Avoid Getting the Boot

By Peter Costanzo

New restrictions on parking along roads off Valley Road in Clifton and streets close to campus in Montclair were announced in an e-mail sent to all students last Thursday.

“Effective immediately, the City of Clifton will be dramatically increasing ticketing of illegally parked vehicles,” read the e-mail.

This applies to cars without local resident permits who park on McCosh Road, East Normal Avenue, Woodlawn Avenue, Hidden Place, McClean Road, Charles Street, Pino Court and Robin Hood Road.

Additionally, parking on Valley Road between the hours of 8 a.m. and 8 p.m. is prohibited.

“I don’t see why you can’t park there,” said a receptionist for Valley Animal Hospital on Valley Road.

She says that she has not seen much of a change in the amount of people parking along any road. “There are always cars by [Yogi Berra Drive],” said another.

Other cars usually park near the Newman Catholic Center structure. Several cars had commuter student passes, which are not valid on Valley Road.

Additionally, the Township of Montclair has begun restricting parking to a two-hour limit between September 1 and April 30 on Highland Avenue between Mount Hebron Road and Mountainside Park.

There has always been parking restrictions in the Township of Montclair.

Now, new restrictions have been put into place because local residents raised a petition to the city council which approved new restrictions, officials said.

A common will cost $30 if one is ticketed during the day and $35-$40 after 8 p.m. Repeat offenders will keep getting ticketed but the chance of the owner’s car being booting or towed is low.

“I would suggest to any student that they know where their car is,” said the receptionist. “I don’t see why you can’t park there.”

Valley Road between the hours of 8 a.m. and 8 p.m. is prohibited.

Parking on Valley Road has been restricted from 8 a.m. to 8 p.m., extending the former 5 p.m. limit.

The Montclarion will not have a printed edition next week, Feb. 14, 2013.
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The Montclarion

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The Montclarion willingly corrects its factual errors. If you think there is a mistake in a story, please call Editor-in-Chief Lori at ext. 5230.

From the Jan. 31 edition, in the "Pelican Police Report," Daniel Valles was not arrested for the possession of marijuana. University Police regrets the error.

From the Jan. 31 edition, in the "Voices In Our Webs" column, one of the comments was from Mark Ludas, not Mark Ludis.

Writers and Contributors
Peter Grabowski, Padraigh Gonzalez, Kelly Potts, Liouxsie Doyle, Corey Ann, Aurora Polanco, Debbie Encalada, Jessica Weinberg, Mike Panepinto, Kelly McGearry, Levon Syers, Nicole Duque, Ken Macri, Diana Noeman, Alexa Coppola, Dana Bardsen, Denise Potter, Mathew Van Den Hevel and Regan Brown.

"In America, the president reigns for four years, but Journalism governs for ever and ever." -Oscar Wilde
On Feb. 1:
Klaus Cherubin, 18, of Piscataway, John Carroll, 20, of Piscataway, Michael Tarsia, 19, of Maywood, were charged with underage consumption of alcohol while in Sinatra Hall. They are scheduled to appear in Little Falls Municipal Court. (building #46)

On Feb. 1:
On Feb. 4:
On Feb. 2:
On Feb. 4:

Saiful Kabir, 23, of Paterson, was arrested and charged with simple assault and domestic violence while in Sinatra Hall. He is scheduled to appear in Little Falls Municipal Court. (building #46)

A member of the Muslim Student Organization reported a bias incident in the Student Center. A poster near room 124 was defaced showing bias towards the Muslim community. This matter is under investigation. (building #40)

Alyssa Trouverdelli was arrested for simple assault and domestic violence while in Gordon Hall. She is scheduled to appear in Little Falls Municipal Court. (building #46)

A female student reported being harassed by a known individual while in Blanton Hall. The victim declined to pursue charges in this matter. (building #48)

On Feb. 2:
Timothy Zoll, 19, of Flanders, was arrested for disorderly conduct while in Blanton Hall. He is scheduled to appear in Little Falls Municipal Court. (building #46)

On Feb. 4:

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“Conversion means changing the direction of the path of our lives ... It is going against the current when the “current” is a superficial, incoherent, and illusory way of life that often drags us down, making us slaves of evil or prisoners of moral mediocrity.”

- Pope Benedict XVI

Join us for Ash Wednesday, the start of the Lenten season.

Schedule

Masses: 12:15; 3:00; 5:00 & 8:00 PM - Student Center Ballroom
Confessions heard 11:30AM -8:00 PM - before and after each Mass
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Thinking About Education

The National Association for Music Education sponsored a very prominent philosopher of education who criticized the current state of pedagogy this Wednesday in the Jed Leschowitz Recital Hall.

Nel Noddings, Lee L. Jacks Professor of Education Emerita at Stanford University and MSU alumi, spoke to a room full of education majors, professors and teachers.

She delivered into the contents of her new book, Education and Democracy in the 21st Century, saying that she wanted to "try to get fundamental concepts philosophically right." The topic of democracy was discussed, Noddings explored what she called, "The knowledge a specialist gains can only be enhanced by understanding that a specialist had, she responded." The talk was "an illuminating appreciation of their critical thinking." Critical thinking was a salient concept in her discussion, and she believed that teachers were approaching the education of critical thinking the wrong way.

"What is sensible to do is to stretch disciplines from within so the math teacher can say anything, but just math, the history teacher more than just history," she concludes. "This "cross discipline" tactic was prevalent in much of her discussion of education. She continued, "Every course is a specialty. The idea of democracy. It isn't just a matter of voting – that's just a procedure. It's a matter of working through the topics before we vote," she said.

She described democracy as a "mode of associated living," stressing the dependence that we have on each other and the importance of finding connections between subjects.

This idea of cooperation amongst society is the path on which she brings the rest of her discussion of education.

One of the many pitfalls of modern education, she Explained, was that subjects are handled in a discrete fashion – thus she claimed was ineffective.

"We haven't decided who our topic is," Noddings asked, "What is it that professors and teachers want students to study, to know. The idea of democracy is when anyone with a specialty. When an audience member asked if this would affect the depth of knowledge that a specialist had, she responded, "The knowledge a specialist gains can only be enhanced by understanding that a specialist had, she responded." The talk was "an illuminating appreciation of their critical thinking." Critical thinking was a salient concept in her discussion, and she believed that teachers were approaching the education of critical thinking the wrong way.

Instead of critical thinking being a concrete objective, she described it as a colloquial stage. "Critical thinking should be a shining star that guides what you do. It tells you when to shut up as well as to talk," she said.

Prospective teachers, students of education are some interested in examining the nature of their own education should look for Noddings's new book on the web at www.tprcpress.com.

Are you interested in photography? Visit www.photographyme.com to Monclarion!

Contact msphototeditor@gmail.com for more information!
An Attempt at Ending Violence

Retired officers hired in Lodi in an attempt to prevent school shootings

Borough officials in Lodi, N.J., have proposed putting ex-cops in the town’s elementary schools, the Bergen Record reported Monday.

Five retired officers, one for each elementary school in the district, would be armed and charged with the tasks of meeting visitors and patrolling the building during school hours.

In order for the students at the school to feel some sense of ease, the officers would be wearing civilian clothing instead of the traditional Lodi police garb.

The school board has yet to approve the measure, but there is already about $225,000 set aside for the hiring of the officers. The next school meeting is scheduled to take place on Feb. 27.

Frank Quatrone, the school’s superintendent, said, “I’m keeping an open mind on ways to enhance security in all of our school buildings.”

In the past, Governor Chris Christie has rejected the proposal from the National Rifle Association whose leaders declare that stronger gun control itself would not help prevent another tragedy like the Newtown shooting.

This hasn’t stopped other towns from moving forward with armed security guards. In January, Totowa began placing armed police officers in their elementary schools to serve as guards.

Steven Engravalle, a superintendent in Fort Lee, was adamant in placing armed guards in every school in the borough, saying that it was “the only way” to avert another Newtowntown shooting.

If fighting fire with fire, or in this case, guns with guns is not the solution, then how can we prevent another elementary school shooting?

In Garfield, the topic of armed guards in school has been met with intense debate. “I do not believe we should turn our schools into prisons or jails,” said school board member Charles Nescif in an article for the Bergen Record.

Advocates of the armed guards made the point that the police officers could do more for the school than just protect it against a shooting.

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The results are in: While the rest of the hot-wing eating, beer drinking, football-loving world was celebrating or grimacing the victory of the Baltimore Ravens this past Sunday, you were silently plotting ways to escape the crowds and dig up your old Destiny’s Child CD, as well as maybe hitting the gym somewhere in between. You know darn well those finger foods aren’t going to look as good on you as they tasted.

For the fashion-savvy, the Super Bowl is usually nothing but a Super-snore. The field is covered with wall-to-wall sweatbands and spandex. While it just might be acceptable if every single player in the history of the NFL looked like Joe Flacco—I digress, the football fashion usually just doesn’t cut it.

But this year, in the midst of our kick-off refreshments, we were given a breath of fresh fashionista air in the form of Alicia Keys. Taking the piano and our ears by storm, Keys gave us understated elegance in a floor-length deep red racer back-style gown by Alaia. Paired with a simple gold choker necklace, Miss Keys sang our national anthem to a “T,” ensuring all of us we were proud to shop in the land of the free and “the home of the fabulous.”

Fashionistas cheered again when Jennifer Hudson took the field to sing “America The Beautiful” looking just that in a black long-sleeve leather top by Monika Chiang, paired with a simple white pencil skirt by L’Wren Scott and killer pumps by Yves Saint Laurent. With all those major fashion players on the field, who needs athletes?

But we, the chic people of the world, were overruled and sentenced to two excruciating 15 minute long quarters of passes, fumbles and flags until—the mother load: Beyoncé, in the flesh, taking fashion football to infinity and Bey-ond at the halftime show.

From the moment she took the stage in a futuristic leather outfit that evaporated piece by piece into a barely-there lace-embroidered body suit, we were “Crazy in Love.” With her wacky facial expressions aside, Beyoncé proved she could own both her look and her moves with those trademark hip swings. Also, Single Ladies and 90s babies everywhere rejoice! Kelly and Michelle of pop group Destiny’s Child exploded onto the scene just in time to join Beyoncé in tailored, complementing black leather body suits, and a mirror image of their days as girl-band royalty.

While the boys were whimpering over the stadium blackout, we were all giving Beyoncé a nod of approval for truly knocking the lights out of Super Bowl XLVII. When the final pass was thrown and the final punt was kicked, we fashion-lovers were free to be on our merry way, strutting our stuff out of the parties, fully aware that we will never look as fierce as Sasha Fierce herself, but too proud to care anyway.

Agree? Tweet us @MSU_fashion.
The Montclarion

February is American Heart Month, which makes it the perfect time to talk about prevention and control of the number one cause of death in American heart disease. 35 percent of Americans are currently living with some form of cardiovascular disease. However, many of us are unaware that most risk factors are controllable. The impact that nutrition has on the health of the heart and the entire cardiovascular system is very important. By focusing on a few key lifestyle changes, you can prevent and decrease existing heart problems.

Recently, the American Heart Association established seven simple goals for individuals to follow for optimal heart health. Whether you are focusing on prevention or battling a form of heart disease, “Life’s Simple 7” will equip you with the defenses you need to keep your ticker ticking.

1. Refrain from smoking

Those messages on cigarette cartons tell the truth, folks. Smoking damages the entire cardiovascular system and decreases your lung capacity, making it more difficult to handle physical activity that is necessary for good health. If you smoke, quitting is the best way to improve your quality of life within days of cessation.

2. Reach and maintain a healthy weight

Excess body fat significantly increases your chance of developing diabetes, high blood pressure and high blood cholesterol, all of which are bad for your heart. The keys to losing weight include physical activity and managing calories. Keeping a food journal is a great way to become aware of unhealthy food habits and to keep track of calories.

3. Move!

Regular physical activity alone can help the body lower cholesterol levels, blood sugar and blood pressure. To be effective, you must participate in at least 30 minutes of moderate physical activity five days a week. Too busy? Start slow and incorporate more activity into each day by parking farther away from your destination, taking the stairs instead of the elevator, getting active during lunch and planning a way to use stairs instead on different floors. Trust me: little steps like these will motivate you to keep going.

4. Lower your blood pressure

High blood pressure is the primary risk factor for heart disease due to the strain that it puts on your heart and arteries. To lower blood pressure, the American Heart Association recommends limiting sodium to 1,500 mg a day. This is equivalent to less than 2 teaspoons of salt. Check the nutrition facts label for sodium content. Anything with more than 20 percent of the daily value of sodium per serving is high and should be consumed in moderation. In addition to salt, high amounts of sodium are present in canned and frozen foods, cold cuts and processed snack foods like chips, crackers and cookies.

5. Decrease your cholesterol levels

Too much bad cholesterol circulating throughout your body builds up plaque in your arteries, which are the roadways that blood uses to travel away from the heart. To lower cholesterol levels, consume satiated and trans fats and limit foods high in cholesterol.

Here are some tips: Switch from full-fat to low-fat or fat-free dairy products and consume fatty fish twice a week instead of beef to replace bad fats with heart-healthy omega-3 fats. Studies have also shown that fiber helps to control the levels of cholesterol in the blood; so, there is one more reason to eat your fiber-rich fruits and vegetables.

6. Control your blood sugar

Complications from diabetes are some of the leading causes of cardiovascular disease. Prevent or control diabetes by trading in most refined grains and simple sugars for whole grains and fiber-rich foods. Daily exercise also helps your body process sugars more effectively.

7. Eat a healthy diet

Eating a healthy diet incorporates all of the above advice to maintain a healthy weight and lower blood pressure, blood sugar and cholesterol. In a nutshell, consume lean fish, whole grains, fruits and vegetables, while limiting intake of sodium, cholesterol, simple sugars and saturated and trans fats.

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Recently, the American Heart Association established seven simple goals for individuals to follow for optimal heart health. Whether you are focusing on prevention or battling a form of heart disease, “Life’s Simple 7” will equip you with the defenses you need to keep your ticker ticking.
“Hair die” refers to the correlative between a horror film starlet’s lack of survival and her lack of longevity on any other day. Does the lightness or darkness of her hair somehow constitute an unspoken personality trait, like promiscuity? Does same hair color predetermine the survival chances of her characters? Much ink has been spilled over the “lobotomized” feminicidal sacrificers, the sacrificial return, split the most blood? Brains have been relegated to the space in between the lines. If this is the case for the blonde, then that’s not the case for the brunette.

“Which is the special appeal of blonde hair, an appeal so strong that it has led to the bizarre situation that there are now more artificial blondes in the world than real ones?” questions ethnologist Desmond Morris. In fact, despite the fact redheads have been historically viewed as the “other” hair color, one is more likely to come across a natural redhead than a natural blonde.

Women in Rome were aware of the advantages of a blonde, and censured their biological speaking, the natural blondes exude subtle signals that transmit femininity. The fearness of the hair promises something apart from the body’s account, this echoes the softness of the femininity.

This act of imitation, however, became associated with femininity and pompous display. In turn, the man-made blonde, through use of wigs or dyes, signified professional sexuality. That image also had elements of the Roman prostitute was eventually re-written by law to demand blonde hair by law.

Movie stars of the golden age of cinema also relied on blondness to sell a persona. The 1930s saw actresses like Jean Harlow and Mae West come into form through their bawdy, working-class characters. There was also a sort of blonde whom looks appeared more natural; their thick expanse curves were slender and wiry, they were considered healthy and dangerous. Actresses whose hair appeared naturally lusty and typically played upper-class women whose sexuality was enthusiastic, based around being un-class women whose sexuality was typically played upper-class women whose sexuality was not curvy and dangerous.

The icy blonde and warm brunette are diametrically eroticized: the former is an enigmatic, based around being un-class women whose sexuality was typically played upper-class women whose sexuality was not curvy and dangerous.

Actresses whose hair appeared naturally lusty and typically played upper-class women whose sexuality was enthusiastic, based around being un-class women whose sexuality was not curvy and dangerous.

At the same time, blondes were beginning to fall out of favor, with brunettes being revered for their earthiness. The sex appeal brunettes promised was not bland, but sly — almost a muted, natural breed. The ideal Caucasian women was a fumbling, inarticulate girl-woman who exuded sincerity in her self-confidence.

The icy blonde and warm brunettes are diametrically eroticized for her captivating beauty and alluring earthiness. The sex appeal brunettes promised was not bland, but sly — almost a muted, natural breed. The ideal Caucasian women was a fumbling, inarticulate girl-woman who exuded sincerity in her self-confidence.

Biologically speaking, the natural blonde, and bleached their hair. Women in Rome were aware of the advantages of a blonde, and censured their biological speaking, the natural blondes exude subtle signals that transmit femininity. The fearness of the hair promises something apart from the body’s account, this echoes the softness of the femininity.

When people express their frustrations at Valentine’s Day — for its kitsch, its commercialization, its overpriced stuffed animal or contrived holiday that, in the past, I never subscribed to. I don’t expect anything out of the way, for I don’t expect anything out of the way.

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Peak Performances

JOHN J. CALI SCHOOL OF MUSIC
MSU Wind Symphony
Thomas McCauley, conductor
Feb. 19 • 7:30 p.m.
Alexander Kasser Theater

DEPARTMENT OF THEATRE AND DANCE
MSU Symphony Orchestra
Ken Lam, conductor
Feb. 23 • 8:00 p.m.
Wagner - Excerpts from Die Walküre
Brahms - Symphony No. 2
Alexander Kasser Theater

DEPARTMENT OF THEATRE AND DANCE
Dance Collage
Feb. 20, 21 & 22 • 7:30 p.m. | Feb. 22 • 1:00 p.m.
Feb. 23 • 8:00 p.m. | Feb. 24 • 2:00 p.m.
Memorial Auditorium

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HOMEWORK-HELPER Wanted for 10 year-old, Monday 4:15-6:15pm in Montclair - $15.00 per hour. Call Mary Kate 973-865-8769

Before school care and driver needed for 12 and 14 year old in our Cedar Grove home (close to campus) from 7A-8A Monday to Thursday. References, background clearances and car required for transportation to school. 610-993-8796 or ncarrelli@carebridge.com

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C

The Week In Review

Thumbs Up

Chocolate
The Puppy Bowl
Nicolas Cage (forever)

Thumbs Down

GoDaddy.com commercials
Fire drills

Destiny’s Child and their “microphone malfunctions”
I find that I often face the choice of making a healthy choice at Freeman Dining Hall, which contains iron and antioxidants. The recent options at Freeman have been absolutely terrible. I find that I can never tell what I will be getting. The fresh salad bar is run by two former disillusioned bandmates, and it is not a consideration. It was also a frigid day and she was not about to go out and look for something to eat. Now, when I eat at Freeman, I find my self eating from a menu that is not a consideration. It was also a frigid day and she was not about to go out and look for something to eat.

The tofo stir-fry and eggplant parmesan entrees have been frequently missing from the menu this semester, as well as the hummus vegetable spring roll and chips and sause appetizers. Making a decision between a garden salad and a plate of the day is often a tough decision. I find that I often face the choice of making a healthy choice at Freeman Dining Hall, which contains iron and antioxidants. The recent options at Freeman have been absolutely terrible. I find that I can never tell what I will be getting. The fresh salad bar is run by two former disillusioned bandmates, and it is not a consideration. It was also a frigid day and she was not about to go out and look for something to eat. Now, when I eat at Freeman, I find my self eating from a menu that is not a consideration. It was also a frigid day and she was not about to go out and look for something to eat.

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The cause of the blackout at the Superdome—which some argue changed the dynamic of the game by allowing San Francisco to recover from the beating they were receiving—is still unknown and there have been many suspicions since Sunday.

The blackout, according to sources such as ESPN, was apparently a known threat according to some documents created by Superdome officials, constructing consultants and engineers alike.

According to other sources, another rumor has been spreading that the cause of the blackout was actually due to musical diva, Beyoncé Knowles’s, giant, flaming silhouette of Beyoncé which featured spectacles such as a $2 million diamond-encrusted hair dryer, Purple and green to symbolize Mardi Gras.

The blow dryer itself is a special 17-year veteran Baltimore linebucker Steve Lewis's last professional football game. By nightfall, the game was well played, entertaining enough for a football fan around the United States with an enjoyable sports experience. Even if the Giants or the New York Jets didn't make the playoffs, our tri-state area will be shaking from the abundance of excitement on that Thursday night.

Why am I talking about the Super Bowl again? I mean, haven't we heard enough about the Harbaugh and the hype over Ray Lewis's retirement? Well, I'm here to talk about the aesthetical future of these games. Yes, I'm talking about the endangered Super Bowl logo.

Until Super Bowl XLV in 2011, each game had its own logo. Those logos commemorated the uniqueness of each season and the game it represented. Some were designed for their location, like Super Bowl XXXI in 1997, which took place in New Orleans and had ribbons of purple and green to echo Mardi Gras.

However, since the 2010 NFL season, the league thought of a way to generalize the unofficial holiday by creating the same "T-1000" style logo with a different numeral to be Xeroxed every year. That monstrosity was used in New Orleans this year, and hoy, what a dismal caret.

The logo, which will always be the same with the Vanos Lombardi Trophy towering above monochrome silver-dipped letters, does not encourage creativity whatsoever.

That's similar to the atrocious 2012 Olympics logo from London sticking around for Sochi in 2014. I'm glad that the same team hasn't won twice since 2011. Yes, I'm sure, hypothetically speaking, Giants fans will point to that logo they have more than one or two of and be confused about what happened specifically those years.

By now, you know the Super Bowl's logo is a no-no. No matter how many times it appears, it won't be confused with the Vince Lombardi Trophy as a way to generalize the unofficial holiday, but will instead tarnish the aesthetical future of these games. We want to make the Super Bowl more than one of and be confused about it. However, since the 2010 NFL season, the league thought of a way to generalize the unofficial holiday by creating the same "T-1000" style logo.

This is just sad. We identified the Super Bowl as being different each year. Those logos, created by nominees of graphic design, gave that uniqueness that gets us hyped for a game that may only small portions of the U.S. should care about. They carried on with that for 44 years. Why not keep going? We have to put an end to this monstrosity of a logo before it's too late. Yes, I know it's just a logo, but this isn't Florida or an indoor stadium.

This is a sacred ground for football. Let's treat this as a once-in-a-lifetime event, not just another game on the schedule.

It was in interesting that it was going to be more of her newer stuff, because I know she's coming up with new stuff. But it was cool that Destiny's Child got to together and effectively come out with new stuff.
Transitioning Trends and Musical Tastes

Many can remember 10 to 15 years ago when somebody casually mentioned that they played guitar or drums the waves of “Awesome!” or “Cool!” Now, with the current mainstream music scene, musicians are cast in the side in favor of 80’s and Heartbreaks. With digital instruments sneaking into popular songs in traditional genres with Taylor Swift’s radio-friendly “I Know You Were Trouble” being the most recent example, the importance of these “classic” instruments are slowly fading out.

Casual music listeners have generally responded positively to this change with their wallets. The digital sale of electronic music has increased by 42 percent in 2012. A stark contrast from the marginal increase of 16 percent for rock music. Even more telling is the chatter of Facebook posts about how everybody wants to go to festivals such as Electric Daisy Carnival instead of Coachella or Bonnaroo. Hell, even Bonnaroo had their music business changed with their wallets. The digital sale of electronic music has increased by 42 percent in 2012. A stark contrast from the marginal increase of 16 percent for rock music. Even more telling is the chatter of Facebook posts about how everybody wants to go to festivals such as Electric Daisy Carnival instead of Coachella or Bonnaroo.

Six daydreamers turned rockstars!

These six daydreamers from Iceland are best known for crafting catchy, folky pop songs that are not only treasured in their motherland but are spreading across the globe like wildfire. Iceland’s annual battle of the bands, Músiktilraunir, started it all, granting these young musicians a beginning as total rock stars in 2010.

Having only one album thus far, highly recommended listener includes, “Little Talks,” “Love Love Love,” “King and Lumberjacks,” “Mountain Sounds” and “Dirty Paws.”

Nanna Bryndís Hilmarsdóttir, the band’s co-singer and guitarist, was not expecting the successful turn out of the competition. Celebrating the victory at her home with some beer, she realized that this was just the beginning of her career and quickly convinced the hearts of many listeners that her and her bandmates have amazing talent.

The groups’ single, “Little Talk,” set a solid stage for not only Nanna, but her companions (guitarist Brynjur Leifsson, co-singer/guitarist Ragnar “Raggi” Pórhálsesson, drummer Arnar Einarsson Hilmarsen, and bassist Kristján Pál Kristjánsson) triggered a rapid rise in a year alone.

Their inspiration for melodies and lyrical content come from stories they’ve read, particularly about people in history who have become legends from the most bizarre of situations. Nanna recalls “Six Weeks” being inspired by a true tale of American frontiersman Hugh Glass and his encounter with a bear.

Although their music seems to be uplifting and fun to sing to, the words do not follow this same trend. The band mates feel as though their country can be isolated, and so this idea radiates into their messages. “Little Talks” speaks of loneliness and insanity, whereas “Love Love Love” relates to heartbreak. The goal here is to get you to sing along and feel happy, even though what is being sung to you isn’t exactly what you’d expect.

As champions, the new band earned their place in the eminent Iceland Airwaves festival later on that year. Followed by Seattle’s KEXP-FM posting “Little Talks” from a Living Room Session that was filmed there, adding on to the rise of their fame.

By the summer of 2011, “Little Talks” hit No. 1 in Iceland and the band was asked yet again to perform at Iceland Airwaves that same year. KEXP grew to become a personal fan, noting that the group was easily buzzed about and loved.

Listened to from border to border, the group’s music remains distinct.
The Plight Of Michelle Williams

Destiny’s most awkward child

Rashad Bradshaw  
Art Editor

Destiny’s Child’s legacy in the music industry has spanned an amazing Grammy-filled career with millions of albums sold worldwide. Setting records and trends, the group proved to be a force of nature.

The group’s longevity surpassed losing members, spin-offs, and those unlucky outfits sewn by House of Dereon mastermind, Triarch Tina Knowles to become the world’s most acclaimed girl group (after the Spice Girls or The Supremes).

It’s been circulating for weeks true. The triad’s Grammy-filled career with millions of albums sold worldwide. Setting records and trends, the group proved to be a force of nature.

Director and writer Jonathan Levine gives a new take on zombie movie Warm Bodies. This romantic comedy follows the relationship between zombie (Nicholas Hoult) and a human (Teresa Palmer).

Before you completely disregard this movie because it sounds like some vampire and human romance, let me assure you, it’s not. Although moody at times, Warm Bodies does provide laughs like Twilight, except for the right reason.

The movie takes a cue from hit zombie show The Walking Dead by replacing the word “zombie” with “corpses.” However, the corpses in this movie are more active and are able to run like those in zombie movie Dawn of the Dead. The movie also gives birth to a new kind of zombie called “loners” which are corpses that have decomposed to expose bare bones.

In Warm Bodies, the audience is taken into the mind of a corpse as we learn that corpses have working brains that think and feel despite what we’ve been told. We first meet a nameless zombie who wonders why he can’t connect to people and if there is more to the life he’s living, well, not exactly “living,” but you know what I mean.

He faces many of the same troubles you and I deal with as teens and are still dealing with today: feelings of loneliness and trying to get someone to “like like” you back. For a second, you forget he’s a corpse and instead a human.

The movie is set eight years after a zombie outbreak. Survivors have barricaded themselves from the corpses in a city protected by military personnel under the order of Julie’s (Teresa Palmer) father Grigio (John Malkovich). A group of survivors made up of Julie, Perry (Dave Franco) and Nora (Analeigh Tipton) leave the city grounds in an attempt to find more survivors.

The movie was a pleasant surprise, a romantic comedy follows the relationship between zombie (Nicholas Hoult) and a human (Teresa Palmer). The movie unfolds as Julie and the corpse, who Julie has now called “R,” get to know each other. R decides to save Julie. The movie unfolds as Julie and the corpse, who Julie has now called “R,” get to know each other. R decides to save Julie.

At the beginning of the film, R makes a joke about how he misses being connected to society (before the plague) while the scene shows the exact opposite, as everyone is preoccupied with their electronic devices. It reminds us of how disconnected our society has become with the presence of new technology, although it isn’t the only reason.

The movie was a pleasant surprise. Its focus on the importance of human connection despite our differences is a relevant theme and is what really drives the movie home for me. Plus, its killer soundtrack didn’t hurt either.
Valentine’s Day Playlist

SONGS THAT MAKE YOU WANT TO GET IT ON

“Let’s Get It On” – Marvin Gaye
Lori Wieczorek, Editor in Chief

“Casual Sex” – My Darkest Days
Jessica Zarnogursky, Feature Editor

“Sexual Healing” – Marvin Gaye
Lindsay Passmann, Managing Editor

“I Want You Back” – Discovery
Jonathan Molina, Assistant Arts Editor

“Give It To Me Baby” – Rick James
Nick Verhagen, Sports Editor

“It’s Not Unusual” – Tom Jones
Kristen Bryography, Assistant Opinion Editor

“Ride” – Ciara
Carley Hussain, Production Editor

“Buttons” – The Pussycat Dolls
Tiffiny Saoe, Assistant Production Editor

“Lowdown” – Boz Scaggs
Nick Taylor, Chief Copy Editor

“Climax” – Usher
Catherine Baxter, News Editor

– Mark Twain

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        ROMP TO STOMP

JAN 22  TOUR DE CREEK
        SHOP CHALLENGE

JAN 25–27 BURTON MOUNTAIN FESTIVAL
        @ VERNON BASE

FEB 2–3  USASA MID-ATLANTIC SERIES

FEB 2   THE NERDS @ RED TAIL LODGE

FEB 9   K2 PRETTY IN PINK
        GIRLS ONLY RAIL JAM

FEB 16  VOLCOM PEANUT BUTTER
        & RAIL JAM

FEB 16  THE AMISH OUTLAWS
        @ RED TAIL LODGE

MAR 2   THE NERDS @ RED TAIL LODGE

MAR 10  SNOW PLOW LUAU & POND SKIM
        @ VERNON BASE

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Both Montclair State’s men and women’s swimming and diving teams ended the regular season on a high note, and possibly gave some momentum heading into the postseason by defeating NJAC and in-state rival William Paterson.

Together, the Red Hawks and Lady Hawks combined for 21 first-place finishes between both teams.

MSU’s men took on the William Paterson Pioneers in Wayne on Feb. 2 at 1 p.m. Montclair State dominated in a tight contest, winning by a score of 150-145. Junior Michael Smith led the Red Hawks by winning four individual events, plus he helped lead the relay team to a victory.

All of Smith’s wins came in freestyle events, the first one being the 100m. Smith claimed high honors three times with a time of 10:01.92. A little later, Smith won first place in the 200m freestyle by posting a time of 1:51.64.

Next up was the 100m freestyle events by swimming a 2:06.48 in the event. crossing the finish line with a time of 49.67. Smith’s fourth individual win took place in the 500m freestyle, where he registered a time of 5:10.11, which guaranteed him his final individual medal of the day. His final win of the day came in the 400m free relay, where freshman Robert Becker, sophomores Rich- ard Sang, senior Zach Westerberg and Smith combined for a time of 3:25.22, which was good enough for Smith to secure his fifth win of the day. Westerberg added four total wins on the day and his other relay win came in the 200m medley as freshmen David DaSilva, senior Thomas Long, junior Joseph Berry and Wester- berg swam a time of 1:41.09 to secure the second win for a relay team in the meet.

Westerberg’s first individual victory was in the 100m butterfly, where his time of 53.61 clinched him first place. His other win came in the 50m freestyle, where he swam a 27.04, which was just enough to clinch the victory.

Berry swept both backstroke events by swimming a 2:06.48 in the event. crossing the finish line with a time of 49.67. Smith’s fourth individual win took place in the 500m freestyle, where he registered a time of 5:10.11, which guaranteed him his final individual medal of the day. His final win of the day came in the 400m free relay, where freshman Robert Becker, sophomores Rich- ard Sang, senior Zach Westerberg and Smith combined for a time of 3:25.22, which was good enough for Smith to secure his fifth win of the day. Westerberg added four total wins on the day and his other relay win came in the 200m medley as freshmen David DaSilva, senior Thomas Long, junior Joseph Berry and Wester- berg swam a time of 1:41.09 to secure the second win for a relay team in the meet.

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Red Hawks Hit Some Turbulence

The Montclair State mens basketball team was unable to follow up strongly after back-to-back victories, losing both of last week’s slate of games to conference rivals Ramapo College and Richard Stockton College by scores of 75-58 and 82-75 respectively.

The Red Hawks traveled to the Bradley Center in Mahwah to take on conference rival and 13th-ranked Ramapo Roadrunners. Tension was expected following the second half scuffle that occurred in the Red Hawks’ home match-up against the Roadrunners earlier this season.

Coming off earning NJAC Player of the Week honors the week before, junior forward Ordel Goldson put up his ninth double-double of the season with 14 points and 13 rebounds. Senior guard Ken Rubenstein also posted impressive numbers with 13 points and four steals. Senior guard Brandon Sessoms had seven points and four assists in the loss.

Ramapo went on a 7-0 run to start the second half with a 41-29 lead. The Red Hawks countered with an 11-2 run to pull back within three points. However, the Roadrunners proved why they are one of the top teams in the nation, scoring 11 of the next 13 points to secure their second victory over the Red Hawks this season.

With two consecutive defeats, the Red Hawks fall to 7-15 overall, 3-12 in conference games to sit second to last in the NJAC. Ramapo and Stockton currently sit at one and two in the NJAC.

In MSU’s last two game, Chris Torres has recorded 13 rebounds, seven points and four assists.

Brandon Sessoms recorded 20 points, nine rebounds, four steals and two assists in the Red Hawks’ 82-75 loss to Richard Stockton.
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**MENS**

TCNJ                      4 - 0                    8 - 1  
Rowan                    3 - 1                    8 - 4  
Ramapo       2 - 2                    5 - 2  
MSU                       1 - 3                    5 - 8  
W, Paterson            0 - 4                    7 - 7  

**WOMENS**

TCNJ                4 - 0                    6 - 1  
Rowan           3 - 1                    7 - 5  
MSU     2 - 2               6 - 5  
Ramapo                  1 - 3                    2 - 4  
W. Paterson             0 - 4                   8 - 7  

**Overall**

Ramapo                14 - 1              20 - 2  
Stockton                11 - 4              16 - 5  
RU-Newark          10 - 5              16 - 6  
Rowan        9 - 6              16 - 6  
W. Paterson            8 - 7              13 - 9  
NJCU         6 - 9             11 - 11  
RU-Camden           6 - 9              9 - 13  
Kean                     5 - 10              6 - 16  
MSU                 3 - 12              7 - 15  
TCNJ                     3 - 12         5 - 17  

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**Game of the Week**

**Womens Basketball**

@ Kean  
February 9, 1 p.m.  

After a 79-36 rout of NJCU, the Red Hawks will travel to take on Kean with hopes to win their 24th straight game.  

For updates, check out: www.montclairathletics.com and follow @TheMontclarion on Twitter  

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**Who’s Hot**

**Shalette Brown**  
Guard - Basketball  
Brown helped the Red Hawks clinch the NJAC title by averaging 14 points and 10 rebounds in two games last week. Brown is currently ranked second in the NJAC with four steals per game.

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**Michael Smith**  
Mens Swimming and Diving  
Smith helped the Red Hawks close out their dual meet schedule with a 159-140 victory over William Paterson on Saturday. Smith won three individual events and also anchored a relay team to a first-place showing.
A Year in Review: The NFL Season Full of Surprises

By Todd Sagen

It has been over a week, but many still thinking about the loss of former New Jersey City Univer- sity soccer alumnus Justin Grant, who was two weeks passed away Jan. 27 at the age of 24. Grant, nephew Julien Grant and Church.

A wake was held Friday, Feb. 20-21 record with a team that only al- lowed three goals to the whole team. Grant received All-State and All- Essex County honors in 2004 and state championship in 2002 and 2003.

Grant, who was two weeks shy of turning 25, played in 13 games with the Gothic Knights in 2009, eight of which he started. Grant was in goal for 826 minutes and made 33 saves on 123 shots, resulting in a goals-against average of 2.18. Grant finished the season with a 5-5-1 re- cord and was ranked 10th in saves (33), 11th in saves per game (2.14) and 12th in goals against average (2.28). The previous season at the College of Mount Saint Vincent, one still sticks out in the minds of NJCU fans and in the pages of Montclair State University's football yearbook.

On Oct. 30, the Gothic Knights took on the Montclair Mountaineers in their final game of the 2009 season. Grant was subbed in to play the entire second half and despite being out played by the Red Hawks, Grant kept the game scoreless for the rest. The Gothic Knights went on to beat the Red Hawks 2-1 in over- time. The loss snapped NJCU's 25- game ACAC streak, and it took the team into the conference tourney regular season win streak.

At 6-foot, 220 pounds, Grant transferred to NJCU his junior year from Mercer County Community College where he played under Patrick Snyder.

Snyder, who was also the assistant coach and Mercer, the current head coach for NJCU, recalled his memo- ries of Justin.

"Justin was one of the fun- niest players I have ever coached," said Snyder. "He gave us all a hard time and you could do nothing but laugh, especially if you even came close to his target. He was self-deprecating and just generally fun to be around. As a player, he had tons of potential with flashes of brilliance."

The Gothic Knights and NJCU, Grant attended Montclair High School where he played under Rick Jacobson. Grant was 1-0 on the season with a 1-0-0 record in the state championship in 2002 and 2003 and All-State honors and All-Essex County honors in 2004 and 2005.

In his junior year, Grant returned from an injury and sparked a mid-season run that resulted in a 20-2 record with a team that only al- lowed nine goals.

After a terrific start, Grant was subbed in to play the entire second half and despite being out played by the Red Hawks, Grant kept the game scoreless for the rest. The Gothic Knights went on to beat the Red Hawks 2-1 in overtime. The loss snapped NJCU's 25- game ACAC streak, and it took the team into the conference tourney regular season win streak.

At 6-foot, 220 pounds, Grant have the best supporting cast in wide receivers. Two losses, BGII proved to us all why he was a Heisman Trophy winner and worth the three first- round picks that Washington had sec- ondried to get him. Even as a Giants fan, I have to respect “Sir Robert,” as Giant players themselves have called him in the past and I hope to see that he rebounds well from his torn ligaments in time for next season.

The first overall pick in the draft didn't disappoint, either. India- napolis Colts QF Andrew Luck not only broke Joe Namath's rookie record in passing yards with 4,374, but he also had two team from the start. For the first time, he never saw a quarterback other than Patrick W. In those 13 games, Grant was 8-5 in goal for 826 minutes and made 33 saves on 123 shots, resulting in a goals-against average of 2.18. Grant also had ten goals and save percentage (.623) and 12th in saves per game (2.54) and in goal for 826 minutes and made 33 saves on 123 shots, resulting in a goals-against average of 2.18. Grant also had ten goals and save percentage (.623) and 12th in saves per game (2.54).

Wilson is as elusive as they come, but he was also able to prove that he can rifle in accurate throws and Assadowski has been solid as well, leaving Peyton Manning’s rookie record with 28 TD passes.

Think about it: when a guy has a fitting name after “Russell Athletics” and “Wilson Sporting,” then you have to be convinced that Russell Wilson is going to be a special QL in this league for years to come.

Of course, the rookie running backs that came out of last year’s draft were just stupendous. Despite running back Trent Richardson hav- ing dealt with nagging injuries, he had still managed to become the Cleveland Browns’ deserve- worth with 11 rushing TDs. 

The Tampa Bay Buccaneers’ Doug Martin ended up tied for sec- ond with the most fantasy points for all running backs in the league. If RGIII’s speed wasn’t enough to bane- dle, the Redskins landed a gem by drafting who was in no name in their sixth round pick Alfred Morris. This man ran all rookies with over 1000 yards, including 13 touch- downs.

The man of all men, however, was the Minnesota Vikings’ Adrian Peterson. You know how baseball’s “ARP” is Albert Pujols? The two might want to switch nicknames because Adrian Peterson was “the real ma- chine” this year despite ending last season by tearing his ACL.

It’s unfathomable how he didn’t miss a game this season while accumulating a career high by rushing for 2,096 yards, making him only six yards short of breaking Eric Dickerson’s rushing record in a sea- son.

He led an average team by rattling off four straight wins at the end of the year to give the Vikings a playoff appearance.

This is why Adrian Peterson won the Most Valuable Player and the best Offensive Player of the Year award. Peyton Manning was cut short of both awards but he still man- aged to win the Comeback Player of Year after missing last season due to neck surgery.

Peyton Manning solidified to us all he will go down as a leg- endary quarterback in this game. So far in the offseason, we’ve seen eight teams fire and re-hire new head coaches including Andy Reid’s transition from Philadel- phia to the Kansas City Chiefs.

If Giants fans didn’t already get enough of Reid, they will yet again see him and his goofy mis- taches again next season as the NFC East teams will match up with the AFC West teams.

Regardless of who makes it next year’s Super Bowl out in MetLife Stadium, the Manning烘- ers will square off for the third time in East Rutherford.

With all that being said, I’m already looking forward to April’s draft. Let’s hope that we won’t have to deal with any more labor strikes heading into next season.

Swimming Makes Splash in Dual Meet

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Mens Basketball Loses Back-to-Back for 7-15 Record

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Nick Verheugen

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