Revamps Network, Results in Difficulties

Campus Internet Remains Inconsistent

Jeff Giacobbe
Director of Networking

This semester, the Department of Information Technology required that staff, and faculty across campus.

According to DeFeo, that is exactly what the department has done.

"Students with computer specific problems...should expect to have a response within a few hours..."

Jeff Giacobbe
Director of Networking

At the very beginning of the fall semester the Department of Information Technology has overhauled its campus network, leaving several students with Internet complications and faulty connections.

According to Wayne DeFeo, who has been helping to head the project, stated that the recycling program "has actually been in the planning process for well over two years. There have been a number of logistical hurdles that need to be overcome and funding needed to become available."

"There are fewer computer labs...on campus, yet the increase of students seems to demand more."

Sarah Bruce
Senior, Music Education Major

State Sponsors

Campus Clean-Up Recycling Program at MSU

Alana I. Capria
Staff Writer

After years of unsuccessful efforts on the part of staff and students at MSU, a recycling program has finally been instituted on the campus.

Wayne DeFeo, who has been helping to head the project, stated that the recycling program "has actually been in the planning process for well over two years. There have been a number of logistical hurdles that need to be overcome and funding needed to become available."

According to DeFeo, there are three reasons for the program's creation. "The first is based on the University's pledge to assist in the reduction of greenhouse gas, its commitment to the LEED (Lighting, Energy Efficiency and Design) program and recognition that recycling helps to control the cost of solid waste disposal." DeFeo went on to say that President Susan Cole signed an agreement with the New Jersey Department of Environmental Protection "to aid in reducing the production of greenhouse gases."

The second reason is due to the fact that MSU is a participant in the LEED program, which "calls for increasing the environmental efficiency of each aspect of campus operations."

Finally, economic reasons also help to provide reason behind the recycling program. "When we throw away recyclable materials, money is simply being burned." In this case, money is burned because by low, all of MSU's garbage must go to the resource recovery plant in

Of the 2,391 student computers to go through the department's security check, only 220 failed. "[We were very surprised that the vast majority of student computers were okay," Giacobbe said.

A major concern of students is the security of the school's network connection. "I shouldn't be scared to leave my computer hooked up to the network for an extended period of time," Sarah Bruce, a senior music education major said.

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Sarah Bruce
Senior, Music Education Major
The Police Report:

**Theft Tops the Chart in Weekly Police Report**

9/10/04 - A small amount of CDS, namely marijuana, was located in a Bohn Hall residence room. The case is under investigation.

9/10/04 - A female student reported the theft of her bag from the University Bookstore. The case is under investigation.

9/10/04 - A Bohn Hall resident reported the theft of his laptop computer from his unlocked residence. The case is under investigation.

9/11/04 - A Blanton Hall RA reported that a dryer unit was thrown from the 5th floor to the outside of the building for causing injury and charges are pending.

9/11/04 - A known individual has repeatedly violated the guest policy at Bohn Hall. The individual has been given a written warning and, in future violations, will be charged with criminal trespass.

9/11/04 - A Village resident reported the theft of his 1995 Integra from Lot 45. The case is under investigation.

9/11/04 - Three female Blanton Hall roommates engaged in domestic violence against each other, and refused to file charges. The case was referred to Residence Life.

9/12/04 - Nicholas Lawson, 21, was charged with underage consumption of liquor. The case is under investigation.

9/12/04 - Sonia Gezmen, 43, was freed yesterday morning on a $100 million bond. Meanwhile, the bodies of two men were found in a Rio de Janeiro zoo. A zoo keeper told Reuters that the two men had been operating with a private company and government officials said that they are still having to borrow funds in order to cover the cost of maintaining the zoo.

9/12/04 - A Bohn Hall resident was arrested in Lot 18 for trespassing. He was arrested for flying an aircraft under the influence of liquor, was charged with driving while under the influence of liquor, was charged with being under the influence of liquor, and was charged for flying an aircraft under the influence of liquor. The case is under Investigation.

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9/12/04 - Three female Blanton Hall roommates engaged in domestic violence against each other, and refused to file charges. The case was referred to Residence Life.

9/12/04 - Matthew Aamland, 22, was charged with possession, and use of, marijuana while at Fairwell Hall. A court date has been scheduled in Little Falls for late September.

9/12/04 - Abdelfattah Rasheed, a non-student, was arrested in Lot 18 for possession of 18 grams of marijuana. The case is under investigation.

9/12/04 - A female Blanton Hall resident reported the theft of her DJ’s license plate from Lot 5.

9/12/04 - Nicholas Manfredini Jr., 22, was charged with underage consumption for being under the influence of alcohol while at Lot 29. A court date will be scheduled for Little Falls.

9/12/04 - Nicholas Lawson, 21, was charged with simple assault for an altercation causing minor injury while at Clove Road Apartments Laundry Facility. A court date has been scheduled in Little Falls for late September.

9/12/04 - Two female Fenwick residents reported the theft of their undergarments from the laundry facility. The case is under investigation.

 Anyone who has information regarding these incidents is urged to call the police station from any campus phone at 747-5 (B477). All calls are strictly confidential.
Essex County.

"Every time we throw away material as garbage, we are throwing away about $75 per ton. With recycling, we will save on each ton of material that we recycle," DeFeo said.

"Additionally, with recycling [and the newly designed garbage collection system], we will not need to collect garbage as often from the campus. This means less trucking and thus, less air pollution," DeFeo said.

Recycling efforts have not been entirely unknown to the campus community before the 2004 fall semester.

"Through the efforts of the Physical Plant staff, there was limited recycling of certain materials. Wooden pallets, white goods, refrigerators and CFC recovery, computers and some copy machine toner and ink cartridge recycling took place," DeFeo said.

"These materials will continue to be recycled. However, the new program will also add all non-food contaminated paper, glass bottles, aluminum and steel cans, plastic #1 and #2 bottles and scrap metals."

DeFeo said that in the 1970s, the staff and students at Montclair State attempted to convince the administration of the need for recycling programs.

Due to the fact that the Mandatory Recycling Act was passed by the government in 1987, and because "three governors signed executive orders mandating that college and university campuses recycle, there has been more interest focused on the overall efforts made by the campus community."

Paper (with the exception of any items that are contaminated with food, NCR, and blue print paper) will be collected. Glass, plastic with codes #1 and #2, aluminum cans and steel cans will also have designated bins.

"To avoid any confusion as to what materials are to be placed in what receptacle, each type of recycling can has a specific lid designed for the material that it accepts. [...] There will be posters placed throughout the campus which illustrate the correct method to recycle," DeFeo said.

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**THE IVF OF NEW JERSEY IS SEEKING EGG DONORS OF ALL ETHNIC BACKGROUNDS BETWEEN THE AGES OF 21-32.**

**AS AN EGG DONOR, YOU CAN MAKE A DIFFERENCE AND MAKE ONE COUPLE RECEIVE A GIFT OF LIFE - A CHILD THAT THEY DREAMED OF HAVING.**

**RESIDENTS OF NEW JERSEY ONLY. EACH CANDIDATE NEEDS TO SEND A PICTURE WITH THEIR NAME ON IT, ADDRESS AND DAY-TIME PHONE NUMBER.**

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Register now to reserve your seat in the GRE class and LSAT class starting on MSU Campus on October 2nd. GMAT and MCAT classes starting on campus soon!

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Sprague Library To Charge For Printing

Jessica Havery
Assistant News Editor

Printing at the library will now cost students $0.07 per page starting Monday due to an increase in prices in printing products, Dr. Judith Linhunt, Dean of Library Services said.

"The cost of paper, toner, and printing supplies have increased," Linhunt said. Thus making it necessary to offset some, but not all, of the library's printing costs, she said.

Although the library has begun to charge students, they are not charging the full amount required to cover all supply costs, Linhunt said. "A lot of academic libraries have now begun to charge" for printing services, she said.

However some students do not agree with the new policy. "I understand that the students are using paper, and other natural resources, but these things should be included in our tuition," says Senior, Human Ecology Major, Kumiko Toyokawa.

There are other changes and advancements that have occurred recently at the University library. Electronic advancements have made using the library a lot more convenient, and a little easier to understand, said Linhunt.

Electronic Reserves, also known as 'E-reserves,' is an online database that allows faculty to reserve required reading and supplementary material for the use of their students. By simply entering a course number, and a professor's password, a student may access full text articles, literary criticisms, and course guidelines free of charge, Linhunt said.

"Electronic Reserves have grown quite popular with both faculty and students," Linhunt stated. "Students have the option of printing reserved copies, or reading straight from the computer. They don't even have to come to the library to use them, they can read from home at 3 a.m. if they want," she said.

Sarah Bruce, Senior, Music Education major, is also a frequent user of Electronic Reserves. "I love not having to go all the way to the library and be stuck there to read it," she said. However Bruce acknowledges the negatives of the alternatives as well. "Reading from a computer can be a pain, and printing it out means having to use my own supplies, or waiting in line at the computer lab," she said.

Other online library services include the ability to place a hold on specific titles and view a list of texts that a student has already checked out. "We do encourage students to come into the library, but [the department] is working to make as many resources as possible available online," Linhunt said.

Students who decide to visit the library in person will notice even more changes and additional resources that have been made available to the campus community.

Laptop rental has been made available through the Multimedia Center in order to cut down on wait times for the computer lab. Linhunt said. The laptops may be checked out for a maximum of three hours, the lifetime of a rechargeable battery, to be used within the library. Wireless internet is also available for use on these laptops throughout the building, she said.

In addition to providing students with additional computers, Library Services has also provided the campus community with an alternative to check-out lines. Instead of waiting to have texts checked out by a staff member, students may opt to use the Self-Check Out. The easy-to-use machine has been advertised in the library on signs as a "fast, easy, private check-out."

"It sounds like a great idea," Bruce said. "The only thing that may concern me are security issues. Is it possible to check out some books and not others and get away with it?"

According to Fingerhut, the machine has been available for two months. "People aren't using it yet. It looks a little intimidating, but it is easy to use. Like anything else, students just need to learn how to use it," she said.

Teaching students how to use library resources and services is something that the department has been working on, Linhunt said.

As part of the Freshman Experience course, required for all incoming freshman, the library offers their own orientation. "The instructional workshop offers an introduction to all library services, including how-to-use tips in reference, online, and database systems," Linhunt said.

In addition to the freshmen library orientations, the department also offers one-on-one consultations for graduate students. These consultations are available to assist students who may need help researching their graduate thesis, or simple steps in using the library to its maximum capacity, Linhunt said.

The library staff is there for the students, said Linhunt. "Do not hesitate to ask for help. If you are looking for information, the staff is more than willing to point [students] in the right direction," she said.
Residents Forced To Pay For Damage

Anna Einspahr
Staff Writer

This year students residing in The Village at Little Falls apartments may be required to pay for damages and vandalism at their respective building, according to a new policy set forth by Residence Life.

In its first year of operation, the apartment complex assessed $40,000 in damages, consequently forcing Residence Life to add the Common Area Damage Policy found in the Resident Handbook for 2004-2005.

The policy states that if any damage to the resident buildings is found to be "deliberate, malicious or accidental (as a result of misconduct)...and the responsible person(s) does not come forward...guidelines for administering the charges will be implemented."

Residents in the area—whether that area encompasses a floor, a section, or the entire apartment complex—are expected to help identify the guilty parties within three days of a posted 'first notice' detailing the damage done. If, after three days, no one has come forward, a 'second notice' will inform the area of the damage report is taken, and it is investigated to the fullest extent," Barret said. "Hopefully [the new policy] will help people come forward more so that [the police] can go forward with the investigation."

Residence Life is looking into the option of using surveillance cameras to combat damages. There are, according to Giardino, still many components to that solution that still need to be considered and investigated before it would be a possibility.

Frustrated with the new policy, Village residents argue the lack of security on the apartment buildings and the rising cost of housing. "If I'm already paying $200 more to live at The Village, it is appalling to me that they intend to charge me more for damages that could have been caused by anyone walking in off the street, since most of the doors on the buildings do not close and lock," said Basic Hall resident Brian Baker, a senior and English major.

The policy places the responsibility of deterring damage in the hands of the residents with the "support of the Residence Life staff," stating that a "joint effort" will make maintaining the quality of the building community a success.

Statewide College Cookout

Brianne Cavallone
Staff Writer

For the first time in three years, Montclair State has increased the parking decal fee to $7.50, making the annual price to park $175.50. The new prices were implemented over the summer when E-Park, the online parking registration system, came into effect.

E-Park was created to make obtaining a parking decal faster and easier, and to cut back on a considerable amount of paperwork. It allows students to obtain parking decals and pay citations.

Elaine Cooper, Director of Parking Services, says the price increase is "associated with the new online parking registration system and the shipping of permits to customers."

Cooper also relates the price hike to "parking management, which includes lot supervision and maintenance." When the incident occurs, an "official report is taken, and it is investigated to the fullest extent," Barret said. "Hopefully [the new policy] will help people come forward more so that [the police] can go forward with the investigation."

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Statewide College Cookout

A statewide college cookout, organized by Infinite Productions, included sponsors and participants from Montclair State University, The College of New Jersey and Rowan University. The day’s events included live food, entertainment, games and giveaways.
The Killer Resume For a Killer Price

How much would you pay to get the tips to write a winning resume and cover letter? Many would pay hundreds of dollars for services that would give them that extra edge.

Describe what you did at your job, not what you were responsible for. Actions speak louder than responsibilities. Statistics also play an important role. Show what you did, how you did it, and what benefits you reaped...

Have you ever wanted to learn how to write a winning resume and cover letter? How much would you pay to get the tips needed to get one step ahead of the game, and produce an award winning resume in both paper and email format?

On Monday, September 13, the Career Services Program hosted a workshop in Morehead Hall on resumes. The intention of this workshop expanded beyond educating university students on how to write their resumes; it taught them how to build their professional lives. Despite a small turnout, the workshop was loaded with an abundance of tips, tricks, and general information about the development of a resume.

At 3 p.m., the doors closed, and the action began in the workshop. Assistant Director of Career Development, Narpat Singh, explained step by step the proper way of composing and editing an e-resume. Special emphasis was placed on fonts, formatting, and keywords that would put your e-resume at the top of the stack. The hour session concluded with each of the students fully aware of how to produce an e-resume to die for.

A asked about the goals of the program, Singh explained, "Our goals of the program are that our students learn that Career Development is an office that can help students throughout their education and that the staff is friendly and committed to helping."

Many would pay hundreds of dollars for services that would give them that extra advantage ahead the rest. We at Montclair, though, have it much easier as the services are right at our fingertips.

The program is here to stay and Singh hopes everyone will make use of this glorious advantage. "We always want more students to take advantage of our services but we know how busy our students are so we created a very extensive web site with lots of career planning and job hunting information as well as an on-line job listing system. However, we hope students will come for counseling and attend workshops since nothing can replace face-to-face interaction." The fab four below are tips acquired from the workshop:

1. First, describe what you did at your job and not what you were responsible for. Actions speak louder than responsibilities. Statistics also play an important role.
2. A resume often becomes lonely and needs a companion alongside it. Always include a cover letter on top of your resume to protect it.
3. Make use of that extensive vocabulary. Don't shy away from industry jargon; instead use it to your advantage. Industry jargon is a plus because many resume scanning systems often look for keywords to distinguish your resume from the rest.
4. Make sure you distinguish between the different types of resumes, and keep one in stock for each type of occasion.

Good Luck!

Huffs and Puffs of Social Smoking

Non-Smokers Tired of Compromising Space to Avid Inhalers

Kathleen Finn and Tanya Purdy Wellness Center

We have been told time and time again by people who smoke, that we are inflicting upon their right to smoke by asking them to put out their cigarettes...

We address roommates, siblings, friends, parents, etc. with their concerns about the harm they are being exposed to.

We have been told time and time again by people who smoke, that we are inflicting upon their right to smoke by asking them to put out their cigarettes or smoking in designated areas.

To that we have replied, they are infringing on the rights of every person around them who chooses not to smoke (which is the majority of people) by forcing them to breathe in their deadly secondhand smoke.

There are over 4,000 chemicals found in cigarettes. Many are expelled from a lit cigarette, including carbon monoxide, formaldehyde, arsenic, and nicotine. Environmental tobacco smoke causes approximately 35,000 people each year to die from heart disease as a result of inhaling these poisonous chemicals. At least the person who chooses to smoke has the benefit of a filter.

In California, smoking has been banned in public places like bars and restaurants for several years. More recently this change took place in New York City and Boston. While many complained that business would decline and night life would go stale, the exact opposite has occurred. People like us have begun to frequent bars and restaurants.

It is a pleasure not having to come home afterwards coughing: smelling like an ashtray and finding black mucus in our noses. And so business owners as well as employees are reaping the rewards of this new law. Profits for many of these businesses are on the rise.

So what we are saying is that our health as non-smokers has been compromised for too long now. It is time to work towards gaining rights as non-smokers.

Don't tolerate what you don't have! As a friend once told us, having a smoking section in a restaurant is like having a peeing section in a swimming pool.

Hypnosis helps more men than women quit smoking.
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!
Please make an appointment.

Incentive?
Students paid $6.25/hour
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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)
They are there well before, during, and after sports events tirelessly tending to high school, college and professional athletes. Though unassuming, they play key roles behind the scenes, on the sidelines and on the athletic field.

When a player is hurt, they are usually the first to reach the injured athlete. They are called athletic trainers and are a fundamental part of a sports program. A case can be made that their professional relationship with athletes, and how injured athletes commit themselves and respond to the various therapies in an athletic training facility may indeed influence a team's season. How quickly or slowly a stellar athlete returns to action following an injury, for example, can affect wins and losses.

An Ancient Profession

According to the Journal of Athletic Training-June 2003, "Informally, the profession of athletic training has been in existence since the ancient Olympic Games, when athletes routinely sought the advice, assistance, and wisdom of scientists and other intellectuals in attempts to improve performance and ward off injury..." -Journal of Athletic Training (June 2003)

In order to be physically and mentally fit, their trainers emphasize the balance between rigorous workouts and play time. Thus, athletic trainers must establish workable relationships with athletes and coaches, maintain current records of treatment times for each athlete, and effectively communicate with athletes, coaches and team physicians—particularly with severely injured athletes facing a lengthy rehabilitation program. The combination of a skilled athletic trainer and a diligent and determined athlete in the athletic training facility can produce a sooner than expected return to the starting lineup.

Wearing Different Hats While Applying Tape and Ice

There are times when athletic trainers must go beyond taping, icing and other treatments. There may be more risk for injury since the player will be "psyched" out of returning to the starting lineup. "It also depends how the team's season is going," he says, suggesting that a meaningless game compared to perhaps a playoff or championship game dictates an athlete's decision to either play with an injury or sit out.

Doctors believe that the player who has "psyched" him or herself out of returning to action despite being cleared to play "is at more risk for injury"—since the player will probably perform more cautiously and thus become more vulnerable to injury.

He adds that for certain injuries involving vital organs such as concussions (brain), or an injury to the spine, for instance, the athlete must remain on the sidelines.

For other injuries, such as bruises, "pain tolerance and function" is left up to the athlete whether to play or sit on the bench.

Write for the Feature Section of The Montclarion!

Contact x5241 or email at montfeature@yahoo.com

Unsung Heroes On and Off The Field

Duties of an Athletic Trainer Go Far Beyond The Usual Taping and Icing

James Carpentier C.S.C.S.
Staff Writer

Informally, the profession of athletic training has been in existence since the ancient Olympic Games, when athletes routinely sought the advice, assistance, and wisdom of scientists and other intellectuals in attempts to improve performance and ward off injury. Formally, the profession of athletic training has been in existence since the ancient Olympic Games, when athletes routinely sought the advice, assistance, and wisdom of scientists and other intellectuals in attempts to improve performance and ward off injury. Formally, the profession of athletic training has been in existence since the ancient Olympic Games, when athletes routinely sought the advice, assistance, and wisdom of scientists and other intellectuals in attempts to improve performance and ward off injury. Formally, the profession of athletic training has been in existence since the ancient Olympic Games, when athletes routinely sought the advice, assistance, and wisdom of scientists and other intellectuals in attempts to improve performance and ward off injury. Formally, the profession of athletic training has been in existence since the ancient Olympic Games, when athletes routinely sought the advice, assistance, and wisdom of scientists and other intellectuals in attempts to improve performance and ward off injury.
When Love Seems Truly Ageless
Trials and Tribulations of a Relationship Marked By Age

After all, you are of legal age now. Being 18 makes all the difference here. If you were 16, I would have to caution you against this for the sheer fact that it would be illegal.

There are pros and cons to dating an older man. On one hand, he is more likely to be a lot more mature than the average college freshman, and he's more likely to take your relationship much more seriously. Yet, in that statement there is a serious con.

He may take your relationship a little too seriously just because he is much older and closer to the point of his life where he might want to settle down. Are you ready for the pressure of that prospect? You are just beginning your college career.

You probably want to have a lot of good times, which is totally normal. Before you make any big steps or commitments, weigh out the entire list of pros and cons.

If he's just that fantastically good-looking, then go for it, but if you're not that sure, then don't sell yourself short. Trust me. endless opportunities await you!

Dear G.M.,
I've been seeing a guy who is awesome except for when we get to the bedroom. He's all about doing some really crazy stuff that I'm just not cool with. I give him hints that I'm not comfortable with what's going on, but he doesn't seem to be getting the point. How should I handle this messy situation?

~J.S.

First of all, the only way that a sexual relationship is considered healthy is if both people involved are consenting to what is occurring. If this guy is forcing you into doing things that you aren't comfortable with, then there's obviously something terribly wrong.

He may be a lot of fun to hang out with, but if his ideas of sexuality are completely different from yours then you have to be very clear about letting him know.

Don't just think that your subtle hints are enough. It's not fair for you to hope that he will understand your subliminal messages. The cliché lives on - the key to a healthy relationship is patience and open communication.

I am here to answer your questions. If you have a dilemma like the one above, feel free to e-mail me at Montfeature@yahoo.com with the subject - Attention GM Grosso. I look forward to hearing from you.

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Two sexy older women seek two handsome, athletic young men to move into our mansion. You'll enjoy the swimming pool, tennis courts and our extensive car collection in exchange for the pleasure of your company.

Apply at: golddiggersforhire.com

MUST APPLY BEFORE SEPTEMBER 17TH.
PLEASE PROVIDE PHOTO.
Nothing to do?

YEAH, RIGHT!!!!

| Thurs. 9/16 | 4pm - 2 on 2 Volleyball!-SC Quad  
|            | 7pm - Welcome Wild Out-OSAU  
|            | SC Ballrooms  
|            | 9pm - A.S.S.I.S.T. Coffee House - Ratt |

**TONIGHT!**

| Fri. - 9/17 | 9pm -  
|            | Red Hawk Night  
|            | Student Activities |

| Sat. - 9/18 | 11am -  
|            | Pre-Game Parking Lot Jam  
|            | Parking Lot 7 |

| Sun. - 9/19 | Special Events and Activities to be announced! |

| Mon. - 9/20 | 4pm - WAVES/VOX Reception  
|            | SC BALLROOM C  
|            | 6pm - Monday Night Football - Ratt |

| Tues. - 9/21 | 9am - Commuter Breakfast  
|             | Commuter Lounge  
|             | 8pm - Café Con Leche - Ratt  
|             | 8pm - Trip to see Bombay Dreams |

| Wed. - 9/22 | 8:45pm -  
|            | Karaoke Night!!!  
|            | SC Dining Room |

| Thurs. - 9/9 | Special Events and Activities to be announced! |

For more information about these events, or any other events, please contact Student Activities at ext. 7818

Sponsored by the SGA
Soap Star and Students Light Up in Proof

Broadway Hit Sticks to Its Word and Proves It With a Sold Out Audience

Michael T. Martin
Staff Writer

Proof

P roof: a 2001 Tony-winning show penned by David Auburn, ended its successful two-week run at the Fox Theatre last Sunday. The show, a result of the collaboration between TheatreFest and MSU’s Theatre and Dance Department, played to sold out crowds in its closing weekend.

Although Montchar’s shows regularly attract decent audiences, there was special interest in Proof because it was the first show in which TheatreFest’s equity actors have been featured with MSU students in a production. Equity actors are paid for their performances with TheatreFest, while MSU students are paid from fees raised from working with seasoned professionals.

Moreover, this production was made especially significant by its star, Heather Tom, the Emmy-winning actress from the television soap opera The Young and the Restless and One Life to Live.

Proof is the story of Catherine (Tom), a 25-year-old woman who had to put her life on hold to care for her mentally ill father, Robert, played by Stephen Bradbury. When the play begins, Robert, also a renowned mathematician, has just died. Catherine, currently lacking a sense of purpose, has sunk into depression.

Catherine agrees to let one of her father’s favorite students, Hal, played by senior Paul Reisman, look over some of Robert’s notes from his last years.

The emotions were on point; the funny moments were funny and more importantly, the dramatic moments were effectively executed with apparent ease. No overacting here.

As in all good shows, the audience could watch and forget that the actors were acting.

The unprecedented proof. The show breaks for intermission, leaving the audience intrigued by this unexpected revelation.

The second half of the play involves Catherine struggling with the skepticism she faces from Claire and Hal, who both eventually agree to see him.

Catherine’s sister, Claire, a socialite played by senior Kelley Faulkner, is the story of Catherine. While the Mowitz was whisked away by the abrupt entrance of Reisman.

The chemistry between he and Tom was convincing, as their relationship evolved from antagonistic to loving, culminating in a few intense kisses.

One of the more darkly funny scenes came when the audience was introduced to Claire. The dialogue shared over breakfast by Tom and the self-obsessed Faulkner was quite entertaining.

Faulkner was appropriately absurd when telling Catherine that she should try the latest hair care products and trendy new foods. Tom’s disinterested expressions looked very natural; Catherine is trying to be polite but just isn’t interested in what Claire is saying.

Playing the role of Robert, Reisman was appropriately absurd when telling Catherine that she should try the latest hair care products and trendy new foods. Tom’s disinterested expressions looked very natural; Catherine is trying to be polite but just isn’t interested in what Claire is saying.

The polite chat ends soon, however, as the fiery Catherine lets loose, mocking her sister’s materialistic values.

The performances improved over the show’s two-hour duration. The actors, including Bradbury, appeared like they were comfortable being their respective characters.

SEE "PROOF" PG 12

Making Great New Music Is No Joke

Dave Bauer
Staff Writer

T he level of anticipation was extremely high when I purchased the latest albums from The Black Keys and Radio 4, two bands I have always held in high regard. I was certainly interested in hearing new R4, as they are so often referred to, as it has been two years since their last release. The Black Keys released their last album about a year ago so I knew what to expect.

I thought it was going to be simply more of their stylized boogie blues rock and roll. I was in for a little surprise actually. Rubber Factory.

The song manipulation leaves the drums sounding fake and lifeless.

Factory (Fat Possum), The Black Keys’ latest, is by far their best work. In their year off, Dan Auerbach (vocals, guitar) and drummer/producer Patrick Carney have matured into a band that is confident in everything they do.

Through this confidence a light airy feel has made its way into their music, which in turn, has made their sound more groove laden and, dare I say, funky. “What about the night? makes you change/ from sweet to, from stripped” (from 10 a.m. Automatic), shows a band whose confidence enables them to write sounding fake and lifeless. The guitar tars which were always such, a great part of their earlier works, now can barely be heard.

I’m assuming the band thinks they have put out a wholly original album but it is anything but. They have unfortunately made an album that sounds dated. Ironically, their last album, with its experimental soundscapes, sounds like it should have been their new album. They seem to be working backwards. It is unfortunate that it took them two years to construct an album that sounds like it could have been made overnight with the hit of a button.

Listening to the new R4 album, I was constantly reminded of the latest release from an artist known as Mongoose Worker (Adam Dorn is the mastermind behind this). Released just a few short months ago, Enter The Mongoose (Hyena), is an album that could easily feel at home at jazz label Blue Note via the Astralwerks label. Primarily a funky jazz CD, Mongoose has created an exciting, lively, and very real sounding masterpiece through the use of samples. He is an artist who shows that a lot can come from a little. Maybe Radio 4, who seem to do the opposite, can take a few lessons from him.

Predominantly a label with a majority of electronic/techno/dance recording artists, it seems R4 wants to “fit in” a little more into their new home. At first listen one would think they fired their drummer and are now using a drum machine.

The sound manipulation leaves the drums sounding fake and lifeless. The guitar tars which were always such a great part of their earlier works, now can barely be heard.

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The Black Keys rocks out with the release of their new album entitled Rubber Factory.

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but just isn’t interested in what Claire is saying.

The polite chat ends soon, however, as the fiery Catherine lets loose, mocking her sister’s materialistic values.

The performances improved over the show’s two-hour duration. The actors, including Bradbury, appeared like they were comfortable being their respective characters.
The show was most enjoyable when there were at least three of the actors on stage at once, whether in a flashback with Tom, Bradbury and Reisman or present day with Faulkner in the mix. There was a real sense of timing and give-and-take between all of the cast members. The emotions were on point; the funny moments were funny and, more importantly, the dramatic moments were effectively and executed with apparent ease.

No overacting here. As in all good shows, the audience could watch and forget that the actors were acting. The set, which portrayed the back porch of a house in Chicago, was huge. It took up the whole floor of the stage and rose up to the ceiling.

Often the actors would walk on the faux-grass right in front of the audience, which made the show seem that much more real. It took TheatreFest professionals three weeks to construct the set. As soon as the show ended, however, the MSU students began striking it.

Fortunately, this awkwardness was whisked away by the abrupt entrance of Reisman. The chemistry between he and Tom was convincing, as their relationship evolved from antagonistic to loving, culminating in a few intense kisses.

The conclusion of Proof was rather low-key since there is no climactic reconciliation between Catherine and Hal. The last image of the show is of Catherine explaining her noting down proof to an elder Hal.

Although Catherine and Hal's future is uncertain, the audience sees Catherine finally embrace her gift and appreciate herself, no longer standing in the shadow of her father. Tom's posture and expressions led the audience to believe that Catherine just may give herself the chance to live for herself.

I spoke briefly with Tom after the show before she went out with the cast to celebrate. She said that she came to New York with an interest in doing theatre.

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She auditioned for the role in Proof, and didn't find out until later that she would be working with the promising students of MSU!

When asked about her favorite parts of the live show experience, she responded, “Every night is different.” “Things work better sometimes than others.

I try not to play for just one moment.” This was evident, as she was thoroughly enjoyable throughout the show, convincingly running the gamut of emotions.

There is a stereotype that sopranos stars don't really know how to act. However, with assistance from MSU's future stars and Bradbury, Tom's performance transcends to the powerful experience of live theatre, an art form that is worth supporting.

The proof is in the show.

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**ARTS & ENTERTAINMENT**

**Green Day Sings Politics**

**Michael Mascellino**

**Start Writer**

Here it comes everybody, the hard-headed, outcry punk band that has challenged the airwaves since 1989. Their music has inspired, or at the least made people think about the realities we face everyday; school, work, relationships, and the focus of their new album...politics. The band Green Day has definitely made their mark on the 'X' generation and their political statements are becoming more evident with the release of their new album American Idiot scheduled for September 21. The release of this album will be considered a milestone in the band's career as far as their political involvement. It is to be considered a real confusing punk-rock opera which blends heavy political and religious issues with a good old fashioned guitar. The album's premise is based on disillusionment and lack of confidence in American society and alienation of each other under Bush's administration of Anti-terrorism. On Green Day's official website, lead singer Billie Joe made the statement, "American Idiot is just about the confusion in what's going today, whether it's the non-reality of reality television or what you see on CNN. It's about what kind of fears are being imposed on me as a watcher of all this stuff, and just feeling completely confused and alienated." Green Day has broken the barriers in music for nearly 15 years. In 1992, with the release of their first album, their popularity and interest spawned overnight and record deals poured in. After signing with Reprise, they began cranking out albums and their popularity gained even more momentum. From that point on they only grew in demand and developed more new material along the way.

The song "Time of Your Life," which featured Billie Joe on his acoustic guitar and vocals made the most remembered performance of his life. The song seems to tell a sad, but uplifting story of how we go through life. "All the memories and trials we share, but it was worth all the while."

This song was so popular and inspiring that it was used on the last episode of Seinfeld and some ESPN promos. In any case, the band has made its mark in the music community and their American Idiot album promises to be one for the books. The content, lyrics, and music itself are anticipated to be classic Green Day.

Critics of the non-rock community see this album as a negative, Anti-United States propaganda, when in reality, if one looks a little deeper, it is an album trying to get the general public to see and think from a different perspective. The perspective is that the polis is confused and disoriented as to where things are. It is being asked to speak out and make a valid point and argue effectively; to explain anger nicely? Nevertheless, they are a band expressing a valid point...to be involved in your government and don't take things for what they are...Speak out and be heard! Vote, write a letter to a congressmen and take initiatives to understand what is really going on in the political arena. No one said be a revolutionary, but stand up and make a valid point and argue effectively. Remember, the silent tongue is a wasted voice.

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- How consent is withdrawn.
- How long does consent last?
- How force impacts consent.
- Whose responsibility is it to communicate consent?
- Does no ever mean yes?
- Does yes always mean no?
- Does no mean no?
- What silence means.
- How consent is defined.

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Squeeze the Juice for More Real Life

Dennis Anderson
Assistant Copy Editor

Okay, we’ve all gotten it by now. MTV’s The Real World ain’t so cool anymore. In watching the fifteenth, (this one Philadelphia-based) season of seven gorgeous aspiring actresses, actors, and models throw their talents in an equally beautiful house, the show still seems to be doing okay. In fact aspiring actresses, actors, and models have opted to go beyond what intrigued them in the past. The show’s producers have opted to go beyond the sort of pretentious hogwash that is yet to come. The first real scene of the film simply shows Gallo racing his motorcycle around a track for what is seems to be about five agonizing minutes. When the race is all over, Gallo slowly takes off his helmet and dons a hair flip like the “virus trash” model male to be truly is. Even if he were born in Buffalo, New York.)

The show might be getting (dare I say it) better. When The Real World debuted on the television landscape a good number of years ago it was one of the only shows of its kind. Now over a decade later, many shows have bought really on the beached of sunny reality television. Though, the surge of popularity in the reality genre has only helped improve appreciation for MTV’s well-built program. Thankfully, this season has stayed quite true to its roots. It doesn’t have the “most shocking twist ever” teases in its commercials. For the first time in 15 seasons the show actually did throw a twist at us minus the weeks of commercial teasing. For the first time in 15 seasons and they continue to offer fresh dynamics. Not only is there the contrast between the forward Willie and the more reserved Karamo to get the MTV audience thinking, but there is also the potential clash between both men against the show’s possibly homo Southern-fed bumpkins. Meanwhile this aforementioned southerner, MJ (not to be confused with his similarly Abercrombie-dude clone, cast member Landon) has already started flirting with the house hussy Sarah. Now, Sarah might be more sex-crazed (and hopefully more interesting—who knew that much sex could be so boring?) than the entries Las Vegas cast of the show, which is quite an achievement; as she and MJ should get along real nice, except for the fact that MJ only hooks up with blondes.

Then we have nice guy Landon professing his love about Shavonda (who, involved with someone back home but already losing her relationship will-power) in the confession in only the second episode and trying his best to court her while helpfully interned. Now wonder World’s number seven Melanie is still a stranger to us. She’s hiding out because it’s only a matter of time before her roommates “stop being polite” as the opening credits always tease. So, what happens when two probable Abercrombie models, two gay men, a potential cheater, a possible slut, and a wallflower get picked to go to set school for five on national television in Philadelphia? We get a whole diverse, exciting, and different kind of World.

The Brown Bunny Hops and Falls

Dori Campbell
Staff Writer

V incent Gallo, who is responsible for many a medium in the art world does not deserve the attention he is getting for The Brown Bunny, which, without a doubt, is the worst over-hyped hipster film of the year. This allegation from my part seems as if it is a lofty statement, but judging from what I just saw. First of all; at the start of the film, I am appar­rently not the only one who feels disappointed by what I just saw. First of all; at the start of everything the screen turns dark showing credits of Brown Bunny: directed, produced, and starring Vincent Gallo,” in plain white font.

Not only is this the only humorous part of this train wreck, it is a true warning sign of the sort of pretentious hogwash that is yet to come. The first real scene of the film simply shows Gallo racing his motorcycle around a track for what is seems to be about five agonizing minutes. When the race is all over, Gallo slowly takes off his helmet and dons a hair flip like the “virus trash” model male to be truly is. Even if he were born in Buffalo, New York.)

Besides the motorcycle and the track get-up, he uses some shot haphazardly out of a dirty car window for the rest of the film in replacement of actual original content, and substance. One may ask, “If this movie was so poor, what intriguied you as much to spend your precious toy store dollars on it?” Well, that answer is as simple as it was labeled with an R. As a matter of fact, in the opening credits always tease. So, what happened when two probable Abercrombie models, two gay men, a potential cheater, a possible slut, and a wallflower get picked to go to set school for five on national television in Philadelphia? We get a whole diverse, exciting, and different kind of World.

The Real World

Airing Vincent Gallo, Chloe Seymour Dori Campbell

Fifteen seasons and still running, The Real World Philadelphia tries to push boundaries and break barriers.

The Forgotten

Director: Joseph Ruben
Starring Julianne Moore, Dominic West

The Last Shot

Director: Jeff Nathanson
Starring Alex Baldwin, Matthew Broderick

Megadeth

The System Has Failed

Concerts & Theater

Thursday 16
The F-ups-Cricket Club
Macha-Knitting Factory

Friday 17
The years gone by-Rex Plex
Twelve Tribes-Starland

Saturday 18
Taj Mahal-Colombia University
Rock Kandy-DinBlatz

Sunday 19
Angie Stone- B.B King’s Blues Club
Burning Spear—Central Park
Kevin Lyttle—Terrance Parking Lot

Monday 20
Diabolic-B.B King’s Blues Club
Supa Group—Mercury Club
GreenDay-Irving Plaza

Tuesday 21
Channels-Knitting Factory
Throw Back—Lion’s Den

Wednesday 22
Sam Robert’s Band- Webster Hall
The Tragically Hip-Webster Hall

Squeezing the Juice for More Real Life...
An open letter to the Montclair State community:

As autumn approaches and a new academic year gets underway, the brothers and alumni of Phi-Alpha-Psi Senate, MSU’s oldest and most revered fraternity, would like to take the opportunity to welcome you back to the MSU campus. The start of a new academic year is always an exciting time, rich with opportunity and the promise of intellectual, spiritual and social growth. It was at this time of year in 1929 that our esteemed founder Dr. Edward Webster introduced Senate – and the very concept of Greek life – to the then Montclair State Teacher’s College. The values that Senate embraced in the early autumn of 1929 – loyalty, courage, character, friendship and individuality – served the organization well over the ensuing decades and throughout the last century. The current brothers and surviving alumni of Senate, an organization that many on our campus consider an institution, are both honored and humbled that fate has entrusted them to carry the Senate traditions into the 21st century.

Clearly, much has changed since 1929, so permit us to bring you up to date on recent events. To begin, we would like to congratulate MSU alumnus William Faulkner (no relation to the prolific and seminal American novelist) on receiving the Harold C. Bohn Fellowship, a scholarship that Senate awards every spring to a deserving graduate student. In addition, the gentlemen of Senate are today announcing the launching of the Phi-Alpha-Psi Senate Robert C. Lombardi Scholarship, a new academic award that will be available to undergraduates in the spring of 2005. Recently, Senate dedicated a bench on Alumni Green in the memory of Bobby Lombardi, a beloved Senate alumnus who passed away in 2003. The dedication, a moving and memory-evoking event, was profiled in MSU’s Alumni Life magazine.

This year also marks Senate’s 75-year anniversary, a milestone that has been celebrated with gala events and philanthropic fund-raisers that have drawn alumni from as far back as the class of 1956. Senate’s diamond jubilee also saw the launch of our Alumni of the Day Program, an initiative that allows Senate’s diverse pool of alumni to act as professional mentors to current brothers and grants eager undergraduates firsthand experience of the workplace environment. Senate boasts an active alumni base of lawyers, physicians, educators, accountants, bankers, small business owners, journalists, artists, and law enforcement officials, all of whom are delighted to share their professional and life experiences with the active members of our campus community. From Wall Street to Main Street, from the boardroom to the schoolroom, Senate alumni strive to contribute to the MSU community every day.

In closing, allow us to extend to all members of the Montclair State community our warmest wishes for a productive, dynamic, challenging, and joyous academic year.

Fondly,
The Brothers and Alumni of Phi-Alpha-Psi Senate
Position, Patience, and Power

With Poker’s Popularity Boom, These Rules Make the Game as Simple As 1-2-3

Chris Moneymaker, Dutch Boyd, Scotty Nguyen, Phil Ivey. If these names sound familiar, then you are one of the millions of fans out there to the newfound phenomenon known as Poker. Poker has taken the American public by storm, starting out as a small card game held every Friday night with a couple of friends and now evolved into a modern day sport watched by millions around the world. Its history is loaded backroom games to the present day casino. For example, throughout the Wild West period, such games with renowned places and characters. For example, throughout the Wild West period, many professors use Blackboard.com, a computer program which allows professors to inform students, but most of the students did not receive the memo because the computers were down is because of the latest software upgrades. Why is this happening? The reason the computers are down is because of the latest software upgrades. This seems to be taking too long according to many students. The Internet Technology department issued a memo to students to inform them, but most of the students did not receive the memo. The Montclairion, the campus newspaper, is a Class One organization of the Student Government Association (SGA) of Montclair State University. Published weekly, except during examination, summer and winter sessions, by students to inform them, but most of the students did not receive the memo. The reason the computers are down is because of the latest software upgrades. This seems to be taking too long according to many students.

The most important advancement may be the Internet. The Internet, an electronic super highway, can be seen and used in almost any setting. Whether young or old, many people are using the Internet on a daily basis. Some even wonder how we accomplished what we did without it. There is no question about it: this is an important breakthrough.

Students today especially benefit from the Internet. The time saved and the amount of information contained in an instant, is priceless. But for some students at MSU, this privilege is not attainable.

Since the first semester, many computers on campus have been out of service with no Internet connection. The reason the computers are down is because of the latest software upgrades. This seems to be taking too long according to many students.

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The Montclairian Opinion Columnist is Narpit Singh. With Poker there is one thing to remember: luck comes and goes...Knowledge stays forever.

Narpit Singh, a chemistry major, is in his first year as a columnist for The Montclairion.
Question of The Week
What are your views about the food on campus?

MATTHEW KEATS
Year: Sophomore
Major: Undeclared

"I love the people that serve the food, but the quality of it and variety stinks lately. Freeman dining hall, you've been letting me down lately at dinner!"

DOUGLAS M CINTYRE
Year: Freshman
Major: Biology

"I've always found some food that is good, but I've often found food that didn't taste particularly good. Still, with the variety, finding food for me isn't hard."

BARBARA SOARES
Year: Freshman
Major: Biology

"The food on campus is okay, for lack of better words."

DEANNA RYDER
Year: Junior
Major: Psychology

"The food isn't well prepared at all. Last year they put rainbow in everything! Pink chicken shouldn't be served and they seriously need a better variety."

JUDITH-FAITH WILLIAMS
Year: Senior
Major: Art/English

"I would appreciate a greater variety of healthy food choices."

BILAL ABAD
Year: Sophomore
Major: Biochemistry

"There isn't a variety enough for students to choose from. Food is unhealthy and most of the food is high in carbs and calories. The pizza sucks. We need more choice and better quality."

BRUNO LANFERNINI
Year: Sophomore
Major: Economics

"Freeman is the best place to eat. The Student Center is alright but takes up too many calories."

Get Your Guns
Ban On Assault Weapons Expires

Just when you thought the world was getting a little safer, President Bush allowed the ban on assault weapons to expire. The ban allowed the assault weapon related crime rate to drop a drastic 65 percent. Assault weapons were out of the hands of drug dealers and kept the police safer.

But with crime on the rise, I would have thought our president would have thought it would be a wise and safe decision to renew the law. But when his friends in the gun lobby asked him to look the other way, he couldn't resist.

The ban, which was created by Congress in 1994, banned all sides of newly manufactured semi-automatic guns to non-law enforcement or military individuals. The law was passed to keep these guns off the street and out of the hands of terrorists. This includes union, AK-47s and TEC-9s.

Before this act, thousands of deaths were committed due to assault weapons.

Since the ban expired, in some states, an 18-year-old will legally be able to purchase an AK-47. It will be possible to bring unregistered TEC-9 assault pistols, loaded with 30 rounds of ammunition, into bars, churches, sports arenas, and even public schools or universities.

Also, kids as young as 13 will be able to buy brand new American-made AK-47s at gun shows and through the classifieds.

I support our second amendment and I feel individuals with the right license and permits should, by all means, exercise their rights. But, for what purpose will an assault weapon serve the average hunter or gun enthusiast? Do hunters normally hunt with assault weapons? Are deer hunting, hunting, making a shotgun act as a toy? I personally do not like to sort through bullets while eating a nice juicy piece of venison, but that's my opinion.

I think the only hunting possible with these weapons is hunting for cops or gang members. With the police dealing with new and dangerous situations already, do they really need to worry about looking down the barrel of an ass or on a daily basis? Criminals are always looking for more dangerous weapons and now have the luxury of possessing one either via the internet or from someone who has legally purchased one.

I know this is a fast world and time is money. There are things to do and people to see, but are we that impatient that we need to fire 50 rounds per second? What will be next, legalizing grenades to go squirrel hunting? Bush is making the job of violence easier and the job of police harder.

Erik Burneyko, an education major, is in his first year as Opinion Editor for The Montclarion.

Constructing a Disturbance
The Cost of Erecting a Better Campus Is an Inconvenience to Students Here Now

So, the more I look at our school, the more I realize how decorative it continually gets. Initially, I was overwhelmed by the major changes that have taken place since my freshman year, and I think about how nice the school will look over the next few years. The fascinating thing with the direction of the University is that a lot of structural changes have been done, but how have they improved the life for students? Well, the school has added new parking garages, that we have to pay city-like prices for, but when I go to other universities the parking (even for visitors) has always been free. The school continues to put up more and more academic buildings, theaters, and childcare centers and has improved the quality of some older buildings on campus but why did they do this during finals last year? Why didn't they work near lot 28 over the summer and the building there? Was it cheaper or do they just not care? Also, on this topic there is no need talk about their negligence maintaining the grounds, that is quite obvious by itself.

Whether it is parking problems (price issues, no availability or outrageous amounts of tickets or noise, both are hurting the quality of life for every student at Montclair State University. College is supposed to be the greatest years of our lives, even though the school seems to make it more of an industry than a stepping stone in people's lives.

In theory it is a great idea to make the campus look nice with elaborately designed buildings, but never when it damages the value of our college experience."

"...kids as young as 13, will be able to buy brand new American made AK-47s."

"In theory it is a great idea to make the campus look nice with elaborately designed buildings, but never when it damages the value of our college experience."

There is a variety of job opportunities in the field of psychology, from counseling to research, and from therapy to teaching. However, the salary can vary greatly depending on the type of position and the level of experience.

Joe Vitale, a psychology major, is in his first year as a columnist for The Montclarion.
Take All Issues Into Consideration
A Deeper Look Into the Facts of the Candidates Before Voting

When I first started reading the article "The Young and the Powerful Voter" in Vol. 84, Issue 1, I began reading a message to today's youth, telling them about the importance of voting. Unfortunately, midway through the second column, it turned into pure liberal propaganda.

Personally, I am not affiliated with any political party but recently I've become sick of so many people speaking politically without having any facts to back up what they're saying. Bush is a warmonger, Kerry is a flip-flopper. What does this prove? The statements I'm about to make aren't related to my opinions on these issues; they are observations I have recently made.

In response to the "points" made in the article, you cannot find a single instance of anyone's civil liberties being violated as a result of the Patriot Act. The act allows different branches of law enforcement to share information they previously couldn't.

As for abortion, Bush has the common liberal propaganda. People on welfare are supported by other people's tax dollars. You can't cut a tax that doesn't exist. Following suit, it's logical that those who pay the most get the biggest rebate. There's a word used to describe people who believe that the wealthy should be taxed more to support everyone else -- Socialists. Take it a step further and you have Communism, where it doesn't matter whether you're a neurosurgeon or a janitor, you're still paid the same.

For the young and the powerful voter, Bush has the common Republican view on the topic. This shouldn't surprise anyone. He hasn't denied the gay community anything. His proposed amendment isn't anywhere near passed, and no American has ever had the right to marry a member of his or her own sex.

The laws haven't changed, but some judges have chosen to interpret them loosely. Bush has been the only President to publicly fund Stem Cell research. He hasn't given scientists totally free reign, but this is still a heavily debated issue. You're bound to see anyone's views on issues you disagree with. Be able to explain why you believe what you do instead of just talking louder than everyone else. This is your chance -- don't blow it.

Anthony Mennoti, an industrial design major, is in his first year as a columnist for The Montclarion.
For people who have to deal with the harsh realities of life, Volunteers of America is there to help. We work in communities across the country providing emergency shelter, and services to homeless individuals and families.

The need is great. And we are there to offer support and compassion to help return people to self-sufficiency.

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Crossword

ACROSS
1 Walk proudly
6 Exasperate
9 Propelled a raft
14 Funny Chevy
15 Bering or Ross
16 Asinine
17 Kidney related
18 "King" Cole
19 Dutch cheese
20 Peculiar
21 Chinese fruits
24 Gadgeteer
25 Moonlighter's other work
27 Metal cutters
29 Part of CPU
31 Check
32 Cribbage markers
35 "Separate Tables" star
40 Racetrack tipsters
42 Soak up rays
43 Climb
44 Non-ordinary particles
47 Wield needles
48 Phone message
49 Unspecified amount
51 Tender touches
55 Ms. Streisand
59 Regret
60 Most torrid
62 Lip
63 Man from Teheran
65 Helping hand
66 Armistice
68 Conductor's stick
69 Carriou or Berman
70 Gone from the plate
71 Casual coinages

DOWN
1 Young haddock
2 Actress Bara
3 Newman or Travis
4 Made in the everything!
7 Stick 'em up!
8 Cornell and Hepburn
10 Lennon's widow
11 Classic Tierney film
12 Provide with funds
13 College VIPs
22 Latin "ditto"
23 Frosted
26 Fairness
28 Stifled laugh
30 Snitch
32 Sch. group
33 Very long period
34 Paunch
36 Large tub
37 Mover's vehicle
38 Lilly or Wallach
39 After expenses
41 Breaking to bits
45 As well
46 Steals
50 Dull finishes
51 Baby beds
52 Of hearing
53 "Giant" ranch
54 Pens
56 Entirely physical
57 Sieved into pellets
58 Prayer endings
59 Writer O'Brien
61 Writer O'Brien
64 sequitur
67 Cheerleader's yell
61 Writer O'Brien
62 Lip
63 Man from Teheran
65 Helping hand
66 Armistice
68 Conductor's stick
69 Carriou or Berman

Solutions

1. Walk proudly
2. Actress Bara
3. Newman or Travis
4. Made in the everything!
5. Stick 'em up!
6. Cornell and Hepburn
7. Lennon's widow
8. Classic Tierney film
9. Provide with funds
10. College VIPs
11. Latin "ditto"
12. Frosted
13. Fairness
14. Stifled laugh
15. Snitch
16. Sch. group
17. Very long period
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19. Large tub
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21. Lilly or Wallach
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70. Writer O'Brien

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WANTED OVERDRAFT PROTECTION?

TOO BOUNCING ALL MY CHECKS? I TOLD YOU THREE MONTHS AGO I WANTED OVERDRAFT PROTECTION!

OH, I'M SORRY, SIR... I THOUGHT YOU SAID HOVERCRAFT PROTECTION.

HA HA HA!

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THE ADVENTURES OF SKULLY
BY WILLIAM MORTON
©MM
SKULLY GOES TO THERAPY

THE VEST TO THE HEAD SHRINKER.
WHAT DO YOU SEE?
HE HAS LOTS OF ISSUES.
PROJECTING.

UNRESOLVED CHILDHOOD CONCERNS.
BLAME THE PARENTS.
RELENTLESS FEAR OF DEATH.
I'M SORRY, BUT WE'RE OUT OF TIME.

THE ADVENTURES OF SKULLY
BY WILLIAM MORTON
©MM
SKULLY'S REVENGE

BACK FROM THE DEAD.
A DISH BEST SERVED COLD.
TAKING NAMES, CHEWING BUBBLEGUM, AND GETTING READY TO KICK SOME ASS.

LOOK WHO'S LAUGHING NOW.
REVENGE IS SWEET.
THE BEST REVENGE IS TO LEAD A GOOD LIFE.
IT ALL EVENS OUT IN THE END.

Are you an artist or cartoonist? Send your cartoons to The Montclarion! Email: montmanaging@yahoo.com

TAURUS
(April 20 - May 20)
Debussy impresses no one. Put yourself together and control your emotions. Crazy outbursts are giving you a bad reputation so cut it out. In the future you'll look back on this and wonder why you even went to such extremes.

GEMINI
(May 21 - June 20)
The near future holds many good tidings your way. Be warned, at first it will be overwhelming but knowing you, you'll get used to it quickly. Enjoy your precious treasures while you have them.

CANCER
(June 21 - July 22)
Starting up the old fires can be a bit challenging, but you know it'll be all worth it in the end. Don't be discouraged if your first attempts fail through, they'll come around in due time if you act properly.

LEO
(July 23 - August 22)
Finally an attractive classmate has caught your eye. Play it cool and don't stare so long or you'll get caught. Find a creative way to show off your talents but don't over do it. Give it some time and even they'll be the ones taking notice of you.

VIRGO
(August 23 - September 22)
Focus on buying your textbooks instead of a bunch of junk. Your spending habits are attentional and are leaving you penniless. Remember to first buy what you NEED first, then buy what you want. If you really want it, it can wait.

LIBRA
(September 23 - October 22)
Now is a good time to start setting goals for yourself. It's a step in the right direction and will play a crucial role in your future endeavors. This early start will help you accomplish so much more than your peers and put you way ahead of the game.

SCORPIO
(October 23 - November 21)
People can't get over how great you look this semester. Your presence has really caused a stir and gotten the attention of that certain someone you've been interested in. Continue to wow them with your awesome looks, but be wary, appoint our needy.

SAGITTARIUS
(November 22 - December 21)
Friendships can grow apart for several reasons but they don't have to. People are making an effort to stick around but you're not. Take time to catch up with them before the damage is too much to repair.

CAPRICORN
(December 22 - January 19)
It's hard to gamble when the stakes are high but the moves you're in calls for some serious help. Your chances are slim to none but since there's not really much else you can do, you might as well take a chance and hope for the best.

AQUARIUS
(January 20 - February 18)
Have you been a little tight on cash lately? Ask around and you're bound to find some odd jobs here and there that can help score you some quick green. Don't forget to try and manage the little money you have now wisely until something comes up.

PISCES
(February 19 - March 20)
The semester has just begun and already you're stressing out. Take it easy, and give yourself some breathing room. Don't worry, there's bound to be someone to help you study in class.

ARIES
(March 21 - April 19)
You always tend to keep to yourself, but no more. The attitude has got to change because it will get you nowhere. It's time to make new friends and enjoy your youthfulness. It may be a little scary at first but you'll get the hang of it.
COLLEGE SURVIVAL GUIDE: Keep your options open and your nights & weekends free.

GoPhone Service from AT&T Wireless.
NOW WITH FREE NIGHTS & WEEKENDS on auto payment rate options $39.99 and above plus:
• no credit check or sign up costs
• pay what you want, when you want, and how you want
On our GSM™ Service with double the calling area across the U.S. since last year and improved signal strength.
ALL WITH NO ANNUAL CONTRACT.
Child Care Wanted

Childcare afterschool and some mornings in Montclair. Energetic, fun, intelligent babysitter with car needed for our delightful 10 year old daughter. Help with homework, bring her to activities. (973) 746-2122

Childcare needed. Montclair area. We have 3 children ages 9, 7 + 5. We are looking for someone 3-5 days a week from 3pm to 7 pm. Transportation a plus/drivers license required. Please call 973-509-6999

After school childcare for 9 year old boy. Monday, Tues, Friday 3:30-7:00. $10 per hour. Must have car. Call Kathleen (973) 615-1688

Babysitter/Nanny needed for November during the daytime for three days a week. Must have experience caring for an infant. CPR a plus. Opportunity in Hoboken/Weehawken area. $10-$12/hour. 201-770-1533. Ask for Bonnie.

Need PT help with kids. M-F 3-6pm must have car & ref. Call Beth (201) 264-6134

Montclair family seeking babysitter for baby for two mornings per week. Auto required and some experience. Call Jackie 973-655-8884.

Tutor/Childcare in Montclair - Immediate opening. Looking for a responsible tutor/homework helper/childcare for my 2 children: ages 9 and 11 in my Montclair home. Drivers license and car necessary. Work approximately 20 hours a week. Excellent pay, child education/teaching major a plus. Patty (973) 809-5320

Afternoon childcare for 10 year old boy in Upper Montclair. 15-20 hours a week. Car req'd. Call Cathy at 973-746-0194 or 914-263-3355.

Childcare-afterschool for three children ages 15, 11 and 8 in Montclair home. Monday-Friday 3:30-6pm. Must have own vehicle. Call 973-509-9644 or 973-641-3490

Help Wanted


The Montclair Kimberley Academy is looking for a swim instructor/lifeguard. Persons must be responsible, and have previous experience. Fall Session October thru mid-November. Monday-Friday (preferred) 3:15-5:15 p.m. $10.00-$15.00 per hour. Call Extended Day (973) 509-4872

Models. Women 18 and older for outdoor test shoot. Tasteful Nudity. Will exchange pictures for modeling. No experience necessary. (973) 365-4054

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!

973-365-4054
College student tries to return uneaten food for partial refund

By PULLY BROWN

On September 2, over 1,000 freshmen began school at MSU, embarking on a brand new journey. Many of them left their homes for the first time, and when they return they will be among these things.

Many of these freshmen, however, will bring some unwanted “weight” back home as well.

In a study released last year by 60 first-semester college students, Cornell University professor David Levitsky and his colleagues found that, on average, the students gained about 4.2 pounds during their first 12 weeks of school.

Montclair State senior, Jessica Mokowski says that she fell victim to the dreaded freshmen 15. “I gained the weight by eating the cafeteria food, anything with flavor.” Those of you who live on campus and dine in all you can eat cafeterias like Russ or Blanton might know what she is talking about.

John Barme, a nutritionist, and MSU athlete says that staying away from the freshmen 15 is quite simple.

The first step is not skipping breakfast. Often, students miss breakfast because they either don’t wake up early enough, or they don’t have the time or the money. Whatever the reason, skipping the first meal of the day is not smart. This is because your body is constantly burning calories throughout the day, and if you skip breakfast you will be so hungry that you stuff yourself throughout the night.

This will, of course, be followed by going to sleep, and no burning of calories. If you take in more calories than you burn, you will gain weight.

Barme also says that snack foods like chips and cookies will give you what he calls “bad carbohydrates.” Bad carbs are in all processed foods or junk food. Good carbs are in fruits, veggies, pastas, and rice. So instead of eating a bag of Lays, eat an apple or an orange.

The next step Barone says will help keep the pound off, is to stay as far away from fast food as possible. Foods that are deep-fried are not good anyway because they retain lots of grease, which contains fat. But fried foods in fast food places are even worse because they contain high amounts of fat. Drink fruit juices, not soda. Barone says, “even if something is low in fat, that means it’s high in sugar!”

Eating a variety of food is a big component to a healthy diet. If you eat the same things all the time, you’re body won’t get all of the different vitamins and nutrients that a varied and balanced diet brings.

If you have trouble getting started on healthy foods because you aren’t sure what to eat, Barme says to shop at Whole Foods, instead of Pathmark, or whatever other supermarkets you look at. “Just by walk of protein and carbohydrates. Such is available in the second floor of the Student Center cafeterias.

Wraps and sandwiches are readily available all over campus and can be made healthy without taking the bread away. If you just eat leaner meats such as turkey, or ham, and eliminate bologna, salami, cheese, mayonnaise, and the side of chips, any sandwich or wrap can be healthy.

Of course salads are a healthy option, but Barme says that there is a common misconception associated with eating salads. Dressing can be fattening. Eat light, low calorie dressings. The Student Center has those dressings, you just have to ask for them.

You don’t have to hit the gym everyday, if ever. Just don’t sit on your butt all day and cry about being overweight. Walk to class, don’t take the shuttle, take the stairs not the elevator, and watch those pounds fall off. Instead of sitting on an instant messenger all day, go outside and throw a Frisbee around. Basically if you just eat, even life’s not so bad, and you aren’t active, you will gain weight - it’s that simple.

The final tip is to eat everything in moderation. It doesn’t matter if it’s all low fat, Barme says, “even if something is low in fat, that means it’s high in something else.” Both Barme, and Ruggieri agree that eating small portions of food several times in a day is better than eating large amounts in just two or three sittings.

Dieting and losing weight is tough. But why not take pride in the most tangible representation of you, your body. Eat right, stay active, lose weight.
Become a volunteer at the Drop-In Center at Montclair State University.

The Drop-In Center is currently seeking volunteers for its Fall training sessions. Please stop by the little cottage between Richardson Hall and the Student Center to complete an application, or call 973-655-5271 for more information.

The Drop-In Center is a completely student-run and student-staffed facility that provides information and referral services. It has been serving the campus community for over 30 years. We invite students of all ages and majors to attend our training sessions to become peer counselors and/or peer educators.

Get Involved!

Training Dates:

Sunday, September 26th
(Peer counselors)

Saturday, October 9th
(Peer counselors and educators)

Sunday, October 10th
(Peer counselors)

Training from 9 am to 5 pm all three days. Breakfast and lunch will be served.

Peer counselors must attend all three sessions.

Peer educators must attend only the October 9th session.

The Drop-In Center

Writers Needed! Call Extension 5241 Ask for Jose.

Email: Montsports@yahoo.com

The Sports Guy
A Trip Around Red Hawk Country

Sports Guy, oh Sports Guy, where art thou Sports Guy? Deny thy morals, and refuse thy objectivity. For the sportlings need not know of the Red Hawk failures, only their successes. The Sports Guy can hear the cries loud and clear. They haunt him while he sleeps, they pester him while eats, follow him to games, and glare with fear of what he might say next, as he watches, and takes notes. Well, The Sports Guy will hear it no longer.

The Sports Guy has an urgent message for Coach Santowski and the Men's Soccer team from the rest of the NJAC. Would you please stop winning? The Red Hawks, currently sitting in third place, are one of four remaining teams in the NJAC with an undefeated record. The men's soccer team is 14-1-1 at home dating back to the beginning of last season. Trust The Sports Guy when he says that no one wants to see MSU at Pittser Field. To do so would be like trying to have more former boy-toys than J-Lo or trying to beat George W. Bush in a stupidity contest. You just can't win.

This Saturday the Red Hawks will host TCNJ at Pittser Field, both teams will come in undefeated, and only one will leave that way. The Sport Guy says The Red Hawks will win, and set the tone for the rest of the season. Trust The Sports Guy when he says that no one wants to see MSU at Pittser Field. To do so would be like trying to have more former boy-toys than J-Lo or trying to beat George W. Bush in a stupidity contest. You just can't win.

The Red Hawk Volleyball team has been on a bit of a tear...downward. They've lost the last four games, and they came into Tuesday's game in fourth place hosting the defending NJAC champs, Rutgers-Newark. The Sports Guy says if it were a battle of looks, the Red Hawks would have blown the Scarlet Raiders right out of Panzer. The lady Scarlet Knights looked like something from a Stephen King novel: big, tall and ugly. But of course it was a volleyball game, and not a beauty contest, and MSU fell in three straight.

The Red Hawk football team proved that they aren't all bluff with no stuff, two weeks ago against Iona. MSU hand­ed the Gaels their rear ends on a red platter. 42-21.

The Red Hawk football team proved that they aren't all bluff with no stuff, two weeks ago against Iona. MSU hand­ed the Gaels their rear ends on a red platter. 42-21.

After beating the snot out of this D IIAC team, Frostburg University should be easy pickin's for the Red Hawks in their home opener on Saturday. Much to the surprise of The Sports Guy, the women's soccer team is still winless three games into the season. The Sports Guy knows that it's a long season, and that they haven't even played any conference games, but The Sports Guy thinks that there may be some cause for alarm. They were just one goal away from being conference champions last season, so the sportlings can only hope that the lovely ladies of the soccer team can turn it around.

The field hockey team has begun the season undefeated at 5-0. Is it just The Sports Guy, or is Beth Gottung a great coach? First she leads last year's field hockey team to their best season in school history, winning the conference. As if that wasn't enough, she takes the women's soccer team to the conference championship game. Now after losing two All-Americans, one all region goalie, and Sarah "The Tiny Terror" Levine, she has the field hockey team with a better record than they had at this same time last season! The Sports Guy wants to know, what is going on in Red Hawk country? National championship? Stay tuned.

Well, the new season is still young, and unfolding right before our eyes. With so many surprises yet to come, The Sports Guy is left feeling like a school-girl who just got a big box of mystery chocolates for Valentine's Day. Till next time, this is The Sports Guy.

The Sports Guy is a fictitious character created by Jose Ortiz and does not reflect the views of The Montclarion. The Sports Guy is intended to be humorous and not offensive.
SPORTS TRIVIA QUESTION
Name the only pitcher in the Hall of Fame with a career losing record.

LAST WEEK’S QUESTION
Name the MLB first baseman with the highest career fielding percentage.

ANSWER TO LAST WEEK’S QUESTION
Don Mattingly holds the career record for best fielding percentage among first basemen with a .996 mark from 1982 - 1995.

Football

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<th>NJAC</th>
<th>Overall</th>
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<tbody>
<tr>
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<td>1-0</td>
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<td>SUNY Cortland</td>
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This Week

Saturday vs. Frostburg St. 1pm

Last Week’s Results
9/11 - BYE WEEK

Men’s Soccer

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<tr>
<th>NJAC</th>
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<tr>
<td>TCU</td>
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This Week

Saturday vs. TCNJ 2 p.m.
Monday vs. St. Thomas Aquinass 7 p.m.
Wednesday at William Paterson 7 p.m.

Last Week’s Results
9/11 — MSU 3, Johnson & Wales 1

Field Hockey

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This Week

Sunday vs. Franklin and Marshall 2 p.m.
Wednesday vs. Manhattanville 7 p.m.

Last Week’s Results
9/10-11 - MSU 3, Catholic 2
MSU 1, Muhlenberg 0

Women’s Soccer

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<td>MSU</td>
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This Week

Thursday vs. TCNJ 7:30 p.m.
Saturday vs. Green Mountain 7 p.m.
Wednesday at William Paterson 7 p.m.

Last Week’s Results
No games

Player of the Week

RYAN MORGAN
SONIC
Sophomore
Hometown: Princeton, NJ

Ryan scored his team’s only two goals in a victory over Guilford.

Honorable Mentions

JENNIFER TANIS
Freshman
Hometown: Oakridge, NJ

Jennifer was named the NJAC’s rookie of the week.

CHRIS OWEN
Junior
Hometown: Pompton, NJ

Chris made eight saves against Muhlenberg for her first career shutout.

MARY LOU RIOS
Senior
Hometown: North Bergen, NJ

Mary Lou earned a singles and doubles victory in a losing effort vs. Ramapo.
Red Hawk Volleyball Team Drops Fifth Straight
Rutgers-Newark Defeats MSU in Three Straight Matches at Panzer Gym on Tuesday

Jose Ortiz
Sports Editor

In the second of a three-match set, the Red Hawk volleyball team was down by one, serving for match point. They stood on the brink of evening the series up at one all with just one match left to play. This was when the Scarlet Raiders showed why they, and not the Red Hawks, are the defending Conference Champions.

Down 29-28, the Scarlet Raiders reeled off three consecutive points, including an attack error by Red Hawk sophomore, Asia Livingston, giving Rutgers-Newark the second match and the advantage in a best of three series.

As a team, the Red Hawks committed 30 attack errors, seven serving errors, and no aces. The bigger, taller girls of Rutgers-Newark had fewer total attacks, but ended with more kills, and fewer errors.

The big difference in the game was the net defense of the Scarlet Raiders who had 13 total blocks as opposed to the Red Hawks who had none. The Red Hawks, whose tallest girl is 5'9, gave up a lot of size to Rutgers who had four players of at least 5'9 and one who was over 6'0.

Livingston contends that it wasn’t Rutgers size advantage that beat them. “We killed ourselves tonight, not Rutgers.” Livingston, who is among the team leaders in points and digs, may have a point.

In that second game, MSU relinquished the lead 10 times, including six times in the final eight points of the match.

After the Red Hawks eventually lost the second game, Rutgers-Newark made short work of MSU in the third game to complete the three-game sweep at Panzer Gym. In the end, the numbers showed that Rutgers-Newark was more committed to the power game than the Red Hawks. The Scarlet Raiders set up nine more kill opportunities, and also converted all nine of those into points.

The Red Hawks looked to be close at times, but they couldn’t close the door on the defending NJAC champions. The loss dropped the Red Hawks to 3-6 on the season putting them in fifth place. The Scarlet Raiders however improved to 3-4 and moved up to fourth place in the conference.

“We killed ourselves tonight, not Rutgers.”
Asia Livingston
Sophomore Volleyball Player

At times the Red Hawks seemed perfectly in-sync, beautifully plac­ing balls just out of the reach of the towering arms of Rutgers senior, Sharon Guise, who led the Scarlet Raiders in kills with eight. But then there were other moments where the team seemed to have communication breakdowns, and let balls drop in between two players who thought the other would get it. Livingston says, “We just have to work together, we’re still learning to play together.” The volleyball team is clearly a young one, with seven sophomores, and freshmen, only two juniors and no seniors.

After the Red Hawks eventually lost the second game, Rutgers-Newark made short work of MSU in the third game to complete the three-game sweep at Panzer Gym. In the end, the numbers showed that Rutgers-Newark was more committed to the power game than the Red Hawks. The Scarlet Raiders set up nine more kill opportunities, and also converted all nine of those into points.

If you take away the self-inflicted mistakes like serving and attack errors, as well as bad sets, the Red Hawks may have been able to come away three up instead of three down. Mistakes are going to happen, and will happen more often with a younger team not used to playing with each other. Livingston, who had 10 digs and three kills, says “It’s still early in the season, I think we’ll be fine.”

The loss dropped MSU to 3-6, while Rutgers improved to 3-4 and moved ahead of the Red Hawks in the standings. When asked to comment on her team’s losing effort on Tuesday night, MSU head coach Sandy Sanchez-Lombeyda promptly declined, saying that she would keep her comments to herself. Sometimes silence speaks volumes.

Visit www.montclair.edu/athletics.shtml for more information