On Air: College Radio Day

Monika Bujas
Managing Editor

Athlete Ally travel to various campuses and locations to help spread their message, working with more than 30 athlete ambassadors from across the country. "We’re in [a] culture where it’s finally understood that this language [of homophobia] is problematic," said Taylor. “It hurts our athletic community; it hurts our team efforts and it hurts the fans. If we don’t question this language, then it just becomes part of the status quo.”

The panel discussed the causes of homophobia within sports, specifically in the professional leagues. It was debated if it was mostly due to habits with the more adult population or simply due to geographic location — my more liberal areas on the West Coast and in the northeast.

TUMBLR MONTCLAIR.ORG

Honest Tea is the Best Policy

Ethan Fri
News Editor

Honest Tea has had humble beginnings. Seth Goldman, the co-founder of the company, began his project in his kitchen in Maryland. Now a successful business and Goldman is set to discuss his journey of creating a business next Tuesday, Oct. 8 at 7 p.m. in the seventh Floor Conference Center of University Hall.

He gave an interview beforehand discussing the details of Honest Tea and the journey he has taken.

"The idea for Honest Tea came from my realization that all the tea on the market were overwrought tea that was less sweet and less healthy. In fact, people didn’t know what to think of it," Goldman said. Goldman offered advice to prospective entrepreneurs: "Follow your passion. That’s critical. The work is so hard that you have to be involved heart and soul. Make sure you also have a product that’s really different. It’s brutal to break into the market, having a similar idea as someone else. Your product doesn’t have to be just better, but completely original. Otherwise, it will get lost among the others."

He distinguished between the idea of a business and the actuality of creating one. Goldman says that the real world is shockingly different, saying, "Sometimes your customers don’t buy the bill." Honest Tea’s inception came at a time before the major health craze that has swept 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 healthynutrition market. It was a lot of hard work. It was a challenge, but if it wasn’t, somebody else would have done it."
Students Dominik Srubelj, 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. Srubelj was charged with possession of heroin and possession of marijuana. Bendick was charged with possession of heroin and possession of drug paraphernalia. Matiatos was charged with possession of heroin and distribution of heroin. All parties involved were scheduled to appear in Little Falls Municipal Court on Sept. 25.

Student Zachary Schreck, 19, of Flemington, N.J. was arrested and charged for theft of a Barton Hall stairwell sign that was found in his possession. Schreck appeared in Little Falls Municipal Court on Sept. 30. (building 863)

Student Khara Brown, 18, of Newark, N.J. was arrested and charged with simple assaulting a female student while inside the Russ Hall elevator. Brown is scheduled to appear in Clifton Municipal Court on Oct. 9. (building 847)

Student Kevin Schadel, 27, of Wayne, N.J. was arrested and charged with aggravated assault while being arrested near the Holland Tunnel in Jersey City.

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 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 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 strip-searched 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.

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.

Due to a large amount of jellyfish inhabiting a cooling-water intake, a major Swedish nuclear plant was forced to manually shut down production at its largest reactor earlier this week.

Anyone who has information regarding these incidents is urged to call the police station from any campus phone at TH-P-S (8477). All calls are strictly confidential.
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 PBS video entitled “The Art and Sciences of Renzo Pia- no.” Fiore’s brief but endur- ing 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 architectural world and the world in general, calling him a true gentleman of architecture.

Students in attendance were impressed with Piano’s unique architecture. Gabrielle Grudza, a junior Italian major, 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.”

Renzo Piano is a pro- foundly international archi- tect. He is the architect that gave the world the Pompidou Centre in Paris, the Shard in England and the New York Times Building in Manhat- tan. Piano is a renown Italian Pritzker Prize-winner. “A site is a place where a lot of sand becomes, the next day, something built. It is a place of magic. So I, for some reason, I have that under my skin,” said Piano.

Architecture continued on Page 5.

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Jordan Manglona
Contributing Writer

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Architecture continued on Page 5.
and trying to copy their idea. After emerging as a con- petitor in the marketing world, Goldman recognized that more and more companies, even on a larger scale. Coca-Cola invested in the company in 2008 and bought it in 2011. “It made a lot of sense to sell Coca-Cola 20 years ago,” Goldman said,.”When we started the initiative, there were over 100,000 stores; now it’s in 1,500 stores; now it’s in 1,500 stores; now it’s in 1,500 stores; now it’s in 1,500 stores.” Goldman said.

Judith Newman discussing the ins and outs of journalism.

### News

#### October 3, 2013 • The Montclarion

### Navigating Celebrity Journalism

Jayna Gugliucci

#### Contributing Writer

Beginning her speech, the journalist began by address- ing the common misconception that trying to write for magazines and newspapers is similar to “sitting on the Titanic.” Giving hope to the future of magazines, the experienced author stressed the fact that someone is, in fact, writing and publishing the competitive world of writing today.

Newman has written about entertainment, business and pop culture. Writing for a wide array of publications including Vanity Fair, the New York Times, the Wall Street Journal, Allure and Vogue, it is safe to say Newman has had her name published around the world. However, the most promi- nent piece of work Newman has encountered is that of celebrities. With all of this in mind, students listened intently to the words of wis- dom Newman had to pass on to her possible successors.

### Radio

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**Radio**

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Tea

Continued from page 1

**Tea**

and原文内容。
Architect
Continued from page 3

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 design towering 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 “Tekne 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.

Sam’s Place - October 17th & 18th

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Go to: www.montclair.edu/dining-services/
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 bad reputation since the chips and candies in 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, even if they are not “healthy,” that 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, convenientlyaccepting Flex dollars, and 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 will no doubt 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. The USDA's Food and Nutrition Service points out that a vending machine should be over or equal to 200 calories, have less than or equal to 38 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 white grapes, protein, and whole foods. 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 DineHall Heights vending machine some of the selections are: Curls Ranch Doritos, Snyder's Pretzels, Reese's Peanut Butter Cups, trail mix, fruit snacks and a Chewy granola bar. Looking close at the nutritional information, you can determine what would be your best bet when looking for a snack that will not sabotage an otherwise healthy day of eating.

Looking at the Doritos versus the bag of pretzels, the pretzels clearly come out on top. With 260 calories, 13 grams of fat and 322mg of sodium, the Doritos have failed to meet any of the USDA’s guidelines. When it comes to ingredients, the list tops off at more than 27 and includes things such as artificial colors and flavorings. The only redeeming qualities are the three grams of fiber and protein, but these are matched by the two grams of saturated fat.

For the pretzels, they meet all three guidelines with 140 calories, about eight percent of calories from fat and 70mg of sodium. They also have three grams of fiber and three grams of protein. Unlike the chips, there is no saturated fat, and, as an added bonus, they contain a few good minerals.

Other brands of chips in the vending machine will likely compare to the Doritos and should generally be avoided. A few other options that may be available are Smartfood popcorn or Snyder’s Garden Veggie Crips, as both of those only have 160 calories per bag.

For candy bars, a popular competition are Reese’s Peanut Butter Cups versus the Chewy granola bar. The Chewy bar has 100 calories, 30 percent of calories from fat and 70mg of sodium. However, it lacks all of the USDA’s requirements. This has two purposes of unsaturated fats, which are exactly what you want when finding the best fat for snacking.

As far as ingredients go, all three much healthier 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 150mg of sodium. Based on this, they meet the sodium guideline, fall 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 Reeses, 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 alternatives. The fruit snacks have 130 calories, no calories from fat and 70mg of sodium. This definitely meets all of the USDA’s guidelines. The fruit snacks also contain a reasonable amount of vitamins, with 25 percent of your recommended daily value for vitamin A and vitamin E and 15 percent of your recommended daily value for vitamin C. The downside is that pretty much all of these calories come from sugar. This could give you a quick energy boost, but cause a crash soon after.

The trail mix also has 130 calories, with 46 percent from fat and 50mg of sodium, meeting two out of these of the USDA’s guidelines. Trail mix is usually promoted as a healthy snack due to its amount of nuts and fruits. Nuts provide healthy fat and fruit has great vitamins. However, in this particular bag of trail mix, pretzels are very far down on the ingredient list, which isn’t necessarily good, as the higher an item is listed, the more of it is in that product. Pretzels rank at number 19 out of 22, right at the bottom near raisins and sunflower seeds. The leading ingredients include no less than 8 artificial colors. Though the nuts are good for you, the rest of the ingredients in the trail mix prove that it is not a great snack and, the fruit snacks would be a better option.

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 ever think that you have to compromise your healthy eating habits simply because you find yourself standing in front of a vending machine.

Choose This Not That:

Vending Machine Edition

Reese's Peanut Butter Cups Nutrition Facts

Doritos Cool Ranch Nutrition Facts

Choose This:

Not That:
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 (not) 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 a 30-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 now a Christian Science practitioner, teacher, and international speaker as a member of the Christian Science Board of Lectureship.

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*Sculpture (graduate students) at Montclair State University are invited to open an additional charge to every event through the photography. See website for details and thank you!
10 Tips to Get The Most Out of Your Workout

Stephanie Chavarria  Senior Writer

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 so 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 to not 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 go. 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.
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, montclairpetgurl@gmail.com

Help Wanted

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Mon-Thu after 10:30am; Fri & Sun after 3pm (non-holidays); 18 holes only at Great Gorge & Cascades; Must show valid college ID; Must mention promo code “Under29” at time of reservation.

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Meet the Editors! Write for Us!

Montclair Open House

Wed. October 9th
11am-2pm
Student Center Annex 113
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 air 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 ever 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.
Commuter Appreciation Week

My favorite event is having breakfast. Because I never have time to eat breakfast at home and having free breakfast here is very convenient.

Vicky Leta | The Montclarion

Michelle Ruestan Sophomore Undeclared

“I didn’t even know about it, so I feel 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].”

Salam Hassan Sophomore Psychology

“As a commuter, I like commuter appreciation week. It’s a way to make sure that them, it isn’t just the residential life that matters and most students about the most, but also students who come off campus. It lets them know that their needs are attended to in an equal manner as well.”

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 the commuter students are interested in students, it enables them to make the transition from where they come from – their various hometowns – easily onto campus. It’s a way to socialize with the other students and to make the commuters who aren’t from Montana feel more welcome. Since I know a lot of commuters who feel as though they’re outsiders, since they don’t live on campus, they don’t exactly know what’s going on campus. I think it’s a good idea.”

I think commuter appreciation week is a wonderful idea to make the commuters who aren’t from Montclair feel more welcome. Since they don’t live on campus, it’s definitely a chance for them to get more involved and to socialize with the other students on campus. I definitely think it’s a good idea.

I think it’s a good thing that we have a commuter appreciation week because I know a lot of commuters who feel as though they’re outsiders, since they don’t live on campus, they don’t exactly know what’s going on campus. I think it’s a good idea.”

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How Can I Reach The Republicans?

Obama bridges the boundary between Iran and the United States

Going Under The Knife To Make The Final Cut

Major news station coerces staff member to undergo plastic surgery

Halloween: An Excuse To Get Scandalous?

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

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The Montclarion

Interests in writing and/or editing for The Montclarion, but don’t know where to start?

Come to our Open House!

Wednesday, Oct 9 from 11 a.m. to 2 p.m. in the Student Center Annex, Room 113.

Meet the editors (Monica Booya), write for the paper, eat pizza and get your questions answered!

A

October, 9

around The Montclarion

Samantha Shane, Opinion Editor

Obama says sit-downs can’t happen!
On a phone call with the new president of Iran, Hassan Rouhani, over the phone in an attempt to rekindle their uneasily related

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KNOXVILLE, Tenn. – The Montclarion

Kristen Brykove

Samantha Shane, a junior English major, is in her second year as a columnist. She is looking forward to getting a second shot at this column, with the help of her new editor, professor Dr. Lisa Byrd. Kristen has written about music, movies, and fashion, but has never done a column like this before. She is excited to learn about student life and write about the topics that matter most to the students at the University of Tennessee at Chattanooga.

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Meet the editors (Monica Booya), write for the paper, eat pizza and get your questions answered!
I have been an advocate for the rights of homeless people. The 1980s were a trying time for those who were struggling to survive in the streets. Despite the challenges, there was a growing realization that housing and access to basic needs were essential for all people, regardless of their circumstances. Today, the importance of supporting the homeless is more apparent than ever, as we continue to work towards a society where everyone has a safe and dignified place to call home.

The importance of not caring in your day-to-day life

Have you ever thought about how much we care about everything? I don't mean in the traditional sense of being concerned with the well-being of others. I mean how much we care about our own wants and needs. I believe that we should care less about ourselves and more about the people around us. When we care less about ourselves, we are able to truly understand and empathize with others, which leads to greater compassion and a more caring society.

The Huffington Post: Op-Ed

Vicki Leta, an Animation/Illustration major, is in her first year as a columnist for The Montclarion.
KOJI CROOKED IN MY MIND

Singer/songwriter Andrew Koji Shirakawa 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. Angsty and honest, this album is a perfect for cold, contemplative fall evenings.

- Kelly McGarry

MYLA SMITH HIDING PLACES

This fresh new singer-songwriter's melodies are so 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 Dupre

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.

Theadora LeCour
Asst. A&E Editor

“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.
Q: Where did you all meet?

Aziz: I met Anthony my freshmen year of high school in Spanish class. I didn’t find out he was good 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 freshman choir wasn’t with the upper classes. 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 14 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 one. It was Hello Cleveland. We thought that was cool, and then we thought it was 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 a 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
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.

“We 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, explaining, “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 those 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 gushed about 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. 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!

Victoria Nelli
Staff Writer
What’s New Pussycat? JGL’s directorial debut as porn addict shines

Contributing Writer

Joseph Davis Lees
Staff Writer

Disney’s new film to feature Tim McGraw

Tim McGraw is proving yet again that country mu-
sic is not the only business he excels in, as he preps to hit the big screen in a new movie coming out next year. McGraw set off for Vancouver last February and is already working on his next album. By looking at his new movie project, it is obvious that his acting career is going strong as well.

McGraw is no stranger to acting and work-
ing alongside cinema’s most renowned names, has been recreated and will be featured in the film. McGraw is not the only big name that will appear in this highly anticipated film; George Clooney, Laura Dunn, Britt Robertson and Judy Greer are just a few of the others that are expected to make this film a big hit. There is no word yet on who McGraw will be play-
ing, but it is known that Hugh Laurie is set to play the mayor. The country superstar is no stranger to acting and work-
ing with the biggest names in Hollywood. His credits in-
clude Friday Night Lights, Flicka, Fierce Creatures, The Blind Side and Country Strong. If that sounds com-
fortable, just take a look at some of the Hollywood icons that McGraw has worked with.

In Friday Night Lights, McGraw starred alongside Billy Bob Thornton, Amber Heard and Connie Britton. He plays an abusive and al-
coholic father to one of the football players. This movie was just the start of McGraw’s successful acting career. He went on to star as the father of a girl who aspires to take over her family’s ranch in Flicka alongside Maria Bello.

McGraw also proves that he is able to act in a variety of different genres, as he went on to pursue a smaller role in the comedy, Four Christ-
saues, with Vince Vaughn and Reese Witherspoon.

In what is arguably his most acclaimed film, The Blind Side, McGraw plays Sean Tuohy, the father who takes in a homeless boy. His role in the movie is played by Sandra Bullock. It is no sur-
nprise that McGraw also went on to star in Country Strong since it involves country mu-
sic. However, he did not sing at all and instead left the singing to Gwyneth Paltrow’s charac-
ter, who is his character’s wife. Both McGraw’s acting and music careers are skyrocketing and everyone should expect to see a lot more coming from this country star. McGraw recently released his latest album, Two Lanes of Freedom in Feb-
ruary and is already working on his next album. By looking at this his new movie project,
This week, Billboard released their “21 Under 21” list where they list the top 21 artists who are still under 21. One Direction topped the list this year, with Justin Bieber still at #2. Miley Cyrus and Ariana Grande also had big spots at #3 and #4, respectively. Many other artists made the list including Lorde, Cher Lloyd, Karl Swatoshank and Brigit Mendler.

Justin Timberlake had a big week, performing on Jimmy Kimmel Live! and The Ellen DeGeneres Show. With the release of his new album, The 20/20 Experience – 2 of 2, Timbuktake performed new songs such as “TKO.” “True Blood.” “Take Back The Night” as well as an acoustic version of “What Goes Around...Comes Around.”

Drake’s new album Nothing Was the Same is set to have huge numbers in sales this week. So far, Justin Timberlake has the biggest first week sales this year, with 969,000 copies sold. Drake’s new album is predicted to sell between 615,000 to 120,000 copies, which would make it the second biggest sales week of the year as well as Drake’s biggest first week sale.

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Kevin Camilo
Staff Writer

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 - #8, 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 - #9, 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.

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**Montclarion** Staff NFL Predictions

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.

**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.

**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.

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.

Nick Verhagen
Sports Editor

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 impenetrable defense. In nine games, the Red Hawks have allowed only 43 total shots, an average of just under five shots per game.

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MSU

Nick Verhagen
Sports Editor

This week's winner

**WOMENS SOCCER**

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**Bills vs. Browns**

This Week 10-5

**Eagles vs. Giants**

**Saints vs. Bears**

**Patriots vs. Bengals**

**Lions vs. Packers**

**Chiefs vs. Titans**

**Seahawks vs. Colts**

**Jaguars vs. Rams**

**Ravens vs. Dolphins**

**Panthers vs. Cardinals**

**Broncos vs. Cowboys**

**Texans vs. 49’ers**

**Chargers vs. Raiders**

**Jets vs. Falcons**

**Bills**

**Giants**

**Saints**

**Patriots**

**Lions**

**Chiefs**

**Seahawks**

**Rams**

**Dolphins**

**Panthers**

**Broncos**

**Texans**

**Chargers**

**Falcons**

**Bill**

**Eagles**

**Saints**

**Patriots**

**Packers**

**Chiefs**

**Seahawks**

**Rams**

**Dolphins**

**Cardinals**

**Broncos**

**Texans**

**Chargers**

**Jets**

**Browns**

**Eagles**

**Bears**

**Patriots**

**Lions**

**Chiefs**

**Colts**

**Rams**

**Ravens**

**Panthers**

**Broncos**

**49’ers**

**Raiders**

**Falcons**

This week's winner

**Nick (Sports)**

**Jessica (E.i.C.)**

**Jonathan (Arts)**

37-26

35-28

37-26

This Week 10-5

This Week 9-6

This Week 8-7
Sports

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

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.
OPEN HOUSE
WEDS.
OCT. 9TH
11am-2pm
STUDENT CENTER
ANNEX 113
MEET THE EDITORS
WRITE FOR US
PIZZA!
Octoberfest
MLB Teams Prepare for World Series Push

Staf Writer
Corey Aron

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 "Buctober.”

This is a shot-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 suddenly transform into a playoff team. Fans of the New York Yankees, accustomed to the joys of Octoberfest, this is still going to be a real world.”

With the second wild-card game completed, the final teams are set to compete in the playoffs. The most anticipated divisional series is between an Atlanta Braves team that seems primed for a big October if they can get past “Donny Baseball”, Los Angeles Dodgers. Don Mattingly could give his gratitude over to the Cuban sensation, Yasiel Puig, who's been on fire. Alex Cobb, who has recently been riddled with injuries all season long, Atlanta will feature the Upton brothers and rising superstar first baseman Freddie Freeman. As talented as a lineup the Braves may have, they will need a Hail Mary 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.

“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

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Visit themontclarion.org for recaps and updates of weekend games and events.

Montclairian Sports

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