a series of activities for the coveted trophy. These activities include everything from a pound cake eating contest to a canned food drive. Even though it is a contest, the purpose of the festivities is to unite all the Greek Organizations and bring some life to the campus. After all the events were over, the two victorious organizations were Pi Kappa Alpha for the fraternities and Sigma Sigma Sigma for the sororities.

Rich Miller of Tau Phi Beta takes a swing during last Monday’s softball game.

Max Ligosh of Delta Chi plays Tom Cruise during “risky business” last Wednesday.

Erin Van Dyke stops for a breathe during last Wednesday’s soda-chugging competition.

Lindsey Sherry of Theta Kappa Alpha takes part in Dizzy Bat last Monday.

ALL PHOTOS BY MIKE CAFARO /THE MONTCLAIRION
Lauren Parisi of Tri-Sigma struggles to eat more pound cake than competitors last Wednesday.

Sisters of Delta Phi Epsilon dance last Wednesday to win first.

Last Monday's relay race found Melissa Sprignile of Sigma Delta Phi and Tina Fernandez of Tri-Sigma side by side.

(right) Mike Zorandona of Tau Kappa Epsilon prepares to serve the ball last Tuesday during a volleyball game.

(left) Aymara De Armas dances with other sisters of Sigma Sigma Sigma at last Wednesday's talent show.

(right) Tom Henessey performs Jimi Hendrix's version of the national anthem during Delta Chi's portion of the talent show last Wednesday.
Happy Birthday

How old are you now? How old are you now?

Thursday, April 24
Shirley Maclaine 1934
Barbara Streisand 1942
Shane McDermott 1976

Friday, April 25
Elia Fitzgerald 1917
Al Pacino 1940
Renee Zellweger 1969

Saturday, April 26
James Audubon 1785
Carol Burnett 1934
Michael DAmien 1962
Jet Li 1963

Sunday, April 27
Ulysses S. Grant 1822

Monday, April 28
James Monroe 1758
Saddam Hussein 1937
Ann Margret 1941
Jay Leno 1950

Tuesday, April 29
Dale Earnhardt 1951
Daniel Day Lewis 1958
Lisa Thurman 1970

Wednesday, April 30
Jeff Timmons 1973
Kirsten Dunst 1982

Know someone who’s celebrating a birthday soon? What else says “Happy Birthday” (on a very limited budget) better than giving your friend’s name in the paper? Email montarts@yahoo.com with the birthday kid’s full name and year of birth at least a week before the date and let them know you really care... even though you may be really poor.

Madonna’s Latest Is More Like an American Death

By Tom Moon

The pattern has been the same for years. First comes word of new Madonna music, and then, trailing at a safe distance behind the single, some loud controversy designed to alert those on both sides of the aisle. The Maddie worshipers and the guardians of propriety who can be counted on for op-ed outrage that the notorious, costume-changing pop star’s new product is in the pipeline.

This time, the manufactured scandal was a video for “American Life” that featured the inescapable icon tossing a live grenade to the commonplace-in-chief. It was in circulation for a minute then, its shock-and-awe mission accomplished, done, quietly out.

In the old days, that kind of precision strike was all it took to launch the latest Madonna video. But the music, infamously hot dance-pop-carrying melodies you could memorize in a nanosecond, was enough to hold one’s interest from there.

Even when the whole presentation felt contrived, Madonna was the load car wreck you couldn’t help looking at. And underneath, there was always at least one compelling shred of music, some tart refrain or gorgeous chord sequence, to keep you listening.

Not anymore. For the first time in a remarkable 30-year record-making career, Madonna pours that near-mythic kick for reinvention into a spectacularly winking artistic black hole.

“American Life” is not only the most wretchedly empty thing she’s ever done, it’s also one of those big-budget projects that make sense only as megastar indulgence, a cloying mess of beats and noise and spectacle and electronica’s hypnotic rhythms and recurring exhortations you listening.

“American Life” was a video for “American Life” that featured the inescapable icon that express determination, such as

“Take a Bow,”“Nothing Fails,”“Express Yourself,”“Frozen.” On that track and others, the songs that talk about love and desire don’t get much better than that! Of the curve.

That album presented her as a restless, rave-attending seeker, someone who was using yoga introspection and electronica’s hypnotic power as divining paths, and slowly discovering what really matters.

Like an American Death

Madonna, hungrier and impatient for Hollywood adulation, a sensation that becomes more bluntly. Now she’s want-more, more specifically overrated Mirwais, and heads for the single, some lurid controversy that pass for lyrics on American Life, something different about the choral ride this time: beneath the fractured rhythms and recurring exhortations that pass for lyrics on American Life, there’s the distinct whiff of pop-star desperation.

AWARE that her hold on the collective imagination is slipping, the 44-year-old star sounds outayed by Britney, if not Gwen Stefani and Shakira, unsure whether to strike a sexy pose or a more Waltharian one.

So she does the obvious thing: buys up super-slick beats and the latest vaporwave juggles from the serio­uously overrated Mirwais, and heads out to make something arty, meta. And shed to go happy, with songs that aim for some kind of sociological commentary, and sounds like a wealthy makeover. Madonna’s Latest Is More Like an American Death. The opportunistic title is a good indication of what lies waiting for those who plunk down hard cash for these new therapy songs “10 fresh horsie plus her diorning non-Rit 0Ox—2mtrackcarring ‘Dzi Another Day’.

Just about every track is freighted with elaborate confessions, but denuded by the breaking point by the star’s determination to be emotion­ally forthright and artistically ahead of the curve.

The songs that talk about love have a brittle tone. The songs that express determination, such as “Nothing Fails,” offer platitudes that might have been cribbed from the Successors catalog.

On that track and others, the words never fully sync up with the start-stop rhythm currents. At times it sounds as if she pasted on the melody, hungrier and impatient for Hollywood adulation, a sensation that “American Life” portrays her much more bluntly. Now she’s want-more, more specifically overrated Mirwais, and heads for the single, some lurid controversy.

That album represented her as a restless, rave-attending seeker, someone who was using yoga introspection and electronica’s hypnotic power as divining paths, and slowly discovering what really matters.

American Life portrays her much more bluntly. Now she’s want-more, more specifically overrated Mirwais, and heads for the single, some lurid controversy. Madonna achieved something for deeper, and more musically significant, using the same basic tools.

That album presented her as a restless, rave-attending seeker, someone who was using yoga introspection and electronica’s hypnotic power as divining paths, and slowly discovering what really matters.

American Life portrays her much more bluntly. Now she’s want-more, more specifically overrated Mirwais, and heads for the single, some lurid controversy.
With your help, someone could end up expecting their dream to finally come true. Right now, there are many couples who are anxiously dreaming of having a baby. For them, anonymous egg donation represents a real chance for successful conception...perhaps, their only chance.

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RMA
Reproductive Medicine Associates of New Jersey
This list of self-defense moves you're helping me with-they're giving me some doubts.

Hey! Pick a lane, you slaggly goat waddle! I'll get off my lotus and bust your chakras, you stinkin' freak!

If Buddha was alive today and living in Los Angeles.

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World of Good™

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Gladis had shirked some of her canasta debts.

BY BILLY O'KEEFE www.MRBILLY.COM

Better yet, you pretend to be me and do it for me. Here, let's switch shirts. You give me yours first.

Please baby please baby baby baby please!
This year, Players’ annual spring musical is the story of the New York City Performing Arts High School, complete with astonishing singing and dancing.

April 24, 25, & 26 @ 8pm
April 26 & 27 @ 2pm
FREE ADMISSION!

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Call (973)-655-5159

Players is a Class One Organization of the SGA
Can We Get an Answer?

When problems occur on campus, you’d think that we, the students, would be informed. After all, we foot a lot of the bills around here, via our tuition and all those pesky fees. Also, it seems as though we’re always the last to know about problems. This is especially true, and most annoying, when these problems affect us greatly.

Tuesday morning, an underground water main broke along Clove Road, in between of Lot 28 and the outbound end of the Clove Road Apartments. As a result, road blocks were placed on both ends, preventing anyone from entering the area, particularly on the Lot 28 end. The water flow halted for apartment residents, and shuttle bus service was re-routed, resulting in an absolute mess.

Clove Road appears to be cursed. Built to be temporary housing in the mid 1970s, Clove has persistently been a problem for its residents: leaky faucets, dead bugs in window sills, and dirty bathrooms. And now, the year has ended with a bang, literally.

As a result of the water main break, many motorists who use Clove Road as an outlet to get on and off campus could not do so.

As for those who live at Clove, civilization’s luxury of the daily shower was halted. So was water from both the kitchen and bathroom sinks. Also, every toilet along the line was out of commission, an important problem, as the closest bathrooms are those in Blanton Hall or the portable toilets on The Village site. Welcome to the 19th Century.

Clearly, it’s no one’s fault that the water main broke. However, typical of MSU, students were not notified until long after they should have been. Even worse, some of the information was not correct. A day after the accident, Clove Road residents were given gallons of water, along with flyers instructing them not to use the water – an interesting instruction, since water wasn’t flowing in the apartments at all.

In addition, flyers posted in Bohn Hall on Wednesday morning informed students that there would be no shuttle bus service when, in fact, shuttle bus service was suspended for a time on Tuesday, not Wednesday. These same flyers stated that any residents who were parked in Lot 28 on Tuesday would be able to park in the Red Hawk Deck free of charge.

Actually, only those directly affected by the water main break would be able to park free of charge (apparently University Police wrote down the license plate numbers of all those cars affected). If we can’t get the information straight from the Administration, where are we supposed to get it from?

Maybe this Clove Road curse, glamorously detailed in issues of Weird New Jersey, is not as far fetched. But instead of the source coming from spiritual forces, the ghouls may be closer than we think, possibly in the administrative buildings.

Question this; with a barrage of Little Falls police cars, various fire department trucks and campus police after the accident, why was this unfortunate occurrence treated as a covert operation?

The Voice of Montclair State University

Do You Feel Safe at MSU?

"Basically, I feel safe. No doubt about it." 
Eric Rhett Jr., fourth year, education

"Being a commuter, I am only on campus about four hours a week. I don’t see any reason not to be safe." 
Leshawn Green, fourth year, justice studies

"On campus, I feel relatively safe. I don’t see why not." 
Jason Butcher, first year, undeclared

What are your plans for the summer?

Call 973-655-5241 or email MontOpinion@yahoo.com to respond.
A Crumbling History: Literally
Iraq's Current Turmoil Isn't Just America's Fault

The war in Iraq is over, at least until Iran provokes them its time for another Islamic Revolution. Until then, Iraq seems content to rob itself of its own history. With the Americans leaving Baghdad in mass and in doing so, leaving the disinterested Army with the responsibility of controlling and policing the city, Iraqis showed both the rioters and Saddam and for the US over the last week or so. With statues and paintings of Saddam spread everywhere, Iraq seems to resemble something not very much unlike certain cities in Russia during the Soviet Union. The dictator was Stalin then, and upon his fall from Russian citizens, with no one to stop them, rejoiced by removing statues of him wherever they stood. Unlike the people of Iraq, however, they decided it wouldn't be a good idea to destroy them all, along with the rest of their culture. The British Sunday Herald probably summed it up best, "With their city burning, public amenities looted, and only a vague promise of democracy to look forward to, thousands of Iraqis are defacing the streets to exercise their new rights. They were angry about not having water, food and power, and angry about having an American army in their country."

One wonders if this kind of stability George Bush spoke of when he said that an American invasion of Iraq would bring stability to the Middle East. Maybe what he really meant was consistency, as in now Iraq is displaying some kind of political violence and lawless chaos that most of the rest of the Middle East is. A Iraqis chanted "No Saddam, and no to U.S." one hardly got the impression that the White House has been successful in the winning of hearts and minds department. Handing out candy during the riots is no good when their children have a score to settle. Maybe the US should have given the Iraqis HBO instead.

But regardless what we think about the White House's decision making, or its apparent failure to anticipate the seemingly logical outcome of Iraqi invasion, the "Iraqi Street" has been less than helpful to deal with post-war unrest, the Russians understood that their national heritage was important and while they went bat-crazy with joy much the same way Saddam's dis­senters did a week or so ago, they knew that if they wrecked their homeland and its heritage, they would be depriving themselves of perhaps the most invaluable and irreplaceable part of themselves, their history. Maybe US Bombs liked many innocent people, and that is a tragedy, but Iraqis who tore into buildings and looted and pilaged as they saw fit were doing Iraq an even greater injustice. As I see it, not only were they corrupting their futures, they were disgracing their past. It was also disheartening to see American troops helping Iraqis destroy statues and paintings of Saddam. Like it or not, Saddam was/is a big part of Iraq's history. Yes he was a cruel dictator, and his image should have been removed from Iraq's town square, but not everywhere, every man and scholar athletes, priority registration proves more a hassle than advantageous. Several of the more popular course offerings, many of which are GER requirements, are only offered off now in one section. Such is primarily the case with studio art courses.

To add insult to injury, many students who are close to graduation cannot take the courses required to graduate because they not only are offered in only one section, as is the case with Fibers/Fabrics, Painting and Printmaking, but also on the same days at the same times. Such as Fibers/Fabrics and Metal/Jewelry. Those unfortunate souls who must take Painting I this semester, a GER requirement, have only the option of taking it on Wednesdays and Fridays.

Priority registration is an enormous privilege that many upper­classmen, as well as our scholar athletes, depend upon. It allows fellow students to get things squared away with the registrar's office, department heads, and academic advis­ing so we are not burdened with these tasks during the mad crunch for finals week or worse, over our summer vacations.

For many students, myself included, we checked Wess the minute our registration dates were posted, and hounded College Hall for the dates fall course cata­logs would be back from the press. Our collective anticipation to sign up for Fall courses is not unlike the anticipation some students have when the final bell rings on the last day of school.

However for many upperclass­men and scholar athletes, priority registration proves more a hassle than advantageous. Several of the more popular course offerings, many of which are GER requirements, are only offered as of now in one section. Such is primarily the case with studio art courses.

To add insult to injury, many students who are close to graduation cannot take the courses required to graduate because they not only are offered in only one section, as is the case with Fibers/Fabrics, Painting and Printmaking, but also on the same days at the same times. Such as Fibers/Fabrics and Metal/Jewelry. Those unfortunate souls who must take Painting I this semester, a GER requirement, have only the option of taking it on Wednesdays and Fridays.

Should you decide to opt for Painting I, you will be ineligible to also take Printmaking I, the only other section of Metal/Jewelry or one of the two sections of Graphic Design I because all of these have conflicting times. The sole other section of graphic Design I, should you choose it, would conflict with the same section of Metal/Jewelry that con­flicts with Painting I. How­ever, this would allow you to actually take two studio art courses which do not conflict by making you eligible for Printmak­ing I, offered Mondays and Wednesdays. This is a good solution how­ever, you would then be attending class four days a week, every weekday except Thursdays, and that can make your availability to work an issue. Since you have Thursdays off, you can take the only section of Fund/Meth/Curr of Art, which is conveniently timed the same as all the other studio art courses on Thursdays.

When I asked Dr. Herod, when other courses would be offered, or why it is that only one section is offered, I was told that there isn't anything he can do about it now, and that more courses would be opened up if it became filled. I decided to look through the Photography, Pottery or Sculpture courses since they are offered in several sections. Unfortunately they are not the only fields that are consistently offered in multiple sec­tions every semester and many stu­dents who are close to graduation cannot take the courses required to graduate because they not only are offered in only one section, as is the case with Fibers/Fabrics, Painting and Printmaking, but also on the same days at the same times. Such as Fibers/Fabrics and Metal/Jewelry. Those unfortunate souls who must take Painting I this semester, a GER requirement, have only the option of taking it on Wednesdays and Fridays.

Jerome D'Angelo, a political science major, is in his fourth year as a columnist for The Montclarion.

The Necessary Evil in College
Opinion

Remember Earth Day?

As we celebrate the 33rd anniversary of Earth Day (April 22), Americans should be proud for many reasons.

We live in the country that created the very idea of national parks as a way to protect wild and environmental protections to ensure our access to clean air, water and food. We cherish and find respite in the beauty of our vast land from coast to coast.

Why, then, is the Bush administration systematically dismantling the laws designed to protect the health of the environment and of all Americans? How can this unraveling of rights occur in our country while the administration claims to promote freedom and democracy abroad?

It is this disconnection between President Bush’s rhetoric regarding the Middle East and his lack of efforts to protect our citizens at home that has created his greatest credibility gap. A quick review of recent policy changes points to the staggering and dangerous nature of the environmental rollbacks put in place by this administration.

Take pollution. Just as some of the nation’s oldest and dirtiest power plants were about to be forced to reduce the amount of pollutants they emit, the Bush administration let them off the hook with a deceiving piece of legislation called the Clear Skies Initiative.

What about our pristine national forests? In the name of “healthy forests” and “fire prevention,” the Forest Service has proposed nearly 1 million acres of national forests being cut in a coordinated effort to reduce the amount of pollutants that forests emit. Long-standing mandates for public input and environmental review would be eliminated.

Isn’t clean water a necessity? Yet the Environmental Protection Agency recently announced plans to reduce the number of wetlands and waterways protected by the Clean Water Act. This came on the heels of an earlier announcement that would essentially overlook the immense water pollution problems caused by millions of tons of untreated animal waste and sewage and drinking water from big factory farms.

Emissions are at risk. The Bush administration has proposed exemptions for the Department of Defense and may allow the Northern Navy’s new low frequency sonar that can kill marine mammals by shattering their eardrums.

And though there is plenty of talk about homeland security, the Bush administration has blocked efforts that would require thousands of chemical and nuclear plants to become more secure.

Furthermore, while President Bush openly wor­ries about instability in the Middle East, all measures to make America less dependent on oil have been slowed or stopped in the last few years.

So why aren’t we all well aware of this war being waged against the environment?

Federal agencies with authority over environmental programs are working in a coordinated effort to help oil, coal, logging, mining, chemical and automotive companies promote their short-term profits at the expense of our health and our public lands.

The bitter irony of this administration is that the patriotic language it has used to wage war on another nation seems desperately out of place here at home. Our water, food, forests, air and oceans are at risk; more so are the future of our families, our livelihoods and our personal health.

In its efforts to promote a brighter horizon for those suffering abroad, the Bush administration should take a look first at its own backyard. What a better day than Earth Day.

John Pizzolato, courtesy KPT Campus.

Montclair Mailbag

Campus Immunization Update

I would like to correct some of the information that was communicated in the April 10 issue of The Montclarion regarding the current immunization status for incoming students.

The percentage of new students who have demonstrated proof of adequate immunization for tuberculin, hepatitis B and varicella is now 91 percent in Compliance.* and inform the campus community of additional immunizations that will be initiated in the future.

The article stated that only 68 percent of the students were vaccinated for Tdap, rubella and tetanus. In fact, as of September 2002, we had records of appropriate measles, mumps and rubella immunizations on only approximately 60 percent of the students who are subject to this regulation. We did not have information on the remaining 40 percent. This is not to mean that 40 percent had not been previously immunized. In fact, many of the students who were not vaccinates when the registration holds went into effect did have evidence of adequate immunizations. However, some students did not and had to be immunized in order to meet the requirements of the University Health Care regulations.

Two new immunization requirements will be phased in over the next two years. In September 2003, all incoming students who will be living in MSU Residence Halls will have to receive the meningococcal vaccine. And that they have received a meningococcal vaccination. They can get the vaccination done. At a local local provider or at the University. The second dose of Hepatitis B vaccine must be given at least one month after the first dose and the third dose at least six months after the first dose. Students will be able to provide their immunizations at the Health and Wellness Center if they choose to do so.

Susan Skatky, MD, MPH, MBA, Director, Wellness Services.

Montclair Mailbag

Campus Immunization Update

*Compiled for the purposes of this report, based on the Mountclair Immunization data.
CAMP WAYNE FOR GIRLS
Pennsylvania children's sleep-away camp. If you love children we have positions for Directors, Ass't Dir's, and Counselors for: Tennis, golf, Drama, Camping/Nature, High & Low Ropes, Gymnastics, Sports, Sailing, Water-skiing, Ceramics, Calligraphy, Guitar, Aerobics, Self-Defense, Video, Piano, and Nurse(RN).

Dates 6/19 - 8/16/03.
On campus interviews arranged.
Call 1-800-279-3019
or go to www.campwaynegirls.com.
Women's Lacrosse Loses to Adelphi

Red Hawks Score Only One Goal

By Anne Clifford
Sports Editor

The MSU women's lacrosse team lost to Adelphi University on Thursday, 22-1.

Adelphi's Leigh Fennessey scored six goals and two assists for a career-high of eight points in the game.

Another career high was for Karen Sulinski who had five assists and one goal.

Eight different players scored for Adelphi with sophomore Katherine Hack and freshman Liz Patano each collecting four goals.

Junior Karen Sulinski dished out a career-high five assists along with a career-high of eight points in the game.

Senior Nick Watts scored with 7:22 remaining.

After being tied 5-5 after three periods Kings Point took a 7-5 lead.

MSU came back with three straight goals to take the lead. Sean Pekarsky scored with 11:29 remaining.

Pekarsky tied the game with 8:09 left as he scored his second goal.

MSU's Brian Shadlock then tied the game with 7:22 remaining.

Vinny DeGennaro made 17 saves for MSU.

The Red Hawks were outshot in the first half of the game.

The Adelphi offense dominated the first half.

Two of Jennifer Garone's goals were in the first half.

While MSU's Lisa Smicklo had nine saves.

Brian Shadiack then tied the game with 8:09 left as he scored his second goal.

MSU trailed 6-5 heading into the fourth period, but Meixner, tied the game with 11:29 remaining.

Junior midfielder Tim Stevens had two goals and an assist for Molloy.

Junior Nick Watts scored with 7:22 remaining.

Junior Nick Watts scored with 11:29 remaining.

MSU scored three times benefitting from two Cougar errors.

Sophomore Kevin Gondres added a goal and two assists for the Red Hawks.

Junior Nick Watts scored with 7:22 remaining.

Stevens scored his second at 8:26.

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**Softball**

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<td>MSU</td>
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<td>Rutgers-Camden</td>
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**Red Hawk**

**BASEBALL**

- Thurs. 4/24 @ William Paterson 3:30 p.m.

**SOFTBALL**

- Sat. 4/26 @ Rowan 1 p.m.

**WOMEN'S LACROSSE**

- Sat. 4/26 @ Rowan 1 p.m.

**MEN'S LACROSSE**

- Thurs. 4/24 vs. Centenary 7 p.m.

**Results**

- 4/18: MSU 7, Kean 6
- 4/19: MSU 3, Rowan 4
- 4/19: MSU 2, Rutgers Camden 3
- 4/21: MSU 1, William Paterson 8

**Honorable Mention**

- **Brian Butler**
  - Freshman
  - Hometown: Wyckoff, NJ
  - Brian was named NJAC Rookie of the Week.

- **Vinny DeGennaro**
  - Senior
  - Hometown: West Orange, NJ
  - Vinny had 17 saves in Monday’s game.

- **Kerry Lee**
  - Freshman
  - Hometown: Florence, NJ
  - Kerry was named NJAC Rookie Pitcher of the Week.

- **Tonya Barnes**
  - Senior
  - Hometown: Mechanicsville, VA
  - Tonya went 4-6 with a double and two RBIs on Saturday.
MSU Red Hawks Softball On Winning Streak

By Anne Clifford

The Red Hawks softball team is the seventh nationally ranked team in NCAA Division III. They beat Bloomfield College in two games, 3-2 and 8-0.

Kari McDonnell hit a homerun and set the MSU record by having 17 career homeruns. Tonya Barnes hit all three MSU runs in the first game. Bloomfield’s record fell to 5-24. In the bottom of the fourth inning, when Bloomfield’s Barbara Ihrig hit a two-run homer to left field. After that, Barnes hit in two more runs with a single in the fifth inning.

The Red Hawks Beat Rutgers-Camden

The MSU softball team divided up a New Jersey Athletic Conference double-header with first-place Rutgers-Camden. Rutgers-Camden has a 2-3 victory in eight innings in the first game.

The Red Hawks claimed the second game by 6-1. MSU catcher Barnes paced the Red Hawks offensively by hitting 4-for-4 with a double and two RBIs, going 2-for-3 in the opener.

Rutgers-Camden sophomore left fielder Becky Johnson was 1-for-3 for the Scarlet Raptors, tying the first game on a fourth-inning home run to center. Her second home-run of the season.

Red Hawk junior pitcher Sweeney fell to 13-3 this season with the loss, allowing just five hits and one earned run while striking out six batters in eight innings.

Freshman hurler Jamie White improved to 2-0 in pitching four innings of relief for Rutgers-Camden. Limiting MSU to just two hits and one run while fanning three Red Hawks in all.

MSU claimed the first game 5-1 and won the second game, 3-1 for its fifth straight win as they improved to 27-5 overall this season and 10-4 in the NJAC.

In the first game, Sweeney improved to 15-3 as she allowed only four hits and one run in the complete game.

She struck out one and walked two.

MSU got the board in the second as Nicole Pacicco belted a solo home run to center. Keen would tie the game in the bottom of the inning as Jessica Risol collected and RBI single.

In the third, MSU took advantage of two hits and two errors to push across two runs.

Diana Auvert had an RBI single and McDonnell doubled and scored on an error as MSU built a 3-1 lead.

In the fifth, MSU would tie the game on an error as Jessica Risol collected and RBI single. MSU Wins Against Keen

Junior right-hander Sweeney tossed a complete game in the opener of MSU versus Keen on Tuesday afternoon.

MSU took the first game 5-1 and won the second game, 3-1 for its fifth straight win as they improved to 27-5 overall this season and 10-4 in the NJAC.

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