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The Montclarion, January 19, 2012

The Montclarion

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Students Await New School of Media

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

Blanton Hall Renovation Raises Health Concerns

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

Female Student Assaulted

A female student narrowly escaped an assault by two males in the lower level of the Student Center Annex on Dec. 16, 2011. Grabbed from behind, the victim broke free after almost being dragged into a bathroom. The case is currently under investigation.

University Launches PaperCut Software

Print from Anywhere with New Page Limits

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

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

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

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

Although construction continues, the Department of Information Technology has added flexibility and mobility to the computer lab services so students can borrow a laptop with software needed for their courses. This enables them to research anywhere on campus. Also, with the addition of PaperCut, students will be able to submit print jobs from any facility on campus.

With PaperCut, students will also be able to submit print jobs from virtually anywhere on campus using an Internet-based application. They can keep track of their printing with a personalized meter that lets them know how much is left.

As the spring semester begins, students can expect to see changes in the printing labs all across campus. These changes were implemented on Jan 18. The Department for Information Technology has added flexibility and mobility to the computer lab services so students can borrow a laptop with software needed for their courses. This enables them to research anywhere on campus. Also, with the addition of PaperCut, students will be able to submit print jobs from any facility on campus.

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The new PaperCut program is designed to make printing an easier process.

A female student narrowly escaped an assault by two males in the lower level of the Student Center Annex on Dec. 16, 2011. Grabbed from behind, the victim broke free after almost being dragged into a bathroom. The case is currently under investigation.

“It is unknown what the intention of the individuals was, as they said nothing,” said Lt. Kevin T. Barrett.

“There were no witnesses to this incident or further description of the subjects from any other person. The Detective Bureau has worked tirelessly to canvass the area, review video and interview to attempt to get a clear indication of this assault and will continue to do so.”

After the victim escaped, she met with friends who later encouraged her to contact the police. The men, currently un-

Montclair State University Since 1928

On the web at: www.theMontclarion.org

Weather

Fri: 1/20 - 32°
Sat: 1/21 - 38°
Sun: 1/22 - 40°
On Dec. 13: Matthew Groszew, 23, of Denville, and Dylan Thomas, 19, of Levittown, Pennsylvania, were charged with possession of marijuana and drug paraphernalia while in Bohn Hall. They are scheduled to appear in Clifton Municipal Court.

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

On Dec. 16: A male resident of Einstein Hall was a victim of a bias crime. This matter is under investigation.

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

On Dec. 19: Dave Berkefeld, 22, of Stanhope, was arrested for filing a false police report while in Alice Paul Hall. She is scheduled to appear in Little Falls Municipal Court.

On Dec. 16: Christian Bustamante, 20, of New Milford, Michael Yim, 19, of Morris Plains and Nicholas Steinbach, 20, of Edison, were arrested for conspiracy in their involvement in stealing hang tags. They are scheduled to appear in Little Falls Municipal Court.

On Dec. 21: A female employee reported the theft of a cash box from her unsecured desk drawer inside of Calcia Hall. This matter is under investigation.

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

On Jan. 15: A female non-student reported being sexually assaulted at Hawk Crossings. This matter is under investigation.
The Departments of Modern Languages, Spanish and Italian and Linguistics have relocated to their new home in Blanton Hall. Formerly Dickson Hall, Schmitt opened its doors this semester to students at Montclair to ease the overcrowding of majors in Dickson Hall.

Bressler is quoted as saying, "By mid-March 25, we will close the northern access to the center stair and elevators. This will then construct a physical barrier of the demolition, the noise and dust will be dramatically reduced."

"The demolition will be completed Friday, Jan. 20," according to Gregory Bressler, vice president of university facilities. "With the completion of the demolition, the noise and dust will be dramatically reduced.

Post-demolition, "The Contractor will then construct a physical barrier [to] direct pedestrian access from the southern entrance of Blanton Hall to the center stair and elevators. This will provide the access to and from the second-floor temporary Student Health Center. This will be completed by next Wednesday and will remain in effect until the Student Health Center is re-located back to its original location."

"Also effective on Wednesday, Jan. 25, we will close the northern access to Blanton Hall," Bressler said.

Bressler also said, "By mid-March 2012, we plan to have the Student Health Center back where its original space, at which time the original northern entrance to the Student Health Center will be re-opened."

Bressler states that the opening of the new rooms in The Heights has increased Montclair’s student residence offering from three thousand beds to five thousand beds. "This transition provided an opportunity to take some of its existing residence halls offline for repairs."

However, Blanton Hall is no stranger to renovation as work was done during the summers of 2009, 2010 and 2011. The newest, and final, set of renovations began on Jan. 3, 2012 and are expected to be completed by July 27, 2012.

The renovation will also include, "converting existing rooms to be ADA-compliant suites, renovating all student room bathrooms, replacing the corridor flooring and lighting, painting the student rooms and corridors, replacing the closets with new wardrobes in all student rooms, re-finishing the student room doors, replacing building signage, upgrading the fire alarm system throughout the building, constructing a new entrance into the Roadside Hall portion of this building and, adding a new security desk and renovate the first floor student lounge area."

Bressler said, "The project is funded under Montclair State University’s Housing Plant Funds.

"The information tech division is already met with students from SGA and had out for an entire term and ran it with some students. The department also tested the program on their computers and will be able to save their print jobs to a queue. Once they arrive at the com-}

Pages they have printed. In addition, students now have a limited amount of pages that they are permitted to print each semester. Active students will each be given 800 single-sided prints or 1,124 double-sided prints. The printed pages allowance was determined with the intention of helping the campus stay "green," as stated in an e-mail from the Office of Information Technology (OIT).

One of the most important features that students are excited about is being able to print from their personal computers. Once logged into the printing service on their personal computers, the PaperCut program will automatically prompt to be installed onto their device. Students can then log onto the program on their computers and will be able to save their print jobs to a queue. Once they arrive at the computer lab, they can then choose to print their assignments directly from their queue.

Printing should be something that students of Montclair should automatically have.

However, the IT Department is confident that students will be happy about the new changes they are introducing this semester. They tested the program out for an entire term and ran it with some students. The department also met with students from SGA and had students test out the system to make sure it fit their needs.

"The information tech division is always committed to providing students with the best and most flexible services possible," said Edward Chapel, vice president of the IT Department. "We believe the new printing application will provide students with all of the printing services they need. At the same time, it will allow the students and the university to be environmentally efficient and effective."
Media

The Montclarion • January 19, 2012

Continued From Page 1

communication. Students have the option to remain in their current program with no changes or switch to the new one, which has a slightly different core group of classes and more flexible electives.

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

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

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

"I think it's going to be beneficial for the respective majors in the long run," said Rob Dickerson. "It didn't really seem like the communications majors were getting as rounded an education as they would need. Indeed, I've seen [communication] majors taking a couple courses in our program as it is. The whole thing is going to provide a really streamlined and well-rounded education for everybody. I'm definitely very excited to see the new school get off the ground."

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

In addition to the School of Communication and Media, the University recently completed a major technology upgrade of its DuMont Television Center to a state-of-the-art high-definition studio, which includes the most technologically advanced equipment. The University also announced that it will become the new headquarters for NJTV's news division and will provide studio space for the public media network's nightly news broadcast.
Think Before You Print!

Save trees and money when you print smart with PaperCut.

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

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

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

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

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

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

Some students are taking extreme caution by purchasing mace.
The new year is finally here! It brings a new slate of opportunities and a chance to start afresh.

Let’s face it, the vow to lose weight is something Americans have been overwriting for decades now. Our short-lived resolutions. We have all heard it too often: promise to lose the two inches off your hips and gain some memberships that are bought with good intentions. Yet, the unrealistic diet regimes continue to plague us, fostering what become unsustainable promises.

As college students, we are at a pivotal stage in which we develop habits that will remain throughout our lives. The ultimate promise to stay healthy, strong and fit to feel our best should be the re-calibrated reso-
volution for 2012.

We are all inundated with images of celebrities shedding pounds for vanity through unrealistic means; unreasonable diets consisting of only apples are unhealthy standards that are impossible to uphold. Instead of dieting, we must form a lifestyle that we can keep up forever. Make 2012 the year we make a lifestyle change for our possible. Here is a compilation of tips to help in the vow to better your health!

1. Prepare yourself before you wreck your health.

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

2. CHUG! CHUG! CHUG!

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

3. Greens on deck

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

4. Ice ice baby

For us college students, it’s hard to buy fresh veggies and fruits. They go bad quickly and you wind up throw-


thing for sure: you’ll feel amazing!

The ever-so-talked about award season has finally arrived! This means the glitz, the glam and, most impor-
tant, the fashion. Here are the looks and celebrities that we need to know are right here. If you missed the Golden Globes or the Academy Awards, all the important things you need to know are right here.


The day after awards season you’re greeted the red carpet in Lanvin to Versace, each star vying for the most glamorous look of the season. If you’re not watching on your DVR, all the important things you need to know are right here.

2. Fashionably Early

Mara Ballesteros

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Arnie Zane
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Story/Time

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Choreography by Bill T. Jones
with Janet Wong and
members of the company
Featuring Bill T. Jones

Music by Ted Coffey
Text by Bill T. Jones
Decor by Bjorn Amelan
Lighting Design by Robert Wierzel
Costume Design by Liz Prince

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Food Allergies vs. Food Hypersensitivities

Dora Cechin

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

A food allergy is an immunological response to specific food proteins, or allergens. The human body is programmed to recognize foreign invaders as bacteria or viruses. Defenses known as antibodies attack these invaders. In a similar fashion, sometimes the body recognizes food proteins as foreign invaders. When the allergen is ingested, an allergic antibody called Immunoglobulin E is released, attacking the allergen while releasing a large amount of the chemical called Histamine. Histamine trig- gers allergy symptoms ranging from mild to severe reactions. Symptoms can include hives, itching or eczema, runny nose, sneezing, tingling or itching in the mouth, diarrhea, breathing difficulties including nausea or vomiting. Anaphylaxis is the most severe ad- verse reaction resulting in simultaneous multi-system body reactions in- cluding swelling of the throat, tongue, lips, wheezing, rapid drop in blood pressure, and fainting. In the absence of treatment, administration of epinephrine must be given to reverse the life threaten- ing symptoms. Food hypersensitivity is an umbrella term that houses various types of reactions to food. A food intolerance is a physical response to food that is not of allergic origin. Food intolerances include the physical response of the gastroin- testinal system to lactose intolerance. A food intolerance is not diagnosed through a blood test as is done with food allergies. This is all within your parent’s life- time. To this end, who won the election?

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

Food poisoning is a hypersensi- tivity due to intense dislike from past psychological, social or cultural experiences with food. In this case, there is no immunological, physical or chemical reason food cannot be processed appropriately. If anyone has fallen victim to spending part of the night over bathroom porcelain, a food aversion to the sight and smell of food aversions is alive and unwell. More than anything, feminism is considered the 51 percent minority, class will introduce you to a wide va- riety of feminisms, and it’s only the era of your friends may have scoffed at the image issues. Even more broadly, you may hear feminism discussed as popular, sometimes, the body recognizes food proteins as foreign invaders. When the allergen is ingested, an allergic antibody called Immunoglobulin E is released, attacking the allergen while releasing a large amount of the chemical called Histamine. Histamine trig- gers allergy symptoms ranging from mild to severe reactions. Symptoms can include hives, itching or eczema, runny nose, sneezing, tingling or itching in the mouth, diarrhea, breathing difficulties including nausea or vomiting. Anaphylaxis is the most severe ad- verse reaction resulting in simultaneous multi-system body reactions in- cluding swelling of the throat, tongue, lips, wheezing, rapid drop in blood pressure, and fainting. In the absence of treatment, administration of epinephrine must be given to reverse the life threaten- ing symptoms. Food hypersensitivity is an umbrella term that houses various types of reactions to food. A food intolerance is a physical response to food that is not of allergic origin. Food intolerances include the physical response of the gastroin- testinal system to lactose intolerance. A food intolerance is not diagnosed through a blood test as is done with food allergies. This is all within your parent’s life- time. To this end, who won the election?

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Sitters wanted. $12+ per hour. Babysitting, housesitting, petsitting. Register free for jobs near campus or home and start earning cash now! www.student-sitter.com

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

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

Nobody dreams of having multiple sclerosis.

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

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

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

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

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Welcome Back!

TOONS & GAMES

The Montclarion is looking for cartoonists!

Email msuproduction@gmail.com for more details!

Across
1. These group of apartments are said to be haunted.
2. Located next to the Library.
3. The financial department is in this building, as well as the honors department.
4. Located on clove road, named after a famous musician.
5. The newest finished and newly renamed building.
6. Advisors and career services lie in this building.
7. Only Freshman are allowed to live in this building.
8. Located on clove road, this building, as well as the honors department.
9. This dorm typically houses transfer and international students.
10. The bundle of apartments located off campus.
11. These group of apartments that house thousands of students.

Down
1. These group of apartments are said to be haunted.
2. Located next to the Library.
3. The financial department is in this building, as well as the honors department.
4. Located on clove road, named after a famous musician.
5. The newest finished and newly renamed building.
6. Advisors and career services lie in this building.
7. Only Freshman are allowed to live in this building.
8. Located on clove road, this building, as well as the honors department.
9. This dorm typically houses transfer and international students.
10. The bundle of apartments located off campus.
11. These group of apartments that house thousands of students.

Across
4. The art building.
5. The Library.
6. The biggest theatre on campus.
7. The center building of this building.
11. The newest finished and newly renamed building.
12. The music school lies in this building.
13. This building houses the School of Business
14. Only Freshman are allowed to live in this building.
15. The bundle of apartments located off campus.
17. The College of Humanities located off campus.

The Montclarion is looking for cartoonists!

Email msuproduction@gmail.com for more details!
**Make an Exception: Drop the SOPA**

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

New Congress is trying to pass a bill that will prove to be more damaging to the First Amendment than all of the people who have defended their outrageous actions with said amendment throughout U.S. history. On the surface, the Stop Online Piracy Act, or SOPA, seems generally harmless, proposing to stop the flow of illegally shared U.S. copyrighted material and essentially create a back door in the firewall that protects the Internet rights of all. Each act of sharing is punishable using an awesome raft of rights, from stopping Facebook pages to using a YouTube video on your Tumblr page is a breach of our basic liberties.

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

These inalienable rights, the right to casually surf BagTube without judgment and the right to express your angst to the person who really deserves it: entertainment industry executives. As is the fine print that this whole mess amounts to, mostly: given this bill, if passed, would give a small group of people the power to enforce the Internet under their own values and essentially create a caste system in virtual space, either you have supreme power or you are just another n00b.

In a self-policing reality like the Internet where people have developed their own methods to circumvent the supreme power or you are just another n00b. In a self-policing reality like the Internet where people have developed their own methods to circumvent the distribution of child porn and Chez’s forthcoming album in exchange for the right to host as many LOLcats websites as the World Wide Web can hold, giving a group of people from “outside of the Internet” power to send you to jail for posting YouTube videos on your Facebook pages.

While we applaud those who are learning environment yet. This project has been behind from the start. First the building was closed well before work was able to start. Most students on campus had never seen that building open until this very semester, though construction only started in the fall of 2010. Then, once construction started, strikes and union protests, followed by switching demolition companies or mascots to alleviate these problems, continued to slow everything down.

We worry about minor problems like the reopening of the former Finley Hall, was met with excitement, especially since it has been closed for close to four years. The College of Humanities and Social Sciences needed the space, badly. Dickson Hall was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car was starting to feel like a clown car.

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Overzealous Yogging May Lead to Injury

World looks on in horror as health craze makes a few people less healthy

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

As we become more familiar with this fitness trend we also remember the perils that we’ve always associated with staying in shape—pulled muscles, twisted ankles that we’ve always associated with staying in shape. But not everyone walks away from the activity. Some students make their way to the rec center in gym shorts and running shoes, trying to “get back in the habit.”

The class goes on for approximately 90 minutes and all the while, the instructor is trying to get both of your legs behind your head while you try not to slip on the solid inch of sweat that has accumulated around you on the floor. All joking aside, Bikram Yoga was one of the most intense, yet enlightening experiences of my life. But not everyone walks away from the class with the same effects on their minds and bodies (in fact, some have difficulty walking away at all).

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

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

What did I learn from my “hot yoga” experiences? That my body can twist in ways I didn’t know it could, that I can sweat much more than I thought I could and that 90 minutes of supposedly severe and peaceful postures is actually extreme laundering.

Now, you might be thinking: okay, Tony, Bikram Yoga is different than other types of yoga because of the altered room temperature. But the truth is, the difficulty of yoga depends solely on the individual performing the activity. According to the New York Times article, “How Yoga Can Wreck Your Body,” “not just students but celebrated teachers too, injure themselves in yoga because must have underlying physical weakness or problems that make serious injury all but inevitable.”

I consider myself relatively fit, but I have painful tendencies in both of my knees and chronic lower back pain. I left Bikram Yoga pain-free, relaxed and, honestly, feeling a few pounds lighter. One of the main things I remember, is my instructor—a drooling, bampot-browed hippie—telling everyone, “Work at your own pace if you can’t do something, don’t force yourself.”

Her message was to have fun—and be one with nature, or something like that—but as I looked around the room I still saw many people struggling to elevate their bodies skyward while sustaining the entirety of their weight with their necks.

Staying active, healthy and in shape is very important in today’s society, but you can’t really call it staying healthy when you’re injuring yourself beyond repair by attempting insane poses the human body probably wasn’t meant to be in.

Travis Lancaster, an English major, is in his second year as assistant opinion editor for The Montclarion.

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

Christine Byczkiewicz
Staff Writer

For those dismissive of the dubstep genre, even in the slightest, take this into consideration. The fresh hard-core band Entr Shikari does not use such electronic elements just to entertain and/or make listeners dance, but to inform and educate, especially on their latest album, A Flash Flood of Colour.

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

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

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

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

Instead of blaming one person for all the world’s problems, we are actually all to blame. Thankfully, we can still do something to help fix that and the people most ca- pable of bringing change for the better are those who hold no political power, a theme alluded to multiple times. The evils of some pride are the tale of “Hello Tyranno- saurus, Meet Tyrannicide,” and the values of loved ones in explained in “Con- stellation,” which shifts from the political standpoint to a more psychologi- cal, emotional standpoint.

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

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

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

Iggy Azalea, who is quickly dimming.

Since her debut singles “P$$Y” and “My World” went viral on YouTube, Iggy Azalea’s has been making some major waves on the In- ternet Records execs and hip-hop lovers alike can’t seem to get enough of this sassy beauty with a hardcore flow and pop princess grooming.

Azalea is proving that Nicki Minaj isn’t the only female MC worth listen- ing to and that the male- dominated rap game is not only unis, but bra with this. This Australian beauty, who moved to California in 2006, has a flair that made music lovers quickly forget about former White Girl Mobs rup- per Krazyshay of Gucci- Gucci fame whose shining star is quickly dimming. Azalea’s mixtape Ignorant Art is a free download that is simply delicious and her third single, “The Last Song,” is my favorite song of the moment. Azalea is all about girl power and is a tes- tament that hip-hop music is still all about the substance and not just the packaging.

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Iggy Azalea looking posh in her “My World” music video.

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Azalea is proving that Nicki Minaj isn’t the only female MC worth listening to and that the male-dominated rap game is not only unis, but bra. This Australian beauty, who moved to California in 2006, has a flair that made music lovers quickly forget about former White Girl Mobs rapper Krazyshay of Gucci-Gucci fame whose shining star is quickly dimming. Azalea’s mixtape Ignorant Art is a free download that is simply delicious and her third single, “The Last Song,” is my favorite song of the moment. Azalea is all about girl power and is a testament that hip-hop music is still all about the substance and not just the packaging.

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Glamour, Glitz, and A Bygone Era in Film
Silent romance and beauty throughout The Artist

Alan Vallee
Arts Editor

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

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

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

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

Alan’s Grade:
5 out of 5 Stars
Rock Your Face Off On The Ride Home

Band puts the life back in pop punk

Pop punk may be on the decline lately, but in the small suburban town of North Haven, Conn. it is most certainly alive and well. Last weekend at the Webster Underground in Hartford, Conn., up-and-coming group On the Ride Home jumped, kicked and rocked their way onto the pop punk radar. Their fast-paced early-Fall-Out-Boy-meets-The-Swellers sound combined with the amount of sheer energy this band has makes them an incredibly unique act that is sure to get the audience on their feet and moving to the beat.

Drummer Mike Doff fearlessly led the group into songs like their own “Happy on a Dare,” with which they opened, as well as an incredibly accurate and awesome cover of Taking Back Sunday’s “Make Damn Sure,” to which the crowd was singing along with energetic frontman Jared Hunter. But Hunter is definitely not the only energetic member of the group; bassist Sean Robichaud and guitarists Brendan Sullivan and Richard Kim were constantly in motion from side to side, amp to amp and even sometimes into each other. The vibe that On the Ride Home gives off in their live performance is similar to that of pop punk superstars New Found Glory, Fall Out Boy or even Good Charlotte — perfectly coiffed hair and heart-throb bassist aside, this band has it all: witty banter, catchy tunes and an energy that will eventually send them straight to the top of the charts.

On the Ride Home is definitely a band to see live; they will certainly impress you because, according to their Facebook fanpage, their main interest is “ROCKING YOUR FACE OFF.” What kind of person wouldn’t want that?

By Emilia D’Albero
Staff Writer

Emilia’s rating: 3.5 out of 5

What’s New with Dining Services?

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

**NEW YEAR**

**NEW MENUS**

**NEW HAWK TRUCK**

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

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

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

**Dickson Hall**
Monday-Friday
8am-10am (Serving Breakfast Items)
11am-7pm (Serving Ethnic Foods)
Greek
BBQ
Latin
Asian

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

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

During halftime at the men’s basketball game against Kean University on Saturday, Jan. 7, the 1971 men’s cross country team was honored for their perfect 15-0 season. This extraordinary group is one of a select few Montclair State teams to finish a perfect season. What makes these men so special is that they didn’t just go undefeated, they won all 15 games that they played in ’71. The cross country team was the fourth team in school history to have a perfect season. The only three teams to accomplish this before them were the 1947, 1960 and 1964 football teams.

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

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

The men’s basketball team is having yet another successful season. The Red Hawks are currently 14-4 and stand in second place with a 4-2 conference record. Montclair State is only one win behind William Paterson. The Red Hawks’ most recent victory was over Rutgers-Camden. Montclair State dominated the Scarlet Raptors in a routing that ended with the Red Hawks up 72-53.

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

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

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

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

The Red Hawks have seven games left in the regular season. All seven of them are conference games and four of them are home games. This works out for the Red Hawks because they haven’t lost a home game since Saturday, Nov. 26. Montclair State is set to Rowan on Saturday, Jan. 21 at 1 p.m.
OPEN HOUSE TODAY!

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

Writers and Photographers wanted!
Free Pizza!
The men’s swim team started the new year off right with a 108-76 win against New Jersey Institute of Technology. Only six days removed from their intense eight day training trip in St. Croix, the Red Hawks won 11 events, five of them being first and second place finishes.

Junior freestyler Zak Winstead won two individual events, edging out fellow Red Hawk Michael Volki in the 200 yard freestyle with a time of 1:52.30 and finishing just ahead of Sean French in the 100 yard backstroke, respectively. Berry finished with times of 10:40.54 and 1:00.01 in the 1000 yard freestyle and 100 yard breaststroke, respectively. And McLaughlin contributed with two first place finishes of 50.88 in the 50 and 100 yard freestyle, respectively. Berry also contributed with two first place finishes of their own. Long had a time of 22.70 and 50.81 in the 50 and 100 yard freestyle, respectively. Berry finished with times of 10:40.54 and 1:00.01 in the 1000 yard freestyle and 100 yard breaststroke, respectively.

“It was a good meet to start the new semester. We were swimming doubles throughout the week and about 16,000 meters a day on top of doing some running down there as well. Sometimes individually it can go either way, people can be broken down, or conversely some people just get that extra bump from training,” said coach McLaughlin.

“Those guys are pretty well-rounded this year. The only thing we’re lacking is a little bit of depth,” said coach McLaughlin. Junior freestyler Thomas Long and sophomore distance freestyler Joseph Berry also contributed with two first place finishes of their own. Long had a time of 22.70 and 50.81 in the 50 and 100 yard freestyle, respectively. Berry finished with times of 10:40.54 and 1:00.01 in the 1000 yard freestyle and 100 yard breaststroke, respectively. And McLaughlin contributed with two first place finishes of 50.88 in the 50 and 100 yard freestyle, respectively.

“With the time we did in the medley relay, we were about 10 seconds out of a 1:30.00. We’re there in the 500 freestyle, we’re there in the 400 freestyle, we’re there in the medley relay. We’re close in a lot of events,” said coach McLaughlin. The season starts to get long this time of year. We just got to keep our eyes on the finish line.”

The men’s team defeated Vassar 118-107 on Wednesday, Jan. 18. Montclair State plans on extending its win streak to four games when the men will go up against New York University and Old Dominion.

The women’s basketball team plans on extending its win streak to four games when the Red Hawks take on the Profs this Saturday. Montclair looks to avenge last year’s 71-73 road loss to Rowan.

“This week was a lot of work that was done first semester, trying to build on the hard work that was done first semester and keep focused. The season starts to get long this time of year. We just got to keep our eyes on the finish line.”

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Monday: vs. Stevens — Women’s Basketball
Wednesday: @ Penn State — Men’s Basketball
Friday: vs. Rowan — Men’s Basketball
Saturday: vs. Rowan — Women’s Basketball
Sunday: vs. Stevens — Swimming and Diving

The Montclarion
The Red Hawk hockey team limped into winter break hoping that when they came back, nearly a month of practices would allow them to gain control of the rest of the season. The first game of the new semester rewarded their efforts.

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

Back in October, Montclair beat WPU by a score of 6-2. With a win and a tie against the top-ranked Pioneers, the Red Hawks would hold the tie-breaker if it comes down to them to decide the division. However, a loss was the last thing that happened. The Red Hawks need to kick it into gear this semester.

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

Cody Ingles was the top performer in the game. He scored a goal and had two assists, giving him a total of three points, all coming at just the right time during the game. Tyler Timbeck, Albert Abunzera, and Thomas Lindquist made the other goals for Montclair. In 61 minutes of play, Kevin Fox racked up 41 saves on 45 shots and had a save percentage of .911.

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

The game was closer than the scoreboard would suggest. The Red Hawks led 2-1 after the first period, with 50 shots and stopped 46 of them. The other goal was an empty net goal. Fox wasn’t the only goalie who showed he belongs on the ice. John Palmieri of CCSU stopped 43 of the 46 shots he faced, which shows this game was very even and, in the end, was really only decided by one goal, even though the final score was 5-3. After the game, Doug Kubek said, “Fox gave us a chance to win this game. He kept us in it, but both teams played hard and we stuck with them the whole game and we’ve shown a lot of improvement since last season.”

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

The women’s basketball team has been working hard over the past few weeks. After ending the semester with a record of 6-4, the Red Hawks went 4-2 over winter break to increase their record to 10-6 (2-4 NJAC). The Red Hawks were able to win six straight games before losing two at home to William Paterson University and Kean University. Montclair State ended 2011 on a high note with wins over Widener University on Dec. 29 and Hamilton University on Dec. 30 during the Land of Magic Tournament in Daytona, Fla.

Against Widener, Montclair State was able to tie the game at 65 with five minutes left in regulation. The Red Hawks were then able to hold the lead for a 74-72 win. Senior guard Jaime Ericson finished the game with 21 points and 10 rebounds.

The next day, the Red Hawks dominated Hamilton University 70-55 and freshman standout Melissa Tobie was able to notch 22 points and seven assists.

Montclair State had a less-than-spectacular homecoming when they returned to the Panzer Athletic Center. The Red Hawks took on the undefeated Pioneers of William Paterson on Wednesday, Jan. 4. The Red Hawks held their own throughout the contest, but ultimately fell short after the Pioneers took the lead with 30 seconds left in the game. Tobie and sophomore guard Theresa Towns both helped the team with 16 points each.

After the close loss to William Paterson, Montclair State went up against Kean University (13-2). Once again, the Red Hawks pushed the opposing team into the final seconds. The Red Hawks tied the game at 66 with four minutes left. Down 66-62, Tobie stepped up for the three free throw attempts.

Tobie sunk the first two to bring the Red Hawks within two points. After Tobie missed the third shot, Ericson grabbed the rebound, but unfortunately turned the ball over to Kean. Towns finished with a game-high 19 points and nine rebounds.

Even though the Red Hawks lost both home games, they could be proud of their performances, and the Red Hawks know their efforts will affect their next two games on the road.

Montclair State had two fairly easy contests against New Jersey City on Wednesday, Jan 12, and Rutgers-Camden on Saturday, Jan. 14. The Red Hawks were able to beat New Jersey City 68-55 after taking and holding the lead 10 minutes into the game. Freshman guard Janitza Aquino and former forward Sara Farrell both scored 14 points while Ericson finished with nine points and 11 rebounds.

During the game against Rutgers-Camden, Montclair State had yet another dominant second half. The Red Hawks went into halftime with a 39-30 lead. Those nine points were more than enough breathing room as the Red Hawks would eventually hold a 27-point lead (68-42) with six minutes left in the game. The final buzzer rang with the Red Hawks up 75-58. Tobie led the Red Hawks with 17 points and seven rebounds. Montclair State is set to face off against Rowan University on Saturday, Jan 21. The Red Hawks will need to win if they want to stay in the running for the conference title.