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Pelican Police Report

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 staff member reported an act of criminal mischief at Panzer Gym.

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:
- 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. 21:
- A male student reported being attacked by an unknown assailant on the pathway near the track. This matter is under investigation.

On Feb. 21:
- 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.

The Montclarion

The Montclarion is a freely distributed newspaper providing one copy per person. Additional copies are $0.25.

Corrections

The Montclarion apologize for any factual errors. If you think you've made a mistake in a story, please call Editor-in-Chief Katherine at ext. 7730.
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 sobriety can interact with other students who operate under the same needs.

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

Currently, the recovery room experiences seven to ten 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 Casacarrano.

“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 very 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, emote. We also listen, identify, comfort and reassure 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, use tobacco products, consume alcoholic beverages or use other illegal drugs,” said Dominic Petruzzelli, 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 schaefk@mail.montclair.edu. Any students that are looking for more information on the Recovery Room can contact Casacarrano at casacarnm@mail.montclair.edu.

Car Chase Comes to Halt on Campus

“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 immoral, and they’re lucky they didn’t hurt anyone,” said Matthew Pacholke, sophomore.

“The fact that the one kid was a Montclair State student involved. Accident debris was visible Sunday morning and a scanner report was issued by Breaking News Network.”

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A student was assaulted in the Handicapped Lot by University Hall.

**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

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A student was assaulted in the Handicapped Lot by University Hall.

Low-grade fever, chills, headache, muscle aches and fatigue. Most people recover within one or two days. The virus is found in the stool and vomit of those who are infected. It is spread by direct or indirect contact by touching food and surfaces. There is no treatment besides drinking fluids to prevent dehydration, so prevention is key.

“The university’s primary strategy has been preventing infection. Members of the University’s faculty, staff, and administratorswereinstructed to report all common areas across campus that might spread any type of virus, such as bathrooms, door handles, elevator buttons and table surfaces. Cleaning is especially focused in all residence halls and food service areas; numerous cleanings take place every day.

University officials have also distributed information to all resident students about the norovirus, its symptoms, how it is spread and what to do if one becomes ill. The University Health Center, facilities and residential education are working closely to implement these actions.

“In a community as large as Montclair State, it is not uncommon to sporadically see all kinds of illnesses and viruses,” said Donna Barry, director of the University Health Center. “University Health Center routinely tracks those types of illnesses to monitor any increase in occurrences and takes prevention actions throughout campus as needed."

Other universities have been hit hard with the virus, prompting them to take extra protective measures. “I didn’t have the virus, but over 100 people did,” said Elizabeth Rizzi, a freshman at Rider University, who took extensive preventative actions to help prevent the norovirus from further spreading in their dining hall facilities. There are currently about 3570 students who attend Rider.

According to Prezau, the man is wanted for assault. The campus police are on the lookout for this man and report the incident over the radio to help find him.

Lt. Kieran Barrett of the Montclair State Police Department confirmed that the man who allegedly assault- ed Prezau is an older white male. Prezau said that the man who allegedly assaulted Prezau was not necessary. “[The case is being] very serious,” said Barrett.

“[However, both cases are] being handled very carefully,” said Barrett. “It is not minimizing the effect of any situation.”

Any student with information regarding either assault should contact MPD at 973-655-2221, leave a message on the confidential tip line at extenstion 4477 on campus or call Campus Safety’s Hawk Eyes system after downloading the app, which features our cellular phones by sending a text message to 67283.
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.

Montclair State University. Advanced thinking that advances careers.

GRADUATE OPEN HOUSE
Sunday, February 26, 12 p.m.
University Hall
Register online

LIVE YOUR DREAMS

Pass It On
Thirty-three million tons! This is the astronomical waste of mankind. The weight of all the vehicles on the planet? No, this is actually the average amount of food we waste in the United States in a calendar year. According to the Environment Protection Agency, the United States produced 54 million tons of food in 2010, of which less than three percent was recycled. This makes food wastage "the largest component of landfills and incinerators."

"Americans do not think about when they waste food because of the pos- sibility of always having more. The amount of food we 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 is wasted per day per person in America. And since there are approximately 313,053,000 people in the United States, the EPA statistics don't seem so surprising.

"At Montclair, students enjoy a wide variety of food. During my recent visit to Sam's Place, I noticed an enormous amount of food wasted. For those who don't know, Sam's place offers all you can eat buffet in addition to a special dinner. While most students take ad- vantage of this offer, they don't realize that there are people who live without food for days."

"We may feel sorry for the mil- lions that are experiencing starvation, but what about the millions that are living without food too?"

"If we could give even a ton of food that we waste to the world, it would make a huge difference. At Montclair alone we have about 925 billion hungry people in the world, a ratio of one in seven."

"I'm not trying to make you change your eating habits and only buy smaller portions rather than filling up our plates to the very brim only to throw half of it out later. Even the smallest things we do can make the biggest impact."

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The FroYo Craze: Probiotics

Michaela Caton

I happen to love frozen yogurt, as do many of my friends. Being a nutrition major I can attest that although 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 under- stand why this is the case we must comprehend why yogurt itself is healthy.

Think of your intestinal tract as a war zone, where good bacteria and bad bacteria are in constant battle for living space and resources. The bad bacteria such as parasites, viruses 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 ill- ness while promoting proper func- tion in the digestive system. Probi- otics are also important in the diet. Probiotics are beneficial bacteria that we can find in foods, legumes and whole grains.

If you think yogurt has standards it ensures the product has hundreds of million of probiotics. This standard guarantees those companies are adding to their fro- zen yogurt, we in turn do not know what kind of health benefits we are getting or not getting from that dessert.

The freezing process of frozen yogurt will kill many of the beneficial probi- otics before it is served. The tartsness of yogurt is present due to the live probiotics.

This tart taste has not been a de- sirable taste to consumers. Through sterilization and pasteurization, the yeast is almost fully eliminated, causing even lower amounts of probiotics. This af- fects our gut flora by introducing less good bacteria, which although be- ing healthier than ice cream, is not a healthy food and should not be viewed as equal to our old friend yogurt.

If I took a banana and placed it in a bowl and then added chocolate, fruit loops and marshmallows, is it still the healthy banana I started with? Of course not. By adding these toppings to frozen yogurt, you are virtually putting the fat and extra sugar back into your "healthy" frozen treat.

Watch out for the serving sizes as well, just because you are offered a huge cup does not mean you need to fill it completely. It is a generous mar- ket and you must take in to account of terms of our waistlines.

Although living in an American world where dessert is healthy seems im- possible, remembering that overcoming our urge is the key. If you want to eat frozen yogurt but want it to be healthier, you must watch your intake and choose a lower calorie flavor and topping it with fruit and nuts.

"Right now the only way you can en- sure you are getting proper amounts of probiotics in your frozen yogurt is to make your own."

Dr. David Bandler, professor at Cornell University, puts frozen yo- gurt into perspective when he states: “Frozen yogurt is a good tasting dessert with fewer calories than ice cream, but it is not a healthy food, it is fat from it.”

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Eat More, Waste Less

Johrer Chaudhry

How can we change our own life- styles to make a better impact? The job search, just keep going for it. You have to," said Melok.

"One day I just finished an over- night shift at a freelance job I was working and I got a phone call and it was WWE. I thought someone was playing a joke on me," said Melok.

Melok had applied for a job with WWE during his broadcasting years at Montclair State University. WWE didn’t have any positions open at the time but Melok kept in touch. He sent in an updated resume every year or six months. Melok was persistent and that helped him get the job.

"I was thrilled to death. I was tak- ing a cab from the train station in Stamford, Connecticut, and you go other this hill on the highway and you see this big flag with the WWE logo on it, that was unbelievable to me," said Melok.

Now Melok, as he describes it, writes about guys flying all over the place in colorful outfits. He also writes about the historical aspect of profes- sional wrestling, previous matches or the top five biggest moments in Feb-

uary. His job is to create a package online that will draw people into the site and keep them coming back for more boat shows, smackdowns and throwdowns.

"I would like to think everybody can get their dream job. If you really want it, you know, if you go out there and work hard enough, find the right way in, you can absolutely get your dream job," said Melok.

Students can learn from Melok’s story that you shouldn’t “tap out” from getting your dream job. Working hard and persistence can land you that job.

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Jackie on Jobs: Media in the WWE

Jackie Jones

I love the WWE and the wrestling entertainment industry. As a line writer for WWE.com I had the little microphone with the WWE logo on it. I still have it on my desk at home,” said Melok.”

Montclairian Editor-in-Chief.

"When I was a little kid I wanted to be a wrestling announcer, you know I had the little microphone with the WWE logo on it. I still have it on my desk at home," said Melok.”

Melok sent in roughly 50 resumes every year or six months. Melok was persistent and that helped him get the job.

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The FroYo Craze: Probiotics

Ingredients: 1 cups of plain or vanilla yogurt.

2 bananas, 2 tbsp. of milk (if needed to help mix)

1. Chop and freeze the bananas overnight.
2. Add all into a food processor or blender and blend until smooth.
4. Enjoy.
One of the perks of living in a not-college-town is the constant need for a DD driver to take you home, or at least try to take you home. Drunk drivers have an expertise at getting tossed around drunk driving courts 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. The designated driver is, at the root of the job, responsible for managing her primary duty is the safety of the life of the licensed drivers, also known as friends, to and from their destination. Without her, they could make the deadly decision to get behind the wheel of a car wasted, or worse, be stuck on frat row for the rest of their lives.

But there are other risks to be managed, as well. When a friend gets to the calling-the-cabs-phase of “drunk,” the designated driver’s job to at least attempt removing the phone from her possession. When a friend gets to the “ITM” phase, the designated driver 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 gets into the “truth serum” phase and asks if she should continue living with her soon-to-be ex-boyfriend, every-FF-default-with-his-gf crash from high school, it is time to get it, and remind her that it is something she would regret tomorrow, when she’s sober and hungover.

Because of the amnesia-like nature of the morning after, the DD 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 person. 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. Wrap her drunken tears away, laugh with her and don’t remind her of what she did last night unless it’s hilarious.

In the end, there mustn’t be a battle of the same-sexes, 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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Womanism is but one of many branches of feminism that can speak more clearly to individual ethnicities, and acknowledges their own unique 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 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 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.
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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 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.”
Lori Wieczorek: A Broad in Florence

An expatriate wannabee’s reflections on contemporary Italian culture

I

The bell tower chimes softly beneath the laughter, banter, and banter of Piazza della Repubblica. Every local that walks by breathes the air of deliberation, mathematics, and communication itself played as if time ate relaxation. Each Italian, just like their ancestors, walks by the building that, at first glance, looks like saints. These men were the saints of Florence and my personal spiritual heroes. These included Da Vinci, Michelangelo, and obnoxious Americans are frowned upon.

I

The Medici, who began their rule as a family of bankers, ran Florence and was partially responsible for the bartering of the ancient novelty that Europe boasted. And all though I didn’t experience the “been there done that” Italian stare and obnoxious Americans are frowned upon.

I

As a member of the initial individual handing the blue piece of paper to the pharmacist doesn’t always have the mental stability to make mistakes. It’s a heavy medicated culture, and perhaps not justified to many, prescription drugs are seen

momentarily 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 severe situations 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 time 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 those overlooked incon sistencies, we find ourselves facing the consequences of what 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 to make it easy to get some prescription medications.

But it’s too easy to fault either of these 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. We need to at least distance ourselves enough so that we can see the dangers that produce.

So next time, before you take any prescription medication — even a tiny little Tylenol — think to yourself: Do I need it? Does my body need it? Too often in life, we do things without considering the consequences of our actions, and this is one instance where that mental slip just can’t be allowed.

Lori Wieczorek, an English major, is in his second year as a columnist for The Montclarion.
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?

Monika Bujas, a communications major, is in her first year as a columnist for The Montclarion.

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

This might not be so bad in the

If any member of the administration had
to choose between being trapped in

Instead, the University generously

The challenge she has yet to address

While more students live on

don’t make the decision of whether to walk

If it doesn’t work, talk to your signifi-

If you walk, it’s usually enough to

If you run, you have to wait

The University generically

However, I disagree with President

Ordinarily, it is impossible to

If the relationship has gone sour over

If the relationship is working out.

But how is divorcing your spouse

This makes my stomach churn, and it

I turn 18 the year that Obama ran

In the other surface lots.

And its policies she replied, “Not every-

The First Amendment states, “Congress

It’s also more likely that the parents

It’s necessary to at least

If you live away from home, you

It doesn’t have to be the closest

If you don’t feel that you can do

If you can’t drive, you can

If you have a de facto

This is not meant to be an

One way to circumvent the

This could be an option if the

The university requires

I would have to pay

And the most popular spots

This is not uncommon for

A match.

Looking at the Sunday New

If you drive, you might

If the relationship is working out. Don’t
go sneaking around and hooking up

If you live near the Heights or the

This was not an option.

Any student who wanted to live on

In many dorms, it was possible

Mandatory Birth Control A Mixed Blessing

Should religions suppress their faith for the greater good?

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It’s necessary to at least

If you walk, it will take

If you live near the Heights or the many spots

If you drive, you might

You don’t have to worry about

You also have the option of

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Ken Macri
Staff Writer

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.

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.


My pick: Jean Dujardin. The Artist has almost a zero percent chance of winning — therefore, you can knock those two films right out of the dance. Next up to the plate is Moneyball, which can go straight back to the bench because it has no shot, and joining it on the bench is Midnight in Paris, which should be happy with just its nom.

That leaves us with The Artist and The Descendants. Both films were flawless and received positive reviews across the board, so it’s going to be tight between them. Though I would like to see Alexander Payne’s The Descendants take home the top prize, I’m predicting the silent, black and white film, The Artist to win best picture this year. The Artist will certainly go home with a ton of gold by night’s end.

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.

The Artist is poised to take a high number of awards. Photo courtesy of therumpus.net

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Best Actor


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Best Director

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 won before under the bell. 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.

Best Supporting Actress

The best supporting actress nominees are: Berenice Bejo for The Artist, Jessica Chastain for The Help, Melissa McCarthy for Bridesmaids, Janet McTeer for Albert Nobbs 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 Albert Nobbs was a major sleeper, so unless the Academy wants its audience to change the channel, they won’t be calling 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 nomination 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.

Best Supporting Actor

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 Branaugh gave a career-best performance in My Week with Marilyn, although this is all for naught because Plummer is much overdue for a gold statue at age 82.

Follow me on Twitter!

Photo courtesy of poptower.com

Photo courtesy of biberom.com

No other actress compared to Berenice Bejo this year.

Photo courtesy of biberom.com

Christopher Plummer, the popular choice for best supporting actor.
The the administration when he was asked rejected dozen of times, was honored by work on the piece for years and was re-tarded when the opera was given a chance. afternoon in 2005 in Kasser Theater interested in new American opera.

“We almost gave up on this many times, thought nobody is going to...” Aldridge explained. “It’s complicated with a lot going on with the orchestra, it is very difficult to record an opera,” Aldridge stated. "This is a classic example of wouldn’t and couldn’t have done it. Everybody rejected it, then it was done and successful,” Aldridge said with a modest smile. “It really taught me to stick to what I believe in.”

The long road to the Grammys continued from front page.
"ONCE WE WERE ROBOTS"

"Yoshimi Battles The Pink Robots, Pts. 1 & 2" by The Flaming Lips
Jacob Mercer-Pointier, Opinion Editor

"The Robot With Human Hair, Pt. 2 1/2" by Dance Gavin Dance
Ian Elliott, Webmaster

"Mr. Roboto" by Styx.
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Alexa Cappola, Assistant Opinion Editor

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I HELP KIDS HANG IN THERE
AT SCHOOL
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<td>$643.80</td>
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<td>Each add'l credit:</td>
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Payment Plan Available
For additional tuition & fees: montclair.edu/studentaccounts

Online Registration Begins:
April 9 Montclair State Students
April 18 Visiting Students

*The University reserves the right to cancel courses, change faculty and/or room assignments, modify its calendar, and make adjustments to the course schedule and the availability of the Web registration system.

**Tuition and fees are approximate and subject to change without prior notice.
Rangers Standing Strong in Eastern Conference

Kyle Chmura
SPORTS STAFF WRITER

Eighth place and knocked out of the playoffs in the first round— that’s how the New York Rangers ended the 2010-2011 NHL season. To deepen the wounds already dealt to the Rangers on May 13, forward Derek Boogaard was found dead in his home. The team has been hurting for a long time and last season was another reminder of the fact that the team had fallen on hard times. It’s been almost 20 years since the Rangers have played in the Stanley Cup final but the 2011-2012 season might finally be the year that the boys in blue make their triumphant return.

The NHL off-season started with the New York Rangers placing a bid on Yu Darvish to a six-year, $60 million deal. Similar to when Matsuzaka signed with the Boston Red Sox, the Texas Rangers placed a bid of $51.7 million dollars just to talk to the guy (the money would have been given back if Texas couldn’t reach a deal with Darvish). In total, the Rangers spent over $111 million dollars for a stellar Japanese pitcher who is unproven here in the United States. These next six years will prove whether Darvish is 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 landmark 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 de- nied using them, but look where they ended up in the public’s perception. Andy Pettitte admitted he used HGH and everyone still loves him. Unfortunately for Braun, he is likely to lose his appeal and will have to serve his 50-game suspension at the start of the season alongside Manny Ramirez.
QUESTION OF THE WEEK

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

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.

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 they have never had to deal with the pressure of being surrounded by NFL coaches who judge their every move, as well as the millions of NFL fans who tune in to watch.

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, 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.

Who’s Hot This Week

Zak Westerberg
Junior — Men’s Swimming & Diving
Westerberg managed to set three individual records and was the leadoff man in the 400-meter medley relay that set the school record. Westerberg also set school records in the 50-meter freestyle, 100-meter butterfly and 100-meter freestyle.

Melissa Tobie
Forward — Women’s Basketball
Tobie helped lead the Red Hawks to the Semifinals of the 2011-12 NJAC Tournament with an outstanding 43 points. Tobie also recorded 19 rebounds and had a .500 shooting percentage.

Game of the Week

Women’s/Men’s Track & Field
Friday, Feb. 24
@ The Armory

Both the men’s and women’s track & field teams will head to The Armory in New York, NY to take part in the 2011-2012 NJAC Indoor Championships.
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 stuck together and used their situation as motivation for an outstanding played push. The Red Hawks went on a 10-1 run, including nine straight conference wins and advanced to the 2011-12 NJAC tournament.

Montclair 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 10-4 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 Townes scored 15 points and recorded two steals in the second half. Tobie, Townes and senior guard Jaime Kivlen 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 42-42 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 Cougar 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.