

Vol. 67  
No. 9

# The Beacon WEEKLY

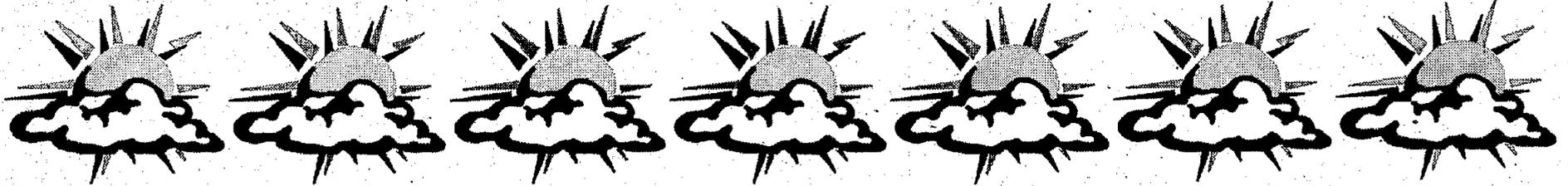
MONDAY, NOV. 8, 2000

**FREE**



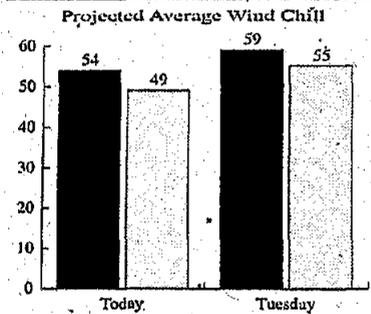
## THE LEGEND OF SLEEPY HOLLOW

page 16



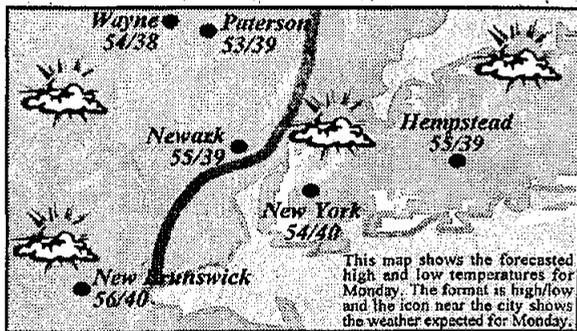
<b>MONDAY</b> Partly Cloudy High: 54 Low: 38	<b>TUESDAY</b> Partly Cloudy High: 59 Low: 44	<b>WEDNESDAY</b> Partly Cloudy High: 61 Low: 47	<b>THURSDAY</b> Partly Cloudy High: 58 Low: 45	<b>FRIDAY</b> Partly Cloudy High: 58 Low: 44	<b>SATURDAY</b> Partly Cloudy High: 59 Low: 41	<b>SUNDAY</b> Partly Cloudy High: 58 Low: 44
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### Wind Chill Index



The chart above shows the forecasted average wind chill temperature for today and tomorrow. The black bar indicates the forecast temperature. The grey bar indicates the average wind chill temperature projected.

### Monday's Regional Forecast



This map shows the forecasted high and low temperatures for Monday. The format is high/low and the icon near the city shows the weather expected for Monday.

### Local Almanac Last Week

Day	High	Low	Normals	Precip*	Rainfall for the week
Sat	64	42	62/44	0.00"	0.00"
Sun	49	37	62/44	0.00"	0.79"
Mon	52	35	62/44	0.00"	-0.79"
Tue	60	41	61/44	0.00"	36.42"
Wed	61	41	61/43	0.00"	36.86"
Thu	66	40	61/43	0.00"	-0.44"
Fri	66	45	60/43	0.00"	

\* Precipitation includes snow converted to rainfall

All forecasts, data, and graphics provided by [accessweather.com](http://accessweather.com), a registered trademark of Rossby Weather Services, Inc. © 2000. All rights reserved.



### Weather History

**Nov. 10, 1975** - A large ore carrier on Lake Superior, named the Edmund Fitzgerald, sank and lost 29 men. It was due to a storm that roared through the Great Lakes, producing winds of 71 mph near Sault Ste. Marie, Mich. Severe land and road erosion occurred near Lake Michigan.

### National Weather Summary



A strong area of low pressure will be moving through the northern Plains and the Great Lakes states to begin the week. Widespread showers will occur and the threat for wintry precipitation is possible. The southern Plains will continue to be inundated with heavy rainfall by a new cold front set to move in by the middle of the week. Localized flooding is likely.

### Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
Monday	6:33 a.m.	4:47 p.m.	2:31 p.m.	12:41 a.m.
Tuesday	6:35 a.m.	4:46 p.m.	2:59 p.m.	1:42 a.m.
Wednesday	6:36 a.m.	4:45 p.m.	3:27 p.m.	2:45 a.m.
Thursday	6:37 a.m.	4:44 p.m.	3:55 p.m.	3:49 a.m.
Friday	6:38 a.m.	4:43 p.m.	4:26 p.m.	4:55 a.m.
Saturday	6:39 a.m.	4:42 p.m.	5:00 p.m.	6:04 a.m.
Sunday	6:41 a.m.	4:41 p.m.	5:39 p.m.	7:15 a.m.

Full 11/11, 1st Qtr 11/18, New 11/25, 1st Qtr 12/3



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# Willy P's Calendar of Events

## Monday 11•6

**New Music Festival: The New Millennium Ensemble**  
7 p.m. Shea 720-2371

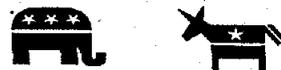
**Minority Education Wants You For A "Solution Group"**  
To problems: Racial Pride Conflicts, Aggressive Behavior  
5 p.m. Morrison Hall Conference rm.

**Pre- Thanksgiving Luncheon**  
11a.m. - 2 p.m. BR

**Prince of Peace Colloquium Celebrates Faith** at 5 p.m. at Campus Ministry Dean Laumbauch, Director of Public Safety  
720-3524

## Tuesday 11•7

**Election Day, Classes Open**



**Multicultural Event** 11a.m. - 3p.m.  
BR SAPB 720-2271

**Study Skills Workshop**  
CH W237 720-2636 SGA  
**Legislature Meeting** SC 3:30 - 6 p.m. 203-4-5 720-2157

**Risky Business: Alcohol & Other Drugs** 12:30 p.m. SC 203 & 8 p.m. Towers Pavilion

**Java and Jazz** SC Cafe  
12:30 - 1:45p.m. Joanne 720-3259

## Wednesday 11•8

**"Sounds of the Century"**  
CA 720-2271  
Lecture 12:30 p.m.

## Thursday 11•9

**College of Business: Conference on "Aging of America: Economic, Social & Political Points of View"**  
7:30 a.m. - 5p.m.

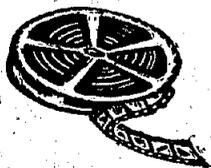
**Risky Business: Alcohol & Other Drugs** 12:30 p.m. SC 325 & 8 p.m. Towers Pavilion

**Thursday Spotlight** 6 p.m. SC Cafe  
**Concert** 8 p.m. BR SAPB  
**Student Speakout** Common Hour- 2 p.m.

**"Denying the Holocaust"**  
Speaker: Dr. Deborah Lipstadt  
7 p.m. Science Bldg. Rm. 200B  
720-3429 to reserve a seat

## Friday 11•10

**Flicks:**  
**Mr. Smith Goes to Washington**  
12noon - 2 p.m. & 7 - 9 p.m.  
Student Center Cafe  
bring popcorn



## Saturday 11•11

**River CleanUp** 9:30a.m. - 2:00 p.m. Meet in Lot 5, Row A.  
Contact Kat 720-4954

**Symposium**  
**Keynote Speaker: Honorable Wilfredo Caraballo, Esq.**  
Info: Jacqueline Lebron 720-4975 Hispanic Assoc. Hosted by: NJ Institute of Technology

**Annual Thanksgiving Diner:**  
11:30 a.m. - 3:30 p.m.  
For Senior Citizens SC BR send gift Basket or donations to the Office of Special Adult Programs, College Hall 350.

**Campus Calendar submissions are taken on a space-available basis: first come, first printed.**

**Submissions for CC due** Fridays by 5 p.m.  
**Fax: 720-2093**  
**Email:**  
[beacon@student.wpunj.edu](mailto:beacon@student.wpunj.edu)

SC= Student Center  
BR= Ballroom

Cover photo by  
Voula Papadapoulis

# The Beacon

## NEWSPAPER

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*The Beacon* is the independent, student-run newspaper serving the community of William Paterson University and outlying areas. *The Beacon* does not receive any funding from WPU, the Student Government Association or any university affiliate, and raises all its operations revenues from the sale of paid advertisements. *The Beacon* is registered with the County of Passaic, NJ.

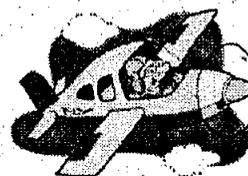
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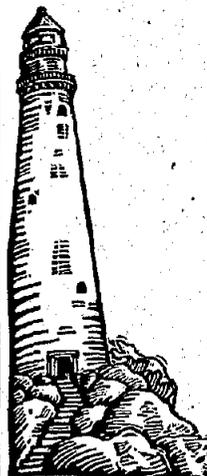
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# Prank Fire Alarms Evacuate Towers, Annoy Residents

**Max Ellis**  
**The Beacon**

Wayne, NJ—On Tuesday October 31st, the Towers Dormitory at William Paterson University was evacuated twice due to false fire alarms.

According to Stuart Goldstein of University Relations, the cause of the false alarms was determined to be a prank. Both alarms were pulled in the South Tower Dormitory. The first alarm occurred at 2:22am, and the second occurred at 3:35am.

The first alarm sounded for nearly half an hour while Residence Life staff cleared the building and initiated spot-checks to make sure that residents were not hiding out in their rooms during the alarm, a common occurrence at WPU.

"I was mad," says Shoena Wodarczyk, a resident of North Tower, "I didn't go to class the next day."

Many other residents were also inconvenienced by the alarms. "I thought it was uncalled for," said Will Stepanovsky, also from North Tower, "If I wanted to get up at 3:00, I would have on my own."

These pranks have been considered "absurd, ridiculous and immature" by North Tower resident Kristy Miller.

Dazed and confused at the time of the alarms, one South

Tower resident (who goes by the alias 'Stoner Boy') said, "When you are stoned off your ass at 5:30 in the morning and the fire alarm goes off, it fucking sucks."

Obviously angered and annoyed at having to get up in the middle of the night for not one, but two fire alarms, some students turned their rage at the Starbucks Cafe in the Student Center. Several anonymous students admitted walking into the Starbucks and stealing drinks, puddings, and just about anything else they could get their hands on.

It is alleged that after the looting occurred, a security guard came down into the arcade and asked that "anyone who stole things from the Starbucks, please return them or pay for them." She also warned that she was going to turn in the security tape to the campus police.

Goldstein stated that he was unaware of this occurrence and could not verify the reports. Police reports for the fire

alarm and alleged Starbuck's looting were not available for The Beacon late last week.

The Towers dormitory was the site of small fire on October 15, 2000 when a small nesting in a heating, ventilation and air conditioning unit on the roof of South Tower caused smoke to billow through the ventilation system. Students in both North Tower and South Tower were evacuated for more than an hour until firefighters checked for safety conditions and permitted reentry.

According to the National Fire Protection Association in Quincy, Massachusetts, false fire alarms are a severe hazard because occupants of dormitories become accustomed to false alarms. "It's like the little boy who cried Wolf," said an association spokesperson.

Last March, a fire at Seton Hall University in New Jersey claimed the lives of three students and injured dozens of others. According to wire services, students ignored the fire alarm because they thought it was just another false alarm, not knowing that deadly smoke and fumes were spreading rapidly throughout the building.

**"If I wanted to get up at 3:00, I would have on my own."**

# University to Sopranos: Take your show elsewhere

**Ryan Caiazza**  
**The Beacon**

Wayne, NJ—The campus of William Paterson University is

home to many

visitors, but the producers and film crews of "The Sopranos" television series will not be some of them.

According to University Relation's Stuart Goldstein, the producers of the HBO television drama series were told by University President Arnold Speert that they could not utilize the Sarah Byrd Askew Library on campus to film an upcoming episode.

"There are scheduling difficulties, it's too disruptive to students," said Goldstein about the President's decision.

According to an HBO spokesperson, who wished to remain anonymous, the producers of "The Sopranos" requested to use the library this week for filming a future episode. HBO does not produce the show, said the spokeswoman, but broadcasts it only.

The spokeswoman told *The Beacon* that "there are other universities and locations that [the producers] will consider. There is nothing special about William Paterson, it's completely just a matter of convenience."

The spokeswoman declined comment on the specifics of the matter, citing that it was an internal affair that the public has no right to know. The spokeswoman also declined to say whether any financial compensation from the producers of "The Sopranos" was offered to WPU for use of the facilities. Calls to the producers of the show were not returned to *The Beacon*.

But the denial of the filming on the university's behalf comes as no surprise to some members of the campus community.

Professor Susanna Tardi of the Sociology Department at WPU presented a lecture last Friday night in the Library Auditorium titled, "Desperately Seeking Real Italians: An Antidote to HBO's 'The Sopranos.'"

In her lecture, Tardi discussed reasons why she disliked the television show, including its alleged stereotyping of Italian-

Americans.

Tardi, who did not return a call to *The Beacon* last week, is outspoken against the show because of its portrayal of uneducated, Mafia-affiliated Italians.

"I believe you have to stand up for what you believe in...the show can be fixed and counterbalanced by having other Italian characters who are hard-working and educated," Tardi told a crowded room of about 80 listeners.

Tardi's lecture focused on the heritage of Italian-Americans by discussing historical facets of the Italian-American experience. Tardi said she sent a letter to the producers of the show to tell them how they could fix the problems that she believes are causing the show to perpetuate negative stereotypes of Italian-Americans.

While Tardi was adamant that President Speert did not cancel the show because of her lecture or because of any other reason but scheduling conflicts, some members of the audience believed that the President should have taken a stand against the ethi-

cal implications of sponsoring the show on campus. One alumnus of the university told the audience to take a stand against the President for not denouncing the premise of the Sopranos. Speert was not in attendance of the lecture, which was free and open to the entire campus community.

Some students believe that Speert's decision to nix the filming is not due to scheduling conflicts.

"[President] Speert is a wimp. He doesn't want to offend anyone, but we know the real reason why he didn't want [the filming] to happen here. He's afraid of having to deal with the public about sponsoring a show that some people like Prof. Tardi think is anti something or other," said Mike Young, a senior communication major, "it's not [politically correct]."

*The Beacon* contacted the Askew Library to ascertain specific scheduling conflicts that could have arisen, but the calendar of library events for this week was still not available as of Sunday night press time.

## In Memoriam

This article comes in sadness. On Friday, October 27, at about 1:00 p.m., a young William Paterson student took his life. Young Nick Khan (pictured at right), of Garfield, NJ, jumped in front of an oncoming passenger train. This appeared as a shock to everyone in the town, and the sad reminder of exactly one year and a week before when Khan's beloved teacher/coach of GHS, Huff Kotwica, took his life by train after convictions of sexual molestation.

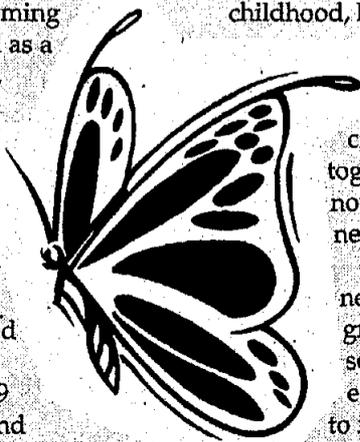
This tragic accident happened not far from the exact place of Khan's ex-baseball coach's 1999 suicide. The students of past and present mourned him Sunday at his wake in Aloia's Funeral Home in Garfield, and then on Monday at Mt. Virgin Church for his funeral. Friends couldn't help but stare in shock and

shake their heads as they asked themselves, "Why Nick, Why?"

A former student of GHS, Craig Andriulli, who was one of Nick's closest friends from childhood, had this to say: "Nick now has a pair of wings and he is free to live in a better place. Nick, take care of us all. Take care of the crew that spent so many times together, and take care of me 'cause I now have a void in my heart that can never be replaced."

No one was prepared for the news to find someone they had grown up with, someone they loved so dearly would be vanished from earth without any signs leading up to it. No one has any leads or motives.

The only bit of information that is known at the time is that his girlfriend of eight months roke up with him a few days earlier.



BY JOHN SIPPOS



**Thanksgiving Luncheon—Sat., Nov. 11**

The Office of Special Adult Programs is sponsoring its third Annual Senior Citizens Thanksgiving Dinner on Saturday, November 11. More than 400 senior citizens are expected to attend the event, which will be held in the Machuga Student Center Ballroom from 11:30 a.m. to 3:30 p.m.

The dinner has become a very special time for our guests. They come to the Campus looking forward to sharing with old friends and new. Many of the seniors

do not have a family dinner to attend on Thanksgiving day. In the past two years we have made them a part of our University family at our dinner table, and you have helped.

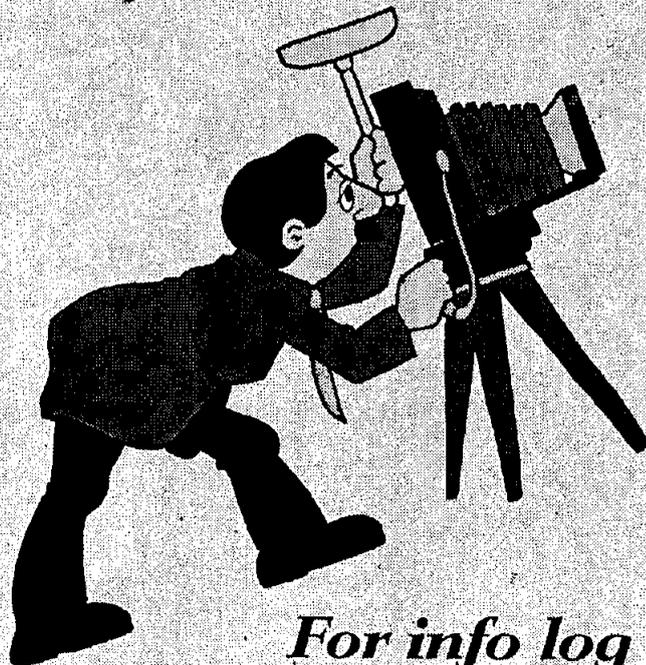
A major highlight of the past two years has been the wonderful gift baskets contributed by you! We need your help again. Please respond with a gift basket, gift or donation to support this event. We want every guest to leave with a remembrance of their wonderful time at William Paterson University. Please send all donations to: The Office of Special Adult Programs, Room 350 College Hall or call Valerie Marino at 720-2601 if a pick-up is necessary.



photos by Ryan Calazzo/Beacon File

**SENIOR YEARBOOK PICTURES**

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- Dec. 1
- Jan. 17-19

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## Meet Nader's Traders

**C**INDY LAYNE WANTS AL GORE TO WIN. THAT, SAYS THE AUSTIN, TEXAS, FINANCIAL CONSULTANT, IS WHY SHE'S VOTING FOR RALPH NADER.

HER GORE "VOTE" will be cast some 1,700 miles away, in a suburb of Portland, Ore., by Charlie

Levenson, a man she contacted last week through voteswap2000.com. "I was going to vote for Nader," says Levenson. "But then if Bush won, I would feel really terrible." Instead, Levenson will vote for Gore in Oregon, where the race is tied, while Layne racks one up for Nader in Texas, where Gore has little chance of winning.

Confused? The Founding Fathers might be scratching their heads, too, if they saw how 21st-century voters are using the Internet to finesse the Colonial-era Electoral College. Layne and Levenson were among thousands who flocked last week to brand-new Web sites, trying to strategically redis-

tribute Gore and Nader votes-state by state-in order to defeat George W. Bush and to help Nader win the 5 percent of the popular vote the Green Party needs to qualify for

federal matching funds in 2004. "This," says Michael Cornfield of George Washington University's Democracy Online Project, "is the political equivalent of Napster."

Instead of trading music, voters are swapping political opinions, the killer app that may finally demonstrate the Internet's potential as a political tool. But just as Napster alarmed the music-pub-

lishing industry-leading to lawsuits-the political establishment pounced last week to reassert its own authority. California Secretary of State Bill Jones accused Los Angeles-based voteswap2000.com of "corruption of the voting process." The proprietors quickly shut the site down.

engaging in protected political speech. Far from being flattered by the Internet campaigns, Nader lashed out at vote swappers, saying "people should vote their conscience."

Vote swapping may be legal, but some voters were squeamish. Siun Ellis, a Nader supporter backed out of a trade after he became concerned that his online "partner" was a Bush supporter masquerading as a Gore voter. "It's too difficult on a Internet to know who is telling the truth," Ellis says.

This was the kind of civic mischief the Founding Fathers

hoped to blunt when they tilted on the Roman concept of anointing "wise men" as electors rather than trusting the public to select the president directly. It isn't hard to imagine future coalitions of like-minded voters banding together across state lines to vote strategically. After causing generations of schoolchildren, the Electoral College may have met its match.

## How 'vote swapping' Web sites could change politics

Of course, vote swappers have no way of knowing whether their online partners will honor their agreements. Federal law prohibits only vote buying, not swapping, and within hours of voteswap2000.com's demise, new sites mushroomed around the country. In California the American Civil Liberties Union sued on behalf of the banned Web site, claiming users are

## Perot's November Surprise

**E**IGHT YEARS AGO THE ECCENTRIC TEXAS BILLIONAIRE ROSS PEROT STARTED ONE OF THE MOST SUCCESSFUL CRUSADES IN THE HISTORY OF THIRD PARTY POLITICS: THE REFORM PARTY. HE ATTRACTED 29 PERCENT OF THE VOTE IN TWO ELECTIONS—GARNERING 19 PERCENT OF THE VOTE IN THE 1996 ELECTION.



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LAST WEEK, Perot wrote the final, bizarre chapter on his insurgent career, endorsing Gov. George W. Bush for president.

Shocked third-party activists reacted as if Perot had just declared himself a communist.

"Oh my God," said Doug Friedline, who worked on Perot's 1992 campaign, when he heard the news. Friedline managed Jesse Ventura's 1998 campaign in Minnesota. He's now running the presidential campaign of John Hagelin, the Natural-Law Party candidate who almost got the Reform nomination. "That just flips me out. I don't know what's going on...that's unbelievable." Jim Mangia, who was once Reform's national secretary and a Perot loyalist, was stunned. "It's disappointing," he said. "It's a sad way to end a movement that had such an impact."

Sad, maybe. Strange, definitely. After Reform disintegrated this summer into two warring factions, ultimately nominating Pat Buchanan, it almost seemed we'd make it through the fall without Ross Redux. But now here he is, like the guy in those Halloween movies, jug ears popping

out from behind the hockemask, slashing once more at his enemies. Perot once accused Bush's father of plotting to ruin his daughter's wedding. But he apparently has more animosity for Al Gore who debated him over NAFTA and who I think he's

early the better of the two men," Perot said of Bush. He made the endorsement during an appearance on Larry King Live, a show where he first

announced his own political ambitions.

All day, there had been speculation that Perot might

endorse Hagelin—who's supported by Perot's longtime political aide, Russell Verney—or Green Party candidate Ralph Nader. But even Bush seemed surprised at the announcement. Perot's support isn't likely to sway many voters, especially since his strongest supporters are contemptuous of both major parties. But his rambling repetition of old charges against Gore won't help the vice president. The strongest impact, though, will be on Perot himself, who until tonight was still considered a silent but strong presence in outsider politics. Perot was once famous for demanding of interviewers: "Can I finish? Can I finish!" Now, as far as a lot of loyalists are concerned, he is.

## Why would he pick Bush of all people?

Matt Bai  
Newsweek  
NEWS SERVICE



# A Tragic Wrong Turn

**FROM THE MOMENT SINGAPORE AIRLINES FLIGHT SQ006 TAXIED AWAY FROM THE GATE AT TAIWAN'S CHIANG KAI-SHEK AIRPORT LAST TUESDAY NIGHT, SALLY WALKER FELT UNEASY. CLUTCHING THE ARMRESTS OF SEAT 58A, THE 46-YEAR-OLD AMERICAN STARED AT THE SHEETS OF RAIN BEING DRIVEN SIDWAYS BY 60-MILE-PER-HOUR WINDS.**

AT 11:18 P.M., THE 747-400 BOUND for Los Angeles accelerated down the runway. As the aircraft neared takeoff speed, there was a massive jolt, then another. The plane rolled to the left—and exploded. Huge balls of fire shot through the cabin as the craft tore into three parts. "Everything was torched," Walker said later. "It was a nightmare."

Walker, who suffered a leg injury, was one of the lucky ones. Eighty-one of the 179 passengers on SQ006 died, including 24 Americans. The fire consumed the plane's front lower deck; almost all the survivors—including the three pilots—were seated in the upper deck or in the tail section. The disaster struck one of the world's safest planes (the 747-400) operated by one of the world's safest airlines (Singapore Airlines). What went wrong? It wasn't just the harsh

weather. As the airline now admits, a dis-oriented pilot made a tragic mistake, though investigators say it is too early to hold him solely responsible.

As officials from the United States, Singapore and Taiwan began poring over the charred wreckage, it was hard to believe that the storm didn't play a role. Typhoon Xangsane carved a trail of misery across Taiwan, leaving 53 more dead and 10 missing. Near the airport's makeshift morgue, where Buddhist monks prayed and victims' relatives grieved, one woman pounded the Singapore Airlines ticket counter and shouted: "How could you take off in this weather?" Officials said that both wind and visibility were within "safe operational limits."

It soon became clear that something even more disturbing had happened: the plane's veteran pilot, Captain C. K. Foong, appar-

ently steered the 747 onto the wrong runway, one that was parallel to the

correct runway but under reconstruction. A series of barricades and two large hydraulic shovels sat in the path of the 747. According to the flight-data recorder, when the plane reached 163mph, the pilot exclaimed: "S—t! Something there!" A second later, there was a loud crash, followed by other noises; four seconds later, the tape shut off. Investigators now say the plane collided with the two backhoes. How did the pilot stray onto the wrong runway? Perhaps because of the extreme conditions. Investigators are also checking to see if the red warning light on runway O5R was working. If so, it should have alerted the pilot that the run-

way was closed.

The tragedy has, at least, reopened a debate about airport safety. In severe

weather, should airports close or—as most do now—leave takeoff and landing decisions to pilots? The question is particularly pointed in Taiwan, which

has one of the highest accident rates in the world: 15 accidents in the past five years. But now it even stings Singapore Airlines' unblemished 28-year safety record. The airline seemed in denial at first: an hour after the accident, one spokesman said, "There are no casualties, thankfully." But on Friday, the company acknowledged that 81 people were dead—all because of a wrong turn.

**Amid a fierce storm, a pilot makes a mistake**

**Mark Hosenball and Brook Larmer**

**Newsweek NEWS SERVICE**

# Turning Up the Heat

**FOR THE ENEMIES OF PEACE, THE BOMBING WAS TIMED PERFECTLY. LAST THURSDAY, MINUTES BEFORE ISRAELI AND PALESTINIAN LEADERS WERE TO ANNOUNCE A HALT TO SIX WEEKS OF SKIRMISHES, A CAR EXPLODED NEAR JERUSALEM'S CROWDED OUTDOOR PRODUCE MARKET.**

THE BOMB KILLED two Israelis—and ripped apart a delicate ceasefire negotiated just the night before. Once again, body parts lay strewn on the streets of Jerusalem; blood stained the sidewalks. The 20-pound bomb inside the parked car blew pieces of twisted metal far down the road. "You might say that the rumors of a ceasefire didn't make it to Jerusalem," the city's Jewish mayor, Ehud Olmert, said sarcastically.

Nor to the rest of the troubled area. What looked for a few hours last week like a breakthrough in Israeli-Palestinian diplomacy disintegrated yet again into chaos and violence. Shimon Peres, Israel's patriarch of the peace process, had prodded Palestinian leader Yasir Arafat to agree to a truce. In return, Israel would withdraw its tanks from positions they had established outside Palestinian towns and propose a timetable for putting peace talks back on track. Then came the bombing—the Islamic Jihad terror group claimed responsibility—and a fresh round of gun battles between Israelis and Palestinians in the West Bank and Gaza. Arafat, in the agreement he negotiated with Peres, had pledged to make a personal call to end the violence, but it never came; Israelis were left confused and angry. "It's hard to escape the feeling that we've been duped," said one official. Arafat remains the key to Israeli policy. Senior policymakers believe that even if the former

guerrilla leader didn't orchestrate the clashes, he has been encouraging them.

They suspect that Arafat is stoking the conflict by offering up young martyrs, hoping televised pictures of their deaths will paint Israel as the aggressor and win Palestinians more international support. This might help him draw his allies—including the Russians and some Europeans—into the peace-making process. If Arafat fails to publicly and directly call for a ceasefire, says one senior Israeli official, "we will increase the pressure on him and his system." The strategy is dicey: it's an open question whether an intensified Israeli military campaign would only worsen the cycle of violence—and whether Arafat can really rein in the zealots who are intent on sowing terror in Israel.

One possible target of a pressure campaign: assets of Arafat's cronies, such as a casino in Jericho largely owned by the Palestinian Authority. Israel rocketed the building already last week. The strategy could also include more personal, diplomatic pressure;

President Bill Clinton has invited Arafat and Prime Minister Ehud Barak to

Washington for talks. But in a military sense, Arafat himself will be targeted with care. Some Israelis now worry that the lifelong rebel, faced ultimately with the prospect of leading a small, weak, demilitarized state, would rather go down in a blaze of glory. Such an interpretation may be extreme, but it reflects a genuine sense of frustration in

Israel, where nobody has a good explanation for the latest round of violence. It was only in August that the two parties seemed very close to a final peace deal. Now the renewed conflict is taking the shape of a guerrilla war, with

Palestinian gunmen ambushing Israeli soldiers, who respond with a torrent of firepower.

One battle, fought near Bethlehem a day before the aborted ceasefire, stood out. Palestinians unleashed machine-gun fire on an Israeli position, wounding several soldiers and preventing other troops from reaching their comrades for more than an hour; by the time they did, two of the wounded were dead. In response, Barak summoned his security cabinet to draft a plan of retaliation. Army generals talked about a new, more violent stage in the conflict, and the cabinet chose several targets for air raids on the West Bank and Gaza. "It was clear we were now going to have to

step up the level of our response," a security source told NEWSWEEK. "The plan was to stop with the pinpoint precision attacks and move onto something more serious."

The specter of intensified Israeli action helped Peres wheedle Arafat into an agreement. "[Arafat's] interpretation was that Israel might use much more severe weapons in the next phase," said an official close to the talks. The violence that followed the agreement has left some Israeli officials wondering if Arafat is leading his people or being led. Attacks by Islamic Jihad and the larger Hamas faction are one thing. Neither group is loyal to Arafat and both killed scores of Israelis in suicide attacks over the years, despite Arafat's opposition. But the gun battles that erupted after truce talks ended were initiated by members of Arafat's own Fatah

faction of the PLO. They include leaders of the Tanzim, an armed group within Fatah, who have directed the clashes and have rejected previous ceasefires. Without a clear call by Arafat for a ceasefire, Israel will probably revert to the battle plan it drafted last week, which includes provisions for demolishing entire buildings used by Palestinian security forces and armed groups. The Israeli measures will likely draw more Palestinian shooting and suicide bombings in a cycle of violence that feeds on itself. One of the two victims in last week's bombing was the daughter of prominent Israeli lawmaker Yitzhak Levy. Her name was added to the list of casualties on both sides that is fast approaching 200—most of them Palestinians—and continues to grow. Until the next ceasefire.

**The first hopeful sign in weeks—the promise of a ceasefire—falls victim to a terror bombing in Jerusalem. The pressure on Arafat builds**

**Dan Ephron**

**Newsweek NEWS SERVICE**

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## Voters should take a closer look at George

**AUSTIN, Texas** — Great. George W. Bush sounds like English is his second language, and Al Gore sounds like he thinks it's yours. It's like having Ted Baxter of the old "Mary Tyler Moore" show running for president: Gore has Ted's manner, and Bush has his brain.

The oddest thing about this presidential campaign is the extent to which it is almost entirely focused on Gore. His every utterance is parsed in unsparring exegesis by the media. Every nuance of his wardrobe is examined in endless detail. (If he'd taken to golfers' brilliant colors rather than earth tones, what do we think this would have said about his foreign policy decisions?) His every change of debate strategy is read as a clue to the inner man. Indeed, the fact that he changed debate strategy is trumpeted as evidence that he suffers from multiple personality disorder.

My favorite new line by the Bushies is: How Dare They Call Him Stupid? Not that any Gorey has ever called Bush stupid — but if you imply that they have, it makes them sound condescending. This is getting to be the problem that dare not speak its name.

I am fully persuaded that Bush's performance in the third debate was a cry for help. Go back and listen just to Bush's answers and see what you think.

It's time that the media paid a little more attention to the Bush end of this equation. You want pop psychology? (With which the entire Washington press corps seems to be infatuated these days.) I'll give you some pop psychology.

I think Bush threw that debate. Consciously or subconsciously, the poor man knows that he is not prepared to be president of the United States, and he is desperately trying to signal us to that effect.

How do like them pop-psych apples? Makes at least as much sense as Gore with a multiple personality disorder.

George W. is the unexamined candidate, and the extent to which he is unexamined gets eerier as Election Day approaches. At least half the country is prepared to vote for the guy; if asked why, they reply, "Seems like a nice fella."

I like him myself. But he is often clueless, he does not have a nice record, and the idea of electing him president scares the living fantods out of me. I like my nephew, I like my mailman and the lady at the dry cleaners. That doesn't mean they're ready to be president.

George W. is running on the excellent platform that he trusts us. Fine. But why should we trust him? I don't think it's a good idea to privatize Social Security

— the one place it's ever been tried, Chile, is an absolute disaster. W. favors a tax cut — fine, but how dumb does he think we are? As Al Hunt wrote in his Wall Street Journal column: "The GOP nominee claims his tax measure principally will help the working poor and middle-class America. The rich, he says, will get a smaller percentage than they currently do, and the tax plan fits comfortably with projected budget surpluses and his Social Security plans. None of that is true."

Bush keeps citing the case of the single mother of

two making \$22,000 as though that's who his tax cut is for. Hunt points out that under Bush's plan, she gets a tax rebate of \$72.50; under Gore's, she gets \$186 more, and if she's got the kids in day care, she'll get another tax break.

The last thing that this country needs is a big tax cut that makes the rich a whole lot more rich than they already are compared to everybody else. The Bush tax cut is not in the best interests of the majority of Americans. It's a fraud, it's a scam, and shame on you if you buy it.

I used to hope that "compassionate conservative" actually meant something, but I lost that hope when Bush tried to keep 200,000 poor children out of a federal health insurance program that wouldn't have cost the state dog. And anyone who can sit here in the year 2000 and claim that everyone who is put to death in Texas has had full access to the courts and is guaranteed guilty is either a liar or a fool.

Then there is Bush's record on two modest attempts to improve the noxious death penalty system. One was a bill proposing that all criminal defendants — including those in danger of being put to death by the state of Texas — have adequate legal representation. (You may be wondering why this is an issue. But our courts have actually, specifically held that if your lawyer was either drunk or asleep during your trial, you still had a lawyer, so what-the-hey. I do not exaggerate; these decisions will be studied in the future like that of Dred Scott.)

OK, he opposed that. Anyone in Texas might oppose that — it could have cost money — but try this one: A little bill said the state of Texas should not execute people who are seriously retarded. We have polls on this; the great majority of Texans — as great a majority, as it happens, as those who favor the death penalty in most circumstances — are against offing people who aren't sure what their name, much less their crime, might be. Bush opposed it, it died, and don't you ever try to tell me that compassionate conservatism means anything. It wouldn't even have cost money.

On the Left



Molly Ivins

Writer for the Fort Worth Star-Telegram, Texas

The Love Hut  
pg. 11

ing order of urgency: the truth, great patience while she weighs her options, whatever support you can spare.

Technically, I suppose, nothing is sure until marriage, and depending on you was a risk that she plainly assumed. Still, an engagement's a form of a promise, and you've decided to break it—rightly, by the way. Your feet don't sound cold, they sound glacial.

Ideally, you'd help her get through this semester—housing, tuition and food. In the meantime, she can arrange some support for herself, through the school or loans or even a good part-time job. People have roughed it through worse. Besides, if her family's the wreck you imply, her learning so hard—on anybody—can't be too healthy for her.

Dear Carolyn:

I used to have a chance at being valedictorian, but this quarter my grades are down. My mother blames it on my focusing on too many extracurricular activities and I admit I haven't paid as much attention to academics as I did before. The problem is that I'm not worried or guilty or anxious. I don't know if I'm being irresponsible or if I'm starting to learn about "getting out

more." I'm not failing or anything, it's just that the standards have been set for me since I knew I could get such high grades. Is it wrong to be ... numb about lower grades?

—Frowning Clown

I wasn't aware that "getting out more" was a skill that one needed to learn.

If you mean that you're reaching for life beyond classrooms, OK, I can sympathize—to a point. There's value in taking on more, but your "numbness" says you're drifting past it.

You know how you always hear "real world" as the lingo for life after school? As if students are somehow not in it? Bull(flop). School is your real world, and you go to class the way I have to go to my job. Except you can't wear your pajamas.

When it comes to commitments like these, the real skill to be learned—the one you'll need endlessly over again—is the ability to set your priorities. If I'm going to, I don't know, breed dogs and volunteer and take up kayaking, I have to find a way to do all this without compromising the quality of this column. (Hey—I heard that!)

For you, the deal is the same. Broaden your life, sure, go for it. Just don't screw up on the job. Falling short of valedictorian quality isn't exactly a screwup, but what does this mean you're not learning? And how far do you plan to fall?

The thing I don't see is a plan. Not to numb you further, but high school's a fleeting first step. Have you thought about your next one? Don't sit down and map out your future—there's plenty of time for all that—but, at the same time, don't limit your future before you can even sit down.

Keep this much (loosely) in mind: Your grades should keep up with your dreams, and your dreams should keep up with your gift. It's abundantly clear that you're bright; why be so quick to reject that?

Dear Carolyn:

A male friend of mine (I'm female) just moved to college and is having a hard time adjusting. Suddenly he has turned to me and is always telling me sweet things. We are good friends and always have been. I think he may be lonely, but the things he is telling me (I'm his angel, he will never know anyone as wonderful as me) are making me uncomfortable. I don't want to lose our friendship or hurt him.

—Helpless

I'm afraid you'll have to pick one. You hurt him by being his crutch—it only makes fitting in harder—or you lose him (for a while, at least) when you draw a firm line and say no. The latter, at least, is honest, and better for him in the end. Be gentle.

Write to "Tell Me About It," c/o The Washington Post, Style Plus, 1150 15th St., NW, Washington, D.C. 20071 or e-mail: tellme(at)symbol)washpost.com. Chat online with Carolyn each Friday at noon and Monday at 3 p.m., both Eastern time, at www.washingtonpost.com.

Carolyn:

My fiancée and I have been together for four years, engaged this year. Now that we are engaged, I don't really want to marry her. My dilemma is that if I tell her, a breakup is inevitable and she has nowhere to go. She cannot support herself because she is a full-time student. Her father is not in the picture, and her mother might as well not be, either. To move in with either of them is not an option.

I still care for her deeply. I feel I have a responsibility to continue helping her out and I do not want to let her down. She madly wants to get married and I feel pressured to do

so. How do I tell her this? Do I owe her any security?

—Cold Feet

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Advice for the Under-30 Crowd

Oh these are the worst—no one to beat on, punish or blame. It's simply a Very Sad Thing.

What you owe your fiancée, in descend-

# GOP revolutionaries head for the hills

The GOP Revolution of 1994 now seems as quaint and distant a historical event as the American Revolution of 1776. Congressional Republicans pledged "to bring to the House a new majority that will transform the way Congress works." The Contract With America promised "the end of government that is too big, too intrusive, and too easy with the public's money."

Six years later, the modern-day revolutionaries' written pledges to "restore accountability to Congress, end its cycle of scandal and disgrace, and make us all proud again of the way free people govern themselves" have faded into an illegible blur. The defiant rhetoric lingers. This weekend, GOP Senate Majority Leader

On the Right



**Michelle Malkin**

Writer for the Washington Post Writer's Group

Trent Lott vowed that the party would not cave in to President Clinton's spending demands. But the bold talk is a feeble smokescreen, behind which Republicans have been frantically waving the white flag of surrender to Big Government. The Republicans didn't propose to spend as much as the Democrats; they want to spend billions and billions more.

Once upon a time there was no government target too large to cut — the Department of Education, the National Endowment for the Arts, farm subsidies. You name it, every liberal sacred cow was vulnerable. Now there is no program too trivial to fund. Among the infinite pork-barrel projects identified by Sen. John McCain, R-Ariz., that have been included in appropriations bills approved by the Republican-led Congress this year:

- \$176,000 for the Reindeer Herders Association;
- \$300,000 for manure management systems in Florence, S.C.;
- \$500,000 for the restoration of a carousel in Cleveland, Ohio;
- \$1 million for the Animal Waste Management Consortium in Missouri;
- \$1.25 million for Aleutian Pribilof church repairs;
- \$1.5 million to refurbish the Vulcan Statue in Alabama;
- \$4 million for the International Fertilizer Development Center; and

— \$5 million for an insect rearing facility in Stoneville, Miss.

GOP leaders shoveled an unprecedented \$4.7 billion increase to the Department of Housing and Urban Development, whose appropriations bill included such vitally important needs as \$250,000 for the Westside Rowing Club of Buffalo, N.Y.; \$250,000 for the Trinity Repertory Pell-Chafee Theatre in Providence, R.I.; and a \$2.5 million pilot training simulator for the University of Alaska.

The GOP warriors are now quibbling over the \$114 billion bill funding the departments of Labor, Education, and Health and Human Services, which includes a record \$43 billion in federal education dollars. This from the party that just a half-dozen years ago promised to eliminate the Department of Education altogether.

Yes, six long years ago, the GOP Contract With America made fiscal responsibility and reigning in an "out-of-control Congress" its top priority. Stringent spending caps were enacted with great fanfare in 1997. Under the law, discretionary spending (government expenditures on programs other than Social Security, Medicare, and interest on the national debt) was limited to \$541 billion this year. But the Republican revolutionaries smashed through their own ceiling and are poised to oversee increased discretionary spending totaling more than \$650 billion next year.

Business Week points out that the congressional budget resolution for fiscal 2000 entails a nearly 8 percent growth rate in spending in a single year. In fact, over the past three years, the Republican-controlled Congress has approved discretionary spending that topped President Clinton's requests by more than \$30 billion. Researchers at the libertarian Cato Institute found that the combined budgets of the 95 major programs that the Contract With America promised to eliminate have increased by 13 percent.

So much for honoring contracts. So much for the revolution. The GOP soldiers for limited government are heading for the hills, and taking our tax dollars with them.



With another election day already upon us women are being targeted by politicians like never before. If you have not been keeping score lately there is one candidate who wants a woman to have a choice, one who would like to make our choices rarer, one who I think wants us to have a more fuel efficient automobile, and one who just plain scares me.

It is unfortunate that some of them feel that they still have to act as if women are frail, clingy beings that are unable to make any competent decisions concerning their own bodies. I feel it is time that they realized that we are out of the Victorian Age and that women are more than capable of making informed decisions

about their own bodies.

I personally believe that every woman has the right to choose. All women also have the right to make any decision concerning their body without any interference from the local, county, state, or federal level. Any decision they make should be between them and their significant other, and their physician. No one else should be involved.

I am speaking not only as a woman but also as a Native American woman who

was taught to be independent and to make my own decisions.

I was taught and I strongly believe that a woman is very powerful in her own right and is in complete control of whatever happens to her and her body. She alone will have to live with the choices she has made. She alone will handle the responsibility and accountability for her choices as well. Therefore there should be no governmental influence. If we elect the wrong individual, the woman's

right to choose will be taken away. Do we as a well-developed country want all women to be subjected to the horrors of the past? Isn't it time that we accept the fact that some things should be taken out of the governments hands?

I have to wonder where are all of these anti-abortionist's when a baby is thrown out of a window or dumped in a garbage can? It seems that their interest in telling women what to do with their bodies ends with conception.

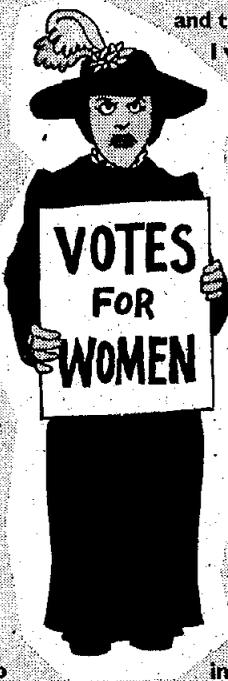
Of course they will stand outside abortion clinics shouting baby killer, and murder. Just like

racketeers they will try to strong arm a woman into accepting their view. If you refuse their way, then they will try and take away your right to choose.

One candidate is trying to disguise his message by saying that abortion should become rarer in this country. Don't be fooled. What he is really saying is a woman should not have the right to do with her body as she sees fit. Listen close, because he is telling all of us that the check is in the mail!

On Tuesday remember to vote and keep a woman's right to choose, because if you don't, the women of this country will lose their right to choose.

## Choices



Rita Swain  
The Beacon

# Literary Warfare— Learn to think

I have to admit that the purpose of this column is pretty selfish. I do not write Literary Warfare to persuade, describe, or inform— I merely write because I am pissed off. Almost every week on campus I come across some form of stupidity that angers me enough to take time out, sit down at my little laptop, and pound at my keyboard for an hour. Usually this sort of typing gets to be quite tedious, but this week it was actually a pleasure. I was so pissed this week that I typed at my keys, happy as a pig in shit, as I contemplated various forms of torture directed at multiple residents of the Towers on campus.

If you are a resident at this lovely establishment that we call Willy P., you are probably already aware of what happened last Monday night. The bulk of us, who happen to be mature and are possibly good people, went to bed that night expecting a good night's sleep. None of us realized the level of naivete that we were all soaking in as we put our heads on our pillows.

At approximately 3am on Tuesday, October 31st, hundreds of Towers residents were thrown out of bed by blaring fire alarms in every room. Wanting to stay in bed but fearing that they would be fined, girls in boxers and tank tops and guys in tee shirts ran into the freezing weather that North Jersey graciously offered us. The cry in the air was of mutiny as hundreds of students cursed the University for its insensitivity, and most of us adopted "fuck" as a punctuation mark after every other word.

I stood in the cold next to a group of morons who thought that it would be funny to pretend that they had Tourette's Syndrome, and they lovingly surrounded me with the phrase "Fucking Shit!" for

about 45 minutes.

After contracting a mild nor case of pneumonia and directing all of my anger toward a poor, innocent boyfriend, I walked back to my room disgusted with Towers and wondering how I could get into Hillside (which has had no fire drills at all this

year). The Tourette's girls decided to follow me back to the same hall. At that point I started to contemplate how many hand grenades it would take to blow up the campus.

## Mischief Night Fire Drills

Alli Chavanon  
Diversity Editor

Thoughts of my warm bed and pillow eventually washed away most of my bitterness, and I lay back in bed with a clear head. I ignored the Tourette's girls as they ran up and down my hall, bypassed the ghetto guy that was talking on the phone right outside my door, and eventually fell back asleep.

About 45 minutes later I was awakened from my dream of mass destruction of campus and crucifixion of Tourette's girls by . . . ANOTHER FUCKING FIRE DRILL!!!

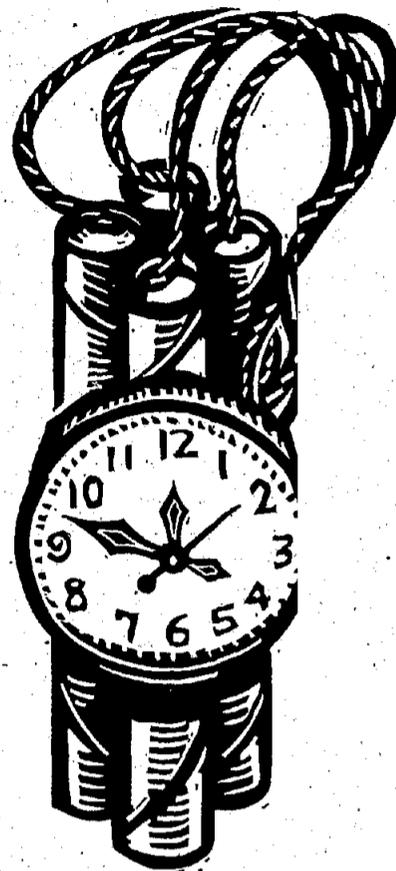
This time I said, "screw it," and took my good old time getting dressed (there was no way that I was freezing MY French ass off again). I grabbed my ID, and walked cursing into the stairwell. A fellow student interrupted my unladylike screaming and ranting by reminding me that it was mischief night, and suggesting that I direct my anger toward the kids who were doing this.

At this point I was ready to shoot someone. It's bad enough that I have to walk through broken egg shells to get to my room, but now I have to wake up at 3 and 4 in the morning, too? "Fuck this!" I was out for blood. Even our administration was

ready to kill. To avoid a riot, the Resident Director yelled to the crowd of kids gathered by the door, "We just want you to know that neither of the alarms was a drill; someone is setting them off." It was a good move on his part, but "Fuck you's" and threats of violence were still thrown back at him.

So this is to the morons who decided on mischief night that it would be funny to wake up a shitload of freshmen, sopho-

mores, and juniors in the middle of the night. Your balls are big enough for you to have killed what you did, be men enough admit to it. Personally, I would love to see the shit kicked out of you.



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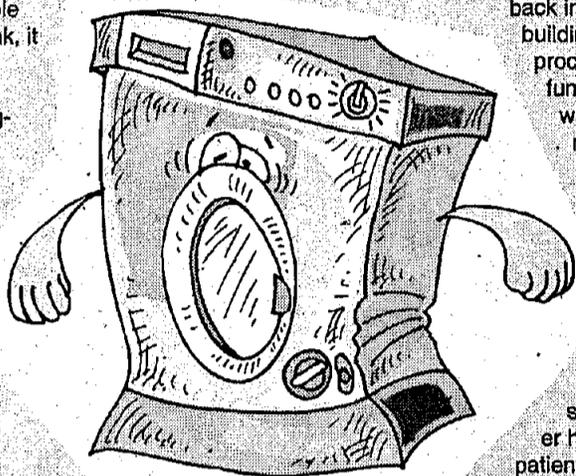
\* Application for Candidacy status by the Joint Review Committee on Educational Programs in Athletic Training (JRC-AT) is currently in progress.

# The Stupidity Report

As I sit writing this, I realize that the pants I'm wearing are going to have to last me for the next two or three days. No, it's not because I'm too lazy to go do my laundry; it's because a group of absolute morons decided it was a good idea to vandalize the laundry rooms in the North and South Towers. What I am forced to wonder is this: what purpose did wrecking the laundry rooms serve? Even as a simple Halloween prank, it was dumb. I guess I could understand egg-throwing or the toilet-papering of buildings, but screwing with a laundry room? It doesn't make any sense. What point were the vandals trying to make? "Hmrr...what should we do? We could egg some building...or we could soap some windows. No, wait - I've got it! Let's breathe the washing machines! That'll show all those people that like to have clean clothes! Yeah!" So now, because of the rank stupidity of a few people, I've got to wait until at least the middle of the week to do my laundry and sit here in dirty clothes. I probably won't even get to do my laundry then, as half the washing machines in the laundry room never work (at least in the North Tower). The laundry room incident however, was not the dumbest thing that occurred this past week. The prize for that has to go to the

mental giant who decided that it would be cool to pull two fire alarms the night before Halloween. I cannot honestly tell you how much I enjoyed being roused out of bed at 2:30 in the morning by the sweet blare of the fire alarm. After having just gotten to sleep, it was so nice to stumble out of bed and into the cold night, where I stood for 45 minutes, waiting to be checked back into my own building. As if this process weren't fun enough, it was even more entertaining to do it again an hour and a half later. Once again I had to stand outside for another hour, waiting patiently for the impressively slow security guards to check me back into my own building. The whole experience was made even more captivating by the broken eggs

and slices of ham scattered about the Towers Pavilion. If I hadn't been so tired and angry, I could've made a tasty omelet with the food on the ground. And so, that ends this week's Stupidity Report. Join me here next week, when I present to you other headache-inducing incidents of complete and utter stupidity.



Larry Clow  
The Beacon

# The Love Hut

**Werhun**, what should I do? I've been with my boyfriend for almost three years and the sex is getting a little boring. I really love him but I want to spice things up. How can I make things more interesting?

Sincerely, LatinoPrincess@hotmail.com

This is a very common problem. Many young couples have a hard time keeping things juicy under the covers. I would suggest doing something a little out of the ordinary to make things more interesting. Try having an affair with someone close to you and your boyfriend, like his father or a close mutual friend. Nothing is more exciting than trying to keep a terrible secret from your lover! This is sure to keep the moisture flowing for a long time to come. A little chaos always leads to a much healthier sex life.

**Werhun**... HELP! I've been hooking up with this girl for almost two months now. She said that she would sleep with me but that I needed to wear a condom. This is a real problem for me. I don't like the things to begin with and I'm terribly allergic to both latex and lambskin. I've told her all of this but she still won't listen. Why can't I just pull out?

Sincerely, Blue Balls in Birmingham

Don't worry Blue Balls, there is a way that both of you can be happy. You should simply look at the situation from her point of view and tell her you understand. Agree to use the condom but just simply pull it off in the middle of intercourse. This way everybody is happy. She feels you've respected her and you don't get an allergic rash spreading from the base of your penis to the bottom of your scrotum sack. That sounds super to me!

I'm scared, **Werhun**. Thanksgiving is coming up and that means dinner with the family. The thing is that I promised my lover that I'd take him home for Thanksgiving... but my family doesn't know that I'm a homosexual. My father is likely to beat the living hell out of both of us. I don't know if the family can handle this right now. My mother just had her third stroke, my brother's wife left him, and they foreclosed on the house. How can I bring Paul home without their freaking out? HELP!

Sincerely, StarKisses@yahoo.com

Well Starkisses, it looks like you've landed yourself in a pickle. Your family seems to be having some problems right now. It might be hard to talk to them about it at this point in time; therefore, I'd say that your best bet is to just lay it on them when they don't expect it. If you shock them, they'll surely take the news better than if you just calmly sat them down and discussed it. Maybe you should give Paul a big open-mouthed kiss at the dinner table or give him a good groping in front of your relatives. Your family would respect you for being so open in front of them. What could possibly go wrong? I wouldn't be surprised if they were happy about your open display. Maybe your family will accept Paul with open arms. Give it a try! Coming out of the closet is supposed to be fun! Don't worry yourself too much.



Hello, **Werhun**. I'm writing to ask you about speed dick. My girlfriend and I love snorting cocaine and having crazy, strung-out sex. It's the best! The problem is that lately, after about five or six lines, I cannot obtain an erection. How can I fix this without giving up my snort?

Sincerely, Buddy Lee

Buddy Lee, you have nothing to worry about. Speed dick just happens... especially after abusing cocaine over a long period of time. I suggest one method if you want to keep your erection. The next time you and your girlfriend are getting ready for a snort/sex session, just take precautions to keep your penis in line. I would suggest taking a guitar string and wrapping it around your penis like a noose before beginning your cocaine usage. This way, the blood that is already in your penis will have nowhere to go but up. See... there's an easy solution to everything!

\*Werhun\*  
The Beacon

Oh, **Werhun**, I have a dilemma. I love my boyfriend and he treats me great. He doesn't abuse me in general, but in bed he is very rough with me. I've spoken to him about this before but with no results. He doesn't want to listen. I love him, but I can't take much more. I just came back from the dentist after getting a tooth repaired. My boyfriend almost knocked it out during foreplay last week. I'm also barely able to see out of my left eye and I fear I may have lost my sense of smell because of his repeated blows to my nose. In public he treats me like a princess but in bed he acts like a street tough. How can he be stopped?

PuffyRuiz4ever@aol.com

I think you might be looking at this situation in the wrong way. Perhaps you should embrace his barbaric behavior. Try to think of it as a turn-on when he gets a little rowdy. A trip to the dentist and a small injury or two is a small price to pay for a righteous sex life; however, if you don't think you can handle his rough love, a little mace under the pillow may be a safe bet. Before you use the mace in self-defense, however, consider incorporating it into your lovemaking. Remember, the best pleasure comes from immense pain.

*Note From Diversity Editor*— This article is for entertainment purposes only, if you happen to be offended by anything you have just read, Diversity apologizes for whatever personal issues you may have. AC

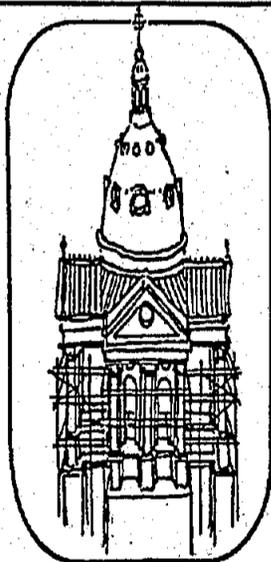
## THE ILLUSTRATED BIBLE

### The Church is Still Building

"You are built upon the foundation laid by the apostles and prophets, and Christ Jesus himself is the foundation. In him the whole building is bonded together and grows into a holy temple in the Lord." — Ephesians 2:20-21

Throughout the history of the Christian church, denominations and individuals representing a variety of theological positions have wanted to stop the growth of the church. Claiming that the church must concentrate more on tradition than growth, such individuals have argued that there will never again be a revitalization of the church as there was in the 19th century. The church is a living organism which must keep on building because it is built on Jesus Christ. Although we are tempted to remain static, the church must always be open to God's new thing in our midst — what He wants to do through us.

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## ACLU-NJ Urges Action on Abortion

Dear ACLU Members:

We are writing to ask for your help in defeating dangerous legislation that would threaten the lives and health of New Jersey's teenagers.

As you may know, the State Supreme Court recently held that a law requiring minors to notify a parent if they chose to have an abortion, but not if they decided to carry to term, violated the constitution's guarantee of equal protection. In an attempt to override the Supreme Court's decision, members of the Legislature have introduced a bill (called ACR2) to amend the state Constitution to grant the Legislature broad powers to enact laws requiring parental notice before a minor can receive any medical or surgical treatment. And it would make these laws immune to review under the state Constitution.

While the ACLU would oppose a law that required parental notification for abortion, this amendment goes well beyond abortion. It authorizes the legislature to force minors to notify a parent before obtaining any medical treatment, including seeking contraceptives, obtaining testing and treatment for sexually transmitted diseases (STDs), or getting treatment for alcohol and drug problems. Although we wish that all teens had supportive parents to turn to, we know that not all adolescents are that fortunate. Indeed, according to the American Academy of Pediatrics, one third of teenagers who do not tell a parent about a pregnancy have already been the victims of family violence—physical, emotional, and sexual abuse—and fear that it will recur. And numerous studies have

shown that if forced to involve a parent some teens will delay or forego entirely the medical care they need, which can lead to a dramatic increase in teen pregnancy and STDs. It is for this reason that the leading medical organizations, including the American Medical Association, the American Academy of Pediatrics, and the American Public Health Association, all oppose laws that mandate parental involvement.

In addition, by taking the drastic step of amending the State Constitution simply because the legislature disagrees with a ruling of the New Jersey Supreme Court, the Legislature trivializes the Constitution and threatens to undermine the basic structure of our democracy.

To defeat the amendment, it is critical that you contact your elected officials including your two assembly members and your state senator. We have provided a sample letter for you to send. Please keep in mind that if you personalize your communication— for example by saying how long you have lived in the district, that you have voted for this representative in the past, that you are a parent, or why this issue is important to you — it will hold even more weight with legislators. Also, please be sure to include your address on the letter — this will help prove that you are in fact the legislator's constituent.

Please call, write, fax, email, or visit these elected officials as soon as possible to tell them that you oppose ACR2. If you would like further information, please call the ACLU at (973) 642-2086. Thank you for your assistance in this very important effort.

## Football!! Football!!

I'd better say it right off: I don't care about any other college football except for the Ivy League.

No doubt Joe Paterno of Penn State would say that Ivy League football isn't football at all, even though he was

once a decent quarterback for Brown.

I'd reply that big-time football, specifically, isn't college football. It isn't played by college students, even though they wear the colors of various "educational institutions."

I said that I don't pay attention to any college football outside the Ivy League. Eccentric, I suppose. And I know that excellent undergraduate programs are provided by Stanford, by Virginia and so on. But I can't get interested. I can't even name their opponents, unless my eyes accidentally fall upon their scores when I peruse the sports pages.

But it matters to me what happens in the traditional opening game between Princeton and Columbia, and between Dartmouth and Penn. Of great importance is what happens in the traditional final game between Dartmouth and Princeton, which I first witnessed in 1938 with my mother and father.

I have always been immersed in the Ivy League. I recall as a child the special Dartmouth train, full of alumni, pulling out of Penn Station, heading down to Princeton for the game: raccoon coats, gardenias, booze, songs, hilarity. I'm not sure everyone made it off the train at Princeton Junction.

As a faculty member at both Columbia and Dartmouth, I found that football players showed up in my classes, just like the other students. They took exams and wrote essays, just like the other students. Their work was quite

satisfactory. During football season, they had a training table, but it was in the regular dining hall with the other students. In the off-season, they ate at the regular tables. They were going to college just like everyone else. Some of them did go on to play professional football (Dartmouth's Jay Fiedler is now quarterback for the Miami Dolphins),

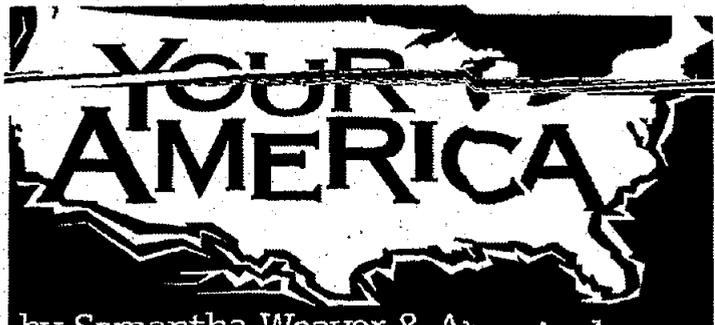
but most Ivy League players were headed for law, medicine and often business school. Just like real life.

When, as frequently happens, I am in New York City, I stay at the Yale Club, to which Dartmouth belongs. This is a marvelous place, redolent of tradition.

Among the oil portraits on the walls in and around the Main Lounge is one of William Graham Sumner. The Yale professor was a pioneer in the development of sociology. I am one of the few members who knows something else important

about him: His daughter married Walter Camp, the legendary Yale football coach. Knute Rockne once said that Camp had pretty much invented football. When Camp happened to be ill or out of town, his wife took over and ran the Yale practice sessions. Egad. Albie Booth, "Little Boy Blue," once dazzled fans in that Yale Bowl.

Legend has it that Percy Haughton, the great Harvard coach, once announced to his team before the game with Yale, "Gentlemen, this is the most important thing you will do in your lives." That deserves a smile. But, you know, he might have been right.



by Samantha Weaver & Amy Anderson

Ahh, November. Falling leaves, the nip of cold in the air, turkeys and cornucopias everywhere. This month marks the beginning of the holiday season. You'll hardly have to do more than look over your shoulder to find an event that celebrates tree lighting, the harvest or, more probably, shopping.

There are a million Thanksgiving traditions, most of which originated in a shopping mall, but maybe you are looking for a little more, something different from the traditional feasting and mall-hopping. If so, look no further. For your festival entertainment, here are four gems going on in the month of November.

• **Colorado River Balloon Crossing Festival:** Yuma, Ariz., hosts this festival that features more than 50 hot air balloons that — as the name says — cross the Colorado River. There is a sunrise lift off and a balloon glow at sunset. What a way to watch the November skies. Check it out Nov. 17-19. Call (520) 539-2022 for more details.

• **Spinach Festival:** Come to Crystal City, Texas in November and you'll find that spinach is king. This festival, sponsored by the city's patron saint (you guessed it) Popeye, includes arts and crafts, a spinach cook-off and a parade dedicated to the lush green-ness of spinach. The fest kicks off Nov. 10 and runs through the weekend. Call (830) 374-3161 for more information.

• **Fish House Parade:** An annual event in Aitkin, Minn., this parade consists of ice-fishing houses or shanties in elaborate display. It may not be Macy's, but this parade is fun and charming. It all happens on the day after Thanksgiving in downtown Aitkin.

• **World's Largest Disco — A '70s Retro Party:** Look out, John Travolta! This Guinness Record-holder is stayin' alive. The retro party has taken place in Buffalo N.Y., for a number of years now and just keeps getting more successful. The party features live entertainment — that is onstage talent — and what could be more entertaining than 7,000 people dressed to the nines in '70s gear, dancing and strutting their stuff. It all happens 9 p.m.-1 a.m. Nov. 25 at the Buffalo convention center. If you plan to go, GET TICKETS! The attendance is limited to 7,000, and the event has a history of selling out. For more details, check out the event Web site at [www.worldslargestdisco.com](http://www.worldslargestdisco.com) or call (716) 635-8668.

If you know of an unusual and interesting destination or event, let us know! Our e-mail address is [youramerica@mindspring.com](mailto:youramerica@mindspring.com) or write to us in care of King Features Weekly Service, 628 Virginia Drive, Orlando, Fla. 32803.

The  
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welcomes  
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Broderick**  
our new  
Managing Editor

Welcome to the  
family.  
You're going  
to do a great job!

The  
Jeffrey  
Hart  
column

# Anti-Sopranos Lecture Disturbs Lisener

I would like to comment on Professor Susanna Tardi's lecture entitled "Desperately Seeking Real Itals: An Antidote to 'The Sopranos'".

Warning: The following editorials with the value of materials that some people may be sensitive. To that end the author may use examples like the use of the wd "nigger" in Huckleberry Finn and the portrayal of U.S. marines people who would use the services of prostitutes in "Platoon," in order to illustrate his point. If you find this kind of subject matter offensive you may want to stop reading.

Disclaimer: It also must be noted that my comments are purely my own. It should not be assumed that I speak on behalf of the Jewish people or for a male gender. I am not a chosen representative of the student body the local artistic community, both of which I am a member.

(NOTE: I realize that some of my ideas are not "purely" my own. I admit that I have taken some ideas from books. Likewise, I have on occasion listened to people and agreed with them. Some of my views of the world may have in fact been shaped by movies and television which of course means they are wrong. I once tripped on a rock and fell onto the ice at a skating rink. That made me think ice is dangerous. I'm not sure if geology, my own innate genetic clumsiness or God is to blame for that incident in any event since the bibliography for my own psyche is bit unclear I hope people pause before holding ME responsible for what I write.)

CAUTION!: This editorial also contains comments regarding Dr. Tardi's ideas that a show about Italian Mafia will lead to "Brainwashing", that it is like a "C" and extremely impactful on people who lack my [Mike Liebermann's] "level of sophistication". I will refer to these ideas as extremely and overly sensitive.

I will likewise comment on Dr. Tardi's idea that it is not enough to have some shows with Italian Americans in a positive light and some in a negative light. Nor is it enough to have a show about an Italian Mob family with non-mob affiliated characters on the periphery of the show but that a show about the mob should give equal time to non-mob related characters. I will refer to this idea as hideously unreasonable and the product of a mind that has spent thirty years staring at sociological issues to the point that the whole world seems to revolve around them. This should not be construed as an attack on Dr. Tardi herself, whose intelligence level and character I don't have enough evidence either support or condemn. I am merely attacking the validity of her stance.

Likewise, when I say that her comments that she "understands art" and "is for the first amendment" and that she "is against censorship" are nakedly hypocritical given that she has stated she doesn't want the show to film on campus because she doesn't like the show, I don't mean to imply that she understands she is being hypocritical. Rather a massive head injury or a very large dose of Ibogaine may just as easily be the culprit.

ABANDON ALL HOPE YE WHO HAVE READ THIS: I am about to delve into the editorial formally. Ingratulate those with the strength of mind to continue. For those of you who can go no further and feel very uncomfortable reading this much I suggest having your mind erased via hypnosis and being re-educated in a suitably safe environment such as a moon or Nirvana.

Now, Dr. Tardi's lecture began thus...

Due to space considerations the rest of this editorial has been edited out of existence.  
—Mike Lieberman

# American Pie by Jon Coffey

At the time that I write this, there is no way to tell who the next inheritors of Washington will be. The presidential election is such a dead-heat that the candidates fear everything and anything that could tip the balance — Midwest tensions, the price of oil, leaks, off-the-record dissing. Heck, the swing either way could be decided by which tie the candidates wore at the last debate. House and Senate races are tight too. So much could change.

But regardless of who takes over in Washington, I'd like to propose a set of principles, more basic than our Bill of Rights, that if everybody followed, we pundits would surely have a lot less to grouse about for the next four years. They were formulated by Benjamin Franklin more than 2 centuries ago, but they remain as the sort of moral backbone it takes to keep the Beltway from turning into a big top. I've dedicated each one to a particular player in the whole Washington works.

1. Temperance: Eat not to dullness. Drink not to elevation. For the winning Party. Temper your

elation. The hangover starts the day after Inauguration.

2. Silence: Speak not but what may benefit others or yourself. Avoid trifling conversation. Especially with lobbyists.

3. Order: Let all your things have their places. Let each part of your business have its time. Remember to thank the people who provided your mandate.

4. Resolution: Resolve to perform what you ought. Perform

8. Justice: Wrong none by doing injuries or omitting the benefits that are your duty. For the Attorney General.

9. Moderation: Avoid extremes. Forbear resenting injuries so much as you think they deserve. For our Supreme Court.

10. Cleanliness: Tolerate no uncleanness in body, clothes, or habitation. I think the ad agencies who created all of those TV attack ads deserve a good house-cleaning, don't you?

11. Tranquility: Be not disturbed at trifles or at accidents common or unavoidable.

For the boys in the Pentagon.

12. Chastity: Rarely use venery but for health or offspring — never to dullness, weakness, or the injury of your own or another's peace or reputation. Bill, when you're packing your things, toss those cigars.

13. Humility: Imitate Jesus and Socrates. I'm going to throw this last one to the American people, including myself. Let's not expect our leaders to act any different than we do in our homes and communities.

## A Baker's Dozen Virtues for the Next Washington

without fail what you resolve. For you, Mister President.

5. Frugality: Make no expense but to do good to others or yourself; i.e., waste nothing. For the new Congress.

6. Industry: Lose no time. Be always employed in something useful. Cut off all unnecessary actions. Like spending time with lobbyists.

7. Sincerity: Use no hurtful deceit. Think innocently and just; and, if you speak, speak accordingly. For the press corps.

Good news from Washington: As I write this, the House of Representatives has passed a bill that strengthens current laws against the trafficking of women and children for prostitution. It also toughens the laws against sweatshop labor and adds muscle to the legal fight against domestic violence.

I hope by the time you read this, the Senate will have approved the measure which President Clinton has already said he'll sign.

Following up on our last discussion on breast cancer: Although Breast Awareness Month (October) has passed, you can still get important information on how you or someone you love can wage a strong defense against this disease with a free package of five publications available from the U.S. Food and Drug Administration.

One of the pamphlets, "Understanding Breast Changes," provides information about breast conditions other than cancer, as well as screening methods for the early detection of breast cancer.

Other pamphlets include: "The Facts about Breast Cancer and Mammograms," "Mammography Today," "FDA Sets Higher Standards for Mammography" and "Breast Cancer: Better Treatments Save More Lives."

You can get your free package of pamphlets by calling toll-free (888) 8 PUEBLO (878-3256), weekdays 9 a.m.-8 p.m. EDT and ask for the "Breast Cancer Awareness" package. Or, you can get the package by mail by sending your name and address to Breast Cancer Awareness, Pueblo, Colorado 81009.

Note: Revlon and the National Breast Cancer Coalition teamed up to host a gala evening in New

York last month to honor breast cancer survivors. The event was hosted by Revlon's chairman, Ron Perleman, and his wife, Ellen Barkin, along with Susan Sarandon and Julianne Moore. Revlon has been involved in breast cancer research and education for years. In 1989, the company

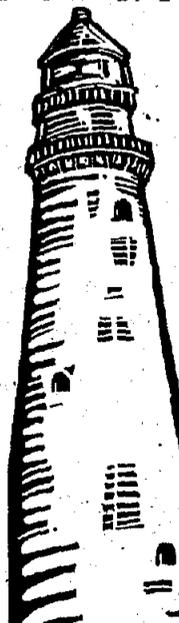
gave UCLA's Dr. Dennis Slamon \$20 million for the research that led to the discovery of Herceptin, an aggressive treatment based on gene therapy that has saved the lives of countless women with stage-4 breast cancer.

I thought you should know. Write to Tamara Jones in care of King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803 or send an e-mail to letters.kfws@hearstsc.com.

## IT'S A WOMAN'S WORLD by Tamara Jones

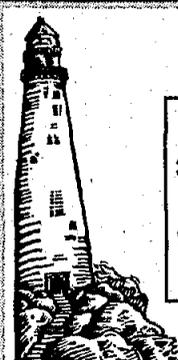


## LETTERS TO THE EDITOR



Letters to the editor must be signed and contain the author's name and daytime and evening telephone numbers. All letters will be verified for authenticity prior to publication. Letters should not exceed 500 words. Anonymous letters will promptly be shredded; if we put names on the stuff we write, should you. The best medium for sending a letter to the editor is through email. Since we are understaffed like most organizations, we do not have time to type a zillion letters. Since the time of mail may exceed the time available for printing, the editor may literally pick letters for publication out of a top hat. (Ryan Mazza really does have a black top hat in his office). The Beacon does not censor content (see our mission statement) and will print any signed and verified letter that is not libelous otherwise prohibited by law.

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# HOROSCOPES

Salome's Stars

**ARIES** (March 21 to April 19) Temper your direct approach with a little more diplomacy. Not everyone appreciates the Aries' penchant for telling it like it is. A gentler method earns trust.

**TAURUS** (April 20 to May 20) A former associate wants to reward your creative skills with a tempting job offer. But are you sure you want to accept the conditions that come with it?

**GEMINI** (May 21 to June 20) A relationship you'd like to cultivate presents some challenges that you're not sure you can handle. Don't make any decisions until you feel more confident about the situation.

**CANCER** (June 21 to July 22) Your need for attention can create on-the-job tensions with co-workers who feel you don't like to share the credit. Show them that you can be a generous colleague.

**LEO** (July 23 to August 22)

Going to the mall is like rolling in catnip for you fine Felines. But temper your urge to splurge until you've resolved those lingering financial problems.

**VIRGO** (August 23 to September 22) Even a human dynamo like yourself needs time out to restore those depleted energy reserves. Do something spontaneous and wonderful.

**LIBRA** (September 23 to October 22) Some fraying friendships might be beyond repair. Accept it, and go on to build other relationships. Expect good news about a new project.

**SCORPIO** (October 23 to November 21) Accept the fact that you really need more training if you plan to compete for new opportunities in your workplace -- and then go out and get it! **SAGITTARIUS** (November 22 to December 21) A new work situation could conflict with your penchant for doing things your way. A

sensible compromise resolves matters.

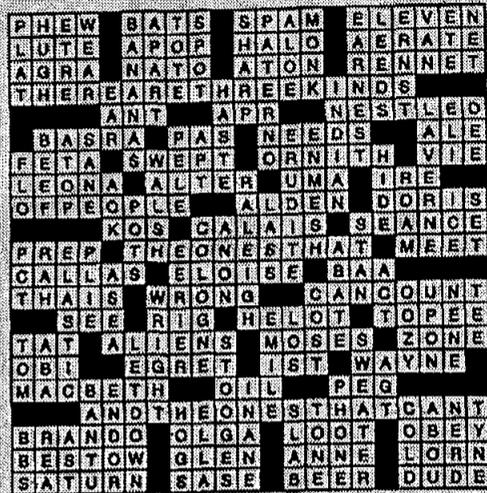
**CAPRICORN** (December 22 to January 19) The Capricorn Goat is both cautious and capricious. So set your conservative self aside for a while and indulge in some new adventures.

**AQUARIUS** (January 20 to February 18) Your ability to keep an open mind about people helps you to deal with an unexpected situation that suddenly erupts in your personal life.

**PISCES** (February 19 to March 20) It's a good time to patch up neglected friendships. Make those overdue calls and start planning reunions with some wonderful people.

**YOU WERE BORN THIS WEEK:** You're the model for what a friend should be. You're loyal and devoted, and can be depended on to be fair and open-minded.

## Last week's crossword puzzle solution



## Beacon Crossword

- ACROSS**
- 1 Act like a peacock
  - 6 Had kittens?
  - 10 Played the trumpet
  - 16 Holbrook or Linden
  - 19 Stadium
  - 20 Marathon
  - 21 Not very often
  - 22 Geologic division
  - 23 "REQUIRES MINOR REPAIR"
  - 26 Free (of)
  - 27 Touched up the text
  - 28 Range rope
  - 29 Brawl
  - 30 Bear's lair
  - 31 Singer
  - 34 Opinion sampling
  - 37 Latvian, once, abbr.
  - 40 Lucifer
  - 42 Recode
  - 45 Alex Haley book
  - 48 "ONLY WORN ONCE"
  - 54 Schnabel or Rubinstein
  - 55 Up to, for short
  - 56 Private
  - 57 Opera hero, often
  - 58 Illinois city
  - 60 Mindy of "The Facts of Life"
  - 62 "Believer" ('88 hit)
  - 63 Sens. colleagues
  - 64 Refuse
  - 65 "Cob, CT
  - 66 Kilt of the comics
  - 68 Observe
  - 70 "ONE OF A KIND"
  - 75 Numbers man?
  - 78 Actress
  - 79 Spoil
  - 80 Particles
  - 84 Coarse file
  - 86 Auto feature; abbr.
  - 88 What have you
  - 90 Secluded
  - 92 Salad type
  - 94 "Psycho" setting
  - 96 Opening
  - 98 Annoyed
  - 99 "A FAMILY HEIR-LOOM"
  - 103 Musical of "Tomorrow"
  - 104 Mineral spring
  - 105 Bestow
  - 106 Tigger happy guy?
  - 107 Notion
  - 109 Clutter
  - 110 Urban transport
  - 113 Nutritional need
  - 116 Fashionably nostalgic
  - 120 Ready for dinner
  - 123 Poetic proposition
  - 124 "AN ANTIQUE TREASURE"
  - 130 '75 Abba hit
  - 131 Olympian
  - 132 "The Seventh" ('58 film)
  - 133 Tennis player
  - 134 Big bang letters
  - 135 Keys
  - 136 Moon Mullins' brother
  - 137 Imitation
  - 9 Augsburg article
  - 10 Kind of cheese
  - 11 Zhivago's love
  - 12 Smell -- (be suspicious)
  - 13 Summarize
  - 14 Architect's add-on
  - 15 Salon supply
  - 16 "Main" ("Cabaret" tune)
  - 17 Sutherland solo
  - 18 Tramp's tootsie
  - 24 The Brandy Bunch?
  - 25 "Doubtfire" ('93 film)
  - 29 Skunk in "Bambi"
  - 31 Tall story?
  - 32 Andy Griffith series
  - 33 Yoko --
  - 35 Supper scrap
  - 36 Mississippi senator
  - 37 Exchange
  - 38 Start the slaw
  - 39 Helicopter part
  - 41 Tiny colonist
  - 42 Browning's bedtime?
  - 43 Iran's Abolhassan -- Sadr
  - 44 German port
  - 46 Frongs
  - 47 Optical device
  - 49 Hispanic money
  - 50 Watch keepers?
  - 51 In an engaging manner
  - 52 Wrathful
  - 53 Celtic
  - 59 Tennis legend
  - 61 Barnyard critter
  - 67 Dictator
  - 68 Fall blooms
  - 71 Texas landmark
  - 72 Powerful people
  - 73 Pabulum variety
  - 74 Mythical monsters
  - 75 Juliet
  - 76 Turkish title
  - 77 Clinton Cabinet member
  - 81 Exclude
  - 82 Drilling site?
  - 83 Pool person
  - 85 Down-to-earth affair?
  - 87 Command at a corner
  - 89 Praises
  - 91 Guitariist Duane
  - 93 Scolded
  - 95 Author LeShan
  - 97 Arafat's grp.
  - 100 Born
  - 101 Middling mark
  - 102 Nard
  - 108 Soviet cooperative
  - 109 Trim the turf
  - 111 Gaelic
  - 112 -- throat
  - 113 Enthusiasm
  - 114 Rock's --
  - 115 Butterfly
  - 116 Normandy home
  - 117 Thornfield governess
  - 118 Slope
  - 119 AAA offerings
  - 120 Normandy site
  - 121 Mozart's --
  - 122 Forest beauty
  - 124 I.M. the architect
  - 125 Drivers' lcs., e.g.
  - 126 Say please
  - 127 Poseidon's domain
  - 128 Eye opponent
  - 129 Actress Susan

Stop wondering if the time is right...The time is now!

## PSYCHIC READER

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Business Love

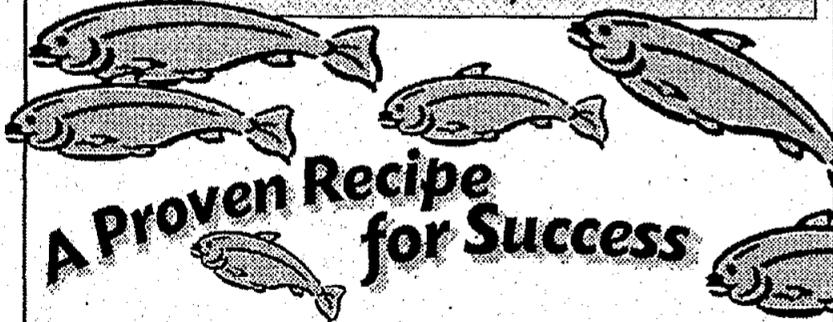
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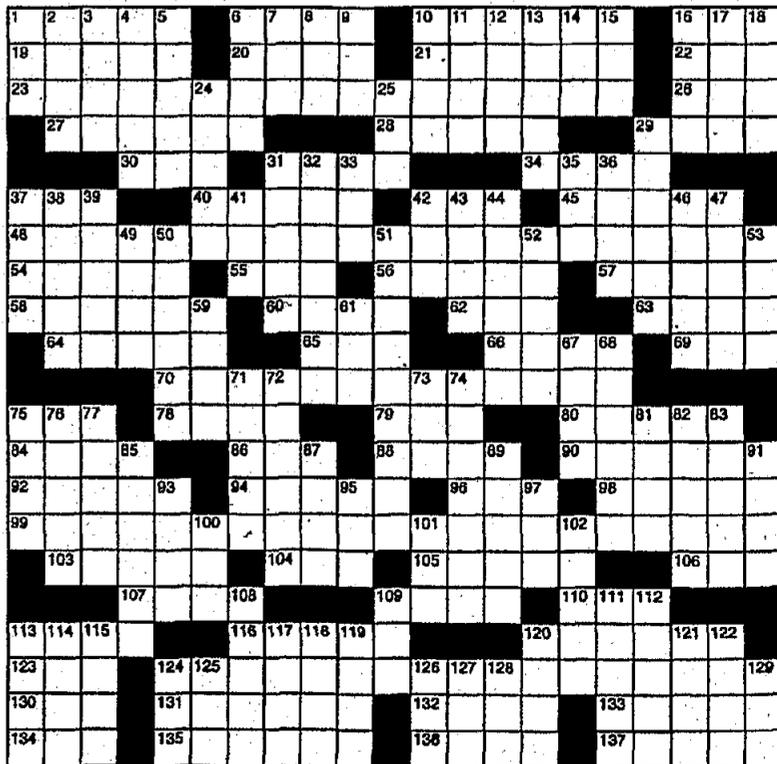
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# 311 in concert

**Joelle Capta**  
*Insider Writer*

**W**e've changed a lot and then some-see. You know that we've always been down-dow." Those were the first lyrics Nic Hexum sang on Friday, November 3 during 311's sold out show at NYC's Roseland Ballroom. Opening with "Down" was fitting for the theme of the evening. After all, "Down" was the first single off their 1996 blue, self-titled album. It was the song that exposed the world to the unique style of five Omaha, Nebraska natives (Hexum, SA Martinez, Tim Mahoney, Chad Sexton and P-Nut). The lyrics were a fitting start to the evening because they can be used to describe the band.

Pioneers of music, 311 has reinvented itself with each of its five albums. With each album 311 experiments with new sounds and techniques. But, as much as they change, they always stay loyal to themselves and their fans. Their message of positivity is always clearly evident. In the lobby of each venue they perform at, 311 has a stand with information about Rock For Tolerance, in part with the Museum of Tolerance. This organization works with musicians to raise awareness and help stop racism, anti-Semitism, bigotry, prejudice, sexism and hatred in society.

On August 29 the band filed a law suit against their label, Capricorn Records, a result of two years worth of ongoing problems. In a statement to their fans, 311 remained positive. They said that they generally do not wish to think or talk about business, because music is why they are here. However, they felt the best thing for their music was to sue. "Since Capricorn would not involve us in many of the important decisions that directly affect us, we had to do something about it. If we have more control in how we are represented it will be more true to our musical vision. Therefore, we're doing this ultimately for our music and for our future," they told fans.

During the show, 311 gave their fans a sample of their future, by playing a few songs to be released on their sixth album. "When you play a song live, it goes to its most rocking level ever. We try to let that

take place before we record the song, so we would be smart to bust out as many new songs as the crowd seems into," Hexum said in a recent interview. They played "Sick Tight" and "We Do It Like This,"

stuff like that, but we've gotten back to that place where we're writing hard and fast, Hip-Hop, not as much Reggae on this album, almost none, plus Funk, Punk, Metal, Rap and one Ska song for good mea-

Mixed Up," "Flowing," "Do You Right," "Feels So Good," "Plain," "Random" and "Fat Chance." There was a group drum jam during "Applied Science." After the band said goodnight, thanked everyone for coming

and left the stage, a chant began. The 3,000 fans in attendance let the band know the one song they weren't leaving until they heard. They were greeted with Hexum coming out on stage and humming along until the rest of the band made their way to their instruments and began to play "Who's Got The Herb." During the last song of the encore, Hexum removed his shirt, stood up on the speakers on stage right and jumped right into the crowd.

This posed problems for security. They spent the entire evening either physically pushing back the barricades that the fans were shoving each other into or throwing water on the first few rows. Security, however, had no problem manning the crowd during the opening act, Zebrahead.

Zebrahead relied mostly on playing bits of songs from Green Day, Papa Roach, Metallica and Weezer to get the crowd going. They brought three audience members up on stage to throw tee-shirts out to the crowd and even sang a song they wrote especially for New York. But that didn't make up for what the songs off their new album, *Playmate of the Year*, lacked.

I expected a little more after seeing Incubus open for 311, after 2 Skinny J's, over the summer. It was in July that 311 celebrated ten years of touring with a special set of shows. One of the stops was the PNC Bank Arts Center in

Holmdel, New Jersey. At select venues, 311 played albums in their entirety. From November 20 through 26, one of those shows will be rebroadcast on the band's website, [www.311music.com](http://www.311music.com). The albums *Music* and *Grassroots* were performed in their entirety as a thank you from 311 to their fans.



among some of the new stuff. Other titles off the currently untitled album are "Full Ride," "You Wouldn't Believe" and "From Chaos." Hexum described what fans can expect to hear on the new album in a that same interview. He said, "We've done weird, esoteric dub styles, real dreamy kind of things, and maybe some kids want some

sure." In December the band will be back in their LA studio with Ron Saint Germain, who also produced the blue album. At the Roseland show, Germain was present.

The show at Roseland lasted two hours. In-between new songs, 311 played fan favorites. The set list included "Freak Out," "Come Original," "8:16 AM," "Lucky," "All

# RAINER MARIA PUSHES FORWARD



photo from Polyvinyl Records

**Iatt Harabin**  
Insider Editor

Pushing a new album... works for release... in the months of 2001... title... version of... for those... waiting for the... Maria will... 7 inch... until...

The band's new... two tracks... features the... and... points... reading... of... the song... ending...

...on guitar... work... folk rock... due to... our... overall... one... overall... this... and... new... However... and... will be... on... A...



photo from Polyvinyl Records

...first demo tape... released some... for 1998... with Braid... Polyvinyl Records... Spin Magazine... Promise Ring... on tour... the US and as far as...

## Nada Surf-Pency Prep-True Love at The Loop

...with the band Pency Prep at 8... their 8:30 sound check. The eight of... outside in the cold next to the fabu-... The Loop Lounge, anxiously wait-... inside. "The Loop," as the sign... the door, wasn't exactly located... Passaic Park nor did it... most happening place. We... by a man on a bicycle who... was the owner and our night... The Loop Lounge was a pretty inter-... with the decorations still up from... only two days before. What... my eye was a skeleton casually lay-... this huge fish tank a few feet above... the bar. But from the vibe the place gave... as though it belonged there all... By the time we got all the equip-... inside and got comfortable, it was 8:30... for the sound check. Pency Prep... and Nada Surf ran through a couple songs... while we waited around for... like forever for the show to begin. Sound check was finally over at 11 p.m., a... after the show was originally sup-... to begin. The opening band was... Prep who some of you may recog-

...from the recent lay on William... Paterson's radio stat This was my first... time actually seeing n and... one word that comes mind... to describe this grou 6... amazing musicians... WOW! I was totally fessed... and completely blowway... by their performance was one of the... first shows but one I'd never be able to... tell by the way they re off on stage. Their... sound was tight as hand their energy and... enthusiasm exploded the stage as soon... as they began. The tl consists of ex-... members of Sector and Stick Figure... Suicide, bands som you may be familiar... with if you went to apcal punk shows. The... sound they havw is completely the... opposite of either of two bands. They... have been compareThe Anniversary... without the girl singecause of the key-... board that accompa a lot of their songs. There is a strong Pi/Get Up Kids/ punk... rock influence in theound. They played a... great 25 minute set :h everyone in the... audience seemed tcoy including mem-... bers of Nada Surf. Iu ever get a chance

...to check them out whether it be at a show or... on the radio station here at school, don't... hesitate. They're definitely... worth paying attention to. These guys are already making... quite a name for them-... selves. Keep a lookout for... their debut album, Heartbreak... in the near future. The next band up was True Love, Nada... Surf's touring band, who I did not particu-... larly like. There was just nothing special... about them. I gave them a chance at first... only to be disappointed because they wound... up boring me. They had no stage presence... which is really important when it comes... to seeing a band live. All of their songs... sounded exactly the same. There was no... variety. Halfway through their set, I... couldn't take watching them anymore so... I hung out with my friend at Pency Prep's... merch. table. Finally at around 1 a.m., the... headlining band, Nada Surf made their... appearance. I was looking forward to... seeing them because they were a favorite... of mine back in high school when their... song, "Popular" came out

...on MTV and the radio. They were amazing... but I was really surprised that there were... not as many people as I expected consid-... ering their popularity only 4 years ago. I... know they had a following then so I... thought it was odd that none of their... old school fans came out especially... since this was their supposed CD... release show. I had a fun time watch-... ing them though. They played some... poppy tunes that you could dance to... as well as some slow numbers. The... lead singer has a voice that just... pulls you in and you can't help but... watch. Definitely go out and get the... new Nada Surf CD whether or not you... liked them in the past. I regretfully... did not buy it but from what I hear... it's worth however much you pay for... it. The show was over at around 2 a.m... and I was almost sad to see it end. I... had great time. I hung out with great... people, got to see 2 great bands, even... had a little to drink. People at the... show were cool and none of them... annoyed me. It was a pleasant at-... mosphere and it seemed as though... everyone was really into the bands... playing. All in all, it was a worthwhile... evening and I'm glad I went.

**Mellisa Mintz**  
Insider Writer

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# RAINER MARIA PUSHES FORWARD



photo from Polyvinyl Records

**Matla**  
Ass. Editor

Pittsburgh. An album is in the works release in the early mths of 2001 titled, *A Better Version of Me*. However those eagerly waiting the new Rainer Ma full length, the next 7 inch will hold you until then.

The *Hell and High Water* 7 inch is two weeks one of which features, guitarist, Kyischer doing an acoustic set. Side A features the song "Hell and High Water" which points the direction that Rainer Maria is heading. The track opens up in a big re of sound that continues through the song until the ending notes. The music is as catchy as I often have that stuck in

my head. Lyrically, the song flows like a poem and deals with a person taking over another person's life. Side B of this record is the acoustic set performed only by Kyle. "Paper Sack" gives Kyle a chance to show off his talent on guitar. The guitar work has the folk rock sound due to use of finger-picking. Overall the song is one of the best songs musically that Rainer Maria have ever written.

This 7 inch does a good job to hold fans over until the new album comes out. However, only one of these songs will be appearing on the new album. *A*

*Better Version of Me* will be hitting stores in the early months of 2001. Look for tour dates to support the album later in the year. For more info about Rainer Maria, check their web site at: [www.rainer-maria.com](http://www.rainer-maria.com)



photo from Polyvinyl Records

their first demo tape, Rainer have released some form of record except for 1998. They are one of the bands along with Braid that have the name for Polyvinyl Records. Also they have been in a Spin Magazine in an interview with the Promise Ring. Currently, Rainer Maria is out on tour covering the West half of the US and as far east as

which features, guitarist, Kyischer doing an acoustic set. Side A features the song "Hell and High Water" which points the direction that Rainer Maria is heading. The track opens up in a big re of sound that continues through the song until the ending notes. The music is as catchy as I often have that stuck in

## Nada Surf-Pency Prep-True Love at The Loop

I arrived with the band Pency Prep at 8 p.m. for their 8:30 sound check. The eight of us stood outside in the cold next to the fabulous bar, The Loop Lounge, anxiously waiting to go inside. "The Loop," as the sign says above the door, wasn't exactly located in the best area of Passaic Park nor did it look like the most happening place. We were finally let in by a man on a bicycle who I assumed was the owner and our night began. The Loop Lounge was a pretty interesting bar with the decorations still up from Halloween only two days before. What caught my eye was a skeleton casually laying in this huge fish tank a few feet above the bar. But from the vibe the place gave off, it seemed as though it belonged there all year round. By the time we got all the equipment inside and got comfortable, it was 8:30 and time for the sound check. Pency Prep and Nada Surf ran through a couple songs from their sets while we waited around for the show to begin.

Sound check was finally over at 11 p.m., a half hour after the show was originally supposed to begin. The opening band was Pency Prep who some of you may recog-

nize from the recent airplay on William Paterson's radio station. This was my first time actually seeing them and one word that comes to mind to describe this group of 6 amazing musicians was WOW! I was totally impressed and completely blown away by their performance. This was one of their first shows but one would never be able to tell by the way they came off stage. Their sound was tight as hell and the energy and enthusiasm exploded on the stage as soon as they began. The band consists of ex-members of Sector 12 and S: Figure Suicide, bands some of you may be familiar with if you went to any local shows. The sound they have now is completely the opposite of either of the two bands. They have been compared to The Dismemberment Plan without the girl singer because the keyboard that accompanies a lot of their songs. There is a strong Pixies/Get Kids/ punk rock influence in their sound. They played a great 25 minute set which even in the audience seemed to enjoy. In my opinion, members of Nada Surf. If you ever get a chance

to check them out whether it be at a show or on the radio station here at school, don't hesitate. They're definitely worth paying attention to.

These guys are already making quite a name for themselves. Keep a lookout for their debut album, *Heartbreak in Stereo*, on Blackball Music coming out in the near future.

The next band up was True Love, Nada Surf's touring band, who I did not particularly like. There was just nothing special about them. I gave them a chance at first only to be disappointed because they wound up boring me. They had no stage presence which is really important when it comes to seeing a band live. All of their songs sounded exactly the same. There was no variety. Halfway through their set, I couldn't take watching them anymore so I hung out with my friend at Pency Prep's merch table.

Finally at around 1 a.m., the headlining band, Nada Surf made their appearance. I was looking forward to seeing them because they were a favorite of mine back in high school when their song, "Popular" came out

on MTV and the radio. They were amazing but I was really surprised that there were not as many people as I expected considering their popularity only 4 years ago. I know they had a following then so I thought it was odd that none of their old school fans came out especially since this was their supposed CD release show. I had a fun time watching them though. They played some poppy tunes that you could dance to as well as some slow numbers. The lead singer has a voice that just pulls you in and you can't help but watch. Definitely go out and get the new Nada Surf CD whether or not you liked them in the past. I regretfully did not buy it but from what I hear, it's worth however much you pay for it.

The show was over at around 2 a.m. and I was almost sad to see it end. I had great time. I hung out with great people, got to see 2 great bands, even had a little to drink. People at the show were cool and none of them annoyed me. It was a pleasant atmosphere and it seemed as though everyone was really into the bands playing. All in all, it was a worthwhile evening and I'm glad I went.

meanwhile, an irritating bird pecks at a peace laurel. He has been painting for 30 years painting his interpretations of the moon. Another metaphor for the unconscious element of the human mind. He looks to establish an equilibrium of his shifting and changing elements that are similar to the shifting tides of the ocean and the gravity of the moon. Cong presents us with his mastery of traditional Chinese ink painting, which at first glance appears simple to the untrained passerby. Chinese painters believe that the best way to paint is to copy the master. Normally, we would think of this as plagiarism, however, Cong explained to me that copying a painting is like playing Beethoven on the piano. You are not entitled to play it, learn from it, and add their own personality to the work. The reproduction here is based on a decorative scroll from the Tang Dynasty depicting the life of the Emperor's

ings are a dial between the drawn form and the color. This conversation exists between the spontaneous gesture and the calculated mark, and morphic and the geometric shapes, finally coalescing into a clear intentional space. The goal of her paintings is to create a balance and harmony. Artists must endow their work with a special quality that transcends stylistic trends. During a trip to the Adirondack Mountains, Joe Van Patten saw something bylines and rock surfaces. The outdoors are alive and vibrant, not static. These drawings are a reflection, not a literal translation of what he saw and how he felt. He chose to limit himself to symbols to express his idea. The circle and the square are the artist's universal symbols of spirituality and the square is a representation of man's attachment to the Earth. The solid shapes made of stippled dots to enhance the idea of energetic vibration. Charles Mao and Margaret Murphy also show their work. Mao's minimalist canvas and surface he paints on to heighten the form of design of *Fantasy Factor* and *Rock the Cradle*. Murphy uses a mix of common household items to make a quirky composition with reading. Photography Darinda Leblaro represents the Art History Department of Benjamin Hall. Collage she created here consists of pictures she took from her grade art class in Paterson, New Jersey. One day she decided to color the stone, gray wall with chalk. The image is arranged so as to show the separate pictures. The rough wall mimics the wall that her children drew their own marks of their own on the wall itself provides it with

information of the scene where the animals found. The happy smiles from the children are a source of joy and an otherwise dismal setting. David Horton introduces us to his character, Dr. Frank R. Howard, a scientist who was once a brilliant mind but has become a mad scientist. Unlike actual scientists, he is a mad scientist. He has created his invention to solve humanity's most vexing problems, but he has also created a monster in our midst. The mad scientist has enhanced his very own intelligence, creating interactive "inventions" made by Dr. Frank. The pages show the gallery and the beginning of Howard's attempt to document his character's findings into a notebook. This notebook uses actual archaeological findings in Egyptian art, such as the Flower of Life, to spawn his fictional adventure and truly absorb us into his story. Watch for updates of Horton's work at [www.drunket.com](http://www.drunket.com). Having graduated from Pratt Institute with an MFA, Robin Schwartz displays her talent for portraiture in *Rebecca* and *Amelia*. From *My Family Series*. The subjects that we see in her photographs are referred to by her as "her two girls." Schwartz wrote about this series saying, "Animals are my passion and this obsession fuels my work. I photograph animals where they share our lives: in urban environments and inside people's homes." She has had much experience in photographing animals and always tries to develop a non-verbal dialogue with her subjects, making eye contact is important to her. Recently, she has become a new mother and takes portraits of her daughter using the same subjects of her animal subjects to once again establish a connection and communication between subject and photographer.

# The Student Film Association Page

## THE STRENGTH OF WILLIAM PATERSON'S FILM DEPARTMENT



On first glance it isn't much. But the most important thing that I find in the film department is not so much the number of staff and facilities, it is the other students who make it work.

I'm a senior who is concentrating on film. Right now I'm in the middle of a major film project, and before attacking it, I had to estimate what would be required to make it work. This "estimation" inevitably became an "under estimation," but my project has not yet fallen apart. I owe its survival to one thing: without the help of other students donating their time and effort to my project, I would get nowhere as a small, independent filmmaker. Before I embarked on my project, I always considered the fact that I can count on them just as they can count on me.

**Chris Slicks**  
SFA Writer

And did I ever cash in on that? The first day, I took my crew on a mile walk through the woods to my location carrying all my equipment. Weighted

down considerably, we arrived on location—sweaty and out of breath. The day had only begun. Naturally, we shot film until sun down. No one even flinched.

This should exemplify the demand I made upon my fellow students. One of my dedicated crewmembers, Oseil E. Ruiz (better known as Ozzy), is a William Paterson Alumnus who labored with me on my film all the way up until his trip to Mexico...literally. He was helping me on my film hours before his plane was scheduled to take off. He had helped me lug around heavy boards (for the dolly), stood out in the rain between shots, and was quick to every demand.

My co-director and co-writer, Ze Marrisnas, is also starring as the main character. He has offered himself on

every single shooting day, and with my film has absolutely no time to himself. He has been there working on my film as if it were the equivalent of a second job.

Andrew Schovanec has been there consistently as well. He has done all sorts of odd jobs, from light readings to pushing the dolly. He is a current student who has not even begun film courses, yet is already advanced beyond that point. He is soon to be integrated into the strong student body that keeps the department ticking.

Others who have helped are Jen Urban and Matt Jones. Matt Jones is a grad stu-

dent at Willie P and Jen is a Comm major.

No matter what complaint you would have about the film department, the human resources available are invaluable. Dedicated students and determined attitudes that bridge a network of filmmakers are an indestructible force at Willie P. As we learn from each other and support those around us, we guarantee a school of filmmakers who will advance far beyond the course descriptions and class lectures. In pointing this out, I hope to encourage others to join and pick-up on the spirit that keeps the department ticking.



In future publications, we also intend to include commentaries, and opinions related to the past film festivals at William Paterson. It is important that they are remembered. In this commentary, Matt Jones speaks of his major film project that he has spent over a year working on.

"Creating 'Blue Moon Orchard' allowed me to tap into the wisdom of my grandfather and realize the potential to isolate what the media and technology has. 'Blue Moon Orchard' is a tale that is told everyday when an audience leaves the mystery and wonderment of cinema behind and is reacquainted with the reality that the senseless continuation of their lives is at hand once again."

His film was shown in the previous film festival at William Paterson. Maybe through his enthusiasm and interpretation of his film we can influence future festival entries. Included are stills presented as companions to his film. The actor is his grandfather.

## ALMOST FAMOUS REVIEWED

Cameron Crowe's *Almost Famous* is an ode not just to Seventies rock, but the 1970's, a time before platform shoes, polyester, and punk. This was a time when all there was could be summed up as a boy and his love for rock music.

This boy is 15 year-old William Miller, a fictional character, based on Crowe's same experiences writing for *Rolling Stone*.

Miller is sent by *Rolling Stone* to write about a band named Stillwater (think Led Zeppelin crossed with the Allman Brothers Band) who is playing at a Black Sabbath show. He eventually follows them around the country, missing school, and falling in love with the band and their Band-Aid (Kate Hudson) in the process.

*Almost Famous* falls short of expecta-

tions however, coming from a person who wasn't alive during the decade, but has a deep love for the time and the music. Too much of the film was melodramatic and parts of it read like a bad rendition of *Spinal Tap* (the plane scene.)

This is not to say that the film lacked a point. It did contain great performances by Jason Lee (Chasing Amy) as the stereotypical lead-singer and Phillip Seymour Hoffman (the gay guy from *Boogie*

*Nights*) as the rock critic confined by his love for music. However, the story lacked a certain originality that one might perceive Crowe of bringing to a story so personal as this. To sum of the movie, one only has to look at Hoffman's character who says, "Don't get too attached." You won't.

**John Paul Cain**  
SFA Writer

Loews Theatres Wayne, NJ  
(973)890-0505  
Monday - Thursday (11/6 - 11/9)

"CHARLIE'S ANGEL" (PG13) 12:20 1:10, 2:50, 3:50, 5:30, 6:10, 7:50, 9:20, 10:15

"CONTENDER" (R) 12:05

"LEGEND OF BAGGER" (PG13) 12:40, 3:25, 4:05, 6:20, 7:00, 9:10, 9:50

"MEET THE PARENTS" (PG13) 1:00, 2:20, 4:50, 6:20, 7:15, 8:40, 9:45

"BLAIR WITCH 2" (R) 12:15, 1:15, 3:45, 5:15, 6:15, 7:45, 9:00, 10:05

"LEGEND OF" (R) 12:00, 2:30, 4:50, 7:05, 9:30

"LADIES MAN" (R) 2:45

"PAY IT FORWARD" (PG13) 12:00, 3:00, 6:00, 9:00

"BEDAZZLED" (PG13) 1:05, 4:10, 7:10, 10:10

"LITTLE VAMPIRES" (PG) 12:50, 3:05, 5:20, 7:30

"LUCKY NUMBERS" (R) 1:20, 4:10, 6:50, 9:30

"REMEMBER THE" (PG) 12:30, 3:00, 6:05, 9:05

Digital Revolution

For the first time in film history, the necessary production equipment and formats are affordable enough for the average consumer to successfully finance his/her own low-budget film that can be distributed. Money has always been the key element in producing films on all levels, starting with student works on up to the big Hollywood blockbusters. However, with the aid of the new technology for independent productions, filmmakers are becoming less dependent on money and more focused on their motivation and creativity.

Film has been around for a little over a century and has covered such tremendous ground in providing entertainment and information for people all over the world. The film camera technology has not changed significantly during its existence, although there have been great strides in upgrading film stocks, lenses, lighting, etc.

It has always been an expensive and time-consuming operation, but with it came brilliant, lifelike images with great clarity. Unfortunately, the consumer market that took over during the '80s and '90s made several 16mm and Super 8 film stocks harder to obtain and more expensive. For example, a 100' roll of 16mm black and white Tri-X film now goes for about \$17. Add \$13. for processing and you've spent \$30. for three minutes of raw footage.

Digital video is the new alternative to shooting on film. It is significantly cheaper to shoot with and just like all video formats, you can check your footage the second after you shoot a scene. DV cassettes range in price depending on quality and length. Mini DV cassettes run around \$7. and provide about an hour of broadcast-quality footage. The use of Firewire, a cable connecting a DV camera to editing software inside a Mac or PC, allows for the digital signal to be transferred from one source to another without any generation loss. What this means is that your final edited product will be as clear as your original raw footage.

The downside to DV is that it is still video and still carries that stressful 60 fields-per-second video-look, as opposed to the comfortable 24fps of film. Most DV camcorders

have the option of shooting with frames instead of fields, which eliminates that video edge and delivers an image that simulates film-look. There are also a variety of software plugins that specialize in doctoring video to look like film.

What about using digital video cameras in college filmmaking courses? Most would frown at the idea since it distracts students from traditional 16mm production. However, before we jump into this argument I feel its best that we take a second to define what filmmaking really is. Is it just to set up a 16mm Bolex camera on a tripod and shoot a city corner? Or is it to stage the "classic" student horror flick with the ketchup murderer in the dorm shower? Filmmaking is a whole process, no matter how intricate you want to make it. It is the scripting, casting, directing, lighting, shooting, editing, and distributing of a visual story. With all these factors so vital to making a vision come to life, is it so crucial that we shoot on film?

The film program is part of our communication department and should therefore stress communication. Having taken Filmmaking I-III, I noticed that emphasis was placed on technical details in student works, rather than on the messages they tried to get across. About a year ago, I was directing a 16mm narrative film and

found that I spent more time adjusting the camera and exposure than I was directing the actors in my scenes. Under the pressure of a deadline I often questioned myself, "What's more important, the shots or the content?"

I am currently in the final stages of shooting the digital feature, "Flyswatters" which began with a budget of \$1000. A film with this budget could only be made using DV; for if I was to shoot on film it would easily cost ten times that amount. All editing will be done on a non-linear Final Cut Pro system and using Adobe After Effects for its special effects.

Filmmaking is one of the most creative and artistic programs we offer on this campus, and should dig into students' imaginations rather than their bank accounts. Film isn't going anywhere, and certainly cannot be replaced by today's digital video formats. DV, however, is an excellent tool for filmmakers with little or no budget. It allows them to break ground as storytellers using the same techniques and shooting styles found in expensive 16mm and 35mm film productions.

If there's one last thing I'd like to leave you with, it's this: money should not determine how a film is built. Instead a film should be built by motivation, creativity and time. These are elements that cannot be bought.

Patrick Dolan  
SFA Writer

Student Film Association Initiation

By Chris Slicks, in Cooperation with Pat Dolan and the SFA

Sponsored by the William Paterson Student Film Association, this new section of *The Beacon* will now be brought to you, the students of William Paterson, under this heading: "The Film Page." Now, articles dedi-

cated solely to film will be published here regularly under the objectives set by the SFA. It will offer Willie P students commentaries and reports on film in the broadest sense. "Film" will include major current and non-current commercial films; it will include shorts and independent films, found on any format as well (either

16 or 8mm, or even digital video). Anything that qualifies as relating to film or filmmaking is eligible for discussion. Through the Student Film Association and the support of the readers, students (most importantly, film majors) will now have a forum and a place to turn to for information on what is happening around them,

and one day nurture what is happening around them.

In this first addition we have offered articles by SFA members Pat Dolan, John Cain, and Chris Slicks, plus commentary by Matt Jones about his film entered in the previous William Paterson Film Festival.

"The shortest distance between friends isn't always a straight line," is written on the poster for "The Broken Hearts Club: A Romantic Comedy." In the advertising and publicity guide for the movie, screenwriter/director of the film, Greg Berlanti, explained that phrase. He begins with saying, "I wanted to write a film about gay men that was more the way I knew the gay world to be, which is very mainstream and regular." He continued, "I wanted to write a gay film that was about romance and not sex, something that was universal that everybody could understand." As a heterosexual female, I decided to put his words to the test.

The movie's attractive male cast led me to the theater. However, during the hour and 40 minutes of the movie, the plot is what kept me in my seat. "The Broken Hearts Club" won critical acclaim this year when it premiered at the Sundance Film Festival. It has been described as "...a perceptive, life affirming character study of a group of friends living in Los Angeles."

The main character is Dennis, a West Hollywood photographer, played by Timothy Olyphant. As he celebrates his 28th birthday, Dennis reflects on his life. "I can't remember when I first realized I was gay, only the first time I knew it was OK. It was when I met these guys-my friends."

Those same lines are said at the end of the film by actor Andrew Keegan who plays the character Kevin. The group refers to him as a "newbie"- a young, inexperienced gay male destined for heartbreak. "The guy's a total newbie, he doesn't even know he's gay," says Benji (Zach Braff) about Kevin.

Throughout the movie, Kevin struggles with his identity. The thought of

him being gay became a reality when his sister caught him "flying solo" to an article on Antonio Sabato, Jr. After he comes to terms with who he is, Kevin is at a club dancing to the song, "Young Hearts Run Free," by Kym Mazelle. He also attends "gay man's therapy," asking his hairdresser advice, like the rest of the guys. "It's like one big gay soap opera," says Patrick (Ben Weber) of the life of him and his friends. Patrick came out of the closet because he couldn't spend the rest of his life in misery. However, he spends most of the film trying to get a boyfriend and being upset that he's not attractive. According to him, "Gay men in LA are a bunch of tens looking for an 11." He, like a few other of the characters, would much rather be Cole (Dean Cain), who according to them is "...gorgeous and completely straight looking."

Cole is also the player of the group. His first scene in the film is of him breaking up with a guy by reading lines from an audition monologue off his hand. Eventually, he gets played himself. When Cole gets a role in the new film by Kip Rogers (Michael Bergen), there's a debate over whether the director is gay. "Just because every gay man in America wants Kip Rogers to be gay doesn't mean he is-he's married," says one. Another responds by saying, "He's married is right up there with he's in a fraternity." It turns out Kip is gay and has an affair with Cole.

An affair is what breaks up Taylor (Billy Porter) and his boyfriend, Paul. After Paul stops avoiding Taylor's phone calls, he tells him he is leaving him for a trainer named Dash. Upset and listening to the "Beaches" soundtrack, Taylor tells his friends, "I was left for a punctuation mark." The movie describes "gay man's recuperation" as drinking strawberry daiquiris on lounge chairs. Each character has some relationship trauma that anyone can relate to. Marcello, for instance, breaks up with Howie because he spends too much of his time smoking pot and watching cartoons. But, later in the film, Marcello tells Howie all the reasons other than his looks that he wants to be with him. The issue of one's appearance is present through a lot of the movie.

Dennis tells one guy he dates that he can't be with him because he's tired of sex with people who only care what he looks like. He tells him, "I can't remember your name because my friends and I refer to you as J. Crew Guy."

The Broken Hearts Club:

Joelle Caputa  
Insider Writer

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His friends also refer to themselves as female characters in such movies as "Fried Green Tomatoes." Benji begins to think that all his friends do is depress each other. As a result, he starts hanging out with a "gym bunny" (a gay man who spends all his time at the gym) he meets. The gym bunny and his friends are always happy, but Benji soon finds out that's because they use cocaine. When Benji nearly overdoses and needs to get

his stomach pumped, his friends all rush to the hospital. Cole asks, "How could this happen?" His reply is "We weren't there."

Everyone does come together for the funeral of Jack (John Mahoney), the manager of their softball team, the Broken Hearts. He suffers a heart attack on the field after the team is victorious for the first time ever. Jack was close to the group and being gay himself, always gave them advice. "Everybody can't be the same. Everybody can't be straight or beautiful. Some people are just gay and average," he would say.

The way the script was written made me forget the movie was about gay characters. There were a lot of issues the characters dealt with that happen in any relationship. Many people can relate to situations like running into someone you once dated and don't want to see. Or, seeing your ex with someone new for the first time. At one point in the movie, the characters discuss wanting to see a movie about gay characters who are not sick and haven't been laid in three months. This could be that movie. The only fault I found was that there were no straight characters in the film. There was one lesbian couple involved in Patrick's story line. It seemed as if heterosexuals and homosexuals exist in two separate worlds and never interact, when in reality, that is not true. However, I did find the following description in the publicity guide to be true. "With the language of romance and comedy being universal, the film captures the personal struggles of a group of gay men, while celebrating the highs and lows of friendship and how those relationships can often transcend the boundaries of a traditional family."

## Bouncing Souls Youth Brigade Zero Zero Show Review

When I heard the Bouncing Souls were playing, I immediately rushed out of my house and sprang to the Continental to pick up my ticket. After a long anticipated wait, the day of the show arrived and was anxious not only to see the BS, but also the exhilarating band known as Zero Zero. Zero Zero consists of ex-members of the legendary Jersey band Lifetime. Ari brings a whole different feel with this band, one that I like a whole lot better than his former band.

Due to another reason for being late to a show, a horror convention near the Meadowlands, I rushed my ass into my car and sped into the tubes of the Lincoln tunnel as snow began to fall. To my demise, Zero Zero was

going to have any merchandise because they never did in the past. As I approached this shack-like presence in the center of the village, I

noticed good old Rusty from H2O hanging outside. The inside felt like a sardine can. I missed Ari in action, and of course no merchandise to purchase. Youth Brigade was on-stage playing and I had no idea they were grandfathers. These dudes sounded like every other old school punk band out there. Boring! They did, however, please me with one of their songs that goes along the lines of hating your life.

The drunks were everywhere and louder than ever. There was a lot of lame people there that I tried to ignore, but they kept repeating the habit of bumping into me. All of a sudden, the overpopulated Continental went dark. People began to howl at the moon. When the lights came back, the Bouncing Souls were dressed like the fucking Ramones. It was the funniest shit. They did "Sedated" and totally got the crowd nuts. It was perfect since Halloween was a couple days away, this was their way of dressing up. The Souls played songs of old and new, and the infamous Johnny X was there. Yes! Johnny X in the flesh. He did his

song with them and chilled out next to the stage. The lead singer's presence is slow and graceful on stage as Pete killed it with his screeching guitar skills. They did "Night on Earth", "Quick Check Girl", "Bullying the Juke Box", and others. Their actual performance that night was being recorded live on a record that is coming out with other Continental performers. So, if your up for bullying a

nighting for what you believe in, go check out the Bouncing Souls. Just don't invite them over; they might eat all your food.

**Pete Markowicz**  
Insider Writer

## WPSC 88.7 Top 30

1. Radiohead, Kid A, Capitol
2. Screeching Weasel, Teen Punks in Heat, Panic Button
3. Catch 22, Alone in a Crowd, Victory
4. At the Drive-In, Relationship of Command, Grand Royal
5. Underworld, Everything, Everything, V2
6. Elastica, The Menace, Atlantic
7. New Found Glory, s/t, MCA-Drive Thru
8. Less Than Jake, Borders and Boundaries, Fat Wreck Chords
9. Jimmy Eat World/Jebediah, split, BWR
10. Swingin' Utters', S/T, Fat Wreck Chords
11. Mooney Suzuki, People Get Ready, Estrus
12. Bratmobile, Ladies, Women, and Girls, Lookout!
13. Samiam, Astray, Hopeless
14. Juliana Theory, Emotion Is Dead, Tooth & Nail
15. J Mascis and the Fog, More Light, Ultimatum
16. Jets to Brazil, Four Cornered Night, Jade Tree
17. Koufax, It Had To Do With Love, Vagrant
18. Elysian Fields, Queen of th Meadow, Jetset
19. Deathray Davies, The Return of the Drunk Ventroliquist, Idol
20. Palo Alto, S/T, Columbia-CRG
21. Weston, The Massed Albert Sounds, Mojo
22. Blonde Redhead, Melodie Citronique, Touch and Go
23. Chainsaw Kittens, The All American, 4 Alarm
24. C.O.C.O., S/T, K
25. Pele, The Nudes, Polyvinyl
26. FYP, Toys That Kill, Recess Records
27. Idaho, Hearts of Palm, Idaho Music
28. Ruskabank, I don't think you hear me though, Noisome
29. Death Cab for Cutie, Forbidden Love EP, Barsuk
30. Emiliani Torrini, Love in the Time of Science, Virgin

## Fraser In "Bedazzled"

When a shy techie can't get noticed by the woman he longs for, it's time to make a deal with the Devil. In "Bedazzled," Harold

Ramis' remake of Stanley Donen's 1967 film that starred Dudley Moore, the lonely geek, Eliot, is disarmingly cute and played by Brendan Fraser, and Elizabeth Hurley plays the best-cheekboned devil in movie history.

She grants Eliot seven wishes in exchange for his signing a thick contract that promises his soul, and he starts by wishing to become wealthy and married to Alison (Frances O'Connor), that elusive co-worker. Suddenly, Eliot is transformed into a Colombian drug kingpin, and he quickly moves on to wish number two. Further roles for him include a noted author and an N.B.A. star. The basketball game sequence is one of Bedazzled's best, as Eliot's wish turns him into a tattooed, backboard-shattering force in shorts and a jersey, while the Devil becomes one of the high-kicking cheerleaders celebrating his hardwood exploits.

**Chris English**  
Insider Writer

Hurley incarnates evil with a naughty perfection, driving a car named after her character (a Lamborghini Diablo

with license plates that read "BAD 1"), and popping up in a variety of crimson outfits, carrying a business card that reads simply, "The Devil."

The sheer fun of watching the surprise register on Fraser's face as he makes his way through his wishes and finds himself uttering his sentences in Spanish as the drug lord or mouthing clever remarks as the author makes Bedazzled worth seeing. The movie's pleasures also show that Harold Ramis has returned to the form he showed with his outstanding Bill Murray vehicle Groundhog Day (1993).

Without giving away Bedazzled's ending, let's just say that basic human values and free will are brought into focus. Comedy is Ramis' specialty, and with Bedazzled, he delivers the laughs with a sinful pleasure.

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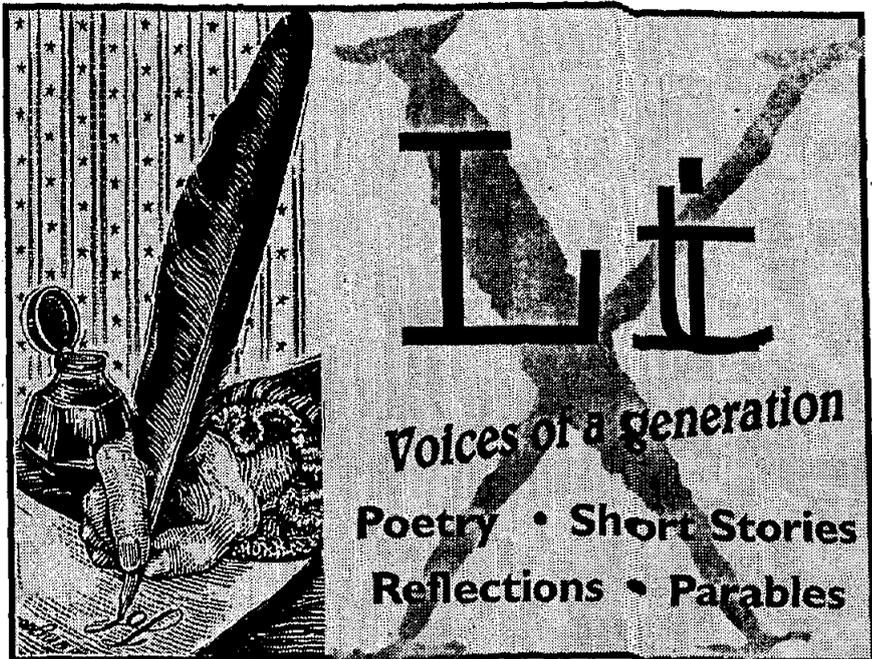
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Untitled

Masters of philosophy  
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 Puppeteers  
 Exposing fears  
 Crucifying sanity.

Decadent society  
 Breeders of debauchery  
 Upon their thrones  
 Sadistic tones  
 Kings of immortality.

Self-defiling misery  
 Blissful state of anarchy  
 Unsound mind  
 Voices cry  
 Resonating mockery.

Irrevocable monstrosity  
 Solace now in apathy  
 Shattered dreams  
 And so it seems  
 This is my reality.

~Jillian Scalice~

this life...

this life is full of obstacles, but sometimes i fail, and feel fra  
 slowly i stop to exhail, then pick my self back up step forward lead my  
 self to the path not taken, one not known , one only for my sne for me  
 to explore, learn , then grow.

this life is full of obstacles , it doesnt come with directions, n ,its  
 not all full of laughs, you never seem to achieve enough, thealways a  
 pain, making you an inch from insane,yet you have noone tome , for the  
 prison you have created for yourself, feeling ashamed about winning the  
 game while falling in a ocean of self pity, that not even you explain...  
 excuse me now while i pick my self up from the ground , atting at what  
 ever comes toward me full force , knowing that down the rodifferent  
 stories will unfold... thats life...

no name

Submit poetry and short stories  
 to Rob, the LIT editor.  
 beacon@student.wpunj.edu



WELCOME  
 DYNAMIC

Broken Yokes and Burnt Toast

Brokenkes and Burnt Toast.  
 But, he TRIED.  
 I begalike us all, as a gourmet chef thinking to  
 myself, o can cook eggs  
 as wels I!  
 Brokenkes and Burnt Toast, but I TRY.  
 I can tell you exactly where, when or why it all  
 went srong.  
 Maybe, probably my straying thoughts of silly  
 things of days that have  
 slippedd gone.  
 But I for myself I started with each egg in hand  
 with h hopes and  
 couragnat was strong.  
 For to the gourmet chef, you have to start over  
 like tiyour whole life  
 long.  
 Brokenkes and Burnt toast how'd it ever go so  
 wrong!  
 Brokenkes; YUP  
 Burnt st; of course  
 But he always TRY.  
 And whan cook eggs as good as I.

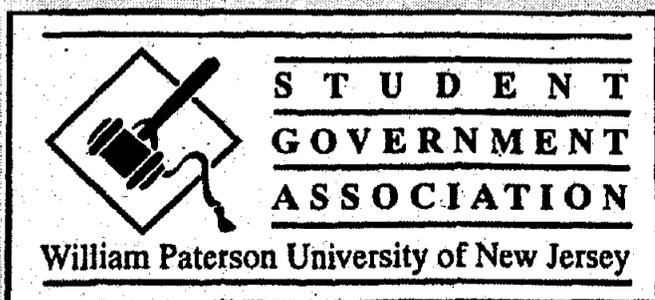
Dan LaGrone



# Student Speakout

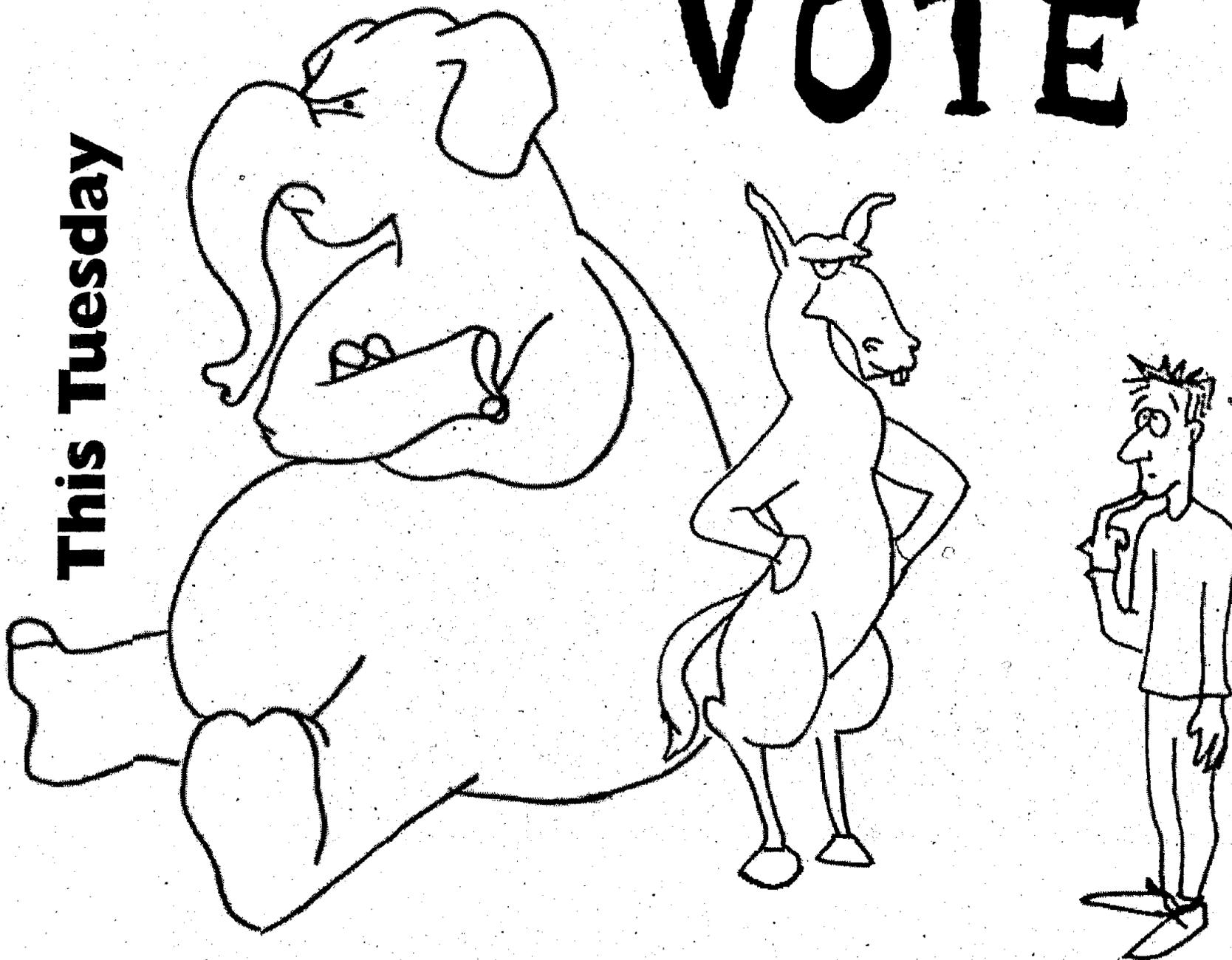
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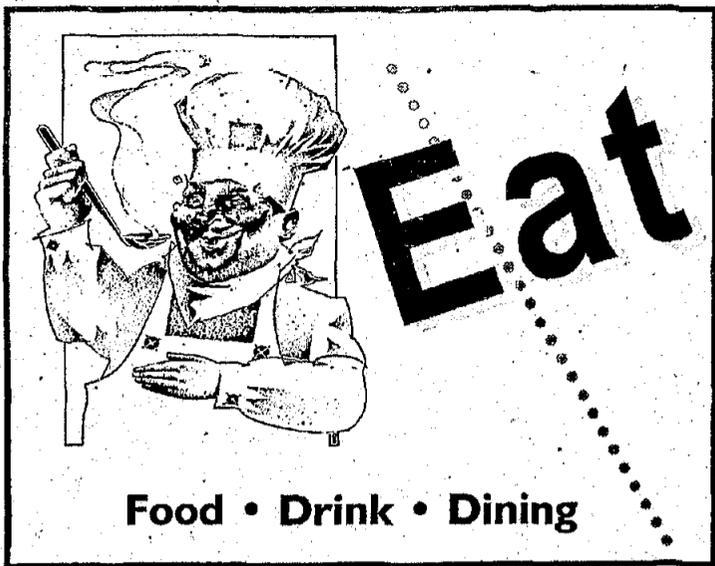
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## A Recipe Designed To Butter Up Peanut Butter Lovers

Anyone who is nutty about peanut butter may be pleased to hear some interesting facts about and an interesting new way to enjoy this creamy spread.

Every Autumn, 16,000 U.S. farmers harvest 1.6 million acres of peanuts. One third of the crop is shelled, roasted and ground into peanut butters and peanut butter spreads.

While various cultures have mashed peanuts for centuries, the modern peanut butter is uniquely American, tracing its roots to a St. Louis inventor in 1890.

Peanut butter was first introduced to the world at the 1904 St. Louis World's Fair, where another inventor sold \$705 worth of the treat at his concession stand.

November is National Peanut Butter Lovers' Month. To celebrate, Fleischmann's Yeast offers a new peanut butter recipe.

For the ultimate peanut butter sandwich, you can bake Peanut Butter Bread, which features one-third cup of real peanut butter and two-thirds cup of chopped peanuts folded right into the bread batter.

The recipe is certified by Fleischmann's Yeast Test Kitchens and offers the time-saving benefit of Fleischmann's RapidRise yeast.

### Peanut Butter Bread

#### Ingredients

- 4 cups all-purpose flour
- 1/3 cup sugar
- 2 envelopes Fleischmann's RapidRise Yeast
- 1 teaspoon salt

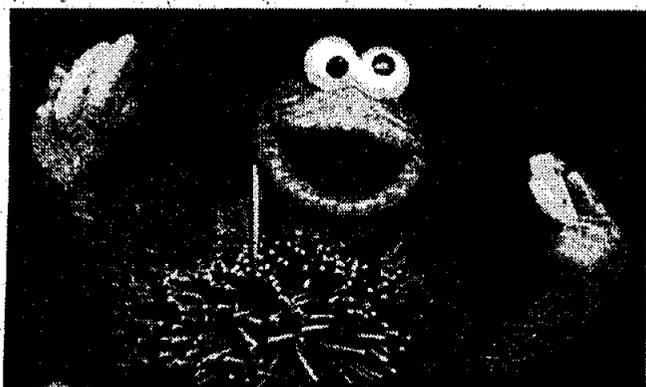
- 1 cup milk
- 1/2 cup water
- 1/3 cup peanut butter
- 2 3/4 cup chopped peanuts

In a large bowl, combine 1 1/3 cups flour, sugar, undissolved yeast, and salt. Heat milk, water, and peanut butter until very warm (120° to 130°F). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/2 cup flour and peanuts; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough into 2 equal portions; roll each to 12 x 7-inch rectangle. Beginning at short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place, seam side down, in 2 greased 8 1/2 x 4 1/2-inch loaf pans. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 350°F for 25 to 30 minutes or until done. Remove from pans; cool on wire rack. Cut into sandwich slices; serve as Peanut Butter and Jelly Sandwich, if desired. Makes two loaves.

For more information about peanut butter, visit the Peanut Advisory Board at [www.peanutbutterlovers.com/index/html](http://www.peanutbutterlovers.com/index/html). Or for more recipes and ideas using Fleischmann's Yeast, visit the URL [www.breadworld.com](http://www.breadworld.com).



## The Beacon Mixed drink of the week Bronx Cocktail

- 2 1/2 oz Gin
- 1/2 oz Dry Vermouth
- 1/2 oz Sweet Vermouth
- Splash Orange Juice
- Stir - Garnish With Orange Slice

Dedicated to Angela Sarrica and Sam Lugo who make the editor's life so wonderful every day

## Party Pizza

Makes two 10-inch pizzas

#### Dough:

- 3-1/4 cups all-purpose flour
- 1 tablespoon sugar
- 1 package Fleischmann's RapidRise Yeast
- 1-1/2 teaspoons salt
- 1 cup water
- 2 tablespoons peanut oil

#### Topping:

- 1-1/2 cups mozzarella and provolone cheese blend
- 1/2 cup grated fresh Romano cheese
- 1/2 cup grated fresh Parmesan cheese

In a large bowl, combine 1 cup flour, sugar, undissolved yeast and salt. Heat water and peanut oil until very warm (120° to 130°F). Gradually stir into dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.

Stir in enough remaining flour to make a stiff dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough in half; roll each into a 10x10 square. Place on greased baking sheet. Prick dough randomly with fork; let rest 10 minutes. Bake at 450°F for 8 minutes. Remove from sheets; place on wire cooling racks. Sprinkle with cheeses. Bake on wire racks at 450°F for 8 to 10 minutes or until done. Cut into 2 1/2 x 2 1/2-inch squares; serve immediately.

Nutritional information per serving (1/16 of recipe): Calories: 170; total fat: 7 g; saturated fat: 3 g; cholesterol: 15 mg; sodium: 390 mg; carbohydrates: 21 g; dietary fiber: less than 1 g; protein: 8 g.

RapidRise Yeast is part of the Fleischmann's complete line of yeast products and bread machine mixes.

Any way you slice it, pizza continues to be a cheesy favorite with both children and adults.



Belmont Grill just had their grand Opening on May 12th (from left to right, top row) the owner Ray Kayal and his three sisters Amy, Wendy and Robin welcomed NY Giants Jason Whittle, Mike Rosenthal and Derrick Engler, also Ray's father Joe and brother Todd.

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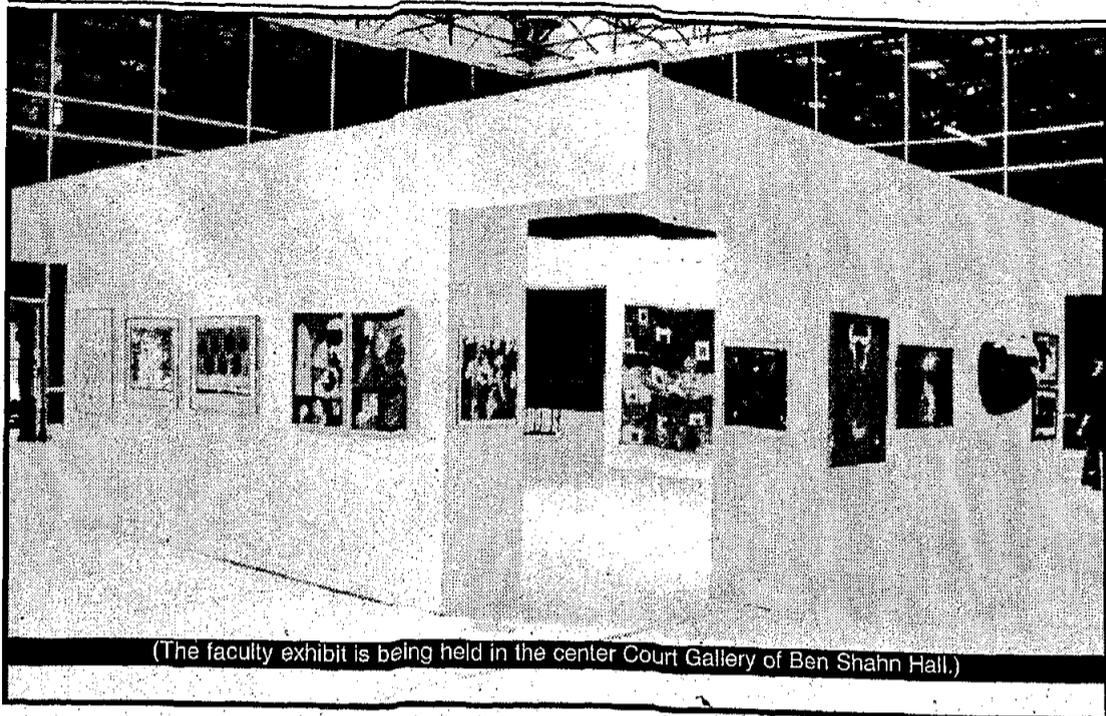
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# FINE ART: Campus Events



(The faculty exhibit is being held in the center Court Gallery of Ben Shahn Hall.)

## Annual Faculty Art Exhibit

(Continued from page 17)  
Installation

James A. Brown's *Freedom Train* is the only example in this exhibit of large scale installation art. The size and varying mediums of sculpture, paint and collection of found objects helps to captivate the viewer's attention. Within this installation, there are obvious reoccurring themes: Ku Klux Klan, the Confederate flag, Jim Crow, etc. These symbols bombard the viewer with, using the artist's own words, "multiple levels of racism." The benefit of installation art is the ability to interact with it. It creates an environment for us to become absorbed in these "multiple levels." We are even encouraged to play a record, turning the viewer into a participant. The moving parts help to bring this environment to life. The sum of these characteristics aid in causing his audience to not just look at his art, but rather to experience it.

### Graphic Design

Will Whitely and Angela DeLaura show us their success in graphic design. DeLaura gives us a brief description of an international medical company preparing to launch its product in Europe. Her business, MidGraphics, was summoned to design a logo for Implex Spinal Systems to be used on their letterhead and envelopes. DeLaura presents this company with different variations for each theme, modifying them many times based on the direction of her client. Will Whitely's graphic design was used in trade magazines describing the dangers of fluctuations in electrical power supply. The brochure for Deloitte & Touche was used as a research report for different accounting firms to create awareness in electronic media.

### Commercial Art

William Muir displays the steps taken to market a product, in this case, Ex-Lax. He started with only the dimensions given to him that we see on paper and using his 20 years experience in Manhattan Model Shop, creates what we see here. These polyester casts are the steps taken to bring this product to life in preparation to be marketed. The large model of the pill, for example, aids photographers for up close pictures used in advertisements. The video being shown to us by Russell Pensyl is a four-and-a-half minute demo reel that he uses to display his talent in these four facets of computer graphics: Character animation, multi-screen presentations, event media and broadcast design. The fish seen on the film, an example of character animation, was a result of his collaboration with the animators at Disney's Epcot Center. The event media refers to presentations he has created for his clients sponsoring a press conference announcing various computer products new to the market.

Camille Daunno makes an in depth study of varying floral arrangements to use in her work as a textile designer. Her control of fine art medium keeps her that much more knowledgeable in her career. "I try to keep my designs not only artistically pleasing, but botanically accurate. I continue to study botanical design and paint in various styles and media to keep up with the current trend in my field of home furnishing."

Alan Lazarus also employs his handle of fine arts to his business. His expertise lies in furniture design. The two tables he has are a new series from Lazarus & Williamson which he plans to put on the market. The table in the front of the gallery is veneered zebra wood on high density fiber. He explained that the zebra wood is not left solid because of its tendency to warp. The table in the back corner of the gallery is made of California walnut and the legs of the table are an east coast walnut. The California walnut was used as the table top because it has a much richer red color than its East Coast counterpart. The curves of the front edge were derived from the wane of the bark of the original tree. Also, the cracks of the surface were left on purpose to preserve the natural beauty of the wood.

### Digital Fine Art

*Don't Say Good-bye* is a triptych of digital art. It was not, however, entirely manifested on the computer. Leslie Nobler Farber painted the varying backgrounds by hand and then scanned them into the computer to be worked on using PhotoShop, Illustrator and Painter. Her goal is to depict an interplay between the "real world and the abstract." Indeed, the solid form of the key intertwined with the textures and the patterns of the background demonstrate this idea. The mood and the title of this series conveys a feeling of nostalgia, like saying good-bye to a part of one's life. However, a clever paradox is created here because the image of the key can also represent unlocking doors, new opportunities or a feeling of hope.

Barbara Pohl collates parts of history coming together in a collage called *Ante Belum Dress*. The goal of this work is to blend various icons of art throughout time in an attempt to "preserve memory." The medium she uses to tie all these elements of antiquity together is also a clever statement about art. She is using digital imaging, one of the latest methods of creating art to come out of the computer age. *X-Rayed Landscape* is a kind of fictional geographical survey. Professor Pohl collected various x-rays and arranged them to convey the feeling of a landscape. The combination of layers used in PhotoShop are meant to be seen through and around. What is normally interior is now being viewed as something exterior.

Lauren Rutten demonstrates her ability in photography along with digital manipulation to create the two large scale Iris prints entitled *Hold Me and Waves of Sadness*. This work is based on the artist's personal experiences and her role as a mother. One is the result of the emotions she felt when dealing with the birth of her son and the other with the death of her own mother. Though they both can be hung alone as potent works of art, what makes this dichotomy intriguing is her choice to show birth, death, and how similar emotions can arise from these two extremes. The emotions that emit from these two prints are so similar, in fact, it makes it hard to decipher which one issues death and which one issues birth.

### Ceramics and Sculpture

*Spiral Horn* is only a solitary element in Ming Fay's assemblage of sculpture. He informed me that it is difficult to express his beliefs using this single sculpture as a reference, like simplifying a paragraph into one word. This object is derived from the ideals portrayed in the installation, *Garden of Qian*, which had been shown in the Whitney Museum of American Art at Phillip Morris in 1998. His work addresses the idea of man's desire to control nature. Human beings struggle with nature in order to "make it better." Ming Fay pointed out to me that this can entail anything from landscaping to bioengineering. In this case, we are being shown an evolutionary animal horn.

*Continuum* is a natural organic sculpture, such shapes normally imply growth. Elaine Lorenz expresses this using an actual vine that wraps around the form of the clay and reaches upward. At the same time, we see the impression of the vine left, representing how the vine is also restricted by the pod. To the eye, her sculptures look soft and malleable, however; to the touch, her work is actually hard and unyielding. Her free standing sculpture *Fold #2* seems like it's made of a mesh of fabric. It is actually wire mesh wrapped around a steel armature, creating a paradox between the industrial and the organic.

Gary Schubert recalls memories of his father's home in Wisconsin. Schubert remembers walking around the acres; drawing and taking photographs of anything that should inspire him. He noticed, quite suddenly, a number of bugs that day swarming around him. They filled the air around him, landed on and flew off him. He began to draw on his board in attempt to immortalize the activity. The jovial mood he felt at the time is the same one we see in *Clay Bees Dancing Around a Clay Fire*. The ceramics professor doubles as a painter. He also exhibits his interpretations of landscapes and seasonal changes derived from a New England backdrop using watercolors.

Representing our foundry arts is Pat McCoy. He invites us to interact with the steel spheres that he calls *Thoughts*. Each sphere is a little bit different, some rattle and make noise as you pick them up. The interesting aspect of this piece is the fact that it is always configured differently each time I walk into the gallery. The work is like an ongoing process with a forever changing arrangement. He also exhibits *Growth*. Much like the work of Elaine Lorenz, this sculpture associates the industrial with the organic.

### Textile Design

Hollie Heller Ramsy's work as the ability to attract eyes from a distance and involve the viewer up close by using small intricate patterns and designs. Using acrylic paint and hand-sewn patchwork, the medium is actually polyester paper made to appear as fabric, like a quilt. From a distance we can see the shapes of ferns. Upon closer inspection, we see photo transfer was to create texture within these ferns. She plays on the idea of nature because the texture within the branches are actually up-close images of rocks and leaves. Her varying use of different mediums is a representation of her ideals for her textile classes. She encourages her students to use painting, photography, and digital imaging to add new dimensions and new layers to their work.

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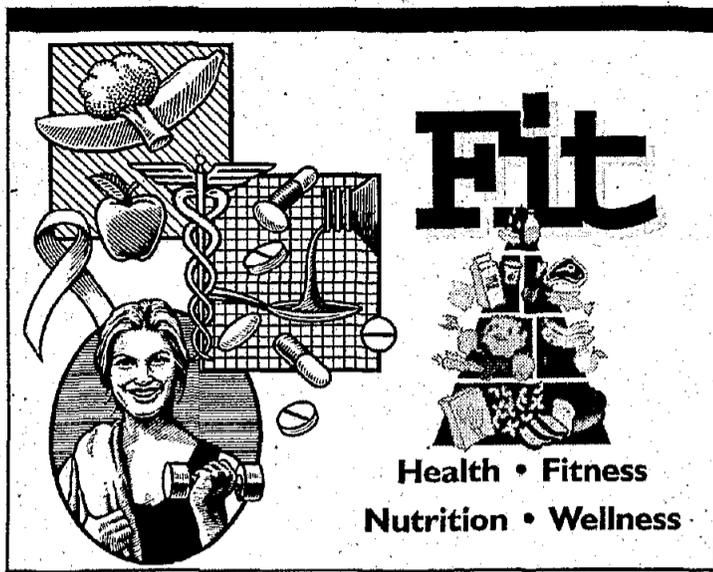
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## Weight training: one set or three?

select answers in future columns.

**Q1:** I have heard that performing one set of 8 to 12 repetitions during weightlifting is as good as three sets. Is that true?

**Q2:** What is the ideal combination of reps and sets when strength training?

**A:** Adhering to the "no pain-no gain" adage, personal trainers have long advised people to perform three sets — 8 to 12 repetitions each — of weightlifting exercises. But there is mounting evidence to suggest that most people, and not only beginners, may get just as much benefit from a one-set training regimen — and save time, too.

One such study, published earlier this year in *Medicine & Science in Sports & Exercise*, a journal of the American College of Sports Medicine, looked at 42 people ages 20 to 50 who had been performing one set of a nine-exercise circuit three times a week for at least one year. For the study, half of the participants were asked to increase their sets from one to three for each

exercise, which included leg curls, chest presses and biceps curls.

When results were analyzed 13 weeks later, both groups saw similar improvements in their muscle strength, endurance and body composition.

### DIMINISHING RETURNS?

"We've been taught to do more and more for so long. But a one-set training regimen is a valid, effective method for weight training for most people," said study author Chris Hass, an exercise science researcher at the University of Florida in Gainesville.

Beyond one set, there appear to be diminishing returns, Hass suggested. "The general thought now is that many people are overtraining with three sets," he said. Some research suggests that people who perform multiple sets may see a small benefit — 2 percent to 5 percent — over single-set regimens. "But is it worth it? It's up to each individual to decide," he added.

Wayne Westcott, fitness research director of the South Shore YMCA in Quincy, Mass., said his research also supports the new findings. "We found that single sets do just as much as repeated sets," he said. "For most people, a single set works fine."

While it would seem that working the muscles harder would produce much greater results, Westcott said this may not be the case. "The essential stimulus for building strength in muscle tissue is to take

the muscle to fatigue one time [with one good set]," he said. "Once you push a muscle to fatigue, it is stimulated to become stronger."

Fitness professionals generally recommend working out with weights equivalent to 75 percent of your one-repetition maximum. Another way of looking at this, Hass says, is to pick a weight that you can lift a minimum of eight times but that isn't so light that you could easily do 13, 14 or 15 repetitions.

### ONGOING DEBATE

Not everyone agrees that one-set training is the best way to go, and more studies are needed to settle the ongoing debate over the "ideal" way to weight train.

But Hass and Westcott say the studies supporting one-set regimens are encouraging news for people who don't have time to do multiple sets of the full weight circuit. In Hass' study, the group that performed the one-set training regimen completed their program in just 25 minutes, compared with about an hour for the three-set group.

"A resistance training program should be tailored to meet each individual's goals," Hass said. "If you're a body builder or professional athlete and your main goal is the absolute maximum strength you could possibly have, you'll need something more advanced. But a healthy lifestyle doesn't have to be dependent on a rigid, high-volume regimen."

## SMART FITNESS ON A TIME-SAVING WORKOUT

By Jacqueline Stenson

Does performing multiple sets when strength training yield better results? Or can a shorter, one-set regimen suffice? Smart Fitness answers your queries. Have a fitness question? Send it to [smartfitness@msnbc.com](mailto:smartfitness@msnbc.com). We'll post

By Jacqueline Stenson

For women struggling to get rid of those "cottage cheese" thighs, there is no shortage of expensive creams and supplements promising a quick-fix for cellulite. Yet experts say none has been proven to work. Now, fitness researchers believe they have a cellulite solution of their own: A fairly simple exercise program that won't cost you anything more than a gym membership.

"I'M NOT SELLING anything," said Wayne Westcott, a certified personal trainer and fitness research director at the South Shore YMCA in Quincy, Mass., who's well aware of the skepticism that

meets claims of conquering cellulite.

Westcott hasn't invented a revolutionary new cure-all. But he has accomplished something that could inspire many women to get out and exercise, and possibly boost their self-esteem in the process. He's shown what many fitness experts have long suspected — that a combination of aerobic exercise and weight training can help reduce cellulite.

How? Simply by reducing fat

and building muscle, explains Westcott, who has authored 15 books on strength training and

some of the muscle with stronger muscle, the fat lies more smoothly and the skin takes on a

smoother look," he said. "And if you also burn fat, then the skin should become fairly taut and toned."

## Conquering cellulite

Smart Fitness reports on a new flab-fighting workout

physical fitness.

While doctors say that cellulite is nothing more than plain old ordinary fat, the term is widely used among disgruntled women to describe fat that is unevenly distributed under the skin, giving a dimpled appearance on the thighs, hips and buttocks.

### • TOO MUCH FAT, TOO LITTLE MUSCLE

"Most fat is between the muscle and skin, and what happens to the skin and fat is impacted by underlying muscle," Westcott explained. When there is too little muscle and excess fat, the skin can take on a lumpy look, particularly in women — who, as a whole, are more predisposed to cellulite than men, he said. And some women have more fibrous tissue between the fat and the skin than others, making cellulite even more pronounced.

Cellulite also can worsen with age. Each decade most women lose about 5 pounds of muscle and gain 15 pounds of fat, Westcott said. And because fat is soft tissue, it doesn't keep our skin firm like muscle does.

That's where a fitness program can help. "When you start doing strength training and you replace

### • STUDY DETAILS

Westcott and colleague Rita La Rosa Loud enrolled 23 women, ages 26 to 66, in a two-month program of aerobic exercise, weight training and stretching. The program involved 40-minute sessions, three times a week.

All of the women were fairly sedentary at the outset, with none engaging in regular physical activity. Too much flab was a universal complaint. "They all felt they had a serious cellulite problem. Some were definitely overweight, but some, particularly the younger women, were not," Westcott said. "They had atrophied the muscles, and the fat had tended to accrue and bulge in certain areas."

The flab-fighting workout Fitness expert Wayne Westcott recommends performing this 40-minute workout three days per week.

• **ENDURANCE EXERCISE:** 20 minutes on the treadmill, cycle or stepper at 70 percent of maximum heart rate, including a 2-minute warm-up and 2-minute cool-down.

• **STRENGTH EXERCISE:** 20 minutes. One set of each of 10 exercises performed at the weight

that fatigues the target muscle within 10 to 15 repetitions. Each repetition should be performed at a controlled speed (2 seconds lifting and 4 seconds lowering), while breathing continuously (exhale lifting and inhale lowering). Exercises: seated leg curl, leg extension, hip adduction, hip abduction, leg press, bench press, compound row, overhead press, abdominal curl, lower back extension.

### • FLEXIBILITY EXERCISE:

Following each strength exercise, immediately perform a 20-second stretch of the muscle worked. Westcott says this may boost strength gains by up to 20 percent. Wayne Westcott

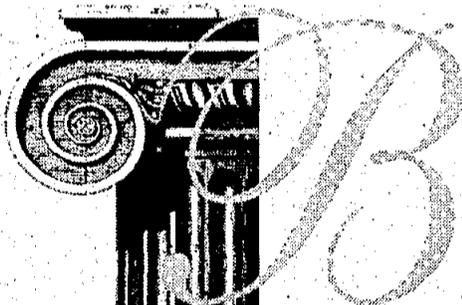
By the end of the study period, the women lost an average of 3.3 pounds of fat and added 2 pounds of muscle. In addition, they reduced their hip size by 1.3 inches and boosted their muscle strength by 56 percent, according to Westcott.

The women also observed a noticeable difference: 27 percent reported "less" cellulite and 73 percent reported "a lot less" cellulite.

Westcott's findings were first reported in this month's issue of *Shape* magazine, to which he is an advisor.

### MINIMAL TIME INVESTMENT

While the results were modest, Westcott believes that sticking with the program will yield continued benefits. And the program is not so time-consuming as to discourage participation.



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# TO YOUR GOOD HEALTH

BY PAUL G. DONOHUE, M.D.



DEAR DR. DONOHUE: Please write about eczema. I have a rash that my dermatologist says is eczema. He prescribed fluocinonide ointment -- very icky, very expen-

ture-retainers.

Don't wash with harsh detergents. Use two rinse cycles on each batch of clothes. With winter approaching, be sure your home has enough moisture in the air. Hot, dry air promotes eczema's return. It might be wise to invest in a humidifier.

DEAR DR. DONOHUE: I am a 59-year-old male and have come down with Peyronie's disease. I have seen three urologists. Each has suggested a different treatment. Which do you recommend? -- Nameless

ANSWER: There are a number of completely different explanations for Peyronie's (pay-row-KNEES) disease and an equally large number of suggested treatments. No explanation or treatment has universal agreement and approval.

sive and very effective. Will it return? How best to avoid it? -- C.G.

ANSWER: Eczema encompasses a number of skin problems that share some common elements. Eczema often surfaces as tiny skin blisters on a red base. The skin itches to the point that it drives a person up the wall. Scratching gives temporary relief, but the itch invariably returns. Constant scratching thickens and roughens skin.

The large family of cortisone ointments -- your fluocinonide is one member -- can give a person the upper hand with eczema. Once the itch-scratch cycle is broken, a person is on the road to healthy skin. But a preventive program must be put into effect to prevent relapses.

Restore skin moisture. Dry skin favors eczema outbreaks. Never bathe or shower in hot water. Lukewarm is as hot as the water should be. Use mild soaps such as Dove or Basis. Gently pat the skin after washing. While it is still damp, apply a moisturizer. Petroleum jelly is effective and inexpensive, though some find it too messy. Lubriderm, Aquaphor and Nivea are other good mois-

## ECZEMA PRODUCES ITCH-SCRATCH CYCLE

Peyronie's is a process in which scar tissue forms within the penis. The scar tissue causes the penis to curve. The curve can be so pronounced that intercourse becomes painful and even impossible.

Vitamin E, the medicine Potaba, injections of the heart/blood pressure medicine verapamil, injection of cortisone, surgical removal of scar tissue, and penile implants of rods or inflatable devices are solutions championed by almost equal numbers of experts. I can't give you a definite answer for the "best" treatment.

Some men, anywhere from one-fifth to one-half of those affected, experience a spontaneous cure within a couple of years.

*Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him at P.O. Box 536475, Orlando, FL 32853-6475.*

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## THE DEBATE ABOUT HOW TO TREAT THIS ILLNESS HAS PATIENTS RAGING-- AND DOCTORS LOSING THEIR LICENSES

By David France NEWSWEEK

A few days before Halloween, a popular Long Island, N.Y., Lyme-disease specialist named Joseph Burrascano entered a state Health Department hearing room where one of medicine's rancorous academic disputes will be played out: how much antibiotics is too much when treating Lyme? THIS IS NO mere intellectual inquiry. Burrascano is standing trial before the Office of Professional Medical Conduct on negligence charges for medicating some patients for several years on end. By next February he could be censured or even stripped of his medical license as a result.

Behind this drama is a seemingly simple problem that has balkanized the Hippocratic

Other medical fields are marked by rolling disputes, like whether too many children are drugged for attention-deficit disorders. But as Robert Cassidy, director of biomedical ethics at Long Island Jewish Hospital in New York, puts it: "This is usually the sort of thing that is fought out at professional meet-

ings, not by tearing off epaulettes in the parade ground." Nonetheless, physicians who use antibiotics aggressively have been scrutinized in Michigan, New Jersey, New York, Pennsylvania, Connecticut, Rhode Island and Oregon, at the urging of scientists from the other side of the dispute, advocates say. Several have lost their licenses. What is going on? Connecticut Attorney General Richard Blumenthal, for one, sees conflict of interest: some witnesses against these doctors may collect money from insurers, he says. "Our doctors are on tenterhooks," says Pat

Smith, president of the Lyme Disease Association. "What have these people done outside of treating sick people for their Lyme disease?" Burrascano is convinced his prosecution is entirely political, "about differences in opinion about treatment." As a published Lyme expert who has testified before Congress, Burrascano says he has treated some 7,000 people from 42 states and 11 countries. "I'm no country doc," he says. "It's not like I'm doing hocus-pocus." In their complaint, state investigators charged him with mistreating nine patients. But those patients side with their doctor. Ruth Giglio, 77, a retired schoolteacher who took several courses of antibiotics over a six-year illness, was surprised to learn her charts are evidence against Burrascano. "I totally agree with everything he did," she says. "I'm better, and that's thanks to Dr. B." So now it is she who ministers to the doctor--she plans to join other patients at a defense rally this week. "This is tantamount to a witch hunt as far as I'm concerned."

## A War Over Lyme Disease

community. One side, which includes academics and insurance companies, says Lyme can be cured with just four weeks of antibiotics; much more than that is unwarranted, hard on gallbladders and costly besides. The other side, mostly doctors and their patients, says that in rare intractable cases the infection will require repeated or prolonged courses of antibiotics, costing up to \$20,000. Both sides have won huge research grants and have published their studies in medical journals.

physicians who use antibiotics aggressively have been scrutinized in Michigan, New Jersey, New York, Pennsylvania, Connecticut, Rhode Island and Oregon, at the urging of scientists from the other side of the dispute, advocates say. Several have lost their licenses. What is going on? Connecticut Attorney General Richard Blumenthal, for one, sees conflict of interest: some witnesses against these doctors may collect money from insurers, he says. "Our doctors are on tenterhooks," says Pat



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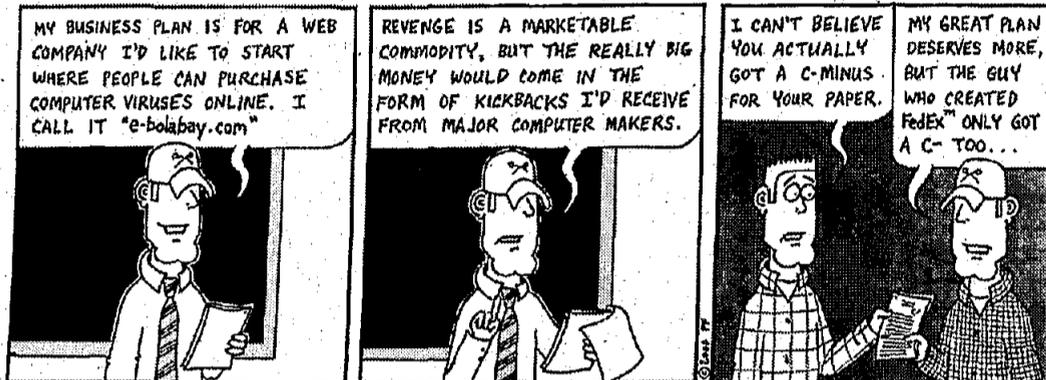


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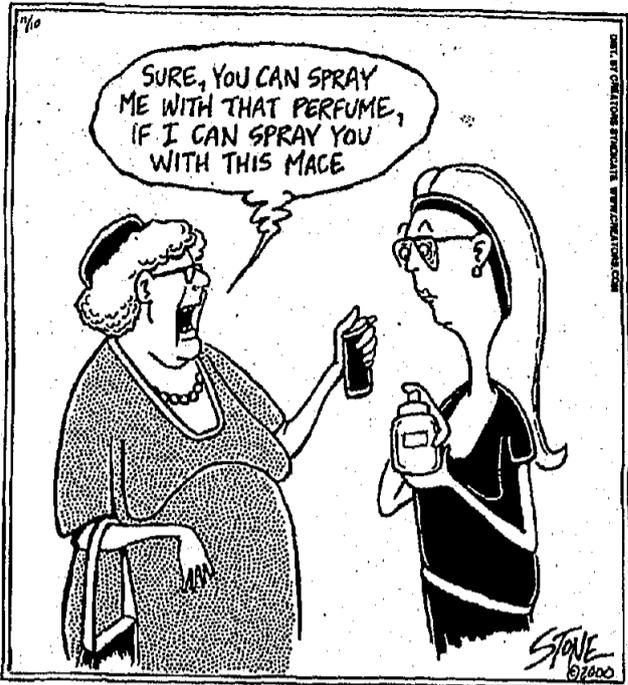
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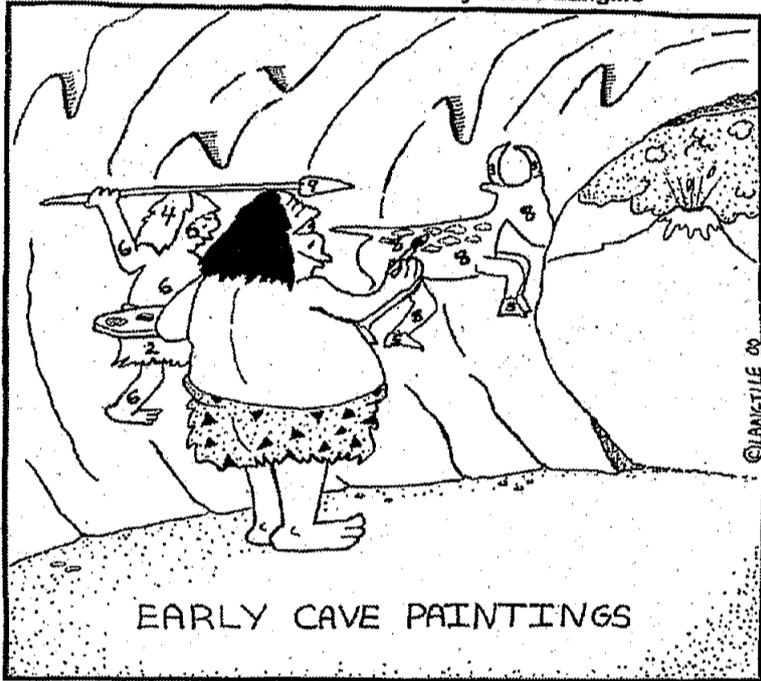
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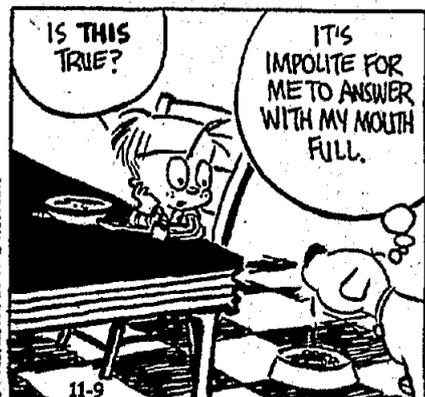
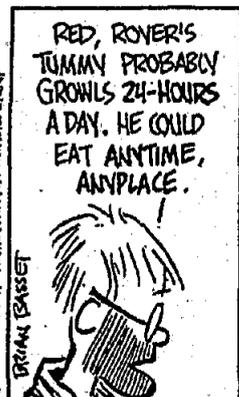
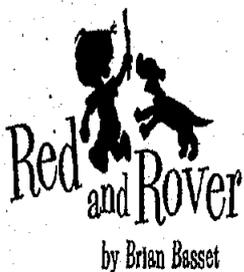
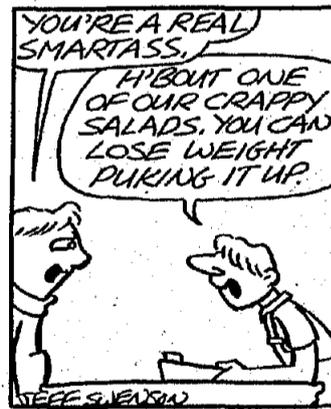
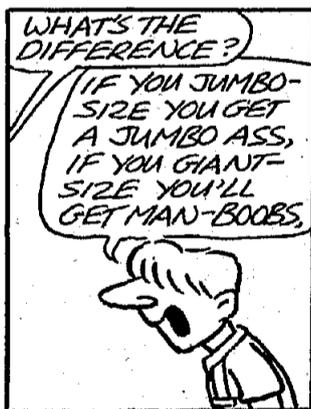
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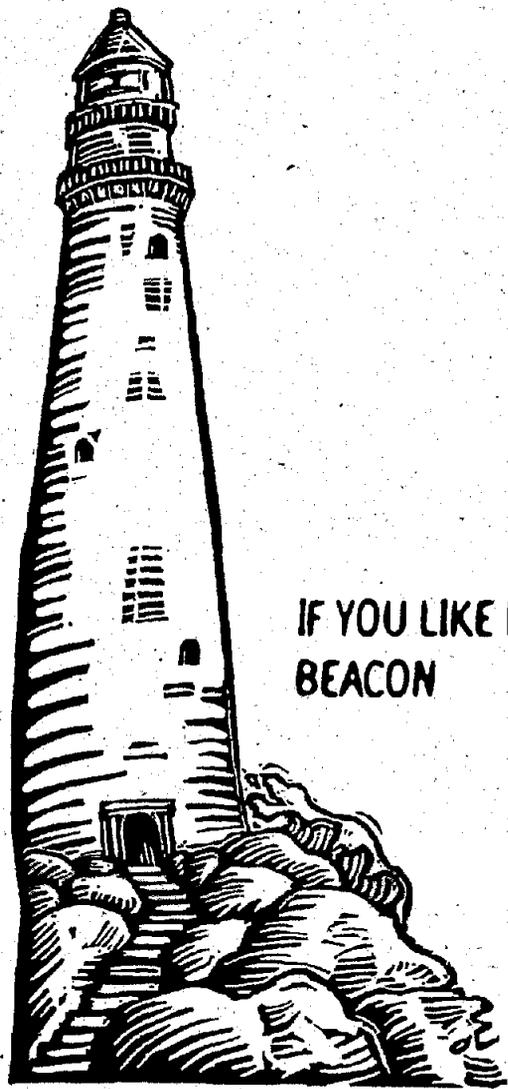
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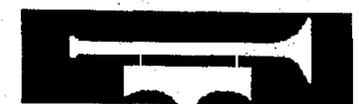
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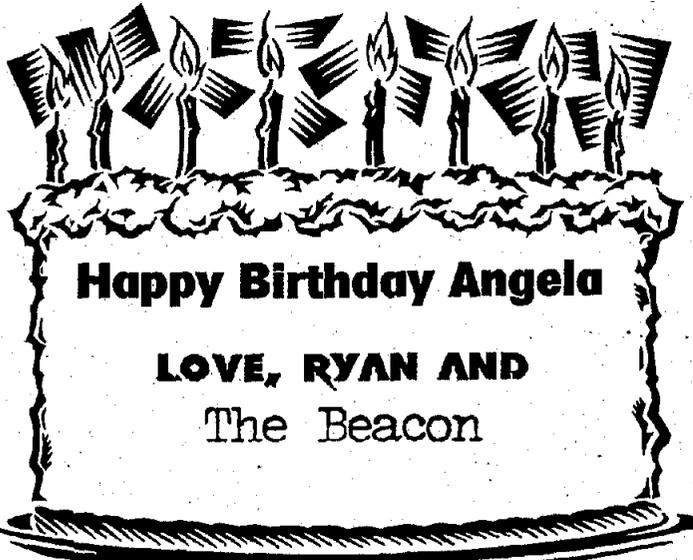
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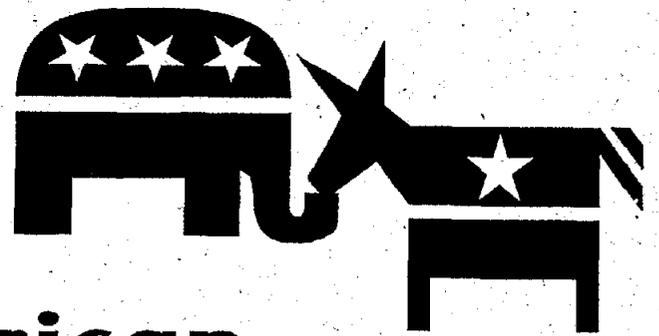




*This Tuesday*  
Get off  
your ass  
and

**VOTE**

Even if you write in Mickey Mouse, Rudolph the Reindeer, Arnold Speert or Dolly Parton, **YOUR VOTE COUNTS**



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men lost their  
lives to give you  
the right to  
**v o o t e .**