



PT photo by Robin Kavanagh

(L-R) Helene Gillespie, Maggie Duff, Colleen Dorn, and Margaret Corney stand in silence at the Candlelight Vigil.

Campus vigil brings light to the darkness of AIDS

By Robin Kavanagh
Staff Writer

In the darkness among the elements stood modern-day soldiers, armed and ready to fight. Their weapons—candles.

Each year William Paterson University's Residence Life Department, in conjunction with the Health and Wellness Center, observes World AIDS Day (Dec. 1) with a week of activities aimed to heighten awareness about the disease among students and faculty. And every year, the week's activities are brought to a close with a candlelight vigil to remember those who have died and honor those who are still fighting for their lives.

"I can't help but be filled with tremendous hope because today, this disease is not a death sentence," said Nancy Ellson, coordinator of wellness services for the Health and Wellness Center.

Ellson worked with Margaret Corney and Maggie Duff, resident assistants and organizers of WPU's AIDS Awareness Week, to plan and execute last week's activities. Events included an open micro-

phone session to express ideas, feelings and experiences about AIDS, screenings of "And the Band Played On" and "Boys on the Side" which are movies that both deal with AIDS, and a red ribbon window campaign where students and faculty could show their support for the fight against AIDS by taping a paper red ribbon to their dorm or office window.

At night, games took place in the dormitories. "Oral Sex" was one game that was overseen by Ellson. She said that the point of the exercise is to enable students to verbalize their ideas and concerns about sex.

"It is the most real and compelling way to talk and deal with sex that I have seen in years," Ellson said. She said that this year's game had a record number of participants, which created "incredible communication between male and female students."

At Thursday night's vigil, the mood was solemn yet hopeful. Participants read inspirational poetry, prose and also spoke extemporaneously from their hearts.

SEE VIGIL, PAGE 2

Disbanded COLGAF leaves hole in WPU community

By Paul French Jr.
Staff Writer

The Coalition of Lesbians, Gays, And Friends (COLGAF), the advocacy club that represents the homosexual community at WPU, is now defunct.

According to former member Jen Ackerman, a senior Physical Education Major, the club is "temporarily inactive" this semester because no one took over as a leader. The past president stepped down after last semester because of family problems.

"No one was around to attend meetings," said Ackerman. "You have to have someone at the meetings (in order to be an active club). You also have to have a formal election to elect a vice president and president."

Ackerman said that many people have been looking at her to take over as the leader of the club, but she said that she is too busy. She also said that the club having a constant change in presidency has made organizing the club tough.

"It (the club) needs a body of student to represent," she said. "I think there is a good number of people that would attend."

Ackerman, a resident assistant, organized a resi-

dence life program which was labeled as "coming out party". The party, which was attended by about 23 people, was held on Oct. 24 in the Towers' pavilion. Ackerman said that a lot of people signed up to join.

"I said I would be willing to have a discussion group at my apartment, but no one has gone along with it," she said.

Ackerman does not think that the club will succeed in becoming reactivated next semester. She said that if the club is formed, they will have to change the name of the group to represent transgender students. She also said that there is one teacher who is willing to be the advisor of the club.

She said that she hopes the club will succeed because it is an important part of the community.

"I think it represents not only the lesbian, gay, and transgender community, but also the heterosexual community because all people need support," said Ackerman. "Because we are a university, we should represent all the people and represent all groups and COLGAF should be one of them."

Anyone interested in organizing the club should call the SGA office at x-2157.

'Tis the season to be stressful!

By Jillian Allinder
Staff Writer

'Tis the season to be merry! Not for everyone. According to a recent poll conducted by Dateline NBC and Prevention Magazine, 41 percent of 1,010 randomly surveyed people find the holiday season to be the most stressful time of year.

The stress, which, according to the study, is more likely to occur in women, is often due to the anxiety of making holiday events perfect. During this time of year, people are in search for the perfect gift or the plane ticket with the ideal price.

According to the study, many people feel that they are expected to keep the traditions from the past and take on the

SEE STRESS, PAGE 8

Holiday shopping brings commuter woes

By Diane Koziol
Staff Writer

When traffic to shopping plazas and/or malls and the frustration of finding a parking spot are added to the overall strain of holiday shopping, presenting the perfect gift becomes a difficult task.

Many consumers, however, feel that commuter-related frustrations are not as aggravating as they were in past years.

"Parking at [the Garden State Plaza in Paramus during the holiday season] is usually a nightmare," said shopper David Ahmadi, "but, today, I got lucky. I found a good [parking] spot and only had to circle around the [parking] lot [near Nordstrom] once."

The mall, which according to Lawrence Fedorka, manager of Garden State Plaza, has more than 10,000 parking spots and more than 275 stores, attributes the ease of parking to the recent completion of the construction on Routes 4 and 17, which intersect near the mall.

At The Mall at Short Hills, commuters are not sharing Ahmadi's luck in finding parking.

"It's horrible!" said holiday shopper Cynthia Wojciechowski. "I was in traffic for a good 45 minutes before I even got here. Then, when I did I had to circled the [mall parking lots] twice. It took me over 20 minutes to get a spot

and it's not even a good one."

Anyone experiencing traffic/parking delays, while shopping at local malls, "can attribute it to simple volume," said Leslie Trifon, Marketing Specialist at The Mall at Short Hills.

Even with four parking garages, two locations for valet parking, and over 6,100 parking spots at The Mall at Short Hills, Trifon said delays should be expected.

"We are heading into the holiday shopping season," Trifon says.

Shoppers aggravated by the parking situations at local malls are urged to use public transportation. Local malls, including Willowbrook, Garden State Plaza, Riverside Square and The Mall at Short Hills are frequent destinations on many bus routes. Bus schedules and route information for these and other shopping centers are available by calling NJ Transit at 1-800-772-2222.

Although shoppers, like Wojciechowski, are disappointed with the commuting difficulties at shopping plazas during the holiday season, most William Paterson University students have no complaints about it.

Willowbrook mall shopper and William Paterson University student Adam Smith said "I've got to wait a half hour to find a [parking] spot on campus, so waiting five minutes for a [parking] spot at the mall is nothing."

VIGIL, FROM PAGE 1

"This whole week has been a really good movement," said Zeeli-Beth German, a WPU student. "The open microphone session, the passing out of condoms...it all really affects people."

The symbolic nature of the candlelight vigil is to light the darkness in which AIDS has created, said Corney and Duff at last year's ceremony. By the end of this year, it is estimated the 40 million people will be living with HIV, the virus that

causes AIDS. There is no cure for the disease.

World AIDS Day has been observed as a day of "bringing messages of compassion, hope, solidarity and understanding about AIDS" since Dec. 1, 1988, according to the World AIDS Day web site.

"This year's participation (in AIDS Awareness Week) has been phenomenal," Ellison said. "And it keeps getting better every year."

The Pioneer Times

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Latin heritage



PT photo by Jennifer Urban

Michelle Morvec, director of the Women's Center, speaks with Sylvia Martinez, editor of *Latina* magazine, after Martinez's lecture last month. WPU celebrated Latin Heritage Month in November with activities and guest speakers that exemplify the Latin community.

The Pioneer Times Staff
would like to wish everyone
a happy holiday!



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DIVISION OF HEALTH SCIENCES

Pioneer Commentary

Relax...Remember

Another semester is just about over. The library is packed with students cramming for exams and researching those last minute papers. Commuters are juggling their schedules to account for the extra time allotted by winter break. Dorm students are preparing for their trips home for a month of R & R. The hustle and bustle of the end-of-semester and holiday crazies is in full effect. Isn't it great?

After the world changed in September, there has been so much emphasis on getting back to normal. William Paterson has done an excellent job of getting helping both students and faculty get back to some bit of normalcy. We celebrated Latin Heritage Month, held the annual Thanksgiving dinner for sen-

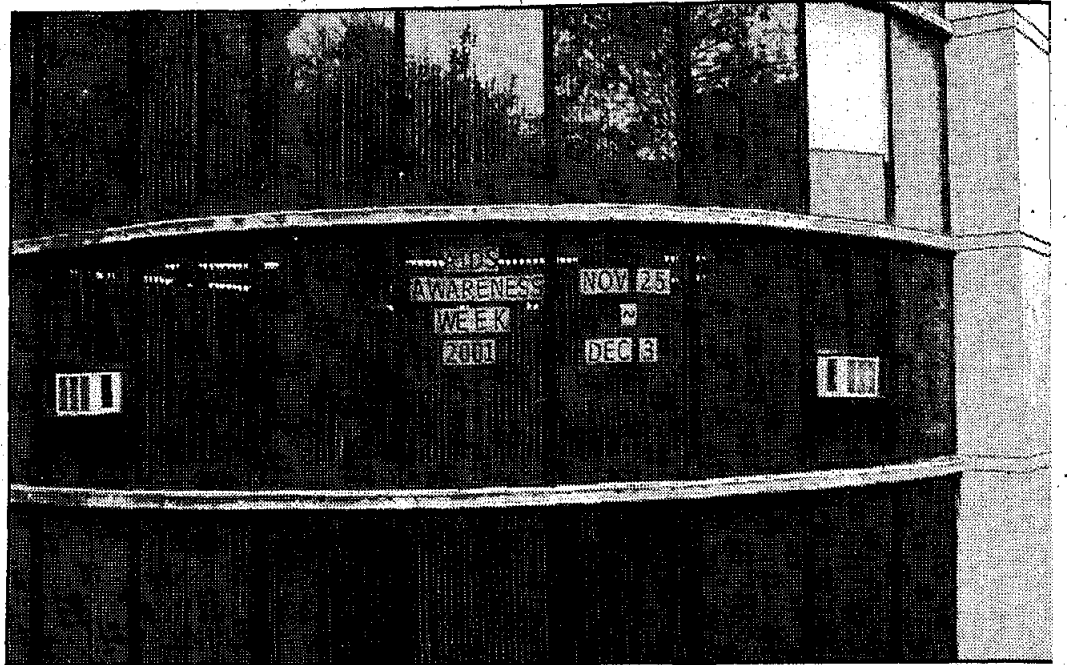
EDITORIAL for citizens, raised awareness for World AIDS Day, cleaned up the campus on Campus Pride Day and even confronted the World Trade Center disaster face-to-face with a trip to Ground Zero.

Now as we face a season of joy and celebration—and not just because classes are over—there really is no better example of healing than seeing students look on to their futures, be it just for the holidays, the spring semester or even their careers after January's graduation. Life has continued and we must never forget that.

So during this season of hope, let us remember those affected by September's events and those still working tirelessly to repair the damage. But let us also not forget those who are in need closer to home.

There are still children who will not have a holiday dinner to eat or gifts to open this year. There are elderly people who will freeze in the cold winds of December nights because they have no place to call home. There are adults and children in hospitals who are battling illness and will spend their holidays in bed.

This is the time we need to remember every-



PT photo by Robi Kavanagh

one and give what we can. Food, coats, toys, even a song—any or all can give hope to someone who has none. Look in your hometowns or even around school. There are many opportunities to help those who need it this holiday. It doesn't matter how small the gesture is, it will always mean something great to someone else.

There are always people in need. The Sept. 11 tragedy has brought the enormity of this into the public eye. But what would be even more of a tragedy is to stagnate ourselves and forget those we would have otherwise remembered this season. It doesn't take much time to help.

The Pioneer Time
Staff would like
to wish everyone
a happy, healthy
and safe holiday
season!

To Our Readers:

Letters to the editor are gladly accepted.
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Drop and letters off at C135 or e-mail to
[pioneertimes@
student.wpunj.edu](mailto:pioneertimes@student.wpunj.edu)

The angry commuter: Always the last to know

By Diane Koziol
Staff Writer

Not knowing what is going on around campus is common for many commuters. Granted, we always seem to know what days the University is closed, but other little things always seem to pass us by.

If it weren't for my work with the paper, I would never know of things like the recent Counting Crows concert in the Rec Center or the student trip to Ground Zero.

A problem that has always been present for me has to do with

COMMENTARY registration. I never know when it's time to register for the next semester. I usually find out by roaming

the halls of Hobart Hall and noticing the sign-up sheets for advisement appointments taped on my advisor's door, or by a fellow classmate casually inquiring about what classes they were planning to register for. Because I've registered for classes at WPU over a half a dozen times, I only recently became a pro at the whole registration process.

As a graduating senior and a self-proclaimed master of irony, it's no wonder that I know registration for next semester began on November 19. Oops! It didn't. Wrong again! But I definitely didn't know the deadline for January 2002 graduation applications was on October 1. Thank goodness the kind people at the office of the Registrar still accepted my application, even

though it was submitted nearly two weeks late.

Working more than 20 hours a week, carrying 18 credits, and trying to maintain a social life is straining. Who has time to dilly dally around campus to search for events taking place during a given week?

It wasn't until recently that I discovered I wasn't the only commuter who is out of the loop when it comes to events going on at WPU.

Angely Koch, a commuting freshman, recently advised me of an ordeal she encountered about a trip to France being offered to the WPU community. Because she did not see they flyers advertising the trip, when she finally got the information of who to call to make reservations, Koch was

notified the trip was booked.

"Because I don't hang out at school that much and don't go in the dorms [where the flyer's were posted], I missed out on a great trip."

If being in the dark is something that really bothers you and you are just too lazy/busy to do something about it, worry no more. Know that you probably will never know everything that's going on around campus; but neither are a lot of other people.

Take comfort in solidarity.

If you have a commute related issue and/or concern that you would like addressed, please e-mail The Angry Commuter at XdriveX@aol.com.

End of sound not in Keosake's future

By Diane Koziol
Staff Writer

Even though Paul Geller recently announced that he is leaving Keosake and vocalist Shane Halpern has begun focus on launching a solo career, the band is still going strong with plans to tour the northeastern coast this January and release a new full-length album in the spring.

During Keosake's November U.S. tour with As Friends Rust, Fairweather, Sensefield and American Nightmare, many fans noticed Halpern filling-in for Geller. It

BAND REVIEW

was just before the November tour dates that Geller advised fellow members of Keosake that he is pursuing a full-time college career in either Orlando or New York.

Because Geller announced his decision to leave the band shortly before their November tour, Keosake did not have enough time to find a replacement bassist, which is

why Halpern, who proclaims to "barely knows how to play [Keosake's] songs," was forced to fill-in for Geller. Yet, Halpern says that there is no animosity towards Geller.

"As much fun as I had [filling-in for Geller], we are looking for a [bassist] who is willing to go on tour full-time," says Halpern. With Geller attending college, Halpern adds that "[Geller] just isn't able to make that commitment anymore."

"[Geller leaving the band] was a mutual decision," says Halpern. "We wish him the best of luck, but we're moving on."

And moving on is what Keosake is doing. Halpern, in addition to maintaining his position as lead vocalist in the band, has begun working on a solo project, which is expected to be released in the winter of 2002.

With the line-up problems Keosake has been experiencing recently and Halpern's forthcoming solo career, one may think Keosake will follow

the path of many popular hardcore bands, such as Lifetime, and break up. Halpern is quick to reassure fans that Keosake plans to be around for a long time.

"The solo is just for fun and nothing else," said Halpern. "Mysdessa [Kriz], and Rob [Yapktz] plan to do this band a while."

Recently, the band has signed with Fearless Records and now are label-mates with bands including At The Drive In, Bigwig and Junction 18. They are also planning to record a new song for a "Punk Goes..." compilation due to come out in early 2002 on Fearless Records and are in the midst of recording their yet to be titled second full-length album.

The sound of the album, which is set to be released in the spring of 2002, will "not be like anything [Keosake has] ever released," said Halpern.

Halpern can't really describe the sound, but I can say that new and old fans alike will be pleasantly surprised," said

Halpern.

Even though the yet to be released album will be distributed by Fearless Records, the band plans to continue their relationship with their former label, Eulogy Recordings, by taking part in a four-day weekend tour with fellow Eulogy recording artists Until the End, This Day Forward, The Unsung Zeros and Shattered Realm.

"It's basically a Eulogy [record label] tour," said Halpern.

Although the tour, according to Halpern, is not officially scheduled to promote their upcoming album release, Keosake's tour will include local shows at Club Krome in South Amboy, on Friday, January 18, 2002 and CBGB's in New York on January 20, 2002.

Tickets, which will go on sale Dec. 15, will be available at all Ticketmaster locations and TicketmasterOnline.

Searching for the answers in "Waking Life"

By Diane Koziol
Staff Writer

Being the first words to appear in the opening sequence of "Waking Life," you know instantly that this is not a traditional film. But who would expect a conventional film from indie filmmaker Richard Linklater?

Similar to Linklater's 1991 independent film "Slacker," "Waking Life," which was part of Sundance 2001 and the 39th New York Film Festival,

MOVIE REVIEW

does not commit itself to one specific character or plot. Instead, it addresses the centralized theme of consciousness.

Unlike most movies, the characters, all of which remain nameless, are not important and neither is the plot. What is important are the questions the viewers ask themselves, while allowing themselves

to be engrossed in the film's dream-like world.

One of the few constants of the film is the character played by "Dad and Confused" star Wiley Wiggins. It is his consciousness that is in question throughout the film. While watching the film, the audience cannot help but wonder if Wiggins is dreaming, if he is awake or if he is even alive. In the traditional Linklater style, the questions raised are never answered.

Dropping names like Friedrich Nietzsche, Fyodor Dostoevsky, Søren Kierkegaard and transcendentalist theories, such as Philip K. Dick's perception of time, the dialogue of "Waking Life" is heavily loaded. Audience members often feel that they should have brushed up on philosophical issues before going to see the film.

Even though the dialogue tends to reference philosophical ideas, many remarks characters make are over the head of those unfamiliar with philosophy. Linklater clearly elaborates on issues that even a well-read person may regard as obscure. Less essential references, such as the Kierkegaard quote "snap me up," are left for the viewer to interpret.

When the dialogue of the

film becomes too dense for the average audience member, the visual aspect of the film maintains the audience's attention. The film's remarkable animation, which constantly mutates throughout the film, adds to the film's appeal.

In one instance of the film, Wiggins has an all too long discussion with a random woman planning a film project with a soap-opera theme. In any other film, such a conversation may lead you to doze off, but in "Waking Life" you can't help but remain entranced as the woman's red hair constantly curls and uncurls as she speaks.

"Waking Life" is geared towards anyone who enjoys open-ended intellectual discussions, as well as those who like to pretend they do. For everyone who needs to be spoon-fed answers, perhaps another film will suit your tastes better.

Because "Waking Life" is an independent film, it is playing in select areas for a limited time. The only New Jersey theatre currently showing the film is the Screening Zone in Montclair.

Despite the film's lack of availability and lack of mainstream appeal, Linklater tells Anthony Kaufman from "idieWire" that he is confident that "the people that are meant to see it will see it."

Movie picks

★ Outstanding
★★ Very Good
★★★ Excellent
● A home

Movie	Rating	PG-13	PG	R	NC-17
Behind Enemy Lines (PG-13)	★				
Black Knight (PG-13)	★				
Harry Potter (PG)	★				
Heist (R)	★				
Monsters, Inc. (G)	★				
Donnerstag (PG-13)	★				
Millions of NY (R)	★				
Spy Game (PG)	★				

PG-13: Parents strongly cautioned. Some material may be inappropriate for children under 13.
PG: Parental Guidance Suggested. Some material may be inappropriate for children under 13.
R: Restricted. Under 17 requires accompanying parent or guardian.
NC-17: No One Under 17. All material is for adults only.

The Pioneer Times is accepting commentary submissions and letters to the editor.
Anyone who is invited or wishes to submit a letter or article
can drop by the Pioneer Times office,
Hobart Hlm.135, or e-mail your submission
a Word attachment to
PioneerTimes@student.wpunj.edu.

To fly or not to fly, that is the question

By Tamara Stowe
Staff Writer

With the holidays fast approaching, so too is the time for us to pack up and head home. But, for those that have to travel a long distance, which is the best and safest way to go?

In the wake of Sept. 11 and the following air crash in Queens, travel decisions have become incredibly hard. Many people have found themselves struggling with the question - to fly or not to fly?

But as fears of flying have increased, so too have the security procedures present at JFK, LaGuardia and Newark airports.

So what do you need to know before you can make your travel decisions and, specifically, before heading to the airport?

Some William Paterson students have already made their first plane trip home since the recent air tragedies. Carrie Johnson flew to New Mexico for her family's Thanksgiving.

"I wasn't really scared," Johnson said. "A little nervous maybe, but I felt pretty safe because of all the extra precautions."

At the airport these

extra precautions Johnson encountered included lining up for over an hour to pass through a very thorough metal detection and pat-down even before she could head towards her gate.

"They even made me take off my shoes to see if I had anything in them," she said.

Once at the gate passengers waited for about an hour and a half while random seat numbers were called out over the public address system.

"My ticket was called out twice," Johnson said. "They searched me again with metal detectors and fully patted me down - which got a bit embarrassing - then they searched my bags."

"They searched everything. All my personal stuff, my make-up bag, everything. They even took my suite-mates eyebrow scissors when they searched her things."

All in all it took Johnson around two and a half hours at the airport before she could board her plane - something that previously would only be expected perhaps on an international flight.

"It was a bit of a pain, but it's better than not feeling

safe about flying," Johnson said.

Another student, Renee Kampen, also flew home for Thanksgiving. It also took her around two and a half hours to board the plane, but she did not have to go through multiple body and bag searches. Kampen however was a little disturbed at the presence of military police throughout the airport.

"All were in camouflage uniforms and with guns - it was scary. I was thinking what are they going to use that for. I actually tried to stay away from them."

Both Johnson and Kampen agree that the holidays are going to be hectic in the airports.

"I think it will be pretty crazy. I'd get there at least two and a half hours before take-off time," Johnson said.

It is such extra waits and procedures that have in fact turned some people away from using flight as a means of travel during the holidays. William Paterson student Cesar Cezales is opting to travel home to Minnesota by bus because he feels it won't end up taking all that much longer.

"I'd rather avoid the inconvenience of the delays and checks," Cezales said. "I feel that the bus will be less stressful than being at the airport and dealing with the extra crowds and security."

For others however, where the bus is not an option, the extra security is more than welcomed.

"I feel safe about flying home now," said International student Sine Sorensen from Denmark. "It may even be even safer than before."

For those of you that are considering flying, or that have booked your flight out of New York or New Jersey airports, Port Authority transport has an on-line site outlining

changes to airport procedures and safety tips that you can follow to save some time in the airport. Here is some information on checking in procedures:

- * Do not expect the service of curbside baggage check-in to be available. Check with your airline first.

- * Have a Government issue ID on you at all times.

- * Only ticketed passengers will be allowed through security checkpoints. Special arrangements for those accompanying children can be made.

- * If you have an electronic ticket check with your airline to see what ticket documentation they will require.

- * Check to see if your airline is offering the service of automated kiosks.

- * Be prepared to answer questions about your bags

- * Co-operate with operators wishing to hand search your bags.

- * Travelers are limited to one carry-on bag plus one personal item.

- * Checked baggage may be subject to limitations at any time. Try to minimize the number of bags you're taking.

- * Electronic items may be subjected to additional screenings. This will create delay, where possible place them with your checked baggage

- * Leave gifts unwrapped.

- * Medical needles must be accompanied by the medication, which must have a professional or pharmaceutical label

- * Avoid carrying bottles of liquid, they will be screened.

If you want more information about what to expect and what you should do at the airport check out:

<http://www.panynj.gov/aviation/main.HTM>

And 5-6-7-8...



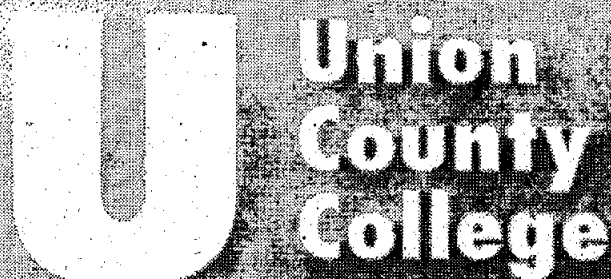
PT photo by Gina Moffitt

Dance instructor Juan Antonio Calderon shows a student how to dance at the Salsa dance lessons that took place on campus during Latin Heritage Month.

The Pioneer Times is currently looking for a layout designer. Experience is help[ful, but not necessary.

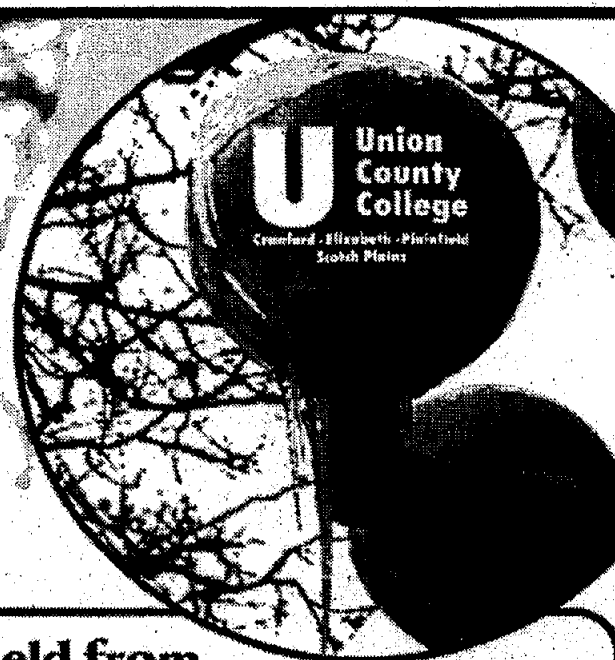
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	BIO 290 200	I	INDEPENDENT STUDIES	3.0	CR	TBA	-
11575	BUS 101 200		INTRO TO CONTEMP BUS	3.0	CR	MTWR	0830AM-1230PM
11576	BUS 101 277	T	INTRO TO CONTEMP BUS	3.0	CR	TBA	-
	CHE 005 200		INTRO TO CHEMISTRY	4.0	CR	MTWR	0830AM-1150AM
	CHE005 200		INTRO TO CHEMISTRY LAB	0.0	CR	MTWR	1215PM-0300PM
11159	ECO 201 200		PRIN OF ECONOMICS I	3.0	CR	MTWR	0830AM-1230PM
10385	ENG 101 200		ENGLISH COMPOSITION I	3.0	CR	MTWR	0830AM-1230PM
10402	ENG 102 200		ENGLISH COMPOSITION II	3.0	CR	MTWR	0830AM-1230PM
11404	ENG 102 201		ENGLISH COMPOSITION II	3.0	CR	MTWR	0830AM-1230PM
11577	ENG 129 200		PUBLIC SPEAKING	3.0	CR	MTWR	0800AM-1230PM
11579	ENG 208 200	I	AMERICAN LITERATURE II	3.0	CR	TBA	-
11580	FIA 105 200		MUSIC APPRECIATION	3.0	CR	MTWR	0830AM-1230PM
11584	GEY 121 277	T	PHYSICAL GEOLOGY	3.0	CR	TBA	-
11163	HIS 101 200		INTRO TO WESTERN CIV I	3.0	CR	MTWR	0830AM-1230PM
11201	MAT 117 200		AN INTRO TO MATH IDEAS	3.0	CR	MTWR	0830AM-1230PM
11206	MAT 119 200		ALGEBRA	3.0	CR	MTWR	0830AM-1230PM
	NRML120 200	F	L.P.N. TRANSITION LAB	0.0	MH	MTWR	0800AM-0300PM
	NURM120 200	F	L.P.N. TRANSITION	4.0	MH	MTWR	0800AM-0300PM
11585	PED 101 200	I	CONCEPTS -- ADULT FITNESS	2.0	CR	TBA	-
11586	PED 107 277	T	DECISIONS FOR WELLNESS-LEC	3.0	CR	TBA	-
11587	PED 110 200	I	BEGINNING GOLF	1.0	CR	TBA	-
	PED 290 200	I	IND ST/FITNESS & WELLNESS	2.0	CR	TBA	-
11120	PSY 101 200		GENERAL PSYCHOLOGY	3.0	CR	MTWR	0830AM-1230PM
11087	SOC 101 200		PRINCIPLES OF SOCIOLOGY	3.0	CR	MTWR	0830AM-1230PM
11420	SPA 101 200		BEGINNING SPANISH I	3.0	CR	MTWR	0900AM-1230PM
11589	SPA 115 200	I	SPAIN-CULT & PED ABROAD	3.0	CR	TBA	-
11598	SPA 116 200	I	CIV OF LATIN AMER COUNTR	3.0	CR	TBA	-

No classes on January 1, 2002

Make-up Days - Friday, December 28, 2001 and January 4 & 11, 2002

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The Shepherd and the Knucklehead: A bar and book

By Jillian Allinder
Staff Writer

As you enter the pub 529 Belmont Avenue, around the corner from William Paterson University, you can tell right away it is unlike any other pub that you have been to before. The decor on the walls includes scattered pictures of famous authors, jazz singers and samples of writings from various poets. As you sit down, you feel the works of the beat generation come alive.

The name of the pub is the Shepherd and the Knucklehead, which is owned by Chris Schiavo. The Shepherd and the Knucklehead is not only the name of Schiavo's pub but it is also the title of his recently finished book. He began writing the book 22 years ago and since then has gotten married and had three children.

According to Schiavo, the title of the book and the name of the pub have an in-depth meaning. The Shepherd and The Knucklehead symbolizes both the 'responsible' and 'irresponsible nature in each man'. The object of the story is the search for the 'Duality in Man'. In the book, the main character, Oliver Wendall Tweed is in search for the truth about morality, spirituality, charity and graciousness. He is seeking the meaning of life. The main character is tempted down the path of life and travels through numerous myths of growing up.

Many of the characters in the book are named after various people throughout history ranging from a Chief Justice of the Supreme Court, politicians and philosophers.

While growing up, the main charac-

ter had various things and events affect him. Raised in the proper Roman Catholic way, the main character's childhood was consumed with memories of political and national movements, including the war in Vietnam, assassinations and racism. Because he couldn't make sense of it all and was confused with what was right and what was wrong, he began to get involved in narcotics as a form of escape.

He couldn't reconcile the spiritual values of his parents version of Catholicism and that of his newly arrived adult world, defining himself this way would solve his questions of his own duality. His new vision scared him. The future scared him. He realized that there were contradictions in his life and that he was a man without definition. He was eventually diagnosed with a Multi-Personality Disorder.

The main character travels through many places in his mind and has adventures meeting people. He eventually comes to the conquering of the Duality in Man and he is healed of his infirmity. He learns how to serve for God by 'feeding His hungry'. He realizes that to conquer evil, requires the discovering of the Love of God in you. There is freedom of choice and it all boils down to you making the right decisions. He concludes that the road map for success is the discovery of this spiritual



PT photo by Jillian Allinder

Chris Schiavo proudly shows his Belmont Ave. bar, which shares its name with his recently completed book.

self-actualization.

Schiavo says that the book is semi-autobiographical because it does draw from some parallels in his life, which he feels he shares with his readers. One of his main inspirations was author Jack Kerouac, a Beat Poet, and though he doesn't agree with his lifestyle of self-mortification, Kerouac taught him how necessary it was to find your own true voice, both as a writer and as an individual.

Through writing this book, Schiavo has learned a lot about himself and others. He said that has learned to love others as Jesus has instructed--"Feed My Sheep" and there are no caste systems in the Kingdom of God, so why replicate opposites here on Earth?

The novel will be coming out by next spring and he is in the process of writing a sequel.

STRESS, FROM PAGE 1

responsibility of making everyone happy, which results in a lot of unnecessary stress.

Another survey, conducted by the Indiana University of South Bend, says the holiday season is the time of year when students are most likely to experience crises and/or commit suicide. Such drastic measures are the result of the stress related to final exams, maintaining a social life with friends, keeping family members happy, and getting money for holiday gifts.

Because everyone can feel stressed during the holidays, Dr. Don Wetmore, from Realty Times offers these stress-busting tips that will make your holidays more enjoyable and less stressful.

Plan ahead. We all know when the holidays are coming; so there is no reason not to plan ahead. Start shopping in October, wrap the gifts in November and give them in December. By taking care of the big details, you will be able to enjoy the holidays more.

Delegate responsibilities. Don't try to take everything on by yourself. Students have final exams right before the holidays, leaving them less time to prepare, which usually causes them to have last minute shopping to do. Wetmore suggests that shopping at various times instead of all at once is wise. Don't try to shop for everyone!

Get enough sleep. Make sure to leave some time to catch some Z's. Wetmore

said its better to enjoy the season, instead of getting cranky and moody because of sleep deprivation. People who get enough sleep are more likely to be in a better mood.

Don't over indulge.

Good food is going to be everywhere during the holidays, but Dr. Wetmore warns to not "go crazy." If you are watching your weight, it is wise to lose five pounds before the holidays, so gaining an additional five pounds during the holiday won't be so upsetting! As a result, you can enjoy all of the great food.

Set a financial budget and stick to it. This is the time to be giving, but be realistic in how much money you can spend. Giving is from the heart. People will understand

that you are a student and have money issues. By not overcharging your credit card, you are not only saving yourself from all of the bills you'll receive in January, but you will also be able to save for spring break!

Enjoy the journey, not just the destination. Let yourself get into the holiday mood. Spend time with your friends and family. Make cookies, go shopping, wrap presents or throw a party.

The holidays are the times when you should enjoy yourself. So, no matter what you do this holiday season, remember to have fun and be blessed with your loved ones.

For more information about stress go to www.realty-times.com.

Like to write?

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Looking at 2001: The sports year in review

By Chris Palmer
Staff Writer

Sports in the year 2001 was marked by many different events. I have a lot to talk about, so let's get started.

Baseball

* The Arizona Diamondbacks won their first world championship, winning a 7-game nail-biter over the three-time defending champion New York Yankees.

* Barry Bonds broke Mark McGwire's three-year-old home run record, hitting his 71st off the Dodgers' Chan Ho Park. He added two more to give himself 73.

* Baseball bade farewell to three of its greats at the end of the year: Cal Ripken Jr., Tony Gwynn, and McGwire, as they all announced their retirements.

Women's Tennis

Two women dominated the Grand Slam tournaments this year: Jennifer and Venus.

It took her 11 years but 12th seed Jennifer Capriati won her first Grand Slam title in January at the Australian Open, beating Martina Hingis. Capriati continued her remarkable return to women's professional tennis

SPORTS COMMENTARY

by next winning the French Open where she beat Kim Clijsters in a dramatic three-set matched that went to 12-10 in the final set.

Talk of a potential sweep of the Grand Slam tournaments for Capriati was quickly silenced when Venus Williams successfully defended her 2000 Ladies Title at Wimbledon in July. And just two months later in a history setting match, Venus again successfully defended her U.S. Open title by beating her sister, Serena, in straight sets in the first prime-time final ever televised in women's tennis history.

Football

* The Baltimore Ravens won Super Bowl XXXV, showing that defense wins championships. Their top-rated unit held the New York Giants to seven points in a 34-7 rout.

* Vince McMahon's XFL debuted in February to a large national audience. The audience declined every week there after, and the league folded at the end of their only season.

The training methods of teams came under fire after the death of Minnesota Vikings tackle Korey

Stringer from heatstroke. Stringer's #77 was retired by the Vikings in late November, and the team dedicated their season to him.

Women's Golf

* Annika Sorenstam shot a record 59 becoming the first women in LPGA history to break 60 in competition. In addition, she became the first LPGA player to earn \$2 million in a season and the first to reach \$7 million and \$8 million in career earnings.

Men's Basketball

* The Los Angeles Lakers rolled to their second consecutive NBA title, beating the Philadelphia 76ers, 4 games to 1. The one loss was the Lakers' only loss in the entire postseason.

* After three years of speculation, Michael Jordan returned to the NBA as a member of the Washington Wizards. The jury is still out on his return, as the Wizards continue to struggle.

Women's Soccer

* On April 14 the Washington Freedom took on the Bay Area CyberRays at RFK Stadium in Washington, DC in the inaugural game of the WUSA, the first women's professional soccer league. League players include Olympic gold medalist's and World Cup champions Mia Hamm and Brandi Chastain.

Hockey

* After more than 20 years in the NHL, Colorado Avalanche defenseman Ray Bourque finally got to hoist the Stanley Cup over his head. After two near misses with the Boston Bruins, Bourque won his first championship as the Avalanche beat the defending champion New Jersey Devils in seven games.

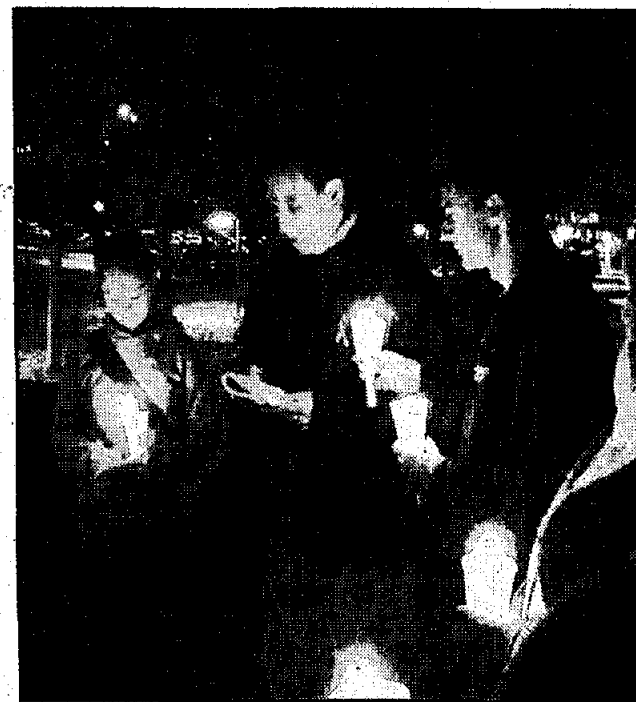
* Colorado goaltender Patrick Roy became the NHL's all-time winningest goalie by winning his 4th game, passing — on the all-time list.

* After sitting out the year demanding a trade, Eric Lindros got his wish, going from the Philadelphia Flyers to the New York Rangers. He made an immediate impact, leading the Rangers to first place in their division early on.

College Sports

* Football national champ- Oklahoma
* Mens' Division I basketball national champ - Duke beat Arizona, 82-72

For hope



PT photo by Robin Kavanagh

Residence Life Area Coordinator Joe Poletto, reads from "Chicken Soup for the Soul" at the Candlelight Vigil held earlier this month. The vigil was a part of AIDS Awareness Week and in observance of World AIDS Day, Dec.1, 2001.

Women's Division I basketball national champ - Notre Dame beat Purdue, 68-66

* William Paterson made the Division III Final Four, but lost to Catholic University, 76-62.

* In an interesting side note, Michigan and Michigan State played an outdoor NCAA hockey game before a crowd of more than 70,000 at Spartan Stadium. It was the largest crowd to witness a hockey game.

Other Sports

* Hasim Rahman became one of the most unlikely heavyweight champions of recent memory, knocking out Lennox Lewis in the fifth round of their first fight. (Lewis won the rematch, KO'ing Rahman in four.)

* Auto racing was dealt a serious blow when seven-time NASCAR champion Dale Earnhardt was killed in a crash at the Daytona 500 in February. Later on, in September, CART driver Alex Zanardi lost both his legs in a horrific crash in Germany.

* One final note: the Sept. 11 terrorist attacks were meant to bring American life to a permanent halt, to make us weak, to stop us from living our lives. The comeback of every major sport the week following the attacks proved one thing- we may get knocked down, but we sure as hell will get up again.

That does it for this semester. Have a good holiday, and I'll be talking to you all again after the break.

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Calendar of Events December 13th-25th

By Kerry Johnson

Thursday, Dec. 13

The President, Provost and Vice Presidents invite you to the *University Holiday Open House*, noon to 6 p.m., Raubinger 100 - Provost's Office. For further information call x-2121.

The Catholic Campus Ministry celebrates the *Feast of St. Lucy* (Santa Lucia), feast of Light Masses: 12:30 and 5 p.m. and annual pre-Christmas Campus Ministry Open House. For further information call x-3524.

William Paterson University *Wind Ensemble and Concert Band* perform a tribute to the 100th birthday of the communities of North Haledon and Prospect Park. Join virtuoso

piano soloist and noted faculty member Gary Kirkpatrick as he performs *Rhapsody in Blue* with the Wind Ensemble. Other works on the program by Sousa, Hanson, and Smith. Conducted by Dr. J. Craig Davis. Admission is free and the concert begins at 8 p.m. For further information call Shea Center for the Performing Arts at x-2771.

Friday, Dec. 14

The Catholic Campus Ministry is giving an *Advent Church tour* at 11 a.m. For further information call x-3524.

Saturday, Dec. 15

Charles Dickens' "A Christmas Carol" is given a glittery musical spin in this new version of the classic tale, presented by New York Stage

Originals, Shea Center at 8 p.m. Admission is \$22 standard; \$20 senior citizens and William Paterson community; \$7 children 12 years and under and William Paterson students, limit 2 per ID. For further information call x-2371.

Sunday, Dec. 16

The Catholic Campus Ministry celebrates a mass at 7:30 p.m. followed by Christmas concert with the "Brass Masters," free will offering for the WTC families. For further information call x-3524.

Wednesday, Dec. 19

The William Paterson University *Toastmasters Club* offers a supportive environment for anyone interested in strengthening their public speaking and leadership

skills at 4:45 p.m. in College Hall. For further information call x-3201.

Monday, Dec. 24

Christmas Eve Mass will be celebrated at the Jesus Christ Prince of Peace Chapel at 7:30 p.m. Gate 1.

Tuesday, Dec. 25

Christmas Day Mass will be celebrated at 10:45 a.m. at the Prince of Peace Chapel.

Sunday, Jan. 6, 2002

Opening Masses of the semester will be held at 10:45 a.m. at 7:30 p.m. at the Prince of Peace Chapel, Gate 1.

Please send calendar submissions to Kerry Johnson at johnsonk@student.wpunj.edu.



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Dec. 13: DJ Steve

Dec. 20: Undisputed

Dec. 14: The Monster

Dec. 21: The MMM Band

Dec. 15: Screaming Broccoli

Dec. 22: Mug Shot

A light in the darkness: Madeleine Albright brings words of hope to WPU

By Yamira Ledesma
Staff Writer

It was Friday evening. An audience full of the enthusiastic, excited and curious waited for her. People of different ages, races and backgrounds all gathered together with only one purpose: to see the first female secretary of state and the highest-ranking woman in the U.S. government history, Madeleine Konec Albright.

Albright spoke at the She Center at William Paterson University on Nov. 30th as part of the William Paterson Distinguished Lecturer Series. Her words full of hope and encouragement urged Americans to be strong and to not let the tragedy of September 11th darken their hopes for a better future.

"A month ago we turned our clocks back a single hour. It's all that we can do. We cannot turn back the calendar to before the 11th of September," she said. "We cannot alter the past. We cannot bring back those we have lost. We have no choice but to face reality. But we can choose to be animated by hope not fear."

She supports the military action taken by president Bush and said that he offered the Taliban the chance to avoid war [if they turned in Osama

Bin Laden] but they refused to comply.

As for Osama Bin Laden, she cited the words of an Islamic cleric.

"Osama Bin Laden is much a Muslim as members of the Ku Klux Klan are Christians," she said.

She condemned the terrorist attacks and referred to them as "crimes of the purest evil, wholly unjustified by any means of culture, politics or faith."

Albright stated that the Clinton administration imposed sanctions against the Taliban for harboring bin Laden.

She recognized the important role of Afghan women in the success in fighting terrorism.

"When the Afghans' future is debated, Afghan women shouldn't be clearing the dishes off the table, they must be at the table helping to make decisions," she said.

Albright said that the Middle East has been economically held back by "too much corruption and not enough enterprise and freedom." This has resulted in investment's decline, low incomes, and population explosion.

She believes that fear is deeply rooted in the conflict between Palestinians and Israelis.



Photo courtesy WPU
Former Secretary of State Madeleine Albright spoke on campus recently as part of the Distinguished Lecturer Series.

"At the root of the crisis is fear. The Israelites are afraid that behind every Palestinian face, backpack or basket, there is a bomb," she said. "The Palestinians fear they are doomed to live without a viable homeland subject always to the decisions of others."

When questioned by the audience, Albright said that she was satisfied with the way the Clinton administration dealt with terrorism and said that people should also acknowledge the failed terrorist attacks due to prompt action by the U.S. government such as the attempted blowing up of Los Angeles airport.

When she was asked about the future of Iraq, she

said that military action against that country without a reason would make the U.S. lose its focus. She also said that all countries that sponsor terrorism should not be treated as the same.

Albright said what she missed the most about her job as secretary of state was the view from her office. From her window she could see the Iwo Jima statue, the headstones of Arlington National Cemetery and the face of the Vietnam War Memorial.

"These memorials serve to remind us that for America, danger is not new," she said. "Neither is the need for sacrifice, the demands for courage and the importance of unity."

Fitness pros offer tips on coping with holiday food, drink

By Molly Martin
The Seattle Times

Season's Greetings from fitness pro! I polled more than 80 recently for their suggestions on coping with the abundance of the holiday season.

The most common responses: moderation; planning meals and exercise; eating snacks before going shopping or to parties; eating only when hungry; drinking plenty of water; alternating alcoholic, fatty and sugary drinks with water; and not depriving yourself, which often results in overindulging.

Other excerpts from their plentiful advice, with hopes everyone will find something to help enter the new year guilt-free:

"When faced with a buffet table, try a small bite of a few choices, then proceed with what you would consider normal and healthy. You have now put yourself in a win-win situation that you can look forward to at other holiday outings. You win"

by allowing yourself a little leeway and getting to try some fabulous treats, and you "win" by sticking to your healthy way of life and thus can wake up the next morning feeling great and not guilty."

-Ginny Pietila, Club Emerald, Mercer Island, Wash.

"Plan ahead. If you are prepared, and don't allow yourself to get really hungry by having healthy food and snacks ready to eat, you can avoid many seasonal temptations."

-Theresa Arbow-O'Connor, Fitness Formulas Personal Training, Seattle

"I arm myself with heavy 'foodtillery' - handy snacks to keep us away from the unforgiving holiday sweets and fats. The armor: protein bars, nuts divided in small portions, lowfat yogurt and cottage cheese, nonfat or lowfat milk, vegetables, lean protein (chicken, turkey, tuna/fish, tofu).

-Wendy DeLucca, Juanita Bay Athletic Club, Kirkland, Wash.

"Eat smaller portions, five to six

smaller meals a day. The actual size of one's stomach is about the size of a fist. Chances are, your stomach will fill up after your first "conservative" serving and you won't need seconds."

-Tija Petrovich, Seattle

"Try to eat healthy 80 percent of the time and let the junk be only 20 percent. If you haven't eaten your five daily servings of vegetables yet, no junk. No punch or other calorie-laden drinks until you've had your water for the day."

-Gail Cuthbert, Kent Women's Aerobic & Fitness Center, Kent, Wash.

"I suggest sampling rather than eating. If you think about all of the hors d'oeuvres and desserts as a big taste party rather than a pig-out feast, you'll get to try a bit of each and still end up only having part of one or two portion sizes, rather than breakfast, lunch and dinner for a week."

-Stephanie Bettger, PRO Sports Club, Bellevue, Wash.

SEE HOLIDAY, PAGE 14

WPU indoor track team looks forward to a good season

By Erik Ortiz
Staff Writer

With already three school records being broken during the first meet for William Paterson's indoor track team, Head Coach Horace Perkins is looking forward to an impressive season.

At the Collegiate Track Conference at Southern Connecticut State University, the men's team tied for second overall. They finished first in the Men's 165-meter high hurdles relay setting a new school record of 24.46, came first in the 1,600-meter sprint medley, again setting a new school record of 3:40.37, finished first in the 4x800-meter relay, with a new school record of 8:26.82, and finished first in the 4x400-meter relay.

"Last year's season, the men were weak and the women were strong," Perkins said. "Now there are more men than women, so the women are having to

work harder. But I think their strength's will eventually equal over."

Though the women were ranked No. 8 overall at the CTC (with a third place finish in the distance medley and fourth in the 1,600-meter sprint medley), women's team captains Jill Sanders and Stephanie Maxwell are confident in the new team.

"We had a lot bigger team last year," said Sanders, who helped her team finish second in last season's New Jersey Athletic Conference Indoor Track & Field Championships. "Each year our team is getting better. Now we have a lot more devotion."

Besides losing some members of the women's team, Perkins also sees the majority underclassmen roster as another obstacle to overcome.

"We need to work on team unity," said the coach. "Many of the returning members graduated or moved on, so now's the time to develop together."

Men's co-captain Robert Hargrove believes the team is moving in the right direction.

"I think we feel more like a team this season than last," he admitted. "And I personally want to run a lot faster this season."

Hargrove's goal is to reach a personal best of 20.5 seconds in the 200-meter dash, while winning the NJAC championship title for a second year, and then capturing the NCAA Division-III title during the outdoor season. Coach Perkins is confident he can do it.

"It's very possible," Perkins said. "I also think two or three people can make the nationals this season. The 55-meter, the 200-meter, the 800-meter, and the mile are our best events."

The indoor track team's season continues on Jan. 26, 2001 at the Princeton Invitational at Princeton University.

HOCKEY, FROM PAGE 16

that they just play for fun. This is not true, he said.

"We play very tough schools like Princeton, Penn State, Montclair State, University of Penn and NYU," said Carnathan.

The team plays in the competitive Mid-Atlantic Collegiate Hockey Association (MACHA). Nationally, they play in Division II in the American Collegiate Hockey Association (ACHA). Last year the team finished with an 8-12 record over all.

This year the team had

gotten off to a slow start by losing their first six games, but have recently found the win column and are 1-6 on the season.

"We got off to a rough start, but we kind of turned it around," said Carnathan. "We're looking to turn things around and make the playoffs."

Carnathan said that he is proud of the effort given by his defense.

Defensively, we are a sound team," he said. "The goaltenders are our backbone."

The coach also said that improvements can be made offensively.

"We're getting the goals, just not enough," he said. "We could be more productive. Our offense comes from our defense making the other teams make mistakes."

With only four out of the 25 players on the team being seniors, leadership is important.

"The older guys have really stepped up," said Carnathan. "They've guided the rookies. Every new guy has stepped up as well."

In order for the team to improve, Carnathan believes it will take good-old-fashioned hard work.

"It really comes down to work," he said. "I'm satisfied with their effort, but I always expect more. We've got to start capitalizing more on the other team's mistakes."

As far as making a prediction for the rest of the season, Carnathan is optimistic.

"We're going to qualify for the playoffs," he said, mentioning revenge against those teams that beat them already this season. "We're looking to win every game for the rest of the season. We're going to turn this thing around."

BASKETBALL, FROM PAGE 16

some growth. It was Coach Pat Riley of the Miami Heat who said "A good team takes it down to the wire, a great team wins at the end of the wire."

Currently 8th in the NJAC, the Pioneers find themselves led in scoring by one new face and one old. Former Horace Jenkins tag-team partner Rashaan Barner leads the team in scoring while Brandon Constantine is a close second. However,

numbers are much less noticeable than in recent years. Barner is lead scorer by just a fraction over his teammates. The Pioneers scoring has become much more team oriented since Jenkin's departure.

As the holidays close in, the Pioneers look to improve on their undefeated inter-conference play. The City University of New York Conference holds up two challenges to the Pioneers this year with match-ups versus York College, a

team the Pioneers have beaten twice in the last two seasons, and Lehman College. The orange and black have also been invited to participate in the Grove City Tournament in Grove City, PA. And finally, the Pioneers will take on Brockport State University of the State University of New York Conference before returning to NJAC conference play.

SWIM, FROM PAGE 16

four guys graduate last year and we've brought in 7 new recruits so it is a relatively new team. Last year we ended on 10-3 and that's going to be hard to top, but we're striving to."

New comers in both the men's and the women's team (the women's team losing two to graduation and recruiting 5)

have proved promising, with Gurka mentioning several freshmen swimmers including "blue-chip" swimmer Chris Nelson and international student Jaferleen Perez who has already been named NJAC swimmer of the week this season.

"The teams have proved themselves and have already experienced the meet where

they really rise together as a team," said Gurka referring to the meet against Vassar University where the women won the swim and the men took the pool overall.

And what about the outlook for the rest of the season? Well, don't be expecting the William Paterson records to be broken that easily - they are, after all, up there with the top

10 in the nation and have mostly been set by All-American swimmers. But do expect a great end result from both teams, especially after the effects of Curacao kick in.

"It's always a struggle, the whole year, to get to the point that you want to get," Gurka says, "but we've been working very hard ... and really only time will tell."

Like to write?

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If interested, call Prof. Liz Birge at ext. 2656 or e-mail us at pioneertimes@student.wpunj.edu.

The Shepherd & the Knucklehead



PT photo by Jillian Allinder
The Shepherd and the Knucklehead in Haledon brings local color to the WPU community.

Off-Season Keys: Mets and Yankees

By Chris Palmier
Staff Writer

Now that the baseball season is over, both New York baseball teams have changes to make. Here are the keys to their off-season moves.

YANKEES

1. SIGN JOE TORRE TO A LONG TERM CONTRACT

Torre has done more for the team than any manager since Casey Stengel left in 1960. Six playoff appearances. Five league championships. Four world championships. Need I say more?

2. KEEP TINO MARTINEZ AND/OR SCOTT BROSIUS

This is probably easier said than done. Brosius is looking less and less likely to be here next year, and Martinez is about 50/50. You have to keep one of these two around, and Brosius would be the hardest to lose- there are no big-time third basemen who are available in free agency, and a trade would probably cost too much playerwise.

3. FIX THE OUTFIELD MESS

Once again, the Yankees have too many outfielders and not enough places to play them. With Paul O' Neil retiring, Chuck Knoblauch leaving, and minor leaguer Juan Rivera on his way up, the Yankees are in another tight spot. They need to fix this mess, or it'll be another year of rotating outfielders.

4. GET SOME PITCHING HELP

With Sterling Hitchcock and Orlando "El Duque" Hernandez now free agents, the Yankees need to find a couple of starters.

David Wells wants to come back to New York, so he is worthy of consideration. Christian Parker, coming off a shoulder injury, will be back, so he can take another spot.

5. BOLSTER THE BENCH

The retirement of Luis Sojo leaves a hole in the bench the Yanks must fill. If they can't do it, then they're going to be in trouble late in ballgames.

METS

1. GET RID OF TODD ZEILE

The Mets picked him up in 2000 to fill the offensive and defensive voids left by John Olerud's departure. He has yet to do that. The Mets must find someone who can.

2. KEEP ROBIN VENTURA

The Mets have been shopping Ventura around since mid-season last year. He has had two straight off-years at third base and at bat, but the Mets don't have too many other options. For now, at least, they should hold on to him.

3. SIGN AN OUTFIELDER

There have been problems for the Met outfielders for the last two years - they can't hit and they have weak throwing arms. This year, the Mets have plenty of options- unlike last year, the Mets must act on them.

4. GET PITCHING HELP

Neither the Mets' starting staff nor the bullpen (with the exception of Armando

Women's basketball hoping for midseason comeback

By Erik Ortiz
Staff Writer

After losing their first six games, the William Paterson women's basketball team is hoping for a complete turn around for the rest of the 2001-2002 season.

The inexperienced team, made up of eight freshmen and seven returning players, is currently without Head Coach Erin Monahan, who left the beginning of the season on maternity leave. Assistant Coach Keith Woods has since been in charge, trying to make the team gel as quickly as possible.

"We have a young team," Woods said. "There's the experience factor which will only get better toward the end of the season. We're still trying to find an identity and we hope to do that before it's too late."

Woods is looking to improve the team's chemistry, as well as their point consistency, which he says has been struggling.

With more than a dozen games left, Woods says his goal for the season is to win at least 12 games and finish with a "total score of 500 points."

Ramapo College, ranked No. 7 at last season's New Jersey Athletic Conference, and

Richard Stockton College, ranked No. 3, are both on early-season winning streaks, and defeated the Lady Pioneers 40-29 and 73-61 respectively, in their initial meetings.

However, junior guard Heather Nedo says the team stills needs to focus on last season's NJAC No. 1 and 2-ranked teams, The College of New Jersey and Rowan University, specifically by beefing up the offense.

"We're good with the defense, but we have trouble with offense," said Nedo, who tied for a team-high 11 points against Stockton. "This year's team has a lot more talent than last year's. But we still need to work on all our individual strengths to play together as a team."

Center forward Adrienne Kopko also agrees the young-team has talent, and despite standing last in the NJAC's standings after four conference games, she hopes that the other teams won't dismiss the Pioneers, just yet.

"We're still in there, and I definitely think people should watch out for us," said Kopko, one of the eight freshmen.

"And once we get that first win," Nedo assured, "we're going to be unstoppable."

Benitez and John Franco) had much luck last year. Throw in the trades of Rick Reed, Turk Wendell, and Dennis Cook, and you have a recipe for disaster in 2002. New York must find both starting and middle relief help.

5. DON'T MAKE ANY STUPID MOVES THAT HURT IN THE LONG RUN

Last year the Mets traded Reed to Minnesota for Matt Lawton, an outfielder who didn't produce, and Wendell and Cook to Philadelphia for unproven pitcher Bruce Chen. As long as they can avoid these types of moves, they'll be fine.

*Are you a sports enthusiast?
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WPU reacts to anthrax concerns on campus

By Felicia Pettiford
and Erik Ortiz
Staff Writers

What is small, comes in three forms and can affect both people and animals? If you answered anthrax, you've guessed correctly. T

his rare disease, which has recently caused so much commotion, has hit close to home and raised concerns with the William Paterson community.

Even though Lori Prol, a nurse at the Health and Wellness Center, advises that "anthrax is not contagious," the nursing staff at the Health and Wellness Center has been put on high alert for specific people at the university who may have been exposed to anthrax and exhibit the symptoms.

"The people that we have to watch for are military people, people working in any kind of mailroom, FedEx workers, UPS workers and people working in hospital mail rooms," said Prol.

Ann Fairley of the William Paterson University

mailroom said that there has been some concern about mail workers bringing the bacteria home to their loved ones. After the first reported death of a mail worker from anthrax, the WPU staff began using protective gear in mail handling.

In addition, memorandums were sent to faculty via e-mail from the office of the Associate Vice President of Administration and Finance and the Provost's office, concerning what should be done if mail looks questionable.

Raj Vohra, physical plant operations supervisor, said the processing center where mail is screened has not had a slow down in the delivery of mail. He said that though it is up to the employees discretion on whether or not they consider a piece of mail to be a threat there are signs they are to look for.

Vohra cites oily stains, a lopsided appearance, a strange odor, no return address, an unexpected delivery, no postage or non-cancelled postage and improper spelling of names or addresses as

potential signals for determining if mail may contain anything suspicious, including anthrax.

However, Vohra said only twice has mail been considered "suspicious" and in the later instance, the letter was destroyed.

Prol said that if someone who comes to the Health and Wellness Center is suspected of having anthrax, they are sent out (usually to the New Jersey Department of Health) for testing and diagnosis. Nasal swabs and x-ray are the most common methods for testing for anthrax.

As part of Ground Zero 2001, a series of events organized by Residence Life to help students deal with the attacks of September 11th, Nancy Ellson, coordinator of wellness services, conducted a workshop in the Towers on Nov. 12 to help dispel rumors about anthrax and provide a platform for students to discuss their views.

"At this point, it is just a matter of becoming more educated by reading more about

anthrax and bio-terrorism," said Ellson.

Ellson added that the approach to anthrax and bio-terrorism needs to be more focused on how students feel about being in an age of bio-terrorism. She said that student focus is not really on anthrax itself, but on the surrounding issues and circumstances which has thrust anthrax into our way of life.

"The question [for us] now becomes 'What does it feel like for all of us to live in fear?' because before September 11th, we weren't even thinking about bio-terrorism."

Sophomore Lasanna Wright, said she too is not worried by the threat of anthrax through the mail, especially at school.

"You have to be more careful, but you shouldn't stop partaking in your normal activities," Wright says. "I've seen the reports, read about it, talked about it in class. It's important not to get carried away with all the news. There's no reason for me not to check my mail."

HOLIDAY, FROM PAGE 11

"Experiment with the 'five-minute' rule: Wait about five minutes after each course to decide if you are still hungry."

-Ornello Ariati, Mill Creek Club, Mill Creek, Wash.

"When surrounded by holiday goodies, make yourself eat five baby carrots first. Many times the carrots sound so gross you don't eat anything because you weren't really hungry. Or if you are hungry, you fill up on the carrots first and eat less of the junk."

-Monica Rowland, Balancing Life, Snoqualmie, Wash.

"Designate one day a week where you can have whatever you want without a guilt trip. The secret to being on any sort

of eating plan is getting right back to it if you happen to slip a little bit."

-Courtenay Schurman, Body Results, Seattle

"My husband and I will select three or four of our favorite holiday recipes to make, and give most of them away as gifts (still allowing ourselves to enjoy them, but in smaller quantities)."

-Nicole Damberg, Seattle Athletic Club Downtown

"Beware of those who share at the office. Bring your own lunch and healthy snacks from home so you'll be less likely to fill up on the plate of Magic Brownie Bars that your co-worker left on your desk."

-Laura Seufferling, Valley Medical Center Fitness and Mind-Body Center, Renton, Wash.

"Enjoy the tastes that you encounter only during the holidays. Slow down and enjoy the flavors. Slowing the speed at which you eat allows the nutrients to get into your bloodstream and to the sensors in your brain that tell you when you've had enough."

-Eric Olson, The Exercise Company, Seattle
"Stop the

"stress" excuses. If anything, the holidays are the times you must be exercising. Just make better choices and some small changes in recipes to allow some calorie reduction - but don't overdo it. If it doesn't taste the same as the real thing you're bound to eat two or three times as much!"

-Carla Quam, Cross Train Concepts Conditioning Studio, Seattle

"I exercise right before I go to holiday parties. I think this works by helping to suppress my appetite, if I work out hard enough. It also helps with body image. After doing something good for my body I'm less likely to just stuff myself with fattening food. And if I do eat the cheesecake at least I've done something to help ameliorate the effects of it."

-Chuck Kinsey, Senior Wise Consultants, Shoreline, Wash.

"Don't forget to take care of yourself emotionally. Many people overeat when they are overstressed. Try to keep exercising, even if you have to moderate for time allowances. Take a walk! Take a few minutes to yourself; soak in a tub, listen to music. Veg! Sing your favorite holiday song at the top of your lungs, three times in a row!"

-Sharron Makela, Highline Athletic Club, Seattle.

(She's also a mother of seven who says, not surprisingly, "Quiet time while I am driving is everything to me.")

(Molly Martin is assistant editor of Pacific Northwest magazine at The Seattle Times. 2001, The Seattle Times.)

Distinguished lecturer



Photo courtesy of WPU

Madeleine Albright addresses a crowd of students and staff at her recent lecture.

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PIONEER SPORTS

Going it alone on the ice: Hockey team fights back

Paul French Jr.
Sports Editor

For those of you that didn't already know, William Paterson University does have an ice hockey team.

Pioneer ice hockey is not very well known, however, because the team is considered a club sport by the school and not an athletic sport. Publicity and support for the team is hard to come by.

The team's funds are limited due to their club ranking so they must raise money in other ways. Every year the team must find sponsors and advertisers and participate in fundraisers. This year's fundraiser is a magazine drive.

According to the team's Head Coach and Business Manager Robert Carnathan, the team's payroll is about \$35,000-\$40,000 a year for expenses like rink time (they practice at McKay Park Rink in Englewood), uniforms, equipment, charter buses, and hotels. The Student Government Association also funds the team.

"The SGA has always been our biggest supporter," Carnathan said. "We have to come up with the rest and we always do."

Carnathan, who receives no pay, said that volunteering as the coach has its own rewards.

"You really just have to do it for the love of the game," he said.

That kind of commitment helps keep the program going.

"We do everything we can to keep our team competitive," said Carnathan, a May 2000 graduate in psychology from WPU. "It isn't just a bunch of guys sitting around."

Carnathan, a former Pioneer and two-time captain, said that the team being labeled a club gives off the idea

SEE HOCKEY, PAGE 12

Off to a slow start, WPU men's basketball team is determined

By Joe Van Galen
Staff Writer

After fulfilling their revenge against the Catholic Cardinals in the season opener, the men's basketball team struggled to remain on top. A four-game losing streak, the longest since the mid-'90s, was capped off last week with losses to Ramapo College, New Jersey City University, Richard Stockton College, and Montclair State University.

While the Pioneers may not have found their style this season, they have returned to the win column with a pure and utter mutilation of Centenary College 83-48 on Dec. 3.

At 2-4, the Pioneers are off to their worst start since the 1998-1999 season (3-5). Because of this they have dropped off the national rankings, as well as slipped to the back of the NJAC Conference. Despite this, the team remains resilient as ever, knowing that losses can sometimes come easy when you play in one of the toughest basketball conferences in the nation aside from the Wisconsin and Mid-Atlantic Conferences.

Despite their record, the Pioneers of the new millenium are

a far better team than the one that brought them to 3-5 just three years ago. This seasons' four losses were all to teams in the upper echelon of the conference.

It was only a season ago when the Roadrunners of Ramapo led by NJAC leader in steals Tennyson Whitted brought the eventual D-III runner-up Pioneers their first loss of the season in a 80-77 2OT loss. New Jersey City hasn't seen a season without post-season play in nearly 10 years. Compare this to 1998-1999 and you find losses to then lowly Rutgers-Newark as well as a 40-plus point loss to Richard Stockton College, a team the Pioneers lost to by less than five this season.

While on paper an 0-4 conference record may not seem like much, the Pioneers only major upset was to Ramapo which took them down by more than 20 points. The Pioneers took Jersey City to overtime.

They also brought Richard Stockton and Montclair State down to the wire before falling short. With a look at the results it seems the Pioneers are less of a losing column team this season and more of a team that still has

SEE BASKETBALL, PAGE 12

Off to warmer waters: Swim team heads to Curacao

By Tamara Stowe
Staff Writer

A hotel on the beach, blue sparkling water and a summer climate to match... the William Paterson Swimming teams have much to look forward to.

On Dec. 28 while the rest of us put on our winter coats, the men and women swim teams head to Curacao for the annual winter training program.

Curacao, an island off the coast of Venezuela is, according to head coach Edward Gurka, the perfect spot to train.

"It's a beautiful environment, each day is 66-92 degrees with warm trade winds, it rarely rains, the people are extremely friendly and we have a hotel right on the ocean," he said.

Anyone feeling jealous yet? But the real draw card says Gurka is the 50-meter long course facilities.

"The pool is two and a bit times as long as our regular pool which is great because it cuts out a lot of the down time. Every time a swimmer turns," Gurka explained, "they push off the wall and are stream-lined - travelling fast but it's down-time for the heart. In a longer pool they have to fight through this time so it's much harder. It has a very positive training effect."

The teams will train in the pool for four hours a day and undergo additional dry-land cardio training.

"They come back pretty broken down," Gurka said, "and their times will actually go up when they come back to the smaller pool. But by the time the Metropolitan Conference Championship - which is our main goal - comes around in the third week of February their times should be right down."

Gurka obviously knows his stuff. And so he should - he's been coaching at

William Paterson for 26 seasons now and has had a lot of coaching success. He was named NJAC coach of the year for the women's team last season, he was the first coach in the nation in division 3 to reach 100 wins on both the women's and the men's swim teams, and, this year he reached his 400th total win.

"That was definitely a personal milestone in my career," Gurka said.

This year the William Paterson swim teams have their work cut out for them. With a great previous season to live up to and a particularly tough conference this year everyone has to put in their best to succeed.

"I'm pleased with their performance," Gurka said, "They're going very well, especially the women with a 6-2 win so far."

"The men's team [on 4-1] could be a bit stronger," Gurka admitted, "we had

SEE SWIM, PAGE 12