Students Await New School of Media

Montclair State University’s Board of Trustees has approved the creation of a new School of Communication and Media set to open in the fall semester of 2012. The School of Communication and Media will combine existing degree programs with new offerings to accommodate the rapidly changing communication industry. The School of Communication and Media will offer Bachelor of Arts degrees in Communication Studies, Television and Digital Media and Communication and Media Arts. The school will also offer a Bachelor of Fine Arts degree in filmmaking and a Master of Arts in public and organizational communication.

Blanton Hall Renovation Raises Health Concerns

Despite ongoing construction, Blanton Hall is in preparation for a Fall opening.

A $10.4 million renovation to Blanton Hall is now underway, but at what cost to students? Clouds of dust and the piercing sounds of jackhammers greet the brave souls who dare to venture to the University’s Health Center located on the second floor of Blanton. Visitors to the Health Center must walk through construction areas and down twisted corridors on route to the cramped offices of the health center.

“It was hard to feel like I was getting adequate treatment while such loud construction was going on,” said Dan Truitt, a Junior who has recently visited the health center under these conditions.

“I definitely felt unsafe by having to walk by [active] jackhammers in order to get up to the health center,” he said.

Blanton Hall has been vacated since May 2011 and will remain that way until August 2012. The opening of the Heights this past fall semester allows the university to complete renovations to Blanton.

Female Student Assaulted

As the spring semester begins, students can expect to see changes in the printing labs all across campus. These changes were implemented on Jan. 18.

The Department for Information Technology has added flexibility and mobility to the computer lab services so students can borrow a laptop with software needed for their courses. This enables them to research anywhere on campus. Also, with the addition of PaperCut, students will be able to submit print jobs from virtually anywhere on campus using an Internet-based application. They can keep track of their printing with a personalized meter that lets them know how many pages they have printed. The new PaperCut program is designed to make printing an easier process.

The Montclarion | Haylee Lenkey

Despite ongoing construction, Blanton Hall is in preparation for a Fall opening.
On Dec. 13: Matthew Groszew, 23, of Denville, and Dylan Thomas, 19, of Levittown, Pennsylvania, were charged with possession of marijuana and drug paraphernalia while in Bohn Hall. They are scheduled to appear in Clifton Municipal Court.

On Dec. 14: Two residents of Basie Hall reported an unknown male knocking on their doors early in the morning and trying to gain entry. This matter is under investigation.

On Dec. 15: A male resident of Einstein Hall was a victim of a bias crime. This matter is under investigation.

On Dec. 16: A resident of Balfour Hall reported a sexual assault while at the Red Hawk Diner. He is scheduled to appear in Little Falls Municipal Court.

On Dec. 17: Daniel Avento, 22, of Montvale was arrested for disorderly conduct while at the Red Hawk Diner. He is scheduled to appear in Little Falls Municipal Court.

On Dec. 19: An employee of Alice Paul Hall reported the theft of a cash box from her unsecured desk drawer inside of Calcia Hall. This matter is under investigation.

On Jan. 12: A male employee reported a fraudulent Twitter account registered under his name. This matter is under investigation.

On Jan. 15: A female non-student reported being sexually assaulted at Hawk Crossings. This matter is under investigation.

The Montclarion

A freely distributed newspaper providing one copy per person. Additional copies are $0.25.

Corrections

The Montclarion will notified persons in factual errors. If you think we have made a mistake in a story, please let Editor-in-Chief Katherine at ext. 3120.
The Departments of Modern Languages, Spanish and Italian and Linguistics have relocated to their new home in Schmitt Hall. Formerly Finley Hall, Schmitt opened its doors this semester to students at Montclair to ease the overcrowding of majors in Dickson Hall. Schmitt Hall is named after former Montclair student Conrad J. Schmitt, a 1958 graduate with a B.A. in Spanish, who passed away in 2012. After the completion of University Hall in the fall of 2004, it was apparent that the various language areas offered many opportunities for students to interact. Expanding on that principle, faculty and administration hope to encourage students learning foreign languages to interact while sharing cultures and ideas.

Michael Heller, director of language learning technology, noted the expansion of the departments and the need for extra space. “The new expanded facilities here will be extremely beneficial as we had outgrown our space in Dickson,” he said.

The two instructional facilities that existed in Dickson have grown to three in Schmitt. Also, the addition of meeting rooms, lounge areas, international telecommunications, a language-testing center, a First Avenue Language Lab with a video recording booth and a video viewing room and a translation and interpreting lab with HD video conferencing offer students various mechanisms to group their new language.

Professor Diana Guimmara-Cruy of the Department of Spanish and Italian highlights the benefits. “I like the fact that it has more light and it is conveniently located,” she said. “More importantly, we (Modern Languages, Spanish and Italian, and Linguistics) are all situated together and can mingle more, exchange ideas more easily and prepare activities together.”

Dickson Hall separated Spanish and Italian, formerly located on the third floor, from Modern Languages and Linguistics, which were located on the first floor. The combination of these three departments on one floor offers professors and students the unique opportunity to bridge cultural gaps and learn in an immersive environment.

Professor Jefferson Garrall, who teaches Russian for the Modern Languages Department, is fond of the new technology. “I think the technology is going to allow us to more fully immerse students in the language,” he said.

Alixon Cart, a junior and linguistics major, is excited for the change of venue. “The rooms here are more spacious and more academically friendly than in Dickson,” she said.

“Languages are becoming really important to Montclair [and Schmitt Hall] will be the center for language learning,” said Dr. Lois Oppenheim, chair of the Department of Modern Language and Literatures. “It will put MUSI on the map for languages.”
Communication. Students have the option to remain in their current program with no changes or switch to the new one, which has a slightly different core group of classes and more flexible electives.

“I’m glad Montclair is moving toward new technology and giving new opportunities to media students,” said Jon Aronoff, current graduating broadcasting major. “I think being so close to New York City, I think it’s going to allow students to get that extra added real life experience.”

“The School of Communication and Media will offer a comprehensive program that is academically superior and reflective of the emergent digital technologies that have resulted in unprecedented cultural and global interactivity,” said Montclair State University President Susan A. Cole in a press release. “This initiative underscores the University’s commitment to aligning our programs with evolving critical workforce needs in the state and beyond.”

The School of Communication and Media will give students the option to have a broader based educational experience. The University’s development of outside media partnerships will give students a chance to work alongside professional media operations as part of academic life on campus.

“I think the new school is a response to a changing broadcast communication industry,” said David Sanders, chairperson of the broadcasting department. “It’s our feeling that people entering the field today need to have a very broad background that can take them in many different directions as professional opportunities present themselves.”

The new program will greatly expand the University’s journalism offerings, and will feature some exciting new facilities such as a multi-platform newsroom. The curriculum will also encourage a lot of cross-discipline work, which is very important in today’s job market.

“I think it’s going to be beneficial for the respective majors in the long run,” said Rob Dickerson. “I’ve seen [communications] majors taking a couple courses in our program as it is. The whole thing is going to provide a really streamlined and well-rounded education for everybody. I’m definitely very excited to see the new school get off the ground.”

In making these curricular and organizational changes within the University’s communication program, Montclair State is responding to scholarly changes that have influenced the study of communication,” said Geoffrey Newman, dean of the College of the Arts in a press release. “This is an exciting time to be engaged in the field of communication, particularly with the University’s accessibility to the nearby media markets of New York City and northern New Jersey.”

In addition to the School of Communication and Media, the University recently completed a major technology upgrade of its DuMont Television Center to a state-of-the-art high-definition studio, which includes the most technologically advanced equipment.

The University also announced that it will become the new headquarters for NJTV’s news division and will provide studio space for the public media network’s nightly news broadcast.

In conclusion, the new School of Communication and Media will offer students a comprehensive program that is academically superior and reflective of the emergent digital technologies that have resulted in unprecedented cultural and global interactivity.

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Think Before You Print!

Save trees and money when you print smart with PaperCut.

PaperCut is a print management software system that lets Montclair State’s Division of Information Technology help you manage and monitor your printing and printing costs.

Start printing smart today with PaperCut—and by following these tips before you push “print.”

1. Think before you print! Do you really need to print this email, webpage, or article?
2. Use duplex printing.
3. When printing a slide show, print multiple slides per page.
4. Always use print preview to finalize your document before printing.
5. Save research material by emailing the URL to yourself.
6. If your document has not printed yet, do not reprint.
7. There may be multiple jobs ahead of yours.
8. When printing study guides or class notes, reduce margins and font sizes to lower page counts.

As the student center is so heavily occupied, there are obvious precautions that must be taken.

"In all the years I’ve spent in Montclair, I’ve learned it’s better to be safe than sorry, sometimes a little too safe and then it becomes paranoia," said Justin Roque, 22, a student who spends a great deal of his free time in the Student Center Annex. “This incident doesn’t concern me too much other than the fact that I should take extra care when roaming the Montclair University grounds.”

Most campus clubs and organization offices are located in the lower level of the Student Center. "As an organization that is here to serve the student body, the SGA is greatly alarmed by this incident," said Ryan Fanning, Press Secretary, on behalf of the SGA. "[We] will work with administration to explore any possible solutions that can better assure student safety."

Students are encouraged to practice safety habits and operate on a buddy system if personal safety feels threatened. As information on this event continues to develop, students will be on guard.

"I am not that surprised this happened because this is an open campus and there is lack of security, such as surveillance cameras," said Gramescu. "I definitely feel that my safety is compromised. I don’t like being by myself on campus at night to begin with, and this situation doesn’t help," he said.

Students are strongly encouraged to report any suspicious behavior to the University Police at (973) 655-5222, the confidential TIPS line on campus at extension 8477 from any phone on campus, or utilize the TIPS text alert system. More information on this can be found at at http://www.montclair.edu/socialnet/.

Some students are taking extreme caution and purchasing mace.

To learn more, visit http://oit.montclair.edu/tsclabs
The new year is finally here! It brings a new slate of opportunities and possibilities for all of us. Let’s face it, the vow to lose weight is something that is an overdone, short-lived resolution. We have all heard it too often: promise to lose the weight, promise to exercise, promise to cut the carbs and promise to drink more water. These goals are bought with good intentions. Yet, the unrealistic diet regimes continue to plague us, fostering what become unsustainable promises.

As college students, we are at a pivotal stage in which we develop habits that will remain throughout our lives. The ultimate promise to stay healthy, strong and fit to feel our best should be the recalibrated resolution for 2012. We are all inundated with images of celebrities shedding pounds for vanity through unrealistic means; unreasonable diets consisting of only apples are unhealthy standards that are impossible to uphold. Instead of dieting, we must form a lifestyle that we can keep up forever. Make 2012 the year you break your bad habits for good.

1. Prepare yourself before you wreck yourself.

How many times have you stuck to a healthy eating plan, hit the gym every day, and still find yourself and an empty sleeve of Oreos together in bed? Surrounded by crumbs, you beat yourself up. It’s happened to the best of us. To prevent the hunger pangs that make you reach for the unhealthy food, preparation is needed. Have healthy snacks on hand, and cook meals ahead of time so you won’t be reaching for the cookie jar won’t be an option. Therefore, the trick is: nowhere.

2. CHUG! CHUG! CHUG!

Drinking eight glasses of water a day is one of the best things we can do for our body, not only for our skin’s appearance, but to fill up on calorie-free liquids, cutting down on caloric intake. Start your day with hot water and lemon. According to dieticians, it revs your liver, helping to get rid of toxins. After the holidays I’m sure we can all use that.

3. Greens on deck

Whether you choose to drink your greens in a smoothie, make a colorful raw salad or sauté them, greens are good! With such a wide variety, try them all.

4. Ice ice baby

For us college students, it’s hard to find yourself and an empty sleeve of Oreos together in bed! Surrounded by crumbs, you beat yourself up. It’s happened to the best of us. To prevent the hunger pangs that make you reach for the cookie jar won’t be an option. Therefore, the trick is: nowhere.

5. Snacks on snacks on snacks

We are all busy studying, working, commuting and socializing. It’s easy to buy junk on the run. What is one to do in a pinch? Again, being prepared is key! Having great snacks on hand like a good cheese and crackers, a baggie of nuts or a piece of fruit will keep your hunger at bay. Just don’t carry all…just not all at one time! Remember: you’re not on a diet! If you really want pizza, have a slice, but don’t have a Snickers right after. If you find yourself craving unhealthy eating and exercising more than you have more. A good rule of thumb is to think before you eat. Ask yourself, “Is that whole slice of cake worth the extra time at the gym?” If not, just have a taste and share with a friend.

7. Spell yourself

That title may be misleading. It’s funny: As kids our parents tell us not to snack our appetite now helps you to prevent over eating. Thus, having a light, healthy snack of protein and carbs helps to do just that. Try a piece of whole wheat bread with almond butter or veggies with hummus.

8. Move it!

Exercise is key in sustaining the healthy you. Try to do something every day. The best way you can do this is by walking. How much you can and enjoy! Brisk walks with friends and family are a great bonding activity. To dance a class offered on campus or a personal fave, Zumba (it’s like dancing in the club). The endorphin high is certainly a rush!

9. Got fat?

Yes, you do! I mean it. This seems counterintuitive, but taking in good fats helps get the fat off of your body. Think omega fatty acids, found in fish, some nuts, flax seeds and olive oil. Having a balance of these good fats will help maintain overall health. 10. It’s not about numbers.

Being healthy is not about fitting into the smallest cloth size, or hitting a certain number on the scale. Rather, let the goal be how good you feel and how much energy you have. However you decide to implement healthy changes in your life, one thing is for sure: you’ll feel amazing! Give yourself the best gift this year, the gift of health.
Conceived and Directed by Bill T. Jones
Choreography by Bill T. Jones
with Janet Wong and
members of the company
Featuring Bill T. Jones
Music by Ted Coffey
Text by Bill T. Jones
Decor by Bjorn Amelan
Lighting Design by Robert Wierzel
Costume Design by Liz Prince

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Food Allergies vs. Food Hypersensitivities

Dora Catechin

Eighty percent of American children and three to four percent of American adults are affected by food allergies, according to the Centers for Disease Control and Prevention (CDC). The seven most common food allergens include tree nuts, peanuts, milk, egg, shellfish, soy, milk, and wheat. With significant increase in food allergy prevalence over the last 10 years, it is important for the general public to note key differences between what is considered a food allergy and what is considered a food hypersensitivity.

A food allergy is an immunological response to specific food proteins, or allergens. The human body is programmed to recognize foreign invaders as bacteria or viruses. De- fenses known as antibodies attack these invaders. In a similar fashion, sometimes the body recognizes food proteins as foreign invaders. When the allergen is ingested, an allergic antibody called Immunoglobulin E is released, attacking the allergen while releasing a large amount of the chem- ical called histamine. Histamine trig- gers allergy symptoms ranging from mild to life-threatening. Symptoms can include hives, itching or eczema, runny nose, sneezing, tingling or itching in the hands or feet, swelling of the eyes and mouth and anaphylaxis, swelling of the throat, tongue, lips, wheezing, rapid drop in blood pressure, and fainting. In the absence of immediate administration of epinephrine must be given to reverse the life-threaten- ing symptoms.

Food hypersensitivity is an umbrella term that houses various types of food intolerance. A food intolerance is a physical response to food that is not of allergic origin. It is caused by the physical response of the gastrointes- tinal tract to the food toxins. There may not be enough of the en- zymes required to break down the food toxins to have an effect on your body. This is all within your parents’ life- times.

The CDC names pregnant women, older adults and persons with chronic illness as the most susceptible groups to fall ill from food poisoning.

Food poisoning is a hypersensi- tivity due to intense dislike from past psychological, social or cultural experiences with food. In this case, there is no immunological, physical or chemical reaction; food cannot be processed appropriately. If anyone has fallen victim to spending part of the night over bathroom porcelain, a food aversion is to the sight and smell of your minor of choice may ensue over a lifetime. A theory proposed by David Sobot, a Ph.D. student in Arizona State University, suggests that a food aversion is a brain’s way of keeping you away from a substance that once poisoned your body. Food aversions are not necessarily biologically determined by any biochemical mark- ings or external factors. How do you act to- wards a person? How do you treat strangers including nausea, abdominal cramps, diarrhea, fever or weakness. A more rare food poisoning caused by the scombroid toxin in fish like tuna, mackerel, mahi mahi, sardine, ancho- vy, herring, bluefish, amberjack and marlin, can cause symptoms of skin flushing, mouth burning, wheezing, low blood pressure and fainting, all mimicking an allergic reaction. Oddly enough, the cause of these food pois- onings is the same toxin that triggers sensi- tization of histamine toxins on the fish. It is important to consider food safe- ty when cooking and handling food such as purchasing from reputable sources, avoiding spoiled or damaged food and cross contamination. The CDC names pregnant women, older adults and persons with chronic ill- nesses as the most susceptible groups to fall ill from food poisoning. Symptoms commonly arising two to six hours after eating. Symptoms may include vomiting, nausea, abdominal cramps, diarrhea, fever or weakness. The interpretation of histamine toxins on the fish. It is important to consider food safe-
Sitters wanted. $12+ per hour. Babysitting, housesitting, petsitting. Register free for jobs near campus or home and start earning cash now! www.student-sitter.com

After School Care Looking for responsible, flexible, friendly, caring student to pick up 11 and 13 year old after school (3PM), help them with homework and take them to activities until we arrive home from work. 4-5 days per week. Must have own car, clean driving record and references. Call Mike or Barrie at 201-463-6940 or Email us at Michael10@comcast.net.

The Montclarion will be having an Open House today from 4-8:00 p.m.
Stop by and talk to the staff!
Free Pizza!!

Nobody dreams of having multiple sclerosis.

Some dreams are universal: scoring a perfect 10 on your last attempt to win the Gold medal, standing on the podium as the national anthem fills the arena. Finding out that you have MS is not one of them.

Multiple sclerosis is a devastating disease of the central nervous system where the body’s immune system attacks the insulation surrounding the nerves. It strikes in the prime of life — and changes lives forever.

This is why the National MS Society funds more research and provides more services for people with multiple sclerosis than any organization in the world. But we can’t do it alone.

To help make the dream of ending MS come true, call 1-800-FIGHT MS, or visit us online at nationalmssociety.org.
TOONS & GAMES

Welcome Back!

The Montclarion is looking for cartoonists!

Email msuproduction@gmail.com for more details!

Across
4 The art building.
5 The Library.
6 The biggest theatre on campus.
7 The center building of campus.
11 The newest dorm buildings that house thousands of students.
13 This building houses the School of Business.
15 The bundle of apartments located off campus.
17 The College of Humanities located in this building.

Down
1 These group of apartments are said to be haunted.
2 Located next to the Library.
3 The financial department is in this building, as well as the honors department.
8 Located on clove road, named after a famous musician.
9 The newest finished and newly renamed building.
10 Advisors and career services lie in this building.
12 The music school lies in this building.
14 Only Freshman are allowed to live in this building.
16 This dorm typically houses transfer and international students.

Last weeks Answers
When Al Gore invented the Internet in the early 90s, his dream was of a world where all people, young or old, rich or poor, could travel the perfect highway down the information superhighway; judged not by the content of their character, but by the timeline on their Facebook pages.

Now Congress is trying to pass a Bill that will prove to be more damaging to the First Amendment than all of the people who have defended their outrageous actions with said amendment throughout U.S. history.

On the surface, the Stop Online Piracy Act, or SOPA, seems generally harmless, proposing to stop the flow of illegally shared U.S. copyrighted material. In a self-policing reality like the Internet where people have developed their own methods to circumvent the distribution of child porn and Chez’s forthcoming album in exchange for the right to host as many LOLcats websites as the World Wide Web can hold, giving a group of people from “outside of the Internet” power to send you to jail for posting YouTube videos on your Tumblr page is a breach of our basic liberties.

This also means that if your status update links to The Pirate Bay, Facebook posts or sites indexed by Google. If they don’t, then it is goodbye Facebook. While this very well may be the catalyst we need for original content to return to social networking sites (if it was ever there), that is, sacrificing the few freedoms we truly have in life in not worth unleashing a slew of Rebecca Black wannabies in this once peaceful realm.

These inalienable rights, the right to make the best of a difficult situation, the right to own property, the right to host as many LOLcats websites as the World Wide Web can hold, giving a group of people from “outside of the Internet” power to send you to jail for posting YouTube videos on your Tumblr page is a breach of our basic liberties.

This bill, if passed, would give a small group of people the power to enforce the Internet under their own rules and essentially create a caste system in virtual space; either you have supreme power or you are just another riff.

By the timeline on their Facebook pages.

We worry about minor problems like the reopening of the former Finley Hall, was met with excitement, especially since it has been closed for nearly four years. The College of Humanities and Social Sciences need- ed the space, badly. Dickson Hall was starting to feel like a dorm car with all of the faculty, staff and stu- dents roaming its halls and exiting its doors.

However, Schmitt Hall isn’t exactly ready. Students poor curiosity into doors, unsure if the boxes and cables strewn about mean that their classes are meeting elsewhere while the tech crew runs around trying to get every- thing functional. It isn’t quite the ideal learning environment yet.

While we applaud those who are making the best of a difficult situa- tion, perhaps it’s a situation they never should have had to deal with.

Professors are having problems get- ting into their offices, and those responsible for setting up the comput- ers are projectors are forced to attempt to get a whole building online in a day or two.

This might sound dramatic, but professors were only allowed into the building last Thursday, and then the building was closed that weekend for further work.

The possibility of having an unfin- ished classroom the first week of class, or even the first month, was a very real and justified fear.

It is situations like this, and others in recent memories such as the dis- placement of Freeman residents fol- lowing fires and Clove Road, Village and Sinatra residents following October’s snowstorm, that make us wonder about the University’s back- up plans.

Namely, do they have any? We don’t seriously doubt that the University is unprepared for a seri- ous emergency; the bomb threats in March and Clove Road, Village and Sinatra residents following October’s snowstorm, that make us wonder about the University’s back- up plans.

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Overzealous Yogaing May Lead To Injury
World looks on in horror as health craze makes a few people less healthy

You all may or may not be aware of this, but a general trend sweeping the nation right now is an obsession with fitness. As college students, we have the opportunity to see this on a regular basis — we see “gym bros” high-flying each other to almost every direction we turn, and we are constantly confronted by fellow students making their way to the rec center in gym shorts and running shoes, trying to “get back in the habit.”

Yes, we are a culture obsessed with looking and feeling good, but only recently have people actually begun to start健身房ing. As we become more familiar with this fitness trend we also remember the perils that we’ve always associated with staying in shape-pulled muscles, twisted ankles and the occasional sprained ego.

Like some of you reading this article, I’m something of a fitness nut. I go to the gym every day, my diet is packed with whole grains and protein and I’m an extremely active individual. I’m outgoing, spontaneous — and, before this starts to sound like a dating bio, I’ll go to the point — and I’m usually up for trying anything. Which is why, about six months ago, I decided (having never taken a yoga class in my life) to try Bikram Yoga.

Colloquially referred to as “hot yoga,” the class is on for approximately 90 minutes and all the while, the instructor is trying to get both of your legs behind your head while you try not to slip on the solid inch of sweat that has accumulated around you on the floor.

All joking aside, Bikram Yoga was one of the most intense, yet enlightening experiences of my life. But not everyone walks away from the class with the same effects on their minds and bodies (in fact, some have difficulty walking away at all).

Recently, the dangers of yoga have been at the forefront of the media’s attention — and without reason. Yoga, done incorrectly, can actually be very harmful to the human body.

Like most other popular fitness programs, yoga is a vigorous and physically demanding activity, one that requires substantial flexibility, stamina and core strength.

What did I learn from my “hot yoga” experience? That the human body can twist in ways I didn’t know it could, that I can sweat more than I thought I could and that 90 minutes of supposedly serene and peaceful postures is actually extremely grueling.

Now, you might be thinking: okay Tony, Bikram Yoga is different than other types of yoga because of the altered room temperature.

But the truth is, the difficulty of yoga depends solely on the individual performing the activity.

According to The New York Times article, “How Yoga Can Wreck Your Body,” it’s not merely the bewildering eccentricities of the Republican candidates that makes this primary so ridiculous. Each candidate is able to exploit his notability as an avenue for a unique crux, cause or primary and uses the acknowledgement that 90 minutes of supposedly serene and peaceful postures is actually extremely grueling.

The dynamic of reality television is composed in a manner that allows the repugnant insanity of the characters to play off one another. It is how the shows are cast to make sure that hugely amusing spectacles are in a constant form of creation. It is the kind of undiluted and insular attention alien to watching two trains collide or a hot air balloon explode. It is more or less the shock value that keeps your attention, you can’t believe what you’re seeing or hearing and you can’t look away.

Alexa Coppola is a fine arts major, is in her first year as an opinion editor for The Montclarion.

THE FOUNDATION FOR A BETTER LIFE
www.forbetterlife.org
Get Down to Dubstep: A Flash Flood of Colour
Enter Shikari’s new album delivers life lessons

Christine Byczkiewicz
Staff Writer

For those dismissive of the dubstep genre, even in the slightest, take this into consideration. Post-hardcore band Enter Shikari does not use such electronic elements just to entertain and/or make listeners dance, but to inform and educate, especially on their latest album, _A Flash Flood of Colour_.

Here are some valuable lessons that will never get old: No one is too big or too small to help those in need, a lesson from “System...Mehdow.”

No matter how much one complains about humanity, he or she still shouldn’t be just sitting back, but rather taking a stand, al- luded to in “Insukapit.”

Going through obstacles to reach a set goal and learning to take initiative and responsibility instead of wait- ing until someone else takes action, especially when it is too late to do so is the main moral to learn from “Argu- ing with Thermostats.”

War and hatred not being the answer is easily learned through “Stalemate” and “Gandhi Mate, Gandhi.”

Instead of blaming one person for all the world’s problems, we are actually all to blame. Thankfully, we can still do something to help fix that and the people most ca- pable of bringing change for the better are those who hold no political power, a theme alluded to multiple times.

The evils of some pride are the tale of “Hello Tyranno- saurus, Meet Tyrannicide,” and the values of love and forgiveness are explained in “Con- stellation,” which shifts from the political stand- point to a more psychologi- cal, emotional standpoint.

Utilization of such les- sons isn’t the only gem of this album, but also the uti- lization of different genres. From electronic to acoustic, to mellow singing to screaming to spoken word, all have appropriate effect on every theme touched upon. For example, in “Search Party,” there is an initial mellowness of vocals and electronic music so danceable that one may not realize how serious this track actually is until 2:20 into it, when vocalist Rou Reynolds (literally) yells out: “I know that we’ve got to find some- thing new!” followed by “All hands on deck!” we’ve got to scrub these — out!"

“Gandhi Mate, Gandhi” uses almost every element fa- mous in Enter Shikari’s mu- sic. When Reynolds screams out of pure anger towards the majority of the human race, spoken word is provided by his band mates, reminding him to “Calm down, remem- ber Gandhi,” in reference to his non-violent protests. The only two tracks to provide a relatively steady tone are “Stalemate” and “Constel- lation,” both appropriate for their respective themes.

Whether or not a listener is a fan of hardcore, dub- step or other forms of metal and electronic music, this is a project that has some- thing for everyone. It goes beyond simply entertain- ing and exemplifies life les- sons and universal truths.

Enter Shikari’s new album delivers life lessons

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Maluca Mala, who is currently signed to Diplo works closely with Maluca Mala has got the right sea- soning to keep your tongue numb. This New York native, who is currently signed to Mad Decent, makes high en- ergy dance tracks that puts the WEPA into any function. Her debut mixtape Chivo Food delivers an audio trip into New York nightlife that is infused with freestyle, meren- que, vogue, hip-hop, cumbia, disco and house influences. Philadelphia DJ/producer Diplo works closely with Maluca and the two produce dance floor treasures that are infectious and powerful. Her debut single “El Ti- gerazo” (available via Mad Decent) catapulted her into the spotlight and draws on her Dominican electron-mere- nque roots. Maluca recently released a track with The Farty Squad called “Lola (Cing Dan- ga)” that would have to be one of the sickest dance tracks I have ever heard!
Glamour, Glitz, and A Bygone Era in Film

Silent romance and beauty throughout *The Artist*

Alan Vallee
Arts Editor

*The Artist*, which saw a very limited release in November, has finally received if not a full-scale national release, at least one which makes it to Montclair’s own Clairidge Cinemas, purveyors of arthouse and independent films. A silent black and white movie about the era at the end of silent films and the beginning of the “talkies,” it is as revealing as any documentary could be.

The plot centers around George Valentin (Jean Dujardin), a star of silent films in the same vein as Rudolph Valentino, the “Latin Lover.” A superstar of the highest caliber, we are told almost everything we need to know about him within the first ten minutes: his ability to charm audiences, his love of his dog and above all, his pride. We are also introduced to a colorful cast, including an aspiring actress, Peppy Miller (Berenice Bejo), the boisterous studio boss (John Goodman) and the loyal chauffeur (James Cromwell).

Valentin’s character, upon being introduced to Peppy Miller, began an awkward adorable infatuation with her in a series of scenes which can only be described as sweet. Eventually, this pride of his brings him to a catastrophic downfall, as he refuses to make any films with sound and attempts to make his own silent film without any studio support and himself as the actor, director and producer. This film then fails in the face of a talkie blockbuster, which, in conjunction with the beginning of the Great Depression, caused his financial ruin, with his large mansion being exchanged for a tiny one-bedroom apartment. Eventually, he is redeemed by his former infatuation, Peppy, who has become the modern superstar and retained her love for his films. This leads to an eventual reconciliation and a surprisingly upbeat ending.

The use of black and white film, the ancient aspect ratio of 1.333:1 and the lack of audible dialog all would seem to be working against it, but due to the influence of director Michel Hazanvicius and the incredible acting from everyone involved, it was able to become an amazing movie. On Sunday, it won the Golden Globe for Best Picture, Comedy or Musical. Hopefully the accolades continue.

Alan’s Grade: 5 out of 5 Stars
Rock Your Face Off On The Ride Home
Band puts the life back in pop punk

Pop punk may be on the decline lately, but in the small suburban town of North Haven, Conn. it is most certainly alive and well. Last weekend at the Webster Underground in Hartford, Conn., up-and-coming group On the Ride Home jumped, kicked and rocked their way onto the pop punk radar. Their fast-paced early-Fall-Out-Boy-meets-The-Swellers sound combined with the amount of sheer energy this band has makes them an incredibly unique act that is sure to get the audience on their feet and moving to the beat. Drummer Mike Dondra fearlessly led the group into songs like their own “Happy on a Dare,” with which they opened, as well as an incredibly accurate and awesome cover of Taking Back Sunday’s “Make Damn Sure,” to which the crowd was singing along with energetic frontman Jared Hunter. But Hunter is definitely not the only energetic member of the group; bassist Sean Robichaud and guitarists Brendan Sullivan and Richard Kim were constantly in motion on the stage, bouncing around from side to side, amp to amp and even sometimes into each other.

The vibe that On the Ride Home gives off in their live performance is similar to that of pop punk superstars New Found Glory, Fall Out Boy or even Good Charlotte—perfectly coiffed hair and heartthrob bassist aside, this band has it all: witty banter, catchy tunes and an energy that will eventually send them straight to the top of the charts. On the Ride Home is definitely a band to see live; they will certainly impress you because, according to their Facebook fanpage, their main interest is “ROCKING YOUR FACE OFF.” What kind of person wouldn’t want that?

By Emilia D’Albero
Staff Writer

What’s New with Dining Services?

Rathskeller
Revised Dining Hours
Saturday: 3:00pm – 9:00pm
Sunday: 12:00pm – Midnight

C-Store
Revised Dining Hours
Saturday: 10:00am – 2:00pm
Sunday: CLOSED

Sam’s Place
Revised Dining Hours
Saturday: 9:30am – 8:00pm
Sunday: 9:30am – 8:00pm

We have added another food truck with a rotating menu and another location to our campus!

Monday–Friday
Dickson Hall
8am–10am (Serving Breakfast Items)
11am–7pm (Serving Ethnic Foods)

Greek
BBQ
Latin
Asian

NEW YEAR TRUCK

Monday–Friday
Bohn Hall
7am–9:30am (Offering Breakfast Items)
Student Ctr. Annex / Across U-Hall
10:30am–7pm (Full Menu)

Come Visit Us!
Still Running Strong

Montclair Celebrates the 40th anniversary of 15-0 men’s cross country team

Nick Verhagen
Assistant Sports Editor

During halftime at the men’s basketball game against Kean University on Saturday, Jan. 7, the 1971 men’s cross country team was honored for their perfect 15-0 season.

This extraordinary group is one of a select few Montclair State teams to finish a perfect season. What makes these men so special is that they didn’t just go undefeated, they won all 15 games that they played in ’71.

The cross country team was the fourth team in school history to have a perfect season. The only three teams to accomplish this before them were the 1947, 1960 and 1964 football teams.

Since then, the 1982 football team and the 1989 men’s lacrosse team have been the only two other teams that have been able to achieve such an accomplishment.

Win Puts Men’s Basketball in Second Place in NJAC Conference

The men’s basketball team is having yet another successful season. The Red Hawks are currently 14-4 and stand in second place with a 4-2 conference record. Montclair State is only one win behind William Paterson. The Red Hawks’ most recent victory was over Rutgers-Camden.

Montclair State jumped to an outstanding 18-0 lead in the first nine minutes of the game. After slightly reducing the lead throughout the rest of the first half. The teams went to the locker rooms with Montclair State leading Rutgers-Camden 27-18.

The Scarlet Raptors started to fight back in the second half. They were able to cut the lead to five and almost had a shot at taking the lead away from the Red Hawks for the first time all day.

Montclair State quickly got its act together and exploded with 15 minutes left in the game. Within minutes, the Red Hawks were able to bring the lead back up to 17 points and they didn’t stop there. The Red Hawks didn’t let their guard down after almost losing the lead. Montclair State continued to pressure the Rutgers-Camden offense and capitalized on missed shots.

With just under two minutes left in regulation, the Red Hawks held an outstanding 24 point lead. The Red Hawks continued to play their hardest until the final buzzer rang. After getting off to a slow start, star forward and senior captain Andrew August had an amazing second half. The Raptors managed to hold August to a mere four points and four rebounds. That lack-luster first half definitely motivated August to step up his game going into the second half. August scored 18 points and grabbed five more rebounds in the second half.

The Red Hawks have seven games left in the regular season. All seven of them are conference games and four of them are home games. This works out for the Red Hawks because they haven’t lost a home game since Saturday, Nov. 26.

Montclair State is set to Rowan on Saturday, Jan. 21 at 1 p.m.
OPEN HOUSE TODAY!

The Montclarion
January 19th, 4-8 p.m.
Student Center Annex
Room 113

Writers and Photographers wanted!
Free Pizza!
The men’s swim team started the new year off right with a 108-76 win against New Jersey Institute of Technology. Only six days removed from their intense eight-day training trip in St. Croix, the Red Hawks won 11 events, five of them being their own. Long had a time of 22.70 and 50.86 in the 50 and 100 yard freestyle, respectively. Berry finished with times of 1:04.56 and 1:00.01, in the 100 yard freestyle and 100 yard backstroke, respectively. "It was a good meet to start the new semester. We were swimming doubles throughout the week and about 10,000 meters a day on top of doing some running every day. We really started to swim well this time of year. We just got to keep our eyes on the finish line." said McLaughlin. “We just want to build on the hard work that was done first semester, try and focus. The season starts to get long this time of year. We just get to keep our eyes on the finish line.”

The men’s team defeated Vassar 118-107 on Wednesday, Jan. 18. Montclair State will continue its season on Friday, Jan. 20 when the men will go up against New York University and Old Dominion.
The Red Hawk hockey team limped into winter break hoping that when they came back, nearly a month of practices would allow them to gain control of the rest of the season. The first game of the new semester rewarded their efforts.

On Thursday, Montclair played at home against their rival, William Patterson University in their second match-up this season. In a back and forth game, neither team came away with the win. The tie will keep the Red Hawks (4-5-2) in the top four in the SECHL conference with 10 points, right behind University of New Jersey.

Back in October, Montclair beat Stevens 6-2. With a win and a tie against the top-ranked Pioneers, the Red Hawks would hold the tie-breaker if it comes down to them to decide the division. However, they need a lot more to happen. Red Hawks need to kick it into gear this semester.

“As much as I would have liked to win this game, I can’t really complain too much with how the boys played. They came back after being down in the game twice and really showed some heart,” said coach Frank Barone after Thursday’s game.

Cody Ingles was the top performer in the game. He scored a goal and had two assists, giving him a total of three points, all coming at just the right time during the game. Tyler Timeck, Albert Abunrua, and Thomas Lindquist made the other goals for Montclair. In 60 minutes of play, Kevin Fox racked up 41 saves on 45 shots and had a save percentage of 0.911.

Montclair hit the road on Saturday to Central Connecticut to take on a surging Blue Devils team ranked second in the SECHL behind William Patterson. In a very physical game which landed a combined total of 47 penalty minutes and eight goals, the Red Hawks had a long bus ride home after they fell to Central Connecticut State (6-2-1) with a score of 5-3.

The game was closer than the scoreboard shows. The Red Hawks led 4-0 after 40 minutes, but the opposing team into the final seconds. The Red Hawks didn’t let the losses affect their next two games on the road.

The Red Hawks are currently in fifth place in the SECHL with 7 games left in the regular season.

The last time these two teams met was back on Dec. 3 when the Blue Devils stomped the Hawks, beating them 6-1. The recent game gives CCSU cause to sweat when they are matched with Montclair this season. With only six games remaining on the regular season schedule, four of them are conference matchups.