



# The Beacon

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OCTOBER 17, 1997

## Gubernatorial debate brings crowds to Shea

By Michael S. Laclair  
News Contributor

Political supporters came out in droves Friday night to support their candidates for the 1997 Gubernatorial debate. William Paterson University was host to the third and final debate between

Republican Governor Christie Whitman, Democratic Senator James McGreevey, and Libertarian Murray Sabrin.

Political supporters for all three sides congregated outside of Shea Center for the Performing Arts two hours before the starting time of the debate.

The outside of Shea Center looked like the beginning of a violent mob. Supporters from all sides were screaming and making so much noise that two people standing next to each other could not hear a conversation between the two. Ticket holders for the event needed assistance to enter the

auditorium because supporters from all sides were blocking the way. At times, the crowd looked like two opposing armies instead of two groups trying to cheer on their candidates. Supporters of the Whitman and McGreevey campaigns were yelling back and forth at each other and a fight looked imminent.

The leader of the group supporting McGreevey, Gerald DeCaprio of Local 1037 Communications Workers of America, held a bull horn leading his troops in chants and political one-liners. He supports McGreevey because he believes Whitman is, "The GOP darling that believes in making the rich richer and the poor poorer."

Supporters of Governor Whitman were the most diverse of all three candidates'. Supporters included college students, middle age workers, and senior citizens. A lot of the students that were holding signs for Whitman were unsure of her beliefs. One WPU student, Jamie Simpson, said, "I am getting paid ten dollars to hold this sign." Another student explained that he supported Whitman because, "I haven't heard anything bad about her."

The supporters of Murray Sabrin were small in number, but strong in belief. All present wanted to wish him well and were antici-

pating a rise in polls after the debate. However, Sabrin's campaign manager, Hal Turner, had a few choice words to say about his candidate's place in the debate. "Any smart person would know that you've got Cruella DeVill on one side, Forrest Gump on the other, and then you got a real man, Murray Sabrin," said Turner.

One of the major concerns of the residents of NJ is the increasing prices of auto insurance. McGreevey supports a ten percent rollback in insurance rates for all NJ drivers. He is willing to make this an executive order the day he takes office. Insurance companies stated they would sue the state if McGreevey issues the ten percent rollback. In response to this he said, "I am going to do it. If insurance companies are going to sue me, go ahead, make my day!"

Whitman responded by calling McGreevey's plan a "fraud." She wants to offer relief to NJ drivers. She stated she currently has nine policies before the legislations. She noted that these policies would bring down insurance rates up to twenty five percent.

Sabrin believes that the other candidates both have the wrong answer. He believes the state has to stop regulation the insurance

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## Administrators "serve" students



Sylvana Meneses/ The Beacon

Administrators served food to students in Wayne Hall on Tuesday, October 21. Dean of Students Roland Watts is shown above (middle) happily serving up dinner to a WPU student.

## Community Policing Unit reaching out to students

By Pamela Langan  
News Editor

The William Paterson University Campus Police Department has been working on adopting a new philosophy for approximately ten years now called community policing, and according to Officer Lynette Shaw, many things have been done unseen around campus to help WPU adopt this idea.

Along with Officer Dennis Johnston, Shaw has been working on many different projects geared toward bringing the students and the police together to solve problems. "Community policing is a philosophy of interaction and problem solving that the whole institution has to adopt because it takes from the top administrator all the way down to agree with the philosophy," said Shaw. "This isn't just our [campus police] problem," said Shaw, "we all have to live here. The police aren't separate from it although it looks like that because of perception."

According to Shaw, they have

hosted a number of forums which they invited student leaders down to discuss any problems and plan to hold more. "Let's go over it and see what we can do," said Shaw. "We're not always right, and neither are the students, but if we can come to some sort of understanding I think things will run a lot smoother."

The Community Policing Unit has also been host to a new six hour class for students, faculty and staff involving defensive driving. This class offered members of the WPU community the opportunity to lose points off their driver's licenses and a percentage off car insurance. The cost of the class was \$15 to cover the cost of sending the paperwork down to Trenton. According to Shaw, they had a full class of 35 people comprised of 22 students, ten staff members and two faculty. It concerned topics such as the different rules of the road and safety issues. "It was wonderful," said Shaw.

Other activities which the

see POLICE page 3

## SGA newsletter taken off the stands

By Pamela Langan  
News Editor

Every two weeks, a newsletter named "The Students' Voice" is distributed among the school courtesy of the Student Government Association (SGA). However, this past Thursday, October 9, the Students Voice was taken off the stands due to inappropriate material.

According to Scott Ryan, SGA public relations chairperson and editor of The Students Voice, he received a column from the SGA Executive Vice President Curtis Fields a day after the deadline, reviewed it for content, and sent it to print the following day. The column written by Fields contained many complaints about the WPU Campus Police Department, excluding Officer Dennis Johnston and Officer Lynette Shaw.

As it was an opinion column, Ryan made sure he added at the end, "The above column is the opinion of Mr. Fields, and does not necessarily represent the opinions of the Student Government

Association," to make sure he or other members of the SGA were not held libel for the information in the column.

"I don't agree with it," said Ryan. "But I felt it was well enough disclaimed," said Ryan. According to Ryan, the paper was distributed on Thursday, October 9, two days later than the intended distribution date. He found out later that night that the papers were removed from the Student Center information desk. At first Ryan believed that the papers were just not supposed to be there. However, when he arrived at school on Monday, October 13, he was told that someone had requested they be taken down.

Following this discovery, Dean of Students Roland Watts called an emergency meeting of the SGA Executive Board. Within this meeting, Watts informed them that the content of the article could possibly lead to consequences for the SGA, and possibly even a lawsuit against the SGA. "I felt there were two things being addressed here," said Ryan. "One was a

problem with the police, and the other was a matter of opinion and freedom of speech."

According to Watts, the entire SGA had issues regarding campus police that needed to be discussed, and he was trying to get them together to discuss the best possible vehicle for them to address them with. "This is not censorship," said Watts. "It is my advice for a better way. Let's not confuse censorship with advising."

Fields submitted this column, "Because a lot of students came up complaining about different incidents that occurred." He mentioned that many students weren't speaking up about their problems with campus police, and he just wanted them to know that they could make a formal complaint against them.

"I felt the article was not so much as a vehicle to blast them as much as it was a rally of support for the students, to understand that they are not the only ones going through this," said Fields.

Fields had no idea that his col-

see COLUMN page 5

WILLIAM PATERSON RECREATIONAL SERVICES PRESENTS:



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## Who's Who on Campus?

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If you meet the following criteria..

..A Minimum GPA 2.5

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..Participation in extracurricular activities

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..Contribution to the William Paterson University Community

Pick up an application for

"Who's Who Among Students in American Universities and Colleges"

at the Student Center Information Desk or the Office of Campus Activities. All applications must be submitted prior to November 19, 1997.

Awards will be presented at the Spring Awards Banquet.

Any questions contact the Office of Campus Activities, Ext. 2271

## CAMPUS CALENDAR

Monday, October 27

**Women's Center** -- Learning to see Racism and Sexism: Hidden messages in the curriculum. Paula Rothenburg, speaks about key issues affecting our lives and education. 12:30, SC 213.  
**Black Students Association** -- Reflections on the Million Woman March. Panel discussion. 8 p.m., Towers Pavilion.  
**Catholic Campus Ministry Club** -- You can make a difference! Join us for weekly visits to Preakness Nursing Home. 6:30 p.m., at CCM center.  
**Psychology Club** - General meeting. 12:30, Science 241.

Tuesday, October 28

**Irish Club (Irish Students in Harmony)** -- First meeting - Come find out what we're about. Science Hall 433, 12:30 p.m.  
**Coalition of Lesbians, Gays and Friends** -- Common Hour Open Forum. SC 304.  
**Pre Law Program** -- "minorities and Law School," a pre law workshop open to all students. 12:30, Science 369.  
**Student Business Association** -- Stan Holland from the Bergen Workforce will lead a discussion concerning small business management. 12:30, Haubinger 208.

Wednesday, October 29

**Coalition of Lesbians, Gays, and Friends** -- General Meeting and Open Forum for any discussion. 7:30 p.m. SC 213. Contact Joseph x5109.  
**Catholic Campus Ministry Club** -- Join us for some quiet time & meditation during our weekly Holy Hour. 6pm-Wednesdays-CCM Center. Contact Joanne x6184.  
**Women's Center** -- Women's Discussion Group, co-led by Professor Griscom and Meryle Kaplan. 3:30-4:30 p.m., SC 214.

Thursday, October 30

**United Science Club** -- School Spirit Day. Wear your school color while they're really in fashion. All day.  
**Campus Girl Scouts** -- Discussion of upcoming events. SC 315, 12:30 p.m.  
**Women's Center/Women's Studies** -- "The Burning Times" A film discussing legends and misconceptions regarding the term "Witch." Discussion led by Prof. Sandberg, Women's Studies Dept. will follow, Library Auditorium, 12:30 - 2 p.m.

Friday, October 31

**Coalition of Lesbians, Gays and Friends** -- Halloween Parade in Greenwich in NYC. \$2 for Bus ticket. Leaves lot at 5 p.m. Leave NYC at midnight.

Sunday, November 2

**Admissions Office** -- Needs help decorating the campus for the 1997 Fall Open House. Call Cathi Bertani, x2903.  
**Admissions Office** -- The Fall Open House. We need your help on Sunday morning to decorate the campus. Volunteers needed.

## The Beacon

A NEWSPAPER THAT'S CLEARLY FOR YOU

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## Advisement system links professors and students

By Matthew Halpern  
Staff Writer

There's a new buzz question going around campus. We have found out the new name of the University, and that question has been put to rest. Now William Paterson University students want to know "what is my RAN?"

Starting with the course selection for the Spring 1998 semester, WPU has introduced a new advisement program, in the hopes that the relationship between students and their adviser is more than just course selection.

According to Dr. Susanna Tardi, WPU Sociology Department and one of the coordinators of the program's implementation, the new advisement program will create a relationship between students and faculty advisers which many students feel is missing.

For those students who don't know what the RAN (Registration Access Number) is, it is a number a student can only receive after they have met with their designat-

ed adviser. Students will not be able to access the Voice Response Registration (VRR) System without a RAN. The RAN will change for each registration period, and students are encouraged to schedule an appointment with their adviser as soon as possible.

"Following graduation, the Office of Planning, Research and Evaluation conducts surveys with graduating students, and the results stated that students were dissatisfied with the advisement program," said Tardi. "Students felt their advisers didn't care about them and were uninformed about curriculum issues."

The new structure for advisement, known as the "Developmental Model of Academic Advisement," was developed by the advisement and registration council of the Faculty Senate.

The task of the council, said Tardi, was to come up with a better model of advisement to meet the needs of students.

Part of this advisement program is creating a better relationship

between students and advisers. As part of the training for advisers, Tardi said that faculty members are being trained to recognize strengths and weaknesses in students, and to be able to draw information out of students to help meet their individual needs.

"In order to advise, faculty advisers need to be able to identify what stage a student is in at college," Tardi said. "We cannot treat all students the same."

As part of the advisement program, all members of the campus community will play an active role in the development of the WPU student body.

The Advisement Center, Registrar's office, deans, department chairpersons and other services will contribute to making every student feel as though they have all the tools to succeed, added Tardi.

While that new advisement model is faculty driven, Tardi does not want students to think that they have no responsibility in this program. As the student and adviser meet and work together,

Tardi feels they will create a relationship where both will feel comfortable. Students will be able to have a faculty member they feel they can trust, and Tardi hopes that students will then talk to their advisers about academic issues that affect their performance at WPU and other issues.

According to Tardi, this new model for advisement has received great praise from the administration and Board of Directors. She said the administration worked

hard to get this initiative running for the upcoming semester. This has become a model for other councils to follow, she said, where students can feel confident at WPU.

"We want students to feel as though they are at the right institution," said Tardi. "Now, students will not feel they have just been accepted and thrown into a world where they are expected to live by their own devices."

## Sheffield honored as NJ Professor of the Year

Carole Sheffield, political science professor at William Paterson University, was named New Jersey Professor of the Year by the Carnegie Foundation for the Advancement of Teaching

A professor of political science at WPU for 24 years but has contributed significantly and is currently the head of the women's studies department. Courses such as "Contemporary Feminist Theory," and "The Politics of Sexual Violence" have enabled Sheffield to portray to students the effects that rape, obscene phone calls and domestic violence have on women and society.

Not only has Sheffield supported her students academically, she has accompanied rape victims to the emergency room, to police stations and offered support to their partners.

The Carnegie awards are given



Political science professor Carole Sheffield is honored by this award from NJ.

to teachers in 48 states. Sheffield was chosen from 13 entries in New Jersey.

## 200 involved in fight in student center

Police from Haledon, North Haledon, Paterson, Wayne and the Passaic County Sheriff's Department were dispatched to William Paterson University early Friday after a fight broke out in the Student Center.

At approximately 1 a.m. a riot erupted for unknown reasons and spilled outside to the front of the building while a dance was being held inside.

The melee involved a large amount of people and various skirmishes, and police are not certain how it started.

As police tried to reach the injured people, students threw rocks and bottles at them. Police were forced to use pepper spray to try to control the crowd.

According to Michael Wnoroski, a student director working in the student center that night, "It was utter chaos. But, between the police working and the student directors on hand, it was handled well."

Several people had to be treated for exposure to the pepper spray and five others were taken to Wayne General Hospital for

injuries. One of the patients was treated for intoxication and another for facial cuts.

When the fight began, there were two WPU campus police officers stationed in the Student Center, but five more were dispatched to the scene.

Out of approximately 200 people involved in the riot, three were arrested. WPU students Christopher Warshaw, 25, David Coleman, 22, and Francisco Segovia, 20 were arrested. "It could have been a lot worse," said Wnoroski.

## Campus Police working with students to solve WPU problems

from COMMUNITY page 1

Community Policing Unit has been involved with bringing pro-

jects such as "Dunk A Cop" and the "Softball Bash," both during Springfest. The Dunk A Cop helped raise money for book

scholarships, and according to Shaw the administration agreed to reduce student tickets if they dunked a cop. Approximately

\$8,000 was taken off of student tickets from this event.

The softball game has been a highly successful event for the advancement of student and police communications. "I could see such a big difference even in the softball game," said Shaw. "Now they see you as a person, not in uniform."

Recently a select group of officers visited the WPU Child Care Center for a day, and gave the kids that a big difference even in the softball game, said Shaw. "Now they see you as a person, not in uniform."

Projects still being planned by the Community Policing Unit are Bike Squads, Car Stops, and possible dorm stations. "A while ago, there were more bike squads around and more beat cops. Everyone knew a certain cop and ran to him when there was a problem," said Shaw. She would also like to see dorm stations. This way if there are problems within the residence halls, students can simply go down to the station within the building and get help.

However, this idea is still under question. She hopes these ideas will help any student problems by making police more visible and interactive on campus.

Another idea which is in the midst of being planned is called Car Stops. According to Shaw, this is campus police's way of trying to teach students how to react when stopped by an officer both on campus and off. "Sometimes they don't know how to react and they get either nervous or nasty," said Shaw. "I want to teach them what an officer expects when he stops you."

Shaw's main reason for being involved with the Community Policing Unit is to help make WPU better. "They have no idea that I'm more interested in helping them; my main mission isn't giving someone a ticket. Just the fact that they're here is important. When my kids grow up, the students here are going to be the ones teaching them, so I want to try to guide them and be part of the academic process," said Shaw.

"It's so much more pleasant to be here when you know everybody and you can do something to help somebody instead of walking the other way," said Shaw.



Officers from Campus Police recently visited the WPU Child Care Center to give safety lessons. The kids were also given the opportunity to look inside a real police car. Officers pictured here behind the children visited the center two times.



# Opinions & Review

## The Beacon

### EDITORIAL BOARD

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## Mailbag

### Professor of the year

#### To the Editor:

This letter is being written to comment Dr. Carole Sheffield of the Political Science Department on her recent receipt of the Carnegie Foundation of Advancement of Teaching New Jersey Professor of the Year Award.

To many students, Dr. Sheffield has been an inspiration and represents a force of unrelenting determination. Additionally, she has served as a shelter from the storm for many more during their times of need.

Her dedication to the students,

### 'Safety on campus'

#### To the Editor:

We have safety on campus? Oh, do you mean the people in those brown uniforms? Let me tell you my story with the safety on campus. It was a foggy, rainy night last year. I was meeting someone at 7:00 in the front of the Science lot to get my book back. Anyway, I was sitting in my car in the teacher's lot waiting about five minutes. Now remember, it is 7:00 at night and the lot was empty! A man with his orange rain coat and umbrella tells me

that since I am a student, I do not belong there. I said in less than five minutes I was meeting a friend. He told me that he didn't care. So, I parked in the Science lot and walked. It is ironic because the next day, I found out there was a rape on campus. If the 'safety on campus' wasn't worried about parking at 7:00 p.m., maybe there would not have been a rape. So, yes, we have problems with safety on campus.

Nicole Oetken

### Sexual violence isn't funny

#### To the Editor:

I am writing to share an experience that I had on October 8th. I was reading the t-shirts that were hung in front of the student center as part of the Clothesline Project. As I stood reading a t-shirt, I heard some young men behind me who were walking by and making comments about whether or not they would rape their daughters. Shortly after I heard three different young men loudly joking about rape. I was appalled by the reactions of these men. Both sets of

men seemed to find something amusing about the act of sexual violence against females.

I consider myself lucky to have made it through 22 years without being a victim of sexual violence. Is that funny? Would it be funny to these students if their mothers, sisters, girlfriends or daughters were raped? The students of WPU need to realize there is nothing funny about violence against women.

Shannon Busch

### Thank you Campus Police

#### To the Editor:

I would like to thank Campus Police Officers Johnston, Shaw, Mourao, and Jamie for coming to the Child Care Center during our safety week.

Officers Johnston and Shaw visited twice, once to discuss car and home safety and once to show the children the police cars. The officers encouraged participation and geared their information to the children's age level, which for 2-1/2 to 6-year olds, is harder than it

seems. The children enjoyed the visits, especially going into the cars and taking pictures.

We greatly appreciate a police force that takes the time to address the safety needs and interests of the children on campus. We are also glad to have the opportunity to foster children's awareness of the many important and helpful tasks police officers perform.

Susan Reiss,

Child Care Center Director

## Atrium's later hours are unnecessary

There is no doubt, that with today's students taking on more and more responsibilities (which of course translates into less and less time for academics), certain facilities at William Paterson University need to remain open later than they have historically. However, administrators' and students' ideas as to which facilities should remain open later seem not to coincide with one another.

The administration's idea of extending the Atrium computer laboratory's hours until the wee hours of the morning has, thus far, been a bitter failure. Sadly, the typical late night computer lab scenario involves one (or possibly two) Student Technology Consultants overseeing the two (maybe three) students working in the lab from about 12:00 to 1:30 a.m., at which time the students using the computers usually leave.

Certainly, more students would find it more beneficial if the library were open until 2:00 a.m., instead of the Atrium, especially since the library, in its full capacity, offers much more for students than a place at which one can type papers. Unfortunately the

library is only open until 11:45 p.m..

However, the library needn't even be open until 2:00 a.m. at its full capacity. If the Curriculum Materials, Media Services, and Periodicals & Document Delivery closed early to conserve funds, students would still be left with ample facilities for research and study.

It is not the mere fact that a facility be open until 2:00 a.m., it is the role that the facility can provide for students. Although a computer terminal is an excellent place for word processing, it is not of much use for anything else.

WPU should not be in the habit of wasting money. If the computer lab's extended hours are not being utilized by a substantial amount of students, then the hours should be cut back. Similarly, if it were established that a substantial amount of students were not using the library's extended hours, then they should be cut back. Although WPU should offer students many opportunities to succeed, WPU should not offer them merely for the sake of offering them.

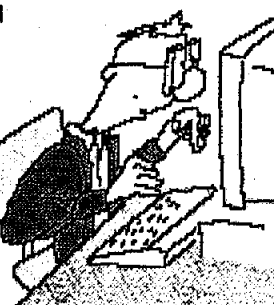


### WHAT'S THAT YOU SAY?

There are so many issues you don't know where to start...

LET US KNOW WHAT YOU THINK:  
Do the computer lab's extended hours accommodate your schedule?

Letters can be no longer than 150 words



Letters to the Editor can be e-mailed to beacon1@frontier.wilpaterson.edu, faxed to 973-720-2093, or mailed to The Beacon, SC 310 300 Pompton Road Wayne, NJ 07470 and can be no longer than 150 words, columns or op-ed articles should be no longer than 500 words. Letters must be signed. The editor reserves the right to edit for grammar and length. Manuscripts can not be returned. All submissions become the property of The Beacon.

Do you feel like you're surrounded by idiots? Are you right; is everyone else wrong? Can you write 500 words every-other week (in a fairly coherent manner), explaining EXACTLY what's on YOUR mind? If so, come to room 310 in the Student Center on either Tuesday or Thursday during common hour and ask to speak with Norm.

# Debate in Shea Auditorium telecast live on TV and radio

from DEBATE page 1

companies. He stated that, "Deregulation increases free market competition and will lower insurance rates."

All candidates had concerns on the issue of education. McGreevey believes the state's education standards are mediocre. If elected he would get rid of the current standards of education. He said he would enact the standards of Harvard School of Education and the University of Chicago. McGreevey stated, "The most important thing we can give our children is educational excellence."

Whitman said it was a false statement to say our education system is bad. She also stated that the standards McGreevey would like to enact would not work.

Sabrin said, "We need to empower teachers to set their own standards in their classroom." He believes education should be dealt with on the local level. It is not the responsibility of the state, and it is his belief that the state mandates should be abolished.

On the issue of partial-birth abortion, Whitman said this procedure should only be done if the woman's life is at stake. Furthermore, she cautioned, "It's not what kind of procedure, it's the broader issue of life."

McGreevey responded by saying, "It is the personal decision that a woman has to make. Those decisions are decisions of moral conscience within the ethical framework of the individual."

Sabrin said, "This procedure is infanticide. It is not a woman's choice to commit this procedure, this is murder!"

The crime rate is at an all time low in the state. Although this has occurred, crime is still a problem.

Sabrin believes the crime problem would decrease significantly if the people have, "the right to protect themselves." At the present time the criminals have guns. "We have to level the playing field," said Sabrin.

Whitman said we have to continue to incarcerate criminals. During her current reign, she maintained that she wrote laws to combat crime. She also stated she



Photos by Sylvana Meneses/The Beacon  
(left) Democratic Senator James McGreevey and Libertarian Murray Sabrin; (right) NJ Governor Christine Whitman. The third and final gubernatorial debate for the 1997 elections was held at WPU Friday, October 24 in Shea Center for the Performing Arts. Crowds of people came to support the candidates and to hear their views on issues such as car insurance, abortion, and education.

is, "concerned about living in a society where people have concealed weapons."

McGreevey reminded that he was an assistant prosecutor in the state. He said we have to be tough on crime and emphasize "structure and discipline."

This was the third and final debate for the 1997 Gubernatorial election. The debate was part of the WPU Distinguished Lecturer Series and was produced by News 2. The debate was broadcast live on New York News 2, WCBS Newsradio 88, and KYW-AM radio in Philadelphia.

By holding the third and last debate, WPU secured a place on the NJ map. The highlight of the evening for WPU was when Larry Cain of KYW 3 said, "I would like to thank the people of William Paterson University for hosting this event and for providing such great, great hospitality."

WPU President Arnold Speert stated, "It provided us with exposure to the New York market. This is the kind of thing the institution should provide and that is the means for the community to be educated."

Speert emphasized, "I want people to see our students. I want people to get to know our students. I want our students to have more options and that is what this

provides us with."

Most importantly, this debate introduced the beliefs of the candidates for governor to many stu-

dents for the first time. Now the choice is up to the students. A vote is a privilege that people in other countries do not have. It is

most important that come November 4, the students utilize the right to vote.

## Donators needed for blood drive

By Sophia A. Brooks  
News Contributor

On October 2, 1997, The Blood Center of New Jersey celebrated fifty years of service. Over these past years the blood center has been dedicated to providing blood and blood products to New Jersey citizens in need.

So on October 28, 29 and 30, the William Paterson University community can participate in a blood drive that will be held on campus. This is not the first time WPU will engage in this event. In the 1980's the college collected 600-800 donors, but unfortunately the numbers decreased in the 1990's. In 1993 there were 486 donors and in 1996 only 260 donors were collected.

Some students who have never donated blood commented, "I am too afraid of needles." Two other students Teena Thomas and Leo Torso said with much disappointment, "I want to but I just cannot," (for reasons beyond their control.) While some students have legitimate reasons as to why they will not be a part of next week's blood drive, others are just not aware of the eligibility criteria.

To be a blood donor, the person needs to be eighteen years old and

be in overall good health. Those who are seventeen years old must get parents' permission. The donor should know his or her social security number, and must bring a signed form of identification. There is no upper age limit for donors, provided they have donated within the last two years, or have some doctor's note.

Five percent of healthy Americans are eligible to donate blood, yet only a few actually donate each year. The blood donated is useful for liver, kidney and heart transplants, caesarean sections, miscarriages, open-heart surgery, knee replacement and automobile accidents, to name a few.

"Yes, I think it's a good idea

because you can help those who need it," said WPU student Terri Mortyn when asked if she will donate. Judy Daniels, a representative from the Blood Center of NJ, urges the William Paterson University community to donate. "We are counting on the blood drive to have a great turnout." She continued,

### To be a blood donor...

- Must be eighteen years old and be in overall good health (anyone seventeen years old must get parents' permission.)
- Donor should know his or her social security number
- Must bring a signed form of identification.
- Those with cold or flu symptoms should wait until they are feeling better before donating.
- There is a 72 hour deferral after dental work
- There is a one year deferral for any body piercing or tattooing
- For anyone who has traveled outside of the United States recently, they would need to call the blood center at 676-4700 for eligibility criteria.



People with cold or flu symptoms should wait until they are feeling better before donating. For those who have had dental work there is a 72 hour deferral. There is also a one year deferral for body piercing. For anyone who has traveled outside of the United States recently, they would need to call the blood center at 676-4700 for eligibility criteria.

Giving blood is a matter of saving lives. According to a report from the Blood Center of New Jersey, 4,000,000 people per year need blood, every 12 seconds.

"We are experiencing shortage of certain blood types, especially types O and B. The Blood center needs to have 266 people donate everyday in order to meet the needs of patients in area hospitals."

The Blood drive will take place in the Student Center Ballroom, from 11 a.m.-6 p.m. on all three days (Tuesday through Thursday). There will be complimentary t-shirts for all donors. For more information call 1-800 BLOOD NJ.



# GREEK SENATE BLOOD DRIVE

WILLIAM PATERSON UNIVERSITY

TUESDAY, OCTOBER 28 11-6

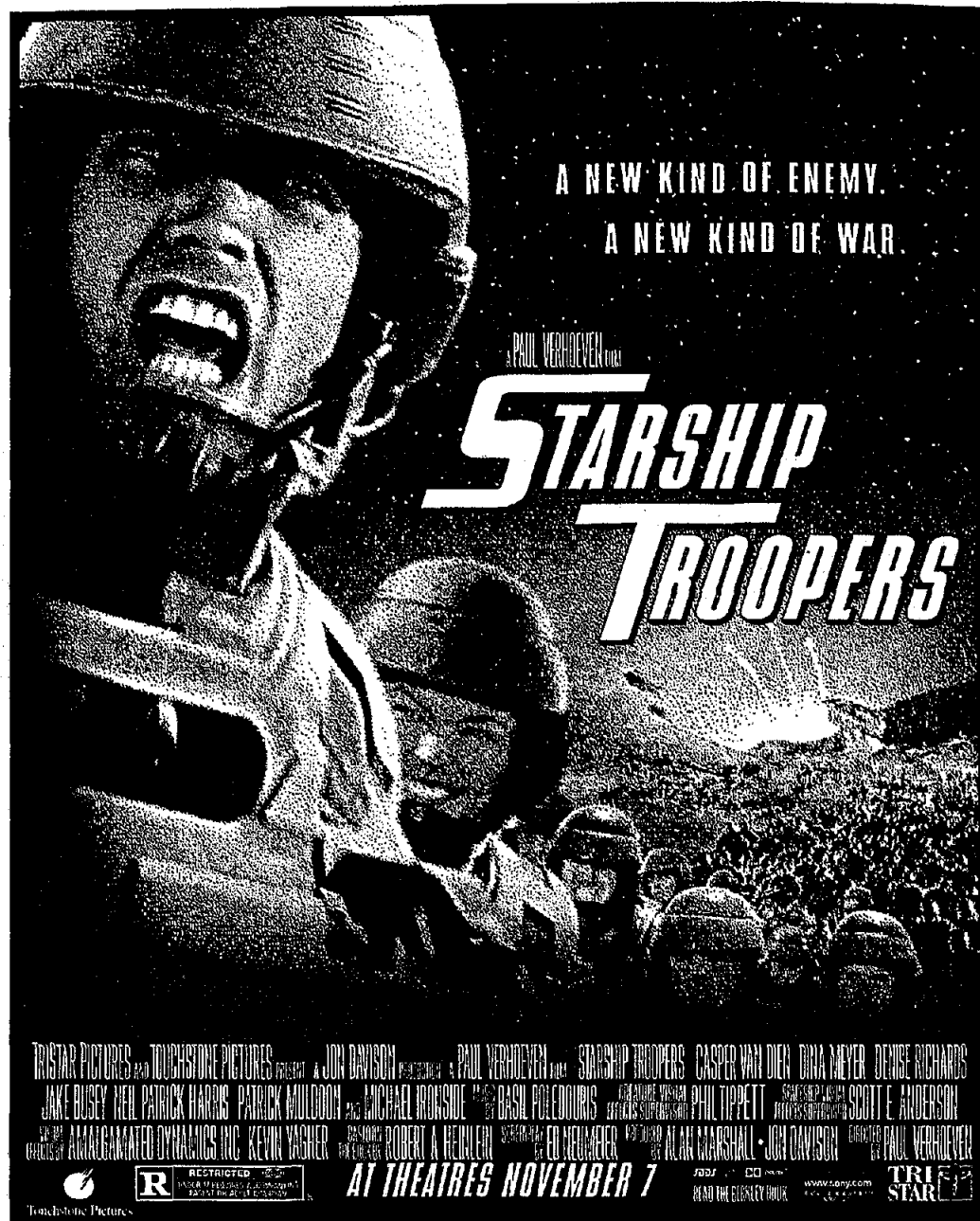
WEDNESDAY, OCTOBER 29 11-6

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## Wellness Program encourages walking for mind and body

By Danielle Gabriel  
Staff Writer

Want to increase your physical fitness and self-image? Try walking. It is one of the best ways to improve cardiovascular and psychological fitness, assured Karen Hillberg of Recreational Service, while presenting "Fitness Walking Seminar," the latest installment of William Paterson University's Wellness Program.

"Walking occurs in a variety of intensities in everyday life," said Hillberg. "It can be done in between classes or in a building, with staircases. It doesn't have to be done at high intensity every time."

Keeping a definite pace is important in fitness, which she said, consists of four components: cardiovascular -- the heart's ability to pump oxygenated blood throughout the body; muscular --

the strength and endurance of the muscles; flexibility -- the ability of the joints to freely move; and body composition -- the percentage of lean body mass compared to fat mass. Over time, each contributes to better fitness.

"Exercise and fitness is cumulative," Hillberg said. "The key is starting slow and getting the pulse going (cardiovascular), building endurance (muscular), maintaining flexibility and improving body composition."

Lean body mass is the percentage of lean mass in the body and fat mass is the percentage of fat in the body. In fit individuals, the lean body mass will be greater than the fat mass.

Although Hillberg stressed that people should not be overly concerned about how their lean mass measures up to their fat mass, she expressed the importance of remaining at a desirable level.

"Without exercise, lean body mass will go down," she said. "But women in particular need to maintain a certain level of body fat for mental stability and menstruation. Being considered 'desirable' is okay, but it's important not to lose too much body fat."

Kathy Gill of Exercise and Movement Sciences said fitness goes well beyond providing physical benefits. She added that it can be psychologically healthy, too, having been found to increase one's self-concept and optimism and reduce stress, anxiety and depression.

"Exercising and sticking to it leads to a feeling of accomplishment, of doing something constructive," said Gill. "It's better to beat a racquetball against a wall than to take out frustration on an innocent person. It's socially acceptable to temporarily release and escape as a sport."

Gill attributed the increase of self-concept to what she called the "Feel Better Phenomenon." Physical fitness has been found to make people more ambitious, more confident and more energetic. She noted it's a misconception that most people would assume the opposite effects would take place.

"People really get more energy from exercise and fitness," she said. "Most people achieve a temporary elevation of mood; they're more positive, joyful and energetic....To achieve these benefits, a regular program of exercise is needed."

Endorphins, natural painkillers released into the bloodstream, are responsible for much of the more positive effects of fitness. Other factors include a person's internal health control beliefs and perception of body image.

"Exercise helps develop more

internal beliefs," she said. "People who are controlled by internal health beliefs know that they are directly responsible for their health. [These] beliefs lead to healthier lifestyles...and better ideas about body image, one of the strongest ways we feel about ourselves. Exercise directly affects that."

To maintain physical fitness, Hillberg said it's important to set one's own personal goals using what she called the "FIT Principle," stressing personal comfort and safety as critical for any fitness program.

"The F is for frequency. Start slow and gradually build up," said Hillberg. "The I is for intensity, and the T is for time. Try to walk fast enough to increase heart rate...and try to increase the time it takes to walk, but always remember to be safe. If it hurts, don't do it."



### The Insider Gig Guide

Oct 29, Superchunk@Irving Plaza, NYC  
Type O Negative@Roseland, NYC  
Oct 30, Rusted Root@NJPAC, Newark  
Mighty Mighty Bosstones@Electric Factory, Philadelphia  
Fri Oct 31, Biohazard@Stone Pony, Asbury Park  
Fiona Apple@Electric Factory, Philadelphia  
Sat Nov 1, Biohazard@Sea Sea's, Moosic PA  
Sun Nov 2, Live@WPU Rec Center

## UNDER THE MICROSCOPE

Various Artists  
*Land of the Rising Ska*  
(Moon)

This C.D. hits you like a kamikaze jet fighter. *Land of the Rising Ska* is a compilation of all ska artists from the rising scene in Japan. It starts off with the Oi-Skall Mates doing "Nutty sound of the Oi-Skall Mates" and explains itself. This band has a nutty, old ska sound that keeps a steady "skank" in beat. Next we hear from the Coke Head Hipsters who deserve mention for merely their name alone.

This album has a very diverse style within it. It contains bands with countless forms and styles of ska and maintains an upbeat edge throughout the 12 tracks. Tracks by Skafull King and Young Punch display their ska-punk style in good form.

By far the best track on this one is by Rude Bones with "Short of Time," it is definitely just kind of like the vodka that some guy put in fruit punch. It gives a much needed kick to make you stand out. With that I tell you I have nothing more to say about these wonderful young Japanese bands except write Moon and ask for it.

Moon Ska Records PO Box 1412 New York NY 10276

(AG)

Oasis  
*Be Here Now*  
(Sony)

Sounding less and less Beatlesque, and more and more like a band with

their own definitive sound, Oasis' third album *Be Here Now* is, with all its flaws, nothing less than beautiful. But despite the band's new found maturity Oasis still resorts to "borrowing" to borrowing from the Beatles.

For instance, "All Around the World" and the "All Around the World (Reprise)" scream *Magical Mystery Tour*. Although, the lyrics of "All Around the World" only contain general Lennon/McCartney elements, the music, specifically the long fade, with its booming drums, smashing symbols, and "La-La, La-La-La's" make it easy to forget one is not listening to "I am The Walrus."

There is also a lack of phrase variety which becomes blatantly obvious on "Don't Go Away," which lyrically copies about three previous, released and unreleased, Oasis songs. However, this realization does not take away from the song's value, the purity of song writer Noel Gallagher's poetic vision, though be it somewhat limited by its phrase variety, is still very strong.

This is not an album which consists largely of filler: There is no filler on this album. Each song on *Be Here Now* can, and does stand on its own, independent of the other tracks with which it was released.

(NCD)

Shift  
*Get In*  
(Columbia)

Many were shocked to find out that

Shift's latest album was to be released on Columbia. Their previous two efforts were released on independent label, Equal Vision. That aside, this new record takes the band one step further to becoming the band that they want to be. The delicate yet scratchy voice of Josh Loucka takes the listener for a ride through the mind of a musician and the many decisions that one must make to receive a steady career in the music industry.

The album's fourth track may cause the band to lose some of their indie credibility amongst the fans, but it's only the fans loss. "I Want to be Rich" is such a daring song to release on a major label debut, however the song is sung with such beauty, it's impossible to tell if it's the truth or just sarcasm. The accompanying music sends a chill of glory up the spine of a true music fan who doesn't worry too much about a band "selling out."

As for the rest of the album, there are some sleepers like "Rhythm of You," and "Numb." Most of the songs are good though. The first four tracks rock, plain and simple. Loucka and Mark Holcomb compliment each other nicely on guitar, while Brandon Simpson on bass and drummer Samantha Maloney keep the beat going and changing. The true gentle side of Shift comes shining through on "Little Boy," an acoustic number about leaving a relationship too soon.

This isn't punk rock, it isn't ska or anything trendy at the moment, it's good rock n roll that I wouldn't even

dare to call alternative. The one thing that sets Shift apart from the rest is the fact that the honesty of their music glows throughout the album.

(EE)

Mike Watt  
*Contemplating The Engine Room*  
(Columbia)

Mike Watt, the powerful musician from Minutemen/firehose fame, releases another solo album, *Contemplating the Engine Room*. His extraordinary bass playing, which has influenced an entire generation, is prominently displayed throughout the album.

This nautical-themed album is filled with song titles like "In the Engine Room", "The Boilerman", and "Shore Duty". Watt's peculiar style of playing bass coupled with his spontaneous, train of thought lyrics makes for a decent album. The experience and wide array of styles he has accumulated throughout the years shines through throughout the entire album.

Lyrics like "Dreamin' as I'm steamin' with the waves of heat ripplin' off my back/ vapor lock clock stopped/ time hangs limp for the remembrin' dream" could only have been written by Watt.

Although he has strayed far from his punk rock and pop roots, Watt has evolved into a more than competent musician with enough talent to carry a band of his own. However, his unconventional style can wear the listener down after listening to tracks like the "Boilerman", which is weighed down with his cold, monotone voice.

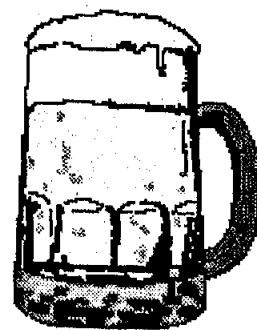
Mike Watt has proved himself over the years and his varied and unpredictable style is unmatched. However, this album does not live up to the standards Watt has established for himself in the past. Although it is an all around decent album, it should not be compared with his prior works.

(DR)

The Insider will  
return with an  
interview next  
week

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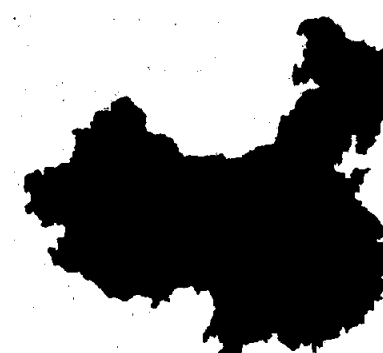
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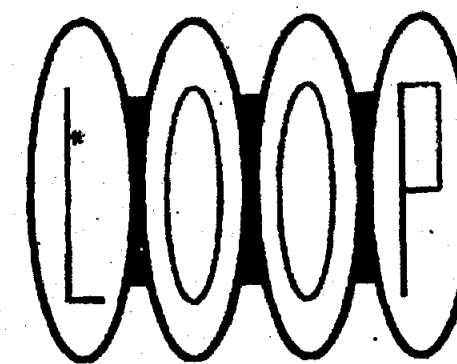
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# Beacon Sports

## Cross Country team running toward success

By Paul Villani  
Sports Contributor

The youngest team at William Paterson University has become one of the most successful teams on campus.

The team is being lead by Coach Ralph LaMonica and his assistants Lisa Giaconia and Jimmy Igahoe. Giaconia is going to Missouri this month to receive the National Collegiate Athletic Association (NCAA) Woman of the Year Award. Igahoe is a former olympic runner who competed in Los Angeles and in Seoul. "They are good people to have around us," said LaMonica. The

team is only four years old and this is the best season they have had since the teams' inception. "This is the youngest team I have had in a long time. Eleven out of eighteen runners are underclassmen. They are all a bunch of outstanding runners all of them; they make for a great team."

Unfortunately some of their outstanding runners have run into trouble this season. Marco Alves, a freshman from Newark is out with a broken leg and Daniele Janezic is running with a bad back but the rest of the team is in good shape. Though the team is young it does have its main stay, such as juniors Matt Tully, Julie

Cartine, Deirdre McGowan and senior Nima Abrary. The team has also been able to recruit some strong transfers like Danielle Struble for the womens' team and Orville Rose.

Both the cross country team and the track team are in need of

members. According to LaMonica, "we're good but we could always use more runners, especially if you did track or cross country in high school." The teams' offices are located on the second floor of Wayne Hall, and can be contacted at 720-2750.

The teams' last meet was on October 25 at the CTC Championships in Albany, NY. Garrett Mountain in West Paterson is serving as the teams' home field, as they are still waiting for the home track to be finished for spring.

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To my Little Katie: (AET Associate) Welcome to my family tree. Stay strong, it will pay off in the end. Good Luck. I'll always be here for you. Love your Big Arya (AET)  
To my Little Kelly (AET Associate) I am so honored that you chose me for your big. I know you can do it! Remember I am always

here for you. Love your Big Lori.  
To the Sisters of Alpha Sigma Alpha: "Time heals all wounds...and strengthens all bonds." To Tara: Congratulations & Good Luck on the play! Love & Sisterhood in Alpha Sigma Alpha.  
Little Jen: I'm here for you whenever you need me. Make me proud! I love you. Love Your Big, Kim AET  
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