In a recent poll of likely voters taken by Quinnipiac University, the numbers point to incumbent Republican Chris Christie being a strong frontrunner over the Democratic nominee Bar- bara Buono in this year’s gubernatorial election. Governor Christie had over 60 percent of the sup- port of the individuals sur- veyed while State Senator Buono only had 34 percent.

Within the poll, it is esti- mated that only five percent of likely voters are undecided while a miniscule eight per- cent said there was a chance they would change their vote closer to the voting date. If this Quinnipiac poll shows us one thing, it’s that there isn’t a lot of time for Buono and her Demo- cratic campaign to make up ground.

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The leak, which took place behind Guy Fieri on Cam- pus in the Plaza at Blan- ton, was discovered around midnight on Thursday. Junior Danielle Ianetta said that because community assistants and police offi- cers evacuated students sev- eral hundred feet away from Blanton, “all the residents of Blanton were pressed up all the way against Bohn for approximately two hours.”

Gas continued on Page 4.

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The Students’ & Alumni Baby: Burn the Fat Right Off

People are always look- ing for the next exercise to lose weight. They want to look their best by losing weight to improve their health. Remember, it’s es- sentially important to both ex- ercise regularly and have a well-balanced diet in order to lose weight. There are exercises out there that are fun and can help you lose weight. You no longer have to search to see which ones they are higher or lower on the top- six that are sure to make you burn the fat right off.

Sweaty students and interested entrepreneurs funded the seventh floor conference center of University Hall Tuesday for a lesson in business from Honest Tea founder Seth Goldman. Goldman, whose busi- ness prides itself on sus- tainability, organic products and a greener environment, stressed the importance of living the values that one’s business represents. “I consider myself an activist in an entrepre- neurial way,” Goldman said as he showed a picture of President Obama signing a bill, a bottle of Honest Tea sitting on the his desk. In his presentation, he detailed his trip to India, the origin of Honest Tea’s ingredients. An engaging speaker, Goldman allowed the audi- ence to be part of his presen- tation, giving them a chance to win a shirt if they could calculate the cost to the com- pany for a single bottle of tea.

Tax continued on Page 4.

The Students’ & Alumni Baby: Greener Pastures For Business

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Educational Assistant: Carmen Almeida

The Montclarion| Carmen Almeida

The Montclarion| Kenneth Macri

The Montclarion| Kelly Potts

The Montclarion| Stephanie Chavarria

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About the Students’ & Alumni Baby

Burn the Fat Right Off

The Students’ & Alumni Baby: Greener Pastures For Business

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Tax continued on Page 4.
On Oct. 3
Students Gabrielle Faola, 18, of Whippany, N.J., Ronald Spensieri, 18, of Morris Plains, N.J., Kelly Gray, 20, of Ledgewood, N.J., Joseph Wszoski, 18, of Clark, N.J., Daniel Sanchez, 18, of Montville, N.J., Nicholas Jacobelli, 18, of Cedar Knolls, N.J., Grant Verity, 19, of Junction, N.J., and Jayneleva Griswold, 18, of Morris Plains, N.J.,  Ronald Scoopettuob, 18, of Company, N.J.,  Ronald Scoopettuob, 18, of Company, N.J., were all charged with underage consumption of alcohol while in Einstein Hall. All parties are scheduled to appear in Little Falls Municipal Court on Oct. 22. (building #49)

On Oct. 4
A student reported that he was punched in the face outside Banis Hall. The suspect is described as a 1/2” light-skinned black male. This case is under investigation. (building #62)

On Oct. 5
Non-student Jacquayne Gage, 19, of Tinton Falls, N.J. was arrested and charged with simple assault as an act of domestic violence for striking student Michael Berner, 19, of Tinton Falls, N.J. in the quad outside Blanton Hall. Subsequent- ly, Berner was arrested and charged with assaulting a police officer and resisting arrest for his actions during this inci- dent. (building #48)

On Oct. 6
Non-student Julio Rosario, 23, of Perth Amboy, N.J. was arrested and charged with disorderly conduct for his behavior as police officers arrived at his room in Alice Paul Hall. Rosario is sched- uled to appear in Little Falls Municipal Court on Oct. 8. (building #62)

On Oct. 7
Montclair resident Khalid Khan has been found guilty for murdering his wife in their home in Montclair in July 2011 after being on trial for three months. The conviction ensures that Khan will serve the rest of his life in prison after getting sentenc ed in December.

On Oct. 8
A student reported that he was punched in the face outside Basie Hall. The suspect is described as a 1/2” light-skinned black male. This case is under investi- gation. (building #62)

On Oct. 9
Montclair Art Museum held an art program titled “Senior Park Bench” for senior citizens on Oct. 9. The pro- gram included a tour of the museum’s works of art and a discussion about the artwork.

On Oct. 10
Students LaQuay Rooks, 21, of Atlantic City, N.J. was arrested and charged with disorderly conduct for his behavior as police officers arrived at his room in Alice Paul Hall. Rosario is sched- uled to appear in Little Falls Municipal Court on Oct. 10. (building #62)

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.
Along with the new buildings that are currently in construction, another grandiose project is in the works. A giant bronze hawk statue is planned to be built near the south entrance of campus. In an effort to raise funds, a campaign called “Red Hawk Rising,” this campaign is being proposed by a group of representatives from the Student Government Association, Campus Life, Student Development, Residential Education and the community. While there are no exact specifications yet, administrators are planning on making the statue of a hawk with its wings spread to be about 20 feet high and made of pure bronze. It would be placed near the Panzer Athletic Center, making it the first thing that visitors see when arriving at Montclair State.

Funding for the statue, which is currently being estimated at $200,000, will come completely from fundraising. The campaign will begin at homecoming and will go until enough money is raised. While nothing is currently set in stone, those working on the project have proposed ideas such as building a large Lego replica by selling Lego bricks to students who would be able to have their names placed on the Lego model. So far, no design has been chosen for the statue, but administrators have looked at several designs and are considering those that are the most affordable and representatives of school spirit. The statue will be placed on a base and made of bronze because of its durability. The statue will act as a symbol for MSU and those alumni who have been a part of the community, made by the community, for the community, for MSU for some years now.”

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There are however, some students questioning the necessity of taking the time and energy to make a new statue. “This is something that is very big,” said sophomore Alex Reyes. “This is a way to demonstrate school pride in a very big way,” said Julie Fleming, assistant director for Student Involvement. “Other universities have made similar statues of mascots for this same reason. This is something that has been talked about at MSU for some years now.”

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It was 40 cents. This is due to the fact that Honest Tea uses natural ingredients and cuts out the sugar. This activity served as an example of a promotion, a key business tactic, according to Goldman. “I launched Honest Tea, I knew nothing of the beverage world. I was overwhelmed. My partner told me to do everything down into its simplest components.”

And breaking down is exactly what he did and what he asked the audience to do. One of Goldman’s goals for his talk was to make it accessible and relatable. His book, Honest Tea: The Story of the World’s First Organic Tea, is an example as this. "I wanted to write about a business book, it’s a comic book. Goldman’s book is not just a story of success with a few pieces of advice in it; each fully colored page illustrates Goldman’s journey in the business world, humor and insight going hand-in-hand. One of the most interesting and brilliant business moves that Goldman has made was when he testified before Congress. Honest Tea placed unmonitored kni…”

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**Shutdown**

Continued from page 1

Sex Offenses in 2012:
- 11 rapes on campus
- 10 rapes off campus
- 0 drug offenses
- 5 sexual offenses

Sex Offenses in 2011:
- 10 rapes on campus
- 9 rapes off campus
- 0 drug offenses
- 7 sexual offenses

Sex Offenses in 2010:
- 8 rapes on campus
- 8 rapes off campus
- 0 drug offenses
- 6 sexual offenses

Drug Offenses in 2012:
- 0 rape
- 0 forcible rape
- 0 aggravated
- 0 rape

Drug Offenses in 2011:
- 0 rape
- 0 forcible rape
- 0 aggravated
- 0 rape

Drug Offenses in 2010:
- 0 rape
- 0 forcible rape
- 0 aggravated
- 0 rape

**Crimes That Weren’t In Your Email**

There were 10 rapes on campus in the last three years. These were not mentioned in the alerts that inform the community about crimes on campus. According to Lawton-Kennedy, the campus-wide email alert system is part of the Amura Cleary Act, which requires the University Police to keep the campus well informed by sending out each year’s crime statistics. Why were the rapes unmentioned? "In those cases, our campus-wide email alert system—though it is a highly effective way to deliver alerts, students would rather be there in the right place at the right time. When you care about something, you may not always see dangers, but it is part of what is important. People say you were in the right place at the right time. If you’re in the right place at the right time, you’re aware of what’s going on."

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**Gas Leak**

Continued from page 1

A large internship that students are currently participating in is the Rosamund Fellowship, which is run by the Montclair State University Alumni Association. The Rosamund Fellowship is a paid internship that provides students with hands-on experience in the field of public relations.

One of the main goals of the fellowship is to help students develop their professional skills and increase their chances of finding a job after graduation. The internship is designed to provide students with real-world experience and to help them understand the inner workings of the public relations industry.

The fellowship is open to all students who are currently enrolled at Montclair State University. The program requires applicants to have completed at least one course in public relations or a related field. Students are also required to have excellent written and oral communication skills and to be able to work independently.

The fellowship is a paid internship, and students receive a stipend to help offset the cost of living. The stipend is based on the student’s level of education and experience. Students who have completed their undergraduate degree will receive a higher stipend than those who are still enrolled in school.

The fellowship is a great opportunity for students who are interested in pursuing a career in public relations. The experience gained through the fellowship will be invaluable in helping students land their first job in the field.

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**Clergy Act Statistics from the last three years. More statistics can be found on montclair.edu.**

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**Ethan Fria**

Sex News Editor

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**Evie Nelson**

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**John Anderson**

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**Carmen Montalvo**

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**themontclarion.org**
Transform your life.

The Graduate School

Open House

Sunday, October 20, 2013 / 12:00 p.m.
University Hall

Register online: montclair.edu/graduate

It’s all here. Montclair State University

montclair.edu
973-655-5147
graduate.school@montclair.edu
Majors and Minors Fair

Wednesday, October 16
1:00-3:00PM
Student Center Ballrooms

Explore the possibilities of your academic career!
The future is in your hands!

The Majors and Minors Fair provides students opportunities to gather information about all of the options available at Montclair State University so you can make an informed decision about your area of study.

Sponsored by The Center for Advising and Student Transitions
About 10 years ago, blogs used to be personal journals of nothing too serious. They were our electronic safe haven. Fashion publications were the glossy pages we flipped in our spare time or on a long flight home. We paid $5 to have all the trends and latest fashions within our fingertips.

Today, all we need is a URL. We don’t have to pay a dime for the fashion world at our disposal. In runway shows, we would see the magazine editors’ front row with celebrities and socialites. Now, it’s no surprise to see the top-notch bloggers rubbing elbows with Beyoncé in the front rows. Fashion bloggers have become the style icons. We seek their witty advice and love their input on what’s beautiful and one-of-a-kind. What sets bloggers apart from writers for fashion publications is their undeniable raw honesty and opinion. They are their own editors. Bloggers don’t have to cut and trim their creative output; they aren’t restricted. Today, everyone has a Tumblr or Blogspot. Basically, blogs are the new Vogue minus a couple pounds. Here are a few celebrity bloggers, their websites and when they first started.

1. Leandra Medine, “The Man Repeller” 2010

2. Tommy Ton “Jak & Jil” 2008

3. Leah Chernikoff “Fashionista” 2007

4. Yvan Rodic “Face Hunter” 2006

5. Kevin Ma “Hypebeast” 2005

6. Phil Oh “Street Peeper” 2006
Five “Bad” Foods You Should Be Eating

Alexis Fissinger
Staff Writer

With all of the health and nutrition information out there, it can be hard to decipher fact from fiction, especially when the bulk of information is coming from fad-diets, diet books and personal blogs. If we got down to the facts, there are a few “bad” foods (as termed by those self-proclaimed diet gurus) which are actually quite beneficial for individuals to consume as part of a healthy diet.

Potatoes

This nutrient-dense vegetable is one of those “white foods” that everyone stays away from, but with their skin, potatoes are an excellent source of potassium, fiber and vitamin C. While I agree that the more colorful the plate, the more variety of nutrients you have, it certainly does not mean kicking out the white! When you eat potatoes, it is all about what you eat with. For example:

- Healthy toppings: Instead of a baked potato with the works, try topping your potato with salsa or plain low-fat Greek yogurt with green onions and fresh chopped tomatoes.

- Balance your meal: Another unfortunate group that potatoes belong to are the high glycemic foods which cause a rapid spike in blood glucose. However, when it comes to the glycemic index, it is the entire composition of the meal that matters, not just the potato. Choose low glycemic foods to eat at the same meal, like fiber-rich vegetables, whole grains and lean protein like chicken or fish.

Eggs

Perhaps the biggest misconception when it comes to mistakenly “unhealthy” foods are actually healthy are eggs. The poor egg seems to be associated with high cholesterol and nothing else. However, aside from cholesterol, this food is a perfect source of complete protein, vitamins and certain antioxidants. The high quality protein keeps you full with nutrients such as choline, which strengthens brain and nerve cells, and antioxidants like lutein and zeaxanthin that prevent age-related eye diseases. Recent studies have even concluded that one’s dietary intake of choline does not influence high blood cholesterol as much as dietary intake of saturated and trans fats. Individuals with healthy cholesterol levels should not be worried about eating an egg a day. Try mixing one whole egg or two egg whites when making your morning omelet or scramble. Doing it this way can obtain all of the good nutrients from a whole egg without overdoing it.

Peanut Butter

There are not many diet books that will tell you to eat peanut butter thanks to its high fat content. However, when it is not paired with excess sugar like most commercial brands, it can actually be a healthy food. The healthy fat from the nuts keeps hunger at bay which could ultimately help you to consume fewer calories throughout the day. Remember, a proper balance of carbohydrates, fat and protein will help you maintain a healthy weight and diet. Do not cut out peanut butter for fear of fat. Just pay attention to your serving sizes. Plus, nuts are a great source of certain vitamins and minerals such as vitamin K, niacin, folate, manganese, phosphorus and magnesium. Bored with peanut butter? Try almond or cashew butter for a slight flavor difference but with just as many healthy nutrients.

Avocados

This is yet another health food that has earned a bad reputation due to its fat content. The fat in avocados is an extremely healthy fat, making it an extremely healthy food especially when you consider all of the not-so-healthy foods that it can replace. Avocado is a delicious spread on sandwiches or wraps instead of the usual mayo or butter. It can also replace cheese in sandwiches, salads or appetizers. Most know avocado is at its best as a dip. Guacamole can be so much healthier than any other chip or vegetable dip. Just remember that, although the fat in avocados is healthy fat, it is still fat and no matter what you eat, sticking with proper serving sizes will help you to stay healthy. If you love guacamole like I do, you know it can be hard to limit yourself. Try cutting the calories and fat in half by replacing half of the avocado with pureed asparagus. Yum!

Soy

Soy is an excellent source of plant-based, complete protein. However, the contradicting health findings surrounding this food make it a controversial topic that keeps consumers wondering, is it a healthy food or a harmful food?

Fruits & Vegetables

A common misconception about produce is that fresh is the best way to go, but this is not always the case. Fruits and vegetables have a limited season. When purchasing them out-of-season, they often have to travel a long way to get to your plate, are quite expensive and have lost much of their nutrients. The longer a fruit or vegetable ages after having been picked, the fewer nutrients it contains. However, when you purchase frozen fruit and veggies, these are harvested and then immediately flash frozen, which locks in all of the nutrients before the produce has time to age. The winter is the best time to but the healthiest frozen. Plus, frozen vegetables are an easy way to include vegetables into college students’ diets since they are easy to store, do not spoil as rapidly and can be quickly prepared. All you need is a microwave!
Leo Dinic
Contributing Writer

Parents, professors and politicians urge students to quantify their online presence. At least for the sake of the students themselves, I hope they do. The youth is encouraged to embrace the free expression of the Internet, which classroom, participate in online debates and discussions with a variety of people and newspapers and keep an open mind with a socially and spiritually diverse audience, economic, social and racial biases.

But how does reality when the media portrays privacy as illegitimate because of their sometimes "controversial" views? Those persons who dare to protest discouraged when they are watched, face and nicknames wielded by the members of society who serve to protect? is the individual who questions more defensible when as do when portrayed negatively? It's a case like the City University of New York (CUNY) and Montclair State University, hasn't been the case.

David Petraeus, the four-star Army general and former director of the Central Intelligence Agency during the War on Terror, began to resign when it was revealed that he was having an extramarital affair scandal that involved Anthony Andreao, the CIA. Petraeus seems to be put out in pasture. His appointment as a visiting professor on campus and faculty activism, which held him responsible for creating a safer and more secure campus. Similar John, a not

Bianca Perez
Staff Writer

The awaited iPhone 4S has resonated one of the most important philosophical questions of our generation: Can technology technology affect our lives? Apple confirms on its site the most talked about features of the new phone. The introduction of fingerprint technology, will make your phone more accessible to you and more secure from thieves.

Like many recent technological advancements, this feature has the potential to go from unheard of to in the blink of an eye, to go from unheard of to in every person's hand. With the new iPhone 4S, you can keep all your contacts in your phone. Not only can your loved ones be pinpointed within a couple feet at any time. It can also give you news that is relevant to you.

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The Montclarion
• October 10, 2013 •
Special Event

“ROAM THE WORLD”

Monday, October 14th
12:00 pm – 2:00 pm
Outside the Student Center
Run by fellow student
Marisa Cangialosi
Gilman Scholarship Winner to China

Tables representing continents where MSU offers study abroad programs.

Come learn about programs and scholarships from students who have studied all over the world.

Supported by the Global Education Center

Exercise
Continued from pg. 1

1. Kickboxing: 600 kcal per hour
This exercise is very intense and helps work out your whole body. Not only does it burn off calories, but you also tone up your body. Kickboxing also helps release stress. Classes often use punching bags in order to help with maximum calorie burn. These classes are often one hour long but are definitely worth taking.

2. The bicycle: 500-1000 kcal per hour
This is a fun way to get your exercise during the day. You can either go bicycling outside or do the stationary hike inside. Either way, bicycling is a great exercise that helps you lose weight. The best way to guarantee weight loss is by pedaling faster and going up and down hills. When the weather is nice out, why not take a bike ride around? You will be burning off the fat while enjoying the pleasant scenery outside. If you don’t have the luxuries of cycling outside, then use your stationary bike in your house or at the gym and crank up the endurance so you can simulate going up and down hills.

3. Swimming: 800 kcal per hour
This is one of the best cardiovascular exercises around. Yeah, it might be chilly in the winter to swim, but why not take advantage of the pool we have here in our very own Recreation Center? Swimming helps you lose weight and tone all your core muscles. When you swim, you are using your arms, legs, and core simultaneously. Try using different types of strokes such as the breaststroke and the backstroke. When the summer comes, you will be proud to wear your swimsuit.

4. Elliptical machine: 600 kcal per hour
This is one of the best machines to help you both work your arms and legs at the same time. It also helps tone your chest and it isn’t as intense as running. If there is a TV nearby, you can exercise while watching TV at the same time. With these machines, you can raise the resistance of the machine and also raise the ramp so you can burn more calories.

5. Jogging or running: 500-600 kcal per hour
This exercise is one of the easiest that can be fit into anyone’s routine. You do not need equipment or any type of technology for this exercise. You can run outside or on a treadmill. This exercise is great for your body because it helps with your cardiovascular system. Also, with enough practice, you will be able to run a mile without stopping. It’s a great way to relieve stress and also allows you to think while having a great workout.

6. Rowing: 600 kcal per hour
This exercise is proven to build upper body strength and build a high amount of calories. Being a difficult exercise, rowing uses all your upper body and core. This is why so many calories are burnt. In order to try this exercise, you can get involved with the local rowing club and try it for free or you can use the rowing machine at the gym. It is a very effective and new exercise for one to try.

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 (no) 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 had a 20-year career as an engineer and manager supporting research in the earth sciences, including work on the ground station for the Hubble Space Telescope. In 2003, 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.

CHRISTIAN SCIENCE CHURCH
3 McCullough Ave, Suite 101 | Hillsdale Square
Montclair, NJ 07042
For more info: 973-744-1280

Sponsored by First Church of Christ, Scientist, Montclair
CSMONTCLAIR.COM
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<th>Help Wanted</th>
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<tr>
<td>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: <a href="mailto:Kanazarian@gmail.com">Kanazarian@gmail.com</a> or call 862-485-5111.</td>
<td>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, <a href="mailto:montclairpetgirl@gmail.com">montclairpetgirl@gmail.com</a></td>
<td>Distinctive Care a state licensed private agency offering positions throughout NJ for P/T caregivers - hours flexible. Work w/children and young adults w/ autism and other special needs. Work for the family directly, arranged through us. Exp Preferred, but ALL interested applicants are encouraged to apply. Contact us at <a href="http://www.dc4kids.net">www.dc4kids.net</a>.</td>
<td>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 <a href="mailto:Sarahi.grande@yahoo.com">Sarahi.grande@yahoo.com</a> or call 973-615-7371.</td>
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**FOR MORE INFORMATION AND DETAILS**
Aries March 21 - April 19
In order for you to effectively attract what you truly want and deserve in your life, you must look back on decisions you have made thus far. Think deeply about all of the pros and cons, as commitments you make today can be long-term and vital but may end up needing revision later.

Taurus April 20 - May 20
Rather than looking like a fool for not thinking your actions through, you prefer to hide your actions and comments to avoid being misjudged. At times, you will feel as if you don’t have anything left to say. In truth, you just need to learn how to express yourself clearly. Seeing and speaking the honest truth, however, can be a challenge.

Gemini May 21 - June 20
A very complex combination of excitement and apprehensiveness approach you as someone now conjures memories from the past in the present. Avoiding this particular person won’t work. Rather than sidestepping from the truth, be the first to confront it.

Cancer June 21 - July 22
Wouldn’t it be great to power our way through our work and still have enough time left over to unwind with some friends? Unfortunately, it doesn’t work that way all the time. We often underestimate how long it takes to accomplish something. Always give yourself plenty of extra time, for you may not be able to fully relax knowing that you left something incomplete.

Leo July 23 - August 22
This week could be a turning point, as you cannot seem to stop thinking about your shortcomings. Everyone has regrets; there are always things that you could have done better and there are things that you shouldn’t have bothered doing. Instead, acknowledge the fact that you are human and that there are others who are in worse situations than you. Think about your accomplishments and what you can do to recreate that success.

Libra September 23 - October 22
Despite your desire for something new, you may feel as though you are stuck in a rut for now. Recent setbacks may even make you feel less ready for what’s to come. Rather than lamenting over your actions in the past, turn your focus to the present, as there are parts of your life that will change for the better.

Scorpio October 23 - November 21
Wouldn’t we all be happier if we knew for sure where our lives are heading? Life, unfortunately, is unpredictable. Your pessimism is weighing you down and you feel burdened by things you feel you shouldn’t be responsible for. There is no clear-cut solution for now, but for the moment, it is best to focus on you. What’s the point in making others happy if you cannot be happy yourself?

Sagittarius November 22 - December 21
Considering all the tasks you take up, you keep yourself busier and more exhausted than you can handle. The current commotion in your life might seem worse than it actually is because others cannot seem to stop relying on you for certain things. Remember that you don’t always have to be in control of everything.

Capricorn December 22 - January 19
It is no doubt that we do not keep to ourselves when we are in a good mood. Exhibiting such optimism, however, may annoy or even offend others. Being happy is a great thing; however, don’t let it overcome you as you consider the emotions of others that you encounter.

Aquarius January 20 - February 18
Looking at the situations of others, you can say that you’ve been there and have done that. This experience convinces you to believe that you know what’s best for everyone else. Your ideas, however, may be contradictory to the expectations of others. Finding out what happens is a surefire way to know who was right all along.

Pisces February 19 - March 20
Defending your values and beliefs can be quite invigorating. Fulfilling your current responsibilities, however, is more important than daydreaming about the future. Your one-of-a-kind perspective really does impact others, so there’s no use trying to change one’s mind.
**The Not So Crème De La Crème**

Do you think the alerts given for on-campus crimes are effective?

**Charles Depiero**
Senior Psychology

*I really wouldn’t say that they are helpful. I have been noticing that there have been a lot more reports about things happening on campus. While it is kind of entertaining to read about them, like the flasher appearing out of nowhere, I don’t really feel that it deters crime away, especially since there was something going on every week now.*

**Taylor Schaad**
Sophomore Italian

*“Yes, I do think that they are helpful. I feel protected that they are sent out because I come from a place where crime is a reality of life. It’s not really talked about, and when any bad thing happens, everybody knows and everybody freaks out about it. To know when something like that is happening, you need to be aware of it. I good. I remember the most recent incident that we were informed about was an area, and that was uncomfortable to me. If not for those sorts of alerts, I would have never heard about it.”*

**Juan Comto**
Sophomore Undeclared

*I just feel like there should be more roaming police officers on campus because this is happening in the dead of night. I don’t think that most people are aware that this is happening, and when they go to these secluded places and see someone assaulting them, I don’t think there’s much you can do if there’s no officer around. More roaming policemen at those hours would be more effective.*

**Joseph Vecchione**
Sophomore Classics/Latin

*I feel that the email alerts are helpful. I think that if people are aware of it in the area and they know anything about it, that helps people to find the criminal. If you are the criminal and going to the school and getting the emails, it’s going to cause guilt to the person with the crime and realizing. Oh, somebody knows I did this. What did they feel?”*

**Erica Molina**
Senior Photography

*I think they could be effective depending on who the person is, because if you actually use something you might go back to the people and they can get information through that way. Other than that, I don’t really think it makes a difference to the students who don’t really know what’s going on, but it makes me more aware, being a commuter, to watch out when I’m in the parking lot. It makes me more aware that I have to watch out with things ‘Faking to go my car.’*"
The governor's unending rounds may have opened up many options for Buono. Christie believes the governor should address the needs of the people of Jersey, even if their lives will not be improved by this belief, even if it's at the expense of his fellow Republicans. Incidentally, Christie recently announced that New Jersey would judge whether or not to stand for the state, something a plethora of Republicans, including the Montclairian, believe is a deciding factor for Chris Christie all about the people of Jersey, even if their lives will not be improved by this belief. Or he is simply trying to make larger headlines by trying to call a bluff. Buono must address the needs of the people of Jersey, even if their lives will not be improved by this belief.
### Art & Entertainment

**Rapid-Fire Reviews**

<table>
<thead>
<tr>
<th><strong>She and Him</strong></th>
<th><strong>Of Montreal</strong></th>
<th><strong>The Givers</strong></th>
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<tr>
<td><em>Volume 3</em></td>
<td><em>Louis with Sylvanbriar</em></td>
<td><em>In the Lights</em></td>
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<td>Alexis Krauss and Beck Miller return to the tour circuit with a new sound that splits from their earlier spoken or splitting sounds. With punk and R&amp;B influences making surprising cameos, Bitter Rivals comes across as an acquired taste with the same loud results.</td>
<td>This long-running psychedelic indie-pop troupe's 12th album is their best to date. Tripppy synths were replaced with laid back, seven-ties-sounding vibes and a solid southern rock foundation.</td>
<td>This alternative band is completely awesome! You will love tracks like “Coil” of Planktons and “up, up, up” instantly. Their fast paced melodies are great and on point. This record is the perfect album to drive to its upbeat and a whole lot of fun.</td>
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<tr>
<td>- Victoria Nelli</td>
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<td>- Kelly McGoury</td>
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<tr>
<th><strong>Sleigh Bells</strong></th>
<th><strong>Drake</strong></th>
<th><strong>Joan Jett</strong></th>
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<td><em>Bitter Rivals</em></td>
<td><em>Holding My Breath</em></td>
<td><em>Unvarnished</em></td>
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<td>Drake never seems to disappoint his fans. From one of his first albums, So Far Gone released in 2009, to his very popular album Take Care to now his most recent album Nothing Was The Same, this 26 year-old hip-hop artist never seems to disappoint his fans.</td>
<td>Joan Jett and the Blackhearts prove the validity of the phrase, “if in ain’t broke, don’t fix it.” As Jett’s 13th album, these lyrics move away from sex, drugs and rock and roll and instead touch upon both personal issues and on social critique. Also, Jett’s trademark vocals are raspy as ever.</td>
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<td>- Kelly McGoury</td>
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**SHE AND HIM VOLUME 3**

She and Him do no wrong and this record is proof of that. The duo with lead vocals by Neko Case’s Zooey Deschanel are incredible! The music sounds like it’s from the 60s and is the perfect study music.

- Victoria Nelli

**DRRAKE HOLDING MY BREATH**

Drake never seems to disappoint his fans. From one of his first albums, So Far Gone released in 2009, to his very popular album Take Care to now his most recent album Nothing Was The Same, this 26 year-old hip-hop artist never seems to disappoint his fans. With punk and R&B influences making surprising cameos, Bitter Rivals comes across as an acquired taste with the same loud results.

- Kelly McGoury

**THE GIVERS IN THE LIGHTS**

This alternative band is completely awesome! You will love tracks like “Coil” of Planktons and “up, up, up” instantly. Their fast paced melodies are great and on point. This record is the perfect album to drive to its upbeat and a whole lot of fun.

- Kelly McGoury

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**What’s Streaming?**

The Montclarion - 13 videos

Deandra LeClerc, Asst. A&E Editor

- **“Machete Kills – If Looks Could Kill”**
  Robert Rodriguez is back with another installment of the Machete saga. Starring Danny Trejo, Machete Kills is action packed and, not-so-surprisingly, women-packed. Sofia Vergara, Amber Heard, Michelle Rodriguez and Lady Gaga all have roles in the new movie. Playing up the spaghetti-western influence that is blaring throughout the trailer, Rodriguez makes sure the audience takes in a very unique experience. Guns, knives, explosions and female-power make the new film a watch for everyone.

- **“Telekinetic Coffee Shop Surprise”**
  Uploaded by CarrieNYC, “Telekinetic Coffee Shop Surprise” is a really fun video. An example of a prank at its finest, actors fill a cafe and, for one unsuspecting actual customer, make a supernatural horror movie come to life. Some people scream, some people run and some people do both while videotaping. The event was a promotion for the upcoming remake of the film adaptation of Stephen King’s book, Carrie.

- **“We Did Stop - SNL Highlight”**
  Upset about the government shutdown? Upset about Miley Cyrus’ “We Can’t Stop” video? This video has both. Taran Killam stars as John Boehner and Miley Cyrus takes on the likeness of Michelle Bachman in this spoof of the new popular music video. If you liked the dancing and licking in “We Can’t Stop,” then this video lets you to watch a poorly spray-tanned US Speaker of the House do it as well. No elephants were harmed in the making of this video.

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**Help!! Write Rapid Fire Reviews! 40-50 Words**

msuarts@gmail.com
As a member of the technologically driven generation, it is easy to agree that if you don’t hook us instantly, we will lose interest. Television is one of the most competitive mediums. With all of that pressure to keep audiences engaged, the producer is stuck with the daunting task of coming up with fresh, smart and brilliant ideas.

From Breaking Bad and Sons of Anarchy to Modern Family and Orange is the New Black, these shows are the perfect example as to why television is king right now. Vince Gilligan hooked audiences and has never done a better job at watching the end of Walter White. Another producer in to watch the end of Walking Dead is not incredibly well-known, but because of his shows, they are creating worlds in which their characters live and breathe. They are creating shows in which their characters love and drive. They have created characters that have warmed the hearts of millions, have made fans weep over character deaths and have caused waves of hysteria. These producers aren’t just creating shows, they are creating worlds in which their characters live and breathe. They are creating a new world of the workingman, and a half hour comedy break from a middle schooler’s homework time.

Since our parents were young, families would gather around the TV and enjoy a good laugh or cry together. Sure, the content has changed drastically since then, but I think the message and purpose is still the same. Television is meant to inform, introduce and entertain, and I think TV has never done a better job of doing that than it is today.

Drake breaks his record for most first week albums sold with his new album, Nothing Was The Same, selling 650,000 copies. It is also the second biggest first week album sale of the year. The album features “Starts From The Bottom” as well as one of his biggest hits yet, “Hold On We’re Going Home.”

The soundtrack for the upcoming sequel to The Hunger Games, Catching Fire has become one of the most anticipated soundtrack in a long time. The soundtrack, which is set to be released on Nov. 5, before the actual film, has three singles released from it, the most recent being Christina Aguilera’s “We Remain.”

This week, the top three spots are still taken by female artists but a big switch has occurred, as Lorde’s “Royals” has hit the top spot, pushing Miley Cyrus to #2. It is Lorde’s first #1 single. Drake cracks his new peak position with “Hold On We’re Going Home,” hitting #4. That’s his biggest hit since his debut single, “Best I Ever Had.” Ylvis get their first top ten hit with their song “The Fox.”

Kevin Camilo
Staff Writer

### Producing Quality: Televisions top producers

Victoria Nelli
Staff Writer

Keine Gilligan at the Austin Film Festival.

<table>
<thead>
<tr>
<th>Billboard Hot 100</th>
<th>Week of October 3rd</th>
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<tbody>
<tr>
<td>#1. Diamonds - Rihanna (Last week - #1, Weeks on chart - 9 weeks)</td>
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<tr>
<td>#2. Roar - Katy Perry (Last week - #2, Weeks on chart - 8 weeks)</td>
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<tr>
<td>#3. Weeding Ball - Mike Cyrus (Last week - #3, Weeks on chart - 6 weeks)</td>
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<tr>
<td>#4. Hold On We’re Going Home - Drake (Last week - #7, Weeks on chart - 8 weeks)</td>
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<td>#5. We Are Never Ever Getting Back Together - Taylor Swift (Last week - #5, Weeks on chart - 27 weeks)</td>
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<td>#6. Holy Grail - Jay Z feat. Justin Timberlake (Last week - #6, Weeks on chart - 12 weeks)</td>
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<td>#7. Blurred Lines - Robin Thicke feat. Pharell and T.I (Last week - #8, Weeks on chart - 11 weeks)</td>
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<td>#8. The Fox - Ylvis (Last week - #9, Weeks on chart - 4 weeks)</td>
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<tr>
<td>#9. Applause - Lady Gaga (Last week - #10, First Week, Weeks on chart - 7 weeks)</td>
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<td><strong>Biggest Jump:</strong> #41 - #28 “Demons” by Imagine Dragons</td>
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<td><strong>Biggest Fall:</strong> #59 - #77 “Lolly” by Masejor Ali feat. Justin Bieber and Juicy J</td>
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Producing Quality: Televisions top producers
Interested in law school?

NEW JERSEY’S 31st ANNUAL
LAW SCHOOL
ADMISSIONS DAY

Wednesday, October 23, 2013
1:00 pm-4:00 pm
Panel on the Law Admissions Process 1-2 pm
Law Fair 2-4:00 pm

Free and open to the public.

Montclair State University
Student Center
Ballrooms A, B, and C

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♦ Learn about law school admissions
♦ Speak directly to law school representatives to obtain information on the application process and admission criteria
♦ Receive L.S.A.T. information
♦ Get a head start on the admissions process

Partial List of Schools Expected to Attend the 2013 NJ Law Admissions Day:

Albany Fordham Cardozo American Boston College
Widener Rutgers-Newark Boston Univ. Seton Hall Temple
Hofstra Suffolk Mercer Univ. of Cal. Hastings Northeastern
 Pace William and Mary Catholic New York Law CUNY Law
 Drexel District of Columbia Roger Williams Western New England St. John’s
 Drake SUNY Buffalo New England Ave Maria Vermont
 Touro George Mason Quinipiac Case Western Reserve Penn State

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Healthy Snacking

With Registered Dietitian
Julie Rhule

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October 17th and 18th

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This is the sci-fi game changer that everyone’s been waiting for a long time. A doc tor may have hit the mark with his groundbreaking vi suals, but unfortunately, the story was very thin. Next was Prometheus, bearing a well-rounded cast and being a technical triumph over the Alien films. This didn’t really hit it either. Gravity, however, hits that mark.

Gravity has set the bar up to impossible heights and it’s such a wonderful thing. Featuring some of the most immersive visuals in a feature film to date, it creates a subversive and unforgettable movie-going experience. Director and co-writer Alfonso Cuarón has done it again. With breathtaking visuals and fantastical technique, Gravity is one of the most gripping and thrilling films to be released in recent memory.

Gravity showcases a sus penseful and insightful journey of survival after an ancientacea medical engineer and an astronaut adrift in merciless space. It’s really hit it either. Gravity provides a simultaneously thrilling and beautiful soundtrack. Composer Steven Price provides a simultaneously thrilling and beautiful soundtrack...
Jennifer Lawrence continues to dominate the big screen, as her three highly anticipated movies are set to hit the theaters at the end of this year.

The 23-year-old actress is teaming up with her Silver Linings Playbook co-star, Bradley Cooper, for two movies coming out and also continuing The Hunger Games series with Catching Fire.

After receiving rave reviews for her performance in The Hunger Games, Lawrence suits up again as Katniss Everdeen for the film adaptation of the second book of the trilogy, Catching Fire. This film picks up where the first one left off as Everdeen and Mellark return from their victory in the 74th Hunger Games as targets of the Capitol and must prepare for the rebellion of the districts of Panem and some unexpected plot twists.

Lawrence stars alongside Josh Hutcherson and Liam Hemsworth in this long-awaited film hitting theaters Nov. 22.

Following her Oscar win for her role in Silver Linings Playbook, Lawrence stars again with Cooper in two different films coming to the theaters soon. In Serena, which was originally supposed to be released on Sept. 27 but has been pushed back, Lawrence and Cooper play George and Serena Pemberton, a newly-wed couple in the film adaptation of the New York Times best-selling novel by Ron Rash. This film, set in the 1930s, directed by Susanne Bier, follows a couple who moves to North Carolina in order to seize control of the timber industry. Infidelity and infertility force Lawrence’s character into a jealousy strong enough to plot murder on Cooper’s character’s illegitimate son. Serena does not currently have a release date, but is said to hit theaters at the end of this year or in 2014.

Lawrence and Cooper are also set to hit the silver screen on Dec. 25 in American Hustle. This film features a highly acclaimed cast made up of Lawrence, Cooper, Christian Bale, Amy Adams, Robert De Niro and Jeremy Renner. American Hustle tells the story of a flavor con man (Bale) and his alluring partner (Adams) who are recruited by and forced to work with an FBI agent (Cooper) in a dangerous world of power brokers. Lawrence plays the wife of Christian Bale’s character, who may hold more power than anyone expects in this thrilling drama set in New Jersey.

Lawrence is no stranger to being nominated for awards and also winning them. In 2011, she was nominated for an Oscar and a Golden Globe for her performance in Winter’s Bone and went on to win an Oscar and a Golden Globe in 2013 for her performance in Silver Linings Playbook. Lawrence has been nominated and won a variety of other awards including People’s Choice Awards, MTV Movie Awards, Teen Choice Awards and Screen Actors Guild Awards for Winter's Bone, The Hunger Games and Silver Linings Playbook. This award-winning actress has a list of movies she is set to star in, including X-Men: Days of Future Past, The Hunger Games: Mockingjay - Part 1 and The Hunger Games: Mockingjay - Part 2, all coming out within the next couple of years. Needless to say, Jennifer Lawrence is not going anywhere anytime soon and everyone can expect to see her on the big screen many more times.

Jennifer Lawrence’s Ascent: Trifecta of films to be released

Megan Spinelli
Contributing Writer

Photo courtesy of tmz.com.

Lawrence getting acquainted in the Hollywood scene.

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36x444 to 810x802
314x1525
738x1537
36x1536
90x1536 • The Montclarion
36x1421
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Sports

Womens Soccer
The womens soccer team has been playing beyond exceptional. With their 5-0 win over Rutgers-Camden, the Red Hawks increased their record to a perfect 11-0. Not only was it the team’s tenth shutout of the year, it was their third game this season where they didn’t allow a single shot from an opposing player.

They look to maintain their momentum when they host Eastern University and Rowan University in the coming days.

Field Hockey
Sadly, the Red Hawks suffered their first loss of the season last week when they fell to Rowan in a 3-2 loss. The loss snaps MSU’s 25-game regular-season winning streak. However, the Red Hawks didn’t let that affect them and came back against Fairleigh Dickson for a 4-0 win. MSU will face off against TCNJ with seven games left in the season.

As the season progresses, the Red Hawks are showing more signs of improvement. MSU is still facing struggles in its ground game, but Ryan Davies is starting to find his footing under center. In MSU’s 21-16 loss to TCNJ, Davies threw for 177 yards and two touchdowns and completed 58 percent (22/38) of his passes.

If the team can keep making small steps, they can salvage the season.

Mens Soccer
With MSU’s 5-0 over Rhode Island, they improve to 10-2-1 on the season. The Red Hawks seem to have successfully bounced back from the 0-2-1 performance that they suffered in late September.

The Red Hawks played excellent soccer, allowing Rhode Island to take 11 shots, only four of which were on target.

Next, MSU hits the road to take on Rutgers-Camden in what will hopefully be their fourth straight win.

Football
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Hockey

‘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.

This week’s winner
Nick (Sports) Jessica (E.i.C.) Jonathan (Arts)

This Week 4-10
Bills Jets
Bengals Lions
Vikings Vikings
Eagles Packers
Packers Rams
Broncos Seahawks
Seahawks 49’ers
Saints Cowboys
Colts

This Week 8-6
Giants Bills
Bengals Lions
Panthers Eagles
Packers Packers
Rams Rams
Broncos Seahawks
Seahawks 49’ers
Saints Cowboys
Colts

This Week 9-5
Bears Bills
Bengals Lions
Panthers Eagles
Packers Packers
Texans Rams
Broncos Seahawks
Seahawks 49’ers
Saints Cowboys
Colts

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Who’s Hot This Week
Melissa Koster
Setter — Women’s Soccer
Koster was named the NJAC Women’s Soccer Defensive Player of the Week due to her effort with the immovable Red Hawk defense.

Game of the Week
Women’s Soccer
vs. Rowan
Oct. 12, 12 p.m.
MSU looks to remain undefeated when they host the Profs.
For updates, check out: www.montclairathletics.com and follow @TheMontclarion on Twitter and Instagram

Who’s Hot This Week
Michael Gonzalez
Goalkeeper — Men’s Soccer
Named NJAC Men’s Soccer Rookie of the Week, Gonzalez recorded nine saves and allowed only two goals as the Red Hawks went 2-0.

Game of the Week
Football
vs. SUNY Cortland
Oct. 12, 2 p.m.
Despite their 1-3 start, the Red Hawks look to pull through and win the 2013 homecoming game.
For updates, check out: www.montclairathletics.com and follow @TheMontclarion on Twitter and Instagram
While this may sound Manning. "catching many breaks," bad predicaments and not a matter of getting in some seeing the defenses well the thing. I don’t think I’m grasping exactly what the He can’t seem to 12 interceptions during the collected, especially when the game is on the line. Manning has usually been scratcher of it all is that The biggest head- day job. mercials, it should remind continuously making com- ent during the season does turn out to be a lost cause, the team should highly consider placing camp, despite not being a rookie, by being thrown into an ice tub that had gone vir- nal. Despite Amukamara having gone through these obstacles, he is proving to become one of the league’s most coveted cornerbacks. In order to bolster up the team’s linebackers, the Giants did something out of the ordinary by making their first in-season trade since 1986 by acquiring for- mer pro-bowler Jon Beason in exchange for a late round draft pick. LB Spencer Par- singer has done an honorable gesture by giving his #52 jersey over to the re- spectable Beason. Let’s just hope that this can rejuvenate Beason’s career and, more importantly, give a jolt to the team. Safety Will Hill came back from a four game suspension last week as you constantly saw #25 on your television screen making plays all over the field. As terrible as things may seem for Tom Cough- line’s team, the Giants aren’t mathematically out of the hunt and fans shouldn’t count down for next year’s draft just yet. After all, the NFC East in general has been dreadful. This may even be pushing it but, if the Giants happen to win against the Bears this Thursday in Chi- cago, plus with the help of Dallas and Philly both los- ing, that would mean New York is only one game out in the division. Things do look bleak, but the G-Men still have the talent on paper and the personnel to some how turn this thing around and defy all odds. However, that could all just be wish- ful thinking.
The Montclair State women's volleyball team had four matches last week, including one against a conference team. The Red Hawks went 3-1 overall and 0-1 in their New Jersey Athletic Conference (NJAC) match.

MSU started their week on Oct. 3 against Richard Stockton at the Panzer Athletic Center. Montclair State lost in three straight sets (20-25, 17-25, 20-25), which snapped an MSU four game-winning streak. Freshman outside hitter Courtney Matlock had nine kills for the Red Hawks. Sophomores middle blocker/outside hitter Rebecca Matasker had seven kills while freshmen opposite Leah Sims racked up six more kills to MSU's total. Junior setter Angela Campo added 30 assists and five digs for Montclair State.

Senior libero Kaitlyn Irwin and sophomore opposite Alexis Waters contributed 11 and nine digs each in the losing effort. The Red Hawks were the last NJAC team to beat Stockton in the regular season last year.

On Oct. 5, Montclair State had two matches at home in the Panzer Athletic Center. Their first match was against the John Jay College of Criminal Justice Bloodhounds. The Red Hawks swept the Bloodhounds in all three sets (25-16, 25-12, 25-7). Matlock, Matasker and senior outside hitter Sara Girgus each had seven kills for MSU in the win. Campo had a solid performance with 29 assists and four digs in the game. Irwin finished with a team-high seven digs. Senior defensive specialist/libero Kimberly Butrico and freshman outside hitter Melissa Terpstra each collected four aces in the winning effort.

Montclair State’s second game was against the College at Old Westbury Panthers. The Red Hawks had another clean sheet in their second match of the day by winning the three sets (25-12, 25-11, 25-13). Girgus led the attack for MSU with seven kills and four blocks. Terpstra and Matlock each contributed to the offense with six kills apiece. Camp led the Red Hawks in assists and digs again with 29 and seven, respectively, in this match. Montclair State hit for a combined .300 between both wins. MSU won its third straight game on Oct. 8 against The City College of New York when they won in straight sets (25-12, 25-21, 25-14). Terpstra lead the team with nine kills and recorded five digs behind Irwin’s team-leading 10.

MSU is now 11-6 overall and 2-2 in the NJAC. On Thursday, Oct. 10, the volleyball team treks to William Paterson to face the Pioneers in the annual renewal of their long-standing rivalry. Game time is set for 7 p.m.