Italian Club Gets First Charter

Cesartina Miceli
Staff Writer

The Italian-American organization (Amici) received its first charter at last Wednesday’s SGA meeting. SGA Legislator Drew Stevens wrote the bill for the organization’s charter as a Class III organization. Amici’s executive board was voluntarily elected. Freshman Pietro Leone was chosen as president.

“The main goal for Amici is to gain the attention of all those who have interest in Italian Culture.”

Pietro Leone
Amici President

MSU Faces Academic Policy Changes

Lillian M. Aleman
Managing Editor

In order for an MSU student to remain off of academic probation, they will now have to maintain a cumulative GPA of 2.0. Effective fall 2004, MSU administration will also put into effect changes regarding the withdrawal and incomplete course policies.

Currently, depending on a student’s major, the minimum cumulative GPA they must maintain ranges from a 1.7 and above. If a student were to go below that standard, they would be placed on academic probation for a semester. The University decided to institute the new cumulative 2.0 so that a minimum GPA could remain consistent through the board, and according to the Vice President of Student Development and Campus Life, Karen Pennington, many other universities in NJ do the same.

Another reason MSU has raised the minimum GPA for all students is because “if you allow a student to accumulate grades at a lower standard, it becomes more difficult to raise their GPA later…” said Pennington. According to Pennington, a junior and senior who has retained the minimum GPA currently installed has more of a difficult time increasing their GPA because they’ve accumulated most of their required classes.

“I hope students recognize that a 2.0 GPA is more consistent with a higher education. To linger at less than a 2.0 doesn’t do more for them. This is what makes us stronger,” said Pennington.

A student who fails to maintain a cumulative GPA of 2.0 (after a probationary period) is automatically placed on academic suspension.

A student who is readmitted from academic suspension must earn at least a 2.0 semester GPA their first semester back on campus or the student will be academically dismissed.

Other changes that will take effect in the fall will be the withdrawal and incomplete policies. Currently, students can withdraw from a class up until the eighth-week of the class. But because a student might not know their standing for a class, students are now required to maintain a cumulative GPA of 2.0.

MSU Marks Tenth Anniversary Status

Statistics in 2004 Show Increase in Student and Faculty Population Since Becoming a University in 1994

MSU celebrated its tenth year of having a university status last month. After changing status from a college to a university on April 27, 1994, the event has taken a place in MSU’s history and provides a foundation for the university’s future.

Since gaining university status, MSU has become New Jersey’s second largest and fastest growing university.

The physical appearance of the campus has changed with new buildings providing the space to accommodate a growing population and expansion of programs. In 1994, MSU had 424 full-time faculty, and 13,000 students were enrolled. Approximately 2,000 students were residents, 8,004 undergraduates enrolled in the Spring of 1995.

62.1 percent were female, and 37.9 percent were male.

Several institutional degrees that were offered then included Bachelor of Arts, Bachelor of Fine Arts, and Bachelor of Science.

Today, more than 15,000 students are enrolled at MSU with 3,100 of them being residents. In addition, there are 472 full-time faculty.

Along with the degrees that were offered since 1994, Master of Fine Arts, Doctor of Education, and Doctor of Environmental Management are now offered in 2004.

As of this spring, 10,664 undergraduates are enrolled.

62 percent are female, and 38 percent are male.

Nearly 2,500 students made up the class of 1994.

They were the first to receive degrees from MSU and the first of the state colleges to attain university status.

Former MSU President Irvin D. Boyd and then-vice-president Christine Todd Whitman delivered the commencement address.

Today, Governor James R. McGreevey heads the Garden State and Susan A. Cole, the University’s eighth president, have led Montclair State for nearly six years.

Guiding the university to its centennial in 2008, Cole spearheaded efforts for the development of a plan outlining the MSU’s growth and development in programs and facilities.

The plan was approved by the University’s Board of Trustees in 2002 and serves as a roadmap for Montclair State’s future.
**The Police Report:**

**Assaults and Harassments Big on Campus**

4/19/04 - An officer patrolling lot 45 found a male lying between two parked cars. The Little Falls EMS unit responded to the scene. The non-student male was transported to Police Headquarters, evaluated, refused medical transport and released to his father.

4/19/04 - The MSU EMS unit responded to the outside of the music building on a report of a male who had tripped and hit his head. The victim was treated at the scene for a cut on his head and refused medical transport to the hospital.

4/20/04 - Officers responded to lot 21 on a report of a male wearing only white sheets running towards Blanton Hall. This was determined to be a rehearsal for a campus activity.

4/20/04 - A female MSU student responded to Police Headquarters to report losing her license plate from her vehicle. The victim noticed the plate missing when she parked her car in the lot across from Basie Hall.

4/20/04 - Officers and the Little Falls Fire Department responded to lot 30 on a report of a gas leak. MEAG was contacted and responded to the scene.

4/20/04 - A female MSU employee responded to Police Headquarters to report losing her license plate from her vehicle. The victim noticed the plate missing when she parked her car in the lot across from Basie Hall.

4/20/04 - Two male employees of Sodexho, Dale E. Foat, 36 - East Orange, Montclair, NJ; was charged with driving under the influence and refusal to a "blue flu" among corrections officers.

4/21/04 - The MSU EMS unit responded to a "blue flu" among corrections officers. Scott Fannin, a retired deputy commissioner of the state Department of Corrections, known for parachuting into crisis situations for the state in the late 1990s and turning jail around, will now oversee the new Essex County facility, county officials said yesterday. Information from Our Advertisers Fannin replaces Claudia Simpson as director of Essex County corrections, a position Simpson held in an acting capacity. Simpson is now the deputy director, and Keith Ali will remain the jail's warden.

**ESSEX** - Essex County is hiring a troubleshooter to run the new $4 million county jail that has been plagued with everything from plumbing problems to a "blue flu" among corrections officers. Scott Fannin, a retired deputy commissioner of the state Department of Corrections, known for parachuting into crisis situations for the state in the late 1990s and turning jail around, will now oversee the new Essex County facility, county officials said yesterday. Information from Our Advertisers Fannin replaces Claudia Simpson as director of Essex County corrections, a position Simpson held in an acting capacity. Simpson is now the deputy director, and Keith Ali will remain the jail's warden.

**SANTA MONICA, CA** - The City Council gave final approval Tuesday to a smoking ban on the City Hall. The charge is a second-degree felony.

Porter was permitted to turn himself in Wednesday morning accompanying her attorney. Authorities said Durante Caldwell, 3, and Bryant Wilkins, 13, were killed as they, a sister and another brother were crossing the street at night after leaving a neighborhood community center.

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**TEXAS** - Harriette Kolton was arrested last week after officials stopped her for having an expired registration and inspection sticker and realized there was a warrant for her arrest for failing to pay a traffic ticket. Kolton, a former schoolteacher who has lived in the Dallas suburb for decades, was in police custody for about two hours before her attorney arrived and she was released on her own recognizance.

**The expanded indictment accuses him of helping plot the M.I.A. attacks, including holes in a July 2001 meeting with organizers of the attacks, Spanish media reported. Azizi has not been charged with involvement in the Madrid train bombings, but the Interior Ministry released a photo of him this month calling him a suspect in those bombings.

The court official told CNN that Azizi may have been "more involved" in the Sept. 11 attacks than Imad Eddin Barakat Yarkas, who was arrested in Nov. for alleged al Qaeda involvement and was indicted in Sept. 2003. Greece has accused Azizi of multiple counts of murder — "as many deaths and injuries as we committed" — in Sept. 11. "The indictment was based on information provided by authorities in Britain, Turkey and the United States," Gunay said. Azizi provided lodging for people who attended the July 2001 meeting in the Tarragona region of Spain and acted as a courier, passing messages between plotters. Greece is pressing for the indictment, AP reports.

**Corrections**

The Montclarion will not print advances for the political campaigns of any candidate or slate of a specific group, or ads with excessive nudity or with excessive depictions of violence, according to local standards.

**Deadlines**

The deadline to submit advertisements to The Montclarion is the Monday of the week of publication.

**Advertising Policy**

The Montclarion will not print advance for the political campaigns of a specific group, or ads with excessive nudity or with excessive depictions of violence, according to local standards.

**AD Rates**

On-campus
- Full Page — $168.00
- Half Page — $105.00
- Quarter Page — $63.00
- Eighth Page — $32.00

Off-campus
- Full Page — $110.00
- Half Page — $200.00
- Quarter Page — $125.00
- Eighth Page — $80.00

Classifieds
- Up to 30 words — $10.00
Call 973-655-5227

For More Information
other campus organizations. They have formed bonds with Seton Hall University’s Italian Student Union to collaborate on cultural events. “The main goal for Amici is to gain the attention of all those who have an interest in Italian culture,” said Leone.

Gina M. Male, Director of MSU’s Joseph and Elda Cecio Institute, has offered her support to the organization by becoming Amici’s advisor. “Student members of Amici have a voice on the Coccia Institute Board, and we plan to grow into a Class II organization.”

Amici is similar to MSU’s pre-existing IASO (Italian American Student Organization) in that most organizations have the same constitutional format. The IASO’s charter expired approximately five years ago. “The organization may have failed for a number of reasons including inefficient members or deficient leadership,” said SGA President Jacob V. Hudnut.

Hudnut welcomed Amici to the SGA. He said, “I have had nothing but a positive experience with the organization’s leadership and advisors to date. Equally, I wish them all the best of luck and offer the SGA’s support to the organization through annual grants, and co-sponsoring events regularly.”

Leone said, “The Cecio Institute is the backbone for Amici, and we plan to grow into a Class II organization.”

POLICY

CONTINUED FROM PG. 2

until after the midterm, which usually occurs around the ninth week of classes, MSU has changed that policy.

In the fall, students can withdraw from a class until the ninth week of classes.

Due to this change, there will no longer be a post-deadline withdraw.

But, in an extreme situation, students can withdraw up to the last day of classes with a WP (Withdrawn Passing) and a WF (Withdraw Failing.)

The incomplete policy will change in terms of the time a student has to complete the required work needed to receive a grade for a specific class.

Currently, the incomplete policy allows a student to have up until the end of the very next semester to complete work.

In September, a student will only have six to seven weeks to finish the incomplete work.

“It is not intended that you (the student) should be able to take the course again...this will help students succeed by giving them more structure,” said Pennington.

More information on changes taking effect in the fall semester can be found on WESS as well as the new course catalog books.

MSU Management Salaries Increase

Ten Percent Inflation Totals Over $12 Million

Shauna Foster
News Editor

Full 2004 managerial salaries have relativeliy increased since last year.

According to a managerial salaries summary provided by The Council of New Jersey State College Locals, full 2004 managerial salaries have increased by 10.30 percent. Salaries did not include bonuses or equity adjustments.

This fall, 155 managerial salaries compiled a total of $12,228,078.83. In addition, 25 of the 155 salaries were $100,000 and above. 16.13 percent were above $100,000. Last fall, 144 salaries totaled $11,086,762.64.

22 of the 144 salaries were $100,000 and above. 15.28 percent were above $100,000.

Several of the salaries didn’t change, such as Michael G. Jackson, Assistant Director of Procurement Services, who’s salary remained $65,000. Salaries that had a large percentage increase included MSU President Susan Cole’s salary, which totaled $209,000 in 2003. This year, it went to $221,000, increasing 5.71 percent.

Harry P. Schuckel, Senior Vice President of Administration, received a salary of $140,000 last fall, which has increased 5.71 percent this fall.

Richard A. Lynde, Vice President of Academic Affairs, had a salary of $145,000 last year. This year, it increased 4.56 percent to $150,000.

Steven Anderson Nish, Associate Director of Gifted and Talented Youth Programs, received a 36.76% salary increase, going from $40,170 to $54,945.

Cynthia A. Leple, Assistant Vice President for University Advancement, went from a $86,539 salary last year to $91,000 this year.

One of the largest percentage increases came from Nancy Hutchinson, Executive Director of Development. With a 26.29 percent increase, Hutchinson’s salary went from $83,345 to $100,000.

Other giant increases included Ricardo Ortega, Director of the Academic Learning Center, whose salary increased from $60,177 to $72,177.

Moreover, Patricia Ann Kahn, Manager of Technology Training, received a salary that went from $50,122 to $60,000.
Actor Alec Baldwin, filmmaker Kevin Smith, and Joseph and Elda Coccia, founders of the Joseph and Elda Coccia Institute for the Italian Experience in America, will receive honorary degrees from MSU.

The recipients were approved by the Board of Trustees at its April 8 meeting.

Baldwin's work has been recognized by one Obie Award and nominations for Tony, Emmy and Golden Globe awards.

"Alec Baldwin is a versatile and highly regarded actor who is equally accomplished on film, on television and in the theater," the resolution reads.

Smith is a filmmaker whose first work, "Clerks," was highly acclaimed at the Sundance Film Festival and was followed by two additional films that constituted his "New Jersey Trilogy."

"Smith is a filmmaker whose first work, 'Clerks,' was highly acclaimed at the Sundance Film Festival and was followed by two additional films that constituted his 'New Jersey Trilogy.'" He continues to produce films that address significant social issues.

"Mr. Smith has contributed to the artistic legacy of New Jersey and has demonstrated the value of hard work combined with an independent spirit in sustaining success in an exceptionally competitive field," the resolution reads.

Smith will receive a Doctor of Letters, honoris causa, at the School of the Arts Graduation Convocation on May 14.

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Joseph and Elda Coccia founded and endowed Montclair State's Joseph and Elda Coccia Institute for the Italian Experience in America.

The Institute's mission includes both academic and public outreach with a focus on the historical and contemporary interplay of Italian and American culture and society, working in collaboration with other regional and national associations.

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Wednesday April 28th
80's Trivia Night!
Win front-row balcony tickets to
Morrissey
Live at The Apollo Theatre!

80's Re-Load
Wednesdays

On the dance floor DJ Ted Wrigley spins: 80's dance • new wave • synth • EBM • electro • punk
In the front bar: DJS spin modern rock • Mod Glam • sleaze • rock • 60's thru 90's

Girls free admission
$1.00 domestic drafts
$3.00 blue apple martinis

The Loop Lounge
373 Broadway Passaic, NJ (973) 365-0807
www.theLoopLounge.com
Every passing day should have you involved in some work-out routine. The trick doesn’t stop there.

These experts tell the story of how they got to be where they are now and share some of the multiple results of exercise. Excessive exercise overtaxes the body and causes illnesses and injuries such as chronic joint problems, strains, and sprains. Cumulative exercise may also be a sign of a psychological problem. Nutrition also is necessary for optimal health. Balanced nutrition does not only dining the primary beverage; taking a brisk walk or jog on your lunch hour or long walk or jog on your lunch hour or before or after work, or a trip to the gym to lift weights. Make regular exercise, especially weight-bearing exercise part of your life to prevent osteoporosis, keep muscles and bones strong, and for physical and emotional benefits; engaging in a weight training program to build strong bones and muscles; and consuming whole foods/beverages for optimal nutrition.

Health Beyond the College Curriculum
Adapting Your Workout Routines to Stay Fit For Your Post-College Career

James Carpenter
Staff Writer

In a few weeks, there will be a special day at Montclair State University. Commencement ceremonies will occur with several students graduating college—a notable achievement and important step in their lives. Some will pursue post-graduate studies, others will search for jobs in their field of interest, and the fortunate ones will not only dine the primary beverage; taking a brisk walk or jog on your lunch hour or long walk or jog on your lunch hour or before or after work, or a trip to the gym to lift weights. Make regular exercise, especially weight-bearing exercise part of your life to prevent osteoporosis, keep muscles and bones strong, and for physical and emotional benefits; engaging in a weight training program to build strong bones and muscles; and consuming whole foods/beverages for optimal nutrition.

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Questions to Ask Before the Break Up
How to Analyze the Pros and Cons of a Relationship Prior to Pulling the Plug On It.

Chris Wainman
Staff Writer

W e are quickly approaching the end of the spring semester. Now is a time when students are looking forward to the summer and looking ahead to the upcoming semesters. Now is also a good time to take a good look at your relationship.

The Search to Regain Your Passion
When It Seems Sex Has Lost Its Appeal and There is No Reason in Sight

Dear G.M.

Lately, I've been questioning my sexual life. I have a boyfriend and have been seeing him for several months. I'm emotionally attached to him, but I feel uncomfortable when we get into sexual situations. It's not just him either. I've dated other men, and I've been uncomfortable with them as well. I don't know how to change things. Do you think I have a problem? -K.O.-

This is not a problem with no end in sight. Sexuality can sometimes be confusing, and if you are questioning yourself, you shouldn't be sorry. There are many possibilities that exist in this situation. Perhaps you are confronting internal issues within yourself instead of with other men. If you aren't confident in yourself, then you won't feel comfortable being in a sexual setting with a man. You have to understand there are many factors to sexuality.

Body image is huge. Think about the way you feel when you think of yourself naked. Do you hold your boyfriend's imperfections against him? Probably not, and chances are that he doesn't hold yours against you.

For starters, extra marital affairs are inappropriate terrain to be milling around in. You're not only putting yourself in a compromising position, but you're also creating a very compromising situation for your friend and his or her father. Granted, the woman you are conducting this sexual liaison with is definitely accountable for much of the blame in this situation, but as an adult you are responsible for your own actions.

Would you think it was OK for your parent's spouse to sleeping with them? You'd feel hurt and betrayed, and you wouldn't want to be in that situation. Instead of just thinking about your own feelings, think about his or hers as well. If I were you, I would put an end to this right now. You can't erase the past, but you can stop prolonging the situation.

If you quit while you're ahead, then perhaps you can end this affair without causing a massive and explosive problem.

"You are committed now, so you have to think about him, as well as yourself, when making decisions. If you feel it's too much of a sacrifice to change your lifestyle, then maybe you should think twice about whether or not this is the right choice for you."

Chris Wainman
Staff Writer

Your relationship is in need of a little analysis. It's not just the sexual side that needs an upgrade; the emotional side needs some attention too. Your relationship may be lacking in some areas, and it's time to take a look at what you require in a long term partner. Arranging your characteristics into three categories will help you analyze the situation. The first category contains the qualities that you are willing to be somewhat flexible about. These are the kind of characteristics to consider putting in your lists. Healthy relationships typically contain good communication. This includes feeling comfortable enough to open up and patient enough to listen.

After you have your list and have arranged them into three categories, the first category contains the qualities that you are unwilling to be flexible about. These are the kind of qualities that are deal-breakers for you if they are missing in your special someone. The next category will contain important characteristics that you are willing to be somewhat too difficult to you, use the same format and write down what you do not want in a person you are dating.

Now, let's discuss some important characteristics to consider putting in your lists. Healthy relationships typically contain good communication. This includes feeling comfortable enough to open up and patient enough to listen. Trust, honesty, and respect are also essential. Partners should be able to take responsibility for their thoughts, feelings, values, and behaviors. These should all be considered deal-breakers by their absence in your relationship. There are also qualities that have no place in a good relationship. Physical and psychological abuse is never acceptable.

"Now, let's discuss some important characteristics to consider putting in your lists. Healthy relationships typically contain good communication. This includes feeling comfortable enough to open up and patient enough to listen..."

Chris Wainman
Staff Writer

Spending time thinking about where you go from your next relationship before giving it up.

This means there is a problem. If you aren't confident in yourself, then you won't feel comfortable being in a sexual setting with a man. You have to understand there are many factors to sexuality. Body image is huge. Think about the way you feel when you think of yourself naked. Do you hold your boyfriend's imperfections against him? Probably not, and chances are that he doesn't hold yours against you.

If you're thinking of yourself naked, you're probably sitting down or not your significant other is the one for you, have probably sat down and written up a list of pros and cons. I urge you against this tactic because it makes it too easy to argue with yourself over the other person's virtues and shortcomings. Instead I recommend a different approach. First, put your boyfriend or girlfriend out of your mind. Next, sit down with a pen and paper and write a list of all the qualities you look for in a person. Specifically, write down what you require in a long term relationship. Once you are done, arrange them into three categories. The first category contains the qualities that you are unwilling to be flexible about. These are the kind of qualities that are deal-breakers for you if they are missing in your special someone. The next category will contain important characteristics that you are willing to be somewhat flexible about. These are the kind of characteristics that if they are missing will influence your relationship, but not enough to be a major problem. The final category contains the rest of the qualities you have written down. These qualities would be nice to have, but won't influence the relationship either way if they are missing. If this exercise seems
Tips For Finals

Doing Your Best to Finish Hard

Rob Gilbert, Ph.D.,
Department of HPERLS

Athletes have the Super Bowl, the World Series and the Final Four. Students have final exams.

Athletes have coaches who give them pep talks before big games. If you're not psyched up for finals yet, here's your own personal pep talk...

THREE THOUGHTS THAT WILL HELP YOU DO YOUR BEST WHEN IT MEANS THE MOST...

#1. It's the start that stops most people.

#2. Are you willing to give up what you want NOW for what you want MOST?

#3. Are you going to say, "I'm glad I did" or "I wish I had"?

#1. It's the start that stops most people.

The hardest part is getting started. The ancient Chinese philosopher Lao Tzu said, "A journey of a thousand miles must begin with a single step." Are you procrastinating? Procrastination is getting ready to get ready. What are you waiting for? Don't get ready to start studying. START STUDYING RIGHT NOW!!! Don't let the start stop you.

#2. Are you willing to give up what you want NOW for what you want MOST?

I once saw this quote on a T-shirt: "You can always retrace the course, but you'll never be able to make up the party." Funny quote, but dangerous advice! For the next few weeks, the important thing is to make the important thing the important thing. The important thing right now is your course work. Fight through those feelings that you just have to go to that party. Fight through those feelings that you just have to sleep more. Fight through those feelings of "senioritis" and "spring fever." Delay gratification — DO YOUR WORK! Don't sacrifice the MOST for the NOW.

#3. Are you going to say, "I'M GLAD I DID" OR "I WISH I HAD"?

Why should you get started now? Why should you delay gratification? Some day in the middle of May, you're going to receive your grades. When you look at your results for spring semester 2004, are you going to say to yourself, "I'm glad I did" or "I wish I had"?

If you start studying now, and don't let "obstacles" get in your way, you'll happily be able to say, "I'm glad I did."

But, if you do delay, and let the obstacles interfere, you'll regretfully say, "I wish I had."

REMEMBER:
"THE PAIN IS TEMPORARY; THE PRIDE IS FOREVER."

Make sure you're able to say, "I'm glad I did." Guarantee: You'll be glad you did.

Need a pep talk every day? Call Dr. Gilbert's Success Hotline: 973.743.4690.

Dumplings Take Over The Ratt

Students from the Chinese Club enjoy Professor Yuhui Olenik's Dumpling-making demonstration in the Student Center Rathskeller on Wednesday afternoon. The sparkle in their eyes indicate just one thing - the dumplings were semi-semi-good!

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Health

"...To be physically flexible, stretch those muscles regularly. Stretching not only enhances flexibility but can also prevent muscle and joint injuries. And, when you're emotionally overstressed, take time out to stretch or try massage therapy...."

Be Flexible With Others: Being rigid or stubborn will not endear you to friends or family. So try to be open-minded and more flexible. Being flexible means putting others before yourself. As you venture into the competitive world where greed and selfishness abound, be a giver rather than a taker.

Give of yourself - be it volunteering to assist someone in need or simply being considerate and complimentary.

Combine a workout regimen with attentiveness to body signals. Be cautious when outdoors throughout the year. Protect yourself during extreme hot or cold weather conditions, for example. Don't exercise or engage in intense physical activity outdoors during the heat of the day - save it for earlier or later in the day when temperatures are more comfortable. Also use caution for outdoor activity during icy conditions and low temperatures in winter. During the spring and summer, avoid painful sunburns by limiting sun exposure particularly during the mid-day hours when the sun is strongest. Remember that sunlight is healthy in moderation - when the skin is exposed to outdoor sunlight when the rays are least powerful (in the early morning and late afternoon). Among its benefits, sunlight improves mood and helps bones.

Heed Your Body's Signals: Listen to your body when there is sudden or frequent pain, frequent fatigue, or headaches, for example and seek medical assistance. Ignoring chronic pain while continuing to exercise worsens conditions.

Wash Hands Frequently: Get in the habit of washing hands a few times a day (preferably with soap and warm water, rubbing hands thoroughly for at least 10 seconds) to rid germs from touching surfaces (i.e. doors, counter tops) or from touching raw foods and utensils, and especially from shaking hands with someone who has a cold or flu. Aside from airborne illnesses, certain diseases such as colds and flu can be prevented simply by washing hands frequently and not rubbing your eyes, mouth or nose - particularly if you've been in contact with an infected person or touched raw meat or an unclean surface.

• Be Flexible In Mind and Body: To be physically flexible, stretch those muscles regularly. Stretching not only enhances flexibility but can also prevent muscle and joint injuries. And, when you're emotionally overstressed, take time out to stretch or try massage therapy - both effective stress-reducers.

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• Be Flexible In Mind and Body: To be physically flexible, stretch those muscles regularly. Stretching not only enhances flexibility but can also prevent muscle and joint injuries. And, when you're emotionally overstressed, take time out to stretch or try massage therapy - both effective stress-reducers.

• Be Flexible With Others: Being rigid or stubborn will not endear you to friends or family. So try to be open-minded and more flexible. Being flexible means putting others before yourself. As you venture into the competitive world where greed and selfishness abound, be a giver rather than a taker.

Give of yourself - be it volunteering to assist someone in need or simply being considerate and complimentary.

Combine a workout regimen with attentiveness to body signals. Be cautious when outdoors throughout the year. Protect yourself during extreme hot or cold weather conditions, for example. Don't exercise or engage in intense physical activity outdoors during the heat of the day - save it for earlier or later in the day when temperatures are more comfortable. Also use caution for outdoor activity during icy conditions and low temperatures in winter. During the spring and summer, avoid painful sunburns by limiting sun exposure particularly during the mid-day hours when the sun is strongest. Remember that sunlight is healthy in moderation - when the skin is exposed to outdoor sunlight when the rays are least powerful (in the early morning and late afternoon). Among its benefits, sunlight improves mood and helps bones.

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Give of yourself - be it volunteering to assist someone in need or simply being considerate and complimentary.
side for two years. "I found writing exciting during his ice-hockey career.

Ken Daneyko has won three Stanley Cups for the New Jersey Devils. But that's not all. Daneyko told the Journal American, "I asked my mom, "Mom, where is New England Whalers." But that's not all. "It's fun to get paid for talking," he laughed. As far as training is concerned, "I locked into the," Stan said. However, it's not as easy as it sounds. Along with his consultant, Andy Kirby, the producer analyzed and gave pointers, but no one taught him. Learning and correcting his mistakes is how Stan improved his skills. Chico started playing hockey in the third grade."...in rubber boots." He was an amazed spectator, watching with awe as children played the sport that he loved. But something stood in Chico's way: "I was shy." However, he overcame his shyness when "one night the goalie didn't show up," said Chico, who continued, "I was invited to play and I only had my rubber boots and school clothes on and no mask." At that time, "it wasn't cool to wear a mask; you were a sissy if you wore a mask," said the man who lost teeth as a result of not wearing protection. But it took one man to erase the negative stigma of wearing masks. Montreal Canadiens Hall of Famer Jacques Plante was the first goalie in NHL history to wear a mask.

In fact, he threatened to not play one night against the New York Rangers at Madison Square Garden unless he could wear a mask. Thanks to Jacques, not only did he save tons of goals from taking painful and dreaded visits to the dentist, but more importantly, he made masks a novel and "cool" means of safety. Chico made the decision to retire his hockey career at age thirty-nine because, "I got too old," he agreed with you. That is old, but according to him that's old for a goalie. He continued, "I wanted to help get my daughter situated in high school." After declining an offer from the Executive Producer of Fox Sports New York, Pete Sherwood, to become a Devils commentator, Chico changed his mind and accepted the position. But as a perfectionist, Chico almost quit other after a few games of commenting. However, his fellow broadcasting partner and friend Mike Eruzione guided him back in the right direction by saying, "With what you're going to say, sell it like you believe in this in the way. Sell what you're going to say." Words that echo through his mind were from Pete Silverman who said, "If you've got a weak link at work, then you're a weak link between the poles." That taught Chico "to all work together to make it successful as possible." His number was three, his consultant Andrea Kirby, the producer of "The Best Damn Sports Show," because "I liked interviews and liked to talk about the game I love." He also noted that we must realize that we are the third person in the conversation. When "it's a lot of homework," Chico stated, "the fun thing about broadcasting is that you become a team." Bobby Hall and Bobby Orr were hockey players that Ken Daneyko looked up to as he started skating at age seven. In 1982, he received a phone call from the Devils organization telling him that he had been drafted by the New Jersey Devils. "I asked my mom, "Mom, where is New Jersey?" Home sweet home," Ken said. As for his current job, broadcasting his own "Chico's Den," he had experience within that field. With WPNY radio and sports team shows such as "The Best Damn Sports Show," because "I liked interviews and liked to talk about the game I love." He also knew that "one night the goalie didn't show up," for the Devils who started in the minors (River Rats). Just start from the poles. That taught Chico "to all work together to make it successful as possible." It's a reminder of what will occur if you don't change. On the other hand, he claimed, "With watching TV, you always learn from your successes. Winning motivates you." Teammate Ken said, "Winning is how much you have to sacrifice and stay focused year in and year out." Concerning losing, he stated, "You learn what you did wrong and correct it. You learn your mistakes and try to rectify it the next year.”

Follow the leader

Chico has learned a great deal from his positions both on and off the ice about the importance of leadership. "You don't succeed without it." In the case of defenseman captain Scott Stevens' suffering of post-concussion syndrome (which held him from playing the rest of the season), he had to give up his position to Scott Niedermayer. This illustrates Chico’s statement: "Leadership is nothing without people who are willing to sacrifice their leadership or become secondary leaders." Even though Niedermayer wasn't the top guy on the team, he showed his ability to fill his teammate's skate's and become a great leader. Ken believes that leaders pick up those who give up when he or she is down, which "sets a good example both off and on the ice." His number one important quality is "work dedication." Take notes from the pros. Chico’s philosophy regarding professionals is, "If you keep going you will get it because you learn that it wasn't so bad. That's the competitive side of me. It's the competitive side of me that echo through my mind were from Pete Silverman who said, "If you've got a weak link at work, then you're a weak link between the poles." That taught Chico "to all work together to make it successful as possible." It's a reminder of what will occur if you don't change. On the other hand, he claimed, "With watching TV, you always learn from your successes. Winning motivates you." Teammate Ken said, "Winning is how much you have to sacrifice and stay focused year in and year out." Concerning losing, he stated, "You learn what you did wrong and correct it. You learn your mistakes and try to rectify it the next year.”

According to Chico, "The way the game is played today, it's less likely for a player to single-handedly take over." He stressed, "The style today demands a group effort rather than individualism." Stan provided an example of the Rangers, who "have good players, but they do badly because they play as individuals." To the topic of teamwork, Ken said, "It's everything. You want to be successful for the team by believing in yourself." He added, "We've asked what one learns from winning and losing. Chico replied, "You learn characters, you get to drive a path and rise above." From losing, there is a value to be learned because you learn that it wasn't so bad. The competition eliminated itself. He also noted that we must realize that we all have to start at the bottom. "It was smart for the Devils who started in the minors in Albany (River Rats). Just start from the bottom and keep on going. If you don't give up, you will have character and experience, and you'll find that's where you want to be. "Working hard, make sacrificies, and more
Commencement exercises will take place indoors at the Continental Airlines Arena within the Meadowlands Sports Complex in East Rutherford, NJ, on Friday, May 21, 2004. Graduating students should report to the exhibition storage area on the lowest level of the arena. Enter the building through the box office lobby and proceed down the escalator. Make a right and continue to the exhibition area. Signs will be posted to indicate specific departmental locations.

Day of Commencement

Reporting Time: 9:00 a.m.
Line-Up and Procession: 9:45 a.m.
Ceremony Start Time: 10:30 a.m.

There is No Pre-Commencement Rehearsal

Line-Up
Graduating students should report to the exhibition storage area on the lowest level of the arena. Enter the building through the box office lobby and proceed down the escalator. Make a right and continue to the exhibition area. Signs will be posted to indicate specific departmental locations.

Guest Seating

Arena doors will open at 9:00 a.m., and all guests should be seated by 9:45. There is no reserved seating. Please inform your guests of your degree and College/School so they can seat themselves in the area from which they can best see you. All masses' capabilities are seared as a group. Baccalaureate candidates are seated with the department in which their major is housed.

Doctoral candidates will sit with their thesis advisors on the platform.

COMMENDATION

A special parking area for people with physical disabilities is available at the arena and all entrances are ramped. Guests who need wheelchair accessible seating should follow signs posted on the main concourse level or ask ushers for assistance.

Snack Facilities

Light refreshments may be purchased at the arena concession stands. Flowers, cameras and film are not available at the arena.

Leaving the Arena

Following the ceremony, guests will exit the arena from the concourse level and graduates will march directly out of the arena through the box office lobby doors. No one will be allowed to remain in the lobby or to re-enter the lobby from the concourse level. Please plan to meet friends or relatives outside the arena doors or at their cars.

Driving/Parking

The Meadowlands Sports Complex has ample free parking. Guards will be available to direct you and your guests to appropriate parking areas. For further information and directions to the arena go to www.montclair.edu/commencement.
Friends Sing ‘I’ll Be There For You’ No More
We Count Down the Last Two Weeks and Watch Our Friends Say Good-Bye

Christina Hillbig
Staff Writer

Thursday nights will never be the same after the two-hour series finale of Friends airs on May 6, 2004 on NBC. We have gotten to know, and grown to love “acciDent” Monica, “stories” Chandler, “neurotic” Ross, “ablishous” Joey, “spiced” Rachel, and “lakay” Phoebe. For a whole decade now we shared their lives and their dreams, and now we have come to the end of the journey with our lovable Friends. We have seen them through marriages and divorces (three are enough, Ross!), heartbreaks (“We were on a BREAK...”), career changes and births. When the show started, Jennifer Aniston, David Schwimmer, Courteney Cox, Matthew Perry, Lisa Kudrow and Matt LeBlanc were only known through bad movies, cancelled sitcoms and music videos. Prior to the actual airing of the final episode, TV Land will air Before They Were Friends from 6-9 p.m. on May 6. It will feature each cast member in another series.

Linda Kudrow as Chers, Matt LeBlanc as Joey the Test, Jennifer Aniston as Feathered, David Schwimmer as The Wonder Years, Matthew Perry on Whose the Boss and Courtney Cox as Family Ties.

Now the cast is, with a million dollars each per episode, Hollywood’s highest paid sitcom scouted ever, with overseas endorse­ment deals, producing cable TV shows and big screen movie careers. The show will end its 30-year run in two weeks, but it has definitely left an impression on America’s pop culture. Friends is not only the number one sitcom on the Thursday night primetime line-up, it is also one of the highest priced programs for advertisers, in which a 30 second commercial spot sells for an average of 450,000 dollars. NBC expects to make more than $92 million on the final night of Friends, thanks to advertisers who are buying a 30 second commercial spot for a record $2.6 million. Now the curtain is about to fall on the number one rated sitcom, and the big question is: How will it all end?

At the end of these 10 years together the fans just want their Friends to be okay. They want to know what happened to the duck and the chick? They are curious if Jennifer will ever tall Rachel how much he really loved her, and who will sit on Central Park’s infamous couch when all of their TV friends leave town?

When the pilot aired on Sept. 22, 1994, the show creators Marta Kauffman, David Crane and Kevin Bright, did not have the slightest idea that their sitcom idea about a bunch of people in their mid-twenties trying to make a living in New York City, would turn into the phenomenon that Friends has become.

When the show started, the six characters found life and love in the Big Apple. Now, 10 years later, they are a group of well-known thirty-something friends, with older and bigger concerns. Phoebe, recently married, Chandler and Monica adopting a baby, Joey still trying to start his acting career, and of course the never ending story between Ross and Rachel. They have been in love, broken up numerous times, married, divorced and had babies.

Beyond the jokes, Friends has gone to some surprisingly emotional places for a sitcom. “It’s a show about friendship. After all I’ll be there for you...” means being a surrogate mother for your brother, or being on your friend’s leg after a painful jellyfish sting, living in a box to show your friend how sorry you are, and putting a raw turkey on your head to cheer up your friend.

So it’s time to say good-bye now and could we BE any more sad? What do we have left after a 10-year love affair with our Friends? Besides Matt LeBlanc’s Friends spin-off, Joey, we have endless memories, countless laughter, some tears, a promise from the creators and the cast that “a reunion movie will never happen,” and the wonder of endless syndication.

Garner Gives Ageless Performance in New Flick

Garner’s character takes advantage of her 30-year-old experience.

Let’s start off first by saying that 13 Going on 30, directed by Gary Winick, will surely never win an Academy Award or a ‘Best Movie of the Year’ of sorts. That’s ok - this flick, starring colorful Alias chick Jennifer Garner and Mark Ruffalo, simply isn’t that tear-jerking, mountain moving, ring-bearing kind of movie.

And while it certainly isn’t trying to be forcefully profound, the overall effect on an audience is heartwarming and playfully done, meanwhile different from its assumed basic remake of the classic 80’s film Big.

“The overall effect on an audience is heartwarming and playfully done, meanwhile different from its assumed basic remake of the classic 80’s film Big.”

— Cheryl Sajorda
Chief Copy Editor

13 Going on 30
Taking Jennifer Garner, De Gay Winick
Produced by Jerry Pictures ★★★★★

Cheryl Sajorda
Chief Copy Editor

Its overall effect on an audience is heartwarming and playfully done, meanwhile different from its assumed basic remake of the classic 80’s film Big. The movie begins in the leg warmer, side ponytail days of 1987. A dorky 13-year-old Jenna (Shanana Dowdesewell), virtually on the brink of worn out, finds herself at a very unique birthday party. It’s May 6, 1987. When the pilot aired on Sept. 22, 1994, the show creators Marta Kauffman, David Crane and Kevin Bright, did not have the slightest idea that their sitcom idea about a bunch of people in their mid-twenties trying to make a living in New York City, would turn into the phenomenon that Friends has become.

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Garner gives ageless performance in new flick

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See “GARNER” on P.13
ENTERTAINER OF THE WEEK: MARY-KATE & ASHLEY OLSEN

They deserve to be called our own and treasure them-dren. We love them like humbleness. Mary-Kate and Ashley Olsen are the ENTERTAINERS OF THE WEEK.

Dirty Pretty Things" issue #5 is in the type of zine I read when I was in high school, in fact, it's the type of zine I wrote when I was in high school. It's short, easy to read, but still interesting. At only 23 pages, half size, booklet style, it's the perfect amount of words for a short car ride. Wistaria, the zine's writer and creator, starts off the zine with discriptions of the people who live on her floor at college. She doesn't seem to be too much of a partier, more of a loner, but her words show that she truly does enjoy the company of the people she has been surrounded with in the past year of college. Her writing flows well and has a sort of familiarity about it that leaves the reader thinking they know these people as well. This is something that most zinesters are known to possess and Wistaria does a good job of proving this positive stereotype to be correct. As well as talking about her neighbors, she also does a bit called "Wistaria's News" which updates the reader on what is going on in Wistaria's life as of late. She does not, however, go into too much detail, but rather uses her other pieces to go into more depth about her life.

"Being Gay in a Small Town" depicts what it's like for her to have grown up in a city and now be going to college in a very small town with few openly gay people and virtually no openly gay friendly establishments, such as cafes or stores. Wistaria speaks of her worries for other young people who have grown up in that town and other small ones like it. How can they come out of the closet if there is no one around them?

Wistaria is already out of the closet and living in this new town she feels alone at times. "Sometimes I just need a good old dyke to understand where I'm coming from." It's apparent that no matter how out of the closet she is, it's easy to feel like you're falling back into it when no one around you sees it as being okay. "I am just frustrated, not at the lack of individuals who are willing to be open about their personal lives, but at the complete lack of resources for queers living in this town."

Wistaria also talks about the problem of loneliness plaguing the soul until a young girl comes to terms with herself and her sexuality. She talks with Global Warming and her new interest in Buffy The Vampire Slayer, with a few poems and songs thrown in for good measure. For a zine a bit on the small side she does cover quite an array of topics. She also does it with an easy flow and a sense of humor. I would recommend this zine to anyone looking for a fan, easy zine with a hint of world knowledge in it.

Wistaria goes to college in New Brunswick, Canada and comes out with a new issue of "Dirty Pretty Things" fairly often, more often than most zinesters.
Bush Stumbles Under Simple Questions of What Mistakes He Has Made and Falters in His Own Defense

President Bush made perfectly clear to the U.S. in his press conference last Tuesday that his commitment to freedom throughout the world. He presented his case solidly and without the distraction of detail. Therein lies the problem.

The whole affair showed me two things. He's a Big Picture guy—no question and his interest in detail is non-existent. The case of the United States of America has been justified by vague and shifting reasons, none of them substantiated to the U.S. beyond the claim of principle. I am not making a distinction from a national leader. He hasn’t demonstrated that he’s capable of managing this.

He criticized the U.S. for not taking fire value his administration’s claim of imminent danger. As they sought to confirm this for themselves, he grew impatient and acted without the national body. Since the WMDs (weapons of mass destruction) were not found to date, and after his embarrassing handling of this relationship, this goal was transformed to the need — our country’s need, apparently — to remove a ruthless dictator.

President Bush’s recent press conference suggests rather forcefully that the overall goal has once again shifted to become a U.S. obligation to implant freedom wherever we determine it is needed.

We should be lucky, I suppose, that we wish Bush spent so much time addressing the troops and their families. He seems to know their existence. At least “evil-doers” and terrorists have their existence. At least “evil-doers” and terrorists would understand of the issues.

As for the war itself, Bush seems woe-fully lacking in ability to go beyond a one-page understanding of the issues. In the recent press conference, he was asked whether or not more troops were needed in Iraq for the success of the operation. “It’s up to General Abizaid... he’s clearly indicated that he may want more troops.” Two days later, 20,000 troops had their active duty tours extended.

The 2004 year is almost over at MSU and we have been through many obstacles inside and outside of class. If studying and test taking weren’t enough, just making it to class was a test. After all the issues we dealt with, we managed to find a parking spot and get through it.

Yes, there was construction everywhere you looked, and the noises were distracting, but since the beginning of the year, construction has lessened as projects are becoming more complete. Remember, construction must be done if we want to build!

For those of you living in the Village, you may recall some problems. Security in the buildings are alarms ringing throughout the night, and basic needs not being met. This is normal routine for the Village residents. Fenwick Hall had to deal with the vandalism charges resulting in innocent residents having to pay. But we got through it.

There was then to parking. Parking is probably the biggest complaint that students have. We all know parking is a problem, and complaining doesn’t really help. There was a rally held and it helped.

We managed to come out on top. We got through our classes and test taking weren’t enough, just making it to class was a test. After all the issues we dealt with, we managed to find a parking spot and get through it. We all know parking is a problem, and complaining doesn’t really help. There was a rally held and it helped.

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Question of The Week

What are your plans for this upcoming summer?

EUNICE DEVERA
Year: Junior
Major: Biology
"I'll credits of summer classes, work, and going to Canada.

MORGAN GOLDIN
Year: Junior
Major: Fine Arts
"Gonna try to see The Pixies in concert.

MENKUR MACLONG
Year: Junior
Major: Computer Science
"Make some money.

JASMIN YOO
Year: Freshman
Major: Music Education
"All work and no play.

BRIAN LENAT
Year: Sophomore
Major: History
"I plan to work and have fun.

RYAN BRANST
Year: Freshman
Major: Justice Studies
"I plan to work, pay my car off, party and travel.

MICHELLE PEREIRA
Year: Freshman
Major: Undeclared
"Going to Maryland and the shores with family and friends.

I’m Out of Here

Living MSU’s Motto of Carpe Diem

Carpe Diem, Seize the Day. Most MSU folks know this as our school’s motto, but what does it mean? Most people who go to college go for an education, either it be an academic education or an education about life. I have spent a long so-called day here, as in five years, apparently to many others, the normal amount of time at MSU. You could say that I seized a good education, good life long friendships, but more importantly, I seized knowledge about life. It sounds really cheesy and I feel like a tool, but in reality, that’s what I see as the point of college. Learn about life and how to deal with people, and dealing with people is a huge part of life.

More importantly, these life lessons were not just taught in my classes. They were learned from organizations that I became highly involved with as well as being employed on campus.

I can not stress how important I feel campus life is. If you just come on campus to take some classes, you’re not getting all you can get from Montclair State.

First and most importantly I would like to thank Lisa, I know how much of my prep you put up with, sorry, as I said above, I’m a tool. Bill and Eric, I hope you guys had as much fun as I did. I wish I was able to hang around the apartment more than I have been able to. Andrea, what can I say? Don’t burn yourself.

Steve, Keith, and in coming exec-board, together you can bring RecBoard to the next level. Julie, last year when I was D.O.P, you were a huge part in my sanity.

This is my mind, the ben is somewhere in Spain. You encouraged me to keep thinking outside the box. Jim, Mike, Nick, Joe, Supon, and Jen, we do a lot more in our office that just tech support, way more. There is close bond with the CSAM Tech’s, it’s an amazing work environment.

I really hope that I will be able to reproduce that feeling at future employments. It’s something that I have really embraced from my MSU experience.

To Mike, Almond, and the whole Montclair staff, I learned more than anyone could image from the paper and working with you guys.

Out-going staff, it was one amazing time. Incoming staff, I feel that we couldn’t have left you in better hands.

To everyone else I have had contact with during my time at MSU, I can’t say thank you enough.

Tom Hockinson, an computer science major, is in his first year as Production Editor for The Montclarion.

Palestine: The Nation Without a State

Palestine From a National Identity Point of View

Before I begin this piece, I would like to let be known that the issue I am about to discuss is not by any way constructed as an attack towards the Jewish religion.

I would like to make it clear that religion, albeit plays an important role in this conflict, is not the main focus of this article. I would like the readers to see this from the perspective of national identity as opposed to religious beliefs. "And I will give to you and to your descendants after you, the land of Canaan as an eternal possession and I will be a God to them." (Genesis 17:8)

The history of the Jewish people begins with Abraham, and the story begins when God instructs him to leave his homeland, promising him, to Abraham and his descendants a new land in the Canaan. This land is now known as Israel, known after Abraham's grandson, whose descendants are the Jewish people.

The land is often referred to as the Promised Land because of God’s repeated promise (Genesis 12:7, 13:15, 15:18, 17:8) to give the land to the descendants of Abraham.

An important point to realize here is that both Arabs and Jews have a shared history. Both people trace their roots back to Abraham (Ibraheem in Arabic); the Jews and the rest of the Israelites are descendants of Isaac (Ishaq in Arabic) and the Arabs of Ishmael (Ismail in Arabic) – but all are descendants of Abraham.

This means that when God promised the land of Canaan to Abraham and his descendants that includes the Arabs. Therefore, a logical deduction would be that the Arabs have as much a right to the land of Canaan (i.e. Israel) as the Jews do.

This leads us to Zionism and what it entails. Zionism simply means "the national movement for the return of the Jewish people to their homeland and the resurrection of Jewish sovereignty in the Land of Israel".

Zionism from its inception has had the objective of completely dispossessing the indigenous Arab population so that Israel could be a wholly Jewish state, or as much as possible.

The Arab population’s position towards Zionism, declared in 1938, "After we become a strong force, as a result of the creation of a state, we shall abolish partition and expand into the whole of Palestine."

In 1948, the sixth Prime Minister of Israel, Menachem Begin, stated, "The partition of the Homeland is illegal. It will never be recognized. The signature of institutions and individuals of the partition agreement is illegal. It will not bind the Jewish people, Jerusalem was and will forever be our capital. Eretz Israel (the land of Israel) will be restored to the people and to the state of Israel, all of it. And forever."

The UN decisions to partition Palestine and the Arab leaders in 1948, "After we become a strong force, as a result of the creation of a state, we shall abolish partition and expand into the whole of Palestine."

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Palestine From a National Identity Point of View

The Montclarion Mailbag Policy

All letters must be typed, preferably on disk (text only formats) or via e-mail. Letters exceeding 500 words will not be considered for publication. Once received, letters are properly of The Montclarion and may be edited for length, content, and style. Letters will not be printed unless they include the author’s name, major, last four digits of SSN and phone number or e-mail address. Only one letter by an author will be printed each month. Submission deadline: Montclarion, 12:00 p.m. Letters may be submitted through e-mail to MontOpinion@yahoo.com or sent to The Montclarion - Attn: Opinion Page Editor, Montclair State University, 113 Student Center Annex, Upper Montclair, NJ 07043.
MOST MSU STUDENTS HAVE 0 - 4 DRINKS WHEN THEY GO OUT*

They were asking the wrong people!

Many students believe that the wrong people were asked!

HOWEVER...

RESULTS FROM A RANDOM SAMPLE CONDUCTED IN THE SPRING OF 2002 & 2003 FOUND THAT...

STUDENTS HAVE 4 OR FEWER DRINKS OR DON'T DRINK AT ALL WHEN THEY GO OUT!

*Based on the Spring 2003 Core Alcohol & Drug Survey. One drink = 12 oz. beer, 4 oz. wine or 1 oz liquor.
It's almost time for my departure. With a book and newspaper clumsily grasped in one arm and a trusty notepad and pen in the other, I feel I am finding the terminal for the next train out of here.

Though the destinations on my ticket say 'Somewhere,' I haven't found one person who can explain to me what 'Somewhere' is or what I'll have to do in order to arrive.

Nervously thinking about 'Somewhere' now, it seems as if I've always kicked out of comfort for something different. Although, after five years, it is time to get moving.

There was always that balance I found in here. Learning not to take 9:00 or 10 a.m. classes came easily, but unfortunately, during the Sept. 11 attacks, all the horror professor is the better one to take came last.

For every potbelly my ever-wearing tires know there was an empty spot at the metered parking lot near the Student Center when I was late for a class.

For every person that was angered by a single article about a matter personally affecting them, there was the satisfaction in relaying the truth to the students and staff of here.

For every faculty member that was rude or disrespectful to a person only wanting to do their job, there was a Dean equipped with a genuine smile and a warm hug. I just hope that when my train reaches its next destination, its late, I could bring some of the same forms of balance.

But, during the short time I have left before boarding, I'll grab a mental cigarette, relive the anxious and confusing aspects of liminality.

That will be over soon, but I know when I begin to climb the steps that lead to my cold and lonely home. "Slow down and listen to your heart." That will soon be over, but I know when I begin to climb the steps that lead to my cold and lonely home. But this is not the person I would trust with my heart.

Michael Valenzano, a columnist for "The Montclarion," is in his first year as Managing Editor for "The Montclarion.”

For this year of your life, your work and help meant more to me, thank you for shedding the fight in an...
Students: Earn Extra Money
while raising critical funds for MSU!!
Apply NOW to be a caller at PHONATHON!!

When?
Monday-Thursday nights from 6-9 p.m.
(Holidays and breaks excluded.)

Requirements?
Computer Literacy
Dependability
Enthusiasm
Good phone personality
Multi-Lingual a PLUS

Experience?
None required, we’ll train you!
Group Interviews on September 7th,
8th and 9th in Conference Room 304A,
College Hall at 3 p.m. until 4:30 p.m.
Please make appointment.

Incentive?
Students paid $6.25/hour
(Experienced callers can earn more.)

Details?
During phonathon, students call MSU
Alumni and parents, whose donations
provide funding for scholarships, technology,
upgrades and programming.

Contact Ullysses Tucker, Jr. at 973-655-7472.
Jobs are limited. APPLY NOW!
Stop by the Annual Fund Office at 311 College Hall or Career Development for applications. (Deadline-Sept 10, 2004)
Volunteer your time to a good cause. Your big heart can reach many and bring joy to all. Think of new creative ways to do old boring things. You’re just the energy boost that people need to get into the groove.

*Lucky Numbers: 05 - 26 - 21

** Gemini **

Yesterday’s battles have left their scars but have made you stronger. Today’s battles will be even harder and tomorrow’s, even worse. Your endurance has helped you overcome all these obstacles, and inspire you to continue as well as inspiring others to do the same.

*Lucky Numbers: 06 - 08 - 31

*** Cancer ***

Doubts hold you back from trying new things but you need relax and let go. Stop using those doubts as excuses to keep from participating in meaningful activities. Don’t wait around for someone so that you can check things out. Try checking them out on your own.

*Lucky Numbers: 14 - 23 - 42

* Leo *

(Luly 22 – August 22)

Sometimes you don’t realize you’re hurting others with your words. You may not think it’s that serious but other people do because they’re sensitive. Think about what you say before you say it. It could make a big difference.

*Lucky Numbers: 32 - 07 - 22

** Virgo **

(August 23 – September 22)

Your partner feels as though you’ve not talking to them seriously anymore. Straighten up your act before they walk out on you. They’re sensitive, so play nice. Most people would have left but they’ve chosen to stick around, so make it worth their while.

*Lucky Numbers: 01 - 17 - 24

* Libra *

(September 23 – October 22)

Time to celebrate, you’re almost home free. There’s a grand party in your future, along with some kudos moments. Be patient, your time to shine is near.

*Lucky Numbers: 26 - 12 - 12

** Scorpio **

(October 23 – November 21)

Things are beginning to look a little brighter for you now. With all of that pressure off aid your shoulders you feel as light as a feather. Take it easy and don’t make any attempts to get into anything that might take up too much of your time.

*Lucky Numbers: 49 - 29 - 18

* Sagittarius *

(November 22 – December 21)

Material wealth is not as important as you think. Sometimes you concentrate on it so much that you lose your negatives affecting everything else. Soon you will come to realize what’s really important, and at a high price.

*Lucky Numbers: 04 - 46 - 43

** Capricorn **

(December 22 – January 19)

Running from your problems won’t get you very far. In fact it will only create more problems. Don’t try to look for a quick fix, confront the problems head on, remember help is always around the corner.

*Lucky Numbers: 37 - 11 - 29

* Aquarius *

(January 20 – February 18)

A Flame from the past has worked their way into your受众。Don’t be so quick to turn them away; they actually have deep things to say to you. You’d be surprised how much they’ve changed.

*Lucky Numbers: 49 - 17 - 05

** Pisces **

(February 19 – March 20)

People appreciate how you always try to look them out and give them the book but no it’s their turn to hook you up. Don’t set all else like let them take a crack at it.

*Lucky Numbers: 19 - 01 - 27

* Aries *

(March 21 – April 19)

Attempting to pick up extra assignments isn’t exactly the best idea. You already have enough on your plate and have no room for seconds. Stop trying to prove something when you’ve already done it.

*Lucky Numbers: 20 - 04 - 01

---

** Dithered Twits **

_by Shm Wulb_"I’ll have a slice of cheese pizza, thanx.

---

** Crossword **

*ACROSS*

1 Physique

7 Exon, once

11 Dental filling

12 Sports venue

14 Dental filling

15 Marine vessel

16 Swiss river

17 French C.I.D.

18 Anna of "Nana"

19 Yard

20 Went out with

21 Yield

22 Wind dir.

23 Hofstadter’s production

24 Barrow (with)

25 Polish-German production

26 Ladies of Spain

27 Horoscope

28 Hydrocarbon

29 Blow up

30 Harangue

31 Mont, neighbor

32 Narrow

33 Moral

34 Similar to

35 Moral

36 Bases (with)

37 Wearing

38 Kid of jazz

39 Disappear, as

40 Outermost

41 Seven-time A. L. batting champ

42 Chromosome

43 Killed by

44 Make longer

45 Link

46 Really irked

47 Bases (with)

48 Chicago airport

49 Actress Phoebe

50 Former English examiner

51 Seven-time A. L. batting champ

52 Barry or Bing

53 Sharper than

54 Not mil.

55 Holy smokes!

56 Sw arms (with)

57 Nutriments

58 AG Nevin

59 Similar to

60 Sw arms (with)

61 Bone dry

---

** Solutions **

62 Ag Nevin

63 Nutriments

64 Sw arms (with)

65 Bone dry

---

** Boat T的观点 **

“Well of course we will play with line x-rarely moments Be patient around, to make it worth their while.

*Lucky Numbers: 11 - 29 - 08________

---

**Boat T的观点 **

“"Gor yer nose,“<30i yer nose,”

---

** Boat T的观点 **

“You gotta pull back on the senseless playground bullying, Joe. It’s starting to feel like another Vietnam.”

---

** Boat T的观点 **

“You’re just the energy boost that people need to get into the groove.

---

** Boat T的观点 **

“On that’s Miste... We caught him cheatin’

---
CAPTAIN RIBMAN in The Apprentice 2

I Saved the People in the Burning Building Like You Asked, Captain Ribman!

WHAT?!!
YOU DID?!!
ALL BY YOURSELF?!!

YES! WHY ARE YOU SO SURPRISED?

Disappointed, Actually. Since You're My Apprentice-in-Training, I Was Looking Forward to You Failing and the Irony of the Phrase "You're Fired."

OH, CAN I GET SOME TREATMENT FOR MY THIRD DEGREE SUNBURN, NOW?

```
I SAY, HOLMES... WHAT DO YOU PROPOSE TO CALL THIS CANAL BETWEEN THE VICTIM'S EAR AND ESOPHAGUS?

'ALIMENTARY, MY DEAR WATSON.'
```

Sherlock Holmes: Eye, Ear, Nose and Throat

THE ADVENTURES OF SKULLY

BY WILLIAM MORTON

ROLLEROASTER RIDE.

EDGE OF YOUR SEAT.

CLIFF HANGER.

SWASHBUCKLING.

TWO FISTED.

HARD BOILED.

JAM PACKED.

ROLLECOASTER RIDE.

EDGE OF YOUR SEAT.

CLIFF HANGER.

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CLIFF HANGER.
MARKETING POSITIONS

Earn $15 - 20 Per Hour

- Flexible schedules!
- Work with friends!
- All you need is personality!
- Positions filling rapidly!

Call Greg NOW!!!

973-275-1188

Child Care Wanted

Babysitter needed two or three weekdays now and through summer for adorable 2-year-old baby girl toddler. Mornings or Afternoons. Recent baby-sitting experience with young children preferred. Call 973-256-0882.

Babysitter needed in downtown Montclair for a very appealing 3.5 year old boy and his adorable 9 month old sister. Part time, immediate start. Ref's required. Call (973)746-4876.

Part Time Babysitter Wanted for 2 boys (4 and 9) 2-3 hours per week. Hours flexible. Must own a car. Call (973)746-7470.

Babysitter wanted for 3 great kids, ages 4, 9 and 11 in Montclair. Requires driving, helping with homework and playing outside. 12:30 - 8 Mondays, Tuesdays and Fridays beginning June 1. Hours may vary during summer camp (973)509-9347.

Babysitter wanted. Montclair family looking for experienced sitter, week day mornings 3-5 pm. two children, 3 1/2 and 1 1/2 call (973)233-9203.

Babysitter needed for 6 year old boy. Part time hours. Can be flexible. References required. Call Launn (973)429-9347.

Work at home mom needs babysitter for one year old girl. May thru early July. Ideally three 8 hour days per week, flexible. Call Amy (973)239-8349 before 8 pm.

We need a great Babysitter. 5 hours per day for the summer, help our fun, creative kids meet their goals: to write, sing, craft, and go to the pool. Must be nts upbeat, creative, computer capable.

Perfect job for student. Full-time summer/flexible, part time during the school year. Caring for well-behaved school aged kids. Must be fun energetic, love kids, non-smoker. Drivers license and references. Call Kate (973)259-9990 or email kpotters@glemmontgroup.com.

Help Wanted


I am seeking a female Special Education student (at least in your sophomore year/graduate student a plus) to live in my home and assistance with homework, driving to and from extra curricular activities, etc., in exchange for room and board, cell phone, use of car, up to $5000.00 annual tuition payment and a salary. To qualify you must have experience caring for children with special needs, and a major or minor in Special Education. Qualified candidates should e-mail their resume and a brief letter of introduction to: gbcplus245@aol.com.

Position available almost immediately.

MARKETING POSITIONS

Earn $15 - 20 Per Hour

- Flexible schedules!
- Work with friends!
- All you need is personality!
- Positions filling rapidly!

Call Greg NOW!!!

973-275-1188
The Sports Guy

What More Can He Say? Farewell to the Sportlings

The game just hasn't been the same since The Sports Guy stepped in. He's shown the sportlings the rise of the Sentowski Empire in men's Soccer. The Sports Guy has told you of triumphs of Sarah "The Tiny Terror" Levine, and the Field Hockey team. He's shown you the numbers, told you the stories, painted the pictures, and now it's time for his goodbye sermon.

Combine in the world, there's a team playing their hearts out. Most likely, they are playing against another team, also playing their hearts out. The Sports Guy says, that's what sports are. It's not about the money, it's not about fame, and The Sports Guy says that the women's Lacrosse team may be one of the best passers in NCAA Women's Lacrosse history, Cathy Homiek. The Sports Guy says these girls have more stars than the Milky Way.

Add in to bring you news of the fate of the Softball team. These girls aren't just beating teams, they're too busy helping everyone else. Although The Sports Guy will not be able to bring you news of the fate of the Softball team who will play in the NJAC tournament, yet again, another masterful effort. The Sports Guy feels good things are on the horizon. Count on both of these teams coming back better and stronger next season.

The Sports Guy wants to send his congratulations to Delta Chi, and Sigma Delta Phi on their Greek Week championships. It was tight all the way, and remained extremely competitive. This brings The Sports Guy to his final Bonehead of the Week, which has been honoring athletes like deities, people will say. The Sports Guy says that doesn't sound like competition, and he just delivers them to the sportlings.

The Sports Guy takes his hat off to the Red Hawk athletics who the winners and the losers are. The Sports Guy says these girls have more stars than the Milky Way. Combine their super offense with their white on rice defense and The Sports Guy says that the women's Lacrosse team may go deep into NCAA playoffs, very deep. The Sports Guy says these girls have the third best scoring margin of almost nine goals per contest. These girls aren't just beating teams, they're sending them home crying.

Although The Sports Guy will not be able to bring you news of the fate of the Softball team who will play in the NJAC tournament later today, The Sports Guy feels good things about these girls, and says they've got the tools to go very far. Crystal Sweeney is putting together, yet again, another masterful season. Her ERA is 0.62, with 15 wins and .500 a.

When it's all said and done The Sports Guy will be forever vilified. Although he's praised athletes like deities, people will say that The Sports Guy has passed on more athletes than back alleys. Either way, it is what it is, and The Sports Guy doesn't care. To all the athletes, The Sports Guy says that doesn't sound like competition, and he just delivers them to the sportlings.

The Minneapolis Lakers, Boston Celtics, Chicago Bulls, and Los Angeles Lakers.

Armed and Dangerous

Steve Miller/The Montclarion

Senior, Shawn Elerson pitched three scoreless innings against John Hopkins on Tuesday. He was also named the NJAC Rookie Pitcher of the Week.
Five Best of ‘03-'04

1. Field Hockey: Horan, who led the team in assists, was named the All-American third team. John "Light Switch" Digirolamo was named the conference's most valuable player. Coach Beth Gottung was named the coach of the year.

2. Football: Coach Jamie Hoffman was in the middle of the team's enjoyment on the defensive side of the ball. Eugene "The Quick" Vick. ran 1,270 yards last season which was the same amount as both starting running backs combined in the season prior.

3. Men's Soccer: The reign of Coach Brian Sotkoski has begun. The men's soccer team posted their best record in 16 years, and won their first ECAC Championship since 1993.

4. Wrestling: Coach Brian McLaughlin: As head coach of the men's and women's swimming team, and the women's tennis team, he was a combined 18-22. At the swimming conference since 1989, he has only enjoyed eight winning seasons combined for both men and women. His career winning percentage is well below .500. As tennis coach he has enjoyed much more success with over 100 wins, and fewer than 60 losses, but only one championship that he shared in 1996.

5. Women's Basketball: This could have been all five of the worst of the worst. All this money on new build­ings, and we can't even get shuttles that run on time, and we still have to pay for parking.
Senior Fitness Day

Senior citizens gathered at Panzer gym for Senior Fitness Day to participate in numerous athletic events. Horseshoes were among the events on Wednesday May 21.

Standings Through 04/29/04

<table>
<thead>
<tr>
<th>Baseball</th>
<th>Softball</th>
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<tr>
<td>NJAC</td>
<td>Overall</td>
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<tr>
<td>Rowan</td>
<td>12-3</td>
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<tr>
<td>MSU</td>
<td>9-4</td>
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<tr>
<td>William Paterson</td>
<td>11-3</td>
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<td>Kean</td>
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<td>Ramapo</td>
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<td>TCU</td>
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<td>Rutgers-Camden</td>
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<td>Rutgers-Newark</td>
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<td>Richard Stockton</td>
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<td>NJCU</td>
<td>2-12</td>
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This Week

Thursday vs. William Paterson 3:30 p.m.
Friday vs. Keen 3:30 p.m.
Saturday @ Rutgers-Newark 12 p.m.

Last Week's Results

4/23 — MSU 8, Kean 3
4/24 — MSU 4, Rowan 3
4/27 — MSU 4, John Hopkins 3

Men's Lacrosse

This Week

Saturday @ KLC Championship 1 p.m.

Last Week's Results

4/24 — MSU 7, NY Maritime 4
4/28 — MSU 14, Richard Stockton 9

Women's Lacrosse

This Week

Monday @ FDU Horham 4 p.m.
Wednesday vs. Keen 4 p.m.

Last Week's Results

4/22 — MSU 11, Eastern College 7
4/24 — MSU 8, Rowan 16

Player of the Week

CATHY HOMIEK
LACROSSE

Senior
Hometown: Toms River, NJ

Cathy, the nation's assist leader, scored five goals in a victory in round one of the KLC tournament.

Honorable Mentions

ALAN ANNAZONE
Freshman
Hometown: Fairlawn, NJ

Alex was named the KLC's rookie of the week.

ALEX THOMPSON
Sophomore
Hometown: Whippany, NJ

Alex earned a win over John Jay in relief.

ATHANASIA TOTARO
Sophomore
Hometown: Roseland, NJ

Athanasia threw a one-hitter in a win over Scranton.

SHAWN ELLERSON
Freshman
Hometown: Bayonne, NJ

Shawn was named the D-III rookie pitcher of the week.
Senior pitcher Sarah Rhodes earned her 10th win of the season by scattering four hits and striking out seven batters, limiting Montclair State to an 8-0 victory in six innings (called due to darkness).

In the first inning, as junior outfielder Alec Anselmo led off with a double to right field, Corey Jacoby singled to left field to put the Profs up 1-0. In the second inning, the Red Hawks took control early, scoring one run with two outs in the top of the third inning. Joelle Fata reached on an error, advanced to second on a wild pitch and third on a single to center field by Diana Auteri, before scoring on a sacrifice fly to center field by Kari McDonnell. Rhodes, who struck out seven batters, limited Montclair State to just one hit after the third inning. She earned her 36th career victory, which is one shy of tying Sue Moore's (1981-1984) University of Scranton all-time record of 37 wins.

In the second game, the Red Hawks cut the lead to three as she netted a pair of scores, the final one coming with 8:28 left. Lange restored the lead to three as she netted a pair of scores, the final one coming with 1:35 left in the half. As rowan took the 8-5 lead into intermission. rowan scored four of the game's next five goals, including three straight. Brocklebank and Homiek scored twice. Montclair State would get the deficit back to 6-4 as it scored four of the game's next five goals, including three straight. Brocklebank and Homiek scored twice. Montclair State would get the deficit back to 6-4 as it scored four of the game's next five goals, including three straight. Brocklebank and Homiek scored twice. Montclair State would get the deficit back to 6-4 as it scored four of the game's next five goals, including three straight. Brocklebank and Homiek scored twice. 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