On Air: College Radio Day

Monika Bujas
Managing Editor

On Wednesday morning, a panel met in the Yogi Berra Museum and Learning Center to discuss the LGBTQ community’s presence in sports, especially in breaking old habits within the more traditional colleges.

The panel began with a short video from Athlete Ally, showing a more personal side of Hudson Taylor, displaying his story and experiences. The other panelists were Jane McManus, a writer from ESPN, paired with Jared Max, another correspondent from ESPN, and Hudson Taylor, a student from ESPN who also works as a writer. The panelists discussed the cause of homophobia within sports, specifically in the professional language. It was debated if it was truly the case that there were businesses not paying their dues, or if the problem was more the result of the way the markets were structured.

The panelists continued their discussion, bringing up the idea that the LGBTQ community’s presence in sports is still limited to a small number of schools, but if it wasn’t, somebody would have noticed. The panelists also discussed the idea of creating one. Goldman recalled the idea that the real world is alarmingly different, saying “Sometimes your customers don’t know what to do.” Honest Tea’s inception came at a time before the major health care has that meant the nation. “We were way ahead of our time,” Goldman said. “In ’98, it was not hip to be healthy. It was a challenge to break into the green/organic market. It was a lot of hard work. It was a challenge, but if it wasn’t, somebody else would have done it.”

Today, debates regarding LGBTQ community and their rights are always taking over news stations and various mediums. Just last week, a judge in New Jersey ruled that marriage of same sex couples are fully recognized, this day is meant to encourage people to talk about college radio. College Radio Day began at 12 a.m. on Oct. 1 and ended at 12 a.m. on Oct. 2. Like every event there comes a Winona different universi...
On Sept. 24
Students Dominik Szurlej, 18, of Metuchen, N.J., Daniel Bendick, 18, of Cherry Hill, N.J. and Caitlyn Matiatos, 19, of East Windsor were arrested and charged with possession of illegal substances. Matiatos was charged with possession of heroin and possession of drug paraphernalia. Bendick was charged with possession of heroin and possession of marijuana. Schreck appeared in Little Falls Municipal Court on Sept. 30. (building #63)

On Sept. 25
Student Khara Brown, 18, of Newark, N.J. was arrested and charged with simple assault, an act of domestic violence for attacking a female student while inside the Russ Hall. Brown is scheduled to appear in Clifton Municipal Court on Oct. 9. (building #47)

On Sept. 24
Student Zachary Schreck, 19, of Florimonton, N.J. was arrested and charged for theft of a Burton Hall stairwell sign that was found in his possession. Schreck appeared in Little Falls Municipal Court on Sept. 30. (building #63)

On Sept. 25
Student Kevin Schadel, 27, of Wayne, N.J. was arrested and charged for purposely hitting a male visitor with his car in the Red Hawk Parking Garage. Schadel is scheduled to appear in Montclair Township Court on Oct. 10. (building #11)

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.

Christopher Cruz of Passaic was charged with reckless endangerment, reckless driving, endangering the welfare of a child and menacing for chasing a family’s SUV for 50 blocks after it bumped into his motorcycle on Manhattan’s West Side Highway on Sunday afternoon.

Two Port Authority police officers were injured on Tuesday morning when a man from Clifton hit an officer with his vehicle and struck the other while being arrested near the Holland Tunnel in Jersey City.

Two shootings occurred this weekend in Paterson, leaving victims hospitalized. No arrests have been made yet, and authorities are working to see if those two shootings were connected in any way.

Police confiscated a green BMW and about half a million dollars in cash during a heroin drug bust operation on Friday morning in Paterson. Police were assigned to watch a home that had complaints of illegal activities from local citizens.

The public is being asked by Paterson police to help identify a woman connected to the theft of thousands of dollars from two banks in New Jersey, whose photo has been released.

The United States Government has been shut down since 12 a.m. Tuesday morning due to a lack of an agreement on spending from members of Congress, due to disputes over federal healthcare, also referred to as Obamacare.

An explosion at the University of California-Berkeley caused a power outage and injured multiple people on Monday. Students and faculty were asked to leave the campus.

Three teenagers were arrested for fatally shooting a man in Oklahoma. They shot the man while he was on an afternoon jog because “they were bored and looking for a thrill.”

In the first survey done of Jewish-Americans in over 10 years, it has been found that there is a rise in those who are not as religious and marry outside of the faith, showing a major change in the identity of Jewish-Americans.

New York City Opera failed to reach its goal of $7 million last weekend. The company had hoped to raise between $1 million and $7 million using the website Kickstarter. They only raised about $300,000. It was able to raise $1.5 million outside of the online donation site. The company is now taking steps to wind down, which includes filing for bankruptcy.

In an effort to promote unity in the Roman Catholic Church, Pope Francis announced Monday that he will canonize two of his predecessors, John Paul II and John XXIII, next spring.

Three North American men smuggled letters out of Egypt that portrayed the awful conditions of Egyptian prisons, including prisoners being stripped and beaten, and sleeping packed on concrete floors with cockroaches.

In order to keep receiving unemployment benefits, jobless Brita may be forced to do community service. Britain’s top economics minister stated that they would be tightening benefits rules.

700 people were arrested in Sudan on Monday and many died after as protests continued against President Omar Hassan al-Bashir.

The president of Venezuela, Nicolas Maduro, said Monday that he will expel three U.S. diplomats for their alleged involvement in acts of sabotage. They have 48 hours to leave.

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Architecture: Piano’s Forte

In celebration of Renzo Piano, the famous Italian architect, noted for his work on buildings such as the New York Times Building, a panel of experts met on the seventh floor of University Hall on Sept. 26. Teresa Fiore, the holder of the Inserra Chair in Italian and Italian American Studies, opened the event with a few introductory remarks and a short PBB video entitled “The Art and Science of Renzo Pia- no.” Fiore’s brief but endor- sement introduction informed the attendees of the event of some key highlights of Piano. The first speaker was the very prominent architecture critic, Dr. Martin Filler. Filler is a Columbia University graduate, and the author of the extensively-praised Makers of Modern Architecture, a two-volume collection of writings on modern architecture that includes essays devoted to the works of Renzo Piano. Filler discussed the wide- range influence that Piano had over the architectur- al world and the world in general, calling him a true gentleman of architecture. Students in attendance were impressed with Piano’s unique architecture. Gabriel Graziano, a junior Italian ma- jor, said, “When you see how modern their buildings are, it’s really cool how someone can think of designs like that and still make it so unique.”
through the use of cleaner, making the world a better place. Goldman and Honest Tea "It made a lot of sense to sell in 2008 and bought it in 2011. As a competitor in the marketing world, Goldman recognized on a larger scale. Coca-Cola invested in the company in 2008, and then in 2011. Goldman brought to the floor other team members under- standing importance college radio has on the station to the students. Del said, "College radio is that you can define who makes it 'in mainstream.' If the college radio播出不然 have, Jamaica. Goldman said. His new book mission is a Battle despite his struggles to the top. The 288-page book is full of factual information about building a business and is presented in the comic book style. It was published in September and rose to the #1 New York Times bestseller list. It's available for $28. The registration for the event is free, but students need to register by 5 p.m. on Oct. 4. Students can reg- ester at MSUevent.com.

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Navigating Celebrity Journalism

LGBTQ

Continued from page 1

Radio

Tea

Continued from page 1

and trying to copy their idea. After emerging as a com- petitor in the marketing world, Goldman recognized the potential for a green business. "We want to be the first people to play Adele and enjoy the power of college radio is that you can define who makes it 'in mainstream.' If the college radio...
Piano said in the introductory video.

Malinda Parada, a junior psychology major, said, “In terms of Manhattanizing, like Frampton said, I think Piano’s take is a little more personalized in the way he wants to follow traditional rules of architecture, but he also wants to put his own spin on it to make it his own thing.”

“Dynamic” is another word Fuller used to describe Piano, who always had the ability and sophistication to design smaller scale projects such as the Morgan Library in New York and switch to designing skyscrapers such as the Shard in London.

Filler praised Piano’s ability to jump from the intimate to massive scales in his work. Filler described the Shard as holding extraordinary lightness and transparency. However, he had a few qualms with Piano’s Morgan Library and the New York Times Building.

Not all opinions were dissenting in regards to Piano’s design of the Times building. Unlike Filler, Professor Kenneth Frampton, a British architect, historian and critic, admired the design of the Times Building and the Morgan Library.

Frampton offered the idea that the world was “Manhattanizing,” or becoming more uniformed, less original, and more for the money and not the creative dividends.

Filler discussed the structure and design of these buildings in great detail, going over the specifications of Bari Stadium and Tjibaou Centre.

The last guest to speak was Dr. Giovanni Santamaria, who earned a degree in architecture from Iuav in Venice. He has written a variety of essays published in architecture magazines and books. He presented a presentation titled “Tekné and Poiesis: The Place between Groundscape and Roofscape,” in which he showed the synthesis of traditional and contemporary architecture.

Piano has had a long career which is far from over. He has had a big hand in furniture and industrial design. He has never skipped the one month vacation he takes on his self-designed boat, the Kirribilli. A man that truly values a hard day’s work also appreciates time away from it.

“A site is a miracle. A site is a place where a lot of sand becomes, the next day, something built. So I, for some reason, I have that under my skin.”

-Renzo Piano
The **Global Chef** Program is coming to campus on October 17th & 18th. Chef Maira Eduardo has traveled thousands of miles and time zones to cook authentic Brazilian cuisine especially for you. Be sure to check out the **Global Chef** event later this month.

Chef Maira Eduardo

**Sam’s Place - October 17th & 18th**

**What’s Happening in October**

- **10th** - Sushi Demo Class - Machuga - 2P - 3:30P
- **11th** - $4.99 Personal Pan Pizza - Rathskellar - All Day
- **17th & 18th** - Global Chef - Sam’s Place - Lunch & Dinner
- **22nd** - Campbell’s Soup Tasting - Blanton - 11A - 1P
- **23rd** - Thumann’s Deli Meat Tasting - Student Center - 11A - 2P
- **24th** - Healthy Cooking Demo Event - Student Center - 11A - 2P
- **27th** - Scary Movie Night - Red Hawk Diner - 10A - 2P
- **28th** - Cupcake Wars - Freeman - Lunch
- **31st** - Fall Festival - Freeman - 2P - 3:30P

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Under the heading Meal Plans select Student Meal Plans and click the icon at the bottom.
It’s as simple as a belt or those brass earrings your mother passed down to you. Accessories make up not only a well put outfit, but they speak to the audience. They depict who you are and what your boundaries of creativity are. You slipped on your favorite button down shirt today, but did you go the extra step? Did you throw on that chunky knit scarf you’ve been waiting weeks to wear? Or did you stick to your little stud earrings you’ve been wearing for the past two years? Sure, you have some trendy apparel you’ve stocked up on, but it’s the belts, boots, hats, bags, jewelry and even lipstick that set you apart from the trend.

Instead of a trend owning you, your choice of accessories help you own the trend and let you define your fashion sense rather than letting fashion dictate your individuality. Throw on that oversized beaded necklace or go for that funky backpack that won’t match with anything. It’s not about what goes with what or what makes sense to everyone else. Accessories accentuate your creativity and sense of style more than a peplum shirt or a high low hemmed skirt.

That also goes for you fellas out there. Step out of the comfort zone of underwhelming school attire and show that subtle spark of style with a cool pair of sunglasses, some sweet lace leather boots or even patterned socks.

Here are a few stylish students with standout accessories:
If you go to Montclair, you have probably noticed that there are vending machines in almost every building on campus. Vending machines have a well-deserved reputation since the majority of them are filled with chocolate-covered candy bars with way too much sugar or bags of chips full of saturated fat. However, there are always options that, even if they are not "healthy," are healthier alternatives. Being on campus, whether you live here or commute, there is a very good chance that at some point you will be starving, out of food or in need of something quick between classes. Vending machines are always going to be there, conveniently accepting Flex dollars, and you are probably going to visit them from time to time. Before you do, read about what a healthy snack should include and which options in the vending machine are the best options for you.

First things first, know what to look for in a snack. Vending machines likely will not have anything that is completely healthy, but this knowledge can help you choose the thing that will at least give you some nutritional benefits. This includes the USDA Food and Nutrition Service, which should be under or equal to 200 calories, have less than or equal to 35 percent of their calories coming from fat. For a 200 calorie food, this would mean no more than 70 calories from fat or less than about eight grams of fat (one gram of fat equals nine calories).

Keeping those guidelines in mind, you should also try to find snacks with whole grains, protein and healthy fats. The protein and healthy fat is what can help keep you full until your next meal, and the whole grains will give you energy. Also, the shorter the ingredient list, the better, because that generally means the food is less processed. A long ingredient list tends to consist of additives, words you may not be able to pronounce or know what they are made of. Once you understand what a snack should consist of, you can begin to compare vending machine snacks nutritionally. In a Dinkels Height's vending machine some of the selections are: Cool Ranch Doritos, Snyders' Pretzels, Reese's Peanut Butter Cups, trail mix, fruit snacks and a Chewy Garden Veggie Crisp. As both of those only have 160 calories per bag.

For candy bars, a popular comparison are Reese's Peanut Butter Cups versus the Chewy granola bar. The Chewy bar has 100 calories, 30 percent of calories from fat and 15 mg of sodium, versus all of the USDA's requirements. This has two grams of unsaturated fat, which are exactly what you want when finding the best fat. As far as ingredients go, all three much lower than it needs to be, with over 35 ingredients. However, it does include valuable ingredients, such as whole wheat flour.

The Reese's Peanut Butter Cups have 210 calories, over 50 percent of calories from fat and 150 mg of sodium. Based on this, they meet the sodium guideline, fail miserably at the fat requirement, and just about meet the recommended amount of calories. The ingredient list is a lot shorter than the granola bar, with 15 items, but there is a high amount of saturated fat (4.5 grams compared to the granola bar's 1.5 grams) and sugar (21 grams compared to the granola bar's seven grams). Based on this information, the granola bar would be a better choice because it has less sugar and unhealthy fats. However, if you really just want a Reese's, try only having one of the peanut butter cups. Otherwise, granola bars in a vending machine will generally be a better choice than a candy bar. Finally, we can compare the fruit snacks and trail mix, two things that do not really seem to fit in with their candy and chip alternative. The fruit snacks have 130 calories, no calories from fat and 5 mg of sodium. This definitely meets all of the USDA's guidelines. The fruit snacks also have an amount of vitamin C, which is exactly what you want when finding the best fruit. So before you give in to the unhealthy temptations of vending machine snacks, just realize that you can always pick something that will be less damaging than the product next to it. Don't think that you have to compromise your healthy eating habits simply because you find yourself standing in front of a vending machine.
HAS TECHNOLOGY MADE GOD AND SPIRITUALITY OBSOLETE?

October 12th @ 2:00 p.m.

This is a question that comes up again and again in public discourse. This lecture provides an answer (and) from the perspective of the teachings of Christian Science. It emphasizes that an understanding of one’s true identity as a child of God is the foundation for addressing this question from several angles. Several examples are given illustrating the relevance of God and spirituality in a technological society, including examples from the speaker’s experience working on the Hubble Space Telescope project.

MARY ALICE ROSE, CSB
Mary Alice Rose has had a 35-year career as an engineer and manager supporting research in the earth sciences, including work on the ground system for the Hubble Space Telescope. In 2002, she decided to devote her full-time to the healing practice of Christian Science. She is now a Christian Science practitioner, teacher, and international speaker as a member of the Christian Science Board of Lectureship.

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10 Tips to Get The Most Out of Your Workout

Most of us don’t have hours to spend at the gym. We have busy schedules, so when we do make it there, we want to make sure that the time we spend in the gym is worth it. You don’t have to be there for two or three hours to get the best workout and the optimal amount of calories burned. There are a variety of different ways in which you can bump up your exercise routine and make sure that when you leave the gym, you know it was well worth it. Working out isn’t about quantity, but the quality you put into it. Here are a few tips that will help you make sure that you’re burning more calories at the gym as you can reach the goal you are aiming for.

1. Make it competitive.

There are usually a good amount of people at the gym. Look for someone who you see is working out as hard as you. If you are doing cardio on the treadmill, try to keep up with the person next to you or try to run a longer time than him/her. If you are weight lifting, try to partner up with someone, try to do more reps or add more weight than the people around you. Everyone has a competitive drive in them, whether you know it or not, that can help you burn more calories.

2. Incorporate intervals.

When working out, try not to just work out in one pace or one speed. In order to burn the most calories, try to add intervals in your training. If you are on cardio machines, try to break up the intervals. For example, speed up the pace. When you become tired, instead of just reducing the speed, increase the incline of the machine and then workout on an extreme incline with a medium speed pace. Then, keep alternating between the two. You will notice that you are burning more calories than just on one speed and incline in the same amount of time.

3. Bump up the intensity.

Become more intense with your workouts. If you are serious about burning more calories, become serious when you are on the equipment. If you’re weight training, then do more reps and vary between machines. If you’re doing cardio, take less time on your breaks and work out harder. Don’t go to the gym to just walk on the treadmill or hangout with your friends. Take your workout more seriously. With the right attitude, you will be burning more calories at the gym.

4. Put on those headphones.

Listen to the right music for the gym. Create a workout playlist by picking music that is fast-paced with good beats. Apply this strategy and you are more inclined to workout harder and at a faster pace. Music helps you concentrate on the exercises you’re doing and also helps you to workout for longer intervals. Music gives you more motivation and helps burn more calories with the right type of music.

5. Speed up.

This might be the most obvious tip, but also the simplest tip. Just speed up when you are on the workout machines. Even if you speed up a little more, you are going to be burning more calories in a shorter amount of time. Try running at a faster speed. In fact, try walking up the Stairmaster at a faster pace or cycling at a faster speed. Whichever exercise you do, speeding up just a little bit will help you burn more calories.

6. Focus on your workouts.

When you are working out, it is important that you focus on the goal that you are trying to achieve. Whether it’s running a mile in 10 minutes or doing 15 reps in one set, it is important that you are focused and do not get distracted in the gym. Try to focus on your breathing while squeezing those muscles. When you engage your mind, you can actually engage your muscles. It will allow you to complete your workout easily.

7. Stop resting in between sets.

When you are weight lifting, it is important to keep your muscles warm. If you keep resting in between sets, you are going to lower the amount of calories burned and increase the time you are at the gym. Also, if you were working on your upper body, during your rest, go work out your legs and do a couple of sets. It will give certain muscles rest while you are working out on other muscles. It will help burn the most calories while still working out.

8. Add variety.

Change up your workout at the gym; don’t continue to do the same things every time you. Your body will get used to it and you will see less change in your body. Work out different muscles when you go to the gym. Be adventurous and try new machines you haven’t tried before. This will help keep your body from wearing out because you are alternating between machines and working out your whole body instead of just one body part.

9. Lift weights.

Don’t be scared to lift weights or think that lifting weights will bulk people up. Lifting weights can help tone up and build muscle mass which, in turn, helps burn more fat and calories. It is not about the number of reps you do but the size of the weights. Studies show that people using the heavier weights burned 25 percent more calories than the people that weren’t. Lifting weights can be a great addition into your exercise routine.

10. Don’t skip stretching.

Stretching is important for anyone who exercises. It helps keep your muscles more flexible, preparing them for exercise and recovery afterward. Stretching helps you move better during aerobic exercises and helps build more strength during weight training. Stretching can help you exercise better and, in turn, helps you burn more calories because your muscles are prepared for the workouts.
Help Wanted

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.

Help Wanted

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 Sarah.grande@yahoo.com or call 973-615-7371.

Part time dog walker needed in Montclair area between 11 a.m. and 3 p.m., Mon-Fri. $10 per 30 minute walk. Email Janine for more info, montclairpetgirl@gmail.com

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~ Sussex County, NJ ~

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Meet the Editors! Write for Us!
Aries March 21 - April 19
Your feelings of doubt and uncertainty are making their way back into certain parts of your life, specifically those regarding your relationships, reputation and work. You may be saying "no" to something you previously thought was right. Although your new decisions may come as a shock to others, it may be the only way to make a statement.

Taurus April 20 - May 20
Feelings that you have been bottling up for some time now can cause you to break down at any moment. This emotional slag needs to be dealt with and it would be a good idea to do so in the most mature possible way to avoid causing a scene.

Gemini May 21 - June 20
You will be butting heads with many people this week, but it's probably not in your best interest to react for it can lead to a no-win situation. It seems as though everyone is more than happy to express himself or herself, however they don't even consider the fact that words can hurt—a lot.

Cancer June 21 - July 22
A discussion regarding the past or something personal will emerge. You will feel very anxious and try very hard to avoid conversing but it will not work. The only real way to move on in life is to acknowledge the times that you were hit hardest.

Leo July 23 - August 22
Pressures and expectations from others certainly dominate your life right now, and it will continue for some time. Such pressures challenge you to create some kind of foundation to your life that involves shuffling around. However, you will find that you are now able to do things that you have found difficult in the past.

Virgo August 23 - September 22
Lately you've been feeling like the odd one out. This may be due to the fact that you have been sacrificing the little things in life for the ones that seem bigger and more significant on the outside. Such sacrifices often entail a distance from those you were once close with. Set some time aside for others.

Libra September 23 - October 22
There are those who do and those who follow. It's your time to decide which one you are. Do you prefer to stick to the more traditional methods that have already been tried or do you like to take risks that you believe will help you leave your mark?

Scorpio October 23 - November 21
You may not realize it but you are taking your potential for granted. In truth, you can accomplish a lot with your capacity to do things others can't. Your only concern, however, is whether reaching your potential will instigate disapproval and rejection from those who matter most to you.

Sagittarius November 22 - December 21
Something that you've never really bothered to give much mind to will certainly grab your attention in the time to come. This particular thing or person may change complete view of things you previously regarded as normal and acceptable. Careful, for you may completely discard whatever made you the person you are.

Capricorn December 22 - January 19
You are feeling very confident and able to accomplish a lot. Others, however, may find it annoying. No one likes a know-it-all, especially one who tries to make others see their way as being the “right” way. Make sure your confidence doesn't turn into complacency.

Aquarius January 20 - February 18
Nowadays, it seems as though a simple difference in values can instigate a lot of conflict. Even if it isn't quite as apparent yet, keep in mind that your own values are changing and others in your life can have a hard time adjusting to such changes.

Pisces February 19 - March 20
Something that you have been avoiding for so long can no longer be avoided. Whatever it is, it has come and is ready for your take on it. Avoiding the situation has appeared to make it worse and will make it more difficult to resolve. Think of it as a lesson to stop procrastination.

LOVE TO DRAW?
Submit your comics/cartoons to The Montclarion at msuproduction@gmail.com
Commuter Appreciation Week

What do you think of commuter appreciation week and its events?

Salma Hassan, Sophomore, Psychology

“As a commuter, I like commuter appreciation week. It’s a good idea. It lets them know anything they’re doing is appreciated.

My favorite event is having breakfast free at home and having free breakfast here is very convenient.”

Chucky Okeke, Senior, Family and Child Studies

“I think it’s good for commuters to be involved in something that welcomes them on the campus. It gives opportunities for engagement, which I think is good. When you’re a commuter, you’re not as well accepted as a student who lives on campus. It’s a way to show them that it isn’t just the residential life that matters. It’s about the most, but also students who come from off campus. It lets them know that their role is important in an equal manner as well.”

Michelle Ruestan, Sophomore, Undeclared

“I didn’t even know about it, so I felt left out, but I feel that it’s a very nice idea that they are actually doing that for commuter students because they go through a hard time [to get here].”

Ivan Lopez, Sophomore, Public Health

“I honestly didn’t know anything about it, but I feel like it’s a really nice thing to do that for commuters since you never know how our trip to MSU went. Sometimes you’ve got traffic, sometimes you almost go into an accident, and you don’t know if you’re having a bad day, so maybe that event could change the whole day. Commuting is a struggle.”

What do you think of commuter appreciation week? Let us know in the comments section!
Halloween: An Excuse To Get Scandalous?

Halloween costumes can “reveal” a whole different side to your friends

A

 COMPUTE

Samantha Shale, an English/Classics major, is in her third year as a columnist for The Montclarion.

October is the perfect time to be out of the office, but a fall trip to the office is not all that bad. It is time to celebrate the spooky season!

I

Let’s talk about Halloween.

Halloween is a time to celebrate the spooky season! It is a time to dress up and have fun with friends. However, what do we really mean when we say “dress up”? Do we mean to wear costumes? Or are we using this as an excuse to get scandalous?

Halloween is a time to express our creativity and let loose. But when does it become more than that? When do we start using it as an excuse to be offensive or disrespectful?

I believe that we should use Halloween as an opportunity to be creative and express ourselves. But we should also be mindful of how our actions may affect others.

This year, I encourage you to think about how your costumes may make others feel. Do they accurately represent the culture or person you are portraying? Are they appropriate for all audiences?

I believe that we can still have fun and be creative while also being respectful. Let’s use this spooky season to have fun, but also to be mindful of the impact our actions may have on others.

Let’s not let Halloween become just another excuse to be offensive. Instead, let’s use it as an opportunity to be creative and express ourselves in a way that is respectful and inclusive.

#Halloween #Costumes #Culture #Respect #Inclusivity

Kendrick Meier, an English major is in his fourth year as an Opinion Editor for The Montclarion.
Military changes favoring gay soldiers are in these areas.

The changes will be announced officially in the upcoming months, including proposals that will allow gay and lesbian soldiers to serve without restrictions, which already prohibits tatt

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Bare Arms or Bear Emblems

Equal Rights: A Good Marriage

Same-sex unions shown to improve the integrity of marriage

As time progresses, so do people’s views. However, the important aspect is that most gay and lesbian couples have grown from a small group of people into a community that is becoming more and more recognized by society. In fact, the same-sex marriage debate has been going on for many years, and it is only now that we are finally seeing some changes.

It is unfortunate that such temporary changes allowed the gay community to gain some recognition. This is because society has not yet come to terms with the idea that marriage is for everyone, regardless of their sexual orientation. However, the good news is that things are slowly starting to change.

A prime example of this is the recent developments in many states regarding same-sex marriage. In 2013, several states legalized same-sex marriage, making it legal for couples to marry regardless of their gender. This is a huge step forward for the gay and lesbian community.

As of 2013, we are now in a new and much more accepting society. This is because of our parents’ viewpoint on marriage and the way we were raised. The AIDS epidemic also played a huge role in changing our views and perceptions of same-sex marriage.

One of the greatest benefits of gay and lesbian marriage is that it allows couples to live together more freely. This has been a huge step forward for same-sex couples, as it allows them to have more autonomy and control over their lives. It is important to note that marriage is not just a legal formality, but it is also a symbol of love and commitment.

There are many reasons why same-sex marriage is important, but one of the most significant is that it allows couples to take care of each other in the event of an emergency. This is important because it allows couples to make decisions about their lives and their health without fear of being discriminated against.

In conclusion, same-sex marriage is a necessary form of legal recognition for same-sex couples. It is important to support marriage equality for all, as it is a basic human right that should be available to everyone.
Singer/songwriter Andrew Koji Shiraiki released his latest album, Crooked in My Mind, this past April. His gritty, howling voice against screeching back-up vocals and abrasive acoustics give the punk rock album a slow, grunge vibe. Anxiously honest, this album is a perfect fit for cold, contemplative fall evenings.

- Kelly McGarvey

KOJI CROOKED IN MY MIND

This fresh new singer-songwriter’s melodies are as on point, it’s actually frightening. She is on iTunes’ “New and Noteworthy” this week, and for good reasons. She is incredible and I wouldn’t doubt it if she blew up in the next couple of months.

- Victoria Nelli

HAIM DAYS ARE GONE

These are three sisters in their twenties from Los Angeles lived their childhood playing in a band with their mom and dad. Their charming debut recalls the more upbeat side of Top 40 radio with their single, “Falling” coming alongside “Don’t Save Me.”

- Nicole Duquer

JON MCLAUGHLIN HOLDING MY BREATH

McLaughlin’s latest album is arguably his best yet! Hits like “Doesn’t Mean Goodbye” are incredible. After one listen, he’ll keep you coming back for more. His album was only released a week ago, but it’s already getting great praise.

- Victoria Nelli

WRITE 40-50 WORD REVIEWS
EMAIL REVIEWS TO: MSUARTS@GMAIL.COM

What's Streaming?

“Fireman Saves Kitten”

As an animal lover, I was extremely hesitant to watch this video. However, faith is restored in humanity temporarily after watching “Fireman Saves Kitten.” From a sad, burnt living room, a big, tough fireman lifts what looks like a tiny, sleeping furry kitten out into the light of day. Luckily, the cute kitty survives. The viewer almost feels like all is right in the world until the last seconds of the video arrive. Faith is again ripped away from humanity when it is realized that this beautiful moment is exploited to sell a camcorder.

“Wonder Woman & a short by Rainfall Films”

If you love to look at beautiful women kicking ass, then this two-and-a-half minute film may be for you. Fighting scenes overflow with girl power in the short by Rainfall Films. Wonder Woman looks fiercer than I’ve seen her in the last few decades and it makes one want a whole movie. Sure, it gets a little confusing, as there is no dialogue, but the viewer doesn’t care between the epic music and the graphics. Wonder Woman looks better than ever.

“Announcing the first-ever YouTube Music Awards”

It looks like Jason Schwartzman is hosting the first ever YouTube Music Awards. You may know Schwartzman from Funny People, Scott Pilgrim vs. the World or the HBO series Bored to Death, but now you get to know him from the first YMAs, an award show so new, it may be the case that the fans actually get to be the ones who choose the winners. Now the only thing people are hoping for is that Vevo doesn’t show up.
NJ Homegrown
Bloomfield, NJ indie rockers sprout
Nicole Duque
Staff Writer

Straight out of Bloomfield, indie rock band Hello Union’s drummer Aziz Naouai and guitarist Ruben Soto sat with me on Sept. 28, spilling details on upcoming events, possible new music and took us on a blast to the past while reminiscing on golden memories. For more information, check them out on their Facebook page.

Q: When did you all meet?
Aziz: I met Anthony my freshmen year [of high school] in Spanish class. I didn’t find out he was in the band until choir. But he’s always been singing and then I heard his voice and I thought it was incredible.

Ruben: In my freshmen year, they were seniors and I had a lab in choir because the freshmen choir wasn’t with the upper classmen. But I had a lab during their choir class and we all just became friends. I think it was like two or three years before we started making music together, and that’s helpful. All seniors were around 18 or 19 years old and I’m just standing there. It was weird.

Q: Who chose the name of your band? What inspired the name?
Aziz: (laughs) I don’t think there is any inspiration over the name.

Ruben: Yeah, we thought, it has to sound cool, honestly, and then we had our name Hello Cleveland. We thought that was cool and we’d be just like, ‘We’re Hello Cleveland!’ It sounded cool. Then we found out there was a death metal band called Hello Cleveland.

Aziz: It took us a couple of weeks, because we had a couple of songs written. Maybe we have to find a name for what this is. I think maybe a week or two later, after we made our private Facebook group, we were throwing names out there to figure it out and all of a sudden we had Union City?

Ruben: It has zero meaning whatsoever.

Aziz: Yeah, we wanted something fun. We’re usually pretty outgoing, so we thought the Hello is pretty welcoming and then a union of people, I guess.

Q: For people who have never heard of you, describe your style.
Ruben: It’s similar how you can classify it as indie rock at a basic level. It’s got a Caribbean feel, a happy feel.

Q: What are the general themes of your songs?
Aziz: Girls, of course.

Ruben: Yeah, it’s all we’ve really been through – nothing major in our lives except for relationships.

Q: What are other bands, inspirations?
Aziz: It’s all of the big indie bands. Vampire Weekend. Then it’s a bunch of folkie bands. There’s also some rap like Kanye West, Eminem – just kidding, when he was Slim Shady.

Artist: Hello Union
Album: Hello Union EP
hellounion.bandcamp.com

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• 6:00pm Meet with faculty and students

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Country/pop newcomer Myla Smith and her latest record, Hiding Places, was featured on iTunes’ “New and Noteworthy” section in the singer/songwriter genre. I briefly talked with Smith about her passion for music, her writing process, inspirations, favorite venues and plans for the future.

“It’s always something that I wanted. I never grew out of it, I just always loved singing,” said Smith.

Smith expressed her deep love of music and how it developed at such a young age. “It’s something that I’ve always done since I was a little kid. I think that when you have things you just naturally gravitate towards, it’s probably a sign.”

Writing and performing has always been something Smith has enjoyed. Her writing process is very time consuming and important to her. She explained how she recently set aside two or three days and went away to flush out some ideas she had.

Smith went on to say that going away for even that short amount of time was extremely helpful with her writing process. “It freed me from that sense of feeling guilty about spending so much time on ideas,” said Smith.

Of course, like any other aspiring singer/songwriter, she has high career aspirations. “I would love to be able to play more cities wherever I have fans. I just want it to reach its intended audience so if anybody’s a fan of my music, I want them to be able to hear it.”

Smith will be getting that chance in the upcoming months. She is ready to set out on a tour that goes through Austin, Texas, as well as stopping all throughout the Midwest with accompanying acts such as Karen Choi.

One thing consistent about Smith is how truly passionate she is. You can hear it in the tone of her voice; she gets giddy when a past performance is brought up or when she is paid a compliment.

While talking about her gig at the iconic Bluebird Café, she started getting sentimental. “The first time I found out I was going to play there, I think I cried. For a singer-songwriter, it’s the place you dream about. The idea of actually being able to play there is a monumental thing for a singer-songwriter.”

Smith’s album shows exceptional range and diversity. She had outdone herself on tracks like “Yellow Paper Lanterns.” Her lyrics are honest, passionate and real. Throughout the album, you can hear traces of Sheryl Crow and even a little Dolly Parton, which is no surprise since these are two of Smith’s biggest influences.

Aside from being a wonderfully gifted songwriter, Smith is exceedingly humble. She never once throughout her interview mentioned selling out stadiums, winning Grammys or having her face plastered on the cover of People. Instead, she grabbed on to her dream to one day write a children’s album and how she hopes to open a songwriting camp for adolescent girls. She went on to talk about how “things have fallen more into place” for her. Smith is headed for great things. Her album is fantastic.

Victoria Nelli
Staff Writer

Nothing but golden gems in Hiding Places.

Myla Smith

She has a good head on her shoulders and she is ridiculously passionate about her craft. Myla Smith is going to take the music world by storm!

ARTIST TO WATCH

Myla Smith

Victoria Nelli
Staff Writer

Arts & Entertainment

Artist To Watch

Myla Smith

Victoria Nelli
Staff Writer

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What’s New Pussycat? JGL’s directorial debut as porn addict shines

Joseph Davis Lees
Staff Writer


From the time the opening credits roll, the audience is thrown into the strange, humorous, and entertaining world of Jon Don.

From the very first few minutes of the film, the audience is introduced to the mind of young boy-genius, Walt Disney, who set off on a curious adventure. The film is directed by Brad Bird, who also directed the extremely popular film, “The Incredibles.”

While not exactly a review of the film, Tomorrowland is set to be released in June of 2015, and it is already working on its second act.

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Tomorrow Is Today...Soon Disney’s new film to feature Tim McGraw

Meghan Spinelli
Contributing Writer

Tim McGraw is proving yet again that country music is not the only business he excels in, as he prepas to hit the big screen in a new movie coming out next year.

McGraw set off for Vancouver last week to start filming the movie. In the film, McGraw plays the role of a big hit. There is no word yet on who McGraw will be playing, but it is known that Hugh Laurie is set to play the mayor.

However, one night at a club, the hunter becomes the hunted. The hunter becomes the hunter.

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However, one night at a club, the hunter becomes the hunted. The hunter becomes the hunted.
Billboard Top Ten
Week of September 26th

1. Wrecking Ball - Miley Cyrus
   (Last week - #1, Weeks on chart - 5 weeks)

2. Roar - Katy Perry
   (Last week - #2, Weeks on chart - 7 weeks)

3. Royals - Lorde
   (Last week - #3, Weeks on chart - 12 weeks)

4. Wake Me Up - Avicii feat. Aloe Blacc
   (Last week - #5, Weeks on chart - 13 weeks)

   (Last week - #4, Weeks on chart - 23 weeks)

   (Last week - #6, Weeks on chart - 11 weeks)

7. Hold On We're Going Home - Drake
   (Last week - #9, Weeks on chart - 7 weeks)

8. Applause - Lady Gaga
   (Last week - #7, Weeks on chart - 6 weeks)

9. Summertime Sadness - Lana Del Rey and Cedric Gervais
   (Last week - #10, Weeks on chart - 11 weeks)

10. Safe and Sound - Capital Cities
    (Last week - #12, Weeks on chart - 21 weeks)

This week, the top three are still taken by all solo female artists, with Miley Cyrus leading the pack with “Wrecking Ball.” Katy Perry and Lorde follow right behind and either could be taking the top spot next week. Avicii achieves his highest charting ever with “Wake Me Up,” hitting #4 this week. Drake reaches his peak position with his new single, “Hold On We’re Going Home,” hitting #7. “Safe and Sound” by Capital Cities returns at #10.
This year, the Montclarion sports section is bringing back a fun segment that has been absent the last few seasons. Each week, the Sports Editor, Editor-in-Chief and Arts Editor will make their predictions on the upcoming NFL games. Join in and do the same with your friends to see who knows the NFL the best.

This week’s winner is Nick (Sports) with 37-26, Jessica (E.i.C.) with 35-28 and Jonathan (Arts) with 37-26.

**Red Hawk Round Up**
A look back at how MSU teams did each week

**WOMEN’S SOCCER**
Currently undefeated, the Red Hawks hope to ride their hot streak all the way to the NCAA Tournament later this year.
In nine games, the team has allowed only one goal. They recorded eight shutouts in nine games to bring their combined margin of victory to 28-2.
Out of their remaining eight games, five of them are home and seven are against NJAC opponents. At this rate, don’t expect them to slow down in the slightest.

**FOOTBALL**
Since last year’s 5-5 finish was their worst since 2005 and they’ve been on a steady decline since 2009 and 2010 where they recorded back-to-back 10-2 seasons.
Currently, the Red Hawks have only lost one conference game so it is fully plausible for them to come back. Their first three games were inter-conference play.
Next on their schedule are the Lions of The College of New Jersey. The Red Hawks have had relative success against the Lions, winning four of their last five meetings.

**FIELD HOCKEY**
To no surprise, the 2013 Montclair State field hockey team is off to a perfect start. Having won their first nine games of the season, the Red Hawks are 2-0 in conference play.
Currently outscoring their opposition 46-5, the Red Hawks have recorded six shutouts, including an 8-0 win over Ramapo College on Sept. 18.
Along with their forceful offense is their unbreakable defense. In nine games, the Red Hawks have allowed only 43 total shots, an average of just under five shots per game.

**MEN’S SOCCER**
Since 2006, the Red Hawks have made it to every NCAA Tournament, including 2011’s Final Four.
The Red Hawks are currently 8-2-1 with a 1-1-1 NJAC record. After winning their first six games, MSU experienced a minor hiccup in their season when they went 0-2-1 with losses to Messiah College and TCNJ and a double-overtime tie to William Paterson. However, a promising 6-0 win over Brooklyn College makes it seem as though the Red Hawks have overcome what plagued them a few weeks ago.

**VOLLEYBALL**
Over the last three seasons, the volleyball team has made huge improvements, turning a 7-29 record in 2010 to last year’s 22-11 finish.
After a slow start, the Red Hawks suddenly took off and looked like a completely different team. Having won eight of their last nine games, the Red Hawks are making a very strong push towards the playoffs.
On Oct. 3, they will play the first of three straight home games against conference rival, Richard Stockton.
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**‘Montclarion’ Staff NFL Predictions**

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<td>Chargers vs. Falcons</td>
<td>Jets vs. Falcons</td>
<td>Nick (Sports) 37-26</td>
<td>Jessica (E.i.C.) 35-28</td>
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Game of the Week
Mens Soccer
vs. Rhode Island
Oct. 8, 7 p.m.

After losing two of their three games last week, MSU hopes to get back to their winning ways.

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

Who’s Hot This Week
Angela Campo
Setter — Volleyball
Campo helped lead the Red Hawks to a 3-0 weekend with a total of 93 assists, 13 kills and 28 digs.

Season Stats
Kills - 21
Assists - 454
Digs - 101

C.J. Conway
Defensive Back — Football
Conway collected four tackles and broke up three passes. He was one of the key reasons that MSU held a potent Rowan offense to seven points.

Season Stats
Solo Tackles - 17
Assisted Tackles - 9
Pass Breakups - 6

Who’s Hot This Week

Game of the Week
Volleyball
vs. Stockton
Oct. 3, 7 p.m.

MSU looks to stay hot and extend their winning streak to five games.

For updates, check out: www.montclairathletics.com and follow @TheMontclarion on Twitter.
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MLB Teams Prepare for World Series Push

Fan favorite, Andrew McCutchen, looks to help lead the Pirates to their first title since 1979.

With the second wildcard game completed, the final teams are set to compete in the playoffs.

“I don’t really like politics that much. I like the order and simplicity of sports. They have an ending. You can argue with friends about it but, in the end, you still like sports. I almost live the fantasy world of sports more than the real world.”
- Norm MacDonald

Make sure to put those goggles on; postseason baseball has arrived. There’s no better way to start off this year’s postseason than knowing that the Pittsburgh Pirates defeated the Cincinnati Reds during their Wild Card game and will now continue to get a real taste of what it’s like to play in “Bucshower.”

This is a shout-out to all the loyal 21-year-old Pittsburgh fans out there that have waited their entire lives to finally know what it feels like to root for a playoff team. Fans of the New York Yankees, are accustomed to the joys of October.

This year’s expected National League Manager of the Year, Clint Hurdle, will take Arizona from the movie Major League to suddenly transforming into a playoff team.

The organization can thank expected American League Manager of the Year, Terry Francona. He left the comfortable environment of broadcasting in lieu of taking on the risk with a team that had lost 94 games last season and ended up leading them to finish this year with 10 consecutive crucial victories to clinch a playoff berth.

Keep in mind that not a single player in the lineup hit 85 RBIs, 25 home runs or even batted over .300. To put things into perspective, the Baltimore Orioles’ Chris Davis reached 85 RBIs by July 1st. It just goes to show what a remarkable job Francona was able to accomplish with little work to do on paper.

Now, despite indifference with the added one-game Wild Card, Francona couldn’t have put it into better words: “This is one game. You can either embrace it or you can mourn about it. I’d rather embrace it and win the game.” However, it won’t come easy because the Tampa Bay Rays will be using starting pitcher Alex Cobb, who has recently been on fire.

The trending Paul Rea-yer hears out in Boston will wait to see if they will have to deal with the annoying sound of cowbells down at Tropicana Field in St. Petersburg.

What’s for certain is that the Oakland Athletics, who seem to have played the underdog role very fittingly, will be going up against last season’s AL pennant-winning Detroit Tigers. Despite Oakland manager Bob Melvin doing yet another masterful job with such a limited payroll and winning 96 games out in the bay, this is still going to be considered as your classic “David versus Goliath.”

The most anticipated divisional series is between an Atlanta Braves team that seem primed for a big October if they can get past “Donny Baseball”. Los Angeles Dodger’s Don Mattingly could give his gratitude over to the Cuban sensation, Yasiel Puig, who’s call up to the MLB in early June not only added some fire but took the entire league by storm.

Unfortunately, the Dodgers will be missing outfielder Matt Kemp, who has been riddled with injuries all season long. Atlanta will feature the Upton brothers and rising superstar first baseman Freddie Freeman. As talented of a lineup the Braves may have, they will need a Hall of Famer if they want to steal Game 1 from starting pitcher, Clayton Kershaw.

You can probably make a case that not only will Kershaw win the Cy Young Award but he may very well win the MVP since there isn’t a clear-cut hitter in the National League who’s earned the award.

Want to write for the paper?! Stop by The Montclarion office to meet the editors and eat free pizza.

Wednesday, Oct. 9
11 a.m. — 2 p.m.
Student Center Annex, Room 113

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MontclarionSports@gmail.com