The Montclarion, January 30, 2014

The Montclarion

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Super Bowl Media Day

Nick Verhagen
Sports Editor

On Thursday, Jan. 28, I visited the Prudential Center in Newark for Super Bowl XLVII Media Day.

After arriving at 9:30, I walked amongst fans and media officials alike, who were all physically and mentally hard to get out of the frigid climate.

The morning did not start out the best as, after being told to walk around to the media entrances. I was directed to a door labeled “Media Credential Pick-Up.”

While attempting to be let in, I found myself in the company of Newark Mayor, Luis Quintana and four of his associates.

After lasting Quintana and his party in, myself, along with a handful of other media personnel, were informed of a lock-up in the line and were told to walk around to the opposite end of the building to the “VIP Ticket Pick-Up.”

Super Bowl week kicks off in Newark, NJ.

The Student Voice of Montclair State University Since 1928
Volume XCIV, Issue 15 Thursday, January 30th, 2014 THEMONTCLARION.ORG

School is Out... Later than Ever
Christie proposes to change length of school year and breaks for students

Ken Macri
Staff Writer

During his State of the State address, Governor Christie managed to spark a debate that has recently become more loudly contest throughout the state of New Jersey than the George Washington Bridge scandal: longer school days and a longer school year.

The Governor has called for a major overhaul of school scheduling that would have a seemingly adverse affect on students, teachers and parents across the Garden State. Christie proposed longer school days and a shortened summer vacation, 2014 World Economic Forum
How the rich and powerful pull the strings and call the shots
Tiffany Saez
Production Editor

On Jan. 22, some 2,500 political leaders and over 1,000 business giants attended the World Economic Forum Annual Meeting in Davos, Switzerland to discuss matters pertaining to the global economy. From global health to social development to the environment, a myriad of relevant issues were covered at the four-day convention, but what the leaders really failed to acknowledge was the biggest elephant in the room — income inequality. To make the matter worse, this particular subject was left rather disregarded even after the very same World Economic Forum (WEF) listed income disparity as the largest threat to the global economy in its 2014 Global Risks report.

Tiffamy Saez continued on Page 4.

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Jayna Guglucci
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.

On Jan. 24

Two students reported that an unidentified individual entered their room in Alumni Hall in the early morning hours. This case is under investigation. (building #62)

On Jan. 25

Non-students Michael Autiero, 20 and Justin Nover, 18, of Wayne, N.J. were charged with underage consumption of alcohol while in Gordon Hall. Autiero was also charged with hindering his own apprehension and presenting false information to law enforcement. Both parties are scheduled to appear in Little Falls Municipal Court. (building #58)

A student reported that his MSU parking hangtag and Apple iPad were removed from his unsecured vehicle while parked on the third floor of CarParc Diem. This case is under investigation. (building #50)

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GILMAN SCHOLARSHIP INFO SESSION
Dickson Hall, Cohen Lounge
Thursday, February 6 at 10:00 a.m.
Tuesday, February 18 at 2:00 p.m.

Students who receive Pell Grants are eligible to apply for a Gilman Scholarship to study abroad.

Come to a session to learn more!

BUDGETING FOR STUDY ABROAD WORKSHOP
Dickson Hall, Cohen Lounge
Thursday, February 6 at 11:00 a.m.
Tuesday, February 18 at 3:00 p.m.

Learn about the financial aspects of studying abroad and how to prepare.

STUDY ABROAD WEEKLY INFORMATION SESSIONS
Every Wednesday, 2:30 p.m.
No pre-registration required
Global Ed Conference Room, 22 Normal Avenue
Across from Panther Athletic Center

It’s all here. Montclair State University
of the 18 teams competing, students were able to work investment challenge where final portfolios to Peapack-Gladstone Bank members. Students in Dr. Seddik Meziani’s Investment Management class presented their research. “The presentations,” says Meziani, “are the closest thing to real life as can be.”

Students and Peapack-Gladstone Bank members come together.

Andrew Osolin Staff Writer

In an effort to keep the campus free from the spread of infection, the UHC is taking steps to raise awareness and fight the spread of the flu season. Post signs in the residence halls or campus courses. In accordance with the University Health Center’s vaccination guidelines the UHC follows, students with influenza-like illness are “required to self-isolate until they are fever-free for 24 hours without medication.”

Until this point is reached, no student displaying symptoms of such illness is allowed to return to the residence halls or campus courses. In fact, resident and commuter students are “strongly encouraged to recover until they are infection free.” Without such precautions, an illness as “highly contagious” as influenza could effortlessly contaminate student and faculty life at Montclair State.

In New Jersey right now, it is “normal to see sporadic cases as the community resumes their routines,” according to Barry. “In the past, cases are something [the UHC] expects to see during the season. Barry is confident that the possibility of an influenza outbreak on campus is far from a reality.”

With a history of developing and taking new shapes over time, the current form of influenza infecting the state can often remain unknown to the average person.

When questioned about the influenza outbreak in New Jersey, Barry stressed that “this type of flu seen most frequently this year is the same form seen in 2009 called H1N1.”

Commonly known as the “swine flu,” this form of influenza affects young adults as the most at risk—a potential issue on a college campus.

For this reason, clinicians often treat students at the University Health Center with flu-like symptoms immediately. In accordance with the CDC and state guidelines the UHC follows, students with influenza-like illness “are required to self-isolate until they are fever-free for 24 hours without medication.”

According to Montclair State’s director of campus security, Larry Brown, “the type of flu seen most frequently this year is the same form seen in 2009 called H1N1.”

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Lessons in Compassion

MSU students embark on a journey of great meaning in Nicaragua

_The group of MSU students in Nicaragua._

**Andrew Osolin**
Staff Writer

A group of 15 Montclair graduate and undergraduates students led by Professor John Henry Velasco met on Jan. 3 at Newark International Airport as perfect strangers.

They returned to Newark International Airport two weeks later, this time as a family on a mission.

This family of strangers was formed during an unforgettable trip to La Curva, a community in Nicaragua, where, through an organization called Witness for Peace, they were given the opportunity to meet extraordinary people who selflessly sacrificed time and effort to change their community for the better.

The purpose of this trip was not sightseeing, nor charity; if anything, the family, who call themselves Team Nica 2014, more often than not found themselves on the receiving end of generosity.

Instead, these students and faculty came to Nicaragua to learn how to make positive changes in their own communities, local and global, through kindness and compassion.

The people they met on their trip all worked solely for the benefit of their community, with no other intention but to help others. One of the individuals the family had the privilege to meet was Carlos Vidal. Vidal is the director of a rehabilitation center called Los Quinchos, a place dedicated to helping children off the streets. Here, kids attend school, play with other kids and learn crafts like bead making, all in a safe environment.

Vidal told Team Nica moving stories of the struggling children he’s taken in and helped to improve their lives through teaching them to freely express themselves.

Another person they met was Yamileth Perez, a health promoter in La Chureca. Perez improves her community and the health of its members by teaching women how to make soap, which she then sells at a store, where they found creative and unique items such as potato chip bags. This first-hand experience gave the family a new perspective on ways to help its community.

One of the questions the family was asked before leaving for La Curva was “Would you give up your bed to a stranger?” When they met their home-stay families, they were surprised to find they were not as home-stay families, but as real families.

Team Nica 2014 paid monetary benefits out of their own pockets to learn about social responsibility, love, passion and strong relationships and happiness in Nicaragua.

“Before we went, we were a trip like this one. Professor Velasco is leading a similar trip to Cuba this spring. Team Nica 2014 paid money out of their own pockets to learn about social responsibility, love, passion and strong relationships and happiness in Nicaragua.

“Before we went, we were a trip like this one. Professor Velasco is leading a similar trip to Cuba this spring. Team Nica 2014 paid money out of their own pockets to learn about social responsibility, love, passion and strong relationships and happiness in Nicaragua.”
Every televised awards show is an opportunity for fans, fashionistas and critics to talk about how much they love or hate what their favorite celebrities are wearing. Don’t be ashamed to admit that you get excited just watching them walk the red carpet before the show because, to be honest, we all feel the same way. The Grammy Awards, in particular, usually bring out the best, most interesting types of fashion. I think we all remember when Lady Gaga hatched out of an egg at the 2011 Grammys. Musicians tend to express themselves through any possible outlet that makes for very eclectic fashion choices. This year, although Lady Gaga was nowhere to be seen and there were many artists who opted out of walking the red carpet, the Grammys did host a few interesting getups.

Rolling Stone released their 23 best and worst dressed musicians from this year’s Grammys and named Katy Perry, Taylor Swift, Ariana Grande and Lorde as some of the best dressed. As for the worst dressed, the magazine seemed to think Pharrell Williams, Madonna and Sara Bareilles didn’t make the cut. The Huffington Post also wrote about who they thought were the worst dressed and even released a video where they explain why each dress they chose just didn’t work for the red carpet. Among their worst dressed choices were P!nk, Katy Perry, Skylar Grey, Colbie Callait and Natasha Bedingfield.

Ultimately, it’s very subjective and you can decide whether these critics are wrong or not based on your taste. So, without further delay, I present you all with some of the most talked about celebrities from this year’s 56th Annual Grammy Music Awards.

Taylor Swift
No one could stop talking about Taylor’s glittery Gucci gown. The gown complemented her figure and its simplicity allowed her to pull off natural-looking make-up.

Katy Perry
Some people thought Katy’s Valentino dress was a little too literal with its music note design. Others thought it was very appropriate and complemented her well.

Pharrell Williams
Pharrell opted out of wearing a suit or tuxedo, but the attention he attracted didn’t come from what he wore on his body; it was more about what he wore on his head. People everywhere took to Twitter to compare his hat to the Arby’s logo or describe what they thought could possibly be hiding under it.

Beyonce Knowles
Beyonce’s see-through dress was made by Project Runway’s winner Michael Costello. Costello didn’t have any of Beyoncé’s measurements when he was making it so his anxiety levels were high, but, in the end, the dress fit just right and Beyonce looked ravishing.

Pharrell Williams
Pharrell Williams

Madonna Ciccone
Maybe Madonna is the only person who could rock this black cady double-breasted tuxedo jacket, white cotton shirt and black double-faced wool pants by Ralph Lauren, but most people just think her cane and hat made her look like the Quaker Oats quaker.
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Register at montclair.edu/graduate
will offer some a rich array of stories detailing peoples journeys through nicotine addiction.

Calculate how much you’re saving when you decide to quit. An average pack costs about $9 in New Jersey. If you smoke a pack a day, you’re saving almost $50 each week. Being a college student, it’s difficult enough to manage your funds without the added expense of smoking.

I spoke to my friend, Kevin, who quit after smoking for five years. He has been cigarette-free for almost two years. “One of the biggest obstacles to quitting smoking is overcoming the idea of smoking that we have attached to it. Past pleasant memories that we have of smoking motivate us to light one more cigarette. We remember how good it feels to smoke a cigarette after eating and that memory is one of the prime motivators to make us do it again. The way that I quit was by replacing the past pleasant memory of smoking with an unpleasant memory of smoking like the feeling of a cigarette when I had a sinus infection. After a while, the cravings faded.”

Don’t find a substitute. A lot of people will tell you that you need to wean yourself off smoking gradually. But really, you need to abandon anything that reminds of smoking. Don’t chew gum. Don’t take up lollipops. Don’t get e-cigs (recent research has uncovered several health detriments.)

Aidan Bell, a senior English major, is someone who fights the battle everyday. Though he decided to switch to e-cigs, he still struggles with addiction. “After eight years of pack-a-day smoking, I made the switch to electronic cigarettes. For about three months, I didn’t touch a cigarette, but the nicotine addiction still held me in its grasp. Although kicking cigarettes made me feel better physically, I still found myself being drawn back to smoking out of convenience. There’s really no success in substituting e-cigs for cigarettes.”

You have to learn how to hate them. These are some methods: Wake up, go to your pack, take a cigarette out, say “Drown in hell” and put it under a running faucet. Give yourself an ultimatum. NPR recently ran a piece about how to quit and the woman being interviewed, sociologist Zelda Gamson, said that she told her best friend that for every cigarette she smoked, she would donate $5,000 to the KKK. They related quitting cigarettes to how ancient Greece fought the Persians, they backed themselves up to a cliff with no option of retreat.

1. The Harvard School of Public Health surveyed over 14,000 college students at 119 schools nationwide and found that one third of college students currently use tobacco products.

2. The Harvard School of Public Health also says as of 2013, 18.9 percent of young adults between the ages of 18-24 smoke cigarettes.

3. According to the 2012 U.S. Surgeon General’s Report, it’s very rare for someone to start smoking after 25 years of age.

4. The U.S. Surgeon General’s Report also says that today, over 1,159 universities have implemented smoke free or tobacco free policies.

5. According to Dr. Prabhat Jha, a professor in the Dalla Lana School of Public Health at the University of Toronto, if you quit smoking well before the age of 40, you can save almost ten years of your life.

Want to be part of something greater? Write for feature!

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Three Fitness Tips for the Health Inclined

Padraigh Gonzalez  Staff Writer

First and foremost, there is an abundant amount of people going to the gym this month who have never gone before. People whom have weight-related New Year’s resolutions make up a large portion of gym goers this month. Many of these people have never before preformed, let alone seen many of the staple exercises in the gym, i.e. bench press, squats, deadlifts. This list is here to help out people just starting out. Before reading, understand that many of these ideas are simplified versions of the real thing, and if you are really interested in learning more, don’t be afraid to research the topic yourself.

Figure out what you are trying to do

For many, the goal is to lose weight. However, there are some people who want to gain more muscle. In regards to both the basic principle behind gaining or losing weight is calories. Think of the human body as a fire half full of wood. The more wood you put in, the bigger the fire gets. The inverse is also true. The less wood you put in the fire, the smaller it becomes. To put it simply, the human body runs on calories, and depending how much you put into your body will determine how much or how little weight gain you have. This is a very brief explanation for nutrition and those wishing to lose weight should never go below 1200 calories as the human body goes into starvation mode and stores fat. For people trying to gain weight, you should only eat 500 more calories of mostly protein per day, as any more will cause you to gain fat, which is not what you want.

Know the difference between compound and isolation exercise

Compound exercises should be the only type of exercise people just starting in the gym should do. Isolation exercises are meant to make only one body part bigger than the rest. People new to the gym should only perform squats, deadlifts and bench press. The reason newcomers should only preform these exercises is so that they have a firm foundation. If people went right to hamstring curls or bicep curls, then they would grow that muscle disproportionately from the rest of the body. What’s the use of curling 60 pounds if you can bench press 100 pounds? Another more dangerous example is one where someone can leg press 700 pounds, but by only training quadriceps, his or her hamstrings are underdeveloped. As a result, they feel overconfident that they can squat more than they are able to and might hurt themselves. By having a firm foundation, newcomers can build up their strength levels and can be safer in their lifts overall.

Results don’t come in a week

Many people get discouraged when they don’t see the abs, chest or butt that they have been working so hard on. Gains and weight loss will happen, but Rome wasn’t built in a day. In order to transform your body, it takes hard work and a lot of sweat. If it were easy, everyone would be doing it. The step to changing yourself is one that will pay off big, but only if you continue to push and tax your limits. Quitting after not seeing results by a certain time, you only cement yourself down. The worst thing you can do is be just like everyone else. Don’t quit on yourself because, at the end of the day, you are your own motivator. There may be many factors for your resolution, but remember that it’s your resolution, not your friends’, not your significant others. It’s yours. Good luck!
Cooking can seem intimidating to some people due to the time and techniques involved. This can turn people off from cooking their own food, which is not a good thing. Cooking can often mean a healthier and fresher diet than always eating out. But cooking does not have to be hard, complicated or involve a lot of equipment or time. Many foods can be made in the microwave, which makes things easy and quick. Surprisingly, a lot more than just frozen meals can be microwaved, and knowing this can help someone make healthy food if they do not have access to a full kitchen, such as in a dorm room, or if they are in a rush. Here are some ways to make healthy foods quickly with the help of just a microwave.

**Broccoli:**
Broccoli, along with other vegetables that you may conventionally cook in a pot of water on a stove, can be made very easily in a microwave. Simply put the chopped vegetables in a deep microwave-safe bowl with about a half-inch of water and cook for around five to six minutes. Cooking time can change depending on how much food, water and the power of the microwave. Just check on the vegetable every couple of minutes for doneness.

**Buffalo cauliflower:**
Like broccoli, cauliflower can be put in a bowl with a small amount of water and cooked in a microwave. Cauliflower may take a few extra minutes than broccoli to cook. A fun way to enjoy this vegetable is by adding hot sauce to it once it is cooked. A healthy twist on a “buffalo” flavor makes this satisfying and delicious.

**Sweet potatoes:**
Sweet potatoes are well-known for their healthy dose of vitamin A and for taking a long time to cook in an oven. For an easy way to enjoy sweet potato, make a few slices in the top of a sweet potato with a knife or make several holes with a fork. Then simply put on a plate and microwave for about four to five minutes, depending on the size of the potato and the microwave’s strength.

**Brown rice:**
Whenever possible, eat whole grains for your daily intake of grains as they are denser with nutrients. An easy way to incorporate whole grains is by eating brown rice, which can be made in a microwave with Minute-brand brown rice. Pour the rice into a bowl. One serving is ½ cup dry, which is about the size of a tennis ball. Pour water in the bowl until the rice is completely covered and cook for around five and a half minutes or until all of the water is absorbed.

**Whole-wheat pasta:**
It may sound surprising, but pasta can easily be cooked in a microwave. Elbow or shell shapes work best because they can easily fit in a microwaveable bowl. Simply put pasta in a microwave-safe bowl, fill with water until everything is covered and cook completely for about eight minutes for one serving. Whole-wheat pasta is delicious and carries the nutrition of whole grains, including fiber. If you do not have a strainer to drain the pasta, simply hold a spoon up to the bowl to block the pasta and carefully pour the water out.

**Dark chocolate:**
Chocolate can be melted in microwave as long as you watch it closely to prevent burning. Put some antioxidant-rich dark chocolate chips in a bowl and microwave until melted, stopping the microwave to stir the chocolate at least every 20 seconds. Enjoy this treat by dipping fresh strawberries in it or by drizzling the chocolate over banana slices.
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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 973-485-5111.

After school care for a five year old in Cedar Grove, starting in September 2014. Five days a week, but would consider 2-3 days. Contact Sarabi.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

Part-time Nanny wanted from 5:00 - 6:30 p.m. Minimum of 5 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.

Part-time dog sitter desired in Cedar Grove. Must have transportation. Contact Marcia 917-273-6208 or mspencer5926@gmail.com

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@abdulhayoglu.com or call Lesley 201-563-2047.


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, Mon.-Fri. Only three min. walk to MSU Bridge & Shuttle! Call 973-819-0334 Sun-Sat, 5 a.m. - 8 p.m. ONLY.

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Toons

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

MONSTERS FIRST DAYS

Written and illustrated by Joe Stansbury

LEAVES HOUSE LATE

SOMEONE’S PULLING OUT OF A SPOT ON THE FIRST FLOOR OF CARPARC...
Super Bowl Leaves Us Super Bummed

A BC News pre-
dicta that 12,000 people are expected to take the train to the Meadow- land in order to attend the Super Bowl. New Jersey workers are ob-
tainly playing a large role in providing access to the Super Bowl, and students from Montclair State University are even volunteering with setting up the myriad of Super Bowl-related events along with stu-
dents from other cam-
In New Jersey and
ges, the amount of
effort and energy ex-
pended by New Jersey residents in the name of the Super Bowl and the Land Center is overshadow-
ed by the bright lights and international allure of New York City. Many people feel a strong con-
nection between New York and the greater Metropolitan area, but to be so spurned by the city we all love and ig-
ored by the sports teams in which we have invested large amounts of money and team spirit is a mista-
take which discredits the hype around a New Jersey Super Bowl. Clearly, to the rest of the world includ-
ing New York City and the New York Giants, whose stadium hosts the Super Bowl, the Super Bowl is not one in which New Jer-
sey citizens and volunteers play any mentionable part.

For the first time in the NFL’s almost 94-year his-
tory, the Super Bowl will be held in a cold winter, non-dominant stadium. East Rutherford and MetLife Stadium will play host this Sunday to Super Bowl XLVIII, an event that, as the NFL states, will take two states to run it. Though the NFL wants both states to run it, they’ve conveniently left New Jersey in the dark. East Rutherford, over-
shadowed by the skyline that looms over the in the distance, has fallen the big-
gest victim to the Super Bowl frenzy, despite being the host town.

New Jersey may be blamed for poor marketing skills or even for not being as much of a draw as the over-glamorous New York City. But what is a New Jer-
sey resident to do?

Despite the fact that all of the players came in through Newark Liberty Airport and are staying in hotels in Jersey City, the fact still remains that the city is taking the bigger draw, the bigger crowd and getting more of the publicity. While for many living in the state, the traffic will surely be worse, and Route 17, 3 and even the Turnpike will be clogged and jammed worse than usual. We will still remain a shadow for what will be our biggest shining glory in years to come and cannot have the luxury to leave the under-
appreciated belt hole.

Even the mayor of East Rutherford could not get a ticket for an event in his own town, not to men-
tion NYC takes the glory by hosting the celebration, grabbing any income from local businesses. New York has “the greatest city in the world.”

What does New Jersey have to show for itself? Ap-
parently, nothing that can be compared to what New York has, New Jersey has the Giants and the Jets. Hen-
sely, thinking about any major league team, New Jersey really doesn’t have a team to call its own.

Now, let’s not jump the gun by overrating geogra-
phy and claiming that East Rutherford is in New York.
Testosterone: Something to Fight Over

Athletes in need of testosterone for health purposes are denied

The question still remains: is this for better or for worse? Although it is true that it is fair to have it, for example, in the Belfort’s case, a UFC champion, uses testosterone to help him win fights. Theough love making about making health care for everyday citizens. The push to reduce govern- ment interference to promote human rights, the Eurozone crisis, ultimately re- sulting in austerity around the world. Meanwhile, secret negoti- ations are still being made on the Trans-Pacific Partnership agreements. The question still remains: is this for better or for worse? Although it is true that it is fair to have it, for example, in the Belfort’s case, a UFC champion, uses testosterone to help him win fights. Theough love making about making health care for everyday citizens. The push to reduce govern- ment interference to promote human rights, the Eurozone crisis, ultimately re- sulting in austerity around the world. Meanwhile, secret negoti- ations are still being made on the Trans-Pacific Partnership agreements.

Economic Forum

Continued from page 1

While not being tied to total fails, some good did come out of Europe. Attend- ing the World Economic Forum for the first time in 10 years was Iran, declaring that it is ready to open up to foreign investors.

This comes the week after some of Iran’s sanctions were eased for enriching its uranium. Enrichment compliants with economic deregulation and the world.

The Montclarion Opinion Section is currently looking for assistants. Come visit us! We are in the office (113 in Student Center Annex) every Wednesday - for Production Day, and are available to answer your questions in person or by email atmsupinion@gmail.com. Hope to hear from you soon.


capita, which left with- out jobs or other working for years. We have seen the appeal of the Glace- na's and pasta. The men who are in the lead in the 2008 financial crisis is weighing ten against the Eurozone crisis, ultimately re- sulting in austerity around the world. Meanwhile, secret negoti- ations are still being made on the Trans-Pacific Partnership agreements. The question still remains: is this for better or for worse? Although it is true that it is fair to have it, for example, in the Belfort’s case, a UFC champion, uses testosterone to help him win fights. Theough love making about making health care for everyday citizens. The push to reduce govern- ment interference to promote human rights, the Eurozone crisis, ultimately re- sulting in austerity around the world. Meanwhile, secret negoti- ations are still being made on the Trans-Pacific Partnership agreements.

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Peak Performances

WORLD PREMIERE – A PEAK COMMISSION
DOUGLAS DUNN & DANCERS

Aubade

Artistic Direction and Choreography by Douglas Dunn
Lighting, Costumes, and Video by Charles Atlas
Music and Musical Direction by Steven Taylor
Text by Anne Waldman

Company Dancers
Alexandra Berger
Grazia Della-Terza
Douglas Dunn
Emily Pope-Blackman
Paul Singh
Jin Ju Song-Begin
Jake Szczypek
Timothy Ward
Christopher Williams

Montclair State Dancers
Julianne Cullen
Jake Deibert
Kylie Levine
Genna Mergola
Crystal Rodriguez
Mark Willis

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.

Jan. 24 – Feb.1
973-655-5112 | peakperfs.org
Is writing something you always wanted to do? How did you come about writing for the show?

It is my first professional writing job. When I was in college, I wrote dance reviews for The Village Voice, so I guess that kind of counts. After working with my manager and my agents for about a year and a half, I got really lucky and my agents got my script to Jenji Kohan, our show runner and creator, and after a bunch of steps, after the script was passed on and passed on, eventually I met with Jenji and she hired me.

What’s it like to work with Kohan?

It’s amazing! It’s pretty incredible. She’s really beyond talented and she has such a specific voice which I think really comes clear on the show. And she’s taught me so much. The way that she includes everything with humor is so incredible and she has really taught me how to be a better writer. She really encourages everybody, all the writers to be authentic to yourself, so it’s a pretty amazing environment to be a part of.

When you signed on to write for the show, did you think it would be as big as it is today?

No! I had no idea. I think we as writers, and really everyone involved with the show, have been really surprised by the way that it’s taken off. When we got started, when I got hired on the show, Netflix hadn’t really released any of their original programming yet, and I think that if people were aware of any of the shows, it would maybe have been House of Cards just because it was so high profile and we were sort of the ugly stepchild. I spent about the whole first season being like, “You know, I’m writing on this show for Netflix. It’s called Orange is the New Black!” And people would go “Oh, cool, is it a webisode?” So then, I think, when House of Cards came out, people started to have more awareness to us. Still, when you think about women in prison, you don’t necessarily think, “Oh, that will have a huge audience!” I think we’ve been not only been really surprised by the success of it, but also at how huge the demographic is. I mean, the fact that my father loves the show is awesome, and also the audience is much more diverse then we ever anticipated it would be.

What is your writing process like?

It probably revolves around a lot of bourbon for the most part. It’s different now that I write for a show then when I wrote for myself. By the time you get assigned an episode and you go up to write it, you’ll have come up with an outline for the episode in the writer’s room. By the time I go off and write the script, I have a pretty good idea of what the episode looks like. I do one of two things: I either go away for a couple days, like I’ll go to a hotel so that I can’t be distracted by anything, or I’ll also write in my own personal office at the writer’s room so that, when I’m freaking out and when I have questions, there’s a group of us where I think we can all lean on one another. I can run into the writer’s room and say, “I think I’m having a hard time with this. Could you help me?” All of the characters are pretty wonderful, so a great part of the show is when you let those characters play together in order to have scenes where all of these really great characters are sitting around and talking. It’s not necessarily advancing the scene or the plot, but it’s a great character moment and that stuff feels important to me when I’m writing.
What's a typical workday for the show? You said you pick certain writers to write certain episodes. How does that work?

What we do is called “breaking story,” which is sort of us figuring it out. We break out the season as a group, as a writer’s room, and we figure out generally where we are going and what our character arcs look like. Then we start breaking it into specific episodes. Once we do that for a month or two for the beginning of each season, Jenji will assign episodes. She will assign a writer to a specific episode and then that person will go off and start writing that episode. While that person is off, the room continues writing. So, it kind of depends on where you are in the cycle. Either you’re in the room working with the group all day or you’re off writing by yourself all day. Then, once we get into production, we write in L.A. but we shoot in New York. When it’s your episode, you go to New York so you can be on set for your episode. Those are crazy long days, which is fun but really exhausting. It’s actually part of the fun that everyday is a little different and there are a lot of different facets to the job.

Do you have any specific characters that you like to write for?

I love writing for everyone because they are all so unique, which is really fun since they all have such a specific voice. I’m maybe a little partial to our black girls who are so fun as an ensemble. I mean, any opportunity you have to throw Taystee, Poussey and Crazy Eyes into a scene is an opportunity you should take because they are not only great individuals, but are incredible actresses. They make everything better.

Piper changed drastically from the beginning of the season to the end. What was that like developing her character in the writer’s room with Kohan?

It was so fun. Jenji really liberated us in the beginning, and we’ve always been really specific in that while our Piper Chapman is based on a real person, Piper Kerman, they are different people. I think that really gave us the freedom to not feel tied down to anything. We, of course, have a really big responsibility to tell Piper’s story, but it didn’t have to exactly be Piper Kerman’s story. What made that really great was being able to sit down and talk about “I personally am a 31-year-old white woman. What would it be like if I ended up in prison and what would that journey look like for me? What are some things I might struggle with? What might have happened to you in terms of survival?” I think those are the things people would ask as questions as the book does and as well as the first season, too. Those are the things that make it so fascinating to people because we all could be there. We could all be in prison and consider how easily your life can take that turn. I think finding a lot of compassion and empathy, not only for Piper but for all the characters, was really fun and allowed us to do some pretty cool things. It’s so gratifying to watch that arc of Piper sort of coming into herself and grappling for her outside life instead of her inside life.

Do you have any advice for anybody that wants to write or produce for TV?

I think in my own experience, at least what I have found to be the thing that has helped me to be successful in this point of my career, is writing things that I personally love. I think it’s really easy to get caught up in writing to the market or writing what you think might sell or writing what somebody else is writing. But, I think you have to be so authentic to your own personal voice and figure out what makes your voice different from everybody else’s. And really leaning into that, I know I was partially because I was less experienced, but I was so concerned in my own writing with structure, what it needed to look like, what it should look like and instead just wanted to write something that I felt really proud of and that had some characters that I felt were compelling. I think that ultimately helped me noticed by Jenji because my writing didn’t necessarily look like a lot of other people’s.

It was amazing to watch as a viewer. She felt sort of like a female Walter White. In just one season, did you feel she became a completely different person?

That’s great. It’s such a good comparison. Like with Walter White, too, you buy it; you get how in 13 episodes Piper got to that place. You see every step, and I certainly could see myself getting to that place which I think really grounds it.

*Morelli’s episode “Wac Pack” was featured on Entertainment Weekly’s “10 Best Episodes of The Year” list. Season Two of Orange is the New Black is rumored to premiere on Netflix this summer.
Coasting into the U.S. scene with cool vibes and a cooler sound is Laura Mvula, an English soul singer who has certainly created her own path towards public appeal. From Birmingham with a background in gospel music, Mvula had her earliest exposure to singing in the a cappella group, Black Voices, which was directed by her aunt. She also holds a degree in composition, which is fairly easy to hear in her samples. Her 2013 single, "Green Garden," has rooted itself in the psyche of a number of people young and old with its ethereal chimes and expressive soulful tones that click with a lot of listeners.

With melodies and rhythms that haunt you in the most flattering way possible, Mvula's latest album, Sing to the Moon, is, from beginning to end, full of sounds and patterns that will surprise you. If you feel like I do, the monotony of radio singles broaches almost aggravating territory. Mvula does the world a favor by not manufacturing the same tired chord progressions we are forced to hear every day.

In an interview with The Guardian, Mvula gives a little insight into her approach. "I was never really determined to be an artist," said Mvula. "In fact, I was determined to do something that meant I wouldn't be in the spotlight. All of the things I said I'd never do, I seem to be doing." Instead of creating music that simply reaches the ears of numerous people, Mvula creates a "personal space" around her listeners that she briefly describes to NPR. Mvula says, "When I'm doing my more intimate songs that are more personal, I kind of like people to feel that they have their own private space and not have me invade it with my eyes."

After a series of anticlimactic ventures post-graduation, Mvula was encouraged by her singer husband, Theme, to write her own songs. Doing so, she sent her tapes to a number of producers. One producer, Steve Brown, saw her potential and shifted what was otherwise a pretty much stagnant career into running mode. Her first single, "She," landed her at fourth in BBC's Sound of 2013 poll and second for a Brit's Critics' Choice Award. In regards to her career at this moment, Mvula stated to The Guardian, "It went into a different gear. It felt like we were going at rocket speed."

Mvula's reach is certainly extending at rocket speed as more and more people become entranced by her smooth sound. An artist to watch, Laura Mvula continues to "fly on the wings of a butterfly."
Eventually, after going through a mandatory security check, I was finally in line for my press pass. Twenty minutes and some minor frostbite later with a smile on my face and a friendly “Hello,” I finally handed my drivers license to one of two heavily bearded men wearing Prudential Center windbreakers.

After a quick moment of silence, without any other instruction, I was told to simply “Stand over there, by the guy with the hat.”

With the clock counting until players taking their podiums slowly ticking away, I held back my frustration as me and several other attendees were pushed to the side like cattle so that everyone else “in the system” could go through.

Once again, almost 15 minutes later, I was finally taken back on line to be given my pass that would let me onto the floor.

In hindsight, the trouble that I went through doesn’t even matter anymore because it made finally walking onto the packed floor that much more incredible. Walking out from behind a tarp to blaring music and a restless crowd, I got to feel a fraction of what athletes feel like when they take the field.

Not even five minutes into me being on the floor, I noticed Tim Cowlishaw of the Dallas Morning News, Ian O’Connor of ESPNNewYork.com and many more. In my first trip to John Fox’s podium, I looked to my left to see the one and only John Clayton. For those of you wondering, no, he does not have a long ponytail.

After struggling to fight through the seas of cameras surrounding Peyton Manning and Fox, I walked over to Knowshon Moreno, the target of a big media buzz due to his New Jersey roots. Moreno, known to be relatively quiet and private when it comes to the media, did not struggle to have fun with it, constantly answering questions with a smile and even exchanging words with a young boy who asked him what it felt like to be in the Super Bowl.

Between teams, Prudential never stopped the action. Performances by the “Flight Crew,” actors from Motown: The Musical and a Bruce Springsteen cover band kept things hyped before Seattle took the floor. Unlike Denver, the Seahawks seemed to draw a wider spread, making it almost impossible to break through.

Overall, Media Day was an extremely humbling experience and this is sure to be one of the best and biggest championship games we’ve seen in a while.
Fight Night Ends in Split Decision

Former Champion
Benson Henderson ekes out Split Decision win over Josh Thomson

Benson “Smooth” Henderson stepped out of the Octagon last Saturday night with a controversial split decision win over Josh Thomson, but the fight did not go smoothly as his nickname implies.

In the main event of UFC Fight Night 10, the two lightweights put on a show for the Chicago crowd. Thomson (20-6, 3-2 UFC) started things off with a dominant first round, taking Henderson down with ease before transitioning to his back and staying there for most of the round.

However, Thomson suffered a hand injury in the second round that impeded his ability to strike for the remainder of the fight. From that point on, Henderson (20-3, 8-1 UFC) turned up the intensity, taking his opponent down multiple times and chipped away with strikes to the body and head.

Despite his severe injury, “The Punk” refused to fall. He even managed a few takedowns in the fourth and fifth rounds. Henderson utilized a step-in hook to counter and, in the end, the two out of the three judges gave him the nod and critical win.

In the co-main event of the evening, Stipe Miocic beat down former title challenger Brazilian Jujitsu specialist Gabriel “Napao” Gonzaga over the course of three rounds.

Miocic (11-1, 5-1 UFC) persuaded the judges fairly easily with two judges, giving him 30-27 scores and one scoring the contest 29-28. Nonetheless, the result was clear at the end of the fight.

Gonzaga (16-8, 11-7 UFC) found some early success with leg kicks, but his below average cardio failed him going into the later rounds. During the second round, Miocic took control and, in the third, he rocked his Brazilian opponent and dominated him with powerful punches and elbows until the horn sounded to end the fight.

Lightweight Donald “Cowboy” Cerrone broke a prestigious record Saturday night with his head kick knockout over Adriano Martins. The Jacksons’ MMA representative now holds 13 post-fight bonus awards, including fights, knockouts and submissions of the night. This accomplishment is even more remarkable considering the popular belief that Jackson’s fighters put on boring performances. This win also pushed Cerrone (22-6, 9-3 UFC) past Anderson Silva and Joe Lauzon on the bonus list.

The eighth-ranked lightweight used kicks to the legs and body to wear down Martins (25-7, 1-1 UFC) before snapping a powerful kick to his neck, stunning him at 4:40 of the first round. Cerrone saw that his foe was completely unconscious and held back from continuing as an act of good sportsmanship.

Jeremy “Lil’ Heathen” Stephens continued to fight his way up the featherweight ranks with his third consecutive win since dropping down a weight class.

In the opening bout on the main card, Stephens (23-9, 10-8 UFC) defeated featherweight stalwart Darren Elkins by unanimous decision. Stephens took control early, scoring with precise boxing and leg kicks, preventing him from being taken down. Elkins (17-4, 7-3 UFC) had almost no success, failing on all his takedown attempts. He only had one shining moment when he rocked Stephens and attempted submissions, but failed to finish.

“Darren Elkins is [of the] Top 10 and, I think since I got the win tonight, it puts me right there in the Top 10.” Stephens said. “I feel great at 145 pounds. I’m just getting better every day and just really enjoying it.”
Who’s Hot This Week

Nicosia Henry
Guard — Basketball
In the past two games, Nicosia put up 27 points and accounted for 19 rebounds and three assists.

Season Stats
Rebounds - 142
Assists - 48
Points - 294

Who’s Hot This Week

Daniel Singleton
Guard — Basketball
Despite enduring two losses this week, Singleton posted 40 points coupled with eight rebounds and four assists.

Season Stats
Rebounds - 36
Assists - 48
Points - 294

Game of the Week
Mens and Womens Basketball
Ramapo College
Feb. 1, 6 p.m.

MSU hosts a double header against Ramapo, looking to add needed wins to their respective records.

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

Red Hawk Round Up

Womens Basketball
The Lady Red Hawks continue to add wins to their already impressive record with a 69-58 victory over the Rutgers-Newark Scarlet Raiders. Junior guard Janita Aquino was the top scorer for the team, putting up 17 points. Senior Nicosia Henry also had a good outing, putting up 14 points and accounted for five steals.

Mens Basketball
Despite a late game resurgence, the Red Hawks fell to the Rowan University Profs by a margin of one point on Jan. 29 despite a late three-pointer by senior guard Daniel Singleton. The field goal put Montclair within one, but they were unable to take the win with the time remaining. The team returned home but did not fare well, taking a loss at the hands of Rutgers-Newark.

Swimming
The mens and womens swim teams split their last meet, with the womens team picking up the win. But the mens team were bested in the last event and thus lost the event that took place in Montclair after a boiler malfunction caused the event to be moved here from Ramapo College. Both teams look forward to their final dual meet as they host longtime rival William Paterson on Feb. 1.

Track
Junior thrower Tanaya Jones continues to impress on the weight throw with a third place finish, which once again was the best finish on both the Mens and Womens teams. On the track, the mens 4x4 team finished fifth with a time of 3:25. Freshman Ismaio Yekeenah a good outing, placing seventh in the triple jump and tenth in the long jump.
Come Check Out The Montclarion

Every Thursday Morning at 10:30

On WMSC 90.3 or on live365.com
Red Hawks Win Back-to-Back Games

Mike Paneo
toor Werner

The Montclair State women's basketball team recovered from their first conference loss in almost two years and was both of their league games this week. MSU is now 16-2 overall and 10-1 in the NJAC, which is good enough for first place in the league. The Red Hawks are currently ranked #13 in the NCAA second and #12 in Women's Basketball Coaches Poll.

Montclair State started off strong and led for almost the entire first half. However, in the second half, Rutgers-Newark dominated giving Rowan the victory. For the third contest of the season, MSU won the first game in a come-from-behind fashion overcoming a 10-point half-time deficit to win 91-69. The Red Hawks and Pioneers were picked to finish first and second in the conference, respectfully.

"Rebounding, transition defense and defending the three-point shot will be major factors in the game," said Harvey. The result of the game was not available at press time.

On Feb. 1 at 1 p.m., Montclair State welcomes the Rutgers-Camden Scarlet Raptors for the second time this season. MSU won the earlier season matchup 69-39.

"We are taking each game one at a time and not overlooking any of our opponents," said Tobie.

Red Mens Basketball Hits Four-Game Skid

Joe Stanley Karp
You're Werner

The Montclair State men's basketball team arrived to stay together against their NJAC rivals despite a 67-66 loss at Rowan on Jan. 23 and a 91-69 defeat to Rutgers-Newark on Jan. 25 at the Panzer Athletic Center.

At Rowan, the team started off strong and led for almost the entire first half. That was until Rowan went on a major run in the final minutes of the half to lead 35-33 at halftime. Rowan would pick up right where they left off at the start of the second half and took a 42-35 lead with 17:16 left. However, the Red Hawks scored off their next 13 points to tie the game at 45 with 13:30 to go.

The game would then become a back-and-fourth affair for the rest of the second half. However, the game came down to the final minutes. With Rowan up 67-63 with 27 seconds left to go, Montclair senior forward Daniel Singleton hit a crucial three-pointer to keep the Red Hawks in the game trailing by one point.

With 18 seconds left, the team forced a turnover and had a chance to win the game. However, sophomore guard Angel Gonzalez missed a three-pointer with five seconds left and senior forward Eldor Goldson missed the game-winning jumper as time expired, giving Rowan the victory.

Montclair State experienced some defeats but we are not giving up. Thanks to 32 turnovers by Rowan. With the win, MSU now have a season record of 3-4 in NJAC play, 3-8 in NJAC play and 3-6 in the coaching of Karin Harley.

Daniels Singleton battles for the ball against Rowan.

Nicosia Henry takes a shot against a Rowan defender.

Mens Basketball Hits Four-Game Skid

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Harvey achieved a milestone with his 133rd win with MSU. She is now second all-time in victories in the NJAC behind the late Bill Temme.

Harvey now only trails Maureen Wendelken (who had 152 wins) for the most victories in program history. With the win, the Red Hawks raised their home record to 7-0 on the season.

On Jan. 29 at 8 p.m., Montclair State takes the short trip to Wayne to write another chapter in their historic rivalry with the William Paterson Pioneers. MSU won the first time in a come-from-behind fashion overcoming a 10-point half-time deficit to win 71-67. The Red Hawks and Pioneers were picked to finish first and second in the conference, respectfully.

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