Hotels As Residence Halls
Increase in Demand For Housing Unexpected

Due to legal inspections that must be done at the new NJ Transit train station, the grand-opening that was originally scheduled for Monday, August 23rd, has now been rescheduled for September 23. Additionally, students residing in Clifton are scheduled to remain there for the entire fall semester. Those in Fairfield will be moved on campus as spots open in campus residence halls.

Students will continue to pay the normal rate for a double room ($2,582 per semester), Sargeant said. According to Karen Pennington, Vice-President of Student Affairs, however, MSU's use of the hotels is costing the University roughly $350,000 extra.

Shuttle service will run from the hotel locations to the University and back roughly every half hour beginning at 6 a.m. and stopping at midnight.

According to Pennington, the University generally receives a fairly amount of housing cancellations prior to the beginning of the academic year, however that was not the case this year.

"We needed to try and accommodate as many students as we could that want to attend MSU," Pennington said.

Montclair State University is neither the first nor the only school to utilize hotels as residence halls. According to Pennington local colleges such as William Paterson, Kean University, Ramapo College, Rowan University and others across the nation also house students in nearby hotels.

"Some students feel we did something (bad) to them, but we feel we did something (good) for them," Pennington said. Where students living in for proximity to campus as spots open up in campus residence halls, neither the first nor the only school to accommodate as many students as we could for students with disabilities, and a new student orientation program.

Dean of Students Departs MSU

By Briamne Cavallone

On July 22, 2004 Dean Helen Matias-Ayres said farewell to Montclair State University and began a new venture as Vice President for Student Affairs at Pratt Institute in Brooklyn, New York.

Next her ten-year career as Dean of Students, Dean Ayres worked extensively to better the University community. Her dedication to MSU brought forth the new student experience, which includes a freshman seminar course, freshman counselors, and a new student orientation program. Dean Ayres had a big role in the expansion of the health services on campus that include psychological services, assistance for students with disabilities, and emergency medical services. She was also involved with the creation of Service Learning and the first Learning Communities at MSU.

Dean Ayres had a tremendous impact, not only on the students of MSU, but also with the colleagues with whom she has worked over the past ten years. Dr. Karen Pennington, Vice President for Student Development and Campus Life, admires the work of Dean Ayres' had a tremendous impact, not only on the students of MSU, but also with the colleagues with whom she has worked over the past ten years. Dr. Karen Pennington, Vice President for Student Development and Campus Life, said, "She has worked hard to gain the position of Vice President and her contribution to MSU will be felt for a very long time.

Karen Pennington
Vice President for Student Affairs

On July 22, 2004 Dean Helen Matias-Ayres said farewell to Montclair State University and began a new venture as Vice President for Student Affairs at Pratt Institute in Brooklyn, New York. Next her ten-year career as Dean of Students, Dean Ayres worked extensively to better the University community. Her dedication to MSU brought forth the new student experience, which includes a freshman seminar course, freshman counselors, and a new student orientation program. Dean Ayres had a big role in the expansion of the health services on campus that include psychological services, assistance for students with disabilities, and emergency medical services. She was also involved with the creation of Service Learning and the first Learning Communities at MSU.

Dean Ayres had a tremendous impact, not only on the students of MSU, but also with the colleagues with whom she has worked over the past ten years. Dr. Karen Pennington, Vice President for Student Development and Campus Life, admires the work of Dean Ayres. "She has worked hard to gain the position of Vice President and her contribution to MSU will be felt for a very long time."
The Police Report:
The University Police did not provide The Montclarion with a report this week.

Sleep Well, Do Well:
For kids to do their best in school or at play, they should get at least nine hours of sleep every night. Kids can be Star Sleepers like Garfield. Visit http://star.sleep.nhlib.nih.gov for tips and fun activities.

Local News COMPILED BY JESSICA HAWERY
MORREKTOWN--Jamaal Howard Vaughn, a convicted killer, has been indicted on charges of the murder, and attempted murder, of two Morris County women. Vaughn has been accused of killing Maxine McDaden, 72, and attempting to kill Ruth Bernadette Kennedy, McCaden's daughter, 33. Morris County authorities believe that Vaughn had befriended the two women, and that he had become a frequent visitor at their home before shooting them on July 19, 2003. The indictment returned Wednesday also charges Vaughn withJohnny quinlan, burglary, and posses-

sion of a hand gun.

TRIENTON---Three weeks ago, New Jersey Governor James McGreevey announced that he was gay, acknowledged an extramarital affair, and said he would step down as Governor on November 15, 2004. New Jersey Republicans are now calling for Governor McGreevey's resignation by Friday September 3, 2004. They believe that McGreevey has created a vacancy and that, by staying in office until it is impossible to hold a special election, McGreevey is depriving New Jersey voters of their constitution rights.

HACKENSACK - Keith Lifedane, a youth soccer coach, was charged last week for sexu-

ally assaulting a 15-year-old female in 1999 and 2000. The female was not associated with his job as a soccer coach; however, last Wednesday, Lifedane was arrested again for an assault on a 13 year-old female. Lifedane was released on $250,000 bail.

TOOLEE, UT - Daniel Painter, 30, has been charged with aggravated assault and cruelty to animals after allegedly stab-

bing a dog to death with a sword in retaliation of its owner. The Chew-Lab mix, named Kuba, was attacked early Sunday, waking its owner with a loud yelp. Garth Jones, the dog owner and Painter's landlord believes Painter attacked the dog because he evicted the ten-

ant for failing to pay his rent.

SAN DIEGO, CA - Scott Erskine, 30, has been sentenced to death for allegedly stabbing a woman to death at a school in Beslan, south-

ern Russia. Four people were killed at a school in Beslan, south-

ern Russia. Four people were killed during the initial attack, when attackers are reportedly demanding that Moscow withdraw its forces from Chechnya. The hostage takers, armed with suicide handbells and guns, have threatened to kill the children, ranging in age from 7 to 17, if an asylum is launched.

GAZA CITY, ISRAEL - At least 5 people were killed when an Israeli helicopter fired missiles at a Palestinian refugee camp. Witnesses say that Israeli tanks were moving toward the Khan Younis camp in southern Gaza Strip after the incident. The radical Islamic Hamas group, Hamas, claimed responsibility for the attacks that wounded at least 94 people. Israeli rescue and cove-

r volunteers examined one of the businesses attacked.

MOSCOW, RUSSIA - If you have made the right connections and laid your startup's busi-

ness plan, don't be surprised to get a call from an eager bank-

er ready to shower you with cash. That's what happened to Claudia Browne Fly and Susan Anderson, partners in ThinkInk, a Bridgewater startup that designs and distributes family calendars.

AMMAN, JORDAN - France is pressing with efforts to secure the release of two French journalists held hostages in Iraq, after a deadline to revoke a law banning Muslim headscarves in schools passed without word from the kidnappers. The new law, which bans conspicu-

ous religious symbols including Jewish skullcaps and large Christian crosses--at school, the mosque earlier this year and came into force as people returned to school on Thursday. French Foreign Minister Michel Barnier is an Amman Jordan, for talks on the crisis, and a group of French Muslims is expected to arrive in Baghdad Thursday to negotiate for their release.
Shuttle Service Expands to Better Serve Campus

Jessica Havery
Staff Writer

A list of piling complaints, from long waits to rude drivers, are exactly the issues that Melvin Little, Director of Shuttle Services, said he has worked to reduce.

In the past year, Little said he has revamped Shuttle Services in hopes that, one day, “students may be able to set their watches to the shuttle schedule.”

Little has created a shuttle operations manual and has held an extensive, annual orientation to ensure that shuttle drivers are working up to the department’s standards, he said.

With these aspects in place, Little said he is able to better monitor a driver’s customer service skills and job performance. A driver’s annual evaluation, performed by the state, has also been upgraded this year in order to hold drivers accountable for their actions.

To ensure that the extensive training and evaluation approaches have bettered the department’s services, Little said he arranged to have each shuttle monitored by a Global Positioning System (GPS).

By using this highly technical monitoring device, Little said he can track the location and progress of all campus shuttles along their routes, including the routes to and from hotel-based Residence Halls. Montclair students living in the hotel-based Residence Halls, located in Fairfield and Clifton, have shuttle concerns that Montclair students have never had to worry about before.

At the Wesley Inn located in Clifton, there are eighteen students with 7 a.m. classes requiring that shuttle service begin by 6 a.m. each morning. Service at the Fairfield location is not needed prior to 7 a.m., Little said.

With each location, shuttle service will run every half hour, stopping at the Red Hawk Deck and the Student Center, until midnight.

Little said he was confident that his staff is prepared to tackle issues, such as traffic on Routes 3 and 46. When faced with a challenge, we do what we have to do,” Little said. “In the event of heavy traffic, we have prepared our drivers with alternate routes from the main highways to the rear entrance of the hotels.”

In addition to having alternate routes planned, Little has also arranged to have additional buses on standby, should anything requiring emergency replacement of a shuttle.

“The department doesn’t want students to miss classes because of excess traffic or an unexpected shuttle malfunction,” Little said.

In addition to accessing locations, the system monitors how long the shuttles remain idle, when the driver breaks the speed limit, and whether they are making designated shuttle stops in a timely manner.

A slightly modified version of this system will be made available to students via the internet, enabling them to check the location of a shuttle bus before making their way to the bus stop, Little said.

This aspect of the new system will prevent unnecessary waiting, but leaves some students, such as Reggi Stainfil, a bit hesitant.

“It is a very good idea, but if a student’s computer is slow, they might miss their shuttle,” Stainfil said.

In addition to higher expectations, and advanced technology, students will also be seeing a number of new shuttle buses this year, Little said. Hoping to better serve high traffic areas, such as The Village and Clove Road, Shuttle Services will increase its fleet to a total of twenty-seven buses by January 2006, Little said.

Little signed an order for nine new shuttle buses, designed to hold 27 passengers each. The first shuttle will arrive this week, to be followed in sets of two for each month of the fall semester, he said.

Last year’s extended wait times at The Village and Clove Road Apartment stops should be non-existent, Little said, and he has prepared to have each of those locations served by extra shuttles.

Each morning, there will be twelve buses running, rather than the eight buses from last semester’s shuttle schedule. Of those 12 buses, four will be utilized in The Village, each one serving a different stop at The Village complex.

With each bus having its own designated stop, Little said he is hoping to reduce the number of people left waiting after a bus has reached its maximum capacity at only one stop.

“The plan sounds like a good idea,” Village resident, Ed Balsam said. “I’m glad they’re trying to improve [the shuttle services], I just hope they stick to the schedule.”
GET A GREAT PRICE ON THE WRONG BOOK.
IT WON'T HELP YOU PASS YOUR CLASS,
BUT THINK OF THE MONEY YOU'LL SAVE!

At your campus bookstore we work directly with your professors to ensure we only order the exact books they plan on using. Buy your books somewhere else and you may or may not get what you’re really after. And at efollett.com you can order your books online and pick them up in store, so there's no waiting or shipping to pay. So if you're looking for a deal, now you know where to look.

Your campus bookstore has the right book

UNIVERSITY BOOKSTORE
MONTCLAIR STATE UNIVERSITY

Student Center Building • Phone:(973)655-5460
Although Dean Ayres is "very sad to leave MSU," she says she is, "ready to provide leadership for a student affairs division and to represent student development on an institutional level." Dean Ayres' accomplishments at MSU over the past ten years will forever leave an imprint on the University. "She could always be counted on to act with good intentions for the betterment of MSU," stated Jacob Hudnut, President of the SGA.

At this time, the department of Student Life is searching for a new Dean of Students. They hope to have a replacement by October 2004.

Dean Helen Matusow-Ayres accepted a position as Vice President of Student Affairs at Pratt University in July. From new programming for freshman students to an increase in health services she has contributed greatly to Montclair State University over the course of ten years.

The opening of the train station across from The Village apartments at Montclair State was delayed as a result of legal inspections. Its new opening date is scheduled for Thursday September 23.

Shuttle services on campus will be conveniently traveling to and from the train station. "There are three shuttle bus options that run every 10 minutes on the campus core," stated Cooper.

Route T will have shuttle bus pickups in the drop off area on the north side of the NJ Transit train station and garage. Route D will be located at the bus shelter located between the Softball Stadium and Lot 40. Route C's shuttle stop will be in Lot 28.

The NJ Transit parking deck and train station first opened on Monday, August 30. For more information visit www.njtransit.com or contact the facility manager at 973-746-4278. Train schedules are located in the pamphlet rack in Red Hawk Deck.
# Nothing to do?

**YEAH, RIGHT!!!!**

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
</table>
| Thurs. - 9/2 | 8pm - Comedy Show!  
Memorial auditorium  
10pm - A.S.S.I.S.T. Coffee House  
SC Ratt           |
| **TONIGHT!** |                                                                      |
| Fri. - 9/3   | 6pm -  
Class One Concerts  
SC Ballrooms       |
| Sat. - 9/4   | 9am - Hershey Park Trip!  
Red Hawk Diner  
1pm - MSU Men’s Soccer vs. Skidmore  
MSU Soccer Park   |
| Sun. - 9/5   | 8am - Seaside Hgts. Beach/Boardwalk Trip!  
Red Hawk Diner  
1pm - MSU Men’s Soccer vs. Babson - MSU Soccer Park |
| Mon. - 9/6   | 10pm -  
“SHRECK 2”  
SC BALLROOMS     |
| Tues. - 9/7  | 12pm - "Develop Your Academic Skills"  
DI Hall, Cohen Lounge  
8pm - Open Volleyball! - Panzer Gym  
8:30pm - Hypnotist Show - SC Ballrooms |
| Wed. - 9/8   | 3pm - Yoga Fest!  
Russ Hall, Kopps Lounge  
4pm - MSU Women’s Soccer vs. Stevens Tech - MSU Soccer Park  
8pm - Black Light Party! - SC Ballrooms |
| Thurs. - 9/9 | 12pm - "Develop Your Academic Skills"  
DI Hall, Cohen Lounge  
7pm - BINGO BONANZA! - SC Cafe |
FRESHMEN - START YOUR ENGINES!!!

Just A Few Things You Might Need To Know in Order To Gear Up for College

Narpat Singh
Staff Writer

Met professors kick off the school year by introducing themselves and talking about the class work, the materials needed, the syllabus, etc. Most also use this time to get a glimpse of their students. These first days are the best to make friends and make a name for yourself at Montclair State University. Your goal for the first few weeks should be to try to talk to at least one new person every day. However college isn't all about fun and games. When professors do the talking on the first day, they often go over classroom procedures and expectations. Pay close attention so you'll know exactly how to succeed in the class. Always ask questions if you're not sure about a particular matter. The only bad question is the question that is not asked.

Human nature makes us tend to resist change and struggle to hold on to familiar surroundings like the comforts of home, family, and friends. If you're struggling to adapt to your new environment, here are five remedies to lift your spirits.

1. Do something you enjoy!
The best way to adapt to your new environment and not let go of your old comfort zone is to do something that you love to do. Almost everyone has a favorite hobby, sport, or passion. Doing something you enjoy will add some happiness to your day and take your mind off thinking of home.

2. Get involved!
There's no better way to make yourself feel wanted in a new place than to get involved. Social groups are a primary part of your college experience. Just take a quick look at a campus calendar or student newspaper to find out what's happening at your school. Remember, it's never too late to get involved.

3. Go out with a new friend!
A trip to the local diner or pizza joint can cure mostly anything. Better yet, go out with a new friend. New friends always have more to say, and will keep your mind off everything else. A combination of old and new friends always makes for a good time.

4. Get organized!
Take some time to keep track of what's going on everyday, especially for the first few weeks. A planner or notebook can help you remember important stuff like homework due dates, assignments, plans for the weekend, and where to meet for your next blind date. No one wants to walk to the wrong classroom on the first day of class. To avoid embarrassment, get organized and stay organized.

5. Keep in touch with your family!
Keeping in touch with your parents, siblings, and relatives will help both of you adjust to your move to college. Writing a letter, and making that phone call could be the time to keep in touch with your close ties as well as costly, hence, use technology to your advantage. Send email to each other as well as exchange new stories and pictures. You can always trust your family for support.

So, as that first class approaches and the butterflies begin to show up, just remember, every nervous time brings tranquility the moment after. Always strive for the best and make the most out of your college experience.

Shhh...Keep This On the Down Low

Veteran Revisits Freshman Year, Provides Freshman Experience 101 Cheat Sheet

Alicia Feghhi
Staff Writer

One year ago, I was searching for a parking space. One year ago, I sat down on a seat in Dickson Hall, not knowing what to expect from my first semester as a freshman at Montclair State University. One year ago, I could not wait for the year to be over.

One year later, I remember how nervous I was that very first day in college. From experience, I know all about the freshmen fears and questions. However, no one gave me the answers.

So here is my "cheat sheet" for you. Get out your #2 pencils and begin to conquer freshman year with confidence.

Good luck!

High School is Over: College is completely different than high school. You are now an adult who does not depend on your parents as much.

Your parents will no longer be bugged by phone calls from teachers or counselors warning them about their child's failing grades. Open houses are extinct in college. You are the boss of your school schedule, not your guidance counselor. You make the decisions, it's your responsibility to seek the right people. You are independent.

Work Harder: Even though a class meets two times a week for one hour and fifteen minutes, does not mean that it's as easy as 1-2-3. In high school, you had the same classes every single day for the whole year.

Then, work was spread out, but now you have one semester of only twelve meetings of a certain course to pass it. Instead of having numerous tests and quizzes, most classes only give you two chances to pass: a midterm and a final exam.

Time Management: Manage your time wisely and do not wait until the last minute to study or finish that paper that you had weeks to work on. Plan ahead accordingly while making sure you set time aside for extracurricular activities, work, homework, friends...and fun!

Dial 1-800 PROFESSOR ext Office Hours: If you have a question about a class, make arrangements with your professor to discuss it during his or her office hours. One thing many students fail at is not taking advantage of seeking assistance.

From experience, I have noticed that professors appreciate it when students visit during office hours when they need assistance or have questions. BONUS POINT: If you take advantage of this opportunity, the instructor might give you extra points because it shows that you care about the course, your grade, and yourself!

Contact Your Advisor: Assembly a meeting with your advisor every quarter before signing up for the next semester's courses.

You want to make sure that you are taking the courses that you need. Taking the wrong courses can cost you extra money.

Get Involved: MSU has tons of clubs, sports, and organizations for every student to join! By participating in extracurricular activities, you will meet new people with similar interests, spice up your resume, and have the opportunity to get the full college experience!

Don't Stress: I must admit, my freshman year was not stress-free. However, freaking out will only make the situation worse, and worrying about it won't get anything done. Just take it one day at a time.

Make the Most of It: College is an experience in itself. It is a time to explore your goals, dreams, hobbies, and future. Enjoy yourself, because from what I have been told, college is the best time of our lives!

Have Fun: 'Nuff said. If you have studied my cheat sheet, then there is no need to fret. Just trust your instincts and learn from the past. Before you know it, you will be a Freshman Experience 101. By the following year, all of your questions from freshman year will be answered. When that time of the year comes back again, you will be the one giving the cheat sheet to the new incoming freshmen.

One year ago, I finally found a spot five miles away from school. One year ago, I left that seat in Dickson Hall, passed the course and knew the answers to my questions. Now one year later, I can't wait to graduate.
**Fitness Resolutions**

*Keeping Away the College Pounds*

James Carpentier
Staff Writer

While exercise and dietary resolutions are usually reserved for New Year’s Day, the start of the new school year each fall at Montclair State University is another opportune time for students, faculty and staff to renew fitness resolutions. A consistent exercise and nutrition program will enhance health and provide energy to meet the various challenges during the academic year. Whether you are an exercise novice or are resuming a conditioning program after illness, injury, or pregnancy, this article will offer some ground rules before you head to the gym.

**First Get a Physical & Doctor’s OK**

If you are going to exercise for the first time after months or years of delay, before heading to the campus fitness center or checking local health clubs, get a physical and get your doctor’s approval to pursue a fitness regimen. When the doctor gives you the green light and you see an exercise novice, consult a fitness professional to guide you and help meet your goals and needs. Your physician may even recommend a certified personal trainer and a registered dietitian to get you started. Libraries or bookstores also carry fitness, weight training, and nutrition publications to complement your workouts.

**Be Realistic About Fitness Goals**

Prove slowly and set a realistic goal. If you need to drop excess weight and body fat, for instance, realize that it will not come from just diet and exercise. Others may be on the opposite side of the spectrum and need to gain weight for specific sports. It takes discipline, determination and dedication, and if you have someone to motivate you, such as a personal trainer or conditioning coach, the results may come quicker than if you embark on your own.

Again, be realistic, not in dreamland. If you want to look like a magazine cover model, sometimes genetics play a role preventing you from attaining the model’s physique or figure no matter how hard you train.

However, with dedication and a consistent approach (and without resorting to risky performance-enhancing supplements or harmful steroids), you can naturally enhance your appearance (increased muscle mass and lower body fat percentages, for example) through a combination of weight training and aerobic exercise.

Health professionals are endorsing weight training for youths, adults and the elderly (using barbells, dumbbells, machines, bands, weighted balls or your own bodyweight, for instance) to strengthen muscles, bones, joints and tendons, lower the risk of osteoporosis, and increase muscle and reduce body fat.

Aerobic exercise such as walking, bicycling, or jogging builds cardiovascular endurance, strengthens the heart, and enables you to go distances without fatigue.

Three Keys to Fitness

Exercise is terrific. Among its numerous benefits: It will energize you, help you sleep better each night, and more effectively handle stress. It lowers blood pressure; protects against heart disease; assists in reducing body fat and maintaining or losing weight; and can add years to your life. Exercise will make you look and feel better (endorphins produced through exercise improve mood), but it is really one-third of a total fitness program.

Two other necessary components are nutrition and rest. Adhere to a balanced diet consisting of plenty of water, and healthful carbohydrates such as vegetables, fruits, and whole grains, and protein sources such as nuts, seeds, beans, eggs, meat, fish, cheese, milk or yogurt, and beneficial fats such as olive oil, fatty fish and nuts. Balanced nutrition will provide the fuel for your workouts and the post-workout meals will promote recovery phase of training.

Rather than follow the latest trendy diet, it’s really all about calories consumed versus calories expended through exercise and other forms of physical activity.

Excessive calories consumed (whether it be in the form of too many protein foods or carbohydrates or high fat foods) and insufficient activity will eventually expand your waistline. The third component, rest between workouts is equally significant to restore energy and boost recovery in help build muscle and reduce fat between exercise sessions. Bear in mind that muscle growth occurs after training during rest/sleep and not during your workouts. So try to get at least seven or eight hours of sleep regularly to ensure recovery. An intense full-body training session focusing on muscle groups in the upper and lower body should be done within 30 to 45 minutes (no longer than an hour including warm-up) and requires 48 to 72 hours of recovery. Training hard the next day without sufficient recovery can compromise the immune system and prevent progress.

If you are beginning an exercise program, schedule weight training sessions two or three times per week to allow for adequate recovery time, but the most important is always your health.
three times weekly on non-consecutive days (try Monday, Wednesday and Friday if done three times a week), then, as you increase the resistance and intensity of your work­out, train twice weekly (Monday/Thursday or Tuesday/Friday, for example) to allow for more recovery time.

A 15-to-30 minute brisk walk, light jog­ging, gardening, cleaning floors or other types of moderate exercise or activities on your non­weight training days will supplement your fitness program. And, whether you’re a novice or experienced exerciser or athlete, always warm up the muscles (i.e. jog in place for two to five minutes, or do a set or two lifting light weights before heavier weightlifting) to minimize the chance of injury. And, make sure you cool down after each workout by gently stretching the muscles.

Resuming Training After Illness, Injury or Procrastination

If you are resuming an exercise program after illness, injury or just not finding time to fit fitness into your life, go slowly as a first­time exerciser would do. Jumping right in and training hard the first day after weeks or months of not training can be detrimental. Proceed gradually, for example, with weight training exercises. After a long layoff, your strength declined, muscles may have atrophied, and trying to lift the same or close to the same amount of weight preceding the time away from the gym may aggravate an injury and set you back again. Also, after a layoff, the muscles have to adapt and muscle aches generally occur the next day or may last a few days after your first workout.

If you are new to exercise, first get a physical. Before exerc­ising on your own, have a certified fitness instructor customize and monitor a program for you. Familiarize yourself by reading books or magazines with illustrations and descriptions of weight training exercises, for example.

A well­rounded fitness program combines resistance training (using weights, machines, or your own body­weight, for example) with aerobic exercise (cycling, walk­ing, jogging). Besides exercise, balanced nutrition and adequate sleep are two other basic components in a fit­ness program.

Consult a nutritionist or registered dietitian to incorporate meal plans with your exercise program. And remember that building lean muscle, burning fat, gaining strength, and optimizing recovery between workouts is enhanced by periods of deep sleep lasting seven or eight hours and by following a balanced nutrition program. Set realistic goals for yourself and be consistent and patient. Try to increase the resistance gradually in each weight training exercise and increase the intensity of each workout with shorter rest periods between sets of exercises, for instance.

For those who are resuming exercise after illness, injury, or procrastination, ease back into it with one or two light workouts before upping the intensity. And, rather than wait until New Year’s Day to make that exercise/­dietary resolution, start off the new school year at Montclair State “on the right foot” with a brisk walk to the campus fitness center.

James Carpenter is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. His health/fitness articles have appeared in sev­eral publications.

Love Dilemma Leaves One Confused

While Another Battles the Common
Yet Widely Ignored Human Papiloma Virus

Dear G.M.,
My problem is of the heart. I cannot seem to shake this guy I met my sophomore year and a half, and then we had a pretty nice year of high school. We dated for about a year, but there was something completely different.

I try to be a good person, but I am not a good enough person for him. He is not willing to compromise. One usually conquers the other, and honestly it is often the heart, even though it would be much better off the other way around. This sounds like both of you are struggling with the same emotions, but neither of you are dealing with it in the appropriate way.

It’s obviously wrong to cheat on your respective significant others. If the tables were turned, you would not want to be in that person’s position; so the cheating habit has to go. If you both are really into each other, then real communication has to occur.

Remove the sexuality from this equation and really evaluate where both of you stand. You can have a legitimate and caring relationship with each other without the physical contact, then I think you may have something to strive for. Just don’t make it as easy for him! If you let him come crawling back to you every time something goes wrong with his other relationship, then his intentions are not honest. You owe yourself more.

If you have to choose between the mind and the heart, I’d suggest that you take the best attitude in both and decide where to go from there. If there is a true respect for each other in this tangled up relationship mess, then maybe you can at least salvage a friendship, even if a relationship is not in your future.

Dear G.M.,
I was recently diagnosed with HPV (Human Papiloma Virus). I freaked out when my doctor told me, but he said that it was a common problem. I am really uncomfortable with this diagnosis. How serious is this, and what are my options?

A.S.

I am not a doctor therefore I am not authorized to provide you with conclusive information. You should talk to your gynecologist or general practitioner for the information that pertains specifically to you. However, I can tell you that you are not alone, and as long as you are responsible about keeping up with check ups and preventing the spread of HPV to other partners, then you are doing the best you can.

I am here to answer your questions. If you have a dilemma like the ones above, I am at your service. Just e-mail me at Montfeature@yahoo.com with the title: Love, Lust and Everything Else.

Love, Lust and Everything Else

Although condoms are a fairly good combatant, it is not guaranteed that they will protect you from HPV since infected parts of your partner may still be exposed. There are at least 46 different types of HPV. At least 12 of those types cause genital infections commonly known as warts.

Infections more commonly known as genital warts. Often the warts can disappear by themselves, but others do not leave as quickly, requiring laser excision or other methods such as freezing or burning the warts off.

It is important to know that there is no cure for HPV since it is a virus. The major concern for women who have HPV is the increased risk of cervical cancer.

Talk to your gynecologist about the way you should monitor your HPV. He or she may suggest a check up every six months instead of the average annual checkup.

The important thing to remember is that you are not alone, and as long as you are responsible about keeping up with check ups and preventing the spread of HPV to other partners, then you are doing the best you can.

I look forward to hearing from you.

GM Groso
Staff Writer

Dear G.M.,

The mind and the heart are usually at odds with each other and are almost always unwilling to compromise. One usually conquers the other, and honestly it is often the heart, even though it would be much better off the other way around. This sounds like both of you are struggling with the same emotions, but neither of you are dealing with it in the appropriate way.

It’s obviously wrong to cheat on your respective significant others. If the tables were turned, you would not want to be in that person’s position; so the cheating habit has to go. If you both are really into each other, then real communication has to occur.

Remove the sexuality from this equation and really evaluate where both of you stand. You can have a legitimate and caring relationship with each other without the physical contact, then I think you may have something to strive for. Just don’t make it as easy for him! If you let him come crawling back to you every time something goes wrong with his other relationship, then his intentions are not honest. You owe yourself more.

If you have to choose between the mind and the heart, I’d suggest that you take the best attitude in both and decide where to go from there. If there is a true respect for each other in this tangled up relationship mess, then maybe you can at least salvage a friendship, even if a relationship is not in your future.

Dear G.M.,
I was recently diagnosed with HPV (Human Papiloma Virus). I freaked out when
MAN CANNOT LIVE ON NEW BOOKS ALONE.

Add some used books to your diet.
Shop the biggest selection and save up to 25%.*

UNIVERSITY BOOKSTORE
MONTCLAIR STATE UNIVERSITY
Student Center Building • Phone:(973)655-5460

* Over the cost of new.
Summer Love - Is It Myth or Reality?

Try These Suggestions To Leave a Lasting Impression on Your Summer Fling

Kristen Carlson
Staff Writer

It isn’t easy to get back into the swing of things around campus once the summer is over. Most of us probably thought the summer was too short, especially those of us who found a certain someone to spend their long, hot summer days and nights with. If you’re lucky, you may have found a lasting relationship; on the other hand, you might find your summer love growing cold with the weather. How do you turn a summer fling into the real thing?

Most relationship experts have agreed that you are most likely to be dumped around the three-month mark. After this amount of time, people begin to grow more comfortable with each other and the true personalities unfold. The “new relationship” can’t keep your hands-off-each-other thrill starts to wear off, and in summer flings, this could mean growing apart.

Not sure if your partner is in it for the long run? Try inviting him/her to an event that takes place much later in time: a concert, a football game, or another event that requires planning or tickets. This shows a commitment to the future that your love interest is willing to take part in.

Having concrete plans will also keep the relationship from drifting apart. Unless they have a really good excuse, a rejection would hint that they probably weren’t planning on seeing you much longer. Another way to test your lover out is to listen when they talk. Pay attention to their subject choices; what you two mostly talk about. Do they mention anything about the future, or is all your conversation mostly about the past or present? Do they ask you questions about your life (family, school, hobbies)?

If you are certain that you both want to continue seeing each other, the only problem might be dealing with a long-distance relationship (if you don’t live close). It can only work if both of you are willing to deal with the consequences that may occur: insanely exorbitant phone bills, high gas prices, expensive plane rides to visit each other, and jealousy are just a few of problems that might come your way.

The main objective is to be honest with each other. Hopefully, you both have enough respect for each other to say what is on your mind. Don’t panic and start putting pressure on your lover for a commitment because the summer is ending.

Part of the appeal of a summer relationship is the relaxed attitude. Hopefully, you savored every single moment. This way, if it did turn out to be just a fling, I hope it was a memorable one.

Walking the Walk

Merin Campbell
Staff Writer

You keep saying you want to start an exercise program, but you just don’t seem to have the time or you are not sure how to begin. Well, look no further. Walking has taken over as one of the hottest ways to extend the benefits of a healthy diet and lifestyle. Increasingly, more and more people are going out of their way to take the stairs, or to walk to work or school. Pedometers, paper-sized devices that record the number of steps taken, are now offered in adult "Happy Meals" and as prizes in cereal boxes. Even certain high-tech cell phones come with pedometers that will send you an email telling you the distances you walk on a daily basis!

But one question remains: Is this walking craze just a fitness fad, or does it genuinely carry benefits that extend beyond getting us from point A to point B? According to many doctors and fitness experts, the contributions of walking are exceedingly positive, and the benefits are often far greater than meet the eye.

For example, engaging in brisk walking several times a week can impact health and overall well-being in the following ways:

- Strengthening the heart and improving circulation
- Lowering blood pressure and the risk of stroke
- Relieving stress and anxiety
- Improving balance, flexibility, and coordination
- Improving mood and self-esteem
- Reducing feelings of depression
- Boosting energy and promoting a good night’s rest
- Reducing feelings of depression
- Breathing fresh air and getting a good night’s rest
- Receiving stress and anxiety
- Improving balance, flexibility, and coordination
- Supporting increased concentration and memory

In addition, walking utilizes almost all of the 605 muscles and 203 bones in the body—more than any other sport!

So, the next time you find yourself killing time while you wait for a parking space closer to campus, consider the benefits of walking. It might change your perspective on what you perceive as a “good” parking space!
Looking for something fun to do?

Need Cash?
You can earn $200 - $800 per week!
Hourly wage plus commission and bonuses!
Work part-time evenings and Saturday - set your own schedule!
Work 12-25 hours per week in a friendly environment.
Must be outgoing, personable, and enthusiastic!
Call Jeff ASAP - filling up quickly!
973-275-1188

Can I afford to live off campus? Plain cheese pizza or splurge for pepperoni? $25 just for opening an account? Sweet! I can order a couple of pizzas with that. I can't believe how much I'm paying in credit card interest. Maybe I should get a part-time job. I need a haircut. And quite frankly, I wish I could check my account online, it'd be like

Totally FREE Student Checking.

Money on your mind? Open a Totally FREE Student Checking account. You'll get lots of great features that make managing your money easy and convenient, like free NetBanking and eBillPay. A no-annual-fee Sovereign Visa® CheckCard. And free transfers from your parents' account! We'll even give you a $25 Thank-You Bonus just for opening the account. Plus, we'll enter you to win up to $20,000 in Sovereign Bank's Campus Cash Sweepstakes!® For details, stop by, call, or visit us on the web.

1-877-SOV.BANK (768.2255)
www.sovereignbank.com/studnet

Write for the Feature Section!
Contact x5241 or email at montfeature@yahoo.com

If you want to get involved on campus, and learn the meaning of brotherhood, you should come and rush for the most philanthropic Greek Letter organization at Montclair State University.

Here are our rush events:
9/13- Monday
Meet the Bros at Russ Hall, Kips Lounge at 8:10pm
9/14- Tuesday
Bowling with the Bros at 6G Revolving Doors at 8:15pm
9/15- Wednesday
Bowling with the Bros at 6G Revolving Doors at 8:15pm
9/16- Thursday
Coffee House with 7S1B1T in the 6G Ball at 10pm
9/17- Friday
Sports Event with the Bros, meet at 6G Quad 5pm
9/20- Monday
Harbor's Ballroom, meet Bros at 6G Revolving Doors at 8:15pm
9/21- Tuesday
Bowling with the Bros at 6G Revolving Doors at 8:15pm
9/22- Wednesday
Karaoke, Meet Bros at 6G Revolving Doors at 8:15pm
9/23- Thursday
Mandatory Event to Pledge 6G Revolving Doors at 8:15pm
9/24- Friday
Mandatory Event to Pledge 6G Revolving Doors at 8:15pm
The Montclarion wants you!

We are actively seeking a production and news editor.

How does a free vacation sound? All expense paid sound good? Build your resume while having fun and serving the campus community! Meet new people, get to know your campus, and become familiar with administrators (letters of recommendation).

We also are seeking assistant editors and writers for all sections.

For information contact:
Montclarion@mail.montclair.edu
Or call us at x5230
Hits and Misses of Summer Music

Dave Bauer
Staff Writer

This summer the Ratatat had a surprising summer smash with their album.

"04 VMAs Fall Short of Expectations
The Typically Exciting VMAs Failed to Sizzle in the Hot Miami Sun

Kadiejah Basir
Arts and Entertainment Editor

Every year MTV puts on the most outrageous awards show and it’s where we all go to look at the coolest celebrities in the brightest gear. It’s always a thrill to see the excitement of the costume and opening number at the start of the show. Most people enjoy the fact that we don’t have to see the usual binding suite and debonair appeal, but experience the dressed down, wild approach of the Video Music Awards. When MTV said that they were hosting the show this year in Miami, it was assumed that it would be another memorable year. Needless to say, this year was a disappointing year for the 2004 VMAs.

I don’t know if it is because of the change in venue, or the fact that there was no host, or maybe I’m just getting to old for this, but the awards lacked the authenticity and rawness the public is used to. The fashion was a snooze and the performances were, for the most part, bland, acceptable. This year on the red carpet everyone appeared to be on their way to the Grammys because many of the stars showed up in glamour gowns. Some of the outfits just didn’t quite mesh well with the rest of the crowd, like Beyonce: I know you’re “bootylicious” but, I just want you to know that your hair shrunk out from last year and turn it into booty shorts? We know you’re “bootylicious” but you don’t have to re-wear your clothes from last year in a smaller version to prove it.

I think Jay-Z on the other hand, had a very distinguished appearance with a classic hat to match.

I didn’t know what was up with the Duff sisters, though. Sure, they’re cute girls, but what were they wearing? They looked like they were on their way to a dress up sleep over. The highlight of the fashion was definitely none other than Gwen Stefani. She did it right up with the classic, yet, “Gwen-ish” look, with the hair and the outfit. She was all over the news as well as the covers of every music magazine.

This year the VMAs were left without a host, which meant no big opening act. Instead, rush us with a cheesy fake rain dance. Enough though of most of the night was a bit of fun, there were a few unforgettable moments that brought the evening together. When the Ying Yang twins and Lil’ Jon and the East Side Boys performed, who knew that their star booty girl would be the normally sophisticated Vivica A. Fox dropping it like it’s hot. She’s such a huge star that doesn’t need to degrade herself in that manner, very disappointing to see.

As a way to encourage the youth to vote, MTV brought Democratic candi- date John Kerry’s Daughter, Vanessa and Alexander. Through all the political emotion they were on stage, as well as President Bush’s daughters via satellite. On a better note, it’s always a pleasure to hear the song-bird voice of Alicia Keys, and by adding a surprising performance by the great Steve Wonder and the guitar strums of Lenney Kravitz, you can’t help but make great music.

It was a historical moment for music history.
Entertainment this summer was not the same, with the once-unknown-to-the-public, beat-maker Kanye West. He has established himself as a history maker in the music of 2004.

It's really a blessing to see this talented man rise up from the ashes to run the charts by storm.

It was impossible to go through this summer without hearing at least one of his hits.

He took hip-hop and turned it in a dynamic dose as a more upbeat example of what L Maestro Presents is capable of. This is one of the groups' more radio-friendly tracks elevating them from being labeled "underground."

We could never really go anywhere without hearing his tunes. Not bad for someone who has only one record under his belt.

This summer he worked with hit makers like Brand Nubian in the song "Selfish," newcomers in the group RJD2 will not be disappointed. The group is composed of six members with a wide range of talent.

Jubei and KB are the headlining MC's and received left the audience thirsty for more after their high-energy two hour performance.

Jubei and KB spit thought provoking lyrics with live instrumentation to create a perfect example of how hip-hop can be used left the audience thirsty for more after their high-energy two hour performance.
Do you like going to local concerts and watching movies? Great! If you’re a writer or just like to write, join The Montclarion and write for Arts & Entertainment. Just contact Kadijah via email at montarts@yahoo.com

VMAS
CONTINUED FROM PG 14

“I didn’t know what was up with the Duff sisters... They looked like they were on their way to a dress up sleepover.”

to sing on the chorus “The wire.” Sad to say, Miss Khan’s legendary voice was having a bad night and wasn’t quite on key, but who cares it’s Chaka Khan at the VMAs. To wrap up the night, Outkast was the top dogs followed by Jay-Z and Usher snagging themselves some moon men. I hope the excitement of winning will be the same enthusiasm they bring for us next year. I guess we have to wait and see.

Album Releases

Cookout
Dir. Lance Rivera
Starring Storm P, Eve, Danny Glover

World
Bjork
Medulla

Jill Scott
Beautifully Human: Words and Sounds Vol.2

Concerts & Theater

Thursday 2
Abbey Lincoln Quartet-Blue Note
Eric Reed-Knickerbocker

Friday 3
Karrin Allyson, AuBar
Bent Outa Shape, House Concert

Saturday 4
Sharp Edge-B.B. King’s
Toby Keith- P.N.C Bank Art Center

Sunday 5
The Night Hawks- Cross Roads I
Norah Jones- P.N.C. Bank Arts Cente
Bill Charlap Trio- Jazz Standard

Monday 6
Jimmy Bruno - Blue Note
Satirius Johnson, The Continental

Tuesday 7
Gloria Gaynor - Time Square
Smoke and Smoke, Irving Plaza

Wednesday 8
Vanilla Fudge - B.B King’s Blues Club
Joss Stone - Joe’s Pub
Alicia Keys - Radio City Music Hall

Justice is blind, Law schools aren’t.

December LSAT® classes start soon. Our new Hyperlearning LSAT course delivers higher scores, guaranteed.

800-2Review | PrincetonReview.com

The Princeton Review
It takes a special person to travel halfway around the earth to preserve a couple square miles of it.

PEACE CORPS
How far are you willing to go to make a difference?

www.peacecorps.gov • 1-800-424-8580
The Montclarion welcomes you to our campus. Now is the case you haven’t noticed, there is activity going on all over the campus. I’m not talking about the tons of students jammied in the bookstore, the lines of people trying to be fueled up by the healthy campus food, but all the construction work taking place around you.

This has been going on for a while and we know that construction needs to take place in order to build better things, and complaining does not make the workers stop faster.

If these issues don’t bother you, don’t worry there’s more. You may have found that parking is hard to find, not to mention expensive. You are not only alone but you will probably deal with that throughout your college life. If you are one of those students who was overbooked for student housing and living in a hotel far from campus, well, I guess you have the right to be upset.

These are just a few of the obstacles you will find on your path throughout your college life. There is a positive side to all of this! When all this construction is finished, your campus and its reputation will be higher than any building around. The construction today and the delays they are to be tomorrow’s advances.

Montclair State University will have a state-of-the-art theater which students will be allowed to use all year round. The education building that is being built will be the essential annex for education students and the education department. Our train station, which will be open this month, will provide a service to all. Students can use the system along with other teachers from other places that cannot make it here today.

The hotel service is a solution to a problem. If it weren’t for the hotel, these students may not be able to attend the University now.

There are all obstacles that we may run into throughout life. There are ways to deal with them and solutions to work out. Our feeling is that in the long run, our campus will prosper.

The Young and the Powerful Voter

Today’s Young Adults May Be the Decisive Vote in the Upcoming 2004 Presidential Elections

There is no question that this year may be the most important election year in U.S. history. It is an election year that will determine our fate and how the world will view America.

This election is a question of our character, our actions and our freedom. And it is an election that could be determined by today’s youth.

The biggest voting demographic has likely been the elderly, but this year it seems many young adults are becoming active. However, many more still need to see the light.

These elections are very important for the young adults today because much is at stake with their future. I do not think many youth even know the difference between Republican, Democrat or

The only way to win the peace and be respected again is a change in this administration.

any other party. To determine where you stand, ask yourself the following questions.

Do you care about the environment? Do you feel everyone should have healthcare? Do you feel women should have the right to choose? Do you think we should explore science to advance in technology? If so, you are a Republican.

We have a President who, by exploiting the biggest tragedy, is taking away our freedom in the name of fear by creating the Patriot Act. He is creating more enemies than allies, and stripping the elderly, veterans, and children of their healthcare. He spends almost half of his time on vacation, re-writes environmental laws to protect corporations, and passes tax cuts to benefit the wealthy, and at the same time, trying to do away with over-time pay.

He is taking away a woman’s right to choose, and denying the gay community their rights. Finally, he went to war with a country who posed no threat, while sending our troops to die over oil, without the proper protection and gear. It is time for change.

We must also think about advancing in science. Stem Cell research could save thousands of lives and cure many diseases. If we want to develop into the future, we must keep up with science as well.

These are issues we have to know about. These issues will actually impact us. This is a time for change, and it is up to the youth to hit the voting booths and make that difference. This is your homework, your duty. I don’t want to hear who is winning in reality shows like Survivor, I want to hear that you registered to vote and are going to make a change.

Think about your responsibility to vote and decide who will be the best person to run the greatest country on earth. If you want a President who cares more about the American people than the Saudi Royal family and Corporations, then you need to vote this Administration out of office. If you want someone who has a plan for this war and a plan for the peace, then you need to vote out this President.

This is your time, your opportunity to make a difference. We have a man in the office who has never served a day of combat in his life, but is thinking about bringing back the draft.

The only way to teach democracy is by example, not by fear. Bombing will only bring the world to pieces, but not bring the world to peace. The only way to win the peace and be respected again is a change in this administration.

www.themonclarion.org

The Montclarion welcomes you to our campus. Now is the case you haven’t noticed, there is activity going on all over the campus. I’m not talking about the tons of students jammied in the bookstore, the lines of people trying to be fueled up by the healthy campus food, but all the construction work taking place around you.

This has been going on for a while and we know that construction needs to take place in order to build better things, and complaining does not make the workers stop faster.

If these issues don’t bother you, don’t worry there’s more. You may have found that parking is hard to find, not to mention expensive. You are not only alone but you will probably deal with that throughout your college life. If you are one of those students who was overbooked for student housing and living in a hotel far from campus, well, I guess you have the right to be upset.

These are just a few of the obstacles you will find on your path throughout your college life. There is a positive side to all of this! When all this construction is finished, your campus and its reputation will be higher than any building around. The construction today and the delays they are to be tomorrow’s advances.

Montclair State University will have a state-of-the-art theater which students will be allowed to use all year round. The education building that is being built will be the essential annex for education students and the education department. Our train station, which will be open this month, will provide a service to all. Students can use the system along with other teachers from other places that cannot make it here today.

The hotel service is a solution to a problem. If it weren’t for the hotel, these students may not be able to attend the University now.

There are all obstacles that we may run into throughout life. There are ways to deal with them and solutions to work out. Our feeling is that in the long run, our campus will prosper.

The Young and the Powerful Voter

Today’s Young Adults May Be the Decisive Vote in the Upcoming 2004 Presidential Elections

There is no question that this year may be the most important election year in U.S. history. It is an election year that will determine our fate and how the world will view America.

This election is a question of our character, our actions and our freedom. And it is an election that could be determined by today’s youth.

The biggest voting demographic has likely been the elderly, but this year it seems many young adults are becoming active. However, many more still need to see the light.

These elections are very important for the young adults today because much is at stake with their future. I do not think many youth even know the difference between Republican, Democrat or

The only way to win the peace and be respected again is a change in this administration.

any other party. To determine where you stand, ask yourself the following questions.

Do you care about the environment? Do you feel everyone should have healthcare? Do you feel women should have the right to choose? Do you think we should explore science to advance in technology? If so, you are a Republican.

We have a President who, by exploiting the biggest tragedy, is taking away our freedom in the name of fear by creating the Patriot Act. He is creating more enemies than allies, and stripping the elderly, veterans, and children of their healthcare. He spends almost half of his time on vacation, re-writes environmental laws to protect corporations, and passes tax cuts to benefit the wealthy, and at the same time, trying to do away with over-time pay.

He is taking away a woman’s right to choose, and denying the gay community their rights. Finally, he went to war with a country who posed no threat, while sending our troops to die over oil, without the proper protection and gear. It is time for change.

We must also think about advancing in science. Stem Cell research could save thousands of lives and cure many diseases. If we want to develop into the future, we must keep up with science as well.

These are issues we have to know about. These issues will actually impact us. This is a time for change, and it is up to the youth to hit the voting booths and make that difference. This is your homework, your duty. I don’t want to hear who is winning in reality shows like Survivor, I want to hear that you registered to vote and are going to make a change.

Think about your responsibility to vote and decide who will be the best person to run the greatest country on earth. If you want a President who cares more about the American people than the Saudi Royal family and Corporations, then you need to vote this Administration out of office. If you want someone who has a plan for this war and a plan for the peace, then you need to vote out this President.

This is your time, your opportunity to make a difference. We have a man in the office who has never served a day of combat in his life, but is thinking about bringing back the draft.

The only way to teach democracy is by example, not by fear. Bombing will only bring the world to pieces, but not bring the world to peace. The only way to win the peace and be respected again is a change in this administration.
Welcome, or welcome back, to Montclair State University. Whether this is your first semester or you are returning to the campus, the University no doubt has a "new" feeling. For first-time students, everything is new. For returning students, the many construction projects that have been completed over the summer or are still in progress give the campus a different look. And for all students, the experience of meeting new professors, taking new courses, and developing new friendships will make this year special.

There are almost limitless opportunities to enhance your college experience, and I encourage you to stretch yourself and take advantage of as many as possible. As returning students can attest, it requires discipline and hard work to make time for both your studies and all the other activities that make the college years challenging and enriching. To assist you in reaching this goal, I offer the following advice:

1 - ASK QUESTIONS! We want your University experience to be as positive as possible, so if you have questions, ask your advisors. Ask your Student Government Association (SGA) leaders. Ask the professional staff members who are prepared to guide you through all the requirements that organize our lives here on campus. We try to anticipate your needs, but sometimes you will have to take the lead and ASK, ASK, ASK.

2 - SEE YOUR ACADEMIC ADVISOR OFTEN! Advisors for new and returning students who have not yet declared a major are located in Montclair Hall. Advisors for students who have already declared a major are located in their department, college, or school. If you do not know who your advisor is log onto WINS at www.montclair.edu and hit the button that reads "Advisor." All first year students should make an effort to develop a relationship with their first-year counselor. These individuals are the staff members who work with you during your summer orientation, and they will be there for you during the entire academic year. Your first year counselor can be found through the office of New Student Experience in Montclair Hall. Make yourself known to the people who are here to help you. I assure you that they want to know you, and they genuinely want to be of assistance to you.

3 - TAKE RESPONSIBILITY FOR YOUR UNIVERSITY LIFE! While your parents and other family members want to support and assist you, an important part of the University experience is developing your independence and your ability to tackle challenges and problems on your own. Begin to build your own network of advisors and resources to enable you to realize your ambitions, and work at getting the information you need and speaking up for yourself - respectfully, of course.

4 - GET INVOLVED IN AT LEAST ONE SIGNIFICANT CAMPUS ACTIVITY! If you are active in campus life, you are more likely to succeed academically, be more socially satisfied, and graduate sooner than students who are uninvolved in the University community. The SGA sponsors many clubs and organizations that will welcome your participation. Are you interested in sports, theater, music, languages, service to others, politics, or culture? MSU has it all. Find the groups where you can contribute your talents and develop new friends. A list can be found at www.montclair.edu/sga/org.html. Don't be shy about it. You have as much to offer as the next person, and your involvement will be welcome.

5 - ARRANGE YOUR WORK HOURS CAREFULLY! We realize that some students must work to cover some of their expenses and many others choose to work for a variety of reasons. To the extent that you are able to do so, I urge you to limit the number of hours you work in order to have time to focus on both your studies and other campus activities.

6 - EXPLORE PUBLIC TRANSPORTATION! As Montclair State continues to grow, the number of automobiles brought to campus increases. Try to get out of your own car as much as possible, so if you have questions, ask your advisor. Ask your explore the convenience and environmental benefits of public transportation. To facilitate the use of mass transit, NJ Transit has agreed to provide free rides on any NJ Transit bus or train on any route by showing their Montclair student ID. This offer is from September 8 through September 15. After that period NJ Transit will offer students a 25 percent discount on a monthly pass. Students will be able to order commuter passes on-line at www.montclair.edu/njtran-sit. In addition, try out the new NJ Transit dock on Clover Road for the month of September and ride the University's shuttle buses up to the campus.

7 - BE RESPECTFUL! You now belong to a University community; a civil society, the members of which have an equal degree of freedom. In order for this society to function as it should, its members are expected and obligated to treat each other in a respectful manner to all other members of the community - fellow students, professors, University police officers, and staff throughout the University. As a member of this University community, you are also obligated to treat the University's facilities, equipment and grounds with care, so that everyone has the benefit of them. In turn, you have the right to expect that you will be treated with respect at all times and that your enjoyment of the University's facilities will not be ruined by the carelessness or disrespect of others.

Finally, if you see me on campus, please say hello. If you do, I will probably ask you how you are doing, and I will really want to know.

Carpe diem! President Susan A. Cole

A Welcoming Message From President Susan A. Cole

ANNIE ELLERTSEN
Year: Sophomore
Major: Dance
"If Bush is re-elected, I'm not coming back."
Get your Passport
Study Abroad in over 50 countries

September 22, Wednesday
10 am - 2 pm
Student Center Ball Room

For More Information
Contact Tracy Hogan,
Global Education Center
973-655-4483
hogant@mail.montclair.edu
**Taurus**

(April 20 – May 20)

Approximate time to a good cause. Your sun heart can reach many and bring joy to all. Think of new creative ways to do old boring things. You’ve put the energy best to the people who need to get back into the groove. Lucky Numbers: 63 – 09 – 33

**Gemini**

(May 21 – June 20)

Mister’s battle’s 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 inspires you in the future as well as inspiring others to do the same. 

Lucky Numbers: 08 – 21

---

**Cancer**

(June 21 – July 20)

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

Lucky Numbers: 14 – 24 – 42

---

**Leo**

(July 23 – August 22)

Sometimes you don’t realize you’re hurting others with your words. You may not think 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: 73 – 97 – 02

---

**Virgo**

(August 23 – September 22)

Your partner feels as though you’re not talking to them seriously anymore. Straighten up the 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 – 47 – 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 x-rated moments. Be patient, your time to shine is near.

Lucky Numbers: 09 – 13 – 07

---

**Scorpio**

(October 23 – November 21)

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

Lucky Numbers: 11 – 15 – 18

---

**Sagittarius**

(November 22 – December 21)

Material wealth is not as important as you think, sometimes you concentrate on things so much that you forget you’re negatively affecting everything else. Soon you will realize what’s real and important, and hit a high price.

Lucky Numbers: 06 – 34 – 03

---

**Capricorn**

(December 22 – January 19)

Writing from your problems won’t get you far. In fact it will only create more problems. Don’t try to look for a quick fix, without the problems head on, remember help is always around the corner.

Lucky Numbers: 04 – 08 – 11

---

**Aquarius**

(January 20 – February 18)

Name from the past has worked their way as your name. Don’t be so quick to turn it away; they actually have some deep secrets to say to you. You’re surprised how much they’ve changed.

Lucky Numbers: 13 – 01 – 10

---

**Pisces**

(February 19 – March 20)

Wade appreciate how you always try to a them and give them the hook up at 9 so it’s their turn to hook you up. Don’t all shy away, let them take a crack at it.

Lucky Numbers: 18 – 01 – 27

---

**Aries**

(March 21 – April 19)

Starting to pick up extra assignments that certainly the best idea. You already have enough on your plate and have no room for more. Stop trying to prove something you’ve already done it.

Lucky Numbers: 20 - 94 – 03

---

**DITHERED TWITS**

by Stan Wald

"Got yer nose.

And the Bad Ad award goes to.

Pearson’s Proctology Clinic.

---

**Crossword**

ACROSS
1 Physique
6 Exxon, once
10 Skier’s ride
14 German Flying
15 Marine vessel
16 Swiss river
17 Typical mall tenant
19 Turner and Claron
20 Went out with field
23 Pincerlike pets
25 Letter ofarranty
27 Unnatural gymnastics
28 Matches
32 File of snow
33 Mont, neighbor
34 Greek Aurora
35 Morse
38 Kid of jazz
39 Disappear, as symptoms
41 What a crowd
42 Gapperty tools
44 Meta kongos
46 French C.I.D.
47 Tommy’s partner
49 Alternative to a medical examiner
50 Former English counties
51 Seven-time A.L. batting champ
52 Barry or Bing
53 Sharper than 90 degrees
56 Prickly neighbor
59 Similar to "the" (5)
61 Bone dry
63 Montana or FL
65 Stylic pipecut
67 Russian
69 a.

DOWN
1 Pen name
2 Granite State
6 Deckm’s interrog.
4 Temporarily set up
5 Blow up
6 Sen. Klaeau
7 Wearing a monocle
8 Man’s title
9 Light musical production
10 Aiers (to H)
11 Thistles
12 Sports venue
13 Takes Iva
15 Anna of “Anna”
16 Wall of “the”
39 Best of “the”
19 Sports”.
20 “the”
25 Polish-German word
26 In cramped space
28 Swedish goforward
29 German river
30 Narrow
31 Manhattan ridge
32 Bandit near Kay
33 “The”
34 Worthy of the greatest honor
38 Largest
39 Alternative to a
43 Killed by submergence
45 Link
46 Really liked
47 Base for windows
48 Chicago airport
49 Actress Phoebe
50 Salat veggie
51 Not nil.
52 Holy smokes!
56 K.O. Connection
57 First of September

---

**DITHERED TWITS**

by Stan Wald

"Oh, that’s Marty... We caught him cheating, so we blackmailed him.

You gotta pull back on the senseless playground bullying, Joe. It’s starting to feel like another Vietnam."
MONTCLAIR STATE UNIVERSITY
WELLNESS SERVICES
WELCOMES NEW & RETURNING STUDENTS!

Health Center
Blanton Hall (First Floor); M,T,Th: 9-8; W,F: 9-5
973.655.4361 Call for an appointment

Services for Students with DisABILITIES
Morehead Hall (Suite 305); M,Th: 8:30-7;
T,W,F: 8:30-4:30 973.655.5308

Counseling & Psychological Services
Gilbreth House; M-Th: 9-5; F: 8:30-4:30
973.655.5211 Call for an appointment

Wellness Education
Bohn Hall (Street Level); M-F: 8:30-4:30
973.655.6977

Alcohol & Drug Program
Gilbreth House; M-Th: 9-5; F: 8:30-4:30
973.655.5211 Call for an appointment

The Drop-In Center
Adjacent to Student Center; see Wellness Services
Web Site for hours; 973.655.5271

www.montclair.edu/wellness/
Student Government Association  
“Students for Students”  
Student Center Annex  
Room: 103

The Student Government provides a wide variety of services to the student body, including:

- Public Notary
- $5 Movie Tickets
- 5 Cent Copies
- FREE FAX
- FREE Condoms
- Voter Registration
- La Campana FREE Yearbook
- Stamps
- Class Ring Services

Your elected student leaders are ready to listen to your suggestions, address your concerns, and to help you make the best of your college experience.

We’re here for YOU!

SGA E-Board

Jacob V. Hudnut - ext. 4326 - hudnutj1@mail.montclair.edu
Ron Botelho - ext. 7434 - botelhor1@mail.montclair.edu
Matt Wilder - ext. 7432 - wilderm1@mail.montclair.edu
Abby Gildersleeve - ext. 7436 - gildersleea1@mail.montclair.edu

For more information call 973-655-4202, or visit us on the web at: www.montclair.edu/sga
Child Care Wanted

Childcare needed for a 3 yr. o. boy, Wednesdays from 8:30 a.m. - 6 p.m. Must have a car. Ref's needed. Pls. call (973) 571-0732.

Babysitter Needed: Room Available After School help + light housekeeping wanted for 4 adorable Montclair girls. Must Drive. Also interested in exchanging lovely furnished private room (including TV, CD player, computer, internet access) for housecleaning. Call (973) 655-1374.

Babysitter Needed/Room Available: After-school help + light housekeeping wanted for 4 adorable Montclair girls. Must Drive. Also interested in exchanging lovely furnished private room (including TV, CD player, computer, internet access) for housecleaning. Call (973) 655-1374.

Help Wanted

Senior vice-president at major investment firm is looking for intern to help with marketing. Prior marketing experience preferred. Call Andrew at (973) 439-6215.

HELP WANTED: DAILY SOUP CAFE. Bellevue Ave. Train Station Upper Montclair 973-746-4555 Tues-Sat. Lunch/Dinner Shifts. Apply in person - AFTER Sept 7th or Fax Info NOW to 973-598-1875.

Model(s). Women 18 and older for outdoor test shoot. Tasteful nudity. Will exchange pictures for modeling. No experience necessary. (973) 365-4594.

NEED FURNITURE and other stuff? Moving out of Montclair: Lots of items very reasonably priced. Beds, futon, couch, table, TV, microwaves, CD racks, and much more... Call 973-233-9427 or 917-447-8599.

Rent

Little Falls - Large Room for non-smoking male, share Large House, near MSU & transportation, washer/dryer, off street parking, yard, cable. $645/mo + util. 973-785-0781.

Looking for something fun to do? Need Cash? You can earn $200 - $800 per week! Hourly wage plus commission and bonuses! Work part-time evenings and Saturday - set your own schedule! Work 12-25 hours per week in a friendly environment. Must be outgoing, persinable, and enthusiastic! Call Jeff ASAP - filling up quickly! 973-275-1188.

Working to make America beautiful for all.

With your support, Volunteers of America gives hope to the elderly—and a second chance to pursue their American dream. Volunteers of America provides senior citizens with programs that promote well-being, dignity, and independence. Services include:

- Senior communities;
- In-home services; and
- Assisted living.

Since 1896, Volunteers of America has helped millions of elderly and other Americans achieve their dreams, live happy lives, and restore dignity. Find out how you can help. Call (800) 899-0089 or visit www.VolunteersofAmerica.org.
Ten Things You Need To Know About Your Red Hawks

1. Benson.

2. Coach Brian Sentowski and the Men's soccer team returns this season after putting up their best record since 2000 and reaching the ECAC Metro tournament championship game for a fourth straight season. Seniors Gabby White and Stephanie Sabaliauskas are the team captains for the 2004 season, and come off of selections to the Division 3 All-Big ten third team in the 2003.

3. There's a new sheriff in town for the Lady Hawks basketball team. Beth O'Boyle will be the tenth head coach of the team in just the past 34 years. Hailing from the University of Rochester, O'Boyle will try to duplicate the success she had with the Yellow Jackets, which includes back-to-back DIH championship and who's losing, but more importantly, winning a conference title and a losing season, or maybe, a struggle in that isn't the case, The Red Hawk lets run, jump, lift, and do all sorts of other exercises in hope of getting that edge on their opponents. The Sports Guy says there ain't enough land this ride of sports, *everyone* has one goal in mind, winning.

4. The Red Hawk football team will enter this season not only as the reigning NCAA DI champions, but also as the favorites to do it all over again this year. They are ranked in the top 25 in two different polls. The expectations are high for this year's team, how far can they go?

5. The Red Hawk softball team won the ECAC South tournament for the fifth straight season.

6. There's a new sheriff in town for the Men's lacrosse team. All-American defender Jen Carbonaro. will be without their best two offensive players last season in Ulicny, and Levine, and will do so, and he will do so with regard to the facts, and only the facts.

7. Don't ever say that nobody makes it big from MSU. Lefty pitcher, Jeff Gogal broke out and left almost all challengers in the dust. Although they will not have the 11-3 last season, which just happens to be the season's assuaging defeat. He knows how much you want to say it and say it out loud: We are Red Hawks and we've damned proud!

8. The men's Lacrosse team still has a monkey on their back, or maybe we should call it a duck. When the 2005 season starts they will be defending ECAC Metro Champions for the second straight season, but will still be winless against Conference Champs Stephens Tech. Don't worry boys, just think of the law of averages: sooner or later you have to win.

9. The MSU sports teams are coming off of their best season in team history. They advanced all the way to the second round of the NCAA DII National Championship tournament, and will return this fall as the defending DII Champions. They will be without their best two offensive players last season in Uliny, and Levine, and All-American defender Jen Carbonaro.

10. Coach Eileen Blair of the women's soccer team returns this season after putting up their best record since 2000 and reaching the ECAC Metro tournament championship game for a fourth straight season. Seniors Gabby White and Stephanie Sabaliauskas are the team captains for the 2004 season, and come off of selections to the Division 3 All-Big ten third team in the 2003.

The Red Hawks looked to be one of the hottest teams going into the playoffs last year, but they were left disappointed in the second round of last year's NCAA playoffs.
SAVE 32 CENTS! GET YOUR BOOKS IN JUST 19 SHORT DAYS!

GEE, HOW COULD WE EVER BEAT THAT?

Sometimes your mind can play tricks on you. Like when you think you're saving money ordering your textbooks online. But add in the shipping charges and all the time you spend waiting for delivery, and those "big savings" could disappear quickly. At efollett.com you can order your books today and pick them up at your campus bookstore tomorrow. And pay nothing for shipping. Now that's a real deal!

UNIVERSITY BOOKSTORE
MONTCLAIR STATE UNIVERSITY
Student Center Building • Phone:(973)655-5460
SPORTS TRIVIA
QUESTION

In 1977 three different players won the Rookie of the Year award for their respective sport. Each of these players had the same initials: A and D. Name the three athletes.

Returning Stars

RYAN MORGAN
Hometown: Princeton, NJ
Ryan led his team in points and goals last year, and was named the NJAC offensive player of the year as a freshman.

ASHLEY TOMESKO
Junior
Hometown: Clifton, NJ
Ashley had a team best, 11-2 singles record as a sophomore last year.

SHAUN MURRAY
Senior
Hometown: Brick, NJ
Shaun had six picks, 31 solo tackles, and a record 17 passes defended last season.

STEPHANIE SABALIAUSKAS
Senior
Hometown: Edison, NJ
Stephanie has put up back to back 30 point seasons, and was last year’s NJAC offensive player of the year.

RYAN MORGAN
Sophomore
Hometown: Princeton, NJ
Ryan led his team in points and goals last year, and was named the NJAC offensive player of the year as a freshman.

HONORABLE MENTIONS

Do You Know Sports? Come and Share Your Knowledge With us at The Montclarion.

Writers Needed Call X: 5241 Ask for Jose.
Coach Brian Sentowski and the men's soccer team narrowly missed its first NJAC Championship last season. This year they have their sights set on first place, starting at home this Saturday against Skidmore College.

Coach Rick Giancola and the Red Hawks are the preseason favorites to win the NJAC, and earn a division III playoff berth. Last season the Red Hawks posted a 9-2 record, and went undefeated in the conference. Their home opener is September 18th against Frostburg State.

There's no time quite like the beginning of a new season. The time of year when every team is in both first and last place, and what they did last year means absolutely nothing. The time of year when every player has a chance to have a career year or a season condemned to bench blisters. Nothing is certain, everything is in the air, and opportunity is knocking at everyone's door. The question is, who will answer?

The Red Hawk football team opens the year as the preseason favorites to win their division. They have an eight-game schedule, and are welcoming a new edition to the NJAC family in Western Connecticut. Coach Giancola will begin his 22 season with two defensive preseason All-Americans, and a question mark at quarterback with the loss of last seasons NJAC offensive player of the year, John DeGironimo. Preseason favorites they may be, but remember, last season the Red Hawks were tabbed to finish fourth, and they finished as NJAC champions. So much for predictions.

The Red Hawk field hockey team will have some huge shoes to fill this season. They will be without the first Red Hawk to ever be named to the All-American first team, Megan Ulrich, who scored a school record 55 points. The team will also be missing Red Hawk's all-time leader in career points, Sarah Levine. And as if that wasn't enough, they will also be missing All-American defender, Jen Carbonaro, and All-Region goalkeeper Trisha Winkle. In order for this team to build on last year's record-breaking season, someone will have to step up and fill those voids left on both sides of the ball.

Coach Beth Guttung and the field hockey team will have their work cut out for them if they hope to repeat last year's record-breaking season in which they went 5-4, with a 2-3 conference record. This was the team's first losing season under Coach McLaughlin since 1991.

Everyone will start out with zero wins and losses. The question is, how will they finish?