Norovirus Causes Scare Across New Jersey
Montclair and other colleges prepare students in case of outbreak

Students need to take extra health precautions during this winter season.

The University is taking preventative actions to avoid an outbreak of the norovirus that has spread throughout New Jersey colleges, including Rider and Princeton. The norovirus spreads easily and infects more than 20 million people each year, according to the Center of Disease Control. The virus causes over 70,000 hospitalizations and 800 deaths in the United States each year.

The illness often begins suddenly, with a person experiencing stomach cramps, vomiting or diarrhea. Less common symptoms include:

- Fever
- Headache
- Muscle aches
- Chills

Norovirus is highly contagious, especially when people are in close contact with others. It can often spread when someone touches a contaminated surface and then touches their mouth. This can happen when people share a meal, or when they use a toilet or eat food prepared by someone who has gotten sick.

Symptoms usually last 1 to 3 days. The sick person should drink plenty of fluids to stay hydrated and avoid getting too dehydrated.

Montclair and other colleges have taken steps to prepare students in case of an outbreak of the norovirus.

Students need to take extra health precautions during this winter season.

Student Assaulted in Parking Lot
Handicapped parking dispute becomes physical

An altercation over parking quickly turned violent.

A male student was assaulted over a parking spot dispute at the University Hall handicapped parking lot.

“I was walking to my car parked in the handicapped University Hall parking lot when a guy dropping someone off started yelling at me,” said Tristan Prezeau, the victim of the assault on Feb. 13. “He was saying that I didn’t look handicapped, even though [I] had proof [that I] could park in the handicap zone.”

Prezeau attempted to end the confrontation, but the man “proceeded to argue for no reason from his truck while driving away,” said Prezeau.

The man then attempted to turn his truck back around and block Prezeau’s car from leaving the parking spot. “He got out the car and invaded my personal space,” said Prezeau. “[He] head-butted me in the nose and threatened to fight me. He wanted me to follow him down the hill to fight him.”

Professor Finally Gains Grammy Gold

It all started in 1991 when professor Robert Aldridge asked Herschel Garfein to write the words for an opera adaptation of Sinclair Lewis’s novel, Elmer Gantry, which won them a Grammy for Best Opera Continued on Page 4

Aldridge with his daughter, Micaela, at the Grammys Red Carpet.

Photo courtesy of Robert Aldridge

Craig McCarthy  |  Vin Ferraro

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On Feb. 15:
Lorenzo Villanueva, 20, of Point Pleasant, was arrested for possession of drug paraphernalia while in Basilone Hall. He is scheduled to appear in Little Falls Municipal Court.

On Feb. 15:
A staff member reported an act of criminal mischief at Panzer Gym. Graffiti was discovered on an exterior wall of the building. This matter is under investigation.

On Feb. 17:
A patron of Floyd Hall Arena reported the theft of a hockey stick from an unsecured locker room. This matter is under investigation.

On Feb. 17:
An attempted burglary was reported in Basilone Hall. Pry marks were discovered on the door jamb. No items were reported taken. This matter is under investigation.

On Feb. 17:
Nasir Wells, 19, of Orange, was arrested for disorderly conduct and trespassing while in the Student Center. He is scheduled to appear in Little Falls Municipal Court.

On Feb. 17:
A female resident reported a burglary of her unsecured room in Einstein Hall. Several items were discovered missing. This matter is under investigation.

On Feb. 17:
A male student reported being attacked by an unknown assailant on the pathway near the track. This matter is under investigation.

On Feb. 17:
A faculty member reported the theft of a laptop from a secured room inside of Science Hall. This matter is under investigation.

On Feb. 21:
A staff member reported an act of criminal mischief inside of Dickson Hall. Graffiti was discovered inside of one of the bathrooms. This matter is under investigation.

Anyone who has information regarding these incidents is urged to call the police station from any campus phone at T-I-P-S (8477). All calls are strictly confidential.
Car Chase Comes to Halt on Campus

The damage along the embankment facing Floyd Hall.

Shelley Onek
Montclair State University Police

Three individuals were involved in a police pursuit that ended in a crash on university grounds. The driver, Oscar Gonzalez Jr., 19, Pablo Zegarra-Lonsdale, 19 and Brendan Eismann, 18 were apprehended without injury on Sunday morning around 1:45 a.m. after crashing near the Floyd Hall Area. The three were charged with eluding, resisting arrest and driving while intoxicated.

According to Lt. Kieran Barret of the Montclair State University Police Department, the chase began on Valley Road in Clifton before ending with a 60-foot plunge that miraculously resulted in no injuries.

"Two individuals fled the vehicle on foot. One other individual remained in the vehicle and was apprehended," Sgt. Robert Beuck, said.

Zegarra-Lonsdale was the only Montclair State student involved. In addition to the municipal charges, the three will be charged with damage to university property.

"Hopefully, they learn from this mistake. It’s understandable when young kids act a little wild, but life is all about learning from your mistakes," said Tom Prusak, sophomore.

"This will be a wake-up call." The incident began when Clifton police officers Sean Connor and Joelde Muniz saw a 1999 Volkswagen Jetta tailgating another vehicle and crossing the double yellow line on Valley Road. "Police tried to stop the car, but it passed another vehicle and continued," Clifton detective, Sgt. Robert Beuck, said.

Once the police activated their flashing lights, the Jetta accelerated which facilitated loss of the vehicle and resulting crash.

Accident debris was visible Sunday morning after a scanner report was issued by Breaking News Network.

Around 1:45 a.m., the Clifton Police Department was in pursuit of the vehicle. Suspects were reported to have bailed on foot. Later, at 1:48 a.m., MSUPD had the passenger in custody. The driver and other passengers were still at large after the vehicle crashed down a 60-foot cliff in front of Floyd Hall.

At 2:07 a.m., area units requested a county K9 unit to track the driver and other passenger, as well as two tow trucks to remove the vehicle from the crash scene.

A report by the MSUPD was released at 1:47 a.m. to the campus community describing the situation and the amount of damage.

This case emanates from the Clifton Police Department; MSUPD provided assistance to that agency," the report stated. "Damage to University property will be included in the charges. It is important to note that the driver of a vehicle initiates a pursuit.

Many students agree that this is another unfortunate occurrence that does not represent the campus community accurately. "What they did was real immature, and they’re lucky they didn’t hurt anyone," said Mathew Pacherres, sophomore.

"The fact that the one kid was a student is their answer." Many have expressed that it is nice to know that there are other students in recovery who also attend Montclair State University and this is a way to bring them together.

Indeed, those who take part in the program have felt its positive effects. A participating junior student who wishes to remain anonymous said, "So far, my experience has been pleasant and reassuring.

The group allows me the chance I need to step into an informal recovery environment to speak freely with those I can identify with and vice versa, without being judged. It is very positive and it is a relief."

This student, who found out about the program via email, currently commutes to campus and has a busy schedule, yet plans to make more time to attend meetings due to their healing and beneficial value.

"At the meetings, we talk, express, vent, empathize and encourage one another," the student said.

The student also cites a desire for more meeting times and formal recovery groups held on campus.

"Because of the success of this program, residential education is taking further steps into having confidential substance-free housing in the fall.

This is a supportive community for students who choose not to smoke, abuse alcohol or other illegal drugs," said Dominic Petrussi, executive director of residential education and services.

The community will be located in one of our traditional halls. If you are interested in this community, please email Kevin Schaefer at schaferk@mail.montclair.edu. Any students that are looking for more information on the Recovery Room can contact Cascarano at casaram21@mail.montclair.edu.

A Month Later: Recovery Room a Helpful Success

Words that describe college range from exams and schedules to parties and drinking. However, not every student is seeking a party-friendly lifestyle. In fact, many are looking for recovery. Those students need not look any further; the Recovery Room, held in the Drop-In Center, is their answer.

The Recovery Room, a program which began nearly a month ago, is a meet-up session where students seeking a safe, healthy environment geared towards support and recovery can interact with other students who operate under the same needs.

"The group has an open-door policy," said Dr. Marie Cascarano, coordinator of the Recovery Room and Health Promotion. "We have established group guidelines to make everyone feel comfortable."

Currently, the recovery room experienced seven to 10 visitors per week, with interest continually growing. The meetings are centered on promoting peace of mind and supporting healthy choices on campus. New members are welcome and encouraged.

In the first half of the meeting, participants spend time sharing stories about their challenges, things that may have happened or accomplishments that they have experienced in the past.

The second half usually features a discussion on a specific topic, such as the portrayal of drinking in the media, and how those portrayals make the participants feel.

Certainly, the healthy continuation of the program a month after its beginning marks clear success for the meetings. Students and faculty continue to show their support and interest in this type of program.

"It has been successful because it has showed students that there are others on campus like them and that the university is supportive of them," said Cascarano.

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According to Prezeau, the man is wanted for assault. The campus police had not reported the incident over the radio to help find him.

Lt. Kieran Barrett of the Montclair State University Police Department reported that a male student came to police headquarters to report an assault outside of University Hall. The man stated that he and another driver entered into a verbal dispute over handicapped parking spaces adjacent to the roadway. The male student stated that he and another driver entered into a verbal dispute over handicap parking and that the driver of the other vehicle hit him in the face. He stated that he and his friend were hit by the other driver back off of him.

Although the university police have been working to catch the man in question, Prezeau still has his worries. “I hate getting this guy from assaulting [someone else] that doesn’t look handicapped at first, but might have serious internal problems,” said Prezeau. “What worries me is if he didn’t care about messing with me, what would stop him from accidentally picking a fight with a person with a more serious problem that you cannot see just by looking at them? You don’t have to have a cast or something just to be handicapped.”

The man who allegedly assaulted Prezeau is an older white male driving a grey-black Nissan pickup truck, usually seen near the University Hall. However, another concern that some students have is why there was no alert about this assault.

“In everything that’s going on, you’d think we would get notifications about these things happening,” said Bailey Knox, freshman. “Our school is usually so safe it’s scary. You’d think we would get notifications about these things happening.”

Lt. Barrett explained that both parties took place in the alteration, so it was not necessary. “[The case is being] taken very seriously,” said Barrett. “This case is still under active investigation.”

Even though the assault to Prezeau was not sent out campus-wide, the community did receive a different alert on Tuesday morning and wiping down surfaces and table surfaces. Cleaning is especially focused on all residence halls and food service areas; numerous cleanings take place every day.

Tips to avoid the Norovirus:

- Wash your hands with soap and water after using the toilet.
- Wash your hands before preparing or eating food or beverages.
- Don’t prepare food if you have diarrhea or vomiting.
- Promptly clean and disinfect any contaminated surfaces with a bleach-based household cleaner.
- Stay home if you are ill, even for 24-48 hours after symptoms go away.

Tips from http://www.diggernews.com

Every time we come in and out of the dining hall, we have to sanitize our hands,” said ritacco, coordinator of Health Promotion. “For the past few years, Health Promotion, in partnership with the University Health Center, has done a prevention campaign to promote proper hand washing and informational tips to avoid cold, flu and illness. Mirror clings on campus bathrooms and hand washing stations. In addition, we feature hand washing reminders on bathroom doors and stalls. As always, we will reevaluate our efforts and look at state and national prevention recommendations.”

“If for the most part, my residence hall always looks clean, I see the facilities workers mapping every morning and wiping down surfaces,” said Heights resident, Marissa Stoppelman. “If anything, I think the virus would spread in the bathrooms because students don’t keep them clean during the day. It’s really up to everyone to make sure they don’t leave them a mess.”

As part of the emergency operations plan, this university also has a definitive plan in place to control any infectious disease outbreak on campus. It was quite effective when implemented during the H1N1 influenza outbreak two years ago.

Students should take extra precautions to protect their health and keep their living areas as clean as possible to prevent any germs from spreading to others.
In these challenging times, every move you make to advance your career becomes critical to your success. Motivated individuals looking to take the next step have pursued graduate education at Montclair State for over 75 years. Our outstanding faculty, nearly 100 innovative, real-world programs, and state-of-the-art facilities will help you build a unique blend of knowledge and skills that will make you stand out from the crowd. Best of all, you can count on us to be with you every step of the way, from the time you apply and are admitted, straight through to the day you receive your graduate degree.

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Eats flies. Dates a pig. Hollywood star. **LIVE YOUR DREAMS** Pass It On

**THE FOUNDATION FOR A BETTER LIFE**
www.forbetterlife.org
Eat More, Waste Less

Jaber Chaudry
Staff Writer

Thirty-three million tons! Is this the scariest number of all mankind? The weight of all the vehicles on the planet! No, this is actually the average amount of food that we waste in the United States in one calendar year. According to the Environment Protection Agency, approximately 34 million tons of food were thrown away in 2010, which is less than three percent was recycled. This makes food wastage “the largest component of landfills and incinerators.”

Most Americans do not think about when they waste food because of the possibility of always having more. The amount of food waste each day is equivalent to fill a football stadium to the brim,” says Jonathan Bloom, author of American Wasteland. Furthermore, about an estimated half a pound of food was wasted per person per day in America. And since there are approximately 333,053,000 people in the United States, the EPA statistics don’t seem so surprising.

“Most students enjoy a wide variety of food. While most students take advantage of this, they don’t realize that there are people who live without food for days,” said Melok. “We may feel sorry for the millions who are experiencing starvation, but what about what we are eating? If we could give even a ton of food that we waste to the world, it would be enough to satisfy the estimated 1.8 million people who are about 925 million hungry people in the world, a ratio of one in seven. When thinking of ways to make a better impact? The answer is simple: change how much you eat and how much you waste. Regardless of this, students waste food because of the possibility of always having more.”

According to recent statistics, if everyone in China stopped wasting food, it is possible to feed the number of people living in China. If everyone in the United States stopped wasting food, it is possible for the United States to feed the number of people living in the United States. If everyone in the world stopped wasting food, it is possible to feed all of the world’s population.

The FroYo Craze: Probiotics Galore

Michaela Eaton
Staff Writer

I happen to love frozen yogurt, as do many of my friends. Being a nutrition major I can’t help but wonder why the idea of “healthy ice cream” is just too good to be true. Unfortunately, frozen yogurt may not be the guilt-free dessert we think it is. To understand why frozen yogurt may not be as healthy as it seems, we need to understand the marketing techniques that go along with it.

Think of yogurt as a small war zone. Where good bacteria and bacteria are in constant battle for living space and resources. The bad bacteria such as viruses, parasites and yeasts cause disease. Having more good bacteria or probiotics but bad in your intestines causes your immune system to function poorly. The presence of probiotics leaves little room for bad bacteria to grow. Probiotics also prevent and fight illness by promoting proper function in the digestive system. Probiotics are also important in the diet. Probiotics are on the rise as more and more people are turning to a healthy lifestyle. Probiotics can be found in yogurt, sauerkraut, kimchi, and natto. The health of your gut has standards that ensure the production of hundreds of millions and sometimes billions of probiotics.

The problem with frozen yogurt is that there are no Federal Standards on the inclusion of probiotics in the frozen yogurt. According to Martin Burrows of the New York Times “California, New Jersey, and New York are the only states that require the presence of live bacteria cultures in the finished product: the regulations do not specify the amount. Because we do not know how much companies are adding to their frozen yogurt, we in turn do not know what kind of health benefits we are getting." 

The fro-yo craze is not the only way to get your probiotics. Probiotics are also important in the diet. The presence of probiotics leaves little room for bad bacteria to grow. Probiotics also prevent and fight illness by promoting proper function in the digestive system. Probiotics are also important in the diet. Probiotics are on the rise as more and more people are turning to a healthy lifestyle. Probiotics can be found in yogurt, sauerkraut, kimchi, and natto. The health of your gut has standards that ensure the production of hundreds of millions and sometimes billions of probiotics.

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Homage to the Designated Driver

Melanie Tolomeo
Staff Writer

One of the perks of living in a not-college-town is the constant need for a DD (designated driver, or token sober person of the group. This is the person dazing keys in place of a red cup in hand, making gestured faces at drunken stories and trying to speak the drunk language of “OMG I love you” and “I have to pee” when they’re really speaking “I hope we get home by three because I have work in the morning.” The designated driver is completely aware of the nonsensical that is going on, which can be hilarious or frightening.

As a woman, the designated driver is, at the root of the job, responsible for risk management. Her primary duty is the safety of the individuals of the group, also known as her friends, to and from their destination. Without her, they could make the deadly decision to get behind a wheel of a car wasted, or worse, be stuck on the road for the rest of their lives.

But, there are other risks to be managed, as well. When a friend gets to the calling-of-the-ex phase of “drunk” — the designated driver’s job to at least attempt removing the phone from her possession. When a friend uses all the batteries for her dildo, it admits that when the power went out, her room was pitch black because she used all the batteries for her dildos, it is the DD’s job to change the subject in the painful silence that follows. And when a friend got to the “truth serum” phase and asks if she should continue a love affair that she’s just married, every-FL-default-with-his-gf crash from high school, it is time to get her seat belt on, remind her that it is something she would regret tomorrow, when she’s sober and hung- over.

Because of the amnesia-like nature of hip-hop, Black feminism can be a thankless job, like the first few years of motherhood: cleaning up bodily fluids and dealing with crying, with no recollection from the cared-for. But just know that you are loved, and appreciated, and that you are the voice of reason for a night. You will be the driver at some point, and your DD will do the same for you, so embrace it and give her the love she deserves at every stage of wasted. Why her drunken tears away, laugh with her and don’t remind her of what she did last night unless it’s hilarious.

To the designated driver: always remember to thank your Designated Driver. She may have helped you more than you can ever remember.

A Violet by Any Other Name: Womanism and Feminism

“Womanist is to feminist as purple is to lavender” - Alice Walker

Leslie Doyle
Staff Writer

As Alice Walker wrote in Search of Our Mothers’ Gardens, she was creating a movement. When she first began to describe a lifestyle that catered to women of color for their intersectional identities, Walker was articulating the simultaneous hope and bitterness felt by a group that had been marginalized even by the most marginalized groups. Born out of the ashes of ancient African texts on the powerful spirituality of women, the fire of the Civil Rights Movement and steeped in feminism, womanism was a time-bending, fluid wave feminism, for all its gains in reproductive, workplace and legal arenas, was also largely exclusive of women of color and their particular set of issues. Just as second-wave feminists were fighting for the right to become economically independent, women of color were busy holding steady jobs to protest. Feminists were often accused of being a “middle-class white women’s” movement, and pre-existing tension between people of color and women as oppressed minority groups were even further solidified.

In the end, there mustn’t be a battle of the same-sex, feminism versus womanism. It is instead helpful to read the history of womanism as a response to a series of troubling events that could answer to problems feminism wasn’t ready to answer at the time.

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In the end, there mustn’t be a battle of the same-sex, feminism versus womanism. It is instead helpful to read the history of womanism as a response to a series of troubling events that could answer to problems feminism wasn’t ready to answer at the time. Womanism incorporates multifarious minority groups, men aren’t exempt from their priorities. There is a difference between “womanism” and “Black feminism.” Black feminism prioritizes women’s issues in a male-dominated society while womanism incorporates multifarious minority groups. The designated driver is, at the root of the job, responsible for risk management. When a friend gets to the “truth serum” phase and asks if she should continue a love affair that she’s just married, every-FL-default-with-his-gf crash from high school, it is time to get her seat belt on, remind her that it is something she would regret tomorrow, when she’s sober and hung-over.

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To the designated driver: always remember to thank your Designated Driver. She may have helped you more than you can ever remember.

In 1999, Joan Morgan coined the term “hip hop feminism” to relate specifically to young women of color born between 1965 and 1985 — out of the reaches of the 1970s black feminist movement; it spoke to these young women through the same speakers as hip hop and rap music, calling upon music, fluids and dealing with crying, with no recollection from the cared-for. But just know that you are loved, and appreciated, and that you are the voice of reason for a night. You will be the driver at some point, and your DD will do the same for you, so embrace it and give her the love she deserves at every stage of wasted. Why her drunken tears away, laugh with her and don’t remind her of what she did last night unless it’s hilarious.

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A message from the NBA and its players

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There will be no issue of The Montclarion next week. Our next issue will be on March 8.
I always come back to the money. As many of you have probably noticed, gas prices are on the rise once again and they don’t show signs of stopping.

Despite recent signs of possible economic recovery on Wall Street and with unemployment numbers down to the lowest in over three years, it seems that getting back to normal isn’t quite as close as we thought.

The average national price of gas has been rising by more than three cents a week since mid-December, and experts are less than enthusiastic about a quick turnaround — expecting it to hit the $4 mark in the coming weeks and possibly up to $5 by the summer.

The reason behind all of this? Over the last three months, the U.S. has lost over 700,000 barrels of crude oil — about 5 percent of the nation’s gasoline production — and the supply of gasoline just keeps declining.

This, in addition to the fears that tension over Iran’s nuclear programs will disrupt global oil supplies, leaves us with the unsettling reality that the gasoline fallout economists have been warning us about for years is becoming more than a mere hypothesis.

And this time there’s nothing that we can do about it. There is no immediate shortage in supply (we’re actually exporting gasoline since natural gas prices are so low) and we can’t cut down on our mileage or turn off the gas heating while we’re out of the house to directly affect bringing the prices down because these hikes are merely the result of speculation and future worries of supply problems.

In addition to the rising cost of tuition and the constant burdening of seemingly unnecessary associated fees, gas prices are becoming, once again, a major economic factor in deciding how to ration out what little income you receive.

For such a gasoline-dependent society, this has the potential to affect many different areas of the nation where the extra 40 or 50 dollars a month could mean the difference between store brand and name brand at the grocery store or having to pick up an extra shift just to keep everything copacetic.

With a school of over 14,000 commuting students, this means that the disparity between paying for on-campus residence and saving money with off-campus housing is growing smaller and less enticing.

For the majority of Americans, rising gas price means less money in their wallet as the tank continues to mercifully devour the fuel, but to every exhaust cloud, a silver lining there will be.

That silver lining comes in the form of a potential economic boost in the auto industry as people begin to take hybrid technology and even America’s underdog, the electric car, more and more seriously.

What would you cut back on to afford the rising gas prices?

Sam Donovan
Senior
Music Therapy
“I personally believe that I will cut back on a lot of my travelling. I’ve stopped visiting people and I’ve started carpooling when I do or telling them to come to me.”

Owen Luddy
Senior
History
“I would stop driving and I would bike everywhere. Everywhere.”

Kyle Williams
Senior
Broadcasting
“I would have to cut out eating take-out because I like to eat garbage food and I eat it too much.”

Gillian Peterson
Senior
Fine Arts
“I’d have to cut back on my social life... and by social life I mean being a complete raging drunk.”

Students Speak
Remember Kids: Drugs Are Bad, mkay?

Is prescribed happiness the downfall of our society or our saving grace?

In the wake of such high-profile deaths as Michael Jackson, and more recently Whitney Houston, the debate over the use and misuse of prescription drugs has come back to the forefront of discussion.

What kinds of prescription drugs should we be taking? What kinds of people should be taking prescription drugs? Should we be taking prescription drugs at all?

These are all valid questions that are raised by those engaged in the ongoing prescription drug conversation.

I worked in a local independent pharmacy for two and a half years, so I’ve had an in-depth behind-the-scenes look at the foreign world of the prescription drug industry.

For the first two years of my college career, I would go home and drive a small, broken-down, two-door Toyota Echo to the house of people unable to drive to the store and pick up their prescriptions on their own.

Between the people who came into the store and those who I met on the road, I met some really strange and interesting people.

But most of my experience among these types of creatures — who crane their necks into pharmacies with questionable-looking prescriptions and antsy moments in their eyes — has caused me to consider most of the aforementioned questions.

Perhaps one of the most pressing arguments is the one that I tend to offer: “Should we be taking prescription medication at all?”

I know people from both side of the argument, those who swear by the medicinal qualities of prescription drugs and those who won’t even take Tylenol for a headache.

When you take into account that it wasn’t until the 1960s that prescription drug regulation became a prevalent practice in our society, you begin to question the overzealous nature with which we tend to “medicate.”

While the use of medication — or any substance thought to have medicinal qualities — dates far back as history can reach, prescription drug culture isn’t all that old.

Only fairly recently have physicians, of all sorts, started to prescribe pills and elixirs for supplements for nearly every ailment (physical, mental and metaphysical) that mankind can think up.

We are a heavily medicated culture, and perhaps not justifiably so.

To many, prescription drugs are seen merely as an escape or a cover-up for life’s problems — some of which, can be handled without the use of medication.

Sure, there are some situations in which prescription drugs are not necessary — conditions for which more natural or healthier alternative exists — but what about those for which there are no alternatives, where is the line drawn?

This problem is furthered by the fact that basically anyone can obtain a prescription for any type of medication — narcotic or non-narcotic — with little to no difficulty.

Because of these overlooked inconsistencies, we find ourselves facing the dangers with the consequences that led to the demise of two of the pop world’s biggest names.

Outside of the doctor writing the prescription — which is easy to bypass if you have the money or resources — and the pharmacy, which hands out the medication, there is no real system of checks and balances in the prescription drug world.

There are just too many potentially consequential factors that need to be considered before it is easy to get some prescription medications.

But it’s too easy to fault those institutions, we need to be looking inward for the real causes of prescription drug misuse.

We live in a society that truly believes there is no problem that cannot be solved by a small pill.

Somehow we need to get away from this dependence on medication.

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Somehow we need to get away from this dependence on medication.

The Medici, who began their rule as a family of bankers, ran Florence and was partially responsible for the surge of artistic expression during the Renaissance. The Duomo connects to the Baptistery that is plastered with detailed sculptures across the front of the building that, at first glance, look like saints.

The surrounding Virgin Mary on either side, but these men are not figures of religion. They represent the saints of Florence and my personal hero, St. John the Baptist. At each of these locations, I can’t help but feel that I have not been disappointed with a single meal.

Nor can I neglect to mention that each Italian, just like their ancestors decades past, reflect an intense focus on aesthetics. Not only in the sprawling Renaissance architecture but also in the manners that adorn.

Florence, after all, is one of the fashion capitals of the world. Swim caps and sports tochts are practically condemned as a tacky trend that reflects the dignity and pride of an individual.

One thing alone I charge you.

As you live, believe in life.
Always human beings will live and progress to greater, broader and fuller life.

The only possible death is to lose belief in this truth since without it the greatest end comes slowly, because time is long.

- W.E.B DuBois

Concerning Editorials and Columns
Main editorials appear on the first page of the Opinion section. They are unsigned articles that represent the opinion of the editorial board on a particular issue.

Columns are written by individuals and do not necessarily reflect the opinions of The Montclarion staff.

Lori Wieczorek, an English major, is the former Opinion Editor for The Montclarion.

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If You Build It, They Will Come...And Stay!

Then again, maybe it won’t be that easy, says student

Mandatory Birth Control A Mixed Blessing

Should religions suppress their faith for the greater good?

A

Americans, one of our greatest prides is free- dom. I have found that although it is claimed to be one of the most intrinsic aspects of our lives, it is often debated and ques- tioned. The First Amendment says, “Congress shall make no law respecting an estabishment of religion or prohibiting the free exercise thereof.” In con- nection with current events, President Obama has taken an approach to contraception that would mandate even the Catholic Church to participate. They would be obligated to offer the option of contraception to their members. While I refuse to believe myself a politician, if I had to decide, I would easily declare myself a Democrat. I turned 18 the year that Obama ran for president and I was able to vote. I do not subscribe to the government's is set up such that we are able to go walk for shuttle service at some stops, making the decision of whether to walk or wait for a shuttle an extremely easy one.

This might not be so bad in the spring or early fall, but in the winter on the small, windy campus you can be annoying on a good day and practically unbearable on a bad one.

Luckily for the residents, it’s been an unusually mild winter, but it’s still a slap in the face to see the lines of unmanned shuttles parked on the road by the Red Hawk Diner, when a shuttle finally does arrive, to see the dreaded “Out of Service” sign and know that you’ll have to wait at least another 20 minutes for the next one.

This year it is becoming the awful choice of the weekend shuttle service would be to drive yourself around campus — if that was even an option.

This could be an option if the University didn’t insist on keeping the commuter lots closed to anyone wishing to drive on campus, or provided with a shuttle system that was even an option.

Perhaps if students could bring their cars (if they are lucky enough to have one) to campus or off campus or go home to live with a car, they wouldn’t have to suffer the winter every time.

If we were allowed to use the commuter lots that nobody else is using or provided with a shuttle system that is actually reliable, we wouldn’t tell all our friends back home, “Don’t go to Montclair, there is nothing dead on the weekends.”

Thankfully, as published in the Feb. 2 issue of the Montclarion, weekend shut- tel routes are being expanded to include downtown Montclair, giving even those without cars on cam- pus the ability to get into town.

This fills an important void that was left when the LaQuinta shuttles stopped running last year and students could no longer go to Clifton Commons. While it is a dramatic change in the reliance of the weekend shuttle-service, I do not know how many students will actually be able to take advantage of this welcomed accommoda- tion.

If the administration wishes to foster a more connected university, they need to start treating the residents with respect and pro- viding them with services that improve their living experiences.” Because as it stands, Montclair really is dead on the weekends.

Dylan Soltis, an English major, is in his first year as a columnist for The Montclarion.
The best picture category nominations this year are: The Artist, The Descendants, Extremely Loud & Incredibly Close, The Help, Hugo, Midnight in Paris, Moneyball, The Tree of Life and War Horse.

My pick: The Artist. Possible spoiler: The Descendants. Should have been nominated: Drive.

The Academy could have nominated up to ten best pictures this year, but they decided to go with just nine, because it has no business being nominated for best picture and should have been replaced with Drive. The Help will do well in the acting categories, has no chance for best picture.

Best Actor

Nominations: Demian Bichir in A Better Life, George Clooney in The Descendants, Jean Dujardin in The Artist, Gary Oldman in Tinker Tailor Soldier Spy and Brad Pitt for Moneyball. My pick: Jean Dujardin, The Artist. Possible spoiler: George Clooney, The Descendants. Should have been nominated: Michael Shannon, Take Shelter. Before I make my prediction, let me just say that Michael Shannon deserves a ton of praise for his brilliant work in Take Shelter, as well as Michael Fassbender for his work in Shame. While those actors were left out of the race due to their films being too “low-key,” we are left with five deserving nominees who will compete for the golden statue come Sunday. Demian Bichir and Gary Oldman both carried their films to critical acclaim, but unfortunately they won’t be carrying gold out of the Kodak theatre. Brad Pitt, who was branded an early favorite, was tremendous in his portrayal of Oakland A’s manager Billy Beane; but he has run out of steam and now has a very slim shot at winning. Essentially we are left with a two-person race between George Clooney for his raw, humble performance in The Descendants and Jean Dujardin, who was so good in The Artist that words literally can’t describe it. If you would have said in the beginning of the year to make a bet as to who will win best actor between the iconic George Clooney and the virtually unknown Frenchman, Jean Dujardin, I would have called you crazy and picked Clooney. A year later, call me crazy, but now I’m putting my money on Jean Dujardin.

Best Animated Film

The nominees for animated feature film are: A Cat in Paris, Chico & Rita, Kung Fu Panda 2, Puss in Boots and Rango. My pick: Rango. Possible spoiler: Chico & Rita. Should have been nominated: The Adventures of Tintin. Has anyone even seen A Cat in Paris? Or how about Chico & Rita? I’m simply going to have to pick Rango because people have actually seen it, and it wasn’t half bad. On a side note, did they simply forget that The Adventures of Tintin was eligible?
The nominees for best director are: Woody Allen for *Midnight in Paris*, Michael Hazanavicius for *The Artist*, Terrence Malick for *The Tree of Life*, Alexander Payne for *The Descendants* and Martin Scorsese for *Hugo*.

My pick: Michael Hazanavicius, *The Artist*
Possible spoiler: Martin Scorsese, *Hugo*

Malick and Allen’s nominations will certainly boost ratings due to their profound careers and huge fan base, but I have a feeling they will be nothing more than seat-fillers come the big night. Hazanavicius turned Hollywood and the critics upside down when his unconventional, black and white feature, *The Artist*, hit theaters, and now he garners the attention of millions of moviegoers. He will be up against Payne and Scorsese, who each have Oscars under their belt. While Scorsese has a shot because he already won a Golden Globe for *Hugo*, I’m not going to bet against Hazanavicius, who has picked up a ton of momentum down the stretch and now is a shoe-in for many to win.

The best supporting actress nominees are: Berenice Bejo for *The Artist*, Jessica Chastain for *The Help*, Melissa McCarthy for *Bridesmaids* and Octavia Spencer for *The Help*.

My pick: Berenice Bejo, *The Artist*
Possible spoiler: Octavia Spencer, *The Help*

McCarthy’s nomination for *Bridesmaids* (which was solid, but not great, in my view) was a nice treat for the comedic crowd, but she has no shot, so let’s move on. I already said Al- lert Nolte was a major sleeper, so unless the Academy wants its audience to change the channel, he won’t be called McTeer’s name. Chastain had a terrific year on the big screen as she was in four major films (*The Debt*, *The Help*, *The Tree of Life* and *Take Shelter*), so while she certainly deserved a nomination, I would have made it for *The Tree of Life* and not *The Help*. I feel her nomi- nation may take some eyes off Spencer, who also starred in *The Help*, and these two may cancel each other out. While many have Spencer as the odds on favorite, I’m going to go with Bejo for *The Artist* because I feel she was such a vital part of the film’s success (and Dujardin’s) and the movie would have been unimaginable without her.

The best supporting actor nominees are: Kenneth Branagh for *My Week with Marilyn*, Jonah Hill for *Moneyball*, Nick Nolte for *Warrior*, Christopher Plummer for *Beginners* and Max Von Sydow for *Extremely Loud & Incredibly Close*.

My Pick: Christopher Plummer, *Beginners*
Possible Spoiler: None
Should Have Been Nominated: Albert Brooks, *Drive*

Unlike last year’s best supporting actor race, which was totally up for grabs, this year’s race seems pretty set in stone; Plummer will win for *Beginners* for his portrayal of an older, gay widower who moves in with his son. Although Plummer is my definite pick to win, that doesn’t necessarily mean I would pick him myself. I thought Nolte shined in *Warrior*, more than any other actor this year, as a recovering alcoholic trying to rekindle his relationship with his two boys. Hill also made a key switch from comedy to drama this year and I really enjoyed him alongside Brad Pitt in *Moneyball*. Even Branagh gave a career-best performance in *My Week with Mari- lyn*, although this is all for naught because Plummer is much overdue for a gold statue at age 82.
The long road to the Grammys

Continental Classical Composition. But the 16-year road to the stage wasn’t an easy one, with the original production company backing out and then the opera being rejected by almost every company in the country. “We almost gave up on this many times, thought nobody is going to do it,” said Aldridge. “Generally, what people do to us is lie back and let the Italian operas and traditional things; they are not that interested in contemporary things; they are not that interested in contemporary.”

It wasn’t until a random Wednesday afternoon in 2005 in Kasser Theater when the opera was given a chance. Aldridge, who had continued to work on the piece for years and was rejected dozen of times, was honored by the administration when he was asked to give a performance of a few acts from his opera with Henschel Garfin. Although it was short performance, it was the most the opera had gotten a chance for so far. It was Montclair State’s previous premiere, Richard Lynde, who stood during a question and answer panel to ask, “When are we going to see this here?” according to Aldridge. “And when the provost says that, that’s good,” Aldridge said, laughing. This was only the start of actually bringing this two-and-a-half hour opera to stage. This spark was what the contemporary opera needed to bring it back to life.

With MSU’s Peak Performances and the Nashville Opera collaborating on this expensive proposition (most operas cost around $100,000), it co-premiered in both Nashville in 2007 and Kasser Theatre two months later in January 2008, when it made The New York Times’ Arts and Leisure sections front page.

Redone in several places after being shown at MSU and Nashville, it was in Milwaukee where three separate live stage performances were recorded, for which the opera won a Grammy for Best Engineered Album. “They did a wonderful job because it is very difficult to record an opera,” Aldridge explained. “It complicated to have a lot going on with the orchestra, the singer, the stage and stage noise. That was the biggest challenge to a great recording from a live recording.”

To Aldridge an important part of winning the Grammy, besides it is one of the highest honors in music, that it wasn’t that popularity contest; it’s voted by you colleagues.

Aldridge emphasized that he could never have done it without Montclair State’s assistance because the university really pushed the original premiere that involved over 100 students, not including stagebands.

“This is a classic example of wouldn’t and couldn’t get done. Everybody rejected it, then it was done and very successful,” Aldridge said with a modest smile. “It really taught me to stick to what I believe in.”

The best actress nominees are: Glenn Close for Albert Nobbs, Viola Davis for The Help, Rooney Mara for The Girl with the Dragon Tattoo, Meryl Streep for The Iron Lady and Michelle Williams for My Week with Marilyn.

My pick: Viola Davis, The Help

Possible spoiler: Meryl Streep, The Iron Lady

Should have been nominated: Kirsten Dunst, Melancholia

While I was delighted to see Mara receive a nomination this year for her dark performance in The Girl with the Dragon Tattoo, it was unexpected that Kirsten Dunst’s name went uncalled during the nominations, the Academy voters deciding to nominate Glenn Close instead, who starred in the sleeper, Albert Nobbs.

My disappointment doesn’t really matter in the end, though, because both Close and Mara have a better shot of hitting the mega-millions.
"ONCE WE WERE ROBOTS"

Yoshimi Battles The Pink Robots, Pts. 1 & 2" by The Flaming Lips
Jacob Mercer-Pointer, Opinion Editor
"The Robot With Human Hair, Pt. 2 1/2" by Dance Gavin Dance
Ian Elliott, Webmaster
"Mr. Robot" by Styn,
Carley Hussain, Production Editor
"Paranoid Android" by Radiohead
Alexa Cappola, Assistant Opinion Editor
"Iron Man" by Black Sabbath
Joe Trzeciakowski, Staff Cartoonist
"One Day Robot Will Cry" by Cobra Starship
Craig McCarthy, Web Editor
"Transformers Theme Song" by Anne Bryant
Steph Milot, Copy Editor
"The Humans Are Dead" by Flight of the Conchords
Katie Winters, Managing Editor
"Monkey vs Robot" by James Kochalka Superstar
Nick Taylor, Assistant Copy Editor
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Nick Verhagen, Sports Editor
"Violet Stars Happy Hunting" by Janelle Monae
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"Robot Rock" by Daft Punk
Alan Value, Arts Editor

"Instead of just hanging out Saturdays
I help kids hang in there at school
Because I don't just wear the shirt, I live it.

Michael Cleveland is part of United Way's ongoing work to improve the education, income, and health of our communities. To find out how you can help create opportunities for a better life for all, visit LIVEUNITED.ORG

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Old Stories in New York: MLB off-season gives fans plenty to talk about

The New York Yankees continue to creep closer to a World Series, as well as being eligible for AARF and social security. The New York Mets, on the other hand, crawl closer to irrelevance every season as they’ve yet to be more experienced than a college team. Neither local team has made huge luxury signings in quite a few months. The biggest news to come from either local baseball team is the Jesus Montero/Michael Pineda trade that the Yankees made with the Seattle Mariners and the recent flur- ry of Marino Rivera has been made with retiring at the end of the season. The Mets’ ground-breaking story has been R.A. Dickey climbing Mount Kilimanjaro and how the Mets would void his contract if he were hurt. Otherwise, it’s the never-ending debate whether Johan Santana will pitch more than 10 games this season coming off of shoulder surgery (two years ago) or whether David Wright will be traded by the Atlanta Braves, which is news, but when your team loses over $500 million to their payroll and is on pace to lose 100 games, there’s all most no choice but to be pessimistic.

However, outside of New York, there have been plenty of storylines. Manny Ramirez has come out of retirement, signed a one-year deal with the Oakland Athletics. Ex-Yankees Matsui must feel terrible; both players haven’t gotten a call from a major league team, yet Ramirez got a contract that comes with a 50-game suspension to start the season. He isn’t much better than those two players; the guy can hit, but he can’t much defense anymore. They will primarily serve as a designated hitter, but run the risk of being benched if Mariners GM Jack Zduriencik is unimpressed by them and ultimately helps the clubhouse atmosphere as professionals.

The Texas Rangers acquired a Diamond in Matsuzaka in the off-season when they signed Japanese pitcher Yu Darvish to a six-year, $50 million deal. Similar to when Matsuzaka signed with the Boston Red Sox, the Texas Rangers plowed a bid of $51.7 million dollars just to talk to the guy (the money would have been gobbled up if Texas couldn’t reach a deal with Darvish). In total, the Rangers spent over $311 million dollars for a stellar Japanese pitcher who is unproven here in the United States. These next six years will prove whether Darvish was worth the money or whether the only proven commodity from Japan worth his contract — and the hype — in major league history was Ichiro Suzuki. Albert Pujols has gone from Cardinal red and white to the Los Angeles Angels’ white and red. Pujols, one of, if not the greatest player of this era, was a bigger acquisition in St. Louis than the Gateway Arch and surprised everyone when he left the area to go to California. He signed a contract for $240 million over a 10-year period; even though he is already 32 years old. One must wonder how long he can stay at the top of the baseball universe before age causes his skills to deteriorate. In an era scrutinized by steroids, Pujols has given baseball fans reason to believe that greatness can come without cheating.

The same cannot be said for the reigning National League MVP Ryan Braun. Braun tested positive for performance-enhancing drugs this off-season. However, he has denied taking them. Alex Rodriguez, Roger Clemens and Rafael Palmeiro all decided using them, but look where they ended up in the public’s perception. Andy Pettitte admitted he used HGH in the past, but decided not to because he didn’t feel terrible. All three have been called out by the MLB. They have made a huge commodity from Japan worth his contract — and the hype — in major league history was Ichiro Suzuki. Albert Pujols has gone from Cardinal red and white to the Los Angeles Angels’ white and red. Pujols, one of, if not the greatest player of this era, was a bigger acquisition in St. Louis than the Gateway Arch and surprised everyone when he left the area to go to California. He signed a contract for $240 million over a 10-year period; even though he is already 32 years old. One must wonder how long he can stay at the top of the baseball universe before age causes his skills to deteriorate. In an era scrutinized by steroids, Pujols has given baseball fans reason to believe that greatness can come without cheating.

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How important is the NFL Combine to a players draft value?

A player’s physical abilities are put on display at the NFL combine. I also think a player’s performance at the combine can provide coaches with a glimpse of how he will perform under game-day pressure. Players at the combine have been performing the same drills for their entire playing careers, but unfortunately, I don’t make the decisions and many organizations pay a lot of attention to the combine and look to see how poorly a prospect performs. The combine can make or break your draft stock.

Personally, I feel that the combine proves nothing about an NFL prospect. Just because you can perform well in a controlled and relaxed environment doesn’t mean you have what it takes to get on that gridiron every Sunday and pull through for your team. Unfortunately, I don’t make the decisions and many organizations pay a lot of attention to the combine and look to see how poorly a prospect performs. The combine can make or break your draft stock.

I would say the NFL combine is a good way of testing the players’ skill, yet it doesn’t prove how good their initiative is. I look at Tim Tebow, the quarterback from Florida who was a top draft pick. When he performed in the combine, his results did not meet Denver’s expectations. Now look at last season as he becomes the NFL’s latest sensation, simply because he replaced Kyle Orton as starter. I say the combine is necessary, but it should not undermine.
Red Hawks Fall to Kean in NJAC Semifinals

MSU finishes 2011-12 season with 19-8 record after 10-1 run

The women’s basketball team finished their 2011-12 season with a 76-68 loss to Kean University in the NJAC tournament semifinals on Tuesday. After starting the season with an 8-6 record and four conference losses, it looked as though the Red Hawks were not going to make it to the NJAC tournament. Whereas most teams would hang their heads in disappointment, the Red Hawks stacked together and used their situation as motivation for an outstanding playoff push. The Red Hawks went on a 10-1 run, including nine straight conference wins and advanced to the 2011-12 NJAC tournament.

Monclair State went up against Richard Stockton on Saturday in the NJAC quarterfinals. When the teams met earlier in the season, Richard Stockton walked away with a 76-67 victory. Coincidentally, the Red Hawks not only defeated the Ospreys, but reversed the score from their first meeting and won 76-68.

The first half was a little too close for comfort in the eyes of MSU. After going shot-for-shot with the Ospreys, the Red Hawks managed to go into halftime with a one-point lead. Freshman forward Melissa Tobie finished the half with 10 points, six rebounds and two blocks.

The Red Hawks started the second half with a 10-1 run to finally give themselves a comfortable lead. The Ospreys would not go down without a fight and, over the next five minutes, tied the game three times. After that, the Red Hawks took matters into their own hands and did not let up on the Ospreys. Sophomore guard Theresa Towns scored 15 points and recorded two steals in the second half. Tobie, Towns and senior guard Jaime Erickson combined for 35 points and 22 rebounds against Richard Stockton.

After the win against the Ospreys, the Red Hawks hit the road to face the 22-4 Kean Cougars. Unlike their game against the Ospreys, the Red Hawks had their work cut out for them against Kean. MSU managed to take the lead four times and tie the game once, but went into the locker room down 37-21.

Things started to look good when the Red Hawks went on a 10-4 run to tie the game at 42-41 during the first few minutes of the second half. The Red Hawks were right on the Cougars’ heels throughout the second half, but a late 10-4 push by Kean in the closing minutes sealed the Cougars victory and sent the Red Hawks home with their second loss in their last 13 games.

Overall, the team is very young and looks to have a lot of potential and room for immense growth. The Red Hawks will definitely be the team to beat over the next year or two.

Men’s Lacrosse Looks to Start Fresh

After a hard-fought season-ending loss to Stevens in the first round of last year’s NCAA tournament, the three-time defending Skyline Conference champion Red Hawks look to retain their position at the top of the conference and push further on the national stage in 2012. There are many new faces within the Montclair State men’s lacrosse program this season, along with a solid freshman class of 18, comes an entire new coaching staff led by first-year head coach Chris Kivlen. There are also many familiar faces returning to Sprague Field this season, including three-time Skyline Conference MVP for Meth, junior Jack Skrekel and goalkeeper Mark Gländer.

The Red Hawks come into the 2012 season as one of the favorites to win the Skyline Conference again. However, with the exception of a few returning players, the conference schedule early in the season, including three teams ranked in the national preseason top 20. These games are scheduled in an effort to put the Red Hawks on a national stage and, according to Kivlen, the best way to prepare for these games is to try to get better every day and work on the little things.” With a new staff comes new philosophies, Kivlen says, specifically noting that he would like to improve the team’s transition game to create a more fast-paced style of play.

The Red Hawks enter the season as three-time defending champions of the Skyline Conference, but for Kivlen and his new staff, it is their first chance to win a conference title and compete on a national stage, which has created a “revived energy” with the team. “With the new staff, we have never been there before, so we are very hungry to get to that level,” says Kivlen.

Despite losing four All-Conference players, Kivlen is very confident that his senior class will step up as team leaders and get it done on the field. Top returners include Meth, who led the team in goals last year with 27 and has amassed 118 goals over his career at Montclair State, and John Barney, a transfer from the University of Maryland. Freshman Kiel Dietrich, standing a dominating six-foot-four-inches, 215 pounds, has earned a spot as a starting defender. This mix of youth and experience along with an entire new coaching staff will surely make for an interesting 2012 season for the Red Hawks as they push for a fourth consecutive Skyline Conference title. They will kick off their home schedule this Saturday at 1 p.m. as they host 19th ranked Rensselaer Polytechnic Institute at Sprague Field. For a recap of last night’s game, visit themontclarion.org.