Lady Red Hawks Turn 16

Not only did the Red Hawks have to hit the road for the tournament, but they hit it hard. MSU is two wins in a row, currently prepping for their Sweet 16 matchup against the 29-2 Captains of Christopher Newport University. What makes their current run even more impressive is that, not only are they 29-0, but they hit it hard. MSU quickly turned their sights to the Lebanon Valley College, what had the potential to be a close game quickly turned its side and become an easy win for the Red Hawks when they won their first two games by a combined 60 points.

Starting their campaign on March 1 with a 40-point rout of Regis College, they quickly turned their sights to the Lebanon Valley College. What had the potential to be a close game quickly turned its side and became an easy win for the Red Hawks when they

No Smoking Allowed

Students were forced to evacuate a shuttle when it began smoking.

Lindsey Ransome
Managing Editor

After recent news that Montclair State University would be acquiring new shuttles, one in the current fleet has been temporarily removed after it began smoking while on route to University Hall yesterday. According to a student on the shuttle at the time of the incident, the bus slammed to a halt when the shuttle driver realized that there was smoke coming from the back of the bus. The driver immediately evacuated the shuttle, with the students board quickly following suit.

Bob Dickerson, a student on the bus, said "I looked around after the shuttle stopped and turned back around after the shuttle continued on Page 5.

When it began smoking, Students were forced to evacuate a shuttle. After recent news that Montclair State University would be acquiring new shuttles, one in the current fleet has been temporarily stopped and turned back around after the shuttle continued on Page 5.

The Hype

Womens Lacrosse Opens with Win

Drivers avoid hottest smoking situation

The Hype

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The Hype

Womens Lacrosse Opens with Win
Anyone who has information regarding these incidents is urged to call the police station from any campus phone at T-I-P-S (8477). All calls are strictly confidential.

On Feb. 14

Victoria Chung, 19, of Columbus, was arrested for simple assault on Tuesday. She is scheduled to appear in Montclair Municipal Court. (building #60)

On Feb. 24

A master key card was reported missing in Blanton Hall. The card has been recovered and deactivated. Suspects have been identified and charges are pending at this time. (building #41)

On March 3

Two Wyoming men suspected of highway robbery were taken into custody last Saturday while in Einstein Hall. They are scheduled to appear in Little Falls Municipal Court. (building #48)

On March 3

A commuter student reported being harassed by a known individual via email and Facebook. The female declined to pursue charges in this matter.

On March 7

The Elizabeth Police Department is launching an investigation after a YouTube video of a woman being beaten by city police outside a nightclub surfaced. The city’s public information officer confirmed the internal probe on Monday.

On Feb. 25

The city’s public information officer confirmed the internal probe on Monday.

On March 3

A former police chief.

On March 7

Two members of an organization led international sanctions.

On March 7

According to the North Korean official news agency, North Korea threatened to abolish the armistice agreement that ended the Korean War in 1953 on Tuesday. Their reason for abolishing the agreement was due to the increase in U.S.-led international sanctions.

On March 7

His remains were taken from a military hospital to the Fuerte Tiuna Military Academy in Caracas.

On March 7

According to Moscow Police, a Bolshoi ballet soloist and two other men confessed to having carried out an acid attack on the company’s artistic director in January.

On March 7

A former police chief.

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Corrections

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.

2014 Honorary Degree Nominations

President Cole and the Board of Trustees request nominations of candidates for honorary degrees at the 2014 Commencement ceremonies. Nominations should be submitted to the President’s Office (College Hall, Rm. 235) by Mon., March 18, 2013 on forms that are available on the Internet at: www.montclair.edu/board-of-trustees/honorary-degrees.

Please be certain the background information you provide addresses the criteria established by the University’s policy on honorary degrees: “Honorary degrees may be awarded by the Board of Trustees to persons who have achieved a record of major distinction at the state or national level in such areas as education, science, the arts, public service, research, the humanities, business, and the professions. Under circumstances approved by the Board, honorary degrees may be awarded to persons who, though they have not achieved national or statewide recognition, have made an especially outstanding and significant contribution to Montclair State or to higher education.”

Thank you.
Felicia Wiatr, Staff Writer

There are many different volunteer service projects offered to students at Montclair State University during this coming spring break, including those sponsored by Habitat for Humanity and Sandy Relief.

Habitat for Humanity will be partnering with Montclair State University’s Volunteer Resource Center to do community service projects. The projects, known as a Red Hawk “stay-cation,” will be taking place over three days during spring break in which student volunteers are able to provide their services in things like park and bike-way cleanups and installing rain gardens. The community service projects will consist of different services in various areas on each day. Students are able to sign up for one or more of these services.

The first project for Habitat for Humanity will take place on March 12 at 146 North 1st Street in Paterson, taking place from 9 a.m. to 3:15 p.m. The second project on March 15 will be at Clifton Morris Canal Greenway. This project will begin at Little Falls Morris Canal with a bikeway cleanup from 9 a.m. to 12 p.m., and will then move to Clifton Morris Canal for a park cleanup from 1:30 p.m. to 4:30 p.m. The third and final project will be on March 14, when volunteers will be installing rain gardens. This project will be taking place at the Vietnam Veterans Memorial Park on Union Avenue in Paterson, from 10 a.m. to 2 p.m.

Pre-registration is mandatory for these projects by registering online. Students can apply to one or more of these service projects by registering online. Pre-registration is necessary to contact the VRC coordinator at toussaintb@mail.montclair.edu. Another form of community service offered to MSU students is volunteering for Sandy relief on Staten Island. This will be on Tuesday, March 12 from 8 a.m. to 6 p.m.

They will be collecting cleaning supplies and other utilities prior to this outing. Collection boxes will be located in each hall at MSU.

Transportation will be provided for this project, with buses leaving from Lot 19, between the Student Recreation Center and Bohn Hall, at 8 a.m. The buses will be returning at approximately 6 p.m. There is a one-hour commute time for this trip. Lunch will be provided while on this volunteer outing and dinner will be served after the trip so that volunteers have a chance to discuss their experiences. For this trip, closed-toe, supportive shoes and long pants are required as volunteers are prepared to be outside.

In addition, community service hours are off of the appropriate paperwork is brought in on the day of the trip. To reserve a spot on this trip, students are encouraged to contact the VRC coordinator at toussaintb@mail.montclair.edu.

Big Tickets Mean Big Prizes for Red Hawks

Last Friday, Student Life at Montclair hosted “Red Hawk Night,” which culminated the end of the Student Government Administration’s “Winter Week.”

There were an estimated 150 students in attendance ready to play Apps to Apples, the focal point of the evening’s festivities.

The popular guessing game was played in small groups, and every few minutes the groups switched to allow for new connections to be made among students. For every two cards accumulated, the player received a raffle ticket to be placed in different prize buckets.

Joe Stanley Kurp, a junior, said, “The games were intense, but everyone had a great time.”

A raffle of all the prizes caused the intensity of the evening to heights as the night went on.

As each ticket number was called out individually, the participants grew more anxious in hopes that it would be their lucky night. The excited responses to the numbers called were almost as entertaining as the games themselves.

With nearly $3,000 in prizes to those chosen, students had a difficult time deciding how to spend their raffle tickets. The prizes included an Apple iPad 2, a Mac cosmetics package, an iPad mini, a Keurig machine with 100 K-cups, Ray-Ban glasses, an Amazon Kindle Fire and a mystery prize which was won by junior Brian Johnston.

Johnston’s mystery bag contained a 12-inch high-definition Toshiba television, a Blu-ray player and the following TV series on home video: Game of Thrones, True Blood, Downtown Abbey, The Walking Dead and Homeland.

“I’m very grateful to have won,” said Johnston. “I got involved with tons of events on campus, from Apps to Apples and Bingo to The Price is Right and Trivia Bowl. I got very lucky. This is the second free TV I’ve won at a campus event. I always tell people to participate when they hear about fun on campus. You never know what you might win.”

In between rounds, there were several different activities in other areas of the Student Center. Those included games like mini-bowling and corn hole, as well as snacks like popcorn and cotton candy. There was also free Rita’s Italian ice.

“I just want people to enjoy their time at MSU and I think Red Hawk Night was a step in the right direction for people who want,” said S.L.A.M. publicity chair, Casey Coleman.

He claimed that one of the main goals of Red Hawk Night is to show that there is always a reason to stay on campus and have fun with friends.

Lakshana Tanaka, a freshman, said, “The game was really fun and the prizes were amazing, too!”

Overall, Red Hawk Night was a success and should be seen as only the beginning compared to Spring Week, Spring Bash and the rest of the programming that will be offered as the semester continues.

Cleaning Up Sandy’s Mess

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Puta Smile on Your Face

Jonatas Ferreira

Institutions that attempt to help the needy do a great deal to hold those who cannot help themselves. However, there is one problem that they cannot solve: loneliness. With a growing predilection on campuses, the MSU SMile Station is attempting to help work out this problem. A SMile Station is an initiative that seeks to gather “Forever Friends,” or people pointed in vibrancy, who can maintain a genuine relationship where “Forever Friends” may go beyond a single visit. A SMile Station is a place where “Forever Friends” may be recruited and organized to help those suffering from loneliness.

The SMile Station originated from Drew Born, founder and director of Turn a Token Around Foundation, an organization with the purpose of helping people who may find themselves alone and unkept. Some circumscriptions from people experience loneliness. The TAPA establishment to SMile Station

The Montclarion | Casey Dickerson

the shuttle involved in the accident was a new shuttle, which was actually a converted one's life. Anybody looking to help the friendless completes our circle of compassion. Being a friend is more than just being a comforter; it makes me feel like I have a greater purpose in life.

The MSU SMile Station currently has a total of 40 volunteers who have shown complete and selfless dedication to supporting their friends. Some of the most notable volunteers are older, the mentally ill or physically unemotional people. The MSU SMile Station public relations officer, I have learned the importance of putting in 4,079 man hours, which the current MSU SMile Station will replace when the new bus comes. The new bus will have a driver who is a police officer and assistant who is a police officer. The department believes that the new bus will be a boon to both the school and the city. The new bus will be implemented and the department is becoming slowly.

The MSU SMile Station provides a police officer and a police officer for students who want or need it. Blanton Hall was reopened for students who want or need it. The MSU SMile Station, as temporary administrative space. The space to accommodate students during a difficult time. That is why it is also considered that can be used to give administrative functions. This will all take a while as the department is becoming slowly. The space to accommodate students during a difficult time. That is why it is also considered that can be used to give administrative functions.
Spring break is finally upon us. Some of us are taking exotic trips to far-away island paradises. Others are looking forward to well-deserved quality time with our pillows. There are those of us who will be counting down the seconds until it is acceptable to begin partying on St. Patrick’s Day.

Let’s face it: The real issue on all of our minds is how to look incredible for any of our plans. Though the March weather may still be a little too cold for our taste, it’s time to start dressing for spring. To be chic this upcoming season, these three fashion must-haves are the key.

Because we can’t afford to buy these trends right off the runway, the key to rocking these signature looks is to add your own personal flair. Big jewelry is in, so put that collared necklace to good use and pair it with your favorite fluorescent scoop-neck tee. Pair your super slimming pencil skirt with a bright handbag to spice things up a bit, or try piecing your striped Bermuda shorts with a cute pair of neutral wedges. Either way you play it, the fashion loving world will take notice as you walk your fine self all over town this spring break.

Pencil Skirts

The first spring break fashion necessity is a pencil skirt. This oldie-but-goodie has been making a serious comeback on runways recently with the likes of designer royalty Burberry, Erdem and Christopher Kane, styling the simple trade mark look.

I know what you’re thinking: Who wants to dress so work-savvy on spring break? The key to pulling this look off is all in originality. Play it up with a vibrant cropped top, or keep it sophisticated with a soft button-down. In addition, always pay attention to the heel — your footwear can do wonders for this look when paired with a pop of color this spring.

Neon

The next requirement is something in neon. This season, we can all channel our inner Barbie dolls — the brighter, the better. Oscar de La Renta stole our hearts the second he débuted his spring line chock-full of neon shades. Your fluorescents can be minimal paired with high-waisted shorts. If you’re feeling gutsy, you can amp it up with a matching pair of neon strappy sandals. Embrace your inner highlighter.

Stripes

Stripes aren’t just for your pajamas anymore. Marc Jacobs’ black and white candy-striped trench coat is on point for this spring, giving the classic look a twist with its bold lines. If the head-to-toe striped look has got you feeling iffy, try aailored stripes on a casual sweater. If this is accompanied by a pair of slacks or even blue jeans, you can pull off the trend without feeling too barred.

Fashion Tips?

Tweet us @MSU_fashion
Cakes Da Killa

A Montclarion Feature

Jessica Czarnogursky

Rashard Bradshaw may not be a name that’s familiar to you, but his widely known career as Cakes Da Killa just might be. Bradshaw, currently in his last semester at Montclair, has made quite a name for himself both on and off campus. With Europe in his plans after graduation, it’s safe to say he’ll be more than just another graduate.

Bradshaw chose Fashion Studies as his major since it was his first real dream. “I thought I was destined to be a menswear designer,” he said. That dream however was crushed when he was rejected from the Fashion Institute of Technology. Bradshaw found a home at MSU, but when he realized they did not have a fashion design concentration, that dream came tumbling down. “I stuck it out because I did like learning about other aspects of the fashion industry and the business of it all.”

“Being Cakes Da Killa has opened doors for me that wouldn’t necessarily be possibilities for just Rashard Bradshaw.”

Bradshaw soon went into the arts, namely the Arts and Entertainment section of The Montclarion. He expanded his love for words and journalism through books and late-night television. He involved himself with The Montclarion to build his resume and gain experience. He started as a staff writer and worked towards his current position as A&E editor. He plans to continue writing post-graduation. “I want to become a journalist because I like using my words to give a voice to artists and trends not familiar, or accepted, in mainstream culture.”

As for his career as Cakes Da Killa, Bradshaw hit success around his junior year when he had the opportunity to be featured on a mixtape compilation called Downtown Mayhem. “I was really nervous about it,” he said, “but the feedback was great.” Shortly after, he released his first solo project, Easy Bake Oven, followed by his first album, The Eulogy, which was released a month ago and received a Pitchfork rating of 7.5.

An accomplishment for someone so young. Bradshaw does all of his own bookings, press kits and whatever else comes his way. “It’s kind of a double-edged sword,” he says. Despite that the work can get tedious and frustrating, not many rappers have the opportunities he has. It’s a freeing and independent experience that allows him to not “feel like a puppet.” Bradshaw frequents New York City and is no stranger to the stage.

Many reviews have likened Bradshaw to Frank Ocean, known for breaking into the industry flying on the tails of being gay and a rapper. Bradshaw’s comment? “Frank Ocean is not a rapper. He is a singer, so that comparison is just lazy journalism. To express the feelings he did in the music industry was courageous, but I came out in the third grade and no one was trying to put me on the cover of any magazines.”

Despite his success, Bradshaw is skeptical of the scene here. “I don’t see myself making it big in the music industry because with the current state of music, it’s best to be an independent artist,” says Bradshaw. “I would much rather establish myself first, make money overseas, become an underground sensation, start my own label and work with a label for distribution.”

After graduation, Bradshaw is headed to Europe. “I just signed a contract with my agency based in Berlin, so I will travel there a little after graduation. I plan on recording a new project and making more connections and just living.” With such success and promise, Bradshaw should have no problem finding exactly what he’s looking for.

Anak
Creek
Chinese (Mandarin)
Danish
French
German
Greek

STUDY A LANGUAGE ABROAD

Come to an Information Session held Every Wednesday at 2:30pm In the Global Education Center And learn how to Begin or Improve a Language Abroad! Many Options Available! 22 Normal Avenue, across from the Panzer Athletic Center

www.montclair.edu/global-education/study-abroad
The Milky Way

Everything you need to know about choosing the right milk for you

Dana Baardsen
Staff Writer

The days of opening up your front door to find glass bottles of milk are long gone. Now that the milk industry is so large and competitive, there are several different options when deciding on which milk to purchase.

My recommendation is to switch it up. When you hear nutritionists suggest consuming everything in moderation, they mean everything. Milk is something we should consume on a daily basis, and in doing that, unconsciously, you are ingesting all of the potential negative and positive health benefits.

Be aware of what you’re shopping for and don’t be afraid to try different types or brands of milk. By changing up your carton brand every time you need milk, you’re doing your body and the environment a greater service than you may realize.

Cow’s Milk:
This is the milk everyone is trained to love from an early age. Variations in fat content from skim to whole milk are the first differences that consumers notice. In less-scientific terms, the fat in skim milk is sucked out of the product and the fat-soluble vitamin A is put back into the milk product. All cow’s milk is fortified with vitamin D.

There are even versions of skim milk, which include additional vitamins, minerals and much higher protein content. However, cow’s milk can potentially be pumped with harmful hormones. It’s really important to look into where your milk is actually coming from. Get to know the cows supplying it and you may rearrange your shopping habits.

Almond Milk:
Rich, creamy and nutritious, almond milk has been gaining popularity and is being stocked on grocery shelves nationwide. It’s high in calcium, protein, natural healthy fats, vitamins and minerals. It’s also great for the skin, hair and nails.

Coconut Milk:
Coconut milk is also great for the skin, hair and nails. Coconut milk is raw milk which contains healthy fats, nutrients, vitamins and antibacterial properties. Coconut milk contains iron and increases the good cholesterol in the body while lowering the bad. Pina Coladas, anyone?

Soy Milk:
Higher in fiber and lower in cholesterol, soy milk is a great alternative to dairy milk. Though an acquired taste, soy milk provides vitamins A and D, protein and higher contents of vitamin B-12.

Several studies suggest that soy milk consumption starts in the late teens, there is a higher risk of developing breast cancer due to higher phytoestrogen content in the milk.

Which will you choose?
Coconut Oil
Tips for Multiple Uses

Monika Bujas
Opinion Editor

Up until recently, coconut oil was regarded as one of the worst cooking products to ever exist. The heavy texture led people to believe it was artery-clogging and full of fat, but it turns out that not only is coconut oil heart-healthy, but it also provides many other great health benefits. One of the biggest uses for coconut oil is its use as cooking oil. Other oils such as vegetable oil, canola oil and olive oil cannot be used for cooking certain things because of their strong tastes. Coconut oil, on the other hand, is almost like lard or butter in the sense that you can use it for just about any type of cooking. From baking to frying, using coconut oil is not only a healthier way to cook, but it is also virtually tasteless. People may have their doubts about cooking with coconut oil because of its strong smell, but coconut oil has almost no taste whatsoever.

Like many cooking oils, coconut oil has cholesterol. Coconut oil has a saturated fat called lauric acid which increases the good HDL cholesterol in blood and improves overall cholesterol ratio levels, which is something most oils cannot do. Coconut oil can also help with digestion by producing anti-bacterial properties to help control indigestion and irritable bowel syndrome. The fat in the oil also helps the body absorb more vitamins and minerals. In addition, it stimulates your metabolism, improves thyroid function, keeps energy levels high, controls cravings and helps keep blood sugar levels stable in those who have diabetes. It also helps promote overall weight loss.

Coconut oil has many other uses as well. A recent study reported that coconut oil is good for your teeth. Coconut oil will probably become one of 10 destinations for fighting tooth decay. It was found that coconut oil, once ingested, should be able to stop most Streptococcus bacteria, the type of bacteria that causes cavities by producing tooth-damaging acid. It sounds like it might be time to throw away the toothpaste and time to mix some coconut oil and baking soda.

With Montclair’s strong winds, skin easily gets dried out and lips chapped. Coconut oil is an awesome moisturizer and I personally love smelling like a piece of Almond Joy. It’s great for an instant makeup remover. It also makes for a good de-frizzing hair gel and leaves-in-conditioner. Coconut oil can do menial tasks such as removing gum from your hair and polishing furniture, but on a greater scale, it’s a cheap way to do so much more.

Add your own umbrella: A tell-tale sign of a high calorie beverage is the colorful umbrella. Fruity, alcoholic drinks are often very high in sugar and other flavoring agents which can provide 200-400 calories per glass. If you are going to drink, wine and light beers are the best choices at about 100 calories per serving. Drinking excessively does more than just add a large number of empty calories from alcohol. It also lowers your inhibitions and increases your appetite — causing you to snack on junk food throughout the night. It is never recommended to skip meals in order to save calories for alcoholic beverages. In fact, eating a well-balanced meal before a night out and drinking a glass of water before ordering another alcoholic drink has been shown to prevent individuals from reaching for those high-calorie, high-calorie snaks and will save in a more even absorption of alcohol.

Stress-Free Guide to Staying Fit

Spring Break is finally here. Let’s be honest: The last thing that anyone wants to worry about is counting calories. However, there is no denying that what you choose to eat on vacation still has a significant impact on how you look and feel. Follow these simple tips to keep those pounds low, your energy high and your mind off your diet plan. You do not have to deprive yourself on vacation to stay healthy. Focus on healthy snacking, moderation and physical activity to keep the guilt at bay.

Plan your snacks: Unfortunately, when you rely on the poolside snacks offered at your resort, you will quickly find yourself out of money and full of empty calories. Spend some time the night before your trip making your own trail mix and packing it in serving-sized baggies for your whole group. When you get to your destination, chip up some carrots, celery and colorful bell peppers for easy snacking. Those cold, crisp vegetables will hit the spot after spending a few hours in the sun and will also help you to rehydrate.

Bring along some single-serve hummus containers for dipping in order to boost the nutritional content without worrying about spoilage. In addition to trail mix, whole grain crackers and cereals, unsalted nuts, granola bars and whole pieces of fruit, like apples and oranges, are a great source of nonperishable, healthy energy.

Split the bill: Let’s face it. Meals prepared outside of the home are often much higher in calories, fat and sodium — all of which can make you look and feel bloated. When you are on vacation, most, if not all of your meals are spent eating out. You can still indulge in the flavor of the culture. Mind your portion sizes by sharing a plate with a friend. In this case, you can both enjoy an appetizer and an entree by splitting the size and the calories.

Let loose: Dance. Explore the sights on foot and take advantage of gym facilities and the swimming pool at your hotel. Choosing tourist activities that make you work for your reward, like hiking and lake tours, will help you burn extra calories. There are so many ways to get active while on vacation, no matter where you are!
Giving Back to Our Brains

IES Foundation supports rising scientists with fellowship opportunity

Stephanie Agudelo
Assistant News Editor

In today’s world, technology has played a major part in scientific advancement and research. We sometimes forget to give credit to the people who have been researching long before technology was an “MVP.”

People like Dr. Eric J. Simon, who has been working in the field of brain research for over 40 years at New York University, are the real reasons for the progress we’ve made in the field of science. Now his foundation, the Irene & Eric Simon Brain Research Foundation (IES Brain Research Foundation), can play an even bigger part in the future of scientific discovery.

The IES Brain Research Foundation was founded by Dr. Simon’s daughter, Faye Simon Harac, in honor of all of her father’s hard work and the passion that surrounds his research. She was inspired by some of the groundbreaking discoveries her father was making and wanted to assist in furthering that research and education.

The foundation strives to play a larger role in the community of young scientists and to encourage them to focus their attention on an area of research that is often overlooked. The foundation’s website describes its goal more thoroughly: “The mission of the foundation is to help advance research and education in brain research that will help find answers to addiction, pain and other diseases and conditions of the human brain, such as Alzheimer’s disease, schizophrenia and aging.”

Dr. Simon is the vice president of the foundation and a professor of Psychiatry and Pharmacology at NYU. Among his many accomplishments and awards in the field, he is responsible for discovering opiate receptors in the brain and creating the word “endorphin” to describe morphine-like molecules in the nervous system. Along with the board of directors and over 20 other honorary members who have experience and a real interest in brain research, the foundation is headed in a good direction.

Since the creation of the IES Brain Research Foundation, President Harac has been able to gain support from a variety of different outlets. The foundation has also used its support to create a summer fellowship program and several fundraising events, such as their “Endorphin 5K or 2K Run” taking place this September and their “Golf Outing and Dinner” taking place on June 3.

The 2013 IES Brain Research Foundation Student Summer Fellowship Program is a program for undergraduate juniors and seniors who are interested in a career in neuroscience. It is a great opportunity for the foundation to encourage and involve young scientists and for students to learn and train with professional researchers in the field. This is the foundation’s major contribution to the education of future neuroscientists and it helps keep Dr. Simon’s passion alive for future generations.

For more information about the fellowship, visit iesbrainresearch.org

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Show your GFOC receipt and get a 1/2 price bakery item

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HE SAID

Saint Patrick’s Day is one of those cherished events that can definitely end your life — or being the responsible elder that I am — I think it would be appropriate to share some of the more basic rules to having a successful Saint Patty’s Day.

For one, you should never, ever drink past your limit (this rule obviously only applies to the readers of legal drinking age).

There exists a long debate over whether or not mixing dark and light is appropriate. For this debate, all I have to say is, “YOLO!” Just make sure you have a drinking partner to watch your back.

Think of your partner as a wrangler who should always be aware of the quickest route to the bathroom and a hair scrunchie for the ladies — because puke in your hair is not the cutest way to leave a nightclub.

Also, make sure you are well-rooted for the night’s festivities. You don’t want to end up being that guy or girl passed out at the Port Authority Bus Terminal. I mean, we’ve all been there, but let’s try to do better!

Apparently, there is a whole lot of pinching going on during this holiday. A word of advice: Don’t participate in any pinching antics. There will be a lot of drunk people floating around and a light pinch may be the right catalyst to ignite a bar brawl, or worse, a punch-off!

It would be best to respect everyone’s personal space unless you have that type of relationship where a pinch or two is not inappropriate.

Don’t eat anything that has been turned green thanks to the magic of food coloring. Unless you want to be that weirdo sitting on the train with a green tongue and matching teeth, avoid all emerald-colored treats at all costs. Your cool factor depends on it.

Keep in mind that if you refuse to wear green, you’re going to get pinched.

Going back to that superstition about wearing something green bringing you luck, many people in America have morphed that green into, “He isn’t wearing green, I must pinch him to remind him that he is not in the true Irish spirit.”

Don’t be surprised if it happens, especially once that keg is more than halfway gone. Draw a green shamrock on your hand and call it a day.

On the same note, don’t be that person going around drinking a beer in your buddy’s basement.

What’s the proper etiquette for St. Patrick’s Day partying?

Lastly, don’t wear green! You will end up looking like the dolly Green Giant and that’s not a great look.

SHE SAID

Although I am not extremely knowledgeable about the whole drinking and partying scene, I think everybody has a little bit of experience when it comes to good ol’ St. Patrick’s Day.

Mine comes strictly from being an attendee of the Seaside Heights St. Patrick’s Day parade since I was old enough to sport a “Kiss Me, I’m Irish” T-shirt.

There are many things that people should keep in mind to ensure that they are attending one of the many Jersey parades or any simply hanging around drinking a beer in your buddy’s basement.

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On the same note, don’t be that person going around pinching people. Nothing ruins the moment more than when you’re hitting on a guy and someone suddenly pinches you in a place that makes you jump, spilling your drink all over a cute boy, leaving you cursing the person walking away laughing.

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Another point of etiquette to remember: Avoid using the stereotypical Irish phrases that so many seem to insistently spew out. “Check out these shamrock’s” is not an acceptable form of flirting at a party.

Most importantly, if you are drinking on this St. Patrick’s Day, be safe about it. Although it’s really entertaining to see the corrosions with a person who is totally plastered and yelling about the Floats at 1 p.m. during the parade, it’s not fun when you’re the one getting a ticket or being arrested.

Do wear green, go to a parade, have fun and crack open a nice cold beer with your buds. Don’t get in a fight or get thrown behind bars. Nothing’s worse than waking up hungover while you make your one phone call.

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EARN UP TO 15 CREDITS
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FREE PARKING**

Stay on track.

photo courtesy of Danielle Ferrola

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*Please refer to the university’s official bulletin for course and tuition details.
**Free parking does not apply to summer sessions.
Wanted: 29 serious people to work from home using a computer. Up to $1500 - $5K PT/FT. www.ValleyIncomeOnline.com

HAVE FRENCH WILL TRAVEL: Experienced tutor will prepare you for any exam, presentation or first-time travel to France. Learn just what you need to know. $40/hr. regina-vandyke@hotmail.com or 862-596-7978.

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

Having ASAP: P/T caring babysitter for 2-yr-old daughter. 3 days/week, schedule flexible. Needed for morning routine and daycare drop-off, noon pick-up, afternoons. Must drive/have car, prior childcare experience, references. Extremely discounted apartment available for right person. Contact Logan 707-797-7773 for interview.

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Odds of a child becoming a top fashion designer: 1 in 7,000

Odds of a child being diagnosed with autism: 1 in 110
Aries March 21 - April 19
Be careful and do your best not to talk back to those above you like a parent, professor or boss. Although you may feel tempted to do so, think before you speak.

Taurus April 20 - May 20
It is the perfect week to fix past wrongs. You will feel better once you clear up any old drama that has been giving you a hard time, especially if that drama was related to old friends.

Gemini May 21 - June 20
You are going to feel really inspired to start a new project that you are sure will turn heads. Remember this feeling so you can do it again in the future.

Cancer June 21 - July 22
There is a big day coming up that you seem to feel nervous about. Perhaps you are having difficulty sleeping or thinking straight. But the more you think about it, the further away it actually seems.

Leo July 23 - August 22
This is a week of opportunities for you, Leo. It is in your hands to decide what you want to do next whether it is for school, love or your career.

Virgo August 23 - September 22
You are having some personal problems after seeing someone you admire in a different light. Just move on and trust your instincts to stay away from those you don’t feel comfortable around.

Libra September 23 - October 22
Those past few weeks have been intense as you try to juggle school, friends and family. Luckily, things are easing up this week, but don’t get used to it. You might soon be headed for another busy week.

Scorpio October 23 - November 21
Changing your plans is never a fun task, but there are times in which you realize that you must go with the flow. Think of this week as one of those times.

Sagittarius November 22 - December 21
This week you will discover why exactly a close one has been acting strange lately. You will be surprised at how simple the reason actually is.

Capricorn December 22 - January 19
You will hear a big secret. Maybe it is something that you wish you had never heard. Whatever the case may be, make sure you keep it well, or you might end up losing one’s trust.

Aquarius January 20 - February 18
These past few weeks have been intense as you try to juggle school, friends and family. Luckily, things are easing up this week, but don’t get used to it. You might soon be headed for another busy week.

Pisces February 19 - March 20
This is a great week when it comes to love. Your crush may pay extra attention to you and give you a signal about their mixed feelings.
Driver Avoids Smokin’ Hot Situation

What are the letters A, R/H, T and V? Those are our shuttle routes around campus, and as thankful as we are for its service, there has been some call for concern. Last year, we had a shuttle that caught on fire outside Basie Hall. We had a similar problem this week, when a bus began to smoke from the rear.

The bus driver had “jumped ship” and students filed out after realizing there might be a problem with the vehicle. Thankfully, we are getting five new shuttles — three by the end of this month and two by the end of the calendar year, and they couldn’t come at a better time.

Accidents happen, and with any shuttle it is as widespread as an epidemic. What is important is the way we conduct ourselves in situations such as this one. Although dangerous, the shuttle fire last year left everyone unharmed.

The shuttle driver was attentive to the students and directed them off the bus before it caught fire. The police and fire department were contacted, there was no hesitation and a disaster was averted.

It’s very odd that the police weren’t even called this time around. Fortunately, the bus did not catch fire, but a student who was aboard the shuttle had stated that the driver had evacuated the bus without informing the students.

Instead of warning them and having them evacuate, he simply left and the students exited the shuttle by themselves in an orderly fashion. Though it is considered a maintenance malfunction, shouldn’t there still have been some sort of initiative to contact the police? The police weren’t notified about the situation. Something that possesses a potential threat to students should have been put into a report.

If you access Montclair State University’s website and search under the Jeanne Clery Act, there is a description about the University Police Department and their duties. Under their services and duties there is a small section about Shuttle Services in which they don’t state any real information. There should be something about Shuttle Services posted under the Jeanne Clery Act. The Police Department’s sole duty is to respond to immediate danger and the police should have been contacted about this situation.

Of course, there is always the “no harm, no foul” mentality, but who is to say that there wasn’t a good chance this shuttle could have caught on fire as well. The complete lack of professionalism shown by this driver is disgraceful.

As much as shuttle services can try to protect this driver, they should realize he was at fault. There isn’t much we can do about predicting the lifespan of a shuttle besides proper inspections and care, but the university’s staff really should learn to be more composed and concerned for student safety.

We commend the staff who responded to the fire last year, but this situation could have been handled better. Fortunately, this was just a smoking bus, but what if the situation had escalated?

The driver’s response isn’t reassuring in the slightest. The shuttle is out of service right now, but it was only one part of the bus that failed and the shuttle will be up and running in a week.

Driver Avoids Smokin’ Hot Situation

Thumbs Up

Whose Line Is It Anyway? back on the air

Spring Break

Thumbs Down

Wind

Bad Shuttlers

Midterms


Catherine Baxter, News Editor

Talk about a score. To order these delicious Italian subs, you have to do is punch a few buttons on a pesty little screen and boom — your order is complete.

The best thing about Wawa is the vast array of options you offer. They offer everything from fried chicken and subs to fresh, hot-dog. Your taste buds will be hap- pily.

Growing up in Toms River, you cannot avoid Wawa. They are literally on every corner. People go to Wawa during lunch break in high school, grabbing lunch, and then do it again when they get to their conveniences store.

The people of North Jersey go to Wawa to get something for the convenience of it being, well, a convenience store. People go to Wawa to grab a sub, a bag of chips and an iced-tea and want it quickly. They are in a hurry and need something for a quick meal. What more can you ask for?

What most people don’t realize is that Wawa has more than just one thing or one thing you can get at Wawa. Wawa has a hot cup of Joe in your hands.

For added conveniences, Wawa just launched their own K-Cup line, so you can now make coffee in coffee for the comfort of your own slipper.

Wawa is at it, completely acceptable for you to walk in the store in your pajamas and slippers. You can get what you want, and you can even get what you want online.

What you need is coffee, but you can’t just come in and order it. Wawa has built its reputation on freedom and respect for all. It is amongst this melting pot of people that Wawa serves.

There is a special shift that takes place at Wawa. Fisher said, “As long as they can meet the same physical standards, they should be able to do the same things.” Fisher went on to say that the general opinion is that the “standards will be lowered.”

This would be a prevalent fear, especially because all of our armed forces are adorning with the strongest, toughest, most powerful forces in the world.

Anthony Speziale is a member of the Air Force. He has a similar standpoint to Fisher, believing that a good idea for the “big shift.” Speziale noted that the military is “an extremely old institution, and society is just not as old as it once was.” Women are also different and capable and will be reckoned with in the entire world.

Fisher went on to say that he believes that it is important to understand that the military is “an extremely old institution, something as archaic and etab- lished as our military cannot simply be changed just because somebody wishes it to be.” Fisher went on to say that the military “is not at the same time, as we speak.”

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The Montclarion
Drone War Calls For
Newest military technology causes destruction

There are a number of factors that contribute to the effectiveness of drone strikes. A recent report on drone strikes in Pakistan by the Stanford and NYU study highlights the negative impact on civilian life in the tribal region, even after the death of the targeted individual. Every civilian death from a drone strike is a potential recruit for the Taliban or an anti-American group. However, this report's findings on how the constant anxiety of an impending strike may cause a friend or relative of the deceased to join the Taliban or another terrorist organization are quite disturbing.

An article in The New York Times, published May 9, 2012, confirmed that drone strikes have become a primary tool for the drone program. Joseph A. Mau, a pasteup editor for the drone program, wrote at www.livingunderdrones.org. The report's findings on how the drone program undermines international law and "may set dangerous precedents." Lastly, the report concludes that drone strikes undermine international law and human rights.

Drones are only President Obama's malfeasance in an endless and global game of "war." Drones, strikes kill a few targets in one place and more spring up in another from the collateral damage. President Obama needs to seriously question his actions by claiming to avenge the deaths of civilians killed in drone strikes. Lastly, the report concludes that drone strikes is more significant than any other factor whether you can properly execute the job.

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the hand to get close to their foreign fans, feeling their en- ergy and hearing them all sing along to their words regardless of the language barrier.

September 2011 brought great success for the quartet as they received two Latin Grammy nominations. Nuestra was on for nomination un- der the Best Rock Album cate- gory and “Radio Capital” for the Best Rock Song category. In November, 2011, Nuestra was nominated for a Grammy Award under the Best Latin Pop Rock, Pop or Urban Album category.

The fact that these boys were nominated meant serious business. Their hard work was clearly paying off and their ac- ceptance into the Latino music world could not have been bet- ter.

Currently, La Vida Boheme is preparing for their sec- ond studio album, Sera, to be released this year in April. Judging by the love and sup- port their fans have been giv- ing them and their recognition on an international basis, La Vida Boheme is here to stay.

Gabe Anquín Staff Writer

The people closest to me know that I can spend hours on iTunes searching for new albums/songs from bands that I have grown fond of. However, when I stumble upon a band or an artist that I’ve never heard of or are vaguely familiar with, I get really excited.

You can probably imagine my excitement when I came across Swedish alternative band Shout Out Louds and listened to their first studio album, Optica, which was released on Feb. 26.

One song that I’ve particu- larly grown fond of is also happe- ning to be Shout Out Louds’ hit song, “Walking in Your Footsteps,” which paints an eerie picture about looking af- ter someone you care about as he or she journeys out into the world. After listening to that track and many other songs on the album, which include, “Where You Come In,” “Hermil” and “Chasing the Sinking Sun,” I was hooked.

Sometimes you just need to hear that one song that allows you to let go of your feet and dance. I’ll admit, that’s exact- ly what I did, which is pretty funny because if you know how small my room is, you’ve undoubt- edly heard that song.

Shout Out Louds of- fer listeners this opportunity to lose themselves with their upbeat sound, filled with an army of standard and interesting in- struments, which include an accordion, a glockenspiel and a Moog synthesizer.

It’s always a great thing when bands and artists alike ev- olve in their music as the years go by, and Shout Out Louds achieved this on their new album. After listening to Optica and then going back and listening to their previous works, Our Ill Wills and Heart Hurt Golf Cup, the latter of which was my least favorite, there’s no denying that they’ve progressively got- ten better and more comfort- able with their unique sound.

Other songs on the album worth checking out include: “Illusions,” “14th of July,” “Burn” and “Circles.”

Other songs on the album worth checking out include: “Danz!” in November 2010. Due to the inclusion of melody in the video, YouTube conceived “Danz!” in November 2010.
I want you to see your advisor!

Registration starts April 8th!

→ WESS
→ Student Records
→ Advisor
Reefer Madness: A Big Hit

Theadora Lecour
Art. Arts Editor

On the weekend of Feb. 28, Players put on one of the best shows to curtain this year. *Reefer Madness* was the musical of choice for this go-round and it did not disappoint.

Written by Kevin Murphy and Dan Studney, *Reefer Madness* was the brain-child of Murphy and Studney, amplifying the ridiculous attempts to control people through fear. A satirical musical piece, the show made many outrageous claims of the effects of marijuana—sanity, domestic violence and cannibalism included.

The student audience of Montclair State University responded favorably. Filling Rocky's Nest with uproarious laughter, the show was gratifying for kids and adults alike. Freshman theatre major AJ Primavera said the show was "exceedingly funnier than anything I could have imagined." Television and Digital Media major Kia Swinton also said, "it was intriguing to see how they portrayed historical propaganda. I ended up enjoying myself way more than I thought I would."

*Reefer Madness* was sensational for the actors and production team as well. One of the two production assistants of the show said the piece was "extremely tech-heavy. With "multiple scene and costume changes," the show was "an excellent example of what Players could accomplish."

Needless to say, the audience loved what it saw. Brendan Chase played the hysterical role of Jimmy. Lured into the demonic world of weed, Chase plays a character that stoops to stealing cars and killing old men. Jimmy even turns away from Jesus Christ, who makes a personal appearance to steer the young man right in a number called, "Listen to Jesus, Jimmy." The actor, who is actually a sports marketing major, said the piece was "challenging, but just as fulfilling to work on, especially with directors Allison Andresini, Ryan Yannalfo and Nicole Buscarino."

Overall, *Reefer Madness* was a finale that would have definitely sold out had tickets not been free. Fascinating and edgy, the musical was "chronically" hilarious.
Among the mass hoard of Harlem shake remakes and horrible lyric videos on YouTube is a web series that really stands out: *The Mis-Adventures of Awkward Black Girl* (or simply known as *Awkward Black Girl*). Created by Issa Rae, a producer/director/writer/actress based in Los Angeles, the series follows the misadventures of Rae’s socially-awkward protagonist J. She is awkward and black, a combination that proves to be the bane of her existence. While ABG may seem like just another comedy series, Rae deftly uses humor to address more serious issues and themes that covers today’s sugar-coated racism and the tension between team light-skin versus dark-skin.

Some of the best moments of the series are when J allows us to see exactly what she’s thinking and how she would change events to play out in her favor. Who doesn’t want to slap a co-worker for overstepping boundaries or break into a job you’re applying for because they haven’t confirmed whether or not you’re getting the position? Through J, we can live out all our fantasies, laugh about our shortcomings and realize that being awkward doesn’t mean you can’t have your own version of happiness.
This Week in Music

Kris Camillo
Staff Writer

- Duran Duran and Ryan Lewis were the musical guests for this week’s Saturday Night Live. With the help of featu-
res such as Wanz and Ray Dalton, they performed their #1 hit, “Thrift Shop,” followed up with “Can’t Hold Us.”
Duran Duran and Ryan Lewis also released a video sup-
porting new single, entitled “You Can Play.” Macklemore
was said, “Don’t let being gay hold you back, and if you’re
straight, do not hold others back. Anti-gay language has
no place in sports or music. If you can play, you can play.”

- Pay to gains more success following his first hit, “Gangnam Style” by releasing a remix EP titled Remix Style. The EP was released on March 5 and features ex-
mixes of “Gangnam Style” by Diplo and Afrojack. There is also one popular remix that feature 2 Chains and Tyga.

- After the huge success of Adele’s “Skyfall” winning an Os-
car for Best Original Song, Adele has signed on for the next James Bond movie to try and replicate the same suc-
cess. For the fortunate ones who are going to the show, they will be opening an exhibit for the Rolling Stones to celebrate their 50th anniversary. Titled “Rolling Stone: 50 Years of Rock Infit-
sion,” the exhibit will take on two floors and will go through the 50 years of journey of the band, The Rolling Stones.

- Thirty Seconds to Mars return after a few years of absence with a new single and a new album, their first since 2008. Their new single, entitled “Up In The Air,” will make its worldwide debut on March 18 with a new album to follow.

- Billboard Hot 100 Top Ten – February 25
#1. “Harsh Light” – Bassolutely (Last week – 10) - Weeks on chart - 2 weeks
#2. “Thrift Shop” – Macklemore & Ryan Lewis feat. Wanz (Last week – 4) - Weeks on chart - 21 weeks
#3. “When I Was Your Man” – Bruno Mars (Last week – 4) - Weeks on chart - 10 weeks
#4. “Locked Out Of Heaven” – Bruno Mars (Last week – 5) - Weeks on chart - 19 weeks
#5. “Scream and Shout” – will.i.am feat. Britney Spears (Last week – 5) - Weeks on chart - 10 weeks
#6. “ Started From The Bottom” – Drake (Last week – 10) - Weeks on chart - 2 weeks
#7. “Stay” – Rihanna feat. Mikky Ekko (Last week – 3) - Weeks on chart - 3 weeks
#8. “Bitch and Tie” – Justin Timberlake feat. Jay Z (Last week – 9) - Weeks on chart - 8 weeks
#9. “Locked Out Of Heaven” – Bruno Mars (Last week – 2) - Weeks on chart - 12 weeks
#10. “Love Me” – Lil Wayne feat. Drake and Future (Last week – 11) - Weeks on chart - 6 weeks

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For most of us in Mont-
cocktail of the UP 2013 Spring Break Playlist

- Coasting, EASY

- What to Consider in a Spring Break Playlist

- Alex Coppola

- Staff Writer

- “Harsh Light” – Bassolutely

- “Thrift Shop” – Macklemore & Ryan Lewis feat. Wanz

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- “Bitch and Tie” – Justin Timberlake feat. Jay Z

- “Locked Out Of Heaven” – Bruno Mars

- “Love Me” – Lil Wayne feat. Drake and Future

This week’s hit song, “Harsh Light” by Bassolutely, stayed at #1, keeping “Thrift Shop” from regaining the top spot at #2. Bruno Mars followed up with his sixth top five hit causing “Stay” by Rihanna to tumble down to #10. Finally, the top ten debut this week is Lil Wayne’s “Love Me,” hitting #10, his seventh top ten hit.

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- “When I Was Your Man” – Bruno Mars (Last week – 4) - Weeks on chart - 10 weeks

- “Locked Out Of Heaven” – Bruno Mars (Last week – 5) - Weeks on chart - 19 weeks

- “Scream and Shout” – will.i.am feat. Britney Spears (Last week – 5) - Weeks on chart - 10 weeks

- “Started From The Bottom” – Drake (Last week – 10) - Weeks on chart - 2 weeks

- “Stay” – Rihanna feat. Mikky Ekko (Last week – 3) - Weeks on chart - 3 weeks

- “Bitch and Tie” – Justin Timberlake feat. Jay Z (Last week – 9) - Weeks on chart - 8 weeks

- “Locked Out Of Heaven” – Bruno Mars (Last week – 2) - Weeks on chart - 12 weeks

- “Love Me” – Lil Wayne feat. Drake and Future (Last week – 11) - Weeks on chart - 6 weeks

The task of the contem-
orary painter is a daunting one. Painting to one of the old-
est and most exercised forms of art. From the utmost expec-
tations of the works to complete and abstract, some-
thing has all been done.
In fact, depending on who you ask, painting has died once or twice. So when the art-
ist makes a decision to use
paint, it should not be taken lightly. This fact speaks to the work of Mary Ann Aitken in a way that is quite profound and
reflected the lengthy and
complex genealogy of art his-
toric. Aitken was born in 1960 in Detroit. She received her B.F.A. from Wayne State University in 1981 and her M.F.A.
from a display of only Aitken’s ab-
multi-material display of Aitken’s ab-
mary Ann Aitken

Abstract Displays

Mary Ann Aitken

Staff Writer

- Arts & Entertainment

- Green Tag Special, Always Throwing

- Photo courtesy of salon.com.

- Alexa Coppola

- Staff Writer

- Art's & Entertainment

- Weights

- Staff Writer

- Arts & Entertainment

- Green Tag Special, Always Throwing

- Photo courtesy of salon.com.

- The show, on display from March 5 until April 14, is a display of only Aitken’s ab-
multi-material masterpiece of works, or per-
men painted art. She not only paints with
bodies and works more decorative from real life. Her works utilize the impasto
approach with thick, heavy ap-
plications of weight. This gives the
dimensions even more focus. This work em-
ts on the middle ground. Aitken’s works break away from
painting at the very end of her life. Her work is, at this point,
ial knowledge, but also with
painting at the very end of her life. Her work is, at this point,
ial knowledge, but also with
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THE FOUNDATION FOR A BETTER LIFE
www.forbetalife.org
**Yankees Plagued with Injuries**

Harry Hamparian

It seems that the New York Yankees failed to catch a break when their third baseman, Alex Rodriguez, developed a knee injury midway through the 2013 Spring Training season. As a result, Rodriguez had to undergo a knee surgery and miss the remainder of the season.

However, the Yankees were able to bounce back from this injury by signing third baseman Chase Headley to a three-year contract. Headley has been a solid contributor for the Yankees in the past and should provide some much-needed depth to the team.

In addition to Headley, the Yankees also signed outfielder Brett Gardner to a long-term deal. Gardner has been a reliable left-handed hitter for the Yankees and should provide some much-needed offense.

Overall, the Yankees have done a good job of filling in for the injured players and should be able to compete for the division title this season.
DON’T MISS YOUR SHOT AT WRITING FOR THE SPORTS SECTION! THE BALL IS IN YOUR HANDS!

CONTACT NICK AT montclarionsports@gmail.com
Can you believe the start of a brand new baseball season is just a month away?

The Montclair State women's lacrosse team opened up their 2013 campaign with a 10-8 victory at Sprague Field on Sat. March 2.

The game with Stevens was instrumental in helping the Red Hawks to a 10-8 season-open-ning win over Stevens last Sat-day. March 2. Stevens closed the gap to just 18 shots on goal. Montclair State its first lead since the early minutes of the contest, connecting on another free-position shot making the score 7-6 with 2:01 remaining.

Both players were in instrumental in helping the Red Hawks to a 10-8 season-opening win over Stevens last Saturday. The hot spot features a new face in the lineup, former Cy Young award winner, who batted .320 in 96 games. Howard is feeling healthy and is looking to add more than 30 home runs and over 100 RBIs. Honorable mentions include Atlanta's 25-year-old Freddie Freeman, who is projected to bat clean-up in a deep lineup. The New York Mets' Tim Tebow's stock has fallen mightily, but if healthy, he's destined for a bounce-back year. The man with hetero-chromia has finally lived up to being Detroit's first-round draft pick as a reasonable pick. The shortest player in the game, Houston second base-man Jose Altuve, stands at only 5'3", but you can't question the excitement this man can bring. If you're looking for the long ball, then he isn't your guy, but what he can give you is over 30 stolen bases along with a high average for the new American League team. Cleveland's Brandon Phillips, who is as consistent as a home run. Cleveland's Jason Kipnis has all the intangibles to strive under manager Terry Francona. The hot spot features a new face in the lineup, former Cy Young award winner, who batted .320 in 96 games. Howard is feeling healthy and is looking to add more than 30 home runs and over 100 RBIs. Honorable mentions include Atlanta's 25-year-old Freddie Freeman, who is projected to bat clean-up in a deep lineup. The New York Mets' Tim Tebow's stock has fallen mightily, but if healthy, he's destined for a bounce-back year. The man with heterochromia has finally lived up to being Detroit's first-round draft pick as a reasonable pick. The shortest player in the game, Houston second base-man Jose Altuve, stands at only 5'3", but you can't question the excitement this man can bring. If you're looking for the long ball, then he isn't your guy, but what he can give you is over 30 stolen bases along with a high average for the new American League team. Cleveland's Brandon Phillips, who is as consistent as a home run. Cleveland's Jason Kipnis has all the intangibles to strive under manager Terry Francona. If you're looking for the long ball, then he isn't your guy, but what he can give you is over 30 stolen bases along with a high average for the new American League team. Cleveland's Brandon Phillips, who is as consistent as a home run. Cleveland's Jason Kipnis has all the intangibles to strive under manager Terry Francona. If you're looking for the long ball, then he isn't your guy, but what he can give you is over 30 stolen bases along with a high average for the new American League team. Cleveland's Brandon Phillips, who is as consistent as a home run. Cleveland's Jason Kipnis has all the intangibles to strive under manager Terry Francona.
Game of the Week

Mens Lacrosse

@ Ursinus College
March 13, 4 p.m.

The Red Hawks look to bounce back and start off the season strong in a game against the Bears.

For updates, check out: www.montclairathletics.com and follow @TheMontclarion on Twitter
The Montclair State Red Hawks were recently named the unanimous pick for the top spot in the preseason NJAC Coaches’ Poll. MSU begins play on Sunday, March 10, with a doubleheader on the first day of the Rebel Spring Games, which are being held in Kissimmee, Fla., at 9 a.m. where Montclair State will take on Alton College, followed by Mount Union College at 11 a.m.

MSU will open their home season on Tuesday, March 19, when they face off in a doubleheader with Baruch College. The first game is slated to start at 3:30 p.m., and the second game will start immediately afterwards.

The Montclair State Red Hawks are currently tied for second in batting average on the team, batting .500 and has Montclair State’s only homerun of the season.