"By talking to young people like yourselves, I suppose I am keeping my self alive."

-Bernard O'Donoghue

Irish Word of Wisdom
Inspiration comes in the verses of poetry

Eoin Mathews
Staff Writer

On Nov. 14, Montclair State was honored to have Bernard O'Donoghue, a contemporary Irish poet and Professor at Wadham College, Oxford, as well as an author of several books, visit our campus to give a literacy reading.

He was the second Irish poet to read in this semester’s Matrix Feature-Standards Irish Poetry Readings.

With a navy blazer and neatly combed gray-white hair, O’Donoghue recited several poems to an eager and attentive audience comprised of teachers and students in Dickinson’s Cohen Lounge.

He spoke with a steady and confident voice, often including brief explanations and humorous stories in between lines.

One poem that proved to be a crowd favorite was titled “History.” It told the true story of a girl he once as one might think. Accord- ing to Lt. Kieran Barrett of University Police, approximately 1 in every 10,000 bills is counterfeit.

Students trying to pass a bill of the 10 dollar denomination.

Money, Money, Money?
Reports of fraudulent bills on campus spark investigation

Andrew Ouslin
Staff Writer

Over the past few weeks, there have been three iso- lated incidents of counterfeit money reported on campus.

This is not as uncommon in retail, and it’s crazy how many people think they can get away with passing fake bills.”

Kristen Deradorian-Dolin, a senior, has become simi- larly suspicious.

Counterfeit continues on Page 4.

Rec Center Recognized
Accomplished facilities rated amongst top in nation

Michael Klein
Staff Writer

Montclair State University is proud to announce that its Rec Center was ranked among the Top 20 Rec Centers in the coun- try by Best Value Schools. Quoted as the “best of the best – the standard by which other student recre- ation centers will be judged for years to come.” MUSC’s Rec Center has become a force to be trifled with.

Catherine stating that the Montclair University Student Recreation Center made the Top 20 list.”

The center not only offers these options but fosters dozens of group activities and classes that any mem- ber of the community can participate in from Zumba to self-defense training.

“I love the Rec Center; it’s one of my favorite places on campus. It’s nice being able to go there after a long day,” senior Lindsey Wagner.

Well, that is incredible!”

Kristen Bryfogle
Assistant Opinion Editor

The LGBTQ community has another year of progress. In 2013, over eight states across the United States, seven states, in the United States, seven states, the right to same-sex marriage. Although there is much progress yet to be made for young people, many with the LGBTQ community around the world still face acceptance and the right to ex- press their sexuality openly. "It is a day where the world still struggling for equality and the right to ex- press their sexuality openly. I am one of the lucky few around the world who is able to do so freely."

Photo Courtesy of Mike Peters

Divided Country, United Music Blues Lines

Entertainment, p. 15

Keira Byrne
Assistant Opinion Editor

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Photo Courtesy of Mike Peters

Red Hawks Win Conference Opener

The Academic State mens basketball team rebounded from back-to-back losses to start the season to record two consecu- tive wins at home.
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.
DOES YOUR NECK, BACK OR SHOULDER SLOW YOU DOWN?

PARABOLIC PERFORMANCE & REHAB

Face the world injury-free! A special announcement for the MSU community.

To All MSU Students, Staff, Faculty, and Family,

Injuries and pain don’t just result from accidents. Simply working at a computer, or performing other activities of daily life, can cause physical stress and strain. If you suffer from back pain, neck pain, repetitive stress injuries, or have other pains or movement problems, Parabolic Performance & Rehabilitation (formerly Passive Sport Therapy) can help — and you don’t even need a prescription or doctor referral — since NJ has direct access laws, you can just come on in and start receiving treatment — without ever having to leave the MSU campus!

Our new state-of-the-art facility located in Floyd Hall Arena will be open to everyone on December 9th, 2013.

As such, we extend a warm invitation to the entire MSU community to visit us at One Floyd Hall. Come and tour our newest facility, meet our therapists, and see why we’ve been setting the standard for physical therapy for the past several years.

FLOYD HALL ARENA
ONE HALL DRIVE
LITTLE FALLS, NJ

15 BLOOMFIELD AVENUE
MONTCLAIR NJ, 07042

GOPARABOLIC.COM
1 (973) 774-2770
**Poetry** Continued from page 1

O’Dougherty’s and his book, *Here There*

They had known when they were young someone who said their father told them they had been in Lincoln’s funeral.

The truth of the matter found in his “history” is profound, so is his message that the transcendence of culture and knowledge is often done for the wrong reasons. Though Ireland’s oral traditions are today near obsolete, through poetry readings such as this, their ancient art is kept very much alive.

Broader than Ireland’s oral traditions alone, O’Dougherty’s poetry often transcends a single generation to the next one. His work is connected to Ireland’s entire cultural heritage. That’s why he got into food writing: “I eat. You should study what you like, and I eat. It is kind of fun. My husband hangs out with food people. They’re very passionate.”

Some students are already passionate about savoring health. In Obstfeld’s lab, a senior, said, “I juice and eat raw, and because I know it’s healthy, I end up enjoying it.”

**Psychological Food**

Students learn the secrets behind their cravings

Students learn the secrets behind their cravings

Psychological Food

**For Thought**

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Fight the Cold and Flu this Season with Proper Nutrition

Alicia Nicole Fissinger
Feature Writer

Your immune system is, simply enough, your body’s defense system which protects you from disease. The stronger your immune system, the less likely you will get sick. There are many ways to combat against the common cold and flu this season like washing your hands, getting enough sleep, drinking lots of water and exercising.

Did you know that proper nutrition is a natural way to prevent and lessen the severity of colds and flu? It is also much less expensive than running to the drug store at the first sign of a cold. So skip those pills and vitamin C tablets and turn to these tips to prevent the common cold from getting in your way during finals and the upcoming holiday season.

Eat Your Omega-3s

Omega-3 fatty acids play a vital role in preventing against chronic inflammation in the body. Inflammation can have a negative effect on your immune system, increasing your chance of infection with a cold or flu virus. Keep yourself guarded by consuming great sources of omega-3s, including fatty fish like salmon and tuna, walnuts and canola oil.

Eat your greens, reds and oranges

Greens- Dark leafy greens contain a superb amount of phytochemicals, which may help prevent against a variety of diseases. The darker the green, the bigger the benefit.

Reds- Red bell peppers are an excellent source of vitamin C. One red pepper has even more vitamin C than an orange.

Oranges- In addition to the obvious citrus fruits like oranges, grapefruits and lemons, there are a few other orange-colored produce that pack a punch when it comes to preventing colds. Sweet potatoes and carrots are rich in beta carotene, which is an antioxidant that gets converted to vitamin A in the body. Adequate vitamin A intake is essential for a healthy immune system.

Immmunity Boosting Antioxidants

Garlic- Garlic contains a compound called allicin which produces antioxidants. For the biggest benefit, consume raw versus cooked garlic. How can you do this? Try incorporating raw garlic into homemade salad dressings, guacamole, salsas or cold pasta salads.

Blueberries- These tiny berries have a high concentration of the antioxidants known as anthocyanins, which happen to be one of the most potent of antioxidants. Add fresh or frozen blueberries to your morning cereal, yogurt, salads, desserts or just eat a handful as a snack to boost your flu-fighting power with antioxidants and vitamin C.

Eat Your Omega-3s

Fennel and anise teas

Fennel and anise naturally help clear the throat and nasal passages. In a tea-like form, they can soothe the throat and calm a constant cough. All teas, regardless of their main ingredient, contain a potent antioxidant—catechins—which may strengthen your immune system and perhaps even fight the flu.

Splurge on citrus fruits

Contrary to popular belief, studies have not proven that loading up on vitamin C actually helps prevent a common cold. However, adequate consumption may lessen the duration or severity of one. Turn to citrus fruits like oranges and grapefruits instead of purchasing those vitamin C tablets that have much more of the vitamin than your body actually needs.

Replace alcohol with water

Excessive alcohol consumption knocks down your defenses by weakening your immune system in a variety of ways. To prevent getting sick in the first place, try to limit alcohol consumption to one glass a few times a week.

Combine all of these tips to make your own homemade remedy

There is nothing more comforting than homemade soup during the winter. This warm comfort food also helps clear congestion and soothes a sore throat. Combine the following ingredients with a low sodium broth of your choice for a super soup:

- Chopped red pepper for vitamin C
- Mushrooms for a powerful boost of antioxidants
- Handfuls of spinach and/or kale to pack a phytochemical punch (leafy greens will wilt down as they cook into the soup, so do not worry about adding too much)
- Lean protein like white meat turkey or chicken breast, or beans as a vegetarian source of protein to build antibodies which protect your body against infections
- Parsley, oregano and basil are wonderful herbs to give your soup a savory burst of flavor with added health benefits

*Experiment with any other vegetable of your choosing. Also, try to add all of your vegetables at the end of cooking, as to keep as many nutrients in the soup as possible since heat can decrease many of the natural vitamins found in vegetables.
How to Ensure Your Man Cave is Living Up to Its Potential

Leonardo Dinic
Staff Writer

Availability of Indulgences, or Availability of Beer
There is perhaps no act as blushingamente as denying a fellow polonaise a "pop" in a man cave because you’re out of beer. For any woman who might be reading this, a "pop" refers to the noise a bottle of beer makes when the cap is removed. From now on, "pop" equates beer. Forgetting to replace the batteries in the remote or lending the third season of It's Always Sunny in Philadelphia is something your friends can let slide. But disregarding the inventory of your fridge is simply unforgivable. Beer is a necessity in man caves and most cave dwellers can do just about anything while drinking a beer. Remember, though some of your pals might think they’re beer connoisseurs, the brand probably doesn’t matter. Variety is a luxury, and in most lairs, quantity trumps quality, so you can never have too much beer. Make sure you maintain your beer resources at a healthy quota and then worry about the other necessities, like food and nonalcoholic beverages.

Minimization of Penetrability
If your man cave is frequently being penetrated by females, it isn’t a man cave. If friends of friends often wander in, it isn’t a man cave. If your mother comes down to bring you and your friends pizza bagels, it isn’t a man cave. Man caves are exclusive in their nature. For starters, females are absolutely prohibited from entering—unless extreme circumstances, exceptions are made. Women who are exceptionally well-informed about "man-friendly" subjects don’t judge the cave’s cleanliness or stench and enjoy beer are some- times permitted. Most man caves are visited by a lone female who’s passed evaluation and been accepted into the community because of one reason or another. The same exception applies for wives, girl friends, or significant others. If a female can prove that she is tolerant of the cave’s condition and genuinely enjoys the company of men, she can join the community. But the minimization of penetrability should remain a top priority. If too many exceptions are made, they aren’t exceptions; they become the norm.

Design
The design of a cave often brings a man to a fork in the road. The two paths are distinct and choosing can be difficult. There’s the well-lit cave, decorated with a collage of signed sports memorabilia. It usually houses a large bar studded with just photos and misters. The well-lit cave is more traditional. It’s a cave where your dad would hang out. There’s beer, of course, but there’s also a big-screen television, a frame filled with high school and college sports programs, a trophy case, and trophies. The downside of this type of cave is that it can sometimes be tacky, especially if a sign that reads "The Doghouse" is hanging at its entrance. In contrast, there’s the dark man cave. It’s often decorated with obscure art, hampered walls and large collections of films, books and music. The dark man cave represents exploration. Its meetings are different every time and there is little to no structure. Men wander in and out bearing six packs of craft beer and DVDs. It isn’t about the Yankees or fantasy football in the dark room. Everything must be team friendly. No video games that aren’t multiplayer, no playing instruments alone, and no watching what only one member of the cave’s community wants to watch. Everything should be about the collective. This is usually overcome by voting when the cave is occupied by an odd number of men. But when that isn’t the case, group deliberation is useful. Before deciding what to play, watch or drink, at least a majority of the men should be satisfied with the decision. Darts aren’t fun when you’re the only one playing and comedies are much better when everyone thinks they’re funny. Man caves are about bonding, and everyone should be entitled to their input.

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Comfort and Convenience
If your man cave isn’t comfortable and set up conveniently, it isn’t serving its purpose. Basic requirements include and are not limited to: a kegerator or oversized fridge to keep beer cold, seating space to house all of your fellow men (always assume that all of your guys are attending) and reasonable distances between attendees and their indulgences (this includes anything entertaining, e.g. television, dart board, pool table, video game system, musical instru- ments, bar, etc.). A bathroom should be within reasonable distance of the “nursing areas.” These are locations where men sit for extended periods of time while engaged in “man-friendly” activities. If a few guys are sitting around listening to The Doors or are involved in a heated discussion about their hatred for LeBron James, they should never need to venture too far from the nest. Cold beer and the bathroom should only be a few steps away.

Pass on the Knowledge
Now that you’ve become more knowledgeable about man caves, help your friends upgrade theirs or begin designing your own. A dude den is an essential escape every man should use during times of stress. Retreat into your lair with your best friends to drink, laugh and share knowledge is every man’s dream. The valuable experiences forged in man caves teach lessons and reinforce friendships. Cultivat- ing your man cave to its full potential will result in more lifelong memories shared with your bros.

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Entertainment
Only one rule applies when planning how to entertain yourself and your guests in your dude den. Everything must be team friendly. No video games that aren’t multiplayer, no playing instruments alone, and no watching what only one member of the cave’s community wants to watch. Everything should be about the collective. This is usually overcome by voting when the cave is occupied by an odd number of men. But when that isn’t the case, group deliberation is useful. Before deciding what to play, watch or drink, at least a majority of the men should be satisfied with the decision. Darts aren’t fun when you’re the only one playing and comedies are much better when everyone thinks they’re funny. Man caves are about bonding, and everyone should be entitled to their input.

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Happy Holidays & Good Luck on Finals!

Join Registered Dietitian Julie Rhule for a relaxing day before finals!

STUDENT CENTER CAFE
December 12th, 11a—2p
Sugar rubs, cucumber eye treatments, tea, and food for the brain!

KEEP CALM AND RELAX

Holiday Meals

New Year’s Dinner

12/11
11a–2p
Featuring Carved Prime Rib, Chicken Picatta, Goat Cheese & Roasted Tomato Ravioli and an assorted offering of wonderful desserts!

SAM’S PLACE

12/17
4–6p
Featuring shrimp w/sherry lobster sauce over angel hair, beef filet w/ demi sauce & roasted potatoes!

HOLIDAY DINNER

HERE FOR A LIMITED TIME ONLY

NEW REUBEN SUB
Corned beef and Thousand Island kraut with Swiss, served toasted

subconnection
Peak Performances

DEPARTMENT OF THEATRE AND DANCE
JOHN J. CALI SCHOOL OF MUSIC

The Montclarion

Falsettos

The hit Tony Award-winning musical!

Book by William Finn and James Lapine
Music and Lyrics by William Finn
Direction and Musical Staging by Joe Joyce
Musical Supervision by Gregory J. Diogos

Dec. 6, 9, 10 and 11 - 7:30 p.m., Dec. 7 - 2:00 p.m., Dec. 8 - 6:00 p.m.
L. Howard Fox Theatre

DEPARTMENT OF THEATRE AND DANCE

Works-A-Foot 2013

Dec. 4, 5 & 6 - 7:30 p.m. | Dec. 7 – 8:00 p.m. | Dec. 8 – 2:00 p.m.
Memorial Auditorium

JOHN J. CALI SCHOOL OF MUSIC
An Evening of Chamber Music
Dec. 6 – 7:30 p.m.
Alexander Kasser Theater

JOHN J. CALI SCHOOL OF MUSIC

MSU Jazz Ensemble
Jeffrey Kunkel, director
Dec. 7 – 3:00 p.m.
Alexander Kasser Theater

JOHN J. CALI SCHOOL OF MUSIC
Montclair State Opera Workshop
Spotlight on Opera’s Dysfunctional Families!
Jeffrey Gall, director, Dmitri Korneev, piano
Dec. 7 – 8:00 p.m.
Alexander Kasser Theater

973-655-5112 | peakperfs.org | Every Seat $15

*Undergraduate students at MSU receive one ticket at no additional charge to every event through the Performing Arts Fee with their valid student I.D.
Black Friday or Wack Friday?

Yasmin Abboushi
Staff Writer

After all the oversized turkey, stuffing and pumpkin pie, we Americans hibernate until the madness of 90 markdowns emerges at midnight. What are we thankful for? We're grateful that everything is $100 less than usual and we can't wait to shove these unthankful plebeians out of our way. Black Friday is the cultural phenomenon that sweeps the nation after Thanksgiving every year. It's a simple and powerful marketing scheme. By December, fashion forecasters already have planned what will be popular for the spring and summer. These forecasters communicate this to the retailers we adore.

It's important for the beginning of winter to get rid of all the trendy chunky sweaters and stylish jackets at a discount-ed price. It's all a devious maneuver to make way for next season's trends so these avid consumers can take a mental note of what's to come in the spring.

Were you really the smart shopper this past black Friday? Saving on trendy items on this hectic bargain day is not the best route to take. The classics such as a simple black dress, white shirt, plain jeans, etc. are the items shoppers should be looking for. Saving on trends is like saving on soon-to-be-sour milk. There's really no point when the newer, fresher bunch is around the corner.

As a ridiculously avid shopper, I saw another side of retail this November. Working at the Willowbrook Mall, I saw firsthand the amount of theft, contempt and absolute chaos that ensued. The majority of my peers and people I've questioned about part-taking in Black Friday generally came to the same answer: “Hell no.” Not only are we buying trends that have a rapidly approaching decline, but we're also being shoved and disrespected at the same time. After being in a food coma the previous day, I've come to the conclusion I would much rather lie in bed with a stomachache than be punched in the stomach for a $15 top.
This winter, give yourself some credit.

Register for Winter Session

- Earn up to four credits in four weeks
- Courses run from December 20-January 17
- Online and hybrid courses available
- Undergraduate and graduate courses
- Log into WESS to register

View the course schedule at montclair.edu/winter

Montclair State University
montclair.edu
**Classifieds**

**Reasonable off-street parking, M.F.**
Only three min. walk to MSU Bridge & Shuttle! Call 973-819-0334 Sun-Sat, 5 a.m.-8 p.m. ONLY.

**Room for Rent**
Save $$$ - Female students, grads, transfers. Furnished room rentals Jan - May, across from Campus on Valley Road. Internet included. Single or shared. Call 973-778-1504.

**Parking**

**Help Wanted**

- **Part-time dog walker needed in Montclair area between 11 a.m. & 3 p.m. Mon-Fri. $10 per 30 minute walk. For more info email Janine at MontclairPetGirl@gmail.com**

- **Part-time male or female student to help promote The Montclair Boutique and also work part-time. Contact Jeff 201-506-5555**

**Help Wanted**

- **Part-time Nanny wanted from 3:00 - 6:30 p.m. Minimum of 3 days per week (prefer 5) for 2 elementary age children in Pompton Plains. Requires homework help, transportation to extracurricular activities, light housework and cooking. Please call Allie 973-476-5892.**

- **Babysitter/Mother’s helper: After school help for 3 children in Upper Montclair. Days & hours flexible. Occasional nighttime babysitter also required. Contact Lesley: lesley@abdulhayoglu.com or call 201-563-2947.**

**Help Wanted**

- **After school care for a five year old in Cedar Grove, starting in September 2013. Five days a week, but would consider 2-3 days. Please contact Sarubi.grande@yahoo.com or call 973-615-7371.**

- **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.**

- **Full Service Salon & Spa in Clifton seeks part-time receptionist with managerial duties. Must be outgoing, hardworking, flexible, & reliable. Basic computer skills req. Retail experience helpful but not necessary. Salary commensurate with experience. Benefits available. Call 973-340-4200.**

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**University Price List**

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- **DEADLINES**
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Opinion
The Darkest Day of the Year

Question of the Week
Are Black Friday deals really worth it?

Alex Kraitz  
Business Junior

“I would imagine they’re having such a popular day when stores make 25 percent of their yearly revenue, they’re going to muck up the price without telling anyone before they knock down a price and tell everyone. When people think that they’re saving money, they might not be, but I don’t really know because I do not shop on Black Friday.”

Nick Golovko  
Undeclared Freshman

“I just don’t like that they were so early this year. A lot of people left their Thanksgiving dinners early. [Because of that], Black Friday’s not really worth it.”

Rachel Saccaronno  
Family and Child Studies Junior

“I don’t think Black Friday sales are worth it because the sales really aren’t sales. It’d be the same price [as weeks before] and people are fighting and being trampled for materialistic things the day after they’re thankful for everything that they have. I don’t think it’s worth it.”

Sara Leung  
Psychology Sophomore

“The, because I’ve never gone Black Friday shopping. I hear all these weird, seemingly unrealistic stories of people fighting over something like a vacuum cleaner. I always did the pre-Black Friday shopping. I just think it’s worth it, waiting until midnight to go shopping.”

Ja-Tonja Bailey  
Justice Studies Senior

“It’s not worth it because a lot of people get stampeded on or even get killed in the process of trying to get the right sales. I don’t think it’s worth it.”

Toni Alston  
Theater Studies Junior

“I think it could be worth it, but it depends on the type of person you are. The thing about Black Friday is that you don’t really get to go at the beginning of it. You can go at the end of it. If you have free time, it can be really good because you can get a bulk of shopping done, especially since Christmas is coming up. In the end, if you’re going to go with that whole crowd that comes where people get run over, shopping carts and stuff, it’s probably not the best, and you can probably get some deals on Cyber Monday. That’s online, and you’re not going to get run over.”

Black Friday has become a curious cycle of greed that has become more popular than the holiday that precedes it: Thanksgiving. Sadly, this holiday that represents humble and thankful attitudes has always been overshadowed by the major holiday season and is now squandered by consumerism. Instead of enjoying the day with family and eating to your heart’s content, people would rather sink their teeth into some sweet deals and major sales on electronics.

Thanksgiving is a national holiday, a day not celebrated because of any religious aspect, but a day where the country unites in the festive and glutinous acts of eating a huge meal with family. This unappreciated holiday by many has even been dubbed the name “Black Friday Eve.” According to Harvard historian Nancy Koehn, in the 1950s, the name “Black Friday” was given the name the day after Thanksgiving by factory managers because many employees called in sick. Koehn also states that in the 1960s, police began to use the term when cities became congested with shoppers and crowd control became unmanageable, leading to a streak of thefts and shoplifting. It was then that Black Friday became the staple for the beginning of the holiday shopping season.

It wasn’t until the 1980s when retailers began to make the ordeal a positive situation, noticing all the “Black ink” that showed up on balance sheets. Black Friday began to rack up profits for companies and is now considered an unofficial holiday. Unfortunately, as sales improved, people became more violent.

In 2006, there were the first reports of violence on Black Friday. The first death occurred in 2008 when a Walmart employee was trampled by a stampede of people. Those in the ambulance that tried to save her were also in the ordeal a positive situation, noticing all the “Black ink” that showed up on balance sheets. Black Friday began to rack up profits for companies and is now considered an unofficial holiday. Unfortunately, as sales improved, people became more violent.

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Male-dominated society does not just impact women’s roles

When one thinks of patriarchy, a male-dominated society, they think of a system that has traditionally controlled and oppressed women. This is because women have historically been expected to conform to certain roles and behaviors that are deemed appropriate for their gender. However, it is important to recognize that the effects of patriarchy extend beyond women, and impact not only men, but also children and people of all genders.

One of the most influential male-dominated societies in the world is the competitive sports industry. This industry has traditionally prioritized men, with women being relegated to subservient roles and receiving less attention and support. This has created a culture where women are often viewed as inferior to men, and their achievements are not taken as seriously.

However, it is important to note that there have been significant gains in recent years for women in sports, with more and more female athletes rising to prominence and challenging traditional gender norms. Women's sports are becoming more visible and popular, and female athletes are being celebrated for their success.

Despite these positive developments, patriarchy continues to shape the world of sports in significant ways. Women are still often expected to conform to certain standards of beauty and behavior, and they may face pressure to maintain a certain image or appearance. Additionally, women may face challenges in breaking into male-dominated sports and gaining recognition for their achievements.

It is important for men to recognize their own biases and work towards creating a more inclusive and equitable culture within sports. This includes supporting women's sports, lifting up female athletes, and challenging gender stereotypes.

In conclusion, while there have been significant gains for women in sports, more work needs to be done to create a truly gender-equal environment. This requires not only changing societal norms, but also actively working towards a more inclusive and equitable culture within sports.
In the 1990s, the divided people of Bosnia and Herzegovina walked the streets in fear of being hit by mortar shells or struck down by sniper rounds. The bloody civil war that raged after the breakup of Yugoslavia left 100,000 people dead and the country infested with mass graves. With its infrastructure devastated and economy in shambles, Bosnia remains a beaten down place where positivity is hard to come by. Fortunately during the songs of its capital Sarajevo, a group of men filled with hope with music to find an escape from the explosions outside of their basement bomb shelter. These men had a different plan for Bosnia's recovery.

Dubioza Kolektiv was founded in 2003, a merging of two music scenes from the cities of Zenica and Sarajevo and have become known to be the best live show to see in Eastern Europe. They’re a group of gentlemen who enjoy their performances as much as the audience does. Watching them dance for close to four hours in black and neon-yellow soccer jerseys is what to expect.

I know from experience. Their sound is a mixture of musical styles with influences ranging from hip-hop, rock, dub, reggae, ska, jazz to traditional Bosnian folk. Dubioza’s originality excludes the group from any single genre; their only constant concept is civil disobedience.

Dubioza’s songs preach for ethnic tolerance, anti-fascism and social change. The chorus is Adis’ Rastafarian-sounding voice repeating “Wake up,” accompanied by Almir’s verses calling for Bosnian male: broke, loud and high on ganja. It’s a per- sonal, broken voice that motivates the listener to at least think about social change. It’s safe to say that Che Guevara would be proud.

“Euro Song,” a criticism of the European Union’s most prominent politicians and their policies, is as catchy as they get. It’s a repetitive song marked with electronic bass tones during the verses quickly interrupted by a dimorphic Punjabi-like instrumental that makes you want to wave your fingers around and shake your head. They compare the union’s membership to that of the Eurovision Song Contest, repeating. “I am from Bosnia, take me to America/I can see the Statue of Liberty/I can really want to see no longer wait; take me to United States/I will be proud.” His broken voice like a puppet on a string. The song is definitely a sound of rebellion that motivates the listener to at least think about social change. It’s safe to say that Che Guevara would be proud.

“Euro Song!” is a composition of the European Union’s most prominent politicians and their policies, as catchy as they get. It’s a repetitive song marked with electronic bass tones during the verses quickly interrupted by a dimorphic Punjabi-like instrumental that makes you want to wave your fingers around and shake your head. They compare the union’s membership to that of the Eurovision Song Contest, repeating, “I’m sick of being European just on Euro Song!” The song is a com- medy and random “papas” that lead back into Dubioza’s traditional vocal exchange between Adis and Almir during the verses. The song is de- scribing in the sense that the author wants to “escape the Stone Age” and go to America, a sentiment shared by many Bosnians. After the chorus, Adis assures the listener, “one day they will understand” that there is “no place like the motherland.” This message re- inforges DIBA’s agenda of social change and discourages simply fleeing the problems in Bosnia. The second to last song on the album is a rendition of Faridah Slim’s “The Rockef- eller Shank” entitled “Balkan Funk.” The introductory vio- lets are another example of a gypsy cry that sounds like the voice might crack at any second. All of a sudden, you find yourself in a hard rock guitar melody that leads into a verse accompanied by only funky base lines and a quick snare drum. The song is a descrip- tion of the average young post-war Bosnian male: broke, loud and high on ganja. It’s a per- sonal favorite because of two searing instrumental breaks, a crying graceful accordion solo and an imposing gypsy brass melody that sounds like its calling all men of the Bal- kans to war. The song leaves me on my ass every time.

Wild Wild East was released in 2011 and might be Dubioza Kolektiv’s best English album. It was possibly their greatest until they released Apsurdis this past year which, un- fortunately for English only speakers, is exclusively in Bosnian. Though “Wake Up,” “Euro Song,” “U.S.A.,” and “Balkan Funk” are personal favorites, Wild Wild East has other hidden gems that support whole blowing, rapping, and “herbal medicine.” It’s a revolutionary album that every activist should give a listen to.

Leonardo Đinčić
Contributing Writer

Photo courtesy of dubioza.org
SONGS TO STRESS TO

Under Pressure - David Bowie/Queen
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Disney announced last week that two of its biggest upcoming films—Alice in Wonderland 2 and The Jungle Book—have been given release dates in 2015 and 2016, according to Deadline.

The Jungle Book will be hitting theaters as a live-action film on Oct. 9, 2015. It has been confirmed that Jon Favreau will be directing the film from a Justin Marks script based on the book by Rudyard Kipling. Favreau has directed other popular films including Elf, Iron Man, and Iron Man 2, and is also well-known for his acting and producing. His acting has been seen in all three of the Iron Man movies, as well as I Love You, Man and Identity Thief. Favreau has also worked as an executive producer on The Avengers and the three Iron Man movies.

Following the Johnny Depp-fronted Alice in Wonderland, which was released in March 2010 and grossed over $1 billion worldwide, Alice in Wonderland 2 is set to hit theaters May 27, 2016.

Depp will be starring in other films set for 2014, including the crime drama Mortdecai, with Ewan McGregor and Pine, Emily Blunt and Meryl Streep, set for Dec. 25, 2014. Wasikowska, who will be starring as Alice in the sequel, is known for various films such as Stoker (2013), Anna Kleve (2011) and The Kids Are All Right (2010). The Australian-born actress also has a few films lined up before the release of Alice in Wonderland 2. One of those films is Maps to the Stars, a drama that takes a look at Hollywood and what it reveals about Western culture. Wasikowska will be starring with Julianne Moore, Robert Pattinson, Olivia Williams, Carrie Fisher and John Cusack in this film coming out in 2014. Currently being filmed, and set for a 2014 release date is Madame Bovary, in which Wasikowska stars alongside Paul Giamatti and Ezra Miller. Audiences everywhere can expect to see two of Disney’s highly anticipated films, The Jungle Book and Alice in Wonderland 2, hit theaters in the next couple of years.

Photo courtesy of gosspiteen.com

Photo courtesy of Examiner.com

Johnny Depp and Mia Wasikowska will be reprising their roles as the Mad Hatter and Alice. James Bobin (The Muppets) will be taking over his role as director for the sequel, replacing Tim Burton. Audiences can expect to see the Pirates of the Caribbean actor in the big screen multiple times in 2016, as Depp is also set to star in the fifth installment of the franchise. Although Pirates of the Caribbean: Dead Men Tell No Tales original release date was May 2015, Disney has moved it to the summer of 2016, Deadline reported. Depp will also be hitting the silver screen numerous times before the release of Alice in Wonderland 2. The highly acclaimed actor will be starring alongside Kate Mara and Morgan Freeman in Transcendence, a film about computer scientists trying to create a world where computers can transcend the human brain. This sci-fi film is set to release on April 18, 2014.

Gwyneth Paltrow, the mystery thriller London Fields, with Jamie Alexander and Amber Heard, and Into the Woods with Anna Kendrick, Chris Pine, Emily Blunt and Meryl Streep, set for Dec. 25, 2014. Wasikowska, who will be starring as Alice in the sequel, is known for various films such as Stoker (2013), Anna Kleve (2011) and The Kids Are All Right (2010). The Australian-born actress also has a few films lined up before the release of Alice in Wonderland 2. One of those films is Maps to the Stars, a drama that takes a look at Hollywood and what it reveals about Western culture. Wasikowska will be starring with Julianne Moore, Robert Pattinson, Olivia Williams, Carrie Fisher and John Cusack in this film coming out in 2014. Currently being filmed, and set for a 2014 release date is Madame Bovary, in which Wasikowska stars alongside Paul Giamatti and Ezra Miller. Audiences everywhere can expect to see two of Disney’s highly anticipated films, The Jungle Book and Alice in Wonderland 2, hit theaters in the next couple of years.

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Red Hawk Round Up

Womens Basketball

The Red Hawks bounced up their season record to 4-0 with wins over Rowan and William Paterson in the week before Thanksgiving. In both games, junior forward Melissa Tobie scored over 20 points in each game which put her at over 1,000 points for her entire Red Hawk career. With these wins, Montclair looks to have another spectacular season.

Mens Basketball

Montclair has turned around their slow start as they picked up two wins over Rowan and Centenary before the Thanksgiving break. Senior forward Orlando Goldenson posted a double-double in each game while scoring 21 points in the first game and 18 in the latter. With these two dominating wins, the Red Hawks are now 2-0 in the conference and have picked up their slow start.

NBA Power Rankings

1. Miami Heat (14-4)
   - don’t blame Dwyane Wade for photo bombing LeBron James. This team has gotten the monkey off their backs and could make a strong playoff run.
   - Indiana Pacers (12-6)
   - The true definition of a team. Paul George has become a superstar and I’d take him over Carmelo Anthony any day of the week.
   - 3. Ok. City Thunder (12-6)
   - Will this finally be the year that Kevin Durant can break the stigma and become a superstar and I’d take him over Carmelo Anthony any day of the week.
   - 4. San Antonio Spurs (15-3)
   - The Spurs continue to play like fine wine.
   - 5. Portland Trailblazers (14-3)
   - It’s nice having Damian Lillard on your fantasy team. Portland is definitely this year’s feel good story.
   - 6. Houston Rockets (13-6)
   - Don’t look now but the Rockets are heating up. They continue to pick up from last season by leading the league in scoring.
   - 7. Los Angeles Clippers (13-6)
   - Chris Paul’s 12 assists per game is a record in this world. Let’s see if the Rockies can truly work his magic with the better team in L.A.
   - 8. Golden State Warriors (11-8)
   - This was my hand-woven team from last season. They need to play better outside of their Oracle Arena to give themselves more comfort in the standings.
   - 9. Dallas Mavericks (11-9)
   - As long as they have Dirk Nowitzki in town, the Mavericks will always be respectable. Fine, Mason Ellis has fit in with his new squad.
   - 10. Denver Nuggets (13-9)
   - Head coach Pat Shuk was the perfect answer to take over for George Karl.
   - 11. Minnesota Timberwolves (10-9)
   - Instead of Minnesota being sellers just scenarios putting out of Derrick Williams, it’s time for the team to add some depth to help out the dynamic duo of Ricky Rubio and Kevin Love.
   - 12. Washington Wizards (8-11)
   - Watch out for the Wizards this team has a very bright future, especially since they first round pick Otto Porter Jr. had a great debut.
   - 13. Phoenix Suns (9-10)
   - Eric Bledsoe is this year’s James Harden. With a new logo and the Morris brothers, this Suns team might surprise us.
   - 14. New Orleans Pelicans (8-9)
   - It’s a shame to see Anthony Davis sidelined for over a month because this 20 year old has been turning into a phenom.
   - 15. Memphis Grizzlies (9-9)
   - They were starting to become one of the powerhouse teams in the West. Now with Marc Gasol out with an MCL injury, this team will need to claw their way to hang on.
   - 16. Detroit Pistons (8-10)
   - The Pistons have a formidable lineup but their best player, hands-down, is who’s ceiling that has untapped potential is Andre Drummond.
   - 17. Atlanta Hawks (9-10)
   - Despite losing Joe Johnson and Josh Smith in the last two seasons, the Hawks have no intention on being at the bottom of the East like they were in the late 90s to mid-2000s.
   - 18. Brooklyn Nets (9-10)
   - It’s already been said that one of the most talented college basketball products, Andrew Wiggins, has announced he’d like to play for his homeland.
   - 19. Chicago Bulls (7-9)
   - Even before going down with yet another season-ending knee injury, Derrick Rose didn’t look the superstar we were accustomed to seeing.
   - 20. Charlotte Bobcats (6-11)
   - As long as they have Derrick Walker’s game wouldn’t transition well in the NBA level was wrong.
   - 21. Orlando Magic (6-12)
   - Who knew that the Magic would end up on the much better end of the spectrum in dealing Dwight Howard.
   - 22. Toronto Raptors (6-12)
   - Who knew that the Magic would end up on the much better end of the spectrum in dealing Dwight Howard.
   - 23. Philadelphia Sixers (6-12)
   - Trading an old Paul Pierce, Kevin Garnett and Jared Dudley wasn’t enough to replicate what Lebron James was able to do during his time with the Cavs.
   - 24. Boston Celtics (7-12)
   - They talk about moving to another city can be put to rest and locking up, Doc Rivers to a 4-year extension could make coming to play for the purple and black quite enticing.
   - 25. Cleveland Cavaliers (6-13)
   - This team has definately missed Tyronn Lue’s presence but with or without him, they are by no means a contender in any sense of the word.
   - 26. Sacramento Kings (4-12)
   - The talk about moving to another city can be put to rest and locking up, Doc Rivers to a 4-year extension could make coming to play for the purple and black quite enticing.
   - 27. New York Knicks (2-13)
   - This team has definitely missed Tyronn Lue’s presence but with or without him, they are by no means a contender in any sense of the word.
   - 28. Minnesota Timberwolves (2-13)
   - The Timberwolves are by no means a contender in any sense of the word.
   - 29. Memphis Grizzlies (12-29)
   - They are by no means a contender in any sense of the word.
   - 30. Milwaukee Bucks (11-29)
   - They are by no means a contender in any sense of the word.
LOVE SPORTS?

Interested in writing for sports or taking photos?

Contact Nick at montclarionsports@gmail.com
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 see who knows the NFL the best.

Who’s Hot This Week

Melissa Tobie
Forward — Basketball
Tobie helped lead the Red Hawks to their fourth straight win with 46 points against Rowan and William Paterson last week.

Who’s Hot This Week

Ordel Goldson
Forward — Basketball
Goldson posted an outstanding 39 points and 18 rebounds.

Season Stats

Rebounds - 34
Blocks - 10
Points - 82

Who’s Hot This Week

Nick (Sports)
Jessica (E.i.C.)
Jonathan (Arts)

This Week 11-5
This Week 10-6
This Week 11-5

Game of the Week

Womens Basketball
@ Ramapo
Dec. 7, 1 p.m.

The Red Hawks look to continue their win streak against Ramapo.

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

‘Montclarion’ Staff NFL Predictions

Texans vs. Jaguars
Jaguars
Texans
Texans

Giants vs. Chargers
Chargers
Chargers
Chargers

Raiders vs. Jets
Raiders
Raiders
Bengals

Bills vs. Buccaneers
Buccaneers
Bills
Bills

Chiefs vs. Redskins
 Chiefs
 Chiefs
 Chiefs

Vikings vs. Ravens
 Ravens
 Ravens
 Ravens

Titans vs. Broncos
 Broncos
 Broncos
 Broncos

Rams vs. Cardinals
 Cardinals
 Cardinals
 Cardinals

Seahawks vs. 49’ers
 Seahawks
 Seahawks
 Seahawks

Panthers vs. Saints
 Saints
 Saints
 Panthers

Cowboys vs. Bears
 Cowboys
 Cowboys
 Cowboys

Season Stats

Rebounds - 50
Blocks - 3
Points - 82

Nick (Sports) 104-72
This Week 11-5

Jessica (E.i.C.) 102-74
This Week 10-6

Jonathan (Arts) 105-71
This Week 11-5

This week’s winner

Chargers
Chargers
Chiefs

Season Stats

Rebounds - 30
Blocks - 3
Points - 82

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themontclarion.org
The Montclair State mens basketball team rebounded from back-to-back losses to start the season to record two consecutive wins at home.

They put on an offensive show against NJAC rival Rowan Profs, winning by a score of 92-73. After following it up with a dominating 74-40 win over the Centenary Cyclones, the Red Hawks improved to 2-2.

Senior forward Ordel Goldson had a career-high 39 points and 18 rebounds in the Red Hawks' dominating win over Rowan. Senior guard Daniel Singleton contributed 16 points, six rebounds and six assists as well.

The Red Hawks quickly jumped out to a nine point lead in the first five minutes of the game and were finally able to extend it to double digits with 7:25 remaining in the first half, taking a 26-16 lead. The Profs would cut the lead down to three with a three-pointer from Matt Whitworth and a three-point play by Jason Sofman. However, the Red Hawks would go on a 20-6 run to end the half. Goldson finished the half with 21 points and 10 rebounds to complete the double-double.

The Rowan offense had no response for Goldson and the Montclair State offense. The Red Hawks did not allow the lead to be cut to single digits and cruised on to a 92-73 win in their conference opener.

Their dominance in the paint was a key point in their victory, outscoring Rowan by 44 points in the paint. Goldson's 39 points tops his previous career-high of 30 against TCNJ last season.

The Red Hawks continued their dominance three nights later with a 74-40 win over the Centenary Cyclones in their third non-conference matchup of the season.

Goldson was once again the star of the show, posting his second straight double-double with 19 points and 11 assists. Daniel Singleton had another solid performance, contributing 15 points and four assists. Sophomore guard Angel Gonzalez had 13 points and three assists in the winning effort.

Both teams struggled from the field to start the game until the Red Hawks broke it open with an 8-0 run to take a 15-point lead with 6:43 remaining in the first half.

Back-to-back layups in the paint by Singleton put them up by 21 with 15 minutes left. Singleton added four more points just minutes later with a good dunk and a jumper, followed up by a Goldson three-pointer.

Goldson put the Red Hawks up by 30 with 9:20 remaining with a put-back off of McGorry's missed jumper.

The Red Hawks would coast to a 34-point victory to improve to .500 on the young season.

The Red Hawks performance in the paint once again proved to be a major difference as they outscored the opponent by 20 in the paint. They also saw 23 points come off the bench, which included seven from Kris Bergstol and four from Chris Torres.

The Red Hawks returned to action when they traveled to Newark to take on the Rutgers-Newark Scarlet Raiders this Wednesday night in their second conference game of the season.

The Red Hawks will play their third conference game this Saturday when they travel to take on the Ramapo Roadrunners. They’ll return home for their next home game on Dec. 10 against the College of Staten Island.
MSU Club Wrestling Back in Action
Red Hawks host first match in seven years

Montclair State Club Wrestling hosted the first home wrestling matches in nearly seven years on Sunday against two formidable teams: Gloucester County College and Rutgers University Club team. After dropping a match to Gloucester, MSU turned the momentum around and defeated Rutgers.

The day got off to a rather slow start, as the Red Hawks were downed by Gloucester 39-15. At 125 pounds, Zafer Nuralis of Montclair lost by Technical Fall in 3:46. Zach Matthijs also dropped a 7-0 decision at the 133-pound weight class. Travis McDowell picked up a forfeit for the Roadrunners at 141 and Dan Pak cradled Montclair’s Brian McCrystal to pick up a pin at 149.

The Red Hawks’ 157-pounder Nick Carbonaro interrupted the momentum slightly with an 11-6 decision over Deon Henry. However, Gloucester picked up three more pins in bouts at 185, 174 and 184 pounds.

Matt Tamburri picked up a come back win over Anthony Lentini, pinning him in 6:35 after taking advantage of his opponent’s mistake in technique. Heavyweight Andrew Guadagnino took a forfeit to close out the match.

The match against Rutgers went much differently, with Montclair winning 36-12. At 141, Zach Matthijs pinned Anthony Aldana in 4:08 after Zafer Nuralis took a forfeit at 125.

Brian McCrystal and Nick Carbonaro picked up two more forfeits at 149 and 157, respectively. At 165 pounds, Michael Fixdole of Rutgers pinned Cody Ormsbee in 2:15 to make up for lost points.

Then the momentum shifted back to Montclair when Ricky Mitra defeated Benjamin Butler 11-7 and Andre Bastas took down Joshua Jasick, 6-1. However, Montclair lost its final individual match, as Andrew Guadagnino was pinned in 2:42 by Robert Tancer.

There were mixed feelings about the outcome of the meet.

“There win some, you lose some. We didn’t wrestle as well as we should have,” said Zach Matthijs. “It’s still a huge stepping stone for the program.”

Results

**Gloucester 39 def. MSU 15**
- Etai Yonah (G) - Tech - Zafer Nuralis (M)
- Tyler Kaminski (G) - Dec - Zach Matthijs (M)
- Travis McDowell (G) - FF - (MSU)
- Dan Pak (G) - Pin - Brian McCrystal (M)
- Nick Carbonaro (M) - Dec - Deon Henry (G)
- Nick Moore (G) - Pin - Ricky Mitra (M)
- Nick Dell’Priscuolo (G) - Pin - Cody Ormsbee (M)
- Todd Button (G) - Pin - Andre Bastas (M)
- Matt Tamburri (M) - Pin - Anthony Lentini (G)
- Andrew Guadagnino (M) - FF - (GLO)

**MSU 36 def. Rutgers 12**
- Zafer Nuralis (M) - FF - (RUT)
- Zach Matthijs (M) - Pin - Anthony Aldana (R)
- Brian McCrystal (M) - FF - (RUT)
- Nick Carbonaro (M) - FF - (RUT)
- Michael Sakele (R) - Pin - Cody Ormsbee (M)
- Ricky Mitra (M) - Dec - Benjamin Butler (R)
- Andre Bastas (M) - Dec - Joshua Jasick (R)
- Robert Tancer (R) - Pin - Andrew Guadagnino (M)
- Matt Tamburri (M) - Tech - Anthony Lentini (G)
- Andrew Guadagnino (M) - Tech - (RUT)

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MSU Sports

Womens Basketball Opens Season 4-0

Melissa Tobie takes off in the paint.

The Red Hawks pose after winning their second straight Gwynedd-Mercy Tip-Off title.

Students celebrate the tip-off of the 2013-14 season.

In the final half, a rejuvenated Montclair State team outscored the Pioneers by 14 points to get the job done. Tobie also became the 18th player in MSU history to reach a career-high 1,000 points. Tobie was also named the NAAC Player of the Week on Monday. This comes after her performance in the William Paterson game, where she recorded a double-double and surpassed 1,000 points in her college career. She currently leads the NJAC in scoring with 20.5 points per game.

The Red Hawks’ next game was Wednesday, Dec. 4 at the Rutgers-Newark Scarlet Raiders, with tipoff slated to start at 6 p.m.

The result of the game was not available at press time. Montclair State will also travel to Mahwah on Saturday, Dec. 7 to face the Ramapo Roadrunners at 1 p.m.

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