The Montclarion, November 18, 2004

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Resignation Causes SGA Division

Jessica Haverty
News Editor

At Wednesday’s Student Government Association meeting, President Jacob V. Hudnut announced the resignation of SGA bookkeeper, Salika Berkovich, who stated, “...this change is [not] a step in the wrong direction. Everyone is replaceable.”

Jamie Dresher
SGA Legislator

has worked for the organization for nine years.

SEE ‘SGA’ ON P. 3

Renovations Planned for Panzer Gym Facilities

Cost of Construction Project Has Not Been Determined, Administration Says

Meaghan McCallum
Staff Writer

Montclair State University administration is in the process of developing plans for upcoming Panzer Gym renovations. The expansion of the Panzer Gym renovations have yet to be determined, but the administration has always anticipated and recognized the need for adjustments to be made in order to accommodate athletes and students who utilize the gym, Director of Architectural and Engineering Services Douglas Cooper said.

The Administration plans to begin construction after the new academic building is completed, but the length of the process remains to be determined, said Cooper.

The delay has occurred because the administration does not want the renovations to interfere with students’ ability to utilize Panzer while construction is in progress, said Cooper.

“The project is expected to be completed by August 2006 and its grand opening is intended for September 2006,” said Fonseca.

“Studies around the country have shown that recreation is a high priority in student recruitment, retention, and overall academic success,” Fonseca said.

“It will create many new jobs for MSU students...” said C. Keith Fonseca, Director of Campus Recreation.

The new recreation center, to be completed by spring 2006, will have space to house a six-lane swimming pool, fitness rooms, an indoor track and basketball courts.

Renovations of many areas within Panzer Gym will not interfere with students’ ability to utilize the facilities during construction.

The new student recreation center, open to all students and faculty, will feature 10,000 square feet of fitness space.

“The center will be the best and most modern university recreation center in New Jersey,” said Fonseca.

Approximately 2000 students. The new recreation center, open to all students [and faculty], will feature 10,000 square feet of fitness space.

“The project has been well thought out,” said Cooper.

There is an agreement between students and gym faculty on what needs to be improved at the Panzer Gym.

“Some problems I face are bad lighting, dirty floors, broken weight machines, and unwashed gymnastic mats and fitness center equipment,” said Diana Unter, senior physical education major.

“Panzer Gym needs improvement in the fitness center, general equipment, gym lighting, and flooring. The Panzer Gym is not satisfactory for high-level athletic training,” Fonseca said.

“New equipment and renovations would be awesome,” said Nancy Breghy, sophomore physical education major.

According to Cooper, “since [Panzer’s] construction in the mid to late 50’s, the facility has remained virtually unchanged [with the exception of] minor renovations including the addition of the pool in 1967 and addition of the elevator in 2001.”

“Upgrades to the facility have always been envisioned by the administration,” Cooper said.
**The Police Report:**

**Theft Continues to Top Weekly Police Report**

11/8/04 - A male MSU student reported damage to the fire safety club cart while on call in Bohn Hall.

11/8/04 - An employee of the construction company working on the Child Care Center reported the theft of personal tools from two storage trailers.

11/8/04 - A resident student reported that while he was in the computer lab in Partridge Hall, he was attacked and his laptop computer was damaged. The theft of his vehicle while parked in lot 45.

11/9/04 - A female student reported the theft of her digital tape recorder while in Finley Hall.

11/9/04 - A resident student reported the theft of his wallet while in the weight room.

11/10/04 - A female MSU student reported the theft of her cell phone and cash while in Sprague Library.

11/1/04 - A male student reported the theft of his vehicle while parked in lot 45.

11/14/04 - A female student reported the theft of his wallet while in the weight room.

11/12/04 - Officers responded to a reported fight in progress outside of Alice Paul Hall. The entire group, except the victim, left the scene before the officers arrived.

11/12/04 - A female MSU employee reported the theft of a zip drive from Maloney Hall.

11/1/04 - Monica Throry, 18, and Megan Quinn, 18, were both charged with possession of drug paraphernalia and possession of under 50 grams of drug substances in Blanton Hall.

11/14/04 - A female MSU student reported the theft of her digital tape recorder while in Finley Hall.

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**Local News**

**Compiled by LAUREN LAMPE**

**NEW BRUNSWICK** - After several years of strained budgets, New Jersey's college presidents voted Monday to ask the state for a $298.6 million increase in higher education funding. The presidents said they need the increase to fix up aging campus buildings and keep tuition affordable. It is unclear whether the presidents' request will sway Gov. Richard Codey and the state Legislature when they prepare their 2006 budget proposals.

**WASHINGTON, D.C.** - National Security Adviser Condoleezza Rice is President Bush's choice to succeed Secretary of State Colin Powell. Rice would be the first black woman, and only the second woman ever, chosen as the nation's top diplomat.

**SEATTLE, WA.** - Laura Hatch remembers only praying and trying to break free from her captor after she crashed down a ravine, leaving her severely injured and trapped for eight days.

**ORLANDO, FLORIDA** - Diane Dwyer put a 10-year-old grilled cheese sandwich up for sale last week, claiming it bore the image of the Virgin Mary. It drew bids as high as $32,000 before eBay pulled the item Sunday night. The page was viewed nearly 100,000 times before being taken down.

**MILESTONE 20**

**MONTCLAIR** - There will be no issue of The Montclarion this week. Happy Thanksgiving!

**Montclair**

**There will be no issue of The Montclarion this week. Happy Thanksgiving!**

**Corrections**

The Montclarion will promptly correct its factual errors. If you think that we've made a mistake in a story, please call Editor-In-Chief Michael McPhee at (973) 655-5230.

**WEIHAKEN** - The nation's largest privately-owned ferry company plans to inform employees this week of its closing. NY Waterway has decided to shut down its route between Hackensack Financial Center in Jersey City and the World Financial Center in Manhattan.

**Ridendonskippered after the Sept. 11 attacks and the closing of the trade center PATH, but fell from 65,000 trips per day in summer 2002 to 32,000 daily trips over the past year.**

**National News**

**Compiled by LAUREN LAMPE**

**NEW YORK** - The U.S. Security Council has voted to impose a 13-month arms embargo on the Ivory Coast.

**Bottles between government and rebel forces in the troubled country prompted the intervention of French troops and the evacuations of foreign nationals earlier this month.**

**The embargo takes effect immediately - a move French Ambassador Jean-Marie de la Sabliere said was made at the request of African states.**

**Sga Notes**

**- Club appropriation passed for Dec. 16th Winter Ball**

**- Had a closed session meeting**

**Montclair**

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**International News**

**Compiled by LAUREN LAMPE**

**IRAQ** - The director of CARE in Iraq, who was kidnapped last month, apparently has been killed.

Al-Jazeera has obtained a video showing a masked militant chopping a bound woman, who was referred to as Margaret Hassain, in the head using a handsaw.

"Mrs. Hassan was an extraordinary woman who dedicated her life to the poor and disadvantage in Iraq, particularly the children," a CARE spokesman said.

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**MADRID, SPAIN** - A 16-year-old boy pleaded guilty Tuesday to carrying explosives used in the Madrid commuter bombings that killed 191 people.

He was sentenced to six years in a juvenile detention center and five years probation.
Berkovich submitted a letter of resignation to Hudnut last Friday informing him that her last workday would be Jan. 1, Hudnut said.

"I didn't think it was in the SGA's best interest, in terms of its integrity, to continue working with someone who has expressed the desire to move on," Hudnut said.

The SGA accepted the resignation, under the advisement of their legal council, as a matter of formality and procedure, Hudnut added.

"This administration has made decisions haphazardly. The SGA advocates 'Students for Students,' but in this situation that concept is non-existent."

Hakim Abdi
President, ISO

said.

"In the absence of other rules and by-laws governing a situation, the president of an organization has the opportunity to accept the resignation of an employee," SGA lawyer Jason Lastimore said.

According to Berkovich's job description, obtained from Hudnut, her responsibilities include, but are not limited to, assisting the Office Coordinator with operations of the SGA office complex, and reviewing all current insurance policies and contracted obligations.

Berkovich is also expected to advise and assist student organizations in proper maintenance of records, and maintain all financial books required by the organization, according to her job description.

"Just because [organizational]s are comfortable with [Berkovich] doesn't mean that this change is a step in the wrong direction," SGA Legislator, Jaime Dresher said. "Everyone is replaceable."

Factors leading to Berkovich's resignation could not be discussed at press time due to legal obli­gations.

"I want to do what is best for the SGA and adhering to this formality is a professional, not personal, decision. Under no circumstances will the SGA president make a decision without consulting the executive board," Hudnut said.

"I think that [Berkovich] has been an important part of the staff and the student government," SGA Vice President Ron Rothels said. "I was sad to see her resignation."

In a question and answer session, held by Hudnut to address the concerns of Class I organization members, SGA Secretary, Abby Gildersleeve said that the decision was made with "haste."

SGA Treasurer Matt Wilder said that he agrees with Gildersleeve.

Sensing a division between members of the SGA Executive Board, some students believed that Hudnut should have better consulted with members of the SGA.

"He really should have approached the rest of the Executive Board," said Hillel board member, David Helewa. "At the meeting, Matt [Wilder] and Abby [Gildersleeve] seemed to display that they disagreed with the way the situation was handled."

At the beginning of his report to the SGA, Hudnut recommended that the meeting be closed to the public so that the student government would be able to discuss the issue in further detail.

When a vote to close the meeting failed to pass, Hudnut said "that was the conclusion of [his] report" after a "very genuine move," on behalf of the legislators who voted.

Members of other organizations voiced their opinions after realizing that Hudnut accepted the resignation.

"If [Hudnut] is in charge of deciding what's best for the SGA, how can he ignore the sentiments of the organizations that fall under the student government?" President of OSAU Kendra Faison, said in a question to Class I organization members.

"This administration has made decisions haphazardly," ISO President Hakim Abdi said. "The SGA advocates 'Students for Students,' but in this situation that concept is non-existent."
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://starsleep.nhlbi.nih.gov for sleep tips and fun activities.

U.S. Department of Health and Human Services

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National Heart, Lung, and Blood Institute

http://starsleep.nhlbi.nih.gov

NATIONAL INSTITUTES OF HEALTH
National Heart, Lung, and Blood Institute
Public Health Service
U.S. Department of Health and Human Services

Car Crash Takes the Life of MSU Music Student

Jessica Haverty
News Editor

A Montclair State University student was killed in a car accident while traveling with three family members to an annual family reunion, called “Thanksgiving in October,” in Fairfax County, Virginia, The Washington Times reported.

John Oldigs, 20, a senior music major set to graduate in May 2005 was riding with his aunt Maureen O’Callahan, 41, his uncle Tim O’Callahan, 42, and his cousin Tara O’Callahan, 20, when Tim O’Callahan pulled the car over so that they could switch drivers, The Washington Times reported.

While parked onto the shoulder of the interstate, a 2001 Dodge Ram pickup, driven by Jonathan O’Neal, 24, crashed into the rear of the family’s 1994 Honda Accord, The Washington Times reported.

A captain at the Jersey City fire department, Tim O’Callahan was the only family member to survive the accident. He had stepped out of the vehicle before the accident occurred.

O’Neal was treated for non-life-threatening injuries and charged with driving while intoxicated. Fairfax County Commonwealth Attorney, Robert F. Hornan Jr., will decide if O’Neal, a D.C. firefighter recruit, should face vehicular manslaughter charges, The Washington Times reported.

Friends and co-workers of the three family members attended a viewing at Layton’s Funeral Home, in Forked River, NJ, to share memories of their loved ones, The Washington Times reported.

“If I could see him again, I would tell him that he is such a part of who I am,” said Paige Cutrona, a lifelong friend of Oldigs. “He knows that I love him and that I value his friendship,” said Cutrona. “He is with me every single day.”

Oldigs lived in Jersey City with his uncle while working at The Iron Monkey, a Jersey City restaurant, The Washington Times reported.

Oldigs is survived by his parents Eileen and John Oldigs, retired Air Force sergeants residing in Dover, Delaware.

“If I could see him again, I would tell him that he is such a part of who I am.”

Paige Cutrona
Oldigs’ Friend

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“I think building a new (recreation) center is a good idea, but first the University should take care of the safety hazards in the commuter lots,” junior history major Chris Sheridan said.

The Washington Times
Humor Fights Hunger
Comedy Club Raises Money for Charity

Douglas McIntyre
short writer

The collaboration between a well-known comedy club and a good drive is an idea that won't go unnoticed.

The result of an alliance such as this is a laugh towards a worthy cause. On Wednesday, Nov. 10, Rascals Comedy Club on Bloomfield Avenue hosted a charity food drive for the homeless. As guests walked in the door, they could donate two food items to lower their entry fee from $10 to only $5. Each guest then walked on a flight of stairs, to be greeted at the door by the cheerful host Liz Russo.

The room, as one of the comics Lisa Landry put it, is like "a barn with paintings." Indeed, the red walls do remind one of the room's decor as Chris Tucker and Rosie O'Donnell. The small stage is set with a tall stool and microphone, in front of the club's name and mascot: a weasel. The black and white tablecloths and ambience. The black and white tablecloths provided the food to homeless families for Thanksgiving. Russo went on to say that it was her firm belief that making gifts for your loved ones proves to be popular among people who care about each other.

Handmade presents take time and planning, but your hard work will show and pay off once you see the look on the recipient's face.

"Can't think of anything you could make? Pick something you are great at, and get a little bit of it into your gift. It would be like giving a little piece of yourself to your loved ones these next couple of weeks. Prepare for more unique personalities, try certificates to spas with a personal wrapping are just a few of the many practical gifts to consider for this holiday season."

Handmade cards, homecooked meals, and gift certificates to spas with a personal wrapping are just a few of the many practical gifts to consider this holiday season.

"If you can cook, give your best friend a batch of awesome peppermint brownies...or give your girlfriend or boyfriend a coupon for a romantic dinner made by yourself."
The Dieter’s Holiday Made Simple
Tips for Enjoying a Low-Calorie And Delicious Thanksgiving Night Feast

KAREN HERZOG
MIT CORDOVA

You’ve sacrificed mashed potatoes and cookies for the good of your waistline, but now the cash-splintioned holidays are fast approaching. Do you keep up the good fight against bad carbs, or surrender to the traditional Thanksgiving fixings and Christmas cookies? If you choose the latter, how do you keep from gaining back all the weight you worked so hard to lose?

Many Americans apparently are debating these questions, according to the NPD Group research firm, as reported at CNNMoney.com. The percentage of Americans following low-carb diets dropped to 4.6 percent in September from 9 percent in January, NPD Group reported.

The most important thing to remember on Thanksgiving Day is to avoid starving yourself in anticipation of the big dinner, said Kristi Widmar, Weight Watchers’ public relations manager for the central region.

“Eat a good, balanced breakfast,” she advised.

Recipes can be tailored to reduce calories and fat without sacrificing flavor, Widmar said. Stuffing can be made with low-fat canned broth, mashed potatoes with broth and skim milk. When the turkey is passed around the table, choose white meat with no skin, Widmar suggested.

Instead of traditional candied sweet potatoes, consider a baked sweet potato - high in fiber and low in calories, unless you smother it with butter and brown sugar. For dessert? A single-crust pumpkin pie made with low-fat frozen yogurt. Widmar also encourages backing with Splenda, a sugar substitute.

“You can’t make food the enemy,” Widmar said. “Compensate for the rest of the day if you have to have something. It has to be livable.”

Dawn Jackson Blatter, a spokeswoman for the American Dietetic Association and a registered dietitian for the Northwestern Memorial Wellness Institute in Chicago, said she’s heard from several people concerned about how low-car dieting will interfere with their usual holiday eating.

“Holidays typically invoke anxiety about weight gain, but this year, more than others, has people concerned about corn, potatoes and peas - foods they avoid on the low-carb diets,” Blatter said. She recommends a four-pronged approach:

First, “have patience,” she said. “You do gain two to three pounds of water weight at first when you go off the low-carb diet.” That’s just the water you originally lost in the diet’s induction phase. Give your body about three weeks to adjust.

Second, “be a carb snob.” Sugar-free desserts, whole grain bread, white peas and white rice, that is. “Be a carb snob. Be very particular about which carbs you choose. Pick fiber-rich vegetables and whole grains.”

Bright and colorful fruits and vegetables are usually the best choices, except for corn on the cob, which act like a starch and are high-calorie vegetables, Blatter said.

When eating potatoes, use moderation; they contain beneficial fiber and vitamins.

Third, don’t forget to substitute for high-fat, high-calorie foods that were allowed on the low-carb diet. Switch from high-calorie bacon to turkey bacon, and eat more chicken and fish instead of steaks. Don’t forget to shift to lower-calorie dressings. And, instead of butter, use butter-flavored vegetable oil sprays.

Fourth, people love the fact that they can eat unlimited meat and cheese on a low-carb diet. But now it’s important to do a “plate check,” Blatter said. Consider your plate a three-compartment picnic plate. One-fourth of the plate is for lean meat and fish, another fourth is for whole grains, brown rice and high-fiber rolls, and the largest section - half the plate - is for vegetables.

Consumers are becoming savvy about carbs on labels, Blatter said, whether they follow a strict low-carb diet or not. “It’s inevitable these diets will fade, but people will continue to be aware of carbs, just as consumers look at food labels now for fat content - a leftover of the low-fat craze.”

“Before we had a lot of money to spend on processed foods, we ate healthful,” Mayer said. “You don’t have to spend a lot of money to eat healthy. Eat your dessert, but limit it. Your body knows it when it comes to weight loss.” Mayer’s best advice choose whole-grain breads and fiber. Avoid processed foods and don’t look at low-fat foods as the answer, because they may contain more sugar.

“Whole food and Slow Food,” Blatter said. “Low-energy density foods” are the latest focus of weight control research. Widmar said. This refers to foods that keep you feeling full longer, such as lean meats, popcorn, oatmeal and soup.

“Dieting is getting back to basics - watching the calories and not eating highly processed foods,” Widmar said. “What’s the next buzz in dieting?”

She’s seen evidence that the Atkins diet is waning, and that many are choosing instead to try Weight Watchers, she said. Widmar refers to the converts as “Atkins refugees.”

“Everyone’s looking for the quick fix or shortcut. They don’t want to cut calories. But now they realize that’s what it’s about,” Widmar stated.

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“Whole food and Slow Food,” Blatter said. “Low-energy density foods” are the latest focus of weight control research.

The most important thing to remember on Thanksgiving Day is to avoid starving yourself in anticipation of the big dinner. Eat a good balanced breakfast.”

KRISti WIDMAR
WEIGHT WATCHERS’ PUBLIC RELATIONS MANAGER

To make the most of your Thanksgiving meal:

\begin{itemize}
  \item **First:** Have patience.
  \item **Second:** Be a carb snob.
  \item **Third:** Don’t forget to substitute for high-fat, high-calorie foods.
  \item **Fourth:** Do a plate check.
\end{itemize}

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Is All Fair in Love And Friendship?
Revelation of Friend's Cheating Man: Impaired Judgement Confuses Partner

Dear G.M.,

I recently found out that my best friend's boyfriend is cheating on her. I even caught him telling some girl that he doesn't even have a girlfriend. I don't know what I should do. If I tell my friend, I'm afraid she's just going to tell me that I'm jealous and not believe me, but if I don't, then I feel like I'm being the worst kind of friend. What do you think I should do?

-V.V.-

You definitely are in a difficult position and frankly it's really a lose-lose situation no matter how you look at it. Either way, you're going to end up hurting your friend, and that certainly isn't a feeling that any of us like to cause. In my opinion, you really need to assess the character of your best friend. If she's one of those people who doesn't want to believe that her relationship is falling apart, then you may have a bigger problem on your hands.

Some people really hate to face reality and instead lie to themselves live in a world where they can be protected by pretending that everything is okay. If she falls into that category, then it's going to be like talking to a wall, and you'll probably end up looking like the bad guy.

On the other hand, if this guy is really trying to pull one over on your best friend and is feeding her a story that is sucking her into believing that everything is fine with their relationship, then you can't allow her to be made a fool.

As a friend, it's your responsibility to look out for your friend's well being. If you know that she's in a relationship where she's not being respected, then it's probably your job to let her know about it.

Try to think of it this way: if you were in her position, would you want her to tell you if she knew that your significant other was cheating on you? Would you accept that she was trying to protect you by not telling you, or would you have a hard time believing that was the case?

Your best bet is to go with your instincts in this situation. After all, she is your best friend. I can't tell you how she's going to respond, and you probably can't predict that either, but you have to make the decision that is right for your friendship.

Dear G.M.,

I've been hooking up with this guy, but every time we hang out, he's always drunk. I'm not sure if he's just hooking up with me because he's drunk or if because he really likes me. He calls me when he's sober, but we never end up hanging out when he's not in an inebriated state. How do you think I should handle this?

-E.C.-

This is an interesting situation just for the mere fact that this guy is drunk all the time. That's a flashing neon sign that says, "Watch out." This guy's main commitment may be to his liquor, and if you're looking for something serious, then I may suggest staying away from this particular gentleman. He's probably young and having a good time, but what's the cut off for having too much of a good time?

When you look at it from a different standpoint, it takes two to affirm a relationship, and if you're looking up with him when he's drunk, then you're consenting to it. If it really bothered you, then you probably would avoid him completely. Granted, I know what attracts people to each other, and sometimes individuals can be rather irresistible - but if you go into a situation with the idea that you aren't going to hook up when he's drunk, then you need to stick to your convictions. Frankly, I wouldn't suggest having any kind of a serious talk with him when he's intoxicated because he's either going to get defensive or tell you exactly what you want to hear. Most of us don't give out the most coherent information when we're under the influence, so I'd wait to ask any questions until you get him sober.

My suggestion is to put pressure on him for having a sober date. Tell him you're interested in him, but you can't hook up until he's sober. If he's honest, then you'll be able to tell if he's going to be able to stick around. If not, then he's probably just looking for a quickie.

Knowing whether someone is using you just for sex or is genuinely interested in you can be a stressful issue for anyone.
then the probability of him being legitimately interested increases significantly.

Plus, it’s a good idea to see his completely sober personality. You may not like him “This guy’s main commitment may be to his liquor, and if you’re looking for something serious, then I may suggest shying away from this particular gentleman.”

when he isn’t drunk. Some people change drastically when they are imbibing alcohol. You never know. He may be a complete bore when his friend Mr. Alcohol isn’t assisting him in being coy and cute.

Bottom line: don’t hook up with him again when he isn’t drunk. Some people change drastically when they are imbibing alcohol. You never know. He may be a complete bore when his friend Mr. Alcohol isn’t assisting him in being coy and cute.

I’m here to answer your questions. If you have a dilemma like the ones above, I’m at your service. Just e-mail me at Montfeature@yahoo.com with the title ‘Attention G.M. Grosso.’ I look forward to hearing from you.

The Great American Smokeout

Yesterday, Rebel University, in alliance with the MSU Wellness Education Center brought to the students the Great American Smokeout, an Anti-Smoking campaign that delivered its message through fliers, brochures, information packages (Quit Kit), and the ‘cigarette man.’ He went around campus asking people to give up their cigarettes and in turn, have a chance ticket to win a DVD player.

The room...is like ‘a barn with paintings.’ Indeed, the red walls do remind one of a barn, adorned with black and white paintings of such famous comedians as Chris Tucker and Rosie O’Donnell.

...close to her heart, as she is from Louisiana. was required to purchase at least two items from the menu.

But do not fret, for the tip was included in the price. The turnout was below expected, but the audience had a good time. They made sure to abandon their egos at the door, for they knew that at an event like this, their feelings would not be spared of a little mockery. Though not as successful as it could have been, the night was victorious enough for a Wednesday night.

The Sopranos, who began his set with an impersonation of Rodney Dangerfield, complete with small plastic cups in his eyes.

The next comic was Matt Christmas, a relatively unknown comic who made his jokes one after the other, mocking the audience very little. The second to last comic was the only female of the night, who has been seen on Premium Blend. Her favorite jokes involved redneck-isms, close to her heart, as she is from Louisiana.
Overcoming Odds
Determination Empowers the Meek

Dr. Rob Gilbert
Department of HPEEPS

There’s a tug-of-war going on inside of you. On one side of the rope are your feelings; on the other side is your commitment. They’re struggling back and forth. The result of this tug-of-war will determine your success in college. When your commitment can defeat your feelings on a consistent basis, you will succeed.

Let me give you an example. In the New York City Marathon last Sunday, there was a winner who finished in 36,188th place. His name is Keith Mann and he’s a student at Muhlenberg College.

Keith has no left leg and uses crutches. He was in his own personal tug-of-war Sunday for seven hours, 38 minutes, and 14 seconds. He finished the race because his commitment defeated his feelings.

At the finish line, The Star-Ledger quoted Keith as saying, “My hands are killing me. I can barely move them.” Those were Keith’s painful feelings speaking.

Then he said, “All I could think about was finishing. It didn’t matter what hurt. No matter how long it took me, I’m going to make it.” That was Keith’s rock-solid commitment speaking.

Keith finished his race because his commitment was stronger than his feelings. You are in a marathon too! But your race is much longer - it’s a four-year race for a college degree.

So what’s it going to be with you: your commitment or your feelings? Your feelings are constantly changing ... do you feel good or do you feel bad . . . you’re motivated or you’re apathetic . . . you feel like going to class or you feel like cutting class.

This is normal. But your commitment can remain resolve no matter what. You can say to yourself, “It doesn’t matter what hurts. No matter how long it takes me, I’m going to make it!”

Just because you feel a certain way doesn’t mean you have to act that way. Once you graduate, you’ll probably enter a profession. True professionals are people who do their best when they feel like it least. Don’t give in to your temporary feelings. Remain committed. Give up what you want now for what you want most.

Right now, do you need a little more commitment? Call Dr. Gilbert’s free SUCCESS HOTLINE at (973) 743-4690. Recorded messages are available all times of the day. New messages every day at 7:30 a.m.

*Events*
*Parties*
*Festivals*

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Interested in Writing? Contact Jeremy at: Montfeature@yahoo.com or call (973) 655-5241

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Att. Free DVD Player

*Must be an MSU Undergrad to qualify. One entry per person. Drawing will be made Dec. 13th. You do not have to be present to win. All decisions by the Montclarion are final.*

Name __________________________ Email __________________________

Major_________________________ Phone #_________________________

Year__________________________

Where do you pick up The Montclarion?

How often do you read The Montclarion?

Additional remarks?

Want to get involved? Just check the box, and we’ll contact you![ ]
for the entire MSU community, it’s time to face facts...

HIV hasn’t gone away.
HIV is an issue for everyone.
It’s time for you to take action.
World AIDS Day: December 1, 2004

Tuesday, November 30:
- Free HIV Testing: 1 - 6 PM; Unmarked white van behind the Student Center; Please call 973.655.7555 for an appointment
- Safer Sex Kits available in the Student Center Lobby
- “Free Sex: AIDS and HIV Included: A Conversation about AIDS and HIV” with Jhon Velasco, BA; 7-9 PM; SC Ballrooms A-C

Wednesday, December 1:
- A Day without Art. Check the Web page for more information.
- “Women and Families: The Global Impact of HIV/AIDS” with Lewis, Professor of Psychology; 11:30 AM - 12:45 PM; The Drop-In Center

Thursday, December 2:
- Safer Sex Kits available in the Student Center Lobby

For more information go to: www.montclair.edu/wellness/wellness/html/WAD04.html
Jamie Foxx Puts Himself On Actor ‘A’ List Permanently in His Role as Ray Charles

Kadijah Basir
Arts and Entertainment Editor

Ray
Jamie Foxx, Regina King, Kerry Washington, Don Cheadle, Jennifer Hudson
Universal Studios

A legend in the music industry and an inspiring icon in the world around, Ray Charles Robinson stands out. His music has stood the test of time and continues to make a name for itself. The soulful sound of this classic singer helped change the look and feel of music forever.

In honor of his great life, a film was directed by Taylor Hackford to celebrate and reflect his unique story. It is easy to simply tell a tale, but it is another thing to recreate a life. The film Ray portrayed Charles’ life to a superhuman extent. ‘The preparation and research was quite evident within the characters: Jamie Foxx played the lead role of Charles; it cannot be stressed enough how riveting Foxx’s performance was. He took the on the role and made it better than anyone could have imagined him doing. We have always known Foxx as a great comedian, capable of creating captivating characters to their realest forms.”

“He took the on the role and made it better than anyone could have imagined him doing. We have always known Foxx as a great comedian, capable of creating captivating characters to their realest forms.”

In the movie Charles’ life that the movie covered was when he moved on to a large record company and took control of all his master records. This had never been done before.”

“An amazing part of Charles’ life that the movie covered was when he moved on to a large record company and took control of all his master records. This had never been done before.”

In coming to terms with his music, he also developed his love life. Charles was a notorious womanizer, able to smooth talk most women; they were “special.” He knew what a woman looked like by gently taking hold of her wrist. He found one sweet arm to hold onto and eventually married her; Delia Bes Robinson was played by Kerry Washington. Even though Charles was extremely unfaithful and had many children not even mentioned in the film, Robinson remained true to her husband.

An amazing part of Charles’ life that the movie covered was when he moved on to a large record company and took control of all his master records. This had never been done before. He also made a stand by refusing to perform in front of segregated crowds, ultimately banning him from Georgia.

The most heroic part of the movie was the end, the defeat of his heroin addiction. He was finally able to realize he couldn’t keep blaming himself for things that were out of his control. He made a promise to his mother that he would never let his blindingness cripple him.

With this realization, he was able to pull himself out of his depths and sorrow and he no longer felt himself drowning in an ever-flowing pool of internal guilt. His life had so many obstacles to overcome and while watching it, you have the feeling that you were a part of his story, making it that much sweeter.

Foxx went above and beyond and hopefully will be honored for his brilliant performance.
Ensemble Of The Week: Ol’ Dirty Bastard

Kadijah Basir
Arts and Entertainment Editor

O h how I wish it wasn’t true, but true it remains how I wish it wasn’t true, but true it remains. One of the more popular members, and possibly the craziest character of the Wu Tang Clan, Ol’ Dirty Bastard, recently passed away at age 35. The man that brought the most flavor to the Wu-Tang’s fire has finally found his peace. ODB was having difficulty breathing and complained of chest pains early last Saturday morning, as reported by his spokesman. He was then found on the ground of his studio in NYC later that afternoon. The EMS workers rushed to the scene, but were incapable of saving ODB’s life, and he was pronounced dead at 5:04 p.m. ODB had scheduled to perform on Friday at the Continental Arena in the northeastern part of the state, but never showed up. His fans were heartbroken at the loss of a great hip-hop talent. The world mourns the loss of this talented artist, and the hip-hop community as well. He lived clean from his drug addiction and was out of prison in spring of 2003, through and triumph. He came out on stage during an episode of the series, saying “Wu-Tang are for the children.”

Meanwhile, Marissa (Mischa Barton), with the help of her finicky mom, left town; Seth (Benjamin McKenzie) impregnated his girlfriend Anna (Rachel Bilson); and bikers are going so well for the show’s characters, Seth and his sailboat to Tahiti. Meanwhile, Seth’s dad (Brian McNamara) had taken an interest in the WASP-y, jock Zuckerman (Andrew Gallacher), with Oliver (Thaddeus Stidham), Summer Roberts (Rachel Bilson) and Seth Cohen (Adam Brody), but not before picking up Seth. Clearly, the show’s writers get sick of getting questions all season as to how the Cohen kid was going to make it all the way to Tahiti on his rinky-dink sailboat and so instead, as the second season commenced, there was Seth in Portland, staying with former main character Luke (Chris Carmack) and his dad (Brian McNamara). He revealed later in the episode that he had panicked and opted instead to pawn his sailboat for a cab ticket to Oregon.

With Seth’s buddy Ryan back in the picture, of course, Seth stopped refusing to return to California, and by the end of the first episode both were comfortably home. Equally as predictable was the writers letting the writers go to the main teen actresses, Marissa and Summer, while the boys were away. By episode two, it was already revealed that both young ladies had new men in their lives. Apparently, Marissa had taken time out of her regular regimen of getting drunk, listening to her iPod, having temper tantrums consisting of throwing lawn chairs in the pool, and calling Ryan just to breathe into the phone, to start hooking up with the new Fonz (Adam Brody), who had taken an interest in the WASP-y, jock Zuckerman (Andrew Gallacher), with his dad (Brian McNamara), and his dad (Brian McNamara), and his dad (Brian McNamara), and his dad (Brian McNamara). I’m eager to see where Summer and Marissa go with their new relationships. Clearly neither Ryan nor Seth’s attempts at resurrecting their relationships with the ladies have succeeded as of yet - does this mean these new guys are sticking around for a while? I’m all for the characters on the show branching out. I’ve always said that The O.C. needs a few more actors on the show, so I can only digest so many relationships between the show’s regulars and random guest stars. Last season, it was often difficult to commit to characters like Anna, Olivia, Theresa, Rachel, Hailey, and even Caleb for that reason, because everyone knew that in a few episodes they’d be gone. So, if they add Cassidy or Gonzalez (the

Arts & Entertainment

Surf’s Up for Second Season of The O.C.

Dennis R. Anderson Assistant Copy Editor

I n the penultimate episode of last season’s The O.C. on Fox, everything seemed to be going so well for the show’s characters. Then, in the middle of this 25th episode, it dawned on the writers that the season was almost over. So in the course of an episode and a half, Ryan (Benjamin McKenzie) impregnated Theresa (Navi Rawat) and left town; Seth (Adam Brody) was so humbled out that his best friend left town that he ditched his girlfriend Summer (Rachel Bilson) via letter and took his sailboat to Tahiti, and Seth’s parents (Sandy and Kirsten) played by Peter Gallagher and Kelly Rowan were left with a sad, empty house.

Meanwhile, Marissa (Mischa Barton), trapped in the house of her finicky mother, Julia (Melinda Clarke) and Julie’s new boyfriend Caleb (Alan Dale), was left mourning her failed relationship with Ryan, and it was only a bit of time before Marissa turned to the drink.

And Marissa’s usually down-on-his-luck father, Slimmy (Tate Donovan) made out okay, finally settling down with screw-up Hailey (Amanda Righetti).

It sure was nice of the makers of The O.C. to spend an entire season creating well-written characters that we can laugh and cry with each week, only to create a cliffhanger in the last two weeks of the season that left no one hanging.

Viewers knew that neither McKenzie nor Brody was leaving the show, and there certainly wouldn’t be parts of the show taking place in Theresa’s Chino home nor in Tahiti for long periods of time.

The show, in its title alone, relies heavily on its cast problems, [it] has not lost the charm that it had. It’s too bad that Everwood did the same thing in its actual season finale. Thus, clueless Ryan high-tailed it back to Sandy and Kirsten Cohen’s rinky-dancy Orange County pad, but not before picking up Seth. Clearly, the show’s writers get sick of getting questions all season as to how

The O.C. returns to Fox in what is sure to be another titillating season. Shown here (from left to right) are Marissa Cooper (Mischa Barton), Summer Roberts (Rachel Bilson) and Seth Cohen (Adam Brody).

The O.C. needs more, not less people around its glitzy town. Even with all its cast problems, [it] has not lost the charm that caused it to be such a hit in its first season.”

The O.C.

ENTERTAINER OF THE WEEK: OL’ DIRTY BASTARD

The O.C. on and off couple Ryan (Benjamin McKenzie) and Marissa (Mischa Barton) face rocky road ahead in season two.
show's sole non-Caucasian is a landscaper, which is horribly politically incorrect casting) to the opening credits, then I'll start paying attention to them. This also goes for the female love interests that Seth and Ryan are both due to receive in the weeks to come.

It's time The O.C. gets more of a Beverly Hills 90210-style ensemble before the show runs out of stories to tell.

Cleary, the writers are starting to realize this by making the dastardly Dale a weekly staple to the show. He and Clark's Julie constantly stirred up the drama quotient on the show and now that they are married, are bound to get in double the trouble.

It's bad however, that the show couldn't hold on to Carmack or Righetti. Once Carmack's Luke went from heartless jock to lovable oaf, it seemed like he'd be the show's stupid boy staple, the way Ian Ziering's Steve Sanders was on 90210 permanently and not a distant season one memory. Hopefully the show will reconsider and see its teen deficiency.

Then there's Hailey, who at the end of last season was happily settling down with Jimmy. Now, as Righetti has decided to get her name in the opening credits of O.C. knockoff North Shore instead, Hailey was quickly scuttled off to Japan. Without Hailey, Donovan's Jimmy has little else to do besides being a doting dad to Marissa.

Sure, Jimmy is an ex-love of both Kirsten and Julie, but the show would be foolish to use him to break up either the show's cutest couple or the show's most devilishly delicious couple, respectively. Though this might not be a problem since Donovan's rumored to want out of the show by mid-season. Which is again, troublesome, because The O.C needs more, not less people around its glitzy town.

Even with all its cast problems, The O.C. has not lost the charm that caused it to be such a hit in its first season. Though perhaps Donovan's do-nothing Jimmy and Barton's mundanely monotone Marissa (someone get Barton some acting lessons and a sirloin steak pronto) should've been the characters shipped off to Portland instead of Luke and his dad, the rest of the characters on the show are still some of the most intriguing on television right now.

Whether it be the cool geek Seth, sharp-tongued Summer, brainy brooder Ryan, silly Sandy and his cool wife Kirsten, or the "gruesome twosome" (as Sandy called them last season) Caleb and Julie, there are still a number of reasons to take a second season trip back to The O.C.
To all of our hard working staff members here in Residence Life,

No matter how we say it
We can’t say it enough,
Thank you for all you do!
Appreciating The Career of A Legend

A Reflection on The Legacy of NBC Newsman Tom Brokaw - A True Trailblazer in The World of News

On Dec. 1, legendary NBC news anchor Tom Brokaw will leave his highly rated nightly newscast. NBC Nightly News after 22 years of hosting the show.

Brokaw’s departure from NBC news reminds me of the Fidel’s death in James Agee’s Pulitzer Prize-winning novel A Death in the Family.

In the novel, Jey’s family copes with his death in various dramatic emotional ways while grieving the loss of their family’s soul.

And I’ll miss the man who I’ve respected and trusted like my own father. Like a good parent, Brokaw has always been there to take control and console the nation whenever it experienced a crisis.

The New York tri-state area will miss our adopted son from Yankton, South Dakota. My dad still remembers watching the "young kid" hosting The Today Show with Joan Lunden over 23 years ago. He both can’t believe that the still-rising-looking and attractive gentleman is 64-years-old.

He inspired me at a very young age to pursue politics and journalism as careers because of his style of covering the news, his honesty, and his charming and humble personality.

He has made watching the news an intellectually stimulating and blissful opportunity in becoming informed about the world surrounding me.

I can still vividly remember the night of the 1990 Presidential Election coverage, the night Germany was tearing down the Berlin Wall, the 1989 Los Angeles earthquake, Operation Desert Storm, the Los Angeles riots, the 1992 Olympic games, and the first World Trade Center attack.

I also recall David Kereels Waco compound, the Oklahoma City Bombing, the 1996 Olympic games, the Whitewater investigation, September 11, President Bush’s post-9/11 Presidential speeches, and the 2004 Presidential debates.

Even more recently, I watched Brokaw call Ohio correctly for President Bush during NBC’s 2004 Presidential Election coverage.

Throughout his career, Brokaw proved to be a young people that they possess the power to change the world with diligence, good intentions, and a lot of hard work.

He epitomizes the morals and values of The Greatest Generation in his book of the same name. This book is what I consider to be the most greatest accomplishment of his career.

In his masterpiece, Brokaw chronicles the triumphs and struggles of still-living World War II veterans. This is a good tribute to World War II veterans and all soldiers who have served in war.


In his efforts concerning World War II, Brokaw has been expressing the urgent need and honorable conclusion that the United States must take care of our veterans and soldiers and never forget their heroic sacrifices to preserve our freedoms and liberties.

He disseminated this exact message when he addressed an audience of World War II veterans and their loved-ones at this year’s World War II Induction ceremony commemorating the 60th anniversary of D-Day.

As a man who admires his late World War II artillery tester father Rob Brokaw, Tom Brokaw still possesses the innocence of his 16-year-old self. At 61, his first broadcast gig was reporting the results on Election Night 1956 in his South Dakota hometown.

The United States should never forget the honorable Tom Brokaw - he is an American patriot, America’s heroic son, the honorable Tom Brokaw - he is an American patriot, America’s heroic son, and the country’s spirit during his 38 years at NBC news.
Question of the Week

How do you feel about MSU's plans to build a new parking deck in lot 207?

GARY DOMINICUS

Year: Sophomore
Major: Human Ecology

"I think that we need more parking, but if they build a new deck it will force students to pay for parking that they shouldn't have to." 

SAM RICHMAN

Year: Sophomore
Major: Hospitality Management

"Good idea, MSU is finally doing something good for the students, instead of doing something for their wallets."

KEITH MARTEN

Year: Senior
Major: Commercial Recreation and Tourism

"I think that the school needs to build a new dorm instead of a new parking deck."

Tiffani carlson

Year: Sophomore
Major: Theatre Studies

"Good idea if they decide to build it during the summer. (Shuffling) If during the school year it would just create more problems."

HOLLY BOHN

Year: Sophomore
Major: Education

"I think it's an idea worth pursuing since we've had so many problems on campus relating to parking."

ElenA PORsch

Year: Freshman
Major: Biology

"It does not really affect me but I know that it will help the commuters."

Shauna foster

Year: Sophomore
Major: English/Communications

"About time! Even though I don't have a car yet, I will definitely get one if the new parking deck is created. Just make it fast!"

OPINION

Why We Followed Peterson

Was It Justice or Tabloid That Drew Americans to the Scott Peterson Trial?

With the Scott Peterson verdict in, an entire nation can now sit back and ask itself an important question: Was it worth the wait? Was the trial and buildup worth the nearly two years we sat, glued to CNN, watching every step of the process to the eventual conviction? As it turns out, we didn't really learn much when it was all over; the prosecution was never able to prove a murder weapon was on, there was no clear motive, and the cause of death was never established.

What we do have is a large amount of circumstantial evidence that was enough to put Peterson away for the rest of his life, and another story about the wasteland of what was once called the American dream: a young man, a beautiful wife, a sea about to enter this world. Last week the verdict came in, and the latest legal soap opera came to a close. If you're like most Americans, you probably concluded a while ago that he committed the act; he had a flimsy alibi (fishing trip on Christmas), and he had an affair; he came across to many as a generally sleazy character. However, those jurors were removed two of which in the last week) and the possibility of a hung jury became more and more possible. That, coupled with the lack of hard evidence, made the following clear: if the prosecution's job is to prove the defendant "guilty beyond reasonable doubt," they failed.

But then again, were the legal intricacies, the selling point in this case for Americans? Hurstly, Americans milked this trial for the tabloid enjoyment of it, not out of any sincere interest in seeing justice served. This is not new, but perhaps a commentary on the values of our society; from cases of Peterson to Gacy to Condit to Benet Ransome, it has been less about right versus wrong than the spectacle of attractive, pack-ageable Americans getting themselves into trouble.

If you think about it, thousands upon thousands of women are reported missing in this country on any given day, and not a news broadcast goes by in which the latest human baritvity hasn't been chronicled and detailed for all to see. The difference is not in how or why these acts were committed, it is the circumstances in which they take place; do you really believe that had Peterson been put on trial for the same crime, that the case would have received anywhere near the attention that this one did?

It done not really come as a surprise that the media would have a vested interest in this trial; this case had every conceivable selling-point for the reality-TV generation: a white, middle-class family, a beautiful young woman, an affair that came to a head following a murder, a cover-up, a trial, and a media circus. And that's not even serve to control tuition costs in the long run. A decision will be made and judgment will be handed down; may justice prevail.

Karl de Vries, an English major, is in his first year as Opinion Editor for The Montclarion.

Montclarion Mailbag

Dear Montclarion,

For the past month, many students may have seen their peers around campus, poking through garbage cans and recycling contain­ers as part of a service-learning project for an Emerging Leadership course this semester. Student researchers have evaluated the recycling program on campus and have found that it is strikingly common to find outdoor garbage cans that are contaminated with recyclables that we could and should be recycling. What is equally concerning is the fact that many recycling containers are often filled with students' personal items such as candy wrappers, paper plates and articles of clothing.

Common mistakes that are unknowingly made by students include trying to recycle items that are contaminated by food, such as pizza boxes, or paper plates. Plastic bags, lids, and tubes can also not be recycled, and the same goes for hankie books and worn-out shoes or curtains.

It also seems that many students at Montclair State University simply do not care about recycling. The waste receptacles have been clearly labeled and designed to ensure that it is easier for students to determine where to place their waste.

Some people may wonder, "Why recycle?" Aside from the fact that New Jersey law has made recycling mandatory for 15 years, recycling has many benefits. Recycling dramatically reduces air and water pollution, conserves natural resources, and saves energy.

With the rising prices of gas and oil, it's

nize to know that recycling one ton of paper literally saves two barrels of oil. New Jersey only recycles 69 percent of its aluminum cans, all of which can be made into new cans in eight short weeks - we can do better than that. The fact that one 15-year-old student produces only a half a box of paper should be enough incentive by itself for students to recycle - that is, if we value the air we breathe and the environment in which we live.

If being friendly to the environment, conserving energy and saving resources aren't enough, there is money involved as well. Recycling-for-cars programs and the revenue yielded by selling our recyclables on the market could even serve to control tuition costs in the future.

After conducting the research, we have come to the realization that recycling is an important part of keeping our campus clean, not to mention lawful. If we all pitch in, it is only a matter of time before we see positive results on campus. As college students, we have no excuse for ignoring our responsibility to the environment. We are endowed with a special responsibility to set an example to the local and global community.

Joel Conzum

Freshman

Political Science major

Dave Lurie

Freshman

Undeclared

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• All letters must be typed, preferably on disk (best format is ASCII) or via e-mail. Letters exceeding 500 words will not be considered for publication.

• Once received, letters are property of The Montclarion and may be edited for length and content. Letters will not be returned unless the author's name, major, four digits of SSN and phone number or e-mail address. Only one letter by an author will be printed each month. Submission deadline: Monday, 12:00 AM.

• Letters may be submitted through e-mail to Montclarion@yahoo.com or sent to The Montclarion - Mtcl Opinion Page Editor, Montclair State University, 113 Student Center Annex, Upper Montclair, N.J. 07043.
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Maria De Lourdes Torres (Club Advisor), Torresm@mail.montclair.edu, (973)655-5437
Office located: in Morehead Hall, EOF department, Rm 203

"Gravy, sir?"

The Montclarion’s seasonal food drive is taking place all month long.
Please bring your non-perishable food items to Student Center rm. 113.
All items will be donated to a local food bank.
Crossword

ACROSS
1 Exposed
2 Pesty flier
3 Healing sign
4 Goddess of peace
5 Catch with a lasso
6 Summon
7 Necklace units
8 Judah's son
9 Biblical preposition
10 Cul-de-
11 Turning point
12 Become swollen
13 Sound bite
14 Doctors
15 Does ghost work
16 Roll-call response
17 Out of proper order
18 Mocking
19 The Eternal City
20 Vigorous
21 Demon
22 Place for sacrifice
23 Pugilist Max
24 Addendum
25 Former Russian rulers
26 Custom
27 Actresses Russo
28 Countercurrent
29 Pigtail Max
30 Custom
31 Iceland's capital
32 Contented
33 Fuming
34 Work garment
35 Iowa State location
36 "...we forget..."
37 Smallest part of a buck
38 Magazine copy gatherings
39 Firearm's transmitters
40 The Eternal City
41 Firearm's transmitters
42 Magazine copy gatherings
43 Magazine copy gatherings
44 Married
45 Belle or Kenneth
46 Magazine copy gatherings
47 Grow dark, perhaps
48 Obliterate commander
49 Wary
50 Former Russian rulers
51 Demon
52 Frosted poetry
53 Lawyers' org.
54 Quilters'
55 Bohemian perhaps
56 Movie dog
57 Create cubes
58 Carl of the gridiron
59 Dictator Idi
60 regrets
61 Forest denizen
62 Sublease a flat
63 Actress Russo
64 Countercurrent
65 Pert

DOWN
1 Top parts of overalls
2 Neighborhood
3 Get back
4 Conclusion
5 Tyrants
6 Stand of trees
7 Kiddy taboo
8 Indifferent
9 Hamilton bill
10 Stern ear
11 Hiawatha's craft
12 Place for sacrifice
13 Link stains
14 For what worth
15 At or Bobby of auto racing
16 Actress Gray
17 Actress Russo
18 Loathe
19 Dictator Idi
20 Custom
21 Contented
22 Fuming
23 Pugilist Max
24 Addendum
25 Former Russian rulers
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57 Create cubes
58 Carl of the gridiron
59 Dictator Idi
60 regrets
61 Forest denizen
62 Sublease a flat
63 Actress Russo
64 Countercurrent
65 Pert

Solutions

I don't know, he's just been acting really agro lately.
Peace Girl by Martin Cizmar

Some of my friends and I dumped a bucket of red paint on a woman's fur coat last week. If she has the nerve to go out and buy a replacement... I doubt she'll have the nerve to go out and buy a replacement. If so, I guess a few more minks will be martyred for the cause!

Are you an artist or cartoonist?

Send your cartoons to the Montclarion!

Email: MontProduction@yahoo.com

Some of my friends and I dumped a bucket of red paint on a woman's fur coat last week.
**Child Care Wanted**

Test your pirate, princess, and Batman knowledge. Three fun, curious and imaginative kids in Upper Montclair (ages 7/4/4) are seeking like-minded babysitter for Wednesdays from around 2:30-7pm and additional days/hours if possible. Call Debbie (973) 746-9296.

2 moms need helper with 1 car: 4 mornings 6 am - 8 am with drop off at school. 3 after school pick-up from bus stop. Some activities to go to... interested? Call (973) 509-7314 exp. ret. needed.

**Miscellaneous**


$450 Group Fundraiser: Scheduling Bonus. 4 hours of your group's time PLUS our free (eyes, free) fundraising solutions EQUAILS $1,000-$2000 in earnings for your group. Call TODAY for a $450 bonus when you schedule your own sales fundraiser with CampusFundraiser. Contact CampusFundraiser, (888) 923-3238, or visit www.campusfundraiser.com

**Help Wanted**

PT Nanny to pick up 3 yr. old son from school. Tues, Wed, Thurs. 3-7. Glen Ridge. (917) 566-4427 or (212) 463-3634

Great job for mature college student! Montclair family seeks aftercare for two school-age boys. Responsibilities include assistance with homework, test prep, and driving children to activities. Must be proficient in English grammar, Math, and Reading. Also, must have valid license. We offer competitive salary and benefits. Please contact Kathy Bias at (973) 568-7117

Mother’s Helper Needed - Assist with homework and game playing. 4pm to 6pm 2 to 3 days a week. Little Falls area. Own transportation necessary. References required. (973) 890-1045

Power House Gym Open 24 Hours. Looking for front desk, juicebar, day care, & sales. Positions include free membership while employed. Call Greg (973) 743-7900

Part-time work, Great pay, flexible schedule, sales/services, all ages 18+, conditions apply, 973-236-5839

**Positions Available Immediately for Mad Scientists.**

- Mad Science of North Central New Jersey is currently looking for students to work 2-4 hours a week teaching science classes to kids. Excellent pay-including training.

**Do You:**
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- Have full-time access to a car!
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LaToN PICTURES "THE SPONGEBOB SQUAREPANTS MOVIE" TONY RIMU, BILL FAGGERHOLM, CLAY BROWN, RIDGE BUMFORD, MR. LAWRENCE, ACE BALDON, DAVE MASCHEFF, SCARLETT JOHANSSON, JEFF THOMAS "THE SPONGEBOB SQUAREPANTS MOVIE" TONY RIMU, BILL FAGGERHOLM, CLAY BROWN, RIDGE BUMFORD, MR. LAWRENCE, ACE BALDON, DAVE MASCHEFF, SCARLETT JOHANSSON, JEFF THOMAS

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Nothing to do?  
YEAH, RIGHT!!!!

**Thurs. - 11/18**

**TONIGHT!**

- All Day - “Butt” Out - Parking Lots
- 2:30pm - Exploring Identity: Jewish Latinos Webster Hall
- 6pm - Eid-Ad-Fitr - SC Dining Room
- 7pm - Game Night - SC Commuter Lounge
- 8pm - Diversity Dance - SC Ballrooms A/B
- 8pm - Circle of Enlightenment - Blanton Atrium

**Fri. - 11/19**

- All Day - “Butt” Out - Parking Lots
- 6pm - Garba/Bhangra Night - SC Ballrooms A/B/C
- 7pm - Creole Workshop - SC 411-412
- 7pm - Movie Night - SC Commuter Lounge
- 8pm - Poetry Reading - SC Ratt

**Sun. - 11/21**

- 9am - Red Hawk Run - Yogi Bera
- 10pm - Movie Night - SC Ballrooms A/B

**Mon. - 11/22**

- All Day - Movie Tickets at the Bus Stops
- 7pm - OSAU Gospel Choir - SC Cafe C
- 7:30pm - Harvest Ball Dinner - SC Ballrooms A/B/C
- 8pm - Monday Night Football - SC Ratt

**Tues. - 11/23**

- 2:30pm - “Info Expo” Psych Club - DI Hall 215
- 6pm - Step Exhibition - SC Ratt
- 8pm - The Cipher - SC Ratt

**Wed. - 11/24**

- 8pm - OSAU Dance Troupe Rehearsal - SC Cafe C

**Thurs. - 11/25**

**HAPPY THANKSGIVING!!!**

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

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“The Montclarion” realizes that it is difficult to put out “New Jersey’s leading collegiate weekly” and still find the time to put on a good public face. In this effort, we have created the new position of “Public Relations Director” and are seeking applicants to fill the position. Qualified applicants will help the Executive Board of “The Montclarion” promote the newspaper, plan and manage our special events, as well as handle the spin on our rare blunders in judgement. Interested? If so, please contact the Editor-In-Chief at 973-655-5230 or drop a note to montclarion@mail.montclair.edu

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The 2004-2005 New Look Red Hawks

The 2004-2005 New Look Red Hawks

The Sports Guy

The Sports Guy has given far too much credit, and has given the benefit of the doubt too many times to the Red Hawk football team. The season is over for them, and the so-called favorites to win the conference ended being four of the last six games. The Sports Guy says they can name themselves E.T. because it's time to phone home.

First, The Sports Guy turns his head when they drop two straight conference games and sit at 1-5. They were the defending conference champions, and began the season with two pre-season All-Americans; of course they can turn the season around, right? The Sports Guy was about as wrong as a fat man in a two-piece bathing suit.

Overall the team finished 4-4 with 2-4 New Jersey Athletic Conference record - this after a season in which they lost only two games, won the conference and advanced to the second round in the playoffs.

They had a chance to salvage a winning season last Saturday in their final home game, but Rowan quarterback Mike Orihel and the rest of the Rowan team would hear nothing of it. The Red Hawks received a 42-14 drubbing, and finish the season in fourth place.

The Sports Guy can only think of one word to describe the Red Hawk football team: Mediocre. They finished at the middle of the conference and finished 4-4 with 2-4 conference games and sat at fourth place. Flat, anemic. The only real way to pick a true national champion is to have a playoff system to determine who the best of the best is. All of this strength of schedule and margin of victory matters is that it's time for the 2004-2005's men's basketball season! This season, the campus seems quite ready for the upcoming season and so is the team. With a new look and a new attitude, the team anticipates the season.

Like with only a couple of players returning from last year, this year's team has some new faces and new game plans. "We have a whole new team and we are so new. I always tell our guys it's a marathon, not a sprint," Coach Ted Fiore said. "The guys are playing with 100 percent and giving it all they have. Even though there are new guys, the team is coming together and blending into something.

"There's a lot of young guys and we don't have all the experience like last year. Yet we are trying to maximize ourselves as a team and the guys are playing really hard," Fiore said. The team also has one of the best players in the league, Gian Paul Gonzalez, whose game keeps getting better. Last season he averaged 14.1 points and 7.3 rebounds, and was shooting 54.8 percent. This season will be even better. According to Fiore, players such as Michael Gluck and Rashad Butler, who have displayed hard work during the preseason, seem ready to go. The freshmen are the new guys, as are Anthony Larkin, Omar Colon, and Keith Houser.

"We are going to maximize our talent and work on the run, as well as working with our big men. We are coming together as a team and trying to know one another's tendencies. There was more size last year so this year we're trying to get around that and the fast-break is a big focus," sophomore 6-foot center Paul Taylor said.

"We have a whole new team and we are so new. I always tell our guys it's a marathon, not a sprint." Ted Fiore

MSU Men's Basketball Head Coach

During the practices, the team focused on getting the ball in the paint as well as working around the top of the key and getting baseline. As far as expectations go, the team plans to take each game one at a time, focus on working the ball, and teammates helping one another, the take each game one at a time, focus on working the ball, and teammates helping one another. The team and we are so new. I always tell our guys 'it's a marathon, not a sprint,' " Coach Ted Fiore said. The

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Intramural Volleyball Playoffs

Debbie Jones
Staff Writer

This week began the excitement of Intramural Volleyball Playoffs. Eight teams matched up against each other Sunday night to see who was skilled enough to remain in the playoffs after a round one elimination. Beginning with the men’s league, Silent Assassins gathered their strength to conquer over Team Ramrod. Silent Assassins will now face the top-ranked MSA Bros. As a returning team, MSA Bros. will be a tough team to beat.

B-sharps versus GWC left GWC with a loss and elimination in round one. B-sharps will now advance into round two and play the Shems. The Shems stepped up Monday night against NBP, a dedicated team who is serious about volleyball. NBP just barely lost their second game, which gave the Shems two out of two games to win the match.

For the co-ed playoffs, a few teams have already made their desire for those intramural champion t-shirts known. Those Guys, a co-ed flag football team that stuck together through the volleyball season, won their first playoff game Monday night against the Replacements. The Replacements gave a good effort but did not give enough. The Replacements also pushed through round one, Sunday night against Awesome, but could not defeat Those Guys. Bang the Hammer has squashed the Freeman Unit and is ready for their round-three game match-up against Those Guys.

Top of the Hill was a no-show for their first game of the playoffs, giving the Recreators an easy slide into round three. Unfortunately, round three will be no easy game for the Recreators against the Sevens. The Sevens had defeated the Agents in round two after a bye to begin with. The Agents lost their momentum after their victory in round one against HSO Koukles.

Now with four games left for the semifinals, the winner is only two games away from a victory. Tuesday night determines the finalists who will compete Monday Nov. 22 for their title of Intramural Volleyball Champions. The men’s championship will be at 9:30 p.m. and the co-ed championship will be at 10:30 p.m. Monday night.
Women’s Basketball Preview

Entering the 2004-2005 season, if the women's basketball team could be summed up in a few words, intense, diligent, and competitive would be some of the first to come to mind. Unfortunately for new Head Coach, Beth O'Boyle, youthful is another word as well as inexperienced that may be all too prevalent when discussing the new-look Red Hawks.

Out of a team of 14 players, there are no seniors, six freshmen, and only five players who were active on last season's 21 - 7 squad. The bad news is that one of the players missing, Ebony Allen, was the team's second most productive scorer and rebounder, and was a member of the NJAC's All Conference team in the 2003-2004 season. However, the good news is that last year's Rookie of the Year, and the Red Hawk's leading scorer and rebounder, Stephanie Machin will be back as team captain and ready to lead the Lady Hawks to a winning season.

Sophomore guard Maria Coppi will be one of Montclair State's main outside threats.

“We want to play as competitive a schedule as possible, so that when we get to the playoffs, we aren't just happy to be here,” O'Boyle said. She has added three top-20 programs (Kings, Lebanon Valley, and SUNY Farmingdale) to the Red Hawk schedule this year in hopes that it will elevate the play of the team.

Along with Machin, who averaged a double-double last season, six-foot and one-inch Amanda Mullooney, and Ferin Catlett are both returning this season to add to the Red Hawk's strong interior presence. The Red Hawk's huge size advantage in the NJAC may be able to make up for a lack of experience.

“Ferin Catlett is a strong inside player,” O'Boyle said. “As you see the season progress, she'll be someone that teams will have to watch.”

Guard play could mean the difference between a great season, and a disappointing one for the Red Hawks. After Machin's stellar season last year, she can expect to see frequent double teams, which means team captain Amy Snyder, and the rest of the Red Hawk guards, can expect to see a lot of open looks. Latoya Mittle, Maria Coppi, and Amanda Mello make up the deep threats for this year's team.

“The best shots you get are when they go from the inside out,” O'Boyle said. “We want good looks, one on one. I don't think teams will be able to guard us, so there will be a lot of open looks.”

O'Boyle was hired in June and brings experience as an assistant coach from the University of Rochester, where she helped guide the Yellow Jackets to back-to-back Division III Final Four appearances. O'Boyle brings a winning attitude to a team that may have been short-changed out of a better year because of last season's coaching controversy.

The short-term goal for this year's team is to be a force in the conference championships. The long-term goal is to compete on the national level. O'Boyle asks that her players be competitive, have passion for the game of basketball, and commit to physical excellence.

“We are building a culture of high competitiveness. We will out compete teams.”

Beth O'Boyle
MSU Women's Basketball Head Coach

rebounder, Stephanie Machin, will be back as team captain and ready to lead the Lady Hawks to a winning season.

“We look for Stephanie Machin to be a key contributor this season,” said O'Boyle. “But I like to play up tempo. We're going to look for a lot of players to contribute.”

If their practice sessions are any sign, the strength of the 04-05 Red Hawks will lie in their defensive intensity, and a high level of competition. Strong defense to create turnovers, and capable post players will be a big offensive generator for the Lady Hawks who go into this year's season as a bit of an underdog, picked to finish sixth.

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Well, it finally happened. What we all knew was inevitable, became a reality this past Monday morning. New York Giants' coach Tom Coughlin announced that Eli Manning would be the starting quarterback for week 11. Coughlin had enough of Kurt Warner after the Sunday afternoon debacle which destroyed the Vikings, they went back to bad inside the 20-yard line. Although the Giants are 4-1 without worry. The defense was strong. They are starting a new quarterback, but they can't let that be a handicap. The Giants need to suck it up and forge ahead for the playoffs. A plus for the Giants is that Vick relies on his own running game to win playoffs. A plus for the Giants is that Vick relies on his own running game to win.

In my opinion, the Giants have become too reliant on the Tiki Barber running game habits, losing back-to-back “should have won” games. The Atlanta Falcons, this week's opponent, is a long shot, I'm going to pick the upset of the week, right here, right now. Giants 20 Falcons 17.

DeFelice's Picks
Week 11
Rams over Bills
 Ravens over Cowboys
Brown over Jets
Steelers over Bengals
Eagles over Redskins
Vikings over Lions
Jags over Titans
Bucs over Niners
Saints over Broncos
Packers over Texans
Seahawks over Dolphins
Raiders over Chargers

Upset Pick
Giants over Falcons

Monday Night
Patriots over Chiefs

Mackerchar's Picks
Week 11
Rams over Bills
 Ravens over Cowboys
Jets over Browns
Steelers over Bengals
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Vikings over Lions
Titans over Jags
Seahawks over Dolphins
Broncos over Saints
Packers over Texans
Falcons over Giants

Chargers over Raiders

Upset Pick
Niners over Bucs

Monday Night
Patriots over Chiefs

Standings
Pete
15-12
The ’D’ Missing in Dallas

Rob Mackerchar
17-10

Rob Mackerchar
Staff Writer

This week, the Giants will be facing Michael Vick and the Atlanta Falcons. This will be Manning’s first NFL start in regular season play, and “anxious” couldn’t even describe his feelings right now. He has large shoes to fill from both his father, Archie Manning who played for the Saints, and his brother Peyton Manning, who, with the Colts, is going for Dan Marino’s record of total touchdown passes in a single season with 48.

The NFL East is weak, and yet, the Cowboys are the worst record in the conference. With so many losses, Dallas can’t blame either their woes on any of these excuses; they’re only missing the arm of a 41-year-old and the legs of a 20-yard pass across his body to a receiver in the corner. If you can’t run the ball and you can’t pass the ball, then your defense becomes a joke. Unfortunately, that’s not working for Dallas, either. The Cowboys defense is giving up almost 375 yards per game, which is fifth worst in the league. The difference is that these teams with worse defense (St. Louis, Minnesota, Indianapolis, and New Orleans) can all move the ball on offense.

So with an offense that only scores 15 points per game and a defense that allows 28 a game (third worst in the NFL), the Cowboys have nowhere to go but down. These three games they won were against opponents with a combined record 10-17; their last seven opponents have a combined record of 35-28.

Not only will Dallas finish last in the NFC East, but they’ll probably be competitive for the worst record in the conference. With so much invested in Jones and Drew Henson, the Cowboys need to improve their receiving core and defense. A good pickup for the Cowboys at receiver could be Braylon Edwards out of Michigan. Mike Williams of USC may go higher than Edwards, mostly because of his 6’5”, 230 lbs frame, but Edwards is no slouch at 6’3’, 209 and has better deep speed, which the Cowboys desperately need. Another positive pickup on the offensive side would be cornerback Antrel Rolle, a big physical defensive back out of Miami (not a bad school to come from) who shut down rookie standout Larry Fitzgerald last year, cornerbacks Carlos Rogers out of Auburn, or even linebacker Derrick Johnson out of Texas. Rogers has many of the same skills that Hall has (good size and speed) and is a proven senior leader on an undefeated Auburn team this season, while Johnson has heart and good speed for the back, which could come in handy in stopping the run (the Cowboys are giving up over 125 yards a game on the ground this season).

This week, Jerry Rice, when paired with youngster TerranceSEa, will give Dallas some depth at the corner and would allow big hitters Roy Williams out of Nebraska and Darren You’ll find us in the most fashionable places.

Luzemry Amador
2001 NJCU Alumni, Communication Design Senior Art Director, Women’s Wear Daily

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SPORTS TRIVIA

QUESTION

How many MVP awards did Wayne Gretzky accumulate in his career?

LAST WEEK’S QUESTION

Who is the only collegiate player to win back-to-back Heisman Trophies?

ANSWER TO LAST WEEK’S QUESTION

Archie Griffin of Ohio State won the award in 1969 and again in 1970.

Football

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<thead>
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<th>Team</th>
<th>NJAC</th>
<th>Overall</th>
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Men's Soccer

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This Week

End of Season

Last Week's Results

11/13 — MSU 14, Rowan 42

Field Hockey

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This Week

End of Season

Last Week’s Results

End of Season

Women's Soccer

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This Week

End of Season

Last Week’s Results

End of Season

MSU 0, Messiah 0 (Mes 3-2 PK)

Player of the Week

KRISTEN KUHMANN

Freshman

Hometown: Beachwood, NJ

Kuhmann has recorded four straight shutouts, all in postseason play. She was named Defensive Player of the Week three times this year.

Honorable Mentions

ROBYN APICELLI
Junior
Hometown: Oceanport, NJ

Apicelli was named the NJAC Defensive Player of the Year.

GABBY WHITE
Senior
Hometown: Garwood, NJ

White was named the conference Defensive Player of the Year.

RYAN MORGAN
Sophomore
Hometown: Princeton, NJ

Morgan led the Red Hawks in scoring this season and was named to the All-Conference first team.

MIKE HOGAN
Junior
Hometown: Parsippany, NJ

Hogan followed up an All-American season in 2003 with a selection to the All-Conference first team this year.
Red Hawks Ousted From Playoffs

MSU Reaches the Second Round But Fails to Advance Any Further

Miguel Alfaro
Staff Writer

The Montclair State University women's soccer team displayed all of these and many more throughout their amazing season. After beginning the 2004 season with four consecutive losses, one of which came from TCNJ, the Lady Hawks had much to prove to themselves. The offense had seemed to be missing as they were only able to account for one goal in the awful start. The defense was also terrible as they allowed seven goals.

Fortunately, everything took a turn for the better as the Hawks went 5-3-1, in their next nine games. Most importantly, three of the five wins came against NJAC opponents. They pounded on William Paterson and Kean University with 4-0 victories. In addition, the Lady Hawks won a thrilling overtime game against Ramapo. The Red Hawks then claimed a berth into the NJAC playoffs by winning their last four games. Three of those victories came against Rowan, Rutgers-Camden, and Rutgers-Newark. During this stretch, the Hawks played exceptional defense by only allowing one goal. Offensively, they crushed their opponents' defense with 17 goals of their own.

With an overall record of 9-7-1 and 6-2-0 in the NJAC, the Lady Hawks found themselves in the playoffs once again. After looking at past early exits, they knew that it was time to write a little of their own history.

Montclair State continued to stun opponents as they won their opening NJAC playoff game against the Scarlet Knights of Rutgers-Camden, 3-1. They produced similar results as they won breathtaking games against Richard Stockton and TCNJ on penalty kicks.

The 2004 Lady Hawks were the first, in the team's history, to win a New Jersey Athletic Conference championship. Through outstanding defense and remarkable scoring, the team was able to defeat five-time reigning champion TCNJ. Consequently, the Hawks endured devastating news as they lost both senior captains, Gabby White and Stephanie Sabaliauskas, due to ACL tears.

MSU maintained their poise and added to their confidence with a victory over Bay Path College, 4-0. The win brought them undefeated Messiah College in the second round. Unfortunately, MSU was distraught as they lost on penalty kicks, 3-2.

Sophomore goalkeeper, Kristin Kuhmann, claimed her second NJAC Defensive Player of the Week honor on Nov 8. She recorded nine shutouts on the season and posted a .76 goals against average.

Sabaliauskas led the Lady Hawks with 10 goals and five assists on the season. Midfielder Jess Amendola contributed nine goals and forward Liz D'Alto had six for the season.

Many critics can say that the Lady Hawks came up a goal short or a save too late, but they accomplished a feat that had never been achieved by any other MSU women's soccer team. This marvelous accomplishment is something that they can be proud of and carry into next season. Now, it will be MSU's turn to defend the NJAC championship.