Irish Word of Wisdom

Inspiration comes in the verses of poetry

Erie Mathis
Staff Writer

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

He was the second Irish poet to read in this semester’s Marie Frazee-Bohnert Irish Poetry Readings. With a navy blazer and neatly combed grey-white hair, O’Donoghue recited several poems to an eager audience comprised of teachers and students in Dickenson’s Cohen Lounge.

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

One poem that proved to be a crowd favorite was titled “History.” It told the true story of a girl he once knew who, at the age of four, was at Abraham Lincoln’s funeral when she was told, “Never forget that you were at Abraham Lincoln’s funeral.”

“I was about to tell her to never forget the true story of a girl he once knew who was at Abraham Lincoln’s funeral.”

In 1956, this girl, now a senior, has become similar to someone who said, “Never forget that you were at Abraham Lincoln’s funeral.”

The Student Voice of Montclair State University Since 1928

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Andrew Osolin
Staff Writer

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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.

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Pelican Police Report

On Nov. 14
A graduate student advisor reported that a 17-inch MacBook was stolen from Room 120a in Schmitt Hall. This case is under investigation. (building #35)

On Nov. 15
A student reported that their unattended wallet was removed from a third floor restroom in University Hall. This case is under investigation. (building #37)

On Nov. 15
A student reported that she lost her wallet while in the C-Store. Upon checking with the Student Center desk, she was able to retrieve her wallet but noticed $60 missing. This case is under investigation. (building #40)

On Nov. 16
After the football game against Kean, a riot ensued between football players from both teams while on Sprague Field, causing injury to a student assistant. This case is under investigation. (building #36)

On Nov. 18
A student reported damage to fraternity boards within Café Diem. This case is under investigation. (building #28)

On Nov. 25
A staff member reported that her cell phone was stolen from a restroom in Blanton Hall. This case is under investigation. (building #48)

On Nov. 26
Student John Carroll, 21, of Montclair, N.J. was arrested and charged with trespassing, disorderly conduct, resisting arrest and two counts of aggravated assault for his involvement in an incident in Bohn Hall. Carroll is scheduled to appear in Clifton and Montclair Municipal Courts for charges. (building #47)

On Nov. 27
Student Michael Stabile, 29, of Augusta, Ga was arrested and charged with disorderly conduct for a noise violation in Hawk Crossings. Stabile is scheduled to appear in Little Falls Municipal Court. (building #52)
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 Proactive Sports 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
Zellner shares her TEDx presentation

Kathrina Millan
Contributing Writer

Greek restaurants, stamens, historical restorations and scream pipes were just a few of the topics touched upon by noted animation J.J. Sedelmaier during his talk at the Art Forum at Montclair State University.

He worked on programs like Saturday Night Live and The Colbert Report and Saturday Night Live. He preceded him, but despite his formidable success, this colorful, charismatic figure created a very collateral atmosphere, and his audience was captivated.

In an effort to prevent counterfeiting, the designs on American bills are changed every so often to be made more complex. This is meant to make it a lot more difficult and unpleasant to identify. To take the matter a step further and investigate it in total, said Barrett, he knew there were other factors to consider that do not show up to the naked eye. It is a complex task to determine why fraud is thought to be occurring, and counterfeits are prosecuted, it is possible that the suspect was not intentionally passing the fraudulent $5 bill; on that same day, $20 billion in counterfeit money is thought to have been made, according to xsmoneything.com.

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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.

**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.

**Immun 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.

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How to Ensure Your Man Cave Is Living Up To Its Potential

Leonardo Dinic
Staff Writer

December 5, 2013

Availability of Indulgences, or Availability of Beer

There is perhaps no act as blasphemy as denying a fellow polonese a "pop" in a man cave because you’re out of beer. For any women 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" equals 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 caves, 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 feed and nonalcoholic beverages.

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 stacked with pint glasses and coasters. 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 framed foto with the chunky logos and the finest in sports bar attire. 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 beautified with obscure art, hammocks and lofts 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 man cave, but discussions, documentaries and music. Men who are exceptionally well-informed about “man-friendly” subjects are 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 to the "nesting 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.

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, but 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 exceptions; they become the norm. If too many exceptions are made, they aren’t serving its purpose. Basic requirements include and are not limited to: a kegerator or oversized fridge to keep beer cold, seating area 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, record player, gaming system, musical instruments, bar, etc.). A bathroom should be within reasonable distance of the “nesting 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.

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, record player, gaming system, musical instruments, bar, etc.). A bathroom should be within reasonable distance of the “nesting 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.

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 easily 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. Beta isn’t fun when you’re the only one playing and consoles are much better when everyone thinks they’re funny. Man caves are about bonding and everyone should be entitled to their input.

Movie Theater themed man cave.

Photo Courtesy of DIYnetwork.com

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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 easily 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. Beta isn’t fun when you’re the only one playing and consoles are much better when everyone thinks they’re funny. Man caves are about bonding and everyone should be entitled to their input.

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, but 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 exceptions; they become the norm. If too many exceptions are made, they aren’t serving its purpose. Basic requirements include and are not limited to: a kegerator or oversized fridge to keep beer cold, seating area 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, record player, gaming system, musical instruments, bar, etc.). A bathroom should be within reasonable distance of the “nesting 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.

Comfort and Convenience

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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. Cultivating your man cave to its full potential will result in more lifelong memories shared with your bros. 
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!

- Holiday Meals -

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

New Year’s Dinner

12/17
4-6p
Featuring shrimp w/sherryed 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
Peak Performances

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

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. Diagos

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 ID.
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 discounted 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 participating 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

Help Wanted

Are you a college student experienced in child care and looking for a stable income while pursuing your degree? Becoming a Nanny can provide fulfillment and still allow the time to pursue outside endeavors. Contact Kelley at Perfect Fit Nanny Placement Agency: kanazarian@gmail.com or call 862-485-5111.

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

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

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Help Wanted

Babysitter/Mother’s helper: After school help for 3 children in Upper Montclair. Days & hours flexible. Occasional night-time babysitter also required. Contact Lesley: lesley@abdulhayoglu.com or call 201-565-2947.

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Help Wanted


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

Reasonable off-street parking, M-F. Only three min walk to MSU Bridge & Shuttle! Call 973-819-0334 Sun-Sat, 9 a.m. - 8 p.m. ONLY.

Parking

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 night-time babysitter also required. Contact Lesley: lesley@abdulhayoglu.com or call 201-565-2947.


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And now time for something different ...

**SUDOKU!**

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  8   3   6
  7   9   2
  5   7
  4   5   7
  1   3
  1   6   8
  8   5
  9   4
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**Toons**

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

**HELP WANTED**

**ASSISTANT PRODUCTION EDITOR**
CONTACT MSUPRODUCTION@GMAIL.COM
B

ack Friday has become a veritable rite of passage that has brought more exposure to the holiday that precedes it: Thanksgiving. Sadly, this holiday that represents humble and thankful sentiment has always been overshadowed by the major holiday season and is 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 when 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 in 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 accused in 2008 was when a Walmart employee was trampled by a stampede of people. Those in the ambulance that pled by a stampede of people. Unfortunately, as sales improved, people became more violent.

In 2006, there were the first reports of violence on Black Friday. The first death accused in 2008 was when a Walmart employee was trampled by a stampede of people. Those in the ambulance that were so early are that if they’re going to mark up the price with out 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.”

Alex Kritz
Business Junior

“I don’t think Black Friday sales are worth it because the sales really aren’t sales. It’ll 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

“This, because I’ve never gone Black Friday shopping. I hear all these weird, seemingly unrevealing stories of people fighting over something like a vacuum cleaner. I always did the pre-Black Friday sales which happen before Black Friday. I just don’t think it’s worth it, waiting until midnight to go shopping.”

Joe-Tonja Bailey
Justice Studies Junior

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

Toni Abston
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 have 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 when people get too rowdy, 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.”

Thumbs Up

Will Ferrell anchors actual news broadcast as Ron Burgundy

Olympic diver Tom Daley comes out

Mercury, Venus and Saturn align with Pyramids of Giza for the first time in 2,737 years

Thumbs Down

Amazon drone delivery

Paul Walker’s death

Finals
Don’t Be So Swift To Judge America’s sweetheart

In 20 years, Taylor Swift will remain in our hearts and on our radios.

Tiffany Saez, an Economics/Political Science columnist for The Montclarion, in her second annual column for The Montclarion.

LGBTQ Continued from pg 1


The Opinion Section is currently looking for new contributors. This is a great opportunity to learn about journalism, editing and practice your own writing! No previous experience is required.

Please inquire at montclarion@gmail.com

Victoria Nell, a Television and Digital Media major, in the second year of a column for The Montclarion.

Main editors appear on the first page of the Opinion section. Columns are unsigned articles that represent the opinion of the editorial board on a particular issue. Columns are written by individuals and do not inherently reflect the opinions of The Montclair staff.

Concerning Editorials and Columns

When one thinks of a celebrity, one imagines images that come to mind are radical actions, fabulous parties and Rosie the Rivets. Though successful at establishing some degree of women’s equality, feminism has additionally received a bad reputation over the years as several people associate the movement with extremism, hatred for the opposite sex or even the dictation of double standard against men. Yes, there is no doubt that women, through time, have often and hold to certain expectations; be they from the media, their ethnic/cultural background or, most notably, from their fathers. The blame on men alone is wrong.

Therefore, the patriarchal society is often better viewed as the subjugating women, it likewise does the same for men. In fact, men are expected to fulfill a particular role, one that is not at all different from what their female counterparts are required to do, though there is often less attention given to that role. Many males believe the “perfect” man. Indeed, so destructive and false idea of the “perfect” man. Men—especially those who not only exhibit characteristics that are a part of my life as well as something to be admired and celebrated. It is a part of my life as well as something to be admired and celebrated.

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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 escalated 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 broken down place where positivity is hard to come by. Fortunately during the days of its capital Sarajevo, a group of men planted seeds of 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 and their only constant concept is civil disobedience. With albums both in their native language and English, Dubioza’s songs preach for ethnic tolerance, anti-fascism and social change in Bosnia. Time and BBC both consider them activists should give a listen to. This past year which, unfortunately for English-only speakers, is exclusively in their version. It was possibly their greatest activist plan for Bosnia’s traditional vocal exchange between Adis and Almir during the verses. The song is derived 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-inforces IDEC’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 Faithfull’s “The Rockafeller Skank” entitled “Balkan Punk.” The intro-verse examples 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 description of the average young post-war Bosnia male broke, loud and high on ganja. It’s a personal favorite because of two enticing instrumental breaks, a crying graceful accordion solo and an imposing gypsy brass melody that sounds like its rapping all men of the Balkans to war. The song leaves me on my ass every time.

Divided Country United

Music Blurs Lines

Leonardo Dinić
Contributing Writer

The Montclarion • December 5, 2013 • PAGE 15
PLAYLIST
SONGS TO STRESS TO

Cry Me a River- Justin Timberlake
- Jayna Gugliucci
Asst. News Editor

Under Pressure- David Bowie/Queen
-Jessica Zarzogursky
Editor in Chief

Survivor- Destiny’s Child
-Thea LeCout
Asst. Entertainment Editor

Nowhere to Run- Martha and the Vandellas
-Nick Taylor
Copy Editor

My Way- Frank Sinatra
-Rob Rowan
Asst. Sports Editor

Don’t Stop Believing- Journey
-Christine Ham
Asst. Copy Editor

It’s the End of the World As We Know It- R.E.M.
-Nick Verhagen
Sports Editor

Hate Times 8-Psychostick
-Monica Bujas
Opinion Editor

Sacrilege- The Yeah Yeah Yeahs
-Aviwe Behrami
Asst. Entertainment Editor

Totally F*cked- Spring Awakening
-Catherine Baxter
Managing Editor

SIT Scholarships
Deadline: March 5, 2014 (summer); April 15, 2014 (fall)
www.coeaststudyabroad.com/students/financing/scholarships.html

Boren Scholarship
Deadline: January 15, 2014
www.borenawards.org/boren_scholarship

Gilman Scholarship
Deadline: March 4, 2014
www.iie.org/Programs/Gilman-Scholarship-Program

ISA Study Abroad Scholarships
Deadline: April 30, 2014
studiesabroad.com/admissions/document/scholarships

CEA Scholarships
Deadline: January 17, 2014
www.fundforeducationabroad.org/applicants/scholarships

Phi Kappa Phi Grant
Deadline: April 1, 2014
http://phikappaphi.org/Web/Awards/Study_Abroad.html

For more scholarships, visit:
www.studyabroadfunding.org

Visit our website at:
http://www.montclair.edu/global-education/study-abroad/

Wintersession 2014
Register now
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Choose from a wide range of courses that meet December 23-January 10 on the Edison campus.

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- Complete 3 credits in 3 weeks
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SUCCESS STARTS HERE
Middlesex County College is a public, community college in Edison, New Jersey offering 100 degree and certificate programs. Together, dedicated teaching faculty, small classes and state-of-the-art learning technologies prepare students for transfer to complete advanced degrees and for 21st century careers. Also available are credit-bearing and non-credit courses. Day evening, weekend and in-class courses are offered for full-time or part-time students. In addition to the main campus, there are centers in New Brunswick and Piscataway.

2600 Woodbridge Avenue, Edison, New Jersey

SUCCESS STARTS HERE
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.

Demp will also 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. Waskowska, who will be starring as Alice in the sequel, is known for various films such as Stoker (2013), Anna Kev (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. Waskowska 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 Waskowska stars alongside Paul Giamatti and Earn 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.

**THE FOUNDATION FOR A BETTER LIFE**
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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 Tobar 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 slow start as they picked up two wins over Rowan and Centenary before the Thanksgiving break. Senior forward Kevin Goldstein posted a double-double in each game while scoring 21 points in the first game and 10 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) 
   d’Antoni’s Team isn’t going down without a fight. They have a very strong roster but nothing special. They need to play better outside of their Oracle Arena to give themselves more comfort in the standings.

2. Indiana Pacers (14-2) 
   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. Oklahoma Thunder (13-2) 
   Will this finally be the year that Kevin Durant can break the stigma and become one of a team. Paul George has fit in nicely with his new squad.

4. San Antonio Spurs (13-3) 
   The Spurs continue to age like fine wine.

5. Portland Trailblazers (12-3) 
   It’s nice having Damian Lillard on your fantasy team. Portland is definitely this year’s feel good story.

6. Houston Rockets (13-4) 
   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 (13-4) 
   Chris Paul’s 12 assists per game is one of the best in the world. Let’s see if DeAndre Jordan can truly work his magic with the better team in L.A.

8. Golden State Warriors (11-5) 
   This was our hand-in-waist 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 (11-5) 
   As long as they have Dirk Nowitzki in town, the Mavericks will always be respectable. Fin, Monta Ellis has fit in nicely with his new squad.

10. Denver Nuggets (11-5) 
    Coach coach Portland Shaw was the perfect choice to take over for George Karl.

11. Minnesota Timberwolves (10-6) 
    Instead of Minnesota being sellers just for the sake of getting rid 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 (8-8) 
    Watch out for this team. They have a very bright future, especially since they first round pick Otto Porter Jr. is yet to even make his debut.

13. Phoenix Suns (8-8) 
    Eric Bledsoe is the year’s surprise. With a new logo and the Morris brothers, this Suns team might surprise the world.

14. New Orleans Pelicans (8-8) 
    It’s a shame to see Anthony Davis be 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 (9-9) 
    The Pistons have a formidable lineup but their best player, handguns-down, who’s ceiling that has untapped potential is Andre Drummond.

17. Atlanta Hawks (9-9) 
    Despite losing Joe Johnson and Josh Smith in the last two seasons, the Hawks have no intention on being at the bottom of the Eastern this year. They were in the late 90s to mid-2000s.

18. Los Angeles Lakers (9-9) 
    Stadmil has too low to be Kobe Bryant. He’s going to making $48.5 million in the next two seasons. He should be back playing on the court by late December from that achilles injury.

19. Chicago Bulls (7-5) 
    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) 
    Who knew that the Magic would end up on the much better end of this trade? In addition to Dwight Howard, the Magic added a first round draft pick.

21. Orlando Magic (6-12) 
    Who knew that the Magic would end up on the much better end of this trade? In addition to Dwight Howard, the Magic added a first round draft pick.

22. Boston Celtics (6-12) 
    Trading an old Paul Pierce, Kevin Garnett and Rajon Rondo for a double-duty in each game while scoring 21 points in the first game and 10 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.

23. Toronto Raptors (6-13) 
    It’s already been said that one of the most frightening college basketball products. Andrew Wiggins, has announce he’d like to play for his homeland.

24. Brooklyn Nets (5-13) 
    Will this finally be the year that Kevin Durant can break the stigma and become one of a team. Paul George has fit in nicely with his new squad.

25. Cleveland Cavaliers (4-14) 
    Kyrie Irving is a one-man show, but even his talent isn’t enough to replicate what LeBron James was able to do during his time with the Cavs.

26. New York Knicks (4-13) 
    This team has definitely missed Tyson Chandler’s presence but with or without him, they are by no means a contender in any sense of the word.

27. Sacramento Kings (4-13) 
    The take about moving to another city can be put to rest and locking up DeMarcus Cousins to a 4-year extension would make coming to play for the purple and black quite enticing.

28. Milwaukee Bucks (3-14) 
    They have some young players to build around, such as Ersan Kiem, Giannis Antetokounmpo and former Nets first round pick Derrick Favors.

29. Utah Jazz (3-14) 
    They let go of their two top scorers in Brandon Jennings and Monta Ellis last offseason.

30. Milwaukee Bucks (3-14) 
    They let go of their two top scorers in Brandon Jennings and Monta Ellis last offseason.
LOVE SPORTS?

Interested in writing for sports or taking photos?

Contact Nick at montclarionsports@gmail.com
Who’s Hot This Week
Ordel Goldson
Forward — Basketball
Goldson posted an outstanding 39 points and 18 rebounds.

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.

Game of the Week
Womens Basketball
@ Ramapo
Dec. 7, 1 p.m.
The Red Hawks look to continue their win streak against Ramapo.

‘Montclarion’ Staff NFL Predictions

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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.

This week’s winner
Jaguars Texans Texans
104-72
This Week 11-5
Nick (Sports) Jessica (E.i.C.)

This Week 10-6
102-74
This Week 11-5
Jonathan (Arts)

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

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Red Hawks Win Conference Opener

MSU wins back-to-back home games for 2-2 record

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.

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.

The Cyclones were able to cut the lead to 10, but the Red Hawks wouldn’t let up, eventually taking a 16-point lead into the half.

They shot 52 percent from the field in the first half and went 3-4 from three-point land. Gonzalez scored 11 of his 13 points in the first half, which included a three-pointer to put his team up by 10.

The Red Hawks were able to extend the lead to 20 just over three minutes into the second half.

Back-to-back layups in the paint by Singleton put them up by 25 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.
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 165, 174 and 184 pounds.

Matt Tamburri picked up a comeback 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 Frude 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.

“You 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

Zafer Nuralis (M) - Tech - (GLO)
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’Priscoll (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 - (GLO)
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