As students come down from their summer高科技, the campus is once again full of life. The residence halls are open, and the bustling activity on campus immediately welcomes everyone. “It’s been so welcoming. It’s exciting,” said a freshman in attendance during Red Hawk Day, which was on Aug. 1.

“My advice to new and returning students is to get involved. We’re here to help you form all the connections you need,” said Brian Edwards, coordinator for the Lesbian, Gay, Bisexual, and Transgender Center. Students are always forward to becoming Red Hawks. Marla Silva, another freshman in attendance during Red Hawk Day, said, “It’s been so welcoming. It’s nice to see everybody getting to know everyone else. Everyone is so friendly. It’s a community I’m excited to become a part of.”

The theme of getting involved radiated throughout campus. Julie Fleming, Assistant Director for Student Involvement, said, “We are very excited about the incoming class. We have a ton of events planned this fall to get students involved and are reaching out in new ways. Through the Guidebook app, Twitter, Facebook, Instagram and in person, we are here to help new and returning students get connected. Whatever you are interested in, we’ll help you find it. Now is the time to get involved and start making memories.”

Check the school website for CSI’s app, “Red Hawk Frenzy.”

The theme of getting involved can also be seen in the new Student Voice of Montclair State University. Since 1928, The Montclarion has been a student publication that provides a voice for students and a platform for their ideas, opinions, and experiences. The Montclarion is a student-run publication that aims to represent the diverse perspectives of the Montclair State University community.

The Montclarion is a student-run publication that aims to represent the diverse perspectives of the Montclair State University community. It provides a platform for students to express their thoughts and ideas on various topics, including campus life, local news, and broader social issues. The Montclarion has been in publication for several decades and has a long and rich history of serving the Montclair State University community.

Rock and Poll

MSU: Cooler Than Ever

The Montclarion | Kelly Potts

Students of Montclair State, both residence hall and commuter students, have been rising to the challenge of voting in the 2012-13 elections. The first opportunity for residents to vote in the 2012-13 election was the Senate Student Assembly (SSA) elections. One of the major issues that the SSA candidates focused on was the amount of student involvement. Another way to gain more student involvement is by knocking on doors to the resident halls. This will be occurring the first week of school, with the SSA asking students to register in this district. Residential Education and Student Life take care of all of the paperwork that is filled out when students are asked to register to vote, leaving just a space for a signature from the student, making it very simple for students to register. A high volume of students is expected at the next election, which will take place on Oct. 16. The general election for the U.S. Senate will be the first opportunity for resident students to vote.

Polling stations will be available on campus, which is perfect timing for the gubernatorial elections in the fall. Speaking of which, Montclair will host the first debates of the election in October at the Alexander Kasser Theater, so students should keep an eye out for that. Students can look forward to Honors Week as well, which takes place on Oct. 12. In her opening day address, Casey Cole breathed new life into the Montclair Campus in the form of a new initiative called “It’s All Here.” That new identity, said Cole, incorporates the key strengths that have helped Montclair State grow into the thriving university we are today. Cole went on to describe the image of grow with the world. The fundamental message in Montclair State gives ambitious, motivated students the opportunity to succeed and lead. In our classrooms, on our campus, and through our engagement in the world beyond our gates, you will find everything you need right here.”

Pennington echoed the statements that Cole made in regards to getting involved on campus. "To be sure to take advantage of the many opportunities here at the University to learn and grow both inside and outside of the classroom. Take a chance; do something you never thought was possible."

"As soon as I stepped on campus, not only did I feel immediately welcomed, but I also felt that this was a place I could call home," said Jared Aronoff, a freshman.

The new heating and cooling plant goes green.

The Montclarion | Jordan Manglona

The new heating and cooling plant located on Yogi Berra Drive near CarPark Den is in operation. The heating and cooling plant is the first of its kind to be constructed underground with a combined heating, cooling and power plant (CHCP) project begun last year. The recently built facility will efficiently provide the campus with its delivery of chilled water for air conditioning and steam for heat. It has replaced an energy plant, which began generating steam in the 1940s and provided electricity as a co-generation plant in 1953.

There will now be electricity provided through natural gas throughout the new facility underground heating and cooling system.

Cooling continued on Page 7

Red Hawks Look To Repeat Success
After a successful 2012-13 season, six MSU teams plan on entering this year’s success spree.
**Pelican Police Report**

On Aug. 22
Bryan Reginald-Canvaes, 21, of Teaneck, N.J., was arrested and charged with theft from the University Bookstore. He is scheduled to appear in Little Falls Municipal Court. (Building #40)

On Aug. 27
Tawanna Brown, 32, of Montclair, N.J., was arrested and charged with theft from the University Bookstore. She is scheduled to appear in Little Falls Municipal Court. (Building #40)

On Aug. 28
A female resident reported damage to her vehicle while parked in Lot 22 near Yogi Berra Stadium. The resident discovered that the damage was caused by a baseball.

On Sept. 2
A resident of Alice Paul Hall reported the theft of his unevaluated jewelry from his apartment. This matter is under investigation. (Building #52)

Anyone who has information regarding these incidents is urged to call the police station from any campus phone at TIPS (8477). All calls are strictly confidential.

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**Montclair State University is set to host one of the two gubernatorial debates this fall. The event will be held at the Alexander Kasser Theater at an undecided date in October. The Republican incumbent Chris Christie will be facing off against the Democratic nominee Barbara Buono for the November 2013 election. The event will be held at the Alexander Kasser Theater at an undecided date in October. The Republican incumbent Chris Christie will be facing off against the Democratic nominee Barbara Buono for the upcoming election.**

**A 78-year-old Nutley man was rescued in the Passaic River after his rowboat capsized. Gerald Russell said that his boat had caught onto something near Riverview Park. He swam to a mud flat in the river and was later rescued by the fire department.**

**The Paterson City Council is considering a plan to prohibit barbershops from staying open late. Officials have stated that barbershops have become a hub for crime during late hours. The proposal would have barbershops in residential neighborhoods close at 10 p.m. on Sundays through Wednesdays and at midnight during the rest of the week.**

**A Verona High School graduate of the class of 2011 has been reported dead on Sept. 2. Emma Wozny, who had been attending Syracuse University, died on Monday. The cause of death is unclear.**

**Ariel Castro, the man accused of having kidnapped and raped three women, was found dead in his prison cell after having been sentenced to life in prison. Officials say that the cause of death was suicide by hanging. The Ohio resident had pleaded guilty to 937 counts, including murder and kidnapping.**

**The cat that serves as mayor for an Alaskan town was mauled by a dog this weekend. The cat, Stubbs, was elected mayor 16 years ago as a write-in candidate during a period in which the town’s citizens were unhappy with the candidates and has continued to be re-elected since then. Stubbys have been inflicted with serious injuries and is currently undergoing treatment. The dog remains at large.**

**A team of researchers have discovered that highly contaminated water had been found leaking from a storage tank. Officials say that the cause of death was suicide by hanging. The Ohio resident had pleaded guilty to 937 counts, including murder and kidnapping.**

**A Chinese man who had been killed during interrogations has been reported dead on Sept. 1. Yu Qiyi, who was the chief engineer of a state-owned company in Wenzhou, died during interrogations. The Chinese man had been killed during interrogations has been reported dead on Sept. 1. Yu Qiyi, who was the chief engineer of a state-owned company in Wenzhou, died after being interrogated by officials and was killed during the interrogative process.**

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The Montclarion is a student-run newspaper that provides a voice for the community. It publishes weekly, except during examinations, summer and winter sessions. The Montclarion is funded by student fees distributed by Montclair State University and incoming advertising revenue. The views expressed in the Opinion section, with the exception of the Main Editorial, do not necessarily reflect the views of The Montclarion.

The first issue of The Montclarion, then named The Pelican, was published on Nov. 28, 1928.

The new co-generation facility is designed to be greater than 90 percent efficient and environmentally responsible, exceeding the strictest environmental requirements set by the government. The new plant is fully operational for only a few weeks, so it is still break-in. However, all operational testing suggests it will be fully operational in the near future.

The Montclarion will willingly correct its factual errors. If you think the publication is a mistake in a story, please call Editor-in-Chief-Jessica at ext. 5230.
Welcome to the 2013-14 academic year at Montclair State University. Whether you are a residential or a commuting student, I encourage you to spend as much time on campus as possible and to pursue your studies with diligence. To ensure a successful year, I offer the following advice:

1) Ask questions! If you have questions, ask. Ask your professors, your advisors, your Student Government Association (SGA) leaders. Ask the professional staff members who are prepared to guide you through all the requirements that organize our lives here on campus. So when in doubt and when you are confused, just ask.

2) Get involved in at least one significant campus activity! Students who are active in campus life are more likely to succeed academically, be satisfied socially and graduate sooner than students who are uninvolved in the University community. The SGA sponsors many clubs and organizations that will welcome your participation. Are you interested in sports, theater, music, foreign languages, service to others, politics or culture? Montclair State has it all. Find the groups to which you can contribute your talents and from which you can learn something new. Don’t be shy about it. You have as much to offer as the next person, and your involvement will be welcome. Commuter students, don’t just come to class and head right home. Activities on campus just as much for you as they are for resident students. Take advantage of creaks in your schedule to join a club, attend an activity in the Student Center or work on campus. Get in touch with the Coordinator of Commuter Student Programs and Services located on the 2nd floor of the Student Center.

3) Explore public transportation! The number of cars on campus continues to grow along with the University. Try to get out of your cars to explore the convenience—and contribute to the environmental benefits—of public transportation. The University has two train stations, and both NJ Transit and DeCamp buses stop on campus. To facilitate the use of mass transit, NJ Transit offers students a 25 percent discount on monthly passes. To receive this discount, students can log on to www.montclair.edu/tnjtransit.

4) Take responsibility for your University life! Although your parents and other family members want to assist you, an important part of the University experience is developing your ability to tackle challenges and problems on your own. Begin to build your own network of advisors and resources to enable you to realize your ambitions and work at getting the information you need.

5) See your academic advisor often! Advisors for new students and for returning students who have yet to declare a major are located in Webster Hall. Advisors for students who have already declared a major are located in their department, college or school. If you do not know who your advisor is, log on to your WESS account at www.montclair.edu. If you still are not sure, visit the Center for Advising and Student Transitions (CAST) on the 2nd floor of Webster Hall and ask. First-year and transfer students should make every effort to develop a relationship with their academic advisors. These individuals are the staff members who worked with you during your summer orientation and they will be there for you during the entire academic year. First-year, veteran and undeclared transfer student advisors also can be found in the Center for Advising and Student Transitions. Transfer students with declared majors should seek out their academic advisors within their respective colleges. Make yourself known to the people who are here to help you. I assure you that they want to know you and they genuinely want to be of assistance to you.

6) Plan your working hours carefully! We realize that some students must work to cover their expenses and many others choose to work. To the extent that you are able, I urge you to limit the hours you work to preserve time to focus on both your studies and other campus activities. If you are to benefit fully from your opportunities at the University, your studies must be your first priority. One excellent solution for many students is to work right here at Montclair State, where there are many different types of jobs available for students. For example, you could be a computer lab assistant or work in the Red Hawk Diner. Both are well-paid positions that will help you meet people on campus and get you connected to this community. Check the jobs postings at www.montclair.edu/CareerServices/studentjobs/jobsinstructions.html, or drop into the Center for Career Services & Cooperative Education in Room 232 of Stone Hall.

7) Be respectful! You now belong to a University community whose members enjoy an extraordinary degree of freedom. For the University to function as it should, its members are expected and obligated to behave in a respectful manner toward other members of the community: fellow students, professors, University police officers, and staff. As a member of this community, you are also obligated to treat the University’s facilities, equipment, and grounds with care so that everyone can benefit from them. In return, you have the right to expect that you yourself will be treated with respect and that your enjoyment of the University’s facilities will not be ruined by the carelessness or disregard of others.

Finally, if you see me on campus, please say hello. I will probably ask you how you are doing, and I will really want to know.

Have an exciting year!
President Susan A. Cole
2013-2014 Campus Shuttle Routes

Red Hawk Deck-Univ. Hall-The Heights
Monday-Friday
Servicing Montclair Heights, Red Hawk Deck
University Hall and The Heights

NJ Transit Station- University Hall
Monday-Friday
Servicing Lot 60, NJ Transit Station
Sinatra Hall, Hawk Crossings and Univ. Hall

Village- University Hall
Monday-Friday
Servicing Fenwick Hall, Basie Hall
Sinatra Hall, Hawk Crossings and University Hall

Shoppers Shuttle
Saturday Only
Servicing Red Hawk Deck, Park Street Y
and Clifton Commons

All Campus Local
7 Days a week
Servicing all campus shuttle stops

Shuttle Services hours:
Mon-Fri: 6:00am-3:00am
Sat:-Sun: 8:00am-3:00am
A-route service only
after 11:00pm and weekends

shuttle@mail.montclair.edu
www.montclair.edu/shuttle/nextbus
Many prices at the Red Hawk Diner have been raised as of Aug. 1. These higher prices are not a temporary measure to boost the diner’s revenue, but rather a permanent increase. This increase is a result of the contract that MSU maintains with the University’s food vendor, the France-based multinational corporation Sodexo. According to Andrew Pignataro, the Dining Services Director of Auxiliary Services, prices are adjusted each year based on several factors.

One of the determining factors is changes in the Consumer Price Index (CPI), which is a collection of consumer price data released by the United States Department of Labor Bureau of Labor Statistics. The CPI is calculated according to the average cost of producing food and taking into account the farming, agricultural, utilities, and fuel prices that affect food production. The CPI records the changes of retail, staple foods like flour, bread, fruits, vegetables and many others. The increased prices may also reflect expanded operating hours at the diner. The CPI is the basis of price, but additional operational costs are also included according to Pignataro. An overall increase in the CPI translates into higher food prices on campus. Higher prices do not necessarily give dining services workers higher wages since the pay scale is negotiated by Unite Here, the union that represents dining service workers, or will customers necessarily have more menu options available to them. The look to our community as a whole and this has to happen. It helps scare off the bad guys.” 

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According to Barrett, the cost for the new police decals is minimal and will come directly from the MSUPD’s operational budget. The police cars will be furnished with the new decals in two to three weeks, Barrett said. The reason for the update is that the old decals were becoming faded, worn and peeling, with even some becoming unreadable. “We are mainly concerned that we have presentable, well-marked vehicles to our community and this has to happen in stages,” Barrett said. Michael Del Piano, a sophomore accounting major, was dubious. “Are they really trying to protect us? Are they trying to give us more tickets [by looking like regular vehicles]? I’m just a little suspicious,” said Del Piano. Although all the cars are stripped of their decals as of now, they will all be sporting new decals and none of the older vehicles will remain unmarked. All new cars will be decals when they are purchased and arrive at the station. Some students were concerned with the time it was taking to attach the new decals and how it will affect the atmosphere on campus. I think the fact that they removed it so early on is a little off,” said McMahon. Manglona, a junior history major, said, “I’m glad that people will know about this decal work. Say if you’re looking for help and you can’t find the marked police car—some people need that reassurance. The look to our community as a whole and this has to happen. It helps scare off the bad guys.”

Barrett ensured that those unmarked vehicles work in part of any undercover work and that the new decals will strive for police solidarity. “This is not a plan to implement undercover vehicle or surprise our community. Our goal is to improve the appearance of our vehicles as they were deterrenting and providing a uniform look to our community as a professional police force. Along with the new decals, some of the older vehicles are receiving repairs as well.
anyone attempting to park will scan the license plates of the License Plate Reader (LPR), said Catherine Mark, Contributing Writer.

Parking Services is making this switch from physical parking permits to electronic permits registered in conjunction with students’ license plate numbers. This change is only occurring for faculty permits and Red Hawk Deck permits this year. Next year, all permits will fall under this switch, according to Dr. Timothy Carey, Associate Vice President of Facilities.

The system, known as License Plate Reader (LPR), will scan the license plates of anyone attempting to park in the Red Hawk Deck. This means there will be a database of students and staff members who have passes according to their license plates but no physical proof they have a permit.

Over the summer, the parking passes were all LPR. The police went through the lots checking to see if everyone’s license plates were registered. This worked really well because of the low number of students, but with the large amounts of students in the fall, this system may not run as smoothly when they implement it in full.

“Essentially, LPR will help Parking Services to preserve the parking privileges of students and staff members who have purchased their vehicles appropriately,” said Carey. “We have found this type of equipment is more effective, cost efficient and environmentally conscious than printing and issuing over 15,000 hang tags each year.”

Vikki Joel, a junior voice performance major, recently purchased one of these virtual permits. “I think it’s a neat idea, but I am a little unsure about it,” said Joel. “I personally like physical proof for a parking pass considering it means so much to have one here and even more to not have the right one. Also, considering the price, it’s nice to have proof that I purchased one. If the system stopped working because it is virtual, what would happen? Would Parking Services not notice and thus everyone, even those who had not purchased a permit and pay a daily rate, get into the parking deck for free? This would not be fair for those of us who spent money on a permit.”

On that note, even if there is a database that the police could access to look up who was registered and who was not in case the system crashed, it would be tedious for the police to look up each license plate individually. However, since this change is only occurring in the parking decks, it should be a bit easier to manage. “This system will be awesome,” said Priscilla Moche, a senior Family and Child Studies major. “Previously, if you didn’t always keep your tag in your car, you could easily forget it and thus get a ticket even if you are parking legally. Now, there is no chance of losing or forgetting a tag since it’s all virtual.”

As long as the bugs are worked out and the system has a false alarm crash, this will revolutionize MSU’s parking system for the long run, regardless of looking up license plates.

### Energy Distribution

The majority of the campus’ required electricity specifications will be totally satisfied by the on-site plant, which has been designed to operate 24/7 continuously producing electric power for the University. When asked how he felt about the new plant and its contributions to an environmentally friendly initiative for the university, Robert Mika, a senior filmmaking major, stated, “Most plants are green. What’s the big deal? But in all seriousness, it’s nice to see the university and how it’s taking small steps to become more progressive.” Karen Lopez, an undeclared freshman, replied, “This pleases me. I am very glad that our school is trying to be green.”

Piorously nominated a “Green College” by The Princeton Review’s Guide to Green Colleges, with an initial issue in 2010, Montclair State has devoted itself to delivering and producing environmentally responsible energy services, which includes solar energy at both the main campus and the New Jersey School of Conservatory campus in Stockton.

According to Shawn Connolly, the Associate Vice President for Campus Maintenance & Engineer- ing, these new projects will provide a much more reliable source of power that can run independent of major electric companies.

The government has been pushing for those “micro plants.” Many more steps will be made to increase the energy efficiency of a campus across already renowned for its contributions to an environmentally-friendly world.

### Parking

The majority of the campus’ energy distribution system. The system will provide the campus with all of its steam requirements and close to 75 percent of its electricity needs.

The construction of the new plant is a part of a bigger system that is currently in its development stages on campus. It is one of a part of the new Montclair District Energy Plant.

The construction of the new plant and system had been undertaken by a $400 million public-private partnership. The contractor, EMCON Energy, leased the campus through the state-approved public-private partnership. The partner, Enterprize LLC, is a leading developer and operator of combined heat and power systems. Enterprize has also held a long term partnership between Marina Electric LLC, a subsidiary of South Jersey Industries, and DCO Energy LLC. Facilitated by the 2006 New Jersey Economic Stimulus Act, it was estimated to have generated at least 400 jobs in construction.

The plant was built on property leased from the University from Marina Electric. The plant and system had been designed to operate under the 2009 Economic Stimulus Act. Construction was completed in 2011. The plant’s operations include 4,300 tons of chilled water, 100,000 Btu of steam and 1.4 megawatts of Electricity. The chilled water, condensation and steam will be delivered to and returned from campus buildings through the new energy distribution system.

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There will be a datacenter on campus this semester. The polling booths have been in operation since the primary election on June 4. They were also up and running on Aug. 13 for the U.S. Senate primary, but they are expecting a much larger outcome of student voters than previous elections as even some are back at school. After the primary, some more students are expected to register, giving the opportunity to create more locations for these polling booths.

The outcome of students who register on campus by Sept. 2, will determine whether or not there will be more locations available for students to vote on campus. Two possible additional locations would be Clive Road, which is in Essex County, and Rohn Hall, which is part of Passaic County. This would allow these students to vote from their own district on campus, rather than having to go off campus like in past years.

Last year, student were prompted to transport students to a polling booth to make it easier for them. A lot of students feel that this will make a lot more students want to actually vote by making it so much more convenient. Lisa Radwanski, a junior who participated in the off-campus voting last semester, said, “Having voting booths on campus would not only be more convenient for students but there would be a larger outcome. Last year, I was fortunate enough to hear about the off-campus shuttle, but there was not a large outcome.”

Radwanski feels as though having voting booths on campus would amount to a higher percentage of student voters.

Students who commute to school are encouraged to register and vote in their hometowns are encouraged to register and vote through the university, which is why we should support this initiative. Students who commute to campus with all of its steam requirements. The system will provide the campus with all of its steam requirements and close to 75 percent of its electricity needs.

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What’s Trending?

Back to School Fashion:
The “DOs” of Transition Weather

With September weather bouncing between warm and cool, it can be difficult to figure out what to wear for the month of September. Unsure whether to retire your summer favorites or bring out your brand new fall pieces, the decision could be harder than getting used to a new class schedule.

DO: Keep the Summer Dresses

The easiest way to stretch your flirty summer dresses is to add tights. Opt for an opaque shade that complements your dress and pair with flats or booties for a transition perfect fall piece. Pair a dark blazer over the dress as well as an added way to stretch the look.

DO: Keep Maxi Dresses

Pair one of your favorite summer maxi dresses with a cropped denim jacket or scarf to stretch the look even into the fall. Just remember, some strapless and sheer styles may be best left at the beach.

DO: Keep the Sandals

Stretching out your sandal wear isn’t a bad idea if done correctly. Pair with jeans and three-quarter length shirts for the final days of temperatures above 70 degrees. Just remember: when the temperature starts to drop, it’s time to drop the sandals too.

DO: Add a Scarf

The staple of fall and winter is the easiest transition piece. Find a scarf in a light or sheer material and layer it with just about anything for a classy back-to-school look.

DO: Add Fall Hues

Add splashes of the signature fall leaf colors to your basic everyday outfits. Incorporate burnt oranges, rust reds and mustard yellows, or choose the classic transition palate of khaki, white and blue.
Having Major Issues?

Rebecca Ripadale
Contributing Writer

As campus is once again welcomed with a rush of incoming freshmen, transfer students and old friends, we are all faced with the same question: what now? For about 86 percent of students, they already know what they are studying and are working towards their goals. For the remaining 14 percent, however, the “What now?” question is a bit more prominent and daunting.

Whatever group you fall into, know that there’s comfort in numbers as well as those few tips and reminders.

First, make friends with your advisor ASAP! If you’re anything like I was, a totally clueless freshman, you don’t want to go see your advisor until you have at least an idea. Don’t wait! Your advisor is there to help you and give you ideas and help you achieve them. The more he or she knows you, the more he or she is able to help.

Second, choose a major that you like. This sounds like a no-brainer, but many students are becoming hasty to do this. As we all hear on a daily basis, the job market isn’t exactly booming these days. However, if you’re studying something that genuinely inspires you, you will be more likely to find a job that you enjoy. Confucius once said, “Choose a job you love and you will never have to work a day in your life.” And after all, isn’t being happy with your life the most important thing?

Get a major you love already! Stay inspired! Volunteer to help some of your professors. Look for opportunities around campus and the community that is related to what you’re studying. If you find yourself losing interest, go to your advisor, fellow classmates or someone in your once desired position. Talk to anyone that could remind you why you wanted to study what you’re studying in the first place.

Those first two tips not helped? Take a deep breath and remember that you can change your mind. Fortunately, it’s totally possible and a lot more common than most people think. Declaring your major doesn’t have to declare the rest of your life!

Clubs and organizations are also more than just resume builders. They’re a chance to make friends and do what you love outside of your required classes. Those are opportunities to experiment with something new or continue with a hobby or passion you already have.

Whether you are a resident or commuter, we are all learning more in these next few years than what can be taught in a classroom. Some of those lessons include doing what you love for no other reason than loving it.

As we are all endlessly told, college is supposed to be some of the best years of our lives and pass by way too fast. We are all transitioning from children to adults and it’s important that we continue to grow both academically and personally. So study what interests you, participate in what you love and never lose focus on what’s important.

 Enjoy your semester!

Three Tips for Freshmen Survival

Padraig Gonzalez
Assistant Feature Editor

Those first two weeks of fun and events will easily help you get acquainted with everyone on campus. College is quite an adventure. You will definitely find out your strengths and weaknesses along the way. For many of you, this will be the first time you live alone. Homelessness will definitely set in, but don’t be discouraged. It should go away eventually. You will come to find those first couple weeks are put on by the various activities that are put on by the various clubs that promote them. College is definitely fun the first couple weeks since the workload is moderate.

The number one biggest tip I can give you is: Go to classes. I can’t stress that point enough. You are paying for all of this and should reap the benefits. Classes run from an hour-and-a-half to two-and-a-half hours. Obviously, there are exceptions between you and your classes, but for those who choose to not go, they realize they’re missing out. Whether what you’re missing is the professor’s knowledge about the subject matter or some vital piece of information crucial to the midterm, you will definitely be missing something.

My second piece of advice is to get used to the campus. During those first couple weeks, professors are laconic about students coming in late to class. Don’t make it a habit. Take the time out of your week to learn where your classrooms are and how long it takes you to get there. Factor in driving for all those commuting students out there and know the times you need to leave to get to the campus early and on time.

The third tip I can tell you is all to use your professors as a resource. You may think this is obvious, but many students choose not to use their professors knowledge about the subject matter. The professors here at MSU are extremely qualified individuals, all of which are here to push higher learning to new heights. They love meeting new students passionate about their academics or even those who are just struggling and need help. This isn’t high school anymore and asking for this kind of one-on-one with a professor can be arranged via their office hours or with correspondence between you two.

Lastly, have fun. College is a blast and is one of the most memorable times of your life. Remember to focus on studies, but get comfortably with relaxing and enjoying life. If you have any questions or need help, everyone on campus is friendly and supportive of the underclassmen.

Enjoy your semester!

Have a story idea?
Want to see your name in the paper?

EMAIL MSUFEATURE@GMAIL.COM
15 Tips For Avoiding The Freshman 15

Alexis Fissinger
Staff Writer

In the Dining Hall:

1. Moderation, not deprivation.
2. Download a free smartphone app to track your calories.
   - MyFitnessPal is great, especially for Montclair students. Just scan the barcode of the food item that you purchase on campus, and it gets tracked right onto your phone!
3. A healthy plate consists of 3/4 vegetables, fruits and whole grains. Here are some tips:
   - Daily staples: Fresh fruits and vegetables, whole grain breads and cereals (Cheerios, Total, all-bran, oatmeal), low-fat dairy and baked meat and fish
   - Watch out: Sugary cereals, fried foods, soda and fruit juices, cheesy or creamy sauces, salad dressings and sugary desserts (ice cream, brownies, cookies)
4. Use your storage space wisely.

In the Dorm:

7. Stay hydrated.
   - Water will prevent any mistaken hunger signals from popping up and will result in fewer calories consumed from sugary or alcoholic beverages. Sip water in between drinks to prevent consuming a day’s worth of calories in just one night. Your body and mind will thank you in the morning!
8. Eat before a social event.
   - Parties are often a setup for overeating, thanks to the distractions that prevent you from monitoring your intake and signals from your stomach. Eat a little something like low-fat Greek yogurt or a piece of fruit with peanut butter for a combination of healthy carbs and protein to keep you full and less tempted to snack on party finger foods.
9. Avoid late night dining traps.
   - Late-night cafeteria runs and ordering-in can be fun but will really pack on those pounds. Ask yourself: are you really hungry? Or should you just call it a night?

While Socializing:

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Keep In Mind:

10. Stay active.
   - Try the Group X classes at the Recreation Center. Classes are a great way to have fun and meet people, all while sweating out stress and increasing focus. Also, the instructors are phenomenal and will motivate you to come back every week.
   - These are key situations in college where overeating comes into play. Be conscious of what you are putting in your mouth and pay attention to whether you are really hungry or if you are filling some other need.
12. Eat breakfast.
   - The brain needs fuel and so does your stomach. If you wait until midday to eat, you will likely binge, especially in the presence of buffet-style dining halls. Quick and simple choices for a busy morning include fruit, single-serving cups of low-fat Greek yogurt or instant oatmeal packets.
13. Plan ahead.
   - Have a busy day coming up? Pack some healthy snacks to prevent you from getting too hungry.
14. Myth: Eating less during the day means you can drink more at night.
   - When you restrict what you eat before a night out, alcohol affects you more quickly, causing your blood sugar to drop and hunger to take over. Since alcohol also lowers your inhibitions, you will likely eat more than you would have with some food in your stomach to begin with.
15. Set yourself up for success.
   - Find healthy foods that you enjoy and can easily store in your living situation. Keep them around instead of processed junk foods. Both stressful and social situations are sure to tempt your sweet tooth, but by consuming more of those great foods and less of the not-so-great, you are less likely to put on the Freshman 15!
**The Weekly Debate**

**He Said**

Hmm, provocative dancing. Well, all dancing is somewhat provocative. Your body is one giant sex muscle, but I guess you can go over the line. Did Miley Cyrus cross the line? No. She was simply trying to keep up with a trend that has been yours in the making. Ever been to the club lately? That kind of dancing goes on when the lights are dim and the DJ is blasting music. But we shouldn’t fear sex or sexy dancing. We should embrace it. The more tubas we make it, the more kids will try to cross the line and basically engage in intercourse on the dance floor. Bodies should mingle and we make it, the more kids, the more taboo we make it, the more kids embrace. The more taboo we make it, the more kids embrace. The more taboo we make it, the more kids embrace. The more taboo we make it, the more kids embrace.

**She Said**

Since the beginning of time, there have been so many dance crazes that have baffled society. From the Macarena to the Cupid Shuffle to the Wobble, teenagers and adults alike have enjoyed partaking in the newest dance fad. However, the most recent craze has left me quite baffled. Teens across the country have been shaking their buns while moving to the tunes of FIN’ATlC’s “Don’t Drop that Thun Thon” and anything else with a pumping baseline. “Twerking” is such a strange craze and I simply cannot comprehend how people are able to move their buttocks and hips in that fashion. As weird as twerking is, I commend people who can do it. I know if I personally tried to “twerk,” I would quite literally look like a fish out of water that was violently thrashing, trying to make their way back into the water. If you can make your body move in that way, keep it at that. You may have left the territory that Marvin Gaye affectionately refers to in “Let’s Get It On.” There’s a time and a place for over-the-top sexy dancing. If you’re in your home with a couple of good friends and the boone is flowing, then let things happen, have fun, be safe and let your bodies converge like those salt and pepper shakers that are supposed to promote peace. I’d like to keep the clubs and music venues free of provocative fingers and other appendages. No one wants to see you knuckle deep in anything. Consider dancing as the ultimate foreplay, but keep it at that. You ruin the passion if you let it stray too far. The most exciting moment is that second before a kiss. It also depends on where you are. Some venues facilitate the kind of dancing that would put Miley’s performance to shame. Some venues, where the lights are bright and the boone is scarce, are more for the kind of dancing that you do in sixth grade gym class: the other’s chin on your shoulder, gently rocking in each other’s arms, lost in a trance. However, like most things in life, there is a time and a place for all things that have to do with twerking. Was it okay for a group of students to use their school’s film equipment to make a music video of themselves twerking and straddling a brick wall? Absolutely not. Was it okay for Miley Cyrus to twerk all over Robin Thicke and fondle herself with a foam finger? Yes, it’s extremely weird, but hey, it is the VMAs, and strange acts are nothing new to that award show. Is it okay for you to twer like crazy in the mirror of your dorm room? You go for it, Red Hawk. A moral for all students: please keep the twerking to the privacy of your own dorm room. Get a group of people together, find a dark, secluded room and go twer crazy. Make a Vine of it if you really want to. But please, make the public two-sided. I’d like to see dancing become tamer, but that isn’t going to happen. Inform yourself, though. The kind of dancing that your butt does can lead to things that you might not want.
HOROSCOPES

Aries March 21 - April 19
People who have deceived you in the past may emerge into your life once again. Although it may be wise to be wary of others, don’t go out of your way to condemn every one of the people you encounter.

Taurus April 20 - May 20
Lately you’ve been feeling criticized and looked down on for the decisions you’ve made. Stop putting yourself down and start believing that you acted in your best effort. If others refuse to understand your actions, then this says more about their personality than yours.

Gemini May 21 - June 20
Although you know that your schedule is already full of priorities and plans with others, you cannot help but make more. Try setting some time aside for yourself as you could possibly feel overwhelmed in the near future. Do not feel obligated to make plans you know that you cannot fulfill.

Cancer June 21 - July 22
The simplest things can sometimes leave you with a smile. If you cannot learn to appreciate or recognize the significance of these little things, then perhaps it is your character that needs to be fixed, not the world around you.

Leo July 23 - August 22
Others find your plans for the future to be somewhat strange or impossible. Ignore them and tolerate the negative feedback. Rather than giving mind to these comments, put more into the things that you truly enjoy.

Virgo August 23 - September 22
Don’t assume that you know everything because of your age or your experience in a certain area. We all lack knowledge in something. You will find that with the more points of view you come across, the more you will be able to accomplish.

Libra September 23 - October 22
There is a habit that others have been advising you to break. Whether it is harming your health or making you miss out on opportunities, you know that it has been hindering you in some way. Perhaps you can try changing your entire routine to take your mind off this certain fix of yours.

Scorpio October 23 - November 21
Concerns about close ones or your own insecurities can hinder your routine this week. Don’t be hasty to get things out of the way, as you may not be ready for such changes.

Sagittarius November 22 - December 21
Your excuses seem endless when it comes to regaining contact with someone you were once close with. Call that person and let them know why you decided to part ways. It is never a good idea to cut someone off abruptly.

Capricorn December 22 - January 19
Sometimes the things that you really want aren’t the best for you. Keep your options open. Maybe someone you’ve once hated will turn out to be something you will enjoy.

Aquarius January 20 - February 18
Lately you’ve been feeling so wanted that the rest of the world feels secondary to you. It is not often that you are in a position where you have to choose whom you want to spend your time with but it seems necessary to do so.

Pisces February 19 - March 20
Although time is rapidly moving, you find it rather slow since you’ve been waiting for something to come along. You want to make this certain thing happen right away and you’re willing to go where you’ve never gone before.
Are you a college student experienced in child care and looking for a stable income while pursuing your degree? Becoming a Nanny can provide fulfillment and still allow the time to pursue outside endeavors. Contact Kelley at Perfect Fit Nanny Placement Agency: Kanazarian@gmail.com or call 862-485-5111.

After school care for a 5 year old in Cedar Grove, starting in September 2013. Five days a week, but would consider 2-3 days. Contact: Sarahi.grande@yahoo.com or call 973-615-7371.

Seeking sitter for well-behaved 14 year old twins, Monday-Friday, 4-8 p.m. Safe driving (our car) and dinner preparation needed. Please call Eve at 973-699-0829.
Your young hearts want to build a better world... You are the ones who hold the future! Through you the future is fulfilled in the world... Don’t be observers, but immerse yourself in the reality of life, as Jesus did.

- Pope Francis

Join us this Sunday – First Sunday Mass on Campus
(Students Center Café B & C)

7:30 PM – Do you sing or play an instrument? Join us as we rehearse music for tonight’s Mass.
7:30 PM – Sacrament of Reconciliation. Fr. Jim is available to hear confessions until 8:15 p.m.
8:30 PM – CATHOLIC SUNDAY MASS – RIGHT ON CAMPUS! STUDENT CENTER CAFÉ B & C
Followed by raffle and free pizza!

See our bulletin on campus for more upcoming events.

MASS SCHEDULE
Monday: Noon, Newman Chapel
Tuesday: 5:30 p.m., Newman Chapel
Wednesday: Noon (Mass for victims and families of Sept. 11 attacks)
Thursday: 9 p.m., Newman Chapel (followed by Eucharistic Adoration and confession)
Sunday: 9:30 a.m., Student Center Café B & C, (confession at 7:30 p.m.).

The Newman Center is located at 324 Valley Road, Montclair NJ 07042. You can park in the student parking lot and walk up the flag steps right behind Momma Had Hill on the East side of Campus. We are also on the web at www.rmaunewman.com
A Gaggle Of Freshmen Waddle Their Way To MSU

How do you feel about the increased size of the freshmen class this year?

Alyssa Barton Sophomore Graphic Design

“I don’t really think the increase in freshmen will affect school. They’re just getting the freshman experience, and that’s all I think. I don’t think it will change anything.”

Christian Salas Junior Physical Education

“It doesn’t really affect me. It’s cool, I guess, to have this many freshmen.”

Michael Bouchette Senior Economics

“I don’t think it will affect us. It’s a big school. There’s constant construction so we can accommodate for more students. I don’t think it’s a problem. It’s a good thing.”

Savannah Salgado Freshman Computer Science

“I don’t think it should affect campus. More people, more fun. I don’t think anyone is complaining yet.”

Monica Pardeo Senior Exercise Science

“I don’t know yet. It’s the first day. The fact that there is an increase shows a lot about the school itself. I guess there is gossip about this school off-campus, too.”

Verdolino Ogando Junior Psychology

“I just transferred in. The parking is going to be crazier, but I think it’s a good thing that more students are coming to school and getting involved. It actually makes me happy that more students are coming to school and have knowledge about the school, and that you have to go to college to have a more successful life.”

Welcome back, students! The Montclair University, where the geese flock and apparently, so do freshmen. The Montclairians would like to welcome the Class of 2017 to our school, our largest freshman class in school history. With a staggering 15,000 freshmen, the school’s total population has increased to a whopping 18,000 students. With the sudden increase in population, students are concerned about what will change at MSU. The school may rise in popularity, but will it decrease in quality? The new freshmen have definitely brought excitement campus-wide for both students and the upperclassmen. One can only imagine the freshmen class is excited about breaking the school record for enrollment. The campus will definitely be more entertaining with so many newcomers around. You can feel the Red Hawk spirit being spread throughout our campus and the hope that our school will continue to have an astounding growth rate. Many clubs will also be excited to recruit new Red Hawks and hopeful to pass the torch down to the next generation.

The new energy and hope for expansion will become a new staple for Montclair University, but at what cost? Of course, with many new freshmen and every dorm building at maximum capacity, the school has earned a pretty penny or two through tuition and housing. Which ultimately benefits the school, but there are issues with expansion. Although construction isn’t always funded by tuition, the school has already started new construction projects, a prime example being the new School of Business behind Dickson Hall. What was once a faculty parking lot is now rubble. Also, with the new plethora of students, class sizes have increased tremendously and have added extra pressure to our professors. The class size increasing and the new construction will only worsen our already horrible parking conditions.

As much as we might love the new energy to the campus, there is concern if MSU will be able to provide for its students and faculty. Need we be reminded of the Hurricane Sandy near last year? Where would we house all students who lack power in their dorms? Those questions will remain as a concern, but we can only pray that our fine administration has thought of an emergency backup plan for a natural disaster. If we are notorious for two things, it would be for parking and construction. Now, with the additional 3,000 students, students will probably be more problematic than ever. Of course, there needs to be more expansion so it’s understandable that construction most likely happen, even though we are not necessarily looking forward to it. We can constantly bicker about the school without what we think should be built and dream about a new parking lot, but that may only remain a hopeful dream. We are also already expecting new buildings to be put up and hopefully will have well-equipped classrooms. We can also assume professors and workers will have their hands full while the school is going through the process of hiring new staff members. As much enthusiasm as the freshmen bring, there will also be professors and students grumbling about the ridiculous class sizes and the lack of resources. There is no doubt that Montclair State University will be more chaotic than ever. It interests us on how the school will keep its composure under the new pressure of providing for its students. The only thing that could really be said is the metamorphosis of this campus will be very interesting, new and exciting.

Thumbs Up
Freshmen Enrollment
Finished Construction
Free Stuff

Thumbs Down
I.D. Lanyards
Less Parking
New Construction
The Fine Line Between Politics and Propaganda

Political movies and other art forms for propaganda versus perspective

Giving Up Is Had To Do

Documenting the struggle of quitting smoking as a long-time smoker

Assimilating Into The Spanish Lifestyle

The final installment in my summer trip to Spain

Opinion

Kristen Bryfogle

Ernest Hemingway, in his second year as a columnist for The Montclarion, is in Spain. His wish to make a change in your life is not enough to motivate you to stop smoking. It can be a very expensive and unhealthy habit.

If you want to read Part Two of “Assimilating Into The Spanish Lifestyle” by Joseph Remmert, please visit the Montclarion website at www.themontclarion.org

The Fine Line Between Politics and Propaganda

Political movies and other art forms for propaganda versus perspective

The World of Medical discovery has become more fine and precise. Elysium is a perfect example of concrete proof that smoking can be detrimental to your health.

The Montclarion is a weekly student newspaper at John Carroll University. We are a totally independent newspaper. Our mission is to make young people aware of our current society and its challenges. This is not the Montclarion's official stance on any political or social issue. This is our opinion as a work by the staff of the Montclarion.

The Montclarion

www.themontclarion.org

Kristen Bryfogle, an English major, is the first Opinion Editor for The Montclarion.

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Through. But if you ask me, against the size zero models using terms like "skinny bashing" you'll see what I mean. You Just do a simple Google image search, you must be full-figured ny women? Why does the acceptance of full-figured women not just the ones featured in advertisements. Is it necessary to think that the real focus should be towards is healthy. A healthy any person should be striving for confidence in the world to combat negative remarks against their appearance. But the comple- complete opposite is true. I know because I dealt with "skinny bashing" my entire life and as a result, I've felt extremely self-conscious for my entire adolescence. I've been told countless times to "go eat a cheeseburger." The worst comment I've ever received was in middle school when a girl told me I looked like a Holocaust victim. I know who has never experienced situations like mine, but I feel that they are hurtful and humili-历时，你没经验，自己感觉到了。我知道一切经历告诉你，你感受过。我真实的感觉是，在你为我感到羞愧的时候，我为他们感到羞愧。所以他们不应该嘲笑我，不应该嘲笑我。我真实的感觉是，我在他们面前感到羞愧。所以他们应该感到羞愧。
The Real Horror of “The Walking Dead”
Deconstructing Mankind’s Inherent Immorality

Kenny Macri
Staff Writer

Kids, it was the fall of 2005. America was seeking the ambivalent, ambiguous, and morbid—something of the eerie. “The Walking Dead” came to the rescue. When zombies and humans collide. As the ratings for the show continue to rise, one may view it as a leisurely event. However, the genuine thrill and excitement many of us feel stems from knowing that any character could die at any moment makes The Walking Dead a must-watch from a survivalist’s perspective.

As this “legendary” show comes to an end, we can only hope that it is loved and remembered for how truly brilliant, well-written, and entertaining it was. In our reality, our world, as we know it, is left broken and powerless, a symbol of law and regulation. The new foundation for horror television, The Walking Dead continues to embolden audience with its explicit mayhem and unabashed violence. The show profiles a zombie apocalypse, a callous eviction of mankind which seems like an occurrence only fit for the satirical premise of television, lacking any fragment of realism. The calamity, however, of The Walking Dead offers a glimpse of what happens when our society is at war. The tension and anxiety stemming from knowing that any character could die at any moment makes The Walking Dead a must-watch from a survivalist’s perspective. The focus of the conscious American.

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**RAPID-FIRE REVIEWS**

**HAIM**

DAYS ARE GONE

The trio of L.A.-born, u s i f u l sisters are set to be released September 30. The sisters have already caused sensational buzz from their released tracks “The Wire” and “Don’t Save Me”. Their voices blend so beautifully together, making it easy for you to hit the repeat button over and over again.

- Victoria Nelli

**STATIC JACKS**

THE JACKS I’LL BE BACK

The Jacks are back with a new nine and it sounds like no one has seen their knees. The band really brought their game party over. The fast beat and catchy choruses will have you singing and dancing along in no time and it seamlessly showcases their ability to go from softer, delicate indie rock to raucous garage rock in a matter of seconds.

- Emilia D’Alberro

**SARA BAREILLES**

THE BLESSED UNREST

It’s incredible how simple is that. It’s suddenly how easy it can seem for your music to stand out in an ocean of so much music. In her latest album, “Brave,” the album features up-tempo numbers like “I Choose You” and emotional ballads such as “Manhattan.”

- Victoria Nelli

**MODERN BASEBALL**

SPORTS

Modern baseball is Penner-, mini-based indie punk soul. Their new album, “Sports,” is filled with well-written tracks packed with high-energy instrumentals, dynamic vocals and relatable lyrics that’ll make you smile as you reminisce over your angsty, high-school days (we’ve all been there). Plus, they’re incredible live.

- Kelly Megary

**BRIGHT MINDLER**

HELLO MY NAME IS...

When you aren’t ready on art, with art, mind, Hello, you have no idea. I’m bound to take you over. I was skeptical at first thinking, “She’s a Disney star. How good could she be?” I very quickly realized that she isn’t lost at all. She’s fantastic. Her vocal range is incredible and filled with so much soul.

- Victoria Nelli

**THE BLESSED UNREST**

Arts & Entertainment

The BLESSED UNREST: Building a piano. When strangers are so coordinated in harmony with each other, one can only be amazed. Bobby McFerrin decides not to play an instrument but to play the audience in this video. Bobby McFerrin demonstrates the power of the pentatonic scale.

- Victoria Nelli

**What’s Streaming?**

For one to fully understand the world of Jii, or at least try to recreate it, LSD might help. This video is a Japanese commercial for an electric lighter that also functions as a USB drive. To reel the customer in, a setting of molten magma is presented and the voice of a “Jii” sings to you. The commercial then cuts to what slightly resembles a hot pink Wii remote with Mr. Fantastic-looking eyes. Squinting will happen naturally. The product in question jumps from a pirate ship to being in bed with a talking queen chess piece. A whole neighborhood lines up with their cigarettes to use his burner. All hell breaks loose.

- Victoria Nelli

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- Kelly Megary

**RITE RAPID FIRE REVIEWS EWS!**

**40 - 50 WORDS**

M SUARTS@GMAIL.COM

**WRITE RAPID FIRE REVIEWS EWS!**

- Victoria Nelli

**“Jii! Jii!”**

For one to fully understand the world of Jii, or at least try to recreate it, LSD might help. This video is a Japanese commercial for an electric lighter that also functions as a USB drive. To reel the customer in, a setting of molten magma is presented and the voice of a “Jii” sings to you. The commercial then cuts to what slightly resembles a hot pink Wii remote with Mr. Fantastic-looking eyes. Squinting will happen naturally. The product in question jumps from a pirate ship to being in bed with a talking queen chess piece. A whole neighborhood lines up with their cigarettes to use his burner. All hell breaks loose.

- Victoria Nelli

**“Playing Recorder with Nostril”**

If you could cut cleavage into a frog outfit, I guess it would be what this man was wearing. In what appeared to be a small room, a guy appearing to be in his twenties was playing a recorder with his mouth, but one of his nostrils. After that thought processes for a few seconds, the viewer notices the more disturbing uninterrupted, intense eye contact with the camera throughout the entire thing. The man tires while playing, but he doesn’t stop. He starts hyperventilating a bit, but he finishes his song.

- Victoria Nelli

**“Bobby McFerrin Demonstrates the Power of the Pentatonic Scale”**

Bobby McFerrin decides not to play an instrument but to play the audience in this video. Explaining the pentatonic scale to people by simply asking them to sing it, this musical mastermind amazes. Going further to explain why this scale is somehow inherent in human beings, McFerrin blows your mind during this short of the video by playing the audience like a piano. When strangers are so coordinated in harmony with each other, one gets the same feeling as when Disney-animated animals congregate to sing you a good morning.

- Victoria Nelli
Welcome Back from Parking Services!
We’ve made several exciting improvements!

Commuter and Resident surface lot permit prices have not increased this year!

Red Hawk Dollars are accepted for in-office transactions!

Weekend daily passes are available using new pay-by-phone technology! Visit www.paybyphone.com to sign up!

The Parker app can be utilized to view commuter parking availability from home, or directly on your smartphone!

Zipcar is available to all students, faculty, and staff. Zipcars are now located in Lot 20!

Visa is now accepted in-office and online!

Resident permits will continue to be honored in all commuter lots overnight (7:30pm-7:30am) and on weekends!

Addition of 140 General (yellow) spaces in Lot 60!

Don’t Forget: we offer free jump starts if your car battery dies on campus. Just call the office at 973-655-7580.

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THE OFFICE OF THE DEAN OF STUDENTS

WELCOMES YOU TO THE

FALL 2013 SEMESTER

montclair.edu/dean-of-students

Student Center, 4th floor, Suite 400
askdeanofstudents@mail.montclair.edu
Award shows often show us a snapshot of what is popular and the new and upcoming trends. It is also a time for celebrities to make a statement.

This past year, it looks like the queen of making statements, Lady Gaga, was out shown by a younger star. In the past, Lady Gaga has camped out in a human-sized egg to make a statement about the birth of the artist and has worn a meat dress to state how we should be conscious about what we wear and eat. At the 2013 Video Music Awards, it seems that Miley Cyrus was trying to make a statement, that in many people’s eyes, completely backfired.

For those of who didn’t watch the VMAs this year, here is a rundown of what happened: Lady Gaga opened with a performance of her new single, “Applause;” Macklemore performed a full concert in which the legendary boy band ‘N Sync absolutely rocked it; the show ended on Katy Perry’s fantastic performance of her single, “Roar.”

Miley Cyrus also performed, but not in a good way. Her problems started off with the interesting fashion choice of her bear onesie that she would later strip out of into a skin tone-colored bathing suit. She then began to “twerk” on Robin Thicke and danced around provocatively with a giant foam finger.

A lot of people are wondering why she jumped off the deep end in last few months. Even with her latest music video, “We Can Do What We Want,” people have noticed a change in the superstar. It seems the general public has practically condemned the star for acting out because that’s what our society demands. That might be true. Our society as a whole may be demanding these stars to act out for fame and fortune and not care about morals or etiquettes. However, there may be another reason that doesn’t excuse the behavior but may enlighten why Cyrus may be acting crazy. She may be acting out in a hard time adjusting or earning respect as an adult star. She may be having issues breaking the connection to Hannah Montana and Disney. The only way she may know how to do that is by making a new name for her that is completely different from her previous alter ego.

Stars have always said that going from a child star to an adult star is a monotonous process. She may be just following in the footsteps of Spears and her downhill spiral. But look at Britney now; she is headed to the top again if she is not already there.
Red Hawks Look to Repeat Success

Nick Verhagen
Sports Editor

With the semester underway and the beginning of fall sports around the corner, we take a look back at the six Montclair State teams that dominated their opponents en route to an NCAA Tournament berth. Softball, field hockey, women’s soccer, women’s lacrosse, women’s basketball and men’s lacrosse all plan on repeating their 2012-13 success.

Field Hockey
-NJAC Champions
-NCAA Runners Up

Mens Lacrosse
-Skyline Champions
-NCAA Tournament (1st Round)

Womens Basketball
-NJAC Champions
-NCAA Tournament (Sweet 16)

Womens Lacrosse
-Skyline Champions
-NCAA Tournament (1st Round)

Womens Soccer
-NJAC Champions
-NCAA Tournament (2nd Round)

Softball
-NJAC Champions
-NCAA Tournament (2nd Round)

Montclarion Staff NFL Predictions

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Montclair State University Shuttle Services introduces...

Getting around campus just got easier! Use NextBus, MSU’s new realtime passenger information system to find out when the next MSU Shuttle will be arriving near you.

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DID YOU KNOW?
- Montclair State University offers academic programs in over 50 countries
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- Classes are available in English
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- You will have the experience of a lifetime!

TWO DAYS OF STUDY ABROAD SPECIAL SESSIONS

FRIDAY, SEPTEMBER 20, 2013
Dickhaus Hall, Cohen Lounge

11:00 a.m.
Exchange Programs Information Session

12:00 p.m.
Taking Your Diversity Abroad
Study Abroad for All

1:00 p.m.
Budgeting Tips for Study Abroad:
Saving, Raising, and Winning $5,000 a year

RSVP for special sessions via the link on our website

THURSDAY, OCTOBER 17, 2013
Student Center, Room 411

11:00 a.m.
Budgeting Tips for Study Abroad:
Saving, Raising, and Winning $5,000 a year

12:00 p.m.
Exchange Programs Information Session

1:00 p.m.
Montclair-Graz Sister City
Scholarship Information Session

2:00 p.m.
Taking Your Diversity Abroad:
Study Abroad for All

STUDY ABROAD WEEKLY INFORMATION SESSIONS

Every Wednesday, 2:30 p.m. • Starting September 4, 2013

No pre-registration required

Global Ed Conference Room • 22 Normal Avenue • (Across from Panzer Athletic Center)

For more information, please visit montclair.edu/global-education/study-abroad
LOVE SPORTS?

Interested in writing for sports or taking photos?

Contact Nick at montclarionsports@gmail.com
Game of the Week
Soccer
vs. SUNY Cortland
September 6, 7 p.m.

The Red Hawks host SUNY Cortland in what will hopefully be their third straight win.

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

Who’s Hot
Danielle Butrico
Forward — Field Hockey
Butrico posted a solid weekend during the Red Hawks’ 2-0 run. She recorded two goals and currently has a 1.000 shots on goal percentage.

Rebecca Brattole
Goalkeeper — Field Hockey
Brattole helped lead the Red Hawks to a 2-0 start last weekend by recording eight total saves with zero goals allowed.

Who’s Hot
Ryan Morris
Midfielder — Men’s Soccer
Morris, like Olla, scored two goals of his own during last week’s 2-0 run.

This Week
Field Hockey
vs. Alvernia
September 7, 1 p.m.

The Red Hawks hope to extend their win streak to three games against Alvernia.

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

Game of the Week
Soccer
vs. SUNY Cortland
September 6, 7 p.m.

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Mike Olla
Forward — Men’s Soccer
Olla helped the Red Hawks get off to a 2-0 start with two goals and a .400 shots on goal percentage.
Red Hawks Open Season with Back-to-Back Wins

Mike Panepinto
Staff Writer

Coming into this year, everyone on the Red Hawks field hockey team know that other competing squads are just sitting and waiting for a chance to play them. The captains, who have been here all four years, know this better than anybody.

“I think there is an obvious bulls-eye on our team being that we saw currently the NAAC champ and national runner up,” said senior defender Sierra Rauchbach. “Every team that plays us knows it will be a challenge and they come out fighting. This only makes Montclair State field hockey work harder. We embrace the challenges, which makes winning that much more rewarding. We won’t take any team for granted, and go out each game playing our best.”

Despite this target being placed on their backs, MSU picked up where they left off last season and opened their 2013 campaign with two wins.

The Red Hawks opened in St. Davids, PA on August 30 against the Eastern University Eagles. MSU came out firing on all cylinders and won decisively by a final score of 5-0. Before eight minutes had passed, senior midfielder Jennifer Tafro started scoring for MSU thanks to an assist from Tafro to give MSU a safe 2-0 lead. Approximately 10 minutes later, sophomore midfielder Megan Weiss passed, senior midfielder Jenifer Tafro executed a smart give-and-go and snuck a goal in to put MSU up for good 2-0. And early, MSU managed to keep their own determination and desire,“This year’s team has it seems that everybody loves the makeup of this Red Hawk field hockey team. Despite losing star goalkeeper Kate Bosland, sophomores Rebecca Brattole and Rauchbach have filled the void nicely and already has eight saves to go along with two shutouts to open the season. “We return a large part of the starting team from 2012,” said Gottung about the composition of her team. “We return our entire midfield and defensive unit except for our goalkeeper. We added a talented group of freshmen to help give us depth. We have a variety of talented athletes. We don’t want to rely on any one player but have a well-rounded team.”

“This year’s team has so much talent, commitment and desire,” said Captain Rauchbach describing the program. “What makes our team so successful is each individual’s drive to win combined with the power of teamwork. We all play together for one another. We have a strong group of returning players along with new players that all bring their own determination and skill. Together, we are Montclair State Field Hockey.”

Montclair State Field Hockey.

Montclair State will look to participate in its third straight NCAA tournament, following last year’s runner-up finish.