

# The Beacon

MONDAY, APRIL 17, 2000

William Paterson University • Volume 66 No. 28

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## Political candidates speak about election

By Voula Papadopoulos  
News Contributor

Elections for the Student Government Association at William Paterson University will be held on Tuesday and Wednesday in the Student Center Lobby. What is SGA, and why is it so important that everyone votes?

SGA stands for Student Government Association, and whether students know it or not, whether you are a commuter, resident, transfer, visiting, adult, or a non-traditional student, SGA impacts your life.

An explanation of what SGA is and what it does is contained in the Student Government Association's Constitution.

"We, the students of William Paterson University, in order to provide for the representation of all students in the formulation of college policies and procedures; to community; to stimulate student cultural, social, and physical awareness; and to further effective communication and develop better understanding between all seg-

see ELECTION page 3

## SGA President Ousted

*Fields failed to comply with disciplinary sanctions*

By Ryan Caiazzo  
News Editor

The President of the Student Government Association at William Paterson University has been removed from office by Dean of Students Robert Ariosto.

Curtis Fields received written notification last week that he was no longer eligible to participate in extra-curricular activities, including the SGA, because he failed to comply with sanctions imposed on him by a university hearing officer. The sanctions stem from a February incident where Fields is alleged to have verbally assaulted a former girlfriend who is also a student at WPU.

Sheri Lowery filed charges against Fields through both the university and Wayne municipal court alleging physical abuse and harassment. A Temporary Restraining Order protecting Lowery from Fields was issued by a municipal court judge, but has subsequently been voided because Lowery failed to demonstrate that abuse took place. Fields currently has a restraining order protecting him from Lowery.

Following numerous complaints and voluntary statements filed by both Fields and Lowery with cam-



photo by Ryan Caiazzo/The Beacon

Curtis Fields, SGA President, has been removed from his position following noncompliance with disciplinary sanctions imposed by a hearing officer. The sanctions stem from a February incident in which a female student alleges Fields threatened her.

pus police, a hearing was scheduled for Fields during which he was ordered to write a letter of apology to Lowery. Fields refused to honor this stipulation because he feared self-incrimination and injustice in admitting to an offense he claims he did not commit.

Both Fields and Lowery have cooperated with *The Beacon* and have handed over more than 140 documents pertaining to the case. *The Beacon* is currently reviewing these materials with an attorney,

and expects to publish a report next Monday on the quagmire.

Fields believes that his removal from office is "bogus and disrespectful to the students he was elected to serve." He also believes that the decision to remove him from office is political, "coming from [University President Arnold Speert] down the line to Ariosto." Fields faces suspension and even expulsion from WPU if he fails to write an apology to Lowery.

## Campus Chapel Robbed

By Pash Antonelli  
News Contributor

Some of the things one may think of while attending church might be prayer, God, worship or even confession. Not robbery. But to the dismay of Father Lou Scurti and many members of the William Paterson University community, as much as several hundred dollars may have been stolen from the Catholic Campus Ministry chapel early last week.

The robbery happened on April 10 while Father Lou left his house, adjacent to the Jesus Christ, Prince of Peace Chapel (219 Haledon Road), early Monday morning.

"I left at 8:00 a.m. to take my dog to the veterinarian. I came back at 9:00 a.m. and found that three of the poor boxes had been broken into," Father Lou said that there may have been a few hundred dollars inside of the boxes.

On a moral level, Father Lou feels as though the saddest aspect of the situation is the fact that this money was earmarked for a program called "Shelter the Homeless."

Father Lou reported the robbery to campus police and Haledon Police, who proceeded to

see FATHER page 3

## Feminists Took Back the Night



photo by Ryan Caiazzo/The Beacon

Take Back The Night drew more than 25 marchers who stood out against violence toward women.

By Ann Marie Altoonian  
Staff Writer

On the evening of April 11, 2000, a "Take Back the Night" rally occurred on the campus of William Paterson University. The rally, sponsored by the Feminist Collective, began with a speech from Elizabeth Blanco, a senior, president of the organization and coordinated the event. Blanco's speech covered the purpose of the march.

Blanco said, "This is not a male bashing event, but an event to help women feel

see STUDENTS page 4

## Female student alleges unwanted sexual contact by 2 WPU males

By Pash Antonelli  
News Contributor

On Tuesday, April 11, a memo was circulated on the campus of William Paterson University advising students that an "unwanted sexual contact" had been reported to university police.

"A student reported to Campus Police on the evening of April 7th that she had been the victim of unwanted sexual contact."

The latter quote was taken from a statement released by the office of the Dean of Student Development. The alleged assault took place in the campus apartments. The assailants, whose names have not been made public, were no strangers to the victim. The

two male students were arrested and held on bail in the Passaic County Correctional Facility. The two students are not allowed to enter residence halls on campus, but are permitted to attend classes, pending adjudication of their case by the University.

A statement released to *The Beacon* read, "One of the males has been charged with aggravated sexual assault, sexual assault, and criminal sexual contact, and the other has been charged with criminal sexual contact."

The William Paterson University handbook states that "Sexual harassment can come in many forms including verbal, visual

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## CAMPUS CALENDAR

**Tuesday, April 18**

**Amnesty International:** Every Tuesday @ 12:30 p.m. in R309. For more information, contact Elena Jensen @ 720-4140.

**Catholic Campus Ministry:** Bible Study continues in CM office Room 301 Read, learn and live it. All are welcome Every Tuesday 12:30 pm For more information, call Fr. Lou @ 720-3524.

**Wednesday, April 19**

**Catholic Campus Ministry and ASA:** Last chance this semester to work with the physically and mentally challenged at North Jersey Developmental Center. Join us for an Easter Celebration Meet at Catholic Campus Ministry Center adjacent to gate #1 6:30 pm For more info, contact Denise @ 720-3524.

**Thursday, April 20**

**Hillel:** Hillel will be having a Passover Seder dinner. Student Center Room #213 5:30 pm For more info, contact Elisa rossman @ 720-4645.

**Catholic Campus Ministry:** Holy Thursday Mass 12:30m @ Jesus Christ, Prince of Peace chapel. Adjacent to gate #1 For more info, contact Fr. Lou @ 720-3524.

**Friday, April 21**

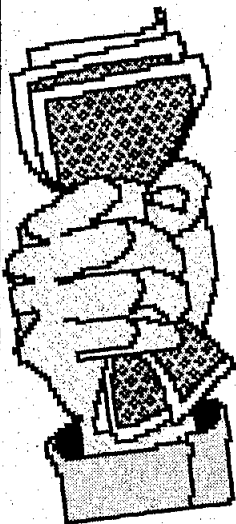
**Catholic Campus Ministry:** As a part of Holy Week Jesus Christ, Prince of Peace Chapel will be offering @ 7:30 pm GoodFriday Service For more info, contact Fr. Lou @ 720-3524.

**On-going Event**

**Environmental Club and Christian Fellowship:** Georg Tornado Relief - please bring non-perishable foods and clothing items for donation. Red donation box on first floor of SC. For more information, contact Valerie Walsh @ (973) 546-3884.

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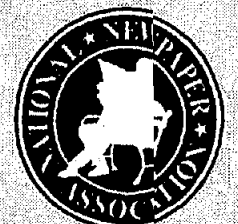
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## Election candidates speak about qualifications

from POLITICAL page 1

ments of the William Paterson University Community; do hereby organize and establish an Association of self-government. With the purpose of promoting the interest and welfare of the student body by providing a means through which members may express themselves effectively in matters which affect the student."

Samantha Lugo is the only candidate running for President, although there were other candidates who did not meet criteria for eligibility. Lugo will be a senior next year, and she has much experience under her belt. A political science major, Lugo is looking forward to a career in politics with aspirations to be governor. She has been involved with SGA since her freshmen year, is currently the SGA executive vice president, and in the past has served as SGA vice president, freshmen class president, and co-chair of public safety committee.

She has lived in the William Paterson Residence halls and has also commuted. One of Lugo's many goals for next year is to unify all the clubs and organizations and also seeing the students get more involved. She has learned many things from participating in SGA and one of those is that she loves to help people and be their "on campus guardian angel, because she feels that being on SGA has given her "a meaning on campus when she knows that 10,000 students are depending on her. Her motto for this election is to vote for the "experienced leader."

There is only one qualified candidate running for the position of executive vice president as, Angela Sarrica. Sarrica will be entering her junior year this fall, and is currently serving the position of SGA vice president. She is also majoring in political science. Her career in SGA began her freshmen year when she saw that there was a chair open for the public relations position. Some of the things that she would like to see next year and in the future is better lab hours, better shuttle buses, and more involvement from the students. "I want to make sure the students get the most out of their time and money. If I lose this election, it won't bother me, because I know that I am still going to stay involved with SGA," she said.

There are two candidates running for vice president, Takia Campbell and Darren Smith. Takia could not be reached for comment, but she is running on the same line

as Nokeima Holloway who is running for treasurer and the ineligible Curtis Fields under the motto "Know thyself....Help Thyself....To Heal Thyself....All By Thyself."

Darren Smith is also running for vice president. Smith is a junior majoring in business Administration. Darren served as freshmen class president. He was first attracted to it because he "saw it as an opportunity to express myself, help the school, and make a change that may even help the community outside."

Some of the things he would like to see is an improved SGA system that has more involvement from the students, and is more focused on bettering the lives of the student body. Some ideas he has on how to accomplish these tasks are to encourage more involvement from the students in the aspects of educational service and the student curriculum. He would also like to see a more unified student body and develop a mentoring program similar to the "Big brother/Big sister program where students are helping other students with the hopes of conquering prejudice." Darren feels that "experience is everything," and he believes he is the best candidate because he has had the experience and has absorbed and learned so much from his experience.

The last and final position is treasurer. Nokeima Holloway and Tyeshia Henderson are running. Henderson is a sophomore business and marketing major. She was first attracted to SGA when she accompanied her involved friend to a meeting. She was amazed by what she saw.

"I saw how SGA involves everyone and I realized that I wanted to be able to help others and make it [SGA] more effective for everyone." Henderson is currently serving as the treasurer of her sophomore class, has worked closely with the finance committee, and is the manager of a Gap store. "I am used to having a lot of responsibility as manager of the Gap and as treasurer, and I also have acquired good time management skills."

Lugo would like to see more consistency from the SGA treasurer in the future, more unification within the clubs and the students. "For instance clubs would complain about the inconsistencies in the system," and she would like to avoid that by being fair and giving money to as many clubs as she can. She urges people to get involved, because "you don't have to be an officer to be involved,

because just by being a student you are a member of SGA and have a right to complain and make things better."

The second candidate for treasurer is an accounting major and ongoing senior, Nokeima Holloway. Holloway is currently the junior class vice president. She has learned many valuable lessons through her experience with SGA. She has also served as the junior co-chairperson for the food committee, which is responsible for the improvements of the food in Wayne Hall. Holloway would love to see more students getting involved next year and participating in more of the activities. "It is so great to see that when people come together with a common interest you can get things done, and it actually does work," she said. Holloway encourages freshmen to get involved in SGA early. She feels that she is a good candidate because she is determined, has dealt with a wide range of issues.

Running for the position of standard representative to the board of trustees are Krishawn Madison and Samantha Lugo. The board of trustees is not a part of SGA, but a committee that consists of on-campus faculty, advisors, and other important people. This board decides on many issues that range from expanding the campus to determining the cost of admission.

The position of the standard representatives is in essence the voice of the student body. Krishawn Madison is currently a junior who is double majoring in African American Studies and Caribbean studies. She believes "you have to be political on campus," in order to get what you need. She also feels that she is a good candidate because she knows many students and feels very strongly "for us [students]."

Samantha Lugo is also running for the position of standard representative in addition to president. She feels that she is "the best candidate for this position because of her abundant amount of experience. She believes she can best represent the voice of the student body because she has befriended a diverse amount of students "from all cultures and all facets." She has had three years to learn how to prioritize her life, and "this is one of her main priorities."

Elections are open till 8:00 p.m. on Tuesday and Wednesday.

## Father Lou Saddened by Money Robbery

from CAMPUS page 1

take fingerprints. Dean Laumbach, head of Public Safety at WPU, told *The Beacon* that the reason Haledon police took over this investigation was, "because the chapel is physically located in Haledon, they are responsible for the investigation. The chapel is located just off the line of William Paterson University. "Had the incident occurred on the state property, [campus police] would have been responsible for the investigation," Laumbach said.

Father Lou is not quite sure who stole the money, but said "the chapel is always left open for people to stop by and pray if they want to." Father Lou also stated

that, "if whomever did this needed the money that badly, he or she could have come to us because we are a good resource for people in need."

Associate Campus Minister Denise Balady said, "We were shocked and saddened because we feel a church should be opened to the public." This raises a dilemma for Father Lou since he doesn't want to punish other church goers by locking the doors from now on. "Just because this happened does not mean that we are going to lock the chapel," Father Lou said.

Father Lou is not unaware of the irony concerning the timing of this chapel crime. "The irony is that it's holy week, the most sacred week for Christians," he said.



photos by Ryan Calazzo/The Beacon

Above: Father Lou Scurti of the Catholic Campus Ministry Center shows one of the collection boxes that was broken into. The boxes were replaced and remounted late last week. Below: Jesus Christ, Prince of Peace Chapel in the Haledon section of campus.

**The Beacon is looking for writers and photographers. Call Ryan at 720-2576 to get involved today.**

## Allegations of unwanted sexual contact surface

from STUDENT page 1

or physical. Harassment can range from repeated unwelcome sexual flirtation and inappropriate gender based put downs of individuals or groups of people to physical abuses, such as sexual assault or rape."

Provost Chernoh Sesay explained that Dean Roland Watts will be taking over the case. He also added that, "These are people who knew each other. These were not people coming from the streets. No one knows the nature of the relationship."

Provost Sesay believes it is not relevant that the victim knew her assailants, instead asserting that

the point is that the assault should never have occurred in the first place, whether it was at the hands of a stranger or an acquaintance.

In accordance with the William Paterson University 1999-2001 handbook, "The University is committed to developing and sustaining a community where all can learn and work together free from harassment and exploitation."

Last semester, two other alleged sexual assaults took place on campus. The University is taking action by advising the student body of this most recent assault. At this time, there is no further information or details regarding the alleged incident.

## Ministry celebrates Holy Week

On Palm Sunday (Passion Sunday) April 16, 2000 Holy Week for Christians around the world begins. The celebrations of Holy Week will open at the Jesus Christ Prince of Peace Chapel serving William Paterson University, Haledon NJ will begin at the 10:45 am Mass and the 7:30 p.m. Mass, featuring the Gospel Choir of Our Lad of Victories Parish, Paterson NJ. "We have been able to enjoy the music of the Gospel Choir at out Palm Sunday Masses for twenty years; now we are happy to host the choir in our new Chapel." Said Fr. Lou Scruti, Director of Catholic Campus Ministry. The Choir is under the leadership of Deacon Calvin Norris.

Holy Week continues with Holy Thursday Mass, April 20, at 12:30.

This Mass will feature the traditional washing of all participants and music provided by the WPUNJ Catholic Campus Ministry, and Music Department Music Ensemble, with violins and vocal duet.

Good Friday Service, the only day within the Catholic Calendar that Mass is not offered, because it is the day that Jesus Christ offered himself on the cross, as the sacrifice of the New Covenant at 7:30 p.m. This service will feature the Passion and the procession of the Cross and Mater Dolorosa image of the mourning Mother of Jesus.

On Holy Saturday the Easter Vigil will be highlighted by the Blessing of Water, Fire and renewal of Baptismal Promises. As part

of the RCIA, (Rite of Christian Initiation of Adults) Dr. Barry Morganstern, Communication faculty member, will make an affirmation of Faith in the Catholic Church and receive his First Eucharist. On Sunday April 30, 2000 Bishop Frank J. Rodimer will confirm five members of the RCIA at the 9 a.m. Mass, followed by Communion Breakfast at La Neve's Haledon.

Easter Sunday Mass is celebrated at 10:45 a.m. all are invited to all of the Jesus Christ Prince of Peace Holy Week celebrations, call 973 720 3524 for further information.

## Students rally against female sexual abuse

from FEMINISTS page 1

safe being out at night." Her speech revealed shocking statistics about how often violent crimes against women happen. "Every minute that passes, 1.3 women have been raped. With each hour, another 78 have been raped, 1872 rapes per day, 56,160 rapes/month, 683,280 rapes per year. Every 15 seconds, a woman is beaten by her husband, boyfriend or lover. One-third of students that have experienced sexual harassment first experienced the unwelcome behavior before seventh grade."

Arlene Scala, chairperson of the Women's Studies Department, also spoke Tuesday night. Her speech emphasized the unfair treatment of women's issues by society. "Most healthcare prescription plans will pay for Viagra for men, but will not pay for contraceptives for women."

A few other women spoke, reading articles and poems. One female participant read her article in Spanish, while another woman translated the same article into English. Some other women read articles relating to their past history with female victimization. Meryle Kaplan, coordinator of the Women's Center, was the last one to speak. She said, "Imagine a world free from rape and violence against women." That is the ultimate goal that the Take Back the Night event is hoping one day to reach.

"When I dare to be powerful—to use my strength in the service of my vision, then it becomes less and less important whether I am afraid." Audre Lorde A phrase that was transcribed on the back of the Take Back the Night t-shirts.

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# Lecture Opens Students' Eyes on Issues of Adolescent Fatherhood

By Marilena Ferraiuolo  
News Contributor

On Monday, April 10, students filled William Paterson University's library auditorium to see Dr. Mark Kiselica, Associate Professor and Chairperson of the Department of Counselor Education at the College of New Jersey. Dr. Kiselica's lecture, "On Being a Son, Parent, and a Mentor of Teen Fathers," was presented by the Department of Special Education and Counseling as its first Distinguished Lecturer Series.

Dr. Kiselica's presence at William Paterson was prompted in part by various students from the Graduate Program in Counseling who had a strong desire to see the author of many of the works they had covered in their Multicultural Counseling course. As Dr. Dee Catarina, Director of the Graduate Program in Counseling, stated, "The reason that I knew enough to call him up is that I got so much input from students after reading his work and their feeling like he spoke to many of them."

Dr. Kiselica's works, which include "Multicultural Counseling with Teenage Fathers: A Practical Guide" and "Confronting Prejudice and Racism during Multicultural Training," portray his expert knowledge in the areas of multicultural counseling, counseling boys, and adolescent males.

"On Being a Son, Parent, and a Mentor of Teen Fathers" gave students and faculty a closer look into Dr. Kiselica's life. By gaining this personal knowledge about the counselor, students were able to look at the information he presented in a new way. When his lecture began, the father of two expressed his feelings on the lecture itself, "I'd like to tell you a little bit about my world and the things in life that are important to me, especially the subject of fatherhood."

Dr. Kiselica discussed his father's life story. His father, Otto Rudolph Kiselica, led a very harsh life, but through it all he kept on going even when it seemed life was taking more out of him than giving him back. While going into his father's life story, the Past-President of the Society for the Psychological Study of Men and Masculinity discussed how his father's life shaped his own life experiences and future.

It is his father who is Dr. Kiselica's hero, and by giving students a glimpse into his father's past, it became apparent that it changed his own life and how he deals with young males. This is especially apparent within his relationship with his two sons, Andrew and Christian, who are ten and six years old respectively.

"So much of who I am and what I do has been shaped by the close relationship I have shared with my

father throughout my life," the Associate Professor exclaimed. It is this strong relationship with his father that prompted Dr. Kiselica to wonder what the perspective of adolescent fathers were about the child-rearing process. He believed they should be involved within the counseling process as well because they were an important part of their child's life.

Through his good relationship with some of the females he counseled, Dr. Kiselica was able to meet their partners as well. Soon these males introduced Kiselica and his colleagues to more males, and soon it became a rippling effect. Through his research with the vast amount of male fathers he was introduced to, the counselor was inspired to make the subject of fathers his "systematic line of scholarly research and important target" of his work as an advocate for social change.

Kiselica stressed the importance of learning to think complexly about boys and men and communicating this complex understanding to others. He said that people should replace the media's ideas of who men and boys are. This could be done in a number of ways which include elucidating a sophisticated understanding of male identity and behavior, helping men achieve healthier male attitudes, and having faith in the potential of males by building

upon their good traits.

Upon finishing his lecture, Dr. Kiselica and his parents, who were in the audience, were presented with flowers by Joyce Graham, Brian Wilson, and Chrissie Hermann, students in the Graduate Program in Counseling. Professor Paula Danzinger, a faculty member in the program, initiated a question and answer period. Dr. Kiselica entertained questions from the audience, which mainly consisted of students in the Counseling and Special Ed graduate programs, in addition to faculty and staff from the College of Education at WPU.

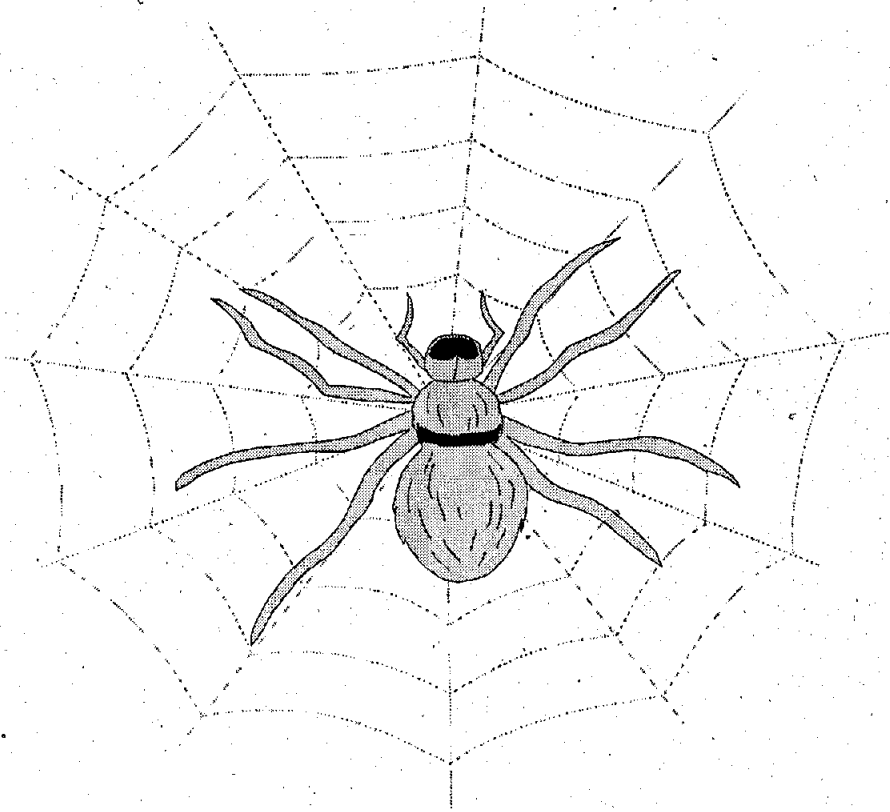
Afterwards, audience members were invited to personally talk to Dr. Kiselica in the upstairs level of the library's Paterson Room.

In the Paterson room students and professors alike expressed their interest in Dr. Kiselica's work. Matthew Spatz, a graduate student in the School Counseling track of the Graduate Program in Counseling Services, summed it up well when he exclaimed (about Dr. Kiselica,) "I think he opens up some important discussions about the role of the father in the community, issues that I think sometimes get overlooked and issues that we, as a culture have to look into. He's ministering to adolescent fathers, but his message of fatherhood goes beyond that group and can be applied to many circumstances."

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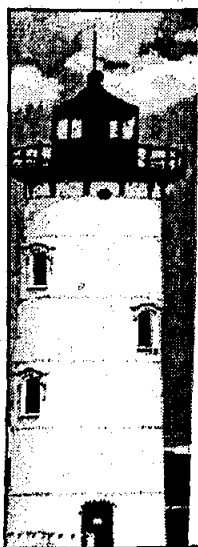
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### Mailbag

## Student urges involvement in Senior Gift Campaign

To the Editor:

As I reflect on my college years at William Paterson, many happy memories come to mind. I have had many opportunities to become active with the college community. I will never forget the people I have worked with, or the many experiences I have had.

Last semester, I decided it was time to think of a way to give back. I want to be able to help someone have the opportunities and experiences I have had. Throughout my life, I have volunteered with different organizations and it really makes me happy to know I am

directly affecting the lives of others.

The senior gift program is a great way to show you care about the future of others, and your alma mater. We are leaving WPU, but we can not forget where we are from. The Alumni Association scholarship fund ensures that many people can attend WP. Since we are becoming alumni, we must be sure that we continue the success of the scholarship fund-Best of luck to the Class of 2000!

Alison Morgan  
Senior

## Goodbye Meryle Mahrer Kaplan

To the Editor:

On October 1, 1992 the Women's Center at William Paterson University opened. The first staff member, Meryle Mahrer Kaplan, now the coordinator of the Women's Center, started. April 14, 2000, Friday, will be Meryle Kaplan's last day. After seven and a half years, Meryle is leaving.

Meryle is going to work for an organization called Catalyst. Her position will be Director of Advisory Services. Catalyst is a non-profit organization that deals with women's status in work places.

Catalyst works with Women's Professional Organizations. Its concerns are for equal treatment for women of minorities, and all women's rights while working.

I met Meryle about six months ago. I liked her instantly. I found her to be friendly, compassionate, supportive and empathetic. Meryle also feels very strongly

about equal rights and equal treatment for all women.

I, personally, will miss Meryle a great deal. Her new job is very lucky to have her. I know the other members of the Women's Center are going to miss her, and they all wish Meryle the best of luck for the future.

Meryle has a message for everyone who participated at the Women's Center. "I want to thank everyone for making suggestions, offering time and help. Most importantly, a big thank you to all who raised issues and asked questions.

The feminist collective group sent a message to Meryle. "Meryle was a valuable asset to the university and the Women's Center. We will all miss her and we all wish her the best of luck for the future."

Ann Marie Altoonian  
Student

## Student sends 'A message from a survivor'

"Take Back the Night" was a very important event for me. I am a survivor of sexual abuse and date rape. This event helps me to celebrate all the hard work I put into healing. The one part of the night that upset me were the complaints to "shut up and go away" and, "why must they interrupt classes by marching loudly through the building."

I want to ask these people if they know a survivor or victim of sexual violence. I guess if they did they would be cheering instead of complaining.

I spent most of my life hiding my pain. I stuffed myself with food to push the painful emotions deeper inside myself. I prayed for relief from the pain. I had constant nightmares of being chased by the men that abused me. I was afraid to communicate with men or build any kind of relationship for fear of them taking advantage of me.

I used to hate the word "survivor." I felt like I just existed from day to day. The men had stomped on my dignity and left me feeling like a piece of trash that was kicked around on the street. I questioned my own existence and what I was living for. I tried numerous times to end my life and end the pain.

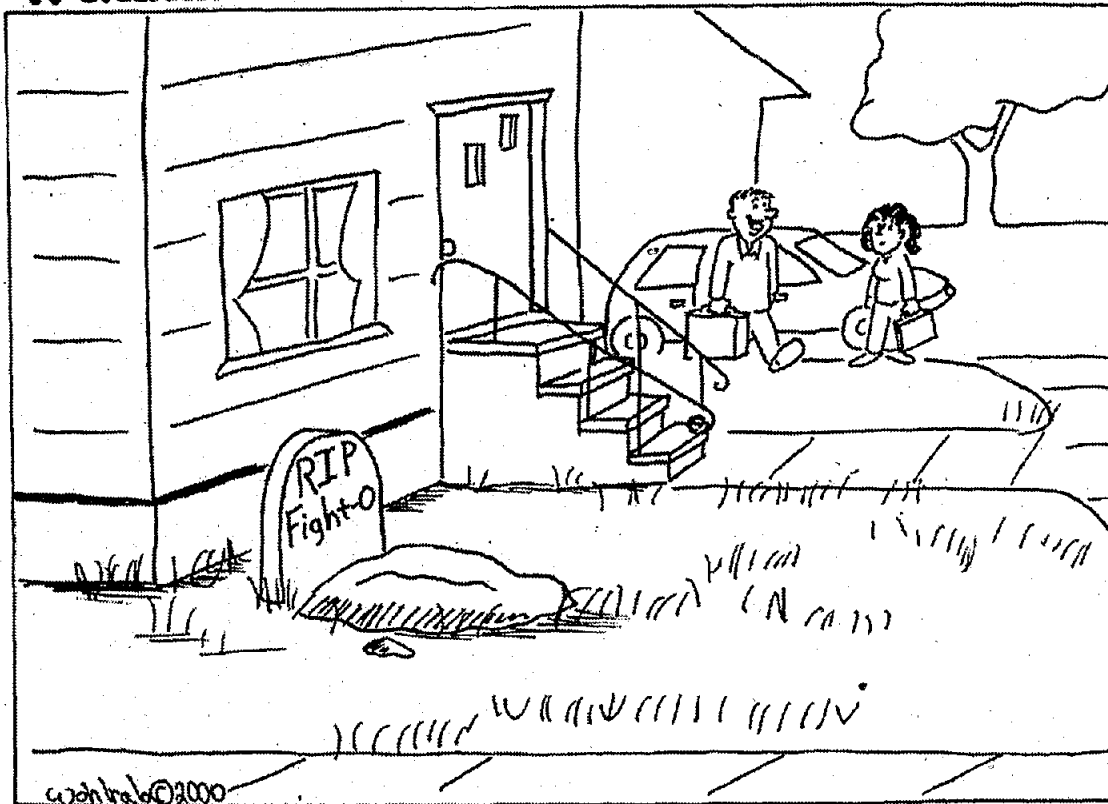
It took twenty years for me to become the, "survivor," and the woman I am today. Many years of intense therapy and the support of family and friends, and I am finally able to accept and enjoy living the life I have been given. I now feel a part of this world.

I no longer run from relationships with men. I am just extremely careful about my choices. I still deal with nightmares and bad memories. I just do not allow the past to get in the way of my present and future. Events like "Take Back the Night" help to keep me strong knowing there are people behind me, supporting me, and routing for my continued recovery.

So, I am not sorry if our rally disrupted your class, interrupted your evening with friends, or disturbed a study session. Just one night a year a group of us get together to march for our freedom. Freedom to walk at night free of fear and violence. A night to celebrate our survival from the past horrid experiences. Next year, maybe, I will see you out of your rooms cheering us on or at least tolerating the disruption for just one night.

Anne Marie Altoonian

### Wohnuts



Well that was a nice little vacation. Do you think our son remembered to feed the dog?

## Colleague says campus will miss Kaplan

To the Editor:

When I first heard that Meryle Kaplan was leaving WPU, I found it to be such bittersweet news. Meryle and I have gone through many transitional phases since I've known her. Usually, I was the one in the state of transition. Meryle was always my rock.

When I was a student here at William Paterson, I knew Meryle as the Women's Center Director. She was one of the key figures in bringing to the university so many of the programs, presentations and guest speakers that I was interested in. For those activities, and for the Women's Discussion Groups co-facilitated by Meryle and Joan Griscom, I returned to William Paterson frequently, even after I graduated and was well into doing my graduate work.

It was during that interim period that Meryle also became a mentor and a friend. She never led me down a path. She was, however, a beacon, pointing out that there WAS a path or even two that I had available to me if I choose to walk them.

When Arlene Scala offered me a position as an adjunct professor in the Women's Studies Department here at WPU, Meryle was one of the first people I HAD to tell. She was always interested in what was going on for me and this was a big step in my life.

I feel that all too often we take the strong driving forces in our lives for granted and we just assume that they will always be there. I know I did this with Meryle's presence. I believed that Meryle was the constant in any equation concerning WPU. I feel a great sense of loss for myself and the William Paterson community.

I am sure that the university will fill the vacant position with a strong, competent, qualified individual with a great new perspective to look forward to, that is not where my angst lies. It lies with knowing what a profound impact Meryle personally had on my life, and knowing that future students won't have the benefit of her particular style and way of open-minded expression.

Also, Meryle won't be a stone's throw away any longer (Thank goodness for good phone plans!) Knowing Meryle as I do, I know that as she goes through this period of growth, she will hold us dear in her heart as we will. I know that as we part, we are not closing the book, but adding another chapter.

Meryle, I wish for you the fulfillment of all of your dreams. May you find the unseen side of the rainbow along your journey!

Although selfishly saddened by the campus community's loss, I am so enthralled for you! You deserve hot fudge and chocolate sprinkles wherever you go. You know if you ever run low you can always stop by the Women's Center here at WPU to restock; there is sure bound to be some kind of treats around, a tradition that will never die.

Good luck to you in everything.

Tracy Francese  
Adjunct Professor  
Women's Studies Department

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## Mailbag

## What is it about being Greek?

To the Editor:

Greek Life may suggest different meaning to many individuals, but both fraternities and sororities stress scholastics, community services, leadership and social events. It enhances student life and provides a stigma to our campus community. Although, for the most part, Greek Life has been viewed with negative thoughts.

Media has done its best to empower society to view Greek Life as a dysfunction, especially with fraternities. An example of this has been with hazing. The misconception has been that whenever students hear the words hazing, we automatically link it to drinking and Greek Life. I'm here to tell you, it's not true!

As a matter of fact, it is looked down upon by those holding Greek Senate Office and fraternity members at William Paterson University. Hazing has become, in past years, a stereotypical label for those that are part of fraternities.

Our Greek Senate has put strict guidelines against hazing and defines it as "any action taken or created, or situated intentionally (on or off campus) to produce mental or physical discomfort, embarrassment, or ridicule. Such activities and situations include: paddling in any form, creation of excessive fatigue, physical and psychological shocks, wearing apparel which is conspicuous and not normally in good taste, engaging in public stunts and buffoonery, and any other morally degrading games or activities."

Greek Senate members have taken a strong position against hazing. If anything, Greek Life on campus has been a driving force behind student life. What probably a lot of students who aren't in Greek Life do not know is that Greeks are found, many times, raising donations for charities, organizing campus entertainment, collecting food or clothing for those less fortunate, as well as hosting workshops and activities. Greeks develop a special bond with one another and with the community.

We view Greeks with negative reaction because of their secrecy.

But it is not so much about keeping students out, but about heritage. Such as with Greek Letters. Greek Letters are symbolic to their bond with one another. Some of the letters mean brotherhood, love, justice, and sisterhood. It is these meanings that help in keeping those bonds. Being a part of a fraternity can be a rewarding experience; a lot like having a big brother/little sister relationship.

Being a part of Greek Life has helped in the development of some famous people, such as: Ronald Reagan, Robert Frost, Neil Armstrong, Bill Cosby, Lou Gherig and Nathaniel Hawthorne. It provides those in Greek Life to develop leadership skills, not only after graduation but during your undergraduate career, by becoming a chapter officer or committee member. I, myself, have never been a part of Greek Life, but my advice to those of you considering to pledge is Go Greek!

If you are looking to pledge a fraternity of sorority, choose a National; be smart. If you get a bid, than consider yourself to be lucky. If you have a negative view on Greeks, think about why and how we as a campus community can start on a positive trend in viewing Greek Life.

Jack Anson said in 1965, "Fraternity is understanding, it is recognition, it is joining with men, in common enterprises, it is willingness to share and to participate, it is discipline. It is selflessness. It is these things and many more. It is, above all, an attitude." What do you think about Greek Life?

Some Greek facts:

- 1) 71 percent of those listed in the "Who's Who of America" have belonged to fraternities or sororities
- 2) 85 percent of the Fortune 500 executives belong to fraternities
- 3) All but two of US presidents belong to fraternities since 1825, when they first began
- 4) Nationally, 59 percent of fraternity men graduate from college, as opposed to only 45 percent of non-fraternity men

Christina Guarnieri  
Student

## Cliffhangers upset over treatment

To the Editor:

On Thursday March 30, William Paterson University experienced one of the most disturbing displays in its history. The cliff behind centerfield of the baseball field is known throughout the school and the whole New Jersey Athletic Conference (NJAC). When a police officer standing on the cliff told me I had to leave, I was appalled. Watching from the stands makes William Paterson fans just like every other school ... bored.

A baseball game on the cliff attracts about 100 to 150 students to a common area. With some casual drinking and a bar-b-que cooking up, it is the best place to be during an afternoon at Willy P. The commotion is loud and fun on the cliff, but that's where it stays ... on the cliff. The players aren't affected on the field, except the occasional taunting (which could be

done just watching from the stands anyway). The cans, wrappers, etc. are disposed of properly before the fans leave the cliff at the end of a William Paterson win. On Thursday, March 23, officers came to the cliff and said, "put it in a cup" and "throw your stuff away." At which the fans obliged and continued watching the game. The following Thursday we were punished instead of rewarded.

Does this enforcement only effect the fans? Hell no. The team's spirit was diminished as they watched each cliffhanger getting denied the chance to cheer for their team. The opposing team, which happened to be Montclair State out archival, was uplifted by not having the fear the Hangers evoke on the cliff throughout the course of the game. I know people that play ball for other NJAC teams and they have stated that as a per-

sonal experience they hate playing at William Paterson. Not only because the team is always good, but the constant fear of what the beloved fans for William Paterson baseball are going to say next.

Also, the baseball games WERE the biggest event on campus that attracts a crowd on a regular basis. About 50 people were kicked off the cliff and just went back to their residency and gave up on being a William Paterson fan. Taking the cliff away from the students gives us another reason why residence life on campus sucks. This enforcement would be a disgrace to the cliffhangers of old, and the tradition should not be stopped.

Jim Weisendanger  
Randy Zimnoch  
Mike Kartanowicz  
Tim Hackett  
and other Cliffhangers



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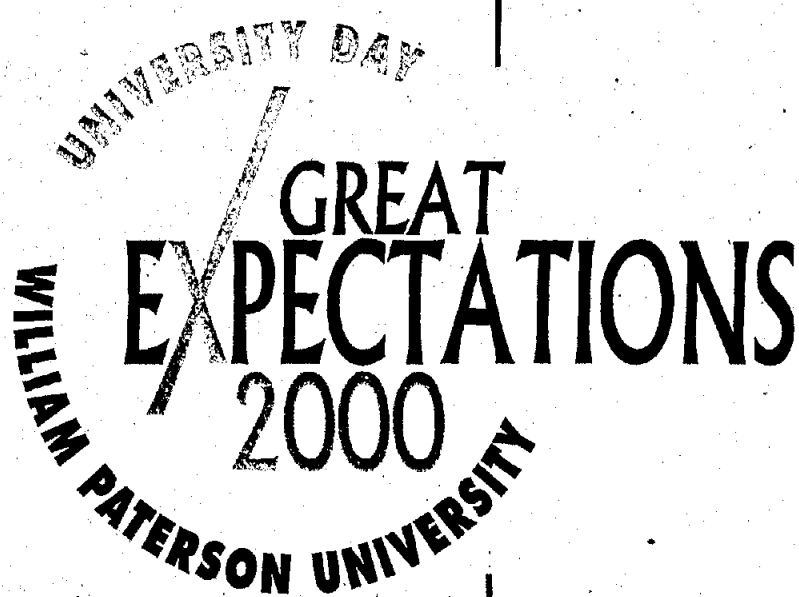
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# THE INSIDER

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Monday, April 17, 2000

## Doot's Video Dissertation

This Week — Dawn of the Dead  
(1978)

By Frederick F. Doot  
Insider Writer

You and three people you know are trapped in a mall in Pennsylvania. You happen to obtain a set of keys granting you access to any store within this mall. Doesn't sound that bad does it? The mall is relatively deserted, with just a few people staggering about.

Only problem, the people want to eat you. This is the premise of "Dawn of the Dead," the classic second film in the "Night of the Living Dead" series.

"Dawn of the Dead" was filmed on a modest \$1.5 million dollar budget in 1978. Both the budget and time the film are clearly evident from the opening scenes. The soundtrack has a 70's feel to it, and the clothing and look of the cast enhance these traits. This film should not be a success.

The editing and filming are far from graceful or intriguing, the acting is barely average, and the special effects lose something when bright red blood spews forth, not natural dark red blood I am accustomed to seeing when I kill someone. With all these potential flaws behind it, it is still amazing how this film has become a success and considered a "masterpiece" by most horror film buffs.

One way director George Romero succeeds with this is with his zombies. His zombies are a randomly selected group of actors and actresses (every sex, shape, age and form of humans), with a very human look. One becomes sympathetic with them as they walk (arms extended), looking for humans to feed on. The only way to kill one is to shoot it in the head, which leads to some memorable and interesting "shots" (no pun intended). In today's day and age, I am certain that not everyone will enjoy "Dawn of the Dead." My father recalls seeing it in the theaters, and seeing couples running out of the theaters vomiting. To me, just hearing this makes the film a success to you, it may just be disgusting.

Feel free to send comments, questions and suggestions to [fred.doot@collegeclub.com](mailto:fred.doot@collegeclub.com)

## In Theater Review: "High Fidelity"

By Michael English  
Insider Contributor

The opening credits for *High Fidelity* are imposed over a shot of a spinning vinyl record, as director Stephen Frears immediately shows us what is closest to the heart of Rob Gordon (John Cusack). Rob owns a Chicago record store, Championship Vinyl, and runs it with help from Dick (Todd Luiso) and Barry (Jack Black), who Rob refers to as "The musical moron twins" without a trace of humor. Dick and Barry are, like Rob, pop obsessives who vie for pole position in the musical snobbery contest. Rob is forced to look past life measured out in 7 and 12 inch discs and appraise his personal life when his girlfriend Laura (Iben Hjejle) leaves him. She has decided that Rob's music fixation and unwillingness to accept change in Laura (or himself) has doomed their relationship.

Rob has broken down his life's important aspects—songs, films, t.v. shows—into a succession of "Top Five" lists. And he runs down his top five breakups list the moment Laura is at the door, concluding that Laura has failed to make the list. This look back at past girlfriends and the various ways they dumped him leads Rob to look up the women on the list in an effort to understand "Why am I doomed to be left?" Since Rob is a central character with some holes at his center (consideration for

others, a sense of perspective on life beyond pop culture), the ex-girlfriends are vital for showing Rob the qualities he's missing. Charlie (Catherine Zeta-Jones)

uncomfortable truths about his faults.

What makes *High Fidelity* more than an obvious story about a thirty-something adolescent flailing at



photo courtesy of yahoo.com

John Cusack with Todd Louiso and Marie De Salle in *High Fidelity*

tells Rob that he's shallow while managing to avoid using the word itself and Sarah (Lily Taylor), who left Rob for "Someone better," scares Rob off by wanting him back too much. Both Zeta-Jones and Taylor are convincing as women presenting Rob with

adult life is the unsavory side of Rob, the details of which Cusack confesses to the camera. Rob has cheated on Laura (while she was pregnant), borrowed a few thousand dollars and failed to repay any of it, and told Laura that he was looking around for someone

to replace her. Indeed, their breakup is still fresh when Rob has a one-night stand with Marie De Salle (Lisa Bonet), a singer who Rob, Dick, and Barry go to see perform one night. When Rob sees Laura for the first time since she's left, he browbeats her with questions about her new boyfriend Ian (made a perfectly obnoxious, pony-tailed and sensitive "new-age man by Tim Robbins), and her new sex life.

Rob's challenge is to see beyond his top five lists, drop his rule of "What matters is what you like, not what you are like," and commit to the future. This means seeing some sort of future for himself and recognizing that he wants to share it with Laura.

Cusack brings us through Rob's hang-ups, appeals for sympathy and a fairly predictable story and outcome while the screenplay (by Cusack with D.V. DeVincentis and Steve Pink) smoothly adapts the first person form of the Nick Hornby novel by having Cusack frequently address the camera. His performance as a selfish, overgrown child trying to go from regarding women as a disturbing discovery to recognizing Laura as his partner for life is reason enough to see the film.

## Jeph Loeb's Batman series "Dark Victory" continues

By John Connors  
Insider Contributor

Rumors of a fifth Batman film, especially on the Internet, continue to swirl. One of the more durable rumors floating around has Warner Brothers (the studio with the rights to the film) thinking about a "Batman: Year One"-style movie, featuring an early-to-mid-twenties Batman at the beginning of his crime-fighting career.

In the comics world, that idea, which has been previously explored in earlier comics, is getting a current workout in Tim Sale and Jeph Loeb's "Batman: Dark Victory."

Two years ago, Sale and Loeb produced a 13-issue series, also focusing on Batman's early career, entitled "The Long Halloween." That critically acclaimed story combined typically, if well executed, grim Batman action and character development with an intricate murder mystery complete with clues and suspects, just like in an Agatha Christy novel.

The conceit was that on a holiday every month an unknown serial killer was killing people connected with the Falcone Gotham City crime family. "Dark Victory" continues the story; only this time someone is hanging members of the police force on those same holidays.

Jeph Loeb is one of the hottest writers in comics today, and much of his popularity is due to his work on "The Long Halloween." In "Dark Victory," he continues the excellence he displayed first time around. The pacing of the story is superb; with a murder occurring each month, the frustration that is often felt when reading comics that break up a story that takes place over a few days over a few months is abetted.

Through this ingenious device, the story can evolve more or less in real-time, as we, the readers, catch up with Batman once a month. Loeb cleverly builds on characters and plot points begun in the previous series while providing complete explanations of what has come before; knowledge of "Long

Halloween" is rewarding, but not necessary.

Suspects abound, but the fun lies more in trying to find the flaws in the obvious suspects (knowing that, in any good mystery, the killer is never the obvious one) and trying to ferret out which smaller or more innocent characters could be guilty. In "Long Halloween," Loeb constructed a clever series of clues, with the killer leaving a cheap trinket denoting the holiday with each victim.

Here, the killer leaves papers from the personal files of former DA (current super villain Two-Face) Harvey Dent pinned to each hanged victim. Each paper has scribbled on it a hangman game, with enough letters filled in on each to make the message clear. Through the pacing and suspense, Loeb is making "Dark Victory" a must-read each month. Tim Sale's art on "Dark Victory" is excellent, but in a very different way than most of his contemporaries.

While most of the hot comic book artists today have a smooth, angular style full of curves that is

somewhat realistic, especially in character's faces, Sale uses an exaggerated style that is wholly appropriate to the material and the characters. For example, the way he draws the Joker reveals the madness of the character; his smile, full of teeth that appear to be about a foot long each, stretches not just to the level of his nose, but all the way up to the eyes.

Similarly, the damaged half of Two-Face's face is not simply burned, but horribly disfigured, yellow eye bulging and all. Sale also impresses in his use of detail, his "sets" so to speak, are fully realized with paintings on the walls, knickknacks on desks and other specific details that many artists today leave out.

For those interested, "Long Halloween" has been collected in a single volume and is on sale now. "Dark Victory" is currently up to issue seven of thirteen, if you haven't been following it thus far, I heartily recommend that you finish out the ride.

## Boy band member keeps it real o stage

By Joelle Caputa  
Insider Contributor

Hearing that a member of your favorite boy band is going solo can break a girl's heart. After all, that could be the beginning of the end of the group.

Luckily for the millions of Backstreet Boys fans, this is not the case. The group's "rebel," AJ McLean announced just a month ago that after the BSB's Millennium Tour rapped up in March, he would begin a mini solo tour of his own.

The news should not have shocked Backstreet fans worldwide. AJ performed in a benefit concert in Europe this past January as his alter-ego, Johnny Suede. During the show, fans were treated to a surprise visit from AJ's bandmate, Brian Littrell, who made an appearance to sing happy 22nd birthday to McLean.

Nine City Swang, AJ's solo American tour, hit nine US venues before concluding at a sold out Irving Plaza in New York City on March 9. Proceeds of the tour all go to benefit VHI's Save The Music, which helps support school music programs. For the tour, McLean goes by Johnny No Name and speaks in an English accent.

Accompanied by the Backstreet

band, McLean rocked the Trump Taj Mahal's Xandu Theater in Atlantic City on March 8. At the beginning of the two and a half hour show, McLean took the stage to speak to the sold out audience about Save The Music and to say that anything could happen during the show. While he turned the spotlight on his opening acts, McLean shocked them, as well as the fans, by making a few surprise appearances. Mindy, the Backstreet Boys percussionist, opened the show singing her new songs. In the middle of "First Kiss," AJ appeared with a rose and gave her a kiss on the cheek.

During the next act, Nobody's Angel, AJ came onto the stage dressed as a woman, at around 9:00 PM, Johnny No Name, clad in a suit and hat, finally took the stage, in handcuffs. After being released by a "cop," Johnny No Name opened with "Down" from the Stone Temple Pilots. Most of the songs performed during the set were covers. They included Rage Against The Machine's "Killing In the Name," Tonic's "Open Up Your Eyes" and "If You Could Only See," as well as Brian McKnight's "Back At One." However, Johnny No Name also paid tribute to his roots, putting a new twist on a few classic Backstreet tunes. He asked audi-

ence members to choose which ones they wanted to hear him play. The songs he actually decided to perform were ones that would not be affected with the absence of the other members.

He did a little of "Don't Want You Back," off of the band's new album, Millennium. The audience also heard the ballad "If You Knew What I Knew," a song that never made the final cut on Millennium. Before singing it, McLean said the song only made the B-side of the "Larger Than Life" single, something he was not pleased with the band's label, Jive Records, about. Then he split the audience down the middle and got them involved with singing "Hey Mr. DJ," off of the band's self-titled, first American release.

During their tour last year, each Backstreet Boy performed solo. During McLean's solo, the audience was treated to a somewhat sexual floor routine.

Before singing "Lay Down Beside Me" in Atlantic City, McLean asked the audience if they recalled it. After being answered in deafening screams, McLean laughed and said, "I'll never live that down." He then got down on the stage and performed it for the first time on the Johnny No Name tour.

Towards the end of the song, McLean's vocal talent was truly displayed. Mindy stepped back

the spotlight and challenged her. She took turns playing her phone as AJ tried to out due holding a note. At the end, AJ her take the spotlight, saying "is why...women truly are greater species."

There's one saying, that if you r it, you know I'm around the er," McLean told the crowd. cool, be real, behave."

After Johnny No name took a ik off stage, AJ stepped on and ot about the "behave" part. As covered "Get Naked," by hods of Mayhem. The whole it, he had been joking with the ience about stripping down. He he wasn't naked during the g, he was shirtless, revealing famous tattoos that cover his s, chest and back.

His hat being off revealed his icked blonde and orange high- ted hair. It was evident that Backstreet Boy was enjoying creative freedom he had per- ning solo.

While he has a wild image, Lean is actually accompanied his mom, who works on the kstreet Boys tour as his man- r. At the end of the show, AJ ught her out on stage, as he at the end of every previous nny No Name show. He gged her and told the audience is his "Sweet Pea," showing t although he is the desire of

see BACK page 14

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## Horoscopes

By Salome

**Aries** (March 21 to April 19) Your self-confidence helps you to face a challenge unlike any you've ever encountered. Your natural honesty could create some problems, so be as tactful as you can.

**Taurus** (April 20 to May 20) Resist attempts to stampede you into a decision. Remember, you're in control. Later, share an evening of good music and good food with that special person.

**Gemini** (May 21 to June 20) Others might be stunned at a sudden change of heart. But you need to be true to yourself and face up to your real feelings. A friend offers support.

**Cancer** (June 21 to July 22) You might feel drained of energy by an eruption of negativism from several sources. Fight back by ignoring the naysayers and focusing on your goals.

**Leo** (July 23 to August 22) Moderation is this week's watchword for the Big Cat. Avoid getting into workplace situations that could get out of control. Personal relationships take a new turn.

**Virgo** (August 23 to September 22) Someone may have a hidden agenda that depends on cultivating your trust. Be especially wary of deals that involve secrecy. Expect an old friend to return.

**Libra** (September 23 to October 22) A surprising turn of events opens

new opportunities for those who can see past the initial disappointments. Children (not necessarily yours) soon play an important role.

**Scorpio** (October 23 to November 21) Words alone can be misleading. Instead of relying on what others say, you need to check things out for yourself.

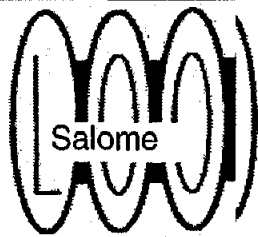
**Sagittarius** (November 22 to December 21) That problem in the workplace won't go away just yet, so prepare to endure it for a while longer.

**Capricorn** (December 22 to January 19) A persistent domestic dilemma won't be resolved by wishing it away. You and your partner need to find and face the underlying cause of the problem.

**Aquarius** (January 20 to February 18) Take a much-needed break from your current workload and spend more time with family and friends. A situation develops into an opportunity for travel.

**Pisces** (February 19 to March 20) A sense of confusion soon eases as explanations help clear things up. A friend from the distant past makes contact, raising some surprisingly conflicted emotions.

**YOU WERE BORN THIS WEEK:** You have a sense of adventure, but sometimes you rush into things before you know exactly where you're going. Whatever you do, you usually have fun doing it.



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of Dramarama)**





photo from Dreamworks Records  
Cover of Smith's Figure 8

Elliott Smith  
Figure 8  
Dreamworks Records

What an amazing record! For those that already know Elliott Smith, you already knew that this album would be incredible, and for those not in the know, I ask, "Where have you been?" Smith was nominated for an Academy Award in 1998 for a track on the Good Will Hunting soundtrack, for which he provided most of the music. He also gained notoriety after performing at the Academy Awards telecast and on The Conan O'Brien show. With that said, this sixteen song album is full of beautiful harmonies, incredible instrumentation and emotional lyrics. Figure 8 is Elliott's fifth solo album, as he had previously released music with the band Heatmiser. While Figure 8 is his fifth album, it is only Smith's second major label release. On this album, one can

see a distinct growth building off of what his last album, XO started. Figure 8 is an album that makes it apparent to the public that this Portland native is capable of just about anything musically.

Figure 8 kicks off with the incredible track, "Son of Sam," which appears to have been re-recorded since it's appearance on the Happiness EP. The album then winds it's way through a blend of upbeat, inspiring songs

## UNDER The Microscope

and emotionally charged, lamenting love songs. Some of the stand-out tracks on Figure 8 are "Son of Sam," "Junk Bond Trader," "Everything Reminds Me of Her," "LA," "Easy Way Out," "Wouldn't Mama be Proud," and "Happiness." While these tracks are great, it is also important to point out that there is not one weak song on the entire album. Pick up Figure 8 and then go see Elliott perform live on May 17, 18, and 19 at Irving Plaza in New York City. He will also be performing at the Trocadero in Philadelphia on May 13.

-Jacob Claveloux

Supergrass  
s/t  
Island Records



photo by Nick Veasey  
Cover of Supergrass' s/t CD

Supergrass' third, self-titled album starts out on an upbeat note with the track entitled "Moving." The British band then drive you through an album full of incredible, original music. The great thing about Supergrass, and especially this album, is their unpredictability. While every song stands out, there is not one common sound to any two. Every song could pass as being from a different band, a talent which is something of a commodity in modern rock music. While most bands build entire careers out of one sound, or one song even, Supergrass dare to be different, by experimenting with a different sound on every track. And it definitely works to their advantage as they are an extremely respected band on both sides of the Atlantic Ocean.

The first U.S. single and AMAZING video is track 9 on the album, "Pumping on Your Stereo." The video for "Pumping on Your

Stereo," much like Supergrass' music is original in it's concept and also hilarious. This video is starting to be played on MTV, M2 and CTN, and is featured on MTV's 120 minutes. While Supergrass are completely original, there is a definite Beatles and Rolling Stones influence apparent in their music. It is hard to pick stand out tracks, as they are all incomparable, so you will have to decide which songs are best on your own. Supergrass will be appearing at the Bowery Ballroom in NYC on April 28, and 29, and at the TLA in Philadelphia on May 5.

-Jacob Claveloux

# Did you know?

Being a big Supergrass fan, Director Steven Spielberg approached Supergrass in 1996 with an idea of a TV series bases around the band and it's exploits.

## Student-run play is inspirational

By Jennifer Fletcher  
Insider Editor

A series of acts were written, directed and acted by William Paterson's artist talents in "Students and the Arts 2000," presented last week in the Hunziker Black Box theatre. Students who had a chance to see this fast-paced performance, that ranged from humorous to melancholy, were in luck.

Each act depicted the hard work of some truly dedicated talent. The crowd laughed their way through the humorous skits "Help Wanted" and "Mommy's Star," swept away by the captivating musical "The X-Files Musical" were saddened by the mourning of the lone actress in the skit "The First Step to Saying Goodbye" and interested in the college story "Box."

Jeff Wickersty broke up the skits with a lively and energetic guitar jam. The audience clapped along to the songs, "Why Don't We Just Get Drunk and Screw" and the band Cake's version of "I Will Survive."

The performance ended when most of the cast members rejoined for the dramatic skit "Broken Rule."

The acts ran smoothly and were truly spectacular because of the effort and dedication of the cast members. Be sure to look for "Students and the Arts" performances in the future. You won't be disappointed.

# WELCOME TO THE FAMILY!

## HERE ARE THE NAMES OF THE SPRING 2000 SEMESTER'S NEW GREEKS

Dan Grossberg  
Mike Graziul  
Kevin Don  
Sarah Getzke  
Kati Heinbach  
Bridgit Hickey  
Bonnie Goldate  
Keri Hogue  
Dana Neugenbaur  
Lisa Riley  
Jenni Tucci  
Sandi Velelis  
James-Michael Grahl  
Maritza Skibola  
Dan Kreifus  
Maria-Cristina Gomez  
Alexandra Cortina  
Carla Rodas

Phi Kappa Tau  
Phi Kappa Tau  
Phi Kappa Tau  
Beta Zeta Phi  
Beta Zeta Phi  
Beta Zeta Phi  
Phi Sigma Sigma  
Phi Sigma Sigma  
Phi Sigma Sigma  
Phi Sigma Sigma  
Phi Sigma Sigma  
Alpha Phi Omega  
Alpha Phi Omega  
Alpha Phi Omega  
Mu Sigma Upsilon  
Mu Sigma Upsilon  
Mu Sigma Upsilon

Jennifer Rencher  
Raven Cruz  
Jen Juliano  
Laurie Koba  
Rachel Fisher  
Heather Lareatta  
Amanda Moras  
Heather Wood  
Melissa Morrison  
Julie Kalyna  
Aimee Silverstein  
Rory Caswell  
Dave Beattys  
Rob Magouirk  
Linton Gooden  
Andrew Assini  
Steve Kominos  
Bob Amelung

Mu Sigma Upsilon  
Mu Sigma Upsilon  
Alpha Sigma Alpha  
Theta Phi Alpha  
Delta Phi Epsilon  
Delta Phi Epsilon  
Alpha Sigma Tau  
Alpha Sigma Tau  
Alpha Sigma Tau  
Alpha Sigma Tau  
Alpha Sigma Tau  
Beta Phi Epsilon  
Beta Phi Epsilon  
Beta Phi Epsilon  
Beta Kappa Psi  
Alpha Phi Delta  
Alpha Phi Delta  
Alpha Phi Delta



Tuesday, April 18

THE AMAZING HYPNOTIST, TOM DELUCA

8 p.m. Shea Center,

\$2 for WPU Students



# SAPB Springfest 2000

## WILD CAT

**SATURDAY, APRIL 15**  
**"WILD CAT" CONCERT**

with special guest  
Bobby Brown &  
Santitas

**9:00pm - 11:00pm**

**PUB NIGHT**

entertainment, live music  
at 9:00pm - 11:00pm. City Park  
Springfest 2000 & elsewhere

**Sunday, April 16**

**ARTIST SPRINGFEST**

**GRAND ADVENTURE BOAT**

ticket available in SCB  
for more info call 222-1111

**Monday, April 17**

**5TH ANNUAL SOUTHERN**

**BASKETBALL**

11:00am - 2:00pm, Southern Hall

at 11:00am

Public Entry

**WRESTLING**

**ONLINE CLASS**

11:00am - 1:00pm

Continued on page 12

**FOOTBALL 2000**

at 11:00am  
at 11:00am

**MOVIE ON THE LAWN**

at 11:00am - 1:00pm  
at 11:00am - 1:00pm  
at 11:00am - 1:00pm

**6:00pm - 8:00pm**

**ENTERTAINMENT**

at 11:00am - 1:00pm

**WRESTLING**

at 11:00am - 1:00pm

**FOOTBALL 2000**

at 11:00am - 1:00pm

**SPRINGFEST 2000**

at 11:00am - 1:00pm  
at 11:00am - 1:00pm  
at 11:00am - 1:00pm

**11:00am - 1:00pm**

at 11:00am - 1:00pm

**CLUB NIGHT**

at 11:00am - 1:00pm

**FOOTBALL**

at 11:00am - 1:00pm

at 11:00am - 1:00pm

**WRESTLING 2000**

at 11:00am - 1:00pm

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at 11:00am - 1:00pm

**WRESTLING 2000**

at 11:00am - 1:00pm

WILLIAM PATTERSON UNIVERSITY



# DOWN ON THE CORNER:

## Weekly Jamband Review

By Eric Kiefer  
Insider Writer

I'm going to get off my usual track this week and explore some other facets of the jamband scene. Sometimes we overlook just how much of a mini-society is based around jamband culture. Even the most hardcore jam freak will be stunned into a 4:20 daze when they just stop and think about it. First of all, there are the bands and their respective people (roadies, techs, sound engineers, etc.), who depend on all of you guys to pay the bills and give them a path in life. Then there's the clubs and bars that are the ones that pay these phine musicians, and base their whole business around having a bigger and better party than the others. Then, there's the countless websites, magazines, musician's newspapers, and other assorted music related publications. We've got the numerous stores specializing in hippie merchandise, and the record companies (particularly small independent labels) that help to stock them up. For maybe the first time in history, we see tens of thousands of people devoting their life to being out on the road with the music (tour-heads, gotta love 'em). In addition to these people, we have cult bands like Phish that attract thousand of people to their weekend campout festivals, having a tiny self-supporting society that makes you wonder why exactly we bother to live like we do. Just think about it the next time you pop in a Deep Banana Blackout CD. Think about all of the things that that jam music inspired, and tell me that it's just music. It isn't. It's life.

Anyway, let me get down to business. All of you probably know about

the upcoming Musicfest this Wednesday (4/19) at your own WPU. As much as I hate to get into the whole school spirit thing, (you'd better believe I was NOT at our high school homecoming...) this really is one of the rare events that the whole school should support. I have to admire anything that gives local bands the chance to make a name for themselves, and I always enjoy some live music, regardless of how bad the band sucks. One band that doesn't suck, Shady Grove, is going to be coming down to the Musicfest. Shady Grove, a NJ based local band that also frequents jam clubs like Casey O Tooles, the Underpass, and the Crossroads, will be playing at 2:30. So in between classes, why not show up and get a free preview of some good local groups?

The first 4/20 of the millenium is coming up this Thursday, so after...celebrating, hit the road and enjoy a good show with the rest of your jamhead phriends. PH8 is playing a show at the Crossroads in Garwood, NJ.

Cover is only \$4, and the band promises a bunch of wacky surprises and special guests.

Swampadelica is jamming out the Stanhope House, (located in guess where...Stanhope) starting at 10 p.m. For a minimal cover, you get 3 sets of music. For those of you looking for a long party, check it out.

Again, Ween is playing a free show down at Rutgers in New Brunswick. I know, Ween sucks, but hey man, free is free, and this gives you a chance to get together with your Rutgers buddies (everyone has a couple).

The David Nelson Band is showing up at the Lion's Den in NYC to jam out some of their blues-roots tunes. This is one of the prime jam clubs in

the city, and always has a great lineup of talent. This 4/20 is no exception, apparently.

Lastly, Still Muse is playing a \$5 show at Kenny's Castaways in NYC. I can't personally vouch for this band, but if you want to give them a shot and get back to me, feel welcome.

A lot of jam music lovers (myself included) have grown disenchanted with the quality of music on the airwaves. Most of the big, airwave dominating stations have somehow decided that the public only wants to hear their bubblegum, Britney Spears, N' Synchron, spoon-fed corporate pop crap, and in doing so, lost a lot of potential radio listeners. Well, it might surprise you, but you can hear some good stuff out there occasionally. The following is a list of radio programs worth checking out: 105.5 "the Grateful Dead hour" Sundays at 9 p.m.

- 90.3 "the Kind Time" Sundays from 6-9 p.m.

- 88.9 "Endless Boundaries" Tuesday from 10 p.m. to 2 a.m.

- 88.7 "Toast and Jam" Tuesdays from 6-9 a.m.

Lastly, Billy Martin (of the famed MMW) is creating a new label, Amulet Records. This promises to be a great new independent label specializing in jam and jazz music that won't have any need to sell out. Amulet Records is looking for interns and reps to get immediate employment in the record biz.

This is some really good resume and experience to all you future musicians and sound techs out there, and practically assures you some dynamite connections in the music world. If you're interested, fax a resume to Amulet at 631-924-2849, or give Owen an email at [owen@AmuletRecords.com](mailto:owen@AmuletRecords.com). Good luck to anyone who applies.

## Backstreet Boy hits stage

from BOY page 10

down to earth.

Johnny No Name also poked fun at each individual Backstreet Boy's nicknames. There's Howie Dorough, "Sweet D," but how sweet is he really? "Come on ride the train," were lyrics from a song that Johnny No Name used to refer to Kevin Richardson, whose nick name from playing high school football is Train. "It's \$250 an hour to wax his eyebrows," he joked. "He's 20-years-old and a good Catholic boy," he said referring to Nick Carter, nicknamed Chaos. "How much Chaos can he really get into?" he asked. Then there's B Rok, Brian Littrell. "Who'd want to be a rock, you get kicked around and cars run over you," Johnny No Name joked, before moving on to AJ.

"His nick name is Bone. It sounds like a sexual act," McLean laughed. That lead in to his version on the famous song, "Bad To The Bone," with the chorus changed to "AJ's bad to the bone."

Before the show ended, McLean told his audience that they probably won't be seeing the Backstreet Boys for the next few months. The reason being they will be in the studio recording their new album. "There are a lot of boy bands out there now. You got 98 Degrees, Five, CNote...N Sync. The Backstreet Boys are the granddaddies of them all. When the new album comes out, it's gonna be Bye Bye Bye," he said in regard to the Backstreet Boys' biggest rivals.

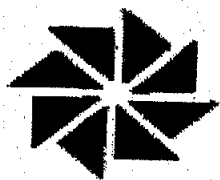
With all the surprises that took place during the show, the biggest was on the star himself. During a slow song, a young girl appeared on stage behind McLean. She called his name and managed to tap his shoulder and say hi, before being escorted off the stage by security. "That's the first time something like that has ever happened," McLean said when he had finished the song.

At the closing of the show, McLean brought both opening acts back out on stage with him

for a final jam. It was something he tried the show before and seemed to work well. No singing was involved, just music and a bit of rapping sounds in the microphone as AJ asked the audience to get up and dance.

On a recent edition of MTV News, Johnny No Name said he gets a lot more thongs thrown up on stage than the BSB do. For anyone who thinks his audience is full of girls crushing on him, there were guys accompanying their girlfriends to the show that evening. While they were dancing and singing along, another guy was throwing his oversized underwear up on stage. McLean also told MTV that he is interested in releasing a live solo album in the future and is currently talking to Limp Bizkit front man, Fred Durst, about producing it. He also reassured the fans that although the BSB may work on separate solo projects, the BSB will be a band until they are old men. At the final part of the evening, McLean walked off stage with the handcuffs back on him, only to do the same the following night. Little did the fans who paid the \$150 scalpers fee at Irving Plaza know what a memorable night they would be in for.

Some fans may have missed the harmonies of the other members during this tour. I have to say that I love listening to AJ sing with the band because it makes his strong voice stand out and he adds an edge to the group. Seeing my favorite member of Backstreet solo was something I never thought would happen. AJ pulled it off and that is just another reason why the Backstreet Boys truly are the kings of pop.



**April 2000 HOLY WEEK Calendar**  
**Jesus Christ, Prince of Peace Chapel &**  
**Bishop The Frank J. Rodimer**  
**Catholic Campus Ministry**  
219 Pompton Road (adjacent to gate #1)  
x3524 [scurtil@wpunj.edu](mailto:scurtil@wpunj.edu)

**Thursday, April 20: Holy Thursday**  
12:30 p.m. Holy Thursday Mass, followed by  
Exposition of the Blessed Sacrament until Midnight

**Friday, April 21: Good Friday**  
7:30 p.m. Mass

**Saturday, April 22: Holy Saturday**  
7:30 p.m. Vigil, with RCIA First Eucharist

**Sunday, April 23: Easter Sunday**  
10:45 a.m. Easter Mass (Only Mass of the Day)

**Sunday, April 30: Confirmation and Communion**  
Breakfast  
9 a.m. Mass at Jesus Christ, Prince of Peace  
Chapel, followed by breakfast at La Neve's  
Restaurant. Call (973) 720-3524 to reserve tickets.

**For more information about Holy Week Events, please contact**  
**Fr. Lou Scurti or Denise Balady at the CCMCenter @ x3524.**

## LOSE 20 POUNDS IN TWO WEEKS!

*Famous U.S. Womens' Alpine Ski Team Diet*

During the non-snow off season the U.S. Womens' Alpine Ski Team members used the "Ski Team" diet to lose 20 pounds in two weeks. That's right - 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the U.S. Ski Team. Normal energy is maintained (very important) while reducing. You keep "full" - no starvation - because the diet is designed that way. It's a diet that is easy to follow whether you work, travel or stay at home (For men too!)

This is, honestly, a fantastically successful diet. If it weren't, the U.S. Womens' Alpine Ski Team wouldn't be permitted to use it! Right? So, give yourself the same break the U.S. Ski team gets. Lose weight the scientific, proven way. Even if you've tried all the other diets, you owe it to yourself to try the U.S. Womens' Alpine Ski Team Diet. That is, if you really do want to lose 20 pounds in two weeks. Order today! Tear this out as a reminder.

Send only \$8.95 - add .50 cents RUSH service to:  
MIDWEST ASSOCIATES, 3318 S. Glenstone, Suite 308, Springfield,  
MO 65804. Don't order unless you expect to lose 20 pounds in two weeks! Because that's what the Ski Team Diet will do.

## Tibetan Buddhists speak of Buddha's teachings

By Cythia Rodriguez  
Staff Writer

On Wednesday, April 5, the William Paterson University community was enlightened on the teachings of the most ancient school of Tibetan

Buddhism by two of the leading teachers of the Padmasambhava Buddhist Center, Venerable Khenchen Palden Sherab, Rinpoche, and Venerable Khenpo Tsewang Dongyal, Rinpoche.

Khenpo Tsewang Dongyal translated Khenchen Palden Sherab relayed the events in the life of Buddha, from birth to his enlightenment, and explained the teachings of the Buddhist religion. The audience of both students and fac-

ulty listened intently as the monks relayed their message of love, compassion and kindness toward all living things.

Khenchen Palden Sherab told the life story of Buddha, who was born Siddhartha Guatama, the son of a king who ruled in an area near the Nepalese border of Northern India. Palden Sherab explained how, from a very young age, Siddhartha, though surrounded by wealth, could not understand the meaning of his surroundings. Though he lived in luxury, he knew that these simple pleasures would not last forever; it was all an illusion. He was determined to discover the meaning of life.

Siddhartha soon left his world of luxury on a quest for enlighten-

ment, which, the monks explained, he found through meditation. He came to the realization that the mind controls the body and therefore happiness could only come from within ourselves, from within our own minds. At this point

he became Buddha and began teaching what is known collectively as the Dharma, the teachings of morality, concentration, and wisdom.

In ending the very informative session, the monks stressed the ideals of Buddha as non-violence, love and peace toward all living things and warned against the poisons of jealousy, anger and hate. Their words, though simple, rang very appropriate for the current state of our society today.

## Catholic Ministry to celebrate Confirmation Mass with Bishop

The Eighth Annual Communion Breakfast and Confirmation of the Rite of Christian Initiation of Adults candidates will take place at the Jesus Christ Prince of Peace Chapel, serving William Paterson University on Sunday April 30, 2000 at the 9 a.m. Mass. The Celebrant will be Bishop Frank J. Rodimer, Bishop of the Diocese of Paterson.

"This will be the first confirmation celebrated in the dedicated Chapel, and we are thrilled that in celebration of the Millennium, our celebrant will be Bishop Rodimer, who has been so supportive of our ministry and the construction of the Chapel," said Fr. Lou Scruti,

Director of Campus Ministry.

Those receiving the Sacrament of Confirmation are four students and one faculty member of the University:

Dr. Barry Morganstern, Professor of Communication, of Cliffside Park, Caroline Chanatski, of Allendale, Christian Mahoney, of Lake Hopatcong, Carrie Mampel, of Jackson, NJ and Kristen Sasiona, of Haledon, NJ.

Music will be provided by the St. Christopher's Folk Choir, Parsippany, NJ. Denise Balady and Jerry Reynolds. For further information regarding reservations please call: 973-720-3524.

## Greek Week God and Goddess Contest



photos by Ryan Calazzo/The Beacon



# SWEET SUCCESS

## Just Born's philosophy is just right

Story and photos by Ryan Calazzo

Rose Craig points to a huge stainless steel vat of gooey marshmallow swirling about a large beater. "The marshmallow is pumped from these vats into the pipes above our heads," she explains, her voice competing against the humming machinery in the 300,000 square foot Pennsylvania factory. Motioning to a large piece of equipment spewing out hundreds of chick-shaped marshmallows, Ms. Craig gives me a glimpse of how newly formed Peeps drop onto a sugar coated conveyor belt.

Before long, the just born marshmallow Peeps head into a sugar machine, where a tornado of tiny crystals as white as snow uniformly cover the marshmallows. Then it's off to the eye stamping apparatus, where two little brown eyes are perfectly printed on the still warm confections.

"Over here is the secret to making Peeps," Craig says, gesturing to a large, funny looking contraption with dials, knobs, and all sorts of gadgets. "Hershey would give an arm and a leg to get in here to see this," she continues.

A few hundred feet down the line, workers at the Bethlehem candy factory quickly remove the Peeps from the fast-moving conveyor belt, placing them into small boxes decorated for Easter. From here, they are wrapped in plastic, boxed in cartons and loaded into 18-wheeler trucks where they will migrate to store shelves and eventually adorn Easter baskets around the nation—and around the world.

But the secret Peeps manufacturing process is just the byproduct of Just Born's success story, a legend of effective management and a unique corporate culture that for years has culminated in quality confections and pleasing profits.

### How It All Started

Samuel Born immigrated to the United States from Russia in 1910, later inventing the Born Sucker Machine, a lollipop stick insertion machine, just six years later. By 1923 Born opened a candy store in Brooklyn, New York where he sold fresh candy. A sign in his window proudly advertised his confections as "just born."

While Born's brothers-in-law, Irv and Jack Shaffer, became partners in the business, Born spent his time inventing new candies, including chocolate jimmies and chocolate coating for ice cream cones. In 1932 Born and his partners moved the now prospering candy business to the company's current Bethlehem, Pennsylvania venue.

The candymaker acquired several other candy manufacturers, including the Maillard Corporation, known for its hand-decorated chocolates, Venetian mints and jellies. Perhaps the most important acquisition was that of the Rodda Candy Company of Lancaster, Pennsylvania. In 1953, Born and his partners bought Rodda for its jelly bean technology and small line of marshmallow products that included the three-dimensional peep, a confection made by manually hand-squeezing pastry tubes.

Sam Born's son, Bob, joined his father in 1946, and with the synergy of then plant manager Joe Truse, the duo mechanized the Peeps manufacturing process to its current capacity of producing millions of Peeps every day.

In the 1960's, Just Born used the recently acquired jelly bean technology of Rodda to invent Hot Tamales and Mike and Ike, popular jelly bean products.

In 1992, Ross Born and David Shaffer assumed leadership of the company as they took over for their fathers as co-presidents. Since then, the two have introduced new products, such as Tropical Fruit flavored Mike and Ike and Zours sour candy, in addition to maintaining high quality standards for their traditional, popular Peeps.

Just Born's claim to fame is the marshmallow peep, a five-decade-old delight that has stolen the Easter candy market as the number one non-chocolate confection for five straight years. A recent visit to the Bethlehem, Pennsylvania factory is a textbook example of a medium-sized company with the potential for continued prosperity in an otherwise extremely competitive market.

newsletter.

Peepletalk contains news on employees, such as anniversaries and achievements, as well as other company news.

Current HR initiatives include an employee survey and improvements to the organizational chart. "We are trying to spread it out," said Taylor.

### Products

Marshmallow Peeps are Just Born's best-selling product. In fact, Peeps have been the number one non-chocolate Easter candy for the past four years, even outselling jelly beans. Last year, sales figures from Information Resource Inc. illustrated that Just Born sold more than twice what Brach and Brock, a major competitor for Easter sales, sold. The information is based on data compiled from checkout barcode scanners.

Although Peeps are a seemingly seasonal product, the bright marshmallows are produced year-round in various forms for different holidays. In addition to chick-shaped Peeps, which come in yellow, pink, lavender, blue and white, Just Born produces bunny rabbits (which now come in blue), Halloween pumpkins, ghosts and cats, Christmas trees and snowmen. This past year the company came out with Valentine's hearts and vanilla and strawberry creme-flavored marshmallow eggs. Almond flavored marshmallow gingerbread men are currently in development.

### Peeps Marketing

A benefit to Just Born is the instant brand recognition and popularity of Peeps. For some people, Peeps appearing on store shelves is a welcome sign of spring.

"Peeps are a feel-good product. Even people who don't like marshmallow seem to like the concept of Peeps," said Edward Broczkowski.

Broczkowski admits that Just Born does not invest in a lot of marketing for Peeps because they consistently sell out at retailers each year.

"Most of our marketing efforts are concentrated on our other products," said Broczkowski. Mike and Ike, Zours and other jelly bean products face much more sales competition than Peeps, which has no other direct competitor.

In March 1999, the company aired its first television commercial for Peeps, featuring talking chicks with sunglasses. According to Broczkowski the advertisement was a hit.

"It was our first attempt using television to promote Peeps. People like the commercial. People like Peeps," said Broczkowski.

continued next page

### Just Born Today

#### Employees

Employees are Just Born's most important asset. Approximately three quarters of the 426-member work force work in the production of candy, and many are second and third generation candymakers. Although the plant is unionized, Just Born has not had a strike for nearly 40 years. The company received an award from the State of Pennsylvania last year for excellent labor-management relations.

"People call and want to work here," says Carol Taylor of Human Resources, "It's not just a job they are looking for, it's the company."

"[Just Born] is a family company in the sense that the owners are very active—they get to know every employee," said Taylor.

"This is really a great place to work. There has never been a day when I have not wanted to come to work here," said Edward

Broczkowski of the marketing department. "It's a fun place."

Employee turnover at Just Born is only between one and two percent. The HR department has to do little recruiting when new positions become available.

"We have resumes and applications on file from very qualified people," said Taylor. One product manager in marketing was hired after his resume was pulled from a pool—nearly a year after he sent it.

"He couldn't believe we kept them on file," Taylor said.

Still, Taylor does attend job fairs, and occasionally uses a temp service for high level positions. Just Born does little internet recruiting, but Taylor believes that may change in the future. "We have tried employment websites, but the response has been many unqualified prospects," Taylor continued.

Just Born makes most new positions available first to its employees, many of whom have the opportunity to advance within the company. When a new position opens, HR typically reviews the job description with managers who work in specific areas where the position falls under. These managers will have the final approval to hire applicants.

Each year, Just Born treats its employees to luncheons, appreciation days and a picnic. The company even held a contest for employees to rename the employee



Orange pumpkins are hand stamped with black dye before heading on to the boxing and wrapping stage.

### Just Born at a glance...

Just Born Co., 1300 Steffo Blvd., Bethlehem, PA 18017-6620  
1-800-445-5787 Privately owned company

Co-presidents: Ross Born and David Shaffer

Employees: 426

#### Products:

Marshmallow: Peeps, bunnies, eggs, hearts, pumpkins, ghosts, cats, Christmas trees, snowmen.

Jelly Bean: Mike and Ike, Hot Tamales, Jolly Joes, Zours, Teenie Beanie Jelly Beans



## Peeps Migrate Abroad

Although Peeps are a seasonal product in America, the chicks are produced year-round for shipment abroad. Just Born exports Peeps to Canada, United Kingdom, Australia, New Zealand, Germany and China. Entry to these markets has been recent and not without its share of challenges.

When Woolworth's in the U.K. decided to sell Peeps in its stores on a trial basis, executives were worried that the familiar yellow color was too bright for an English candy, and feared it would not sell.

"They asked us to tone [the color] down for the first year, so we came up with lavender. But people in England wanted the yellow Peeps that were sold in America," said Broczkowski.

Peeps exported to China are sent overseas in large cargo containers—in bulk. Once they arrive in the country, they are repackaged locally and sold to consumers.

A major obstacle in exporting Peeps to other nations is the reluctance of European supermarkets to carry foods that contain genetically modified (GM) food. Peeps are made with corn syrup that contains as much as 40-percent of GM corn.

Although only one to two percent of total Peeps produced are exported, Just Born's overseas market is growing. Within the next year, the company hopes to export Peeps to South Africa.

"We have to examine the cultural aspects of other countries to see if Peeps will sell," said Broczkowski. Exporting has been a learning experience for Broczkowski, who was appointed exports manager just one and a half years ago, and knew nothing about exporting when he assumed the position coming straight from the finance department.

"I called other candy companies and

asked for advice. People in the candy industry are very helpful," Broczkowski added.

### Other Products

Just Born's line of jelly bean products has expanded over the years. Tropical Fruits, Berry, and Berry and Bubble Gum-flavored Mike and Ike now grace supermarket shelves, and are a year round supplement to the company's Easter jelly beans and Teenie Beanee jelly beans.

Marketing for Just Born's boxed jelly bean products has been aimed at 13-25 year olds. Just Born sponsors NASCAR racer Derrick Gilchrist, number 15, and the Hot Tamales logo adorns Gilchrist's Chevy Monte Carlo racecar. A successful marketing tactic has been on-pack promotion of Hot Tamales, where consumers can win instant prizes. Advertising for the instant win game is slated to begin April 23.

Zours, a chewy sour candy popular with kids and adolescents, is another new product. Promotional samples of Zours were distributed in boxes of

Trix cereal, and according to Broczkowski, the move was a success.

"We want people to remember our products when they are at the supermarket, and that means kids. The cereal promotion gave us entry," said Broczkowski.

All of Just Born's products are distributed through candy brokers, who in turn sell to wholesalers. Brokers for superstores such as Walmart and Kmart buy directly from these brokers. A National Sales Manager and Regional Sales Managers for Just Born negotiate with brokers.

Just Born has set up a new Peeps fan club, which Craig believes will aid in the promotion and longevity of Peeps consumers. More than 1000 fans have already signed up, and members receive newslet-

*"Employees like the fact that managers and the presidents know their names and take the time to talk with them. It makes them feel important, and they are important in this company."*

Edward Broczkowski  
Exports Manager



Marshmallow pumpkins are removed from a conveyor belt and placed in boxes. From here "just born" confections will be shipped to retailers nationwide.

ters, a pair of Peeps, a hat and other Peeps paraphernalia. Internet users can surf to [www.MarshmallowPeeps.com](http://www.MarshmallowPeeps.com) to join the

### andy Culture

The cake culture at Just Born is as unique as its products. A differentiating factor between Just Born's employees and employees from other companies is the smiling. Nearly every person in the company has a smiling glance and a friendly hello to each other. Friendliness among Just Born employees was definitely firm. While on the way to the candy plants, Craig stopped three times to say hello to passersby in the hallway. Every morning to know everyone, and they all the time to say, "Hi, how are you... great weekend."

What is Just Born's culture so special? The answer, say four managers, is the co-presidents, Ross and David.

"It starts at the top and ends at the top," said Roaig, Community Affairs Manager and David take the time to know every employee here, and they have an open policy. Anyone can go talk to the press at any time.

Craig is one of a story where a temporary employee came to Just Born after 15 years with Ingersoll Rand. When Ross tapped her on the shoulder to introduce herself, she was shocked, citing 15 years a company whose executives did not know her name.

Just Born believes in praising good performance and hard work. "Sometimes a handwritten 'thank you' goes a really long way," said Taylor. "Employees like the fact that managers and the presidents know their names and take the time to talk with them. It makes them feel important, and they are important in this company," she continued. Workers in the plant seem to be very excited amid the busy flurry of producing confections in a candy factory.

Employees can expect to work hard, but are rewarded for effort. Employees are also valued and respected by managers and executives.

"When we want to innovate, we ask employees to line up their ideas—what do they think, what would improve their performance," said Craig.

A tuition reimbursement program at Just Born allows full time employees to be repaid \$5000 per year for a GED, college degree certificate program in a subject that is related.

Just Born does not believe in waste. For example, formed Peeps are culled from the conveyor where they get a second shot at making their way to Easter baskets. Less than 1% of Peeps are added back into the marshmallow hopper, where their colorful outside dissolves in a sea of white goo.

The company also invests in its community, supporting local nonprofit organizations through corporate philanthropy, which they do not publicize.

"We give for the right reasons, not to get our name out for good [public relations]," said Craig. Nearly half a ton of candy is given away to organizations in the Bethlehem area, in addition to monetary donations.

But Just Born's success lies beyond its flashy packaging, happy employees, and unique confections. The company's true triumph is embedded in a corporate philosophy practiced by every employee—from the owners to the night janitor—and embodies 17 principles that embrace attitude, ethics and corporate axioms.

"We have a philosophy of doing things. It's not what we do, it's how we do it," said Craig. The corporate philosophy is the way of life at Just Born (see chart); every employee is expected to adhere to the ideology.

While Just Born seems to be a paradigm that would benefit any firm savvy enough to emulate the company's human relations strategy of success, the candy manufacturer is not without problems.

"The open door policy creates a bit of chaos—it's abused," said an operations manager.

"If someone from the plant bypasses his manager and goes straight to one of the presidents, it can result in miscommunication and undermine the relationships between supervisors and the employee. Managers will resent not having the opportunity to assist with problems that should go through them in the first place. Some people tend to want to do other people's jobs. It can be very frustrating," he said.

"We are a small company where people can communicate well, but some people think we are no longer a small company, but a big company. If I send an e-mail within the building to ask a question, by 4 p.m. I'll have seven or eight replies, and [the replies] likely will not completely answer my questions. It's much easier to pick up the phone and have a brief telephone conversation where I could get clarification on something all at one time," the operations manager added. E-mail has caused many people in the company to abandon the frequent use of telephoning or calling on others in person, making the culture slightly more formal than it used to be.

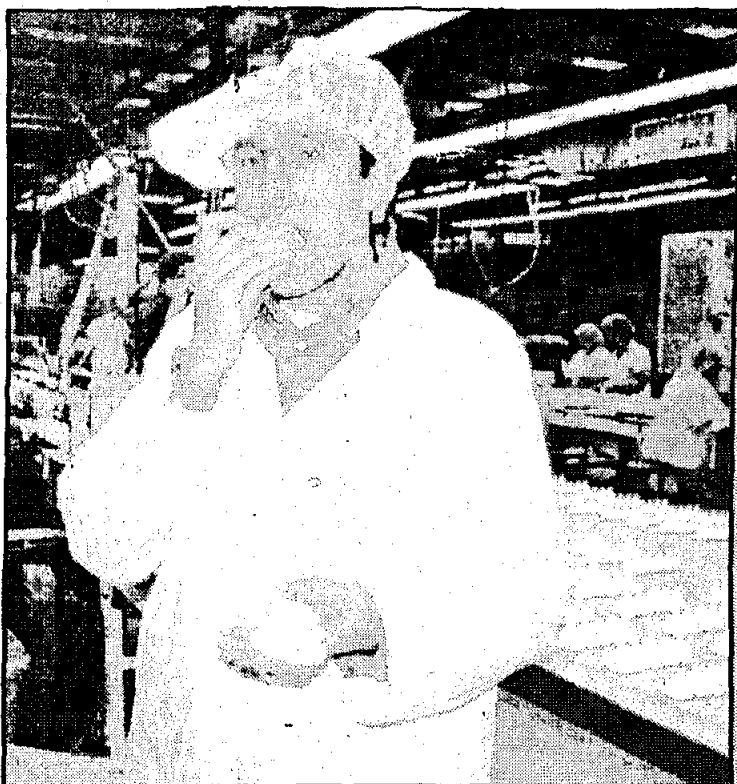
Other problems at Just Born involve technological upgrades. An automatic palletizer was recently installed in the plant, but has required several expensive repairs—and costly down time. A computerized scheduling system has been so user unfriendly that the operations manager claims it is almost useless.

## Just Born's Philosophy

### At Just Born...

- ◆ We believe vision, compassion, courage, and integrity are the cornerstones upon which we build each day and each endeavor.
- ◆ We believe in building and sustaining an environment where people, ideas, and creativity can flourish.
- ◆ We believe trust is the foundation of all personal, interpersonal, and organizational achievement, and the building and maintaining of trust is our top priority.
- ◆ We believe the greatest assets of our organization are people.
- ◆ We believe great things happen when everyday courtesy, kindness, and humor are woven into all our personal and professional interactions.
- ◆ We believe in treating others as we would like to be treated ... creating a common connection from co-worker to customer to consumer to community.
- ◆ We believe in nurturing respectful relationships with one another and encouraging the best in each other.
- ◆ We believe character and competency are intrinsically linked, one dependent upon the other for success.
- ◆ We believe quality is important not only in our larger accomplishments, but also in the small everyday things we do.
- ◆ We believe how we achieve is as important as what we achieve.
- ◆ We believe open communication encourages freedom of expression, which stimulates curiosity and questions, which gives birth to imagination and ideas, which results in success.
- ◆ We believe there is much to learn from one another and much to teach one another.
- ◆ We believe mistakes along the way are not the end of the lesson, but only the beginning of opportunities to learn and grow.
- ◆ We believe we are part of a larger whole which includes our families, our organization, and the community of neighborhoods in which we work and live and to whom we bear responsibility and loyalty.
- ◆ We believe the legacy we leave must be one we would want to find.
- ◆ We believe our challenge is to continue to integrate these beliefs into all areas of our lives.
- ◆ We believe our work has just begun!





Ryan Caiazzo munches on a still-warm marshmallow peep right off the conveyor belt at Just Born Company in Bethlehem, PA.

## Peeps are sweet profitmaker

from SWEET pages 16-17

The research and development laboratory at Just Born is surprisingly small. Within the experimenting room, candy specialists concoct new confections as well as new flavors for already popular candies. The R&D lab is a symbol for the innovation, creativity and imagination that is characteristic of the company.

Just Born has plans to automate the eye stamping process for marshmallow products next year, in addition to other slated projects to automate candy production. A third marshmallow line is expected to be added within the year in anticipation of increased exports.

Peeps are indeed a unique product that is synonymous with everything that's Easter. Most of

Just Born's products have been around for nearly half a century, and their popularity is almost embedded in the America tradition of loving quality candy.

Just Born's continued success and profitability will continue to rest on its visionary leaders—David and Ross—whose business savoir-faire and sharp human relations skills have resulted in sales approaching the \$100 million mark. The company shows signs of prudent growth complementing a traditionally non-traditional management style that is responsible for the company's resultant profitability.

As Craig proudly stated, "I love my job. I love Just Born. I love the people here, I love the products. I love everything. I couldn't ask to work for a better company."

1.) **Simple Goiter** - The cause of this ailment is unknown. The symptoms are a swelling of the thyroid producing a bulge in the neck. Treatment is often unnecessary but in many cases the problem responds to thyroid hormone tablets.

2.) **Endemic Goiter** - The cause is a lack of iodine in the diet. This problem may lead to the deficiency of the thyroid hormone, Thyroxin. The treatment is as simple as starting to have iodine in the diet again.

3.) **Hypothyroidism** - Also known as Myxedema, the cause is autoimmune and by having too low levels of Thyroxin in the blood. May be caused also by Hashimoto's disease or thyroid failure. The symptoms of having this problem are dry skin, tiredness, slow heart beat, elevated blood pressure, poor memory, difficulty concentrating, heavy menstrual flow, infertility, swelling of the neck, depression, lack of energy, intolerance to cold, increase in weight, constipation, hoarse voice and deafness. The treatment is to take the thyroid hormone, Thyroxin, by tablet for the rest of one's life. This thyroid problem is the most common; 11 million Americans are suffering with it right now.

4.) **Hyperthyroidism** - Also known as Thyrotoxicosis, this is caused by most commonly, Grave's disease, an autoimmune disorder. Another cause is nodules on the thyroid itself. The symptoms include an increase in appetite yet with weight loss, sensitivity to heat, irregular heart rhythms usually racing, irritability, insomnia, tremors, frequent bowel movements, tiredness, nervousness, and sweating. In some cases there is muscular weakness. Treatment for this ailment includes surgery to remove the overactive thyroid, the use of radioactive iodine tablets, and thyroid suppressing pills.

5.) **Grave's Disease** - The cause is the presence of antibodies in the blood that stimulate the thyroid to be overactive; an autoimmune disease. This disease can cause hyperthyroidism. The symptoms are bulging eyes and all those symptoms listed above for hyperthyroidism. Treatments include all those treatments for hyperthyroidism and/or surgery to reduce the protrusion of the eyes.

6.) **Thyroiditis** - The cause is an inflammation of the thyroid gland resulting from a viral infection. The symptoms include the thyroid to swell and become painful that comes on quite suddenly. Mild hyperthyroidism may result. Treatment is usually unnecessary. The only real treatment is a dose of painkillers, or steroid drugs to stop the inflammation.

7.) **Dyshormonogenesis** - The cause is an inherited abnormality in the way the thyroid produces its hormones. There are six different types of this ailment, the most common is Pendred's Syndrome which causes deafness. The symptoms include a low level of thyroxin in the blood causing hypothyroidism. The treatment is usually Thyroxin supplements.

8.) **Cretinism** - Also known as Congenital Hypothyroidism, this disease is caused when the fetal thyroid is underdeveloped or non-existent. In the past, children born with this ailment died shortly after birth. The effects are mental and physical retardation. This ailment occurs once every 4,000 births. Early treatment is vital for survival.

The treatment usually consists of thyroid hormone treatments. Early diagnosis is extremely important, if not retardation will set in. If treated early enough, the child will develop normally.

*Editor's Note: Consult a licensed physician for questions regarding your health. Spotlight on Your Health is not a substitute for advice from a physician.*

## ADVERTISEMENT.....ADVERTISEMENT

# Holocaust Studies Appointment with Hate?\*

Let's agree that one ideal of the university is to promote intellectual freedom, and one ideal of the professorial class is to teach students to honor it. Yet this is not true in Holocaust Studies. There, if students express doubt about "eyewitness" testimony, for example, even if it demonstrably false, dishonorable or both, they understand they run the danger of being accused of being "hateful."

Consider eyewitness testimony given by Nobel Laureate Elie Wiesel.

## Elie Wiesel as an "eyewitness" authority

EW claims he was "liberated" from Dachau (*Jewish Telegraphic Agency*, 11 April 1983), "liberated" from Buchenwald (*NYT*, 2 Nov. 1986) and "liberated" from Auschwitz (*NY Post*, 23 Oct. 1986, and *NYT*, 4 Jan. 1987). One of these claims may be true. The others are false. Do the professors believe it matters?

EW claims in *All Rivers Run to the Sea* (NY, 1995): "I read [Immanuel Kant's] *The Critique of Pure Reason* in Yiddish." Kant's *Critique* has not been translated into Yiddish. Here again, EW did not tell the truth. Does it matter?

EW claims that after Jews were executed at Babi Yar in the Ukraine, "geysers of blood" spurted from their grave for "months" afterward (See *Paroles d'étranger*, 1982, p.86). Impossible? Yes, it is. Do the professors believe it matters?

When Holocaust Studies professors are too fearful to condemn such claims, and those who make them, what are their students to do?

## Elie Wiesel as an authority on "hate"

Elie Wiesel has won the hearts and minds of Holocaust Studies professors with his counsel on how to perpetuate a loathing for Germans:

Every Jew, somewhere in his being, should set apart a zone of hate—healthy virile hate—for what the German personifies and for what persists in the German.

*\*(Legends of Our Time, "Appointment with Hate," NY, Avon, 1968, pp. 177-178).*

Students understand the implications of this statement when brought to their attention, while their professors appear not to. Perhaps if we change one work in Elie Wiesel's sage advice, it will focus their attention: "Every Palestinian, somewhere in his being, should set apart a zone of hate—healthy virile hate—for what the Jew personifies and for what persists in the Jew." Does this help?

How is EW perceived in Holocaust Studies? He is esteemed as a moral authority. Chairs are created in his honor. Students are taught to emulate him.

## Holocaust Studies and the exploration of hate

In Holocaust Studies, hate is all the rage. To merely note that Stephen Spielberg based his "factual" movie *Schindler's List* on a cheap novel—is hate. To suggest that the "Diary" of Anne Frank is not an authentic personal diary (and should not be taught as such), but a "literary production" crafted by Anne, after the war by others, from a cache of miscellaneous writings and inventions— that's hate. Exposing false eyewitness testimony is hate. Exposing forged Nuremberg documents is hate. Exposing faked photographs and the use of torture by the Allies to produce confessions by Germans is hate. Asking for proof that one (one!) Jew was gassed in any German camp as part of a program of "genocide" is hate. Asking what "crimes against humanity" National Socialists committed during WWII that Republicans and Democrats did not commit is hate. To note that the story is immensely profitable for those who administer it is hate. Arguing for intellectual freedom regarding any of this—that's hate too. That is, commenting on the record is hate. Telling the truth about the record is hate. Having an open mind is hate.

The unspoken ethical and intellectual scandal in Holocaust Studies is that key materials used in these programs are soaked through with fraud and falsehood—led by the use of false and ignoble eyewitness testimony. Here we have highlighted the hapless Elie Wiesel, but the literature is full of "eyewitnesses" who gave false testimony about gas chambers and a great many other matters.

For more information on Elie Wiesel and other problematic eyewitnesses— such as Simon Wiesenthal, Dr. Hadassah Bimko (Rosenshaft), Filip Mueller, Rudolf Vrba, Kurt Gerstein, Mel Mermelstein, go to our site on the Web and follow "revisionism." For background on myself, follow my name.

Committee for Open Debate on the Holocaust (CODOH)  
Bradley R. Smith, Director

Students and others are encouraged to respond to any questions or statements contained in this ad by contacting Bradley Smith at:

[www.codoh.com](http://www.codoh.com)

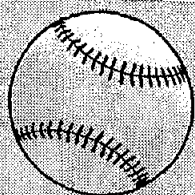
## Spotlight on Your Health Thyroid Disease: 2 Faces of the Devil

By Caroline M. Schmidt

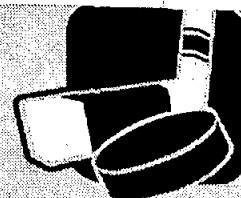
In the body exists a small, butterfly shaped organ in your neck. It sits between the Adam's Apple and the collarbone. If you tilt your head back as far as you can and press your neck softly were there is the little hollow above the collarbone, you might feel this little organ. It was at one time, 150 years ago, considered a useless, or vestigial organ, a vestige of the past. It was considered something that evolution forgot to do away with. Within the last 100 years or so great advances and studies have been done regarding this small, lumpy, fleshy colored organ, or really a gland, the thyroid. The thyroid is actually vitally important in bodily functions, as scientists and doctors eventually discovered. Its purpose to release small increments of a hormone known as thyroxin into the blood so that receptors on the surface of the nucleus of cells that respond to it. The overall effect of

the hormone is to increase the amount of energy that the cell uses. This leads to an increase in the amount of protein that the cells manufacture. This is what gives you the energy to move, work, and play. When something goes wrong with the thyroid it is called, Thyroid Dysfunction. There are many problems associated with the thyroid. Most of the diseases that attack this sensitive gland are called autoimmune diseases. This means that the immune system attacks itself. There are many kinds of autoimmune diseases in hundreds of forms. Diabetes is a good example. Thyroid Dysfunction can be caused by the immune system as in autoimmune diseases or by a lack of iodine in the diet. That is why doctors and health experts recommend that people buy and use Iodized Salt. It costs 10 cents more, but the benefits to your health are undeniable. There are eight notable Thyroid Dysfunction diseases that are categorized below:





## Sports Trivia Quiz



1. Name the two teams the Green Bay Packers beat in Superbowls I and II.  
\_\_\_\_\_
2. Wayne Gretzky and Gordie Howe are No. 1 and No. 2 in career points scored. Who is No. 3?  
\_\_\_\_\_
3. What two teams retired Hank Aaron's uniform number?  
\_\_\_\_\_
4. Who is the only New York Giants head coach to lead the team with over 100 lifetime victories?  
\_\_\_\_\_
5. Who was the first hockey player to be proclaimed Sportsman of the Year by Sports Illustrated?  
\_\_\_\_\_
6. After beating Jersy Joe Walcott, how many defenses of the heavyweight championship did Rocky Marciano have?  
\_\_\_\_\_

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7. What star of the Atlanta Braves broke his leg in a dirt bike accident a week after signing the largest one-year baseball contract ever?  
\_\_\_\_\_

#### Answer Key:

1. Kansas City Chiefs and Oakland Raiders 2. Marcel Dionne with 177 points (731 goals and 1,040 assists) 3. Milwaukee Brewers and Atlanta Braves 4. Steve Owen from 1930-1953 (155-108-70) 5. Bobby Orr 6. Marciano defended the title six times between 1953-1955 and then retired. 7. Ron Grant

#### Answer to last week's sports trivia question:

The last time the winner of the NHL's Art Ross trophy for scoring had more goals than assists was in when Chicago's Bobby Hull had 54 goals and 43 assists.

# GIANTS' logo just doesn't do it

In an era where new stadiums and arenas are popping up at the pace of dandelions to attract fans, and teams are constantly reinventing their uniforms to sizzle fans with a more snazzy appearance, something has seriously gone wrong in the minds of the New York Giants marketing geniuses.

## THOR'S THOUGHTS



By Ira Thor

On April 5, the organization announced they were introducing new home and away uniforms, and turning back the clock with the reappearance of their traditional "NY" helmet logos.

The "NY" look was in existence from 1961-1974, when Big Blue played their home games at Yankee Stadium in the Bronx.

The more modern GIANTS logo came about in 1975, a year before moving to their current home, Giants Stadium.

Last year, the Giants' Meadowlands counterpart, the New York Jets, were the first local to revert back to its glory days.

Before last season, the Jets set aside the solid green uniforms for the benefit of their traditional green and white ones from the days of Super Bowl III. So far, such a move has been visually appealing, and politically correct.

The same can't be said about the Giants decision to re-live their days of not-much-glory. The Giants of the 1960's and 1970's were terrible, and, in my opinion, so is their decision to change uniforms.

First of all, the "NY" look just doesn't have much sex appeal. Quite frankly, it's dull. It's a listless feel, not unlike the apathetic helmets of the Cleveland Browns.

However, America has grown to accept this Cleveland relic because of the success of the franchise when football was just starting to become a religious experience in the late 1950's.

Although the Giants were a very good team prior to football's popularity explosion, fans really can not identify the "NY" logo to an era of success.

The GIANTS emblem is attractive, and can easily be attributed to the era of the 1980's and early 1990's when New York, San Francisco, Chicago, and Washington were clearly the best teams in the sport for a decade.

When NFL films shows clips from Super Bowl XXI and XXV, it's the GIANTS trademark on the head of quarterback Phil Simms, and linebacker Lawrence Taylor, and the jacket of head coach Bill Parcells that New York fans will visualize.

But, even more than the logo's appearance is what it represents. From a political point-of-view, this marketing decision is a slap in the face of fans that make up much of the team's base.

Since 1976, the Giants have called the Garden State home. The 2000 season will mark the 25th year that the New Jersey Meadowlands have hosted

this great franchise.

Prior to the helmet conversion, the GIANTS logo represented every fan in the New York metropolitan area, and didn't discriminate New York versus New Jersey. The same can no longer be said.

The change in logos is a slap in the face of New Jerseyans.

It's true that the team originated in New York, and as a New York-area team, there are fans from both states.

But, how can a team which has enjoyed the better part of its success in New Jersey decide to alienate the fans from this state?

The front office has said that the change in trademarks is not a political statement. But, how can it not be interpreted that way?

I've called this team the New Jersey Giants for years, and even Governor Christy Todd Whitman has hinted that they should be called the same.

The team plays in New Jersey. If anything, there should be a white "NJ" insignia placed against the navy-blue background.

But, that wouldn't look right. Either does wearing the initials of a state that geographically is home to only one team—the Buffalo Bills.

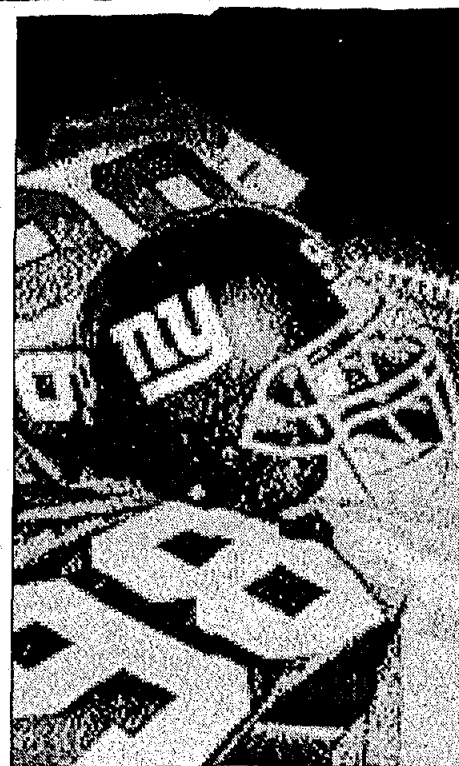
The New Jersey Nets were established as the New York Nets. Has anyone seen a "NY" logo anywhere on their attire?

This is just a terrible decision by the gurus in the front office.

They should have just left well-



Jerry Pinkus



enough alone. But, in the end, it's not about political statements, nor revitalizing the franchise's look. It's about one thing—money.

When the Jets changed uniforms, there was a jump in sales of the team's apparel.

The same has been true when expansion teams first come into the league. It's all about the dollar.

The Giants saw what their neighbors were doing, and thought now was a good time to cash in.

As a die-hard Giants fan, one would hope that the team would be slightly more concerned with improving a disappointing 7-9 team.

I'm keeping my GIANTS goods; not a cent will be spent on the "NY" emblem. Because, now that the team has managed to segregate their fan base into New York and New Jersey, it's time to interject some New Jersey pride.

Ira Thor is a senior at William Paterson University and a staff writer for "The Record," in Hackensack. You can reach Ira at [irathor@yahoo.com](mailto:irathor@yahoo.com)

The New Jersey Football Officials Association (NJFOA) Northern Chapter is now accepting applications for the admittance to its 2000 training program.



Successful completion of the program will certify applicants to officiate high school varsity football contests in the State of New Jersey. Application deadline is May 15, 2000.

Applicants must be physically fit, 18 years of age or older, and residents of Northern New Jersey. For further information and an application please send a business size SELF-ADDRESSED STAMPED ENVELOPE to:

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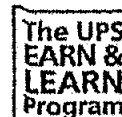
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## Workout the right way by avoiding the ten common mistakes made at the gym

Being new at the gym is awkward enough, but starting a workout program without knowing what you're doing is far worse. In our attempt to impart enlightenment for the weigh-room initiate, we present 10 common mistakes you should know about—immediately.

### Using incorrect form while bench pressing dumbbell or barbell:

Regardless of whom you see doing it at the gym, don't pick your feet up from the floor when you bench. Some people tell you to keep your feet up so you don't arch your back during the movement. But if you have to arch your back, you're benching way beyond your abilities. Switch to a lighter weight to ensure that your feet are always solidly planted. This will keep you from toppling off the bench and injuring yourself or others.

### Holding your breath:

This may seem ridiculously obvious, but remember to breathe when you lift. Sometimes, when an activity is new, you concentrate so much on doing it correctly that you forget to let your body do its natural things, like breathing. The breathing pattern for lifting is to exhale on the positive phase (pushing or pulling the weight) and inhale on the negative (lowering the weight). Holding your breath can raise your blood pressure and, if you hold it long enough, cause fainting.

### Not using collars:

Always use collars on the bars when you're working without a spotter. Everybody has a weaker side of the body, and this weakness is exaggerated in the initial phases of weight training. During a lift, the bar may begin to lean imperceptibly toward the weaker side of the body. As it tilts, the plates slide downward until they suddenly spill off the bar and the opposite side drops in a quick seesaw action accompanied by a loud clanging of iron. You're left standing or lying red-faced, not physically hurt, perhaps, but definitely diminished in the pectoral pecking order. Use collars.

### Fearing that you'll get too big:

Don't ever say this in the gym, or you'll instantly be branded a gym-becile. The reality is that few people put on as much muscle as they want; most settle for a physique better than the one they started with, but hardly the one they idealize. Remember: A pound of muscle is approximately the size of a baseball, while a pound of fat is about the size of a softball. In other words, you can add plenty of lean muscle before your biceps burst through your shirt sleeves.

### Spotting incorrectly:

Hang around a gym long enough and, sooner or later, you'll either be asked to spot or need one yourself. If you suspect you're going to need a spot, ask for it. Gym rats are always more than willing, and it's much better to ask

quietly for a spot than to scream loudly for help once you're in trouble. If you're asked to spot a guy who's benching 500 pounds and you know you couldn't roll that, much less lift it, be honest and say so. To fail as a spotter and endanger someone is unforgivable.

transform your legendary flab into equally fabulous abs. Neither will doing 20,000 crunches a day. The only way to develop and see your abs is to exercise and watch your diet. You can have the strongest abs in the world, but if they're swathed in fat, no one will ever see them.

you shorten your limbs in the process.

### Playing a personal stereo too loudly:

Wearing a personal stereo is a good idea if you don't like the music in the gym. We all know music picks up spirit and energy, but remember to keep it low. Headphones regularly emit more than 100 dBA. Sustained exposure to sounds over 85 dBA can cause temporary damage or permanent hearing loss. If you can't hear somebody speaking to you in a normal voice, turn it down. No sense becoming buff and deaf.

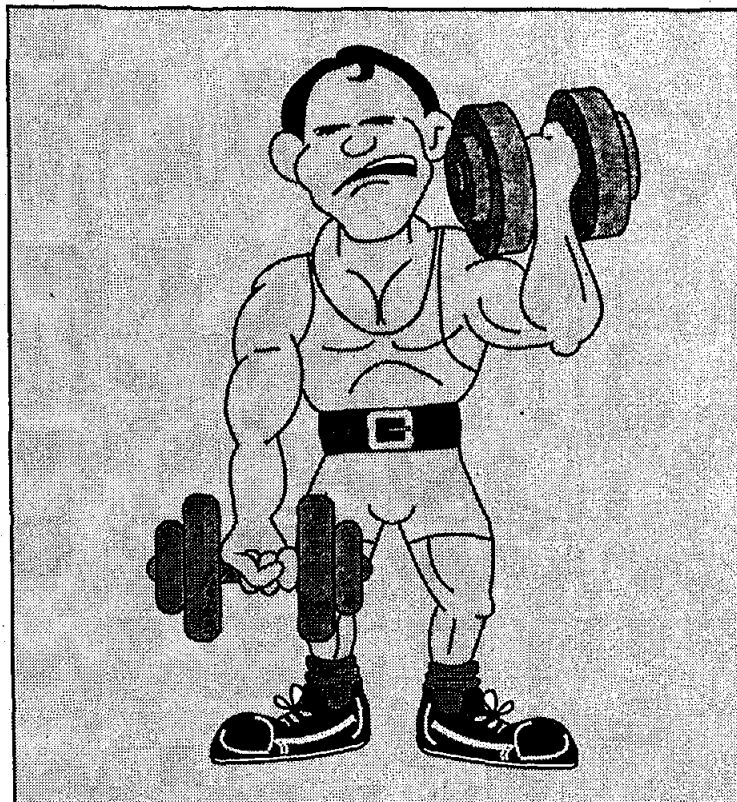
### Not drinking enough water:

Your blood is 85 percent water, your brain 75 percent and your muscles 70 percent. Drink lots of it. If a muscle is dehydrated by 3 percent, it loses 10 percent of its contractile strength. Drink before you're thirsty. By the time you're conscious of thirst, you're already partially dehydrated, which can adversely affect stamina and concentration. To keep from becoming a stumbling, mumbling gym zombie, drink water. It's even calorie-free.

### Wearing a weight belt:

Don't wear a weight belt when you're just starting out. The weight you use shouldn't be so heavy that you need a belt to lift it (if you have back problems, see a doctor before starting). Wearing a belt can cause you to develop poor lifting habits, such as not consciously tightening your abs as you lift. If you have to wear a belt, remember to loosen it between sets. A tight belt can raise blood pressure and cause ulcer-like symptoms, such as heartburn or abdominal pain. Remember, the belt is designed to help support the lower back, not act as a girdle.

Information courtesy of Bobby Lee's article, originally featured in Men's Fitness.



### Trying to spot reduce:

There's no such thing. If you have a belly, wearing a plastic suit or some sort of gizmo around your stomach as you exercise won't

### Starting too heavy:

Resist the temptation to lift as much as you can the first few times in the gym, even if the smaller guy next to you is lifting more. While your muscles may be able to lift the weight, your connective tissues probably aren't ready for it. Go for high reps the first few times and gradually work your way heavier, especially in pushing exercises such as the bench press and any of the shoulder exercises. There's no sense in building stronger muscles without corresponding strength in the connective tissue to avoid injury. And there's no sense in trying to outlift that smaller guy if

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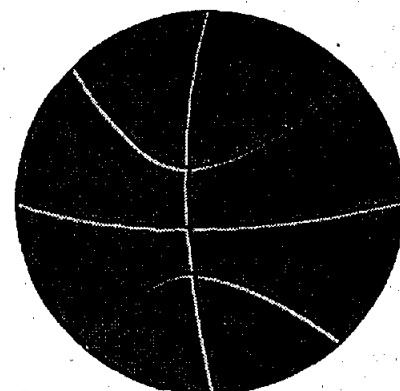
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## NHL Playoff Update

Courtesy of Don Bennett

**Washington vs. Pittsburgh**

Pittsburgh leads 2-0.

Next Game: Monday at Pittsburgh

Jagr dealing capital punishment with 6 points in 2 games.

**New Jersey vs. Florida**

New Jersey leads 2-0.

Next game: Tuesday at Florida

Devils hold on for two victories on home ice.

**Buffalo vs. Philadelphia**

Philadelphia leads 3-0.

Next game: Tuesday at Buffalo

Flyers' rookie goalie has Buffalo's number.

**Ottawa vs. Toronto**

Toronto leads 2-0.

Next game: Monday at Ottawa

Punchless Senators have just 1 goal in 2 games.

**St. Louis vs. San Jose**

Series tied 1-1.

Next game: Monday at San Jose

Sharks get breaks and earn split in St. Louis.

**Dallas vs. Edmonton**

Dallas leads 2-1.

Next game: Tuesday at Edmonton.

Oilers still alive in physical, intense series.

**Colorado vs. Phoenix**

Colorado leads 2-0.

Next game: Monday at Phoenix

Avalanche picking up steam, while shutting down Tkachuk and Roenick.

**Detroit vs. Los Angeles**

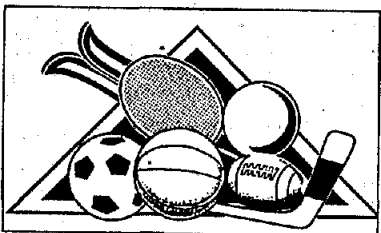
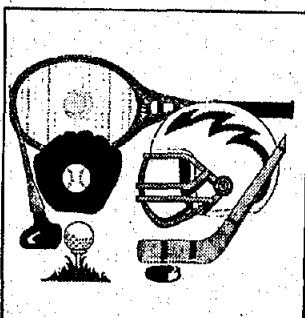
Detroit leads 2-0.

Next game: Monday at Los Angeles

Red Wings flex muscles with 8 goals in Game 2 shootout.

### Beacon Sports Writers Needed

Anyone interest-  
ed can contact  
Laurie at 720-  
2576 or stop by  
The Beacon  
SC 310



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**The YWCA of Bergen County** is currently seeking enthusiastic camp counselors

for for "SUMMER 2000" We are looking for staff for our camps in Bergen County and Harriman State Park, NY. Camp begins 6/26/00-8/25/00. Call Lisa (201) 444-5600 ext. 346. EOE

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children ages 3 to 12. Great for Educ, Soc., Psych majors & those who love children. Work with a specific age group. Outdoor work envir. Summer day camp located on Bergen Cty border. Earn college credits and field exp. for resume. For more information call (914) 356-4636 or RamapoCamp@aol.com.

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**Child Care-Summer afternoons** 2 boys (8 and 10) youngest mild autistic Wayne (973) 305-8453 after 6 p.m.

**CHILDCARE-** Experienced, loving nanny needed for Bergen County 2-year old. Own car, clean driving record and references a must. L/O F/T. Call Ellen (212) 716-4085.

**Child Care-** Live in or live out position Must love babies Assist mom in caring for 4-month old triplets in my Pines Lake Wayne Home. Minutes away from school, will work to

suit your schedule call for more details 973-248-1050.

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**Female Roommate wanted** 22 yrs+ 3 bdrm apt Belmont Ave Haledon Not allergic to pets Avail May 1 \$315/month + utilities Call Sara 720-1717.

## Personals



**Ryan --** You really have stepped up your efforts. If we could only get you a few writers.

**Laurie --** You have done great. I'm sure the sports community appreciates your work.

**The Beacon Staff --** Thank you for all the help this year. There is not too much left. It has been tough for me this semester, and I am sure for all of you. Your efforts are always noticed; if not by the numbers of readers that you don't see, then by me. Paul

"These fish have manners. In fact, these fish are coming with me."

**To Pash --** Thank you for being a knight in shining armor. I think (hope) this is the start of a beautiful relationship. Ryan

Smell the veggie burgers. Say hello to Molly in costumes. "Hi Molly."

**Prof. Rodrick --** Have fun at your new job. I have been reading books like crazy this semester. I could use a few extra weeks for my paper. Paul

**To Rich,** the hot boy in my Spanish class -- Thanks for making Spanish worthwhile. V

**Chris --** Broadway is calling your name and I'll be there every night. Pash


**Ryan --** Thanks for your unlimited patience and professional guidance. Pash


**Poppa --** Pierre loves you!

**Gang --** Thanks for the birthday cake. It was really a nice thing to do. Paul

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# Beacon Sports

Page 24 • William Paterson University

Monday, April 17, 2000

## WPUNJ competes in CTC's at Allentown

### Pioneers continue to set school records in a variety of events

By Laurie Quinlan  
Sports Editor

The Pioneer Outdoor Track and Field team traveled to Allentown, University for the Collegiate Track Conference (CTC) meet this weekend.

The Pioneers' success in relay competition displayed their ability to work together as a unit.

The women's 4X800 relay team, consisting of Jill Sanders, Cinthia Speed, Morgan Small, and Corey DiStasso, came in third place overall, setting the school record of 10:28.9 in the event.

The women's 4X100 team displayed much of the same success as Speed teamed up with Amy Forte, Heather Nedo and Corey DiStasso to claim second place in 54 seconds flat.

Will Lawson, Lance Lee, Ian Gordon, and Brian DeBellonia made up the men's 4X100 relay that finished sixth overall with a combined time of 46 seconds.

Senior Morgan Small, who set then broke the school record in the 2000-meter steeple chase, continued to show the same consistency in the CTC's. Small claimed fifth place

overall in the 3000-meter steeple chase and set the school record at 13:31.

Elizabeth O'Keete claimed fourth in the 100-meter hurdles in 17.9 and finished fifth in the 200-meter with 28.7.

Lance Lee went on to place fourth in the 110-meter hurdles in 16.6.

In the 800-meter run, numerous Pioneers ran their personal best.

Jeff Burr finished the event with his personal best time of 2:10. Steve McKibben followed up with his best at 2:12.

Lauren Collins ran her personal best in the 800-meter run in 2:35. Beth Mohan was close behind running her best of 2:45.

The Pioneers were also successful in field events.

In the men's javelin, Ian Gordon came in fourth with a throw of 157 feet three inches. Caleb Cavileer was close behind by placing fifth with a throw of 146 feet eight inches.

The women were successful in the javelin as well.

Elizabeth O'Keete threw 105 feet four inches to claim fourth, and Jen Pelusio threw 90 feet four inches to claim sixth.

The Pioneers' throwing ability continued to shine as Jonathan Johnson placed second

in shot put with a throw of 48 feet, and Jason Lachawiec placed sixth in discus with a throw of 118 feet.

The teams jumped to new heights in the high jump, long jump, and triple jump.

Bill Smolinski placed second in the high jump by clearing six feet six inches.

Nedo jumped 15 feet 1 inch in the long jump to place sixth.

Jason Hibbert placed fourth in the triple jump with a total of 41 feet two inches.

DiStasso, Rachel Fisher and Vicky Wagner competed in the CTC heptathlon.

DiStasso placed second with 3,651 points, Fisher took fourth with 2,483 and Vicky Wagner finished fifth with a total of 2,360 points.

These three athletes will go on to compete in the heptathlon at Messiah College in PA on Thursday and Friday.

The Pioneers continued to show endurance in the CTC's as they have so far all season.



"Overall, my young team is coming along, and each week they're showing improvement," said Head Coach Horace Perkins.

The Pioneers will continue to run their hardest when they compete in the Bergen Community College Relays on Saturday.

## Albies reaches 700

By Ira P. Thor  
Sports Writer

When you've been coaching for the better part of three decades, you're going to enjoy some milestones. William Paterson's Jeff Albies has had seven such moments.

On Thursday, Albies recorded his 700th career coaching victory in his 26th year at the helm of the Pioneer baseball team, as WPU spanked Rutgers-Newark, 12-1.

At 11-11, 6-2 in the New Jersey Athletic Conference (NJAC), WPU plays a crucial part of their schedule this week, when they meet three of the conference's top teams in four games over three days.

The Pioneers visit Kean on

Thursday, two weeks after blasting the then seventh-ranked Cougars, 14-3.

On Friday, the Pioneers host Ramapo (12-12), looking for revenge after dropping a 4-3, 11-inning decision in Mahwah several weeks back.

And, in possibly the most important meeting this year, William Paterson will host The College of New Jersey (20-4-1) at Wightman Field in a Saturday double-header.

On Tuesday, the Pioneers are scheduled to host Old Westbury, but may need to cancel that game to make-up a double-header with Richard Stockton that was rained out Saturday.

And, with 700 wins in the books, Albies (700-289-9), the sixth winningest active coach in Division III,

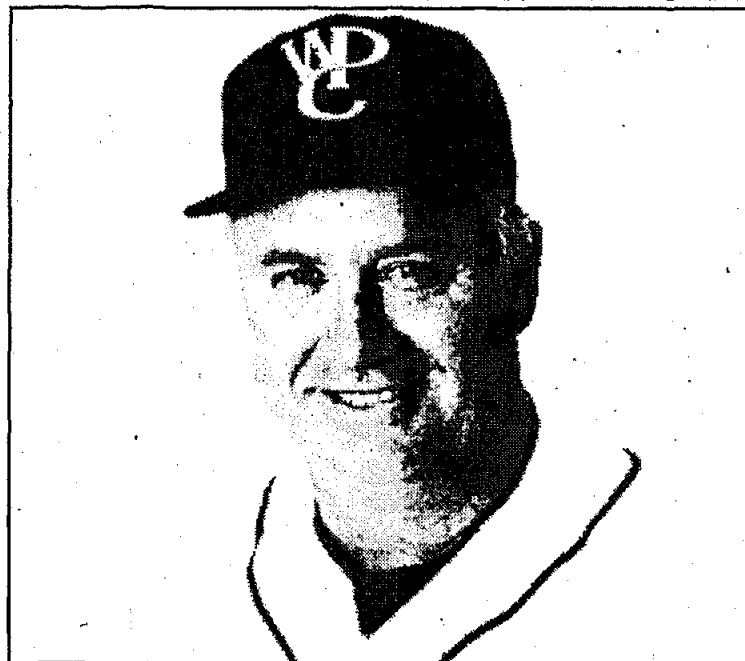


photo courtesy of Joe Martinelli

Jeff Albies, Pioneer baseball head coach

needs his team to win this week to stay in contention for the NJAC playoffs, which are less than four weeks away.

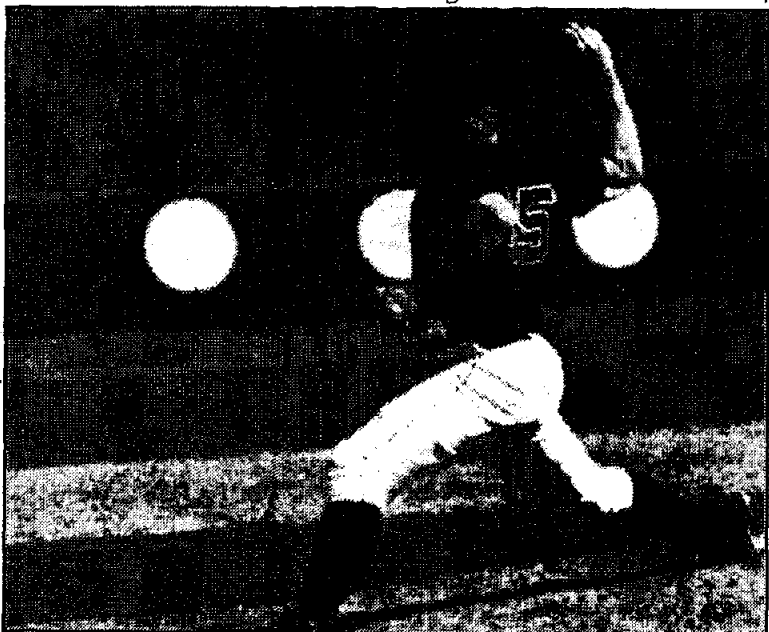
"Going down through the ages and having as many good players as I've had, and as much fun as I've had here—when people retire the things people [in sports] always say they'll miss the most is the camaraderie, the locker room stuff, the bus rides and to a degree that's probably going to be it for me," said Albies, hinting that a retirement may be in the near future.

"In the 26 years, I've had some great guys, and they know it," Albies continued.

"Jeff has spent 26 years making baseball fun for players," stressed long-time assistant coach, Bod Lauterhahn. "It's a family-type thing."

"He treats players like adults. His objective day after day is for kids to go out and have fun playing the game and to learn something each time they go out. And, he's obviously done a tremendous job of that over the years. I think that's why you see, almost everyday down there [at Wightman Field], somebody from past teams. They want to be around. And a lot of it has to do with him," Lauterhahn continued.

And with the heart of the schedule ahead, the ace of the pitching staff has heated up. Junior Shaun Stokes (4-3) has won three straight, including Thursday's win over Newark. The Oak Ridge native who set the school record last April with a 16-strikeout gem against Ramapo, set down 13 in a complete game domination of the Scarlet



Pioneer pitcher Shaun Stokes has won three straight, including Thursday's win over Newark.

This week's  
schedule  
in Sports  
April 18-22

### Baseball-

Tues. v. Old Westbury  
3pm  
Thurs. @ Kean  
3:30 pm  
Fri. v. Ramapo  
3:30 pm  
Sat. v. TCNJ(DH)  
12 noon

### Softball-

Tues. v. Montclair (DH)  
3 pm  
Sat. v. Rowan(DH)  
1 pm

### Track-

Sat. @ BCC

Raiders (12-13, 1-7). Over the last 24 innings, the future draft pick has impressed many Major League scouts by allowing just two runs.

Fair Lawn's Matt Rozema had a break-out day. The junior shortstop was 3-for-3, with four RBI's, two runs, and a double. Corwin Belfield added three runs for the Pioneers.

Albies nearly picked up win 700 in Wilmington, Delaware on Tuesday, April 11. WPU held an 11-4 lead in the fourth-inning, but couldn't close the door, as Wilmington rallied for an 11-10 victory.