Reunited and It Feels So Good

The legal battle between Oracle and Montclair State University, which began in 2011 over Oracle’s Enterprise Resource Planning system deployment, has recently been resolved amicably between the two parties.

The dispute began in April 2011 when MSU filed a suit in the U.S. District Court of New Jersey. MSU accused Oracle of a breach in contract, gross negligence, willful misconduct, breach of warranties, and fraud. A countersuit was filed by Oracle in May 2011 in which they claimed that MSU was negligent, willful misconduct, and breach of warranties.

Both entities are now focusing on moving forward. The legal case between Oracle and Montclair State University, which began in 2011, has been amicably resolved.

The Montclarion | Catherine Bader

The Future of Media For Viewers Like You

Keeping the line between entertainment and news is a challenge for many media companies. With the rise of social media, it is more important than ever to keep the lines clear.

PBS, the public broadcasting system, has had to adapt to the rise of social media. Chief Executive Officer of PBS, Paula Kerger, discussed the future of journalism, documentaries and the melding of storytelling on multiple platforms.

Because of a lack of funding for exposure and the rise of popularity in reality television shows, Kerger emphasized the importance of releasing PBS content on multiple platforms.

Tablets are extremely important for media moving into digital platforms. The tablet market is growing and PBS is looking to use that to their advantage.

Keep an eye on PBS this year as they continue to build their digital presence and adapt to the changing media landscape.

Ethan T. Fria
Staff Writer

To Charter or Not To Charter

The chartering process requires that you fill out two forms which you need for your organization to charter itself at MSU, said Bunk. The charter packet is one of the forms which you need to fill out. It is so hard to go out to have a petition started to get food venues on campus, to include nutrition facts that are important for students with diabetes and other health restrictions.

The petition was started by student Nicole Wheeler, a diabetic who has a difficult time finding places where she can safely eat. “It is so hard to go out to eat and guess what the carbohydrate count is in each item you have to eat,” said Wheeler.

The nutritional information of their food.

The Montclarion | Lynka Tanaka

Food for Thought: Facts for the Body

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The nutritional information of their food.

Nutrition continued on Page 5.

Patadrieh Gonzalez
Contributing Writer

Creating a chartered organization is no simple task at Montclair State University. However, various organizations have recently complained that some processes they go through in order to become chartered, or to even host an event after becoming chartered, is too long of a task. Even so, both the Student Government Association and students on campus have a specific routine that they must go through in order to create a chartered SGA organization.

In regards to the process the SGA requires for organizations to become chartered and a full member of the MSU community, SGA President Pro-Tempore, was able to explain the process.

“The chartering process requires that you fill out two forms which you need for your organization to charter itself at MSU,” said Bunk. “The charter packet is one half of the forms which require a student to list the people involved in the organization and what the group is going to be about. The second half of the form is completed by student Nicole Wheeler, a diabetic who has a difficult time finding places where she can safely eat. “It is so hard to go out to eat and guess what the carbohydrate count is in each item you have to eat,” said Wheeler.

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Pelican Police Report

On March 6

Police responded to a report of a suspicious male taking pictures in the Buszer’s office. The male was not located and his purpose for taking the pictures is unknown. This matter is under investigation. (building #17)

On March 6

A staff member reported a plaque that was taken from the inside of Calcia Hall. This matter is under investigation. (building #36)

On March 7

Rayshawn Nero, 23, of Paterson, was arrested and charged with outstanding warrants out of Paterson. Paterson Police Department took custody of him and transported him back to their department for processing.

On March 7

A male student reported a suspicious male approaching him and handing him unwanted literature. This matter is under investigation.

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A male student reported a suspicious male approaching him and handing him unwanted literature. This matter is under investigation.

On March 7

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.

Jonatas Ferreira
Staff Writer

* A national survey of county health statistics conducted by the Robert Wood Johnson Foundation and University of Wisconsin voted Hunterdon County as the healthiest county in New Jersey for the fourth consecutive year.

* President Obama endorsed the mayor of Jersey City for re-election. Mayor Jerriamhealy Healy is running for a third term and is facing three challengers in the May 14 election. Healy was a supporter of Obama during the 2008 Democratic primaries.

* On Monday afternoon, a Sussex County teenager was arrested and charged with criminal mischief and disorderly conduct for imitating the ”Gallon Smash” prank video that has gone viral on the Internet. The prank involves taking two gallons of milk, smashing them on the ground and then falling to the floor as if it were an accident.

* Ranking Republican Senator Tom Coburn questioned Sandy debris removal costs in New Jersey. The Senate Homeland Security and Oversight Committee, which oversees federal recovery efforts, expressed concern over the costs of debris removal firm Ashbritt, which was awarded a no-bid contract by Gov. Christie and handed him unsecured Macbook, smashing them on the ground and then falling to the floor as if it were an accident.

* The executive director of Colorado’s prison system was shot dead at his home on Tuesday. An unidentified assailant shot and killed Tom Clements as he answered the doorbell at his home. The authorities have no leads to any suspects so far, but a manhunt has been initiated.

* A vicious fire erupted in Accomack County, VA on Monday. No deaths or injuries have been reported. However, officials suspect a group of arsonists are responsible for the fire, as over 70 fires have been reported in Accomack County since November.

* Two high school football players in Ohio were convicted of rape on Sunday. Malik Richmond, 16, was sentenced to a minimum of one year while Trent Mayes, 17, was sentenced to a minimum of two years, getting an extra year for taking photos of the naked 16-year-old victim.

* Seven Marines were killed Tuesday during a training exercise in Nevada. A violent explosion occurred during a training exercise at Hawthorne Army Depot in western Nevada. The cause of the explosion is being attributed to a 60 mm round that detonated inside a mortar tube.

* The former governor of South Carolina won an initial Republican primary on Tuesday night for a congressional seat. Mark Sanford, who had an extramarital affair while claiming to be hiking the Appalachian Trail, is now staging a political comeback. Sanford won 37 percent of the vote, which exceeded expectations.

* President Obama visited Israel for the first time since his inauguration in January. The President met with the Prime Minister and President of Israel and reaffirmed the U.S. alliance with Israel. Israeli President Shimon Peres expressed confidence in U.S. foreign policy.

* Pope Francis calls on global leaders and people of the world to defend the poor and the weak. Former Argentinean Cardinal Jorge Mario Bergoglio has been elected as the first Latin-American pope this month. There is much expectation over what changes will be brought to the papacy and the Catholic Church.

* The International Monetary Fund chief’s home was searched in a corruption probe by the French police this Wednesday. Christine Lagarde is being investigated after her decision to order a panel of judges to arbitrate in a dispute between disgraced tycoon Bernard Tapie and the bank Credit Lyonnais, which led to Tapie being awarded almost $500 million. Lagarde has denied any wrongdoing.

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The Montclarion

113 Student Center Annex
Montclair, NJ

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

In the March 7th edition, the quote by Little Falls Fire Chief Jack Sweeney was originally from Passaic Valley Today.

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.

WRITERS AND CONTRIBUTORS


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TERMS & CONDITIONS

The Montclarion is looking for writers for their News Section!

For more information, email msunews@gmail.com
I WANT YOU TO SEE YOUR ADVISOR!

REGISTRATION STARTS APRIL 8TH!

→ WESS
→ Student Records
→ Advisor
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Spring Into Training

Jonatas Ferreira
Staff Writer

Last week, while students were away during spring break, The College of New Jersey police officers, Mercer County sheriff officers and New Jersey State Police had the opportunity to initiate active shooter training.

The Trenton Times reported that the training took place on the TCNJ campus in Ewing. Officers used modified weapons that fired “soap bullets,” or paintball bullets that splatter red on impact.

With the help of the State Police, campus police and county officers were trained in fake scenarios that included civilians and a shooter. The unpredictable nature of such an event was emphasized.

Officers were sent into buildings in which flute police, posing as innocent civilians and shooters would await them. The purpose was to prepare the officers for any possible event.

TCNJ student Stephen Fakhano stated that campus police tend to be reliable and that there have been few incidents of any kind in the past. “Preparation can’t hurt,” Fakhano said.

However, this form of training is not new to college campuses.

The Montclair State police department has held similar training sessions once a year for about five years now, reports Lieutenant Kieran Barrett.

Barrett said that the campus police typically train with other local officials such as Essex County police officers, posing as innocent civilians and a shooter.

Training typically takes place during winter break and is done in buildings throughout campus, including Bohn Hall and Blanton Hall.

Police officers also train for bomb threats and other possible disturbances that may have unpredictable circumstances.

New Jersey colleges are reviewed yearly by the New Jersey Campus Security Task Force, which reports the state of security of New Jersey colleges to the governor. The Task Force also offers recommendations, live shooter training being one of them.

Former Governor Jon Corzine established the Campus Security Task Force in the wake of the Virginia Tech Massacre in 2007. Live shooter training will continue to be a part of campus police training in the future, as officers will continue to prepare for unexpected and unpredictable events.

Attention students! Visit montclair.edu to vote for next year’s SGA e-board. Polls are open from midnight on March 20th until next Wed, March 27th at noon.

Candidates are:

President
George Juzdan
Alan Akins

Vice President
Mohammad Ramadan
Angel Williams
Kristen Bunk

Secretary
Jelsomina Picariello

Treasurer
Mark Ruff

Meet with Faculty and Students about Public Health Degrees and Careers

The Montclair State police training took place at TCNJ. These sessions help police with their response abilities in close quarters.
SUMMER Sessions
montclair.edu/summer

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You've seen the trends. You know what you like, what you don't like and what you just have to have. Now that spring is right around the corner, all that's left to do is shop.

While this is usually your mecca, cardio and therapy all wrapped into one, a fashionista must remember the considerable hardship that bulls every spring: high prices for top style. It's easy to get overwhelmed when staring at the brilliant new looks fresh off the runway. However, as easy as it is to get lost in the fabric frenzy, you have to use your mind and top-notch bargaining skills. Otherwise, you'll end up in diabolical debt.

A chic girl's rule of thumb: Just because it looks to die for in the dressing room, does not mean your bank account should die for it later. If you find a bold-printed pencil skirt that's just your size but way over your budget, put it on hold. Yes, this one is for you impulse-buyers: you can actually put garments on hold, shop around the rest of the mall to find a better deal and come back to buy or deny it later. It's the shopping equivalent of "sleeping on it," and it's just as healthy for the mind, body, soul and wallet.

You never know what you'll find at the other side of the mall. You may be surprised with how bargain-savvy you really are while styling an Aztec print cotton miniskirt from Charlotte Russe for just $12.99. If the recent runway looks have you seeing stripes, head on down to Forever 21. For a whopping $15, you can give yourself a coral striped maxi dress that's perfect for the warm weather.

These are a few prices that won't break your bank or your spirits. Who said leather has to be expensive? Don't be an April fool by dropping three figures on outrageous outerwear when you can look just as irreplaceable in a spring steal. Forever 21's pointed hem motorcycle jacket is just $15.99, leaving you tons of extra cash left over for bags, shoes and accessories. Go on, indulge without the splurge.

With spring officially started, it's best to pace yourself in the fashion glory and keep your eyes focused on the deals. Remember: The only thing that's going to be a knockout this season is your outfit of the day, not your spending habits. Take a deep breath and dive in. The best spring deals are waiting for you, just as long as you aren't afraid to search beneath the surface.
Eating Right for the College Student

**Dorm Dining:**
Dorms are home to healthy snacks in your room for when you get hungry in be-

**Commuter Choices:**
Invest in a good lunchbox.
Pack a lunch to do more than just pro-

On a Budget:
Whether living at home, in an dorm room or in a dorm room without it, we are all in need of food and bur-

**National Nutrition Month
Eat Right, Your Way, Everyday**

Alexis Fissinger
Sara Winters

March is National Nutrition Month, and this year the theme is about all personaliza-

**Things To Keep in Mind:**
Variety: Remember your five food groups: fruits, vegetables,

**Portion Size:**
Remember that old saying, “our eyes are bigger than our stomachs.” Well, this is true, but we often do not realize it until after we have stuffed ourselves. So plan to leave some white space on your plate. You can always go back for seconds if you find that you are still hungry. Instead of eating the entire portion of a food item, store some of your food in a smaller container with a lid. This prevents you from overeating and from eating too quickly.

**Don't let the stress of school take over your life.**
Don't stress about the things you can't control. Focus on what you can control. Take care of yourself and your body.

**Eating Right for the College Student**

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Benefits of Apple Cider Vinegar

Dana Baardsen
Staff Writer

An apple a day keeps the doctor away, right? So can vinegar do the same thing too? Apple cider vinegar is created after the apples undergo fermentation. During the apples’ fermentation process, their natural sugars turn into alcohol. Prolonged fermentation is what actually makes the product a step further, creating the vinegar. The acetic acid in the apple cider vinegar creates antimicrobial properties which make it a great healing agent. It can be ingested or topically applied. One of the most well-known benefits of apple cider vinegar is its ability to promote and aid weight loss.

If you have interest in trying it, you have a few options. Apple cider vinegar is actually sold in pill form, but if you want to indulge naturally on a daily basis, I would recommend adding a splash of the vinegar to a glass of water or fruit juice. Do not take apple cider vinegar straight because the acidity can damage the linings of your throat and digestive tract. I wouldn’t recommend mixing more than one tablespoon (three teaspoons) into your drink. If you are applying the product topically to your skin or scalp, mix it with water first to see how your skin reacts. Remember, “everything in moderation.”

Apple cider vinegar has a lengthy list of health benefits. Some health claims include:

- Ridding toxins from the body
- Relieving allergies
- Lowering cholesterol
- Aiding fat breakdown
- Clearing acne
- Raising digestion / Preventing stomach illness
- Regulating pH balance in the body
- Relieving migraines
- Slowing the growth of cancer cells
- Clearing acne
- Lowering cholesterol
- Relieving allergies
- Ridding toxins from the body
- Relieving migraines
- Slowing the growth of cancer cells
- Preventing stomach illness
- Regulating pH balance in the body

Applying the product topically to your skin or scalp, mix it with water first to see how your skin reacts. Remember, “everything in moderation.”

Do you:

- Think you might want to study abroad
- Aren’t sure which country to choose
- Have any questions about the programs or the study abroad process

IT SOUNDS LIKE YOU MIGHT NEED TO...

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Deadlines EXTENDED for Summer 2013, Fall 2013, and Academic Year 2013-2014! APPLY NOW!

Study Abroad Information Sessions are offered Every Wednesday at 2:30 PM

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Drunk Driving
Over the Limit. Under Arrest.

Cops are cracking down.

Tanning

We Are
Beach Ready
Are You?

Tanning We Are

Beach Ready
Are You?

5 Levels UV & 2 Levels UV-Free
Level One 5-pack $5.92/tan *
Unlimited Tanning Mystic Spray Tan Custom Airbrush
Mystic Log $20 * $35 *
1st Tan Free!

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For a limited time, be sure to check out this website for a 25% off coupon code!

Apple cider vinegar has a lengthy list of health benefits:

- Ridding toxins from the body
- Relieving allergies
- Lowering cholesterol
- Aiding fat breakdown
- Clearing acne
- Raising digestion / Preventing stomach illness
- Regulating pH balance in the body
- Relieving migraines
- Slowing the growth of cancer cells
- Preventing stomach illness
- Regulating pH balance in the body

Applying the product topically to your skin or scalp, mix it with water first to see how your skin reacts. Remember, “everything in moderation.”

Do you:

- Think you might want to study abroad
- Aren’t sure which country to choose
- Have any questions about the programs or the study abroad process

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For a limited time, be sure to check out this website for a 25% off coupon code!
These past two weekends, both Sierra Johansen, an MSU student, and I decided to do some impromptu travelling. Two weekends ago, we decided to take a cross-country trip across Scotland.

We started by taking the Megabus from Newcastle to Aberdeen. Even though the trip took almost six hours, it was worth it when you compare the price of train tickets. We then headed west, taking the most scenic route. Our first stop: Loch Ness.

Loch Ness, home of the famous Loch Ness Monster, or Nessie, is definitely a place that should be on everyone’s sightseeing list. At the base of the Loch lies a beautiful town called Fort William.

A bit further up the Loch is Urquhart Castle. Its ruins have been beautifully restored. Even though it does cost about £14 to get in, you get your money’s worth. Another option was to buy an explorer pass for £18, which gave unlimited access to a number of castles, abbeys and cathedrals across Scotland.

On our last day, we made our way to Stirling Castle and the William Wallace Monument. We also made a bonus stop at Doune Castle, the castle where Monty Python and the Holy Grail was filmed.

The castle itself was almost a trip back in time. There were actors dressed as the royal family and court members walking around and making history fun. They knew all the facts and stayed completely in character. The castle was also very well preserved and let you in on some amazing things that happened during its peak use.

CONGRATULATIONS
CLASS OF 2013
LAST CHANCE
FOR SENIOR PORTRAITS!

MSU’s OFFICIAL Yearbook
and Senior Portrait Photographer
will host their final dates on campus from March 25th to March 28th.

NEW FOR 2013: In addition to your yearbook and graduation portraits, Lors is now happy to include professional portrait poses for resumes, job applications and social media outlets like LinkedIn as part of your Senior Portrait session.

SCHEDULE YOUR FREE APPOINTMENT ONLINE AT: www.lorsstudio.com/schedule or use your smartphone to scan the QR code below

Please Note: Times and locations may vary. Check the online schedule for the date and location convenient for you.

If you do not have access to a computer, you may call Customer Service at 908.964.3040

Suggested Dress Code: Professional business attire.
Your FREE Portrait Session will include Professional Profile Portraits and Yearbook Portraits, as well as Cap & Gowns provided by the studio.

Self Storage with Compass
Perfect for College!

Make your move easier
More room in your apartment or dorm

GO RED HAWKS!!

MARCH--APRIL 2013
PAGE 11
THE MONTCLAIRIAN

Blogging From Abroad
St. Patrick’s Day in Ireland and adventures around the Emerald Isle

Adriana Szaboova
Staff Writer

St. Patrick’s Day in Dublin was a sight to see. A sea of green engrossed the whole street and you could not move anywhere. After the parade was over, everyone took to the streets in a massive party. We had an early flight home the next morning and headed to Dublin Airport and back to Newcastle.

With only three days before our three-week Easter holiday, you can be sure that we have many more adventures to come. Next up: Paris, France and Cologne, Germany.
NO HANGING ON THE RIM.
NO HARD FOULS.
NO ANTI-GAY SLURS.

NOT IN MY HOUSE.

A message from the NBA and its players

THINKB4YOUSPEAK.COM
**For Sale**

Prime Great Notch Building Lot near MSU. Asking $325K Create your Dream Home for Approx. $110 per square foot. Century 21 Cedarcrest 973-228-1050 Ask for Lisa or Dennis.

**Rental**

Save $$$ - Female Students or Grads: Summer, Fall 2013 room rentals May-August or school year. Furnished, Across from Campus. Internet Included. Singles or Shared. 973-778-1504

Boarding available 9/1/13 for female, non-smoker - In lovely, secure, private home, 2.4 mi. from MSU. All amenities. Furnished Room with bath, lg. closet. $1500.00 mon. plus security. Diane 201-315 -0476

SAVE $ - FEMALE STUDENTS, GRADS: Summer, Fall 2013 Room Rentals May thru August, OR School Year! Furnished – Across from Campus, Internet Inc. Singles or Shared, ONE ROOM AVAILABLE IMMEDIATELY – 973-778-1504

**Child Care**

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 ncarrell@carebridge.com

 Needed ASAP: P/T caring babysitter for 2-yr-old daughter. 3 days/week, schedule flexible. Needed for morning routine & 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.

**Help Wanted**

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.

Wanted: 29 serious people to work from home using a computer. Up to $1500 - $5K PT/FT www.ValleyIncomeOnline.com

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

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**Classifieds**

US News & World Report
Rutgers Newark
#1 in Diversity

Based in Anthropology & Sociology
Multi-Disciplinary Associate Faculty

www.ncas.rutgers.edu/peace-and-conflict

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

Odds of a child being diagnosed with autism: 1 in 110
Fun & Games

HOROSCOPES

By Madame Carley

Aries March 21 - April 19

Something that you have been putting off for a long time will turn out to be an opportunity to befriend others whom you normally don’t associate with.

Taurus April 20 - May 20

Putting yourself in another’s shoes is a good way to understand their actions. You will find it useful this week, as it will help in avoiding misunderstandings with friends.

Gemini May 21 - June 20

You will benefit from something that you have done a few weeks ago. Even though you may believe that certain things aren’t worth trying, remember that any amount of effort always counts for something.

Cancer June 21 - July 22

Think twice about the words you say when explaining your difficulties and problems to others as they can become defensive. Be cautious in avoiding trouble.

Leo July 23 - August 22

Seeing that spring is here and that the climate will be changing, you may feel the need to change as well. Perhaps a new look or a new environment will satisfy this new ambition.

Virgo August 23 - September 22

Counting down the seconds, minutes and hours for something to come, may sound great but really isn’t. Remember that patience is a virtue and that time will only fly by if you keep your mind on many things. After all, a watched pot never boils.

Libra September 23 - October 22

Do not be quick to judge, for those who you assumed were bad could turn out to be good, and those who you deemed good could turn out to be bad. Keep in mind that looks could be deceiving.

Scorpio October 23 - November 21

Although you have never been great at choosing between two options, a decision of yours will become very clear this week.

Sagittarius November 22 - December 21

You will be completely booked this week. However, it should be fun. Just be cautious when planning out how to spend your days. You do not want to overwork yourself and make promises that you cannot fulfill.

Capricorn December 22 - January 19

A last-minute change of plans will not be as bad as you thought it would be. Believe it or not, sometimes the best plans are the most spontaneous ones.

Aquarius January 20 - February 18

A friend who has been acting strange will surprise you. While it may be a good surprise, it is also a secret, so keep your word in maintaining its secrecy.

Pisces February 19 - March 20

Something out of the blue will make you notice a person whom you have never bothered to pay attention to. This could be the start of a new friendship or perhaps something better.

Hum Bucking Harold

Ok boys, we have strict contracts to fulfill... We have 2 weeks to before they expire and I got a plan to get Harold once and for all...

First we break into the Sheriff’s office after hours...

Then we have a serious jam sesh to connect with our inner voices...

We set up the trap...

Finally we re-feng shut the room... Sounds like a dumb idea and I like it!

We’ll have to act fast before the rooster lays the egg...

Check out the earlier episodes on erickerke.blogspot.com
Food For Thought: Facts For The Body

Do you think it should be mandatory for nutrition facts to be posted in campus dining facilities?

- **Thumbs Up**
  - **Stephanie Kudrick**
    - *Biology*
    - Personally, I don’t think it’s necessary. If people want to know what’s going into our bodies, they should read labels. It would be helpful to know and also just to know how much they are eating, like calorie intake?
  - **Nick Vezzachelli**
    - *Nutrition*
    - I think it would be beneficial if food places told the nutritional information. Food places tell the nutritional information but for people who have dietary restrictions, they are usually eating their diet. I do think it is important for them to know what they are eating.

- **Thumbs Down**
  - **Vicky Leta**
    - *American Idol*
    - Has anyone ever given you, then what’s the point?
  - **Jeannette Martinez**
    - *Biology*
    - Most college students are really out of shape, and I think if they were able to see the calorie content breakdown of everything, it would make them think twice before the way they eat.

Reaching for that ceramic plate, getting online with the other five students, waiting to be served, glancing at the menu. You notice the calories for each meal.

Most college students try to avoid that freshman 15 and it’s considered to be the university to compromise their calorie counting habits.

Of the time, that’s the only knowledge we have about what goes into our food. It’s great that you can, like, totally not gain weight and all, but there are other important nutritional facts that need to be posted.

Nicole Wheeler, a student here began a petition recently to include all nutritional facts on menus. Wheeler has diabetes and, like many others on this campus, she finds the lack of nutrition information problematic.

Like many students on this campus, she needs to know what goes into her food.

Has anyone ever given you a thought as to how much sodium, sugars and carbohydrates are put into their food? Putting full nutrition charts in cafeterias and estuaries around campus should be mandatory.

To break from contrary belief, calories aren’t necessarily the biggest contributor to poor health. Sodium is a good example of something that no one should ingest in excessive amounts. Sodium in large quantities can contribute to high blood pressure.

Many students that have diabetes need to watch their carbohydrate and sugar intake because it can affect their blood sugar levels.

There are also many other students with physical ailments that need to be aware of what they are ingesting.

For example, the people with irritable bowel syndrome and other intestinal diseases have a hard time breaking down certain foods. Most students on this campus probably do not understand the side effects many of these people endure because of poor nutrition intake.

Even without knowing what those students endure, it’s safe to say we should all be curious about what we are really eating.

You must be familiar with the phrase “everything in moderation” and “keeping a balanced diet.” How are we supposed to know we are consuming a balanced meal? Making the mandatory will be beneficial to all students. We have the power and the right to demand to know what we are eating.

Poor dieting is affecting our bodies and our health, one of the only things in our lives we have control over. Montclair State University has provided us with services such as the Health Center and its promotions, but there are issues about food that need to be discussed.

Food is something that affects every student on this campus on a daily basis. The workers even know what these students endure, but there are other issues about food that need to be discussed. If companies are mandated by law to print nutritional facts onto their menus, companies such as Sodexo should be providing us with the same information about their food.

As Sodexo’s employees, the University should be reassuring students that what they consume is adequate. As with many doubts and all the slander that is surrounding the name “Sodexo,” both parties should take the initiative to provide nutritional information.

If companies are mandated by law to print nutritional facts onto their menus, companies such as Sodexo should be providing us with the same information about their food. We at The Montclarion support Ms. Wheeler’s petition and would like to see Sodexo make an effort to provide students with nutritional facts.

**Question Of The Week**

Do you think it should be mandatory for nutrition facts to be posted in campus dining facilities?

**People Butista**

*Biology*

I think that it’s important for people with dietary restrictions or watching their diet, it might deter them from the less healthy options. As a nutrition major, I can speak first-hand how much they are eating, like calorie intake?

Vicky Leta | *The Montclarion*
Uncovering the Unsinkable RMS Titanic
Philadelphia exhibit unites Hollywood and history using artifacts

The Montclarion - March 13, 2013

Venezuela Says Adiós To Hugo Chávez

Chávez’s complex policies leave behind a questionable legacy

By Joseph Remmert

Chávez’s complex policies leave behind a questionable legacy

Chavez immediately began to consolidate power, ending decades of political paralyzation and nationalistic rhetoric as he also embarked on controversial social welfare and health care programs. He often showed a keen interest in the sentiment of the poor and a desire to bring social issues to the forefront of his political agenda. His goal was to strengthen the economy and move the country forward. As Chavez’s mentor, he often sought to create a sense of empowerment and prosperity for the people of Venezuela. He was revered by many as a revolutionary who helped the poor and seemed to always outpace real improvements in the lives of many Venezuelans, Chávez certainly improved income. But one thing is certain, his legacy is likely to be debated by historians for years to come. He remained a dictator, but he also brought a new sense of human rights and Latin American unity to the country. Mexico's President, Felipe Calderón, and Chavez have both praised each other for the purpose of stability in Venezuela. However, when Chavez died on March 5, 2013, he was a man of many contradictions. Chavez had been an important leader in Latin America, and his death left a void in the region. As a result, the rush to fill that void has been met with skepticism and caution. Chavez’s policies were complex and often contradictory, and his legacy will be debated for years to come.
Ride Into the Theatre with Equus

Do You Receive His Meaning? Talking with Actor Taylor Dear

Senior BFA acting major Taylor Dear was last seen on Alexander Kasser Theater from March 6 through March 9 for the challenging son of the Joad family in the Spring 2011 production of *Of Mice and Men*. Dear was thrilled to have his first lead role as a BFA acting major at Montclair State University’s brilliantly presented version of the Peter Shaffer classic *Equus* proves that there is some beauty to a young man’s fascination with horses.

It was shown at Alexander Kasser Theater from March 6 through March 9 and was directed by Susan Kerner. In addition to being dramatic, the play also had its humorous moments. Sophomore Taylor Yarish played the teenage boy in question, Alan Strang, and was thrilled to have his first lead role as a BFA acting major at Montclair State University’s brilliantly presented version of the Peter Shaffer classic *Equus* proves that there is some beauty to a young man’s fascination with horses.

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It’s been eight days since David Bowie released his 30th studio recording, 
The Next Day, and I’ve listened to it from beginning to end at least once a day. If you were anywhere near me during this time period, you could see the scowl on my face as my headphones played track after track. For an artist who, throughout his career, made his money and accolades through the creation of characters such as Ziggy Stardust and Aladdin Sane, the Next Day strikes me as an attempt to create David Bowie himself. However, unlike Ziggy Stardust and the others, David Bowie is not apostate and it shows in such and every track.

One of the biggest criteria for albums that I listen to is that I want such song to have its own separate identity. With The Next Day, aside from the first two songs, the whole album flows together in a way where it feels like an opus with different movements. While that is signature Bowie, I feel that it detracts from the experience that each song individually gives the listener. The first two times I listened to the album, I felt like any one of the songs really jumped out at me in a way where it feels like an opus with different movements. A few songs that I can actually recommend to anybody from this album would be “Valentine’s Day” and “(You Will) Set the World on Fire.”

While these two tracks are definite favorites of mine, they are definitely points of the songs contained.

In its entirety, The Next Day is unmistakably a David Bowie album, but it’s not a David Bowie album at the same time. The person is the same, but the soul is different. The style has been active within the music industry for more than forty years now. To casual listeners, I would recommend this album if this is going to be their first David Bowie album. Then after The Next Day, they could listen to his other albums in a reverse chronological order in a “Benjamin Button” fashion to nail at the glory days of David Bowie. For fans of Bowie, though, I feel like you should look at it as a new era of music, a new era where the character isn’t an alien from Mars or a duke, but David Bowie himself.

Recommended Tracks

Valentine’s Day

You Will Set the World on Fire

Earthlings

(1969)

Space Oddity

(1979)

Ziggy Stardust and the Spiders from Mars

(1972)

Aladdin Sane

(1973)

Paralytic Stalks

(1977)

Lodger

(1979)

Station to Station

(1976)

The Man Who Sold the World

(1971)
Rocking out since 1994, The Rasmus has shown the world that Finnish rock is a must add to your playlist. From their debut album to 2011’s latest, the band has sold an average of four million albums worldwide. Domestically and internationally, the quartet has received many awards throughout the years, highlighting the peak moments in their career and reminding them that past struggles only strengthen their nearly 20-year bond.

Toes to check out include: “…In the Shadows,” “Funeral Song,” “Ten Black Roses,” “Ghost of Love” and “I’m a Mess.”

As “Rasmus,” these four boys had their first gig at their school’s Christmas party on Dec. 23, 1993. Six months later, Jarno left the band, being quickly replaced by Jarmo Heiskanen. In December of the same year, they released their debut EP, which contained two songs: “Frenzy,” “Myself” and “Funky Lean.” The boys were quickly noticed, and the word about them spread like wild-fire. Only a few weeks after the release, the album had already sold 1,000 copies, giving the band a great start.

In 1996, through Warner Music Finland, The Rasmus released their debut album, Pop. It made the way into Finland’s music market on Sept. 24. It went straight to No. 1. The same thing happened later in Russia, Sweden and subsequently worldwide.

The band then released two more EP’s 2nd and 3rd, the latter of which made it to the No. 8 spot on the Finnish Singles Chart later that year. With much music produced in a year’s time, the band won an EMMA (equivalent to a Grammy) for the Best Newcomer of 1996. Seeing that the band was becoming quite successful, Lauri and Pauli abandoned their studies and dedicated their efforts and energy on Rasmus. This led to the release of their second album, Playboys on Aug. 29, 1996. The single “Blue,” went Gold in Finland one year later, Jarno left the band, being quickly replaced by Janne Heiskanen. The latter of which making it to the No. 8 spot on the Finnish Singles Chart later that year. With much music produced in a year’s time, the band won an EMMA (equivalent to a Grammy) for the Best Newcomer of 1996. Seeing that the band was becoming quite successful, Lauri and Pauli abandoned their studies and dedicated their efforts and energy on Rasmus. This led to the release of their second album, Playboys on Aug. 29, 1996. The single “Blue,” went Gold in Finland one year later. In 1996, through Warner Music Finland, The Rasmus released their debut album, Pop. It made its way into Finland’s music market on Sept. 24. It went straight to No. 1. The same thing happened later in Russia, Sweden and subsequently worldwide.

The band then released two more EP’s 2nd and 3rd, the latter of which made it to the No. 8 spot on the Finnish Singles Chart later that year. With much music produced in a year’s time, the band won an EMMA (equivalent to a Grammy) for the Best Newcomer of 1996. Seeing that the band was becoming quite successful, Lauri and Pauli abandoned their studies and dedicated their efforts and energy on Rasmus. This led to the release of their second album, Playboys on Aug. 29, 1996. The single “Blue,” went Gold in Finland one year later. In 1996, through Warner Music Finland, The Rasmus released their debut album, Pop. It made its way into Finland’s music market on Sept. 24. It went straight to No. 1. The same thing happened later in Russia, Sweden and subsequently worldwide.

In 1999, the band faced some darkness as Jarno quit, leaving the band on the verge of breaking up. Akku Hakala was asked to become the new drummer, becoming their new member. For the first time, the band released their fourth studio album, Jets, which reached No. 1 in the Finnish album charts and made it to the ears of other international countries such as Spain and France for the first time. Through the years, the band released more singles and albums that kept them on top. Their style, depending on the album, would range from heavy rock to softer melodies, telling stories of forbidden love and misery.

In 2011, with a contract from Universal Music Finland, The Rasmus is producing their eighth studio album. In several European countries, the self-titled album was released on April 18, 2012, and was re-issued as The Rasmus later that year. The band continues to tour and is waiting for their 20th anniversary to celebrate their success at its finest. They do not plan to disbanded anytime soon, leaving fans with more to look forward to.

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The Rasmus

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"At first I was embarrassed. Me, a cat, living with a single guy. But when I watch him pick something up with his hands and eat it, I can't help but love him."

-Maru
adopted 01-10-10

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“Bitches get stuff done,” the phrase Tina Fey and Amy Poehler have been running during the latter’s run on Saturday Night Live. During the years since their departure from sketch comedy show, they have got...
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Nick Patriarche Assistant Sports Editor

The Montclair State men’s lacrosse team improved to 4-2 on the season with a win and a loss in last week’s action. They defeated the Bears of Ursinus College by a close margin of 19-5, and lost to Manhattanville College on the return home.

The Bears would add two more before the end of the quarter to enter the second with a 3-1 lead. The Red Hawk offense exploded in the second quarter with a five-goal run to go into halftime, leading 6-3. Michael Schreck added another tally to increase the MSU lead to 7-3 just 25 seconds into the second half. However, with just over a minute to go, Stratton scored his sec- ond goal, but that was as close as the Bears would get. Schreck’s hat trick ultimately lead the Bears to a 10-8 victory to re- main undefeated.

Jevic led the Red Hawk offense with three goals in the defeat. Kenneth Bogert went 8-13 at the faceoff dot and goalkeeper Andrew Bryant made 10 saves.

The Red Hawks returned home this past Saturday looking to rebound after a tough loss, as they took on the Valiants of Manhattan College.

Unfazed by the wintery conditions, the Red Hawk offense exploded with five goals in the opening frame. Sam Morrissey opened the scoring for the home team with his fourth goal of the season. Jack Skeels added an- other just two seconds later with his first goal of the sea- son coming off a facemass win by Boyt. They went up by three points later with Jevic’s 13th of the season.

The Montclair State men’s lacrosse team did not have a week ahead to forget. In fact, the Midwest portion of the bracket is the most difficult. Everyone and their uncles are picking Louisville to win. “Everyone and their uncles are picking Louisville to win.”

In fact, the Midwest portion of the bracket has a must-see first round game between fifth seeded Oklahoma State, which includes their freshman standout point guard Marcus Smart up against the Pac-12 winners, 12th-seeded Oregon.

The winner of that game will most likely meet up with Louisville during the Sweet 16, and could pull off the upset. The Heat might be on a historic winning streak of their own in the NBA, but it’s Miami’s Hurricanes that have won myself and others over. I’ve officially joined the ACC. Champions hundredfold and for a good reason. They have beaten North Carolina and Florida State twice as well as Duke and Michigan State.

While it’s been run- stantly mentioned, PG Shane Larkin has truly inherited some fine genes from his MLB Hall of Fame father Barry Larkin. (Shane averaged 23.7 points per game during the ACC tournament.)

Despite North Carolina-olina’s head coach Roy Williams’ praise for the young guard say- ing, “Shane plays like a pro. He will end up returning next season for his junior year.”

Another dark horse team that could very well make a deep run is fourth-seeded Michigan. They also consist of a player that has inherited some fine genes in Tim Hardaway Jr. Their best player, Trey Burke, was actu- ally named the Big Ten Player of the Year.

No offense to last year’s runner-ups in the cham- pionship game, but Michigan can absolutely beat the num- ber-one seeded Kansas Jay- hawks if the two teams meet up in the Sweet 16.

Although this has nothing to do with the tourna- ment, it’s end to knew that the Big East Conference will be- come extinct after this season. Maybe it’s not so much of a big deal on a football per- spective, but basketball-wise, they will never be another classic Big East matchup that takes place in Madison Square Garden.

This has always been a pett conference considering that they usually have about 8 or 9 teams that represent the Big East in its NCAA tourna- ments.

However, that’s the nature of the business and we as fans can not control the pol- itics that place in these kinds of circumstances.

As soon as the papers come out on Thursday, that’s when the first round begins. After this Sunday, we should have a better idea on some of the Cinderella teams that many have already written off.

My personal favorite throughout the recent years has been to Shaq Smart’s Vir- ginia Commonwealth Rams. When you’ve got Spike Lee repping your school’s jersey at a game, then you know that your team is on the map. The question remains, Who will you have as your Cinderella teams? Most importantly, who will you have winning this year’s March Madness?
Montclair State University has returned home from its Spring Break trip to Fort Charlotte, Fla. The team had a 4-2 record for the week and now have a 5-5 overall record for the season.

As the first game of the Classic, MSU beat the two-time defending champs, No. 3 Marietta. Leftfielder Dylan Dumas had two hits and was striking out eight in his complete game effort. It was his second win of the season. In the fourth inning, Stephen Nappe drilled a two-run home run, and the score was 2-0.

It was his first homer of the season for the Red Hawks a 2-0 lead. It would hold the rest of the game needed. After the game, Papa commented on the win and has complete game shutout, mentioning that it would not have been possible without his teammates and some great plays by the catcher.

"To start the Snowbird Classic off with a win was great, and we couldn’t be any happier Marietta was even better. We knew it was going to be that kind of game, and that was completely conference to me, and without spectacular plays on defense, the shutout would not have been possible," said Papa.

In the second game, Montclair suffered a loss to Hillsdale College, 6-1. Third baseman Michael Rizzo was Montclair’s best hitter in the loss and had two hits.

Montclair State closed out the weekend game, Montclair suffered a loss to Hillsdale College, 6-1. Third baseman Michael Rizzo was Montclair’s best hitter in the loss and had two hits.

Montclair State closed out the weekend with a win over Heidelberg University, 6-1. Third baseman Michael Rizzo was Montclair’s best hitter in the loss and had two hits.

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Also Located in Linden and Flemington
Game of the Week
Mens Lacrosse
@ Mount Saint Mary
March 23, 1 p.m.

The Red Hawks will open up their conference play against the 3-3 Knights of Mount Saint Mary.

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

Who’s Hot
Tierney Conlon
Attacker — Lacrosse
In last week’s games, Conlon recorded seven goals and five assists to bring her season totals to 12 and 19. Conlon leads the Red Hawks with 31 points.

Who’s Hot
Sam Morrissey
Attacker — Lacrosse
In the Red Hawks’ last two games, Morrissey recorded five goals and two assists for seven points. Morrissey leads MSU with 47 shots.

This Week
Softball
vs. DeSales University
March 21, 3:30 p.m.

Currently 10-0, the Red Hawks look to extend their winning streak to 12 games with a double-header against DeSales.

For updates, check out:
www.montclairathletics.com
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Who’s Hot
Jamie Paulino
Infield — Softball
Paulino, who had at least two hits in seven of the eight games, drove in five runs, stole two bases and had a slugging percentage of .655 during the Red Hawks’ 8-0 run in Florida.

This Week
Kenneth Bogert
Midfielder — Lacrosse
Bogert won 21 of 28 faceoffs, collected 18 ground balls and recorded two goals in two games. Bogert is currently fifth on the team in shots on goal percentage with .667.

Game of the Week
Mens Lacrosse
@ Mount Saint Mary
March 23, 1 p.m.

The Red Hawks will open up their conference play against the 3-3 Knights of Mount Saint Mary.

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Who’s Hot
Sam Morrissey
Attacker — Lacrosse
In the Red Hawks’ last two games, Morrissey recorded five goals and two assists for seven points. Morrissey leads MSU with 47 shots.
The number one nationally ranked Montclair State University Lady Red Hawks started their 2013 softball season off with a bang in Kissimmee, Fla.  MSU won all ten of their Rebel Spring Games over their five-day stay in Florida.  Montclair State recorded shutouts in five of their ten games.  Two of the Lady Red Hawks’ five shutouts came on the opening day of play.

MSU started off their schedule on Mon, March 11 against the Albert College Lady Britons.  Montclair State won handily in five innings by a final score of 9-0.

Junior pitcher Alex Hill was outstanding, giving up four innings by throwing a two-hit shutout and recording 10 strikeouts.  Sophomore pitcher Jennifer Skinner mopped up and allowed no hits in one inning of relief.

Senior Kelli O’Brien and sophomore designated player Tara Petrucelli each had two RBIs apiece for the Lady Red Hawks in the win.

That same day, MSU took on and defeated the Mount Union College Lady Purple Raiders, 5-0.  Hill came out firing on the mound and never stopped, as she threw a complete game one-hit shutout and registered three strikeouts by way of the strikeout.

Junior third baseman Dana Amato came through with two key RBIs to help propel Montclair State to the win.

The Lady Red Hawks’ next clean sheet came on Mon, March 11 against the United States Coast Guard Academy Lady Bears, where the final score was 2-0.

Hill once again went the distance, and this time finished with a three-hit shutout and 14 strikeouts.  Hill helped herself out at the plate as she had one RBI and her teammate, second baseman Katie Muglia, produced the other RB.

MSU came through with another complete game, once again pitching a shutout and striking out 10 while only giving up three hits.  Amato pushed through for MSU with two RBIs, while Allegretta had two hits and one RBI.

Hill came up with another complete game, once again pitching a shutout and striking out 10 while only giving up three hits.  Amato pushed through for MSU with two RBIs, while Allegretta had two hits and one RBI.

Two of the Lady Red Hawks’ five shutouts came on the first contest of the Rebel Spring Games against the Millikin University Lady Big Blue, 4-0.

Junior Alison Cullen got a chance to show off her pitching and she impressed as she pitched a four-hit shutout through 6 2/3 innings.

Freshman Jaclyn Allegretta had a big day as she drove in two RBIs for the Lady Red Hawks.  Senior Jamie Paulino also had a solid game as she had two hits and one RBI.

The Lady Red Hawks’ final shutout came in their last contest of the Rebel Spring Games against the Millikin University Lady Big Blue, 4-0.

Hill once again went the distance, and this time finished with a three-hit shutout and 14 strikeouts.  Hill helped herself out at the plate as she had one RBI and her teammate, second baseman Katie Muglia, produced the other RB.

Junior pitcher Alex Hill collected her second consecutive NJAC Softball Pitcher of the Week Award.  So far this season, Hill is 9-0 with an ERA of 0.14.

Hill currently leads the conference in strikeouts with 92 and she recently broke Montclair State record of 597 strikeouts with 92 and she recently broke Carolyn McCrea’s Montclair State record of 927 strikeouts by posting 613 strikeouts.

The Lady Red Hawks’ home opener schedule against Baruch College was washed out and Montclair State last game was postponed. MSU’s home opener double-header is slated to be on Thu, March 21 against DeSales University with the first game starting at 3:30 p.m.

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