Super Bowl Media Day
Nick Verhagen
Sports Editor

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

After arriving at 9:30, I walked amongst fans and media officials, alike, who were all very excited to be present as we all headed out to the event. As we walked around the media entrees, I was directed to a door labeled “Media Credential Pick-Up.”

While walking to be let in, I found myself in the company of Newark Mayor, Ras J. Baraka, and four of his associates.

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

Fighting Addiction
Burdened by cigarettes? Here are some helpful tips

Ethan Fria
News Editor

How do you quit an addiction? You engage in a fight with yourself. You wage an eternal war with your present self and future self. You make choices now to benefit your future. When you quit, you commit by constantly choosing not to smoke. But instant gratification is an awful temptation, so how do you win the war? Here are some tips:

1. Scare yourself.
2. Watch anti-smoking commercials. Read personal testimonies. Talk to ex-smokers and smokers alike. The ex-smokers will tell you how they conquered smoking and themselves. The smokers will most likely tell you how bad they want to quit. Read success stories. A quick Google search using terms like “sare yourself into quitting cigarettes”

Flu Comes to Montclair
Students worry about illness in the midst of flu season

Jayna Ciofucci
Staff Writer

Feeling run-down, tired and maybe even a little sick? In the midst of flu season, it might be a good idea to take a trip to the University Health Center. According to Dr. Donna Barry, the director of the Health Center (UHC), “We are not experiencing an outbreak of flu on campus.” However, with the illness continuing to “widespread across the country,” the flu is expected to continue.

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

Kenneth Marci
Staff Writer

During his State of the State address, Governor Christie managed to spark a debate that has recently become more highly contested 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, scheduled to begin in Newark, NJ.

Super Bowl week kicks off in Newark, NJ.

The Montclarion | Nick Verhagen

Super Bowl Media Day

BSU Heads To Nicaragua
A team of students visits Nicaragua in the spirit of charity

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.

How the rich and powerful pull the strings and call the shots

The University Health Center in Blanton Hall.

The Montclarion | Claire Fachere

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Flu continues on Page 4.

2014 World Economic Forum
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Pelican Police Report

On Jan. 24
Two students reported that an unidentified individual entered their room in Al- lott Hall in the early morning hours. This case is under investigation. (building #56)

On Jan. 25
Non-students Michael Autiero, 20 and Justin Nover, 18, of Wayne, N.J. were charged with under- age 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)

On Jan. 23
A staff member of the repair shop pressed a civilian complaint on a staff member of the housekeeping department for harassment while on the fourth floor of Williams Hall. Both individuals are scheduled to appear in Little Falls Municipal Court. (building #62)

On Jan. 23
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)

On Jan. 24
Student Roy Rodriguez, 19, of Union City, N.J. was charged with underage consumption of alcohol while in Room 203 in Freeman Hall. Rodriguez is scheduled to appear in Montclair Municipal Court. (building #15)

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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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 Panzer Athletic Center

It's all here. Montclair State University
Of the 18 teams competing, of investment principles they investment challenge where. These portfolios were the Management Team on Dec. Students in Dr. Seddik Meziani’s Investment Management class presented their investment strategies. They were evaluated on their presentation skills. They interact with PGB investment professionals and were motivated and capable and as true to life as can be,” says Meziani. These three teams worked virtually beneficial relationship to Meziani. “They all absolutely take away the only extended period of free time that many students have.” Bozworth strongly feels these students require that free time in order to “discover their outside passions.”

“Expanded learning time can give children the opportunity to participate and enrich programs.”
- Dr. Laura Jones

According to Governor Christie, “if student achievement is needed to boost student longer school day and year is needed to boost student achievement. Former Gov. George S. Romney of the University Health Center. The amount can be pre-paid for 24 hours without receipt of illness on part of the university. The University Health Center aims to prevent the spread of illness. In response, the UHC is promoting vaccination to “clean contact surfaces and keep hand sanitizers in buildings around campus full.”

Most importantly, the University Health Center continues “to promote vaccination” as it is “too late to protect oneself from the flu.” According to Montclair.edu, the vaccination rate is 20% that can be paid through Red Hawk dollars at UHC. Alternatively, the amount can be pre-paid at the Student Armory or by using the online form.

However, anyone looking to receive the vaccine at the University Health Center must request to be provided a Student ID before vaccination. Despite the number of cases on campus being “mimi- mum,” according to Mekjian, an illness to be taken lightly. If you or someone you know are/ is experiencing any flu-like symptoms, please call 973-655-3459 to make an appointment with the University Health Center today.

in New Jersey right now,” it is “normal to see sporadic cases among the community members” of Montclair State, according to Barry. If cases are something [the UHC] expects to see during the season, Barry is confident that the possibility of an influenza outbreak in campus is far from a reality.

With a history of developing and rolling new shapes over time, the current form of swine influenza, H1N1, can often remain unknown to the average person. When questioned about the influenza outbreak in Jersey, Barry stressed that “the 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 children and young adults as the most at risk—an potential issue on a college campus.

For this reason, clinicians often treat students seen at the University Health Center for flu-like symptoms immediately. In accordance with the CDC and state guidelines the UHC follows, students with influenza-like illnesses 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 back into the residence halls or campus buildings. 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 initiate student and faculty life at Montclair State.

In an effort to keep the campus free from the spread of infection, the UHC is taking proactive approach to raise awareness and fight the viruses of flu season. Postings in the signs in the residence halls on campus, the University Health Center aims to lower the risk for the extension of illness on part of the students at Montclair State. Meanwhile, washing one’s hands before coming in contact with one’s face, nose or mouth is a simple and effective method in preventing illness. In response, faculty members are5 calling to Montclair.edu “to clean contact surfaces and keep hand sanitizers in buildings around campus full.”

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Lessons in Compassion

MSU students embark on a journey of great meaning in Nicaragua

Andrew Cloth
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 their 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, selflessly sacrificed time and effort to change their community for the better.

The purpose of this trip was not sightseeing, or charity; if anything, the family, who call themselves Team Nica, were 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 Las Quincos, 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 said 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 in a number of different ways: she runs a malaria senate and prevention program, a soccer league to keep kids off the street, and is the director of Esperanza en Accion, which practices “fair trade,” the concept of improving trade conditions for farmers and producers. Team Nica had the privilege to make potato chip bags, where they found creative and unique items such as a purse made entirely of potato chip bags. This first-hand experience gave the family a new perspective on ways to help their 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 their home-stay families, 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.

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As for the new relationship with PD, Dr. Meziani is confident that it will continue. "There is no reason for it not to continue," he said. "I believe the differentiating factor was their ability to address some very tough questions asked by the panel. The winning team was able to respond with confidence and articulate the strengths of their portfolio."

While this particular project is new to MSU, it is not the first time Montclair students have competed in this type of challenge.

Twice before, MSU students have participated in the CFI Institute Research Challenge hosted by the New York Society of Security Analysts in New York City and were both times among the four finalist teams in the New York Regional Final, securing prize of $1,000. "All the families were so generous and loving that we temporarily forget our families at home," said Team Nica 2014, who prefer to be quoted as a single family unit. "They did it because they believed in the program. All of our home-stay families gave up their entire house for our group."

"We practically had to fight to help around the house with doing dishes because they didn’t want us to struggle." Remembering that these families were not being reimbursed in any other way than gratitude, the Team Nica family was amazed almost to the point of disbelief. Before going, they thought of these selfless people not as home-stay families, but as real families.

Team Nica 2014 paid monies not of their own pockets to learn about resiliency, love, passion, caring relationships and happiness in Nicaragua. For anyone interested in learning more about the trip like this one, Professor Velasco is leading a similar trip to Cuba in the spring. Team Nica 2014 strongly recommends going if you can.
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 Caillat 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.

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

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.

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.

Beyonce Knowles’ 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 Beyoncé looked ravishing.

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.
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Quitting continued from page 1

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.

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

Contact msufeature@gmail.com

READ THE FACTS:

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. Prabhut 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.
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 preform 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 80 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.

### Microwave Chef Delights

**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 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 up a spoon 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.
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 973-855-5111.

Babysitter/Mother’s helper: After school help for 3 children in Upper Montclair. Days & hours flexible. Occasional night-time babysitter also required. Contact: lesley@ablubalayoglu.com or call Lesley 201-563-2047.

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

Interested In advertIsIng wIth the MontclarIon?

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For More InForMatIon and detaIls

Parking


Save $$$ - Female students, grads, transfers. Furnished room rentals Jan – May, across from campus on Valley Road. Internet included. Single or shared. Call 973-778-1594.

Room for Rent

Classifieds

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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

Full time babysitter needed for 2 children in Bloomfield. Must be willing to cook and help with homework. Call 973-723-1234.

Save $$$ - Female students, grads, transfers. Furnished room rentals Jan – May, across from campus on Valley Road. Internet included. Single or shared. Call 973-778-1594.

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 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.

Parking

Part-time dog sitter desired in Cedar Grove. Must have transportation. Contact Marcia 917-273-8208 or mspencer5926@gmail.com

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Toons

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

MONSTERS FIRST DAYS

COMIC: Commuter's Snow Day

Today 10:32 am - Mondays close at twelve no times!

PING

 автомобильное снегопадение

Today 10:32 am - Mondays close at twelve no times!

By Joe Stansbury

THE RED HAWK PALS

Did you know for campus is a city?

The more you know

THE LEAF HOUSE LATE

Someone's pulling out of a spot on the first floor of carpark...

MONTCLAIR UNIVERSITY
A BC News pre-
dicts that 12,000 people are expected to take the 
train to the Meadow-
lands 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 en-
volved in volunteering 
with setting up the myriad 
of Super Bowl-related 
events along with stu-
dents from other cam-
ueras in New Jersey and 
group of individuals.

Yet, 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-
d by the bright lights and 
international allure of 
New York City. Many 
people feel a strong con-
nection to New 
York and the greater 
Metropolitan area, but 
and so it is expected 
that we all love and ig-
nored by the sports teams 
in which we have invested 
large amounts of money 
and team spirit is a misfor-
tune which discredits the 
NFC as the 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 
in one in which New Jer-
sy citizens and volunteers 
play any mentionable part.

Obviously, it is ridicu-
I expected more than 
New York to do, but our 
involvement and graph-
ical location at least war-
tant a nod for our state and 
all it has done to ensure 
that the Super Bowl runs 
smoothly.

For the first time in 
the NFL’s almost 54-year his-
tory, the Super Bowl will 
be held in a cold weather, 
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 
ever-glamorous New York 
City. But what is a New Jer-
sy resident to do?

Despite the fact that 
all of the players came in 
through Newark Liberty 
International 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 Routes 
17, 7, even the Turnpike 
will be clogged and jammed 
with yet another Super Bowl.

New Jersey 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 York has the 
Giants and the Jets. Hon-
estly, thinking about any 
other major league team, New 
Jersey really doesn’t have a team to call its own.

Now, let’s not jump the 
gun on comparing geogra-
phy and claiming that East 
Rutherford is in New York.

Question of 
The Week

Do you think that athletes who have legitimate medical reasons should be allowed 
to receive testosterone treat-
ment despite its performance-
enhancing quality?

Ricardo Gainza 
Senior 
Business 
Management

“I think that if there’s a legiti-
mate medical reason, like if the athlete 
has something wrong going on and the 
treatment is in steroid form, I don’t think 
that it should be a problem. They can be 
called steroids, but they are functioning 
in different ways (human anabolic steroids).”

Ashtiera Jones 
Senior 
Justice Studies

“I think that they should in college-
level sports. If you have a medical issue, then it will proba-
ly decrease your medical ability anyway, so to have something that is going to 
up is fair. It probably equals out. On a professional level, I don’t think that they 
should.”

Deonte Richards 
Junior 
Sociology

“I believe that the athlete should be able to indulge in or use the drug 
based on the situation. If it’s a situation where they have a real dire need for it, then they should be able to, but for the 
purpose of just doing it, it shouldn’t be allowed.”

John Kliarmann 
Senior 
Physical 
Education

“I think that ath-
letes who have a 
legitimate medical 
reason, then it’s okay. The problem is, I think that if they are in a professional setting, it’s not fair to the other athletes. I don’t 
think that that is a place where performance-
enhancing drugs should be.”

Danielle Giannette 
Junior 
Communication Studies

“I don’t think so, because then other people are going to come up with different excuses and medi-
cal issues so that they can get this type of drug. If it’s the same sort of thing that’s in 
steroids, then it’s going to hurt them late on. If they already have medical is-
euses, then it’s probably not going to help them out in the future. It’s not really fair 
if they get to have this sort of treatment, then all of a sudden become better than everybody else.”

Brandon Jimenez 
Junior 
Political Science

“I don’t think that athletes should be able to use testosterone, because if they had the ability to get 
to the major leagues without the testos-
terone, then they should be good enough 
in sports and elbow grease to get them there. I also believe that it is just a slippery slope. It leads to other people 
making up excuses and medical reasons to use testosterone just to get better at the sport, which is taking advantage of the medical field.”

Christian Ray Blaza | The Montclarion

Super Bowl Leaves Us Super Bummed

The Montclairian • January 30, 2014 • PAGE 13

Thumbs Up

Leonardo DiCaprio crashes 
Saturday Night Live

Super Bowl Sunday

Season finale of American Horror Story

Thumbs Down

Perpetual cold winter

Add/Drop period ended before the first full week of classes

Racist New York Post front page

PAGE 13

The Montclarion • January 30, 2014

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Racist New York Post front page
New Year, Developing you

Every day of the year is an opportunity to improve yourself.

Hypogonadism is a term that refers to a condition where the reproductive organs do not function properly. It can be caused by a deficiency in the gonads, which can lead to a variety of symptoms, including lack of energy and decrease in sexual function. In some cases, hypogonadism can be a natural part of aging, but it is also possible for it to be caused by other factors, such as injury or disease. Some men face such as virility and decrease in sex drive. This cannot be changed by any means, Vitor Belfort, a former UFC champion, uses testosterone and says that without it, he will be at an unfair disadvantage.

The question still remains: is this for better or for worse? Testosterone also helps men face such as virility and improve mental clarity, decrease the chances of Alzheimer’s and increase longevity. TRT could have helped him recover from nagging injuries, which due to being a top-ranked heavyweight, Dan Henderson is 43 and is still ranked within the Top 5 of his division. The impact of TRT is seen in the real world, when Dan Henderson is 43 and has been going strong thanks to the help of TRT. He was able to compete with low testosterone in 2007. When receiving treatment, he boat top-rated heavyweight Fedor Emelianenko and former UFC champion Mauricio “Shogun” Rua.

Concerning Editorials and Columns

Main editorials appear on the first page of the Opinion section. They are unsigned articles that represent the opinion of the editorial board on a particular issue. Columns are written by individuals and do not necessarily reflect the opinions of the Montclarion staff.
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

Photos: Tim Carangelo, Johan Elens
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.

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 in stead of her inside life.

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.

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 get me noticed by Jenji because my writing didn’t necessarily look like a lot of other people’s.

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 funny 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.

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*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.*

Taylor Schilling and real life Piper Chapman.

Taylor Schilling in character.

Schilling in character.
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. Has charmed neo-soul to wide audience. From Birmingham with a background in gospel music, Mvula had her earliest exposure to singing in the a capella 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 effervescent 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, Themba, 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.”

Laura Mvula: Neo-Soul Rockstar
English composer sets new trend

Theadora LeCour
A&A Assistant Editor

Laura Mvula in concert in London in October 2013. Photo courtesy of www.telegraph.co.uk

**THE FOUNDATION FOR A BETTER LIFE**

www.forabetterlife.org
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 eked 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 Jiu-Jitsu 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, felling 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.”

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ENERGY
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
ASists — 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
ASists — 31
POints — 245

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 69-56 victory over the Rutgers-Newark Scarlet Raiders. Junior guard Janitza 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 accounting for five steals.

Swimming
The mens and womens swim teams split their last meet, with the womens team picking up the win. But the mens team were booted 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.

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.

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 Yokeenah a good outing, placing seventh in the triple jump and tenth in the long jump.
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The Montclair State womens basketball team started off strong and led for almost the entire first half. Rowan dominated on the offensive end of the floor, scoring 19 points, shot 6-11 from the field and 5-12 from the free throw line. "We came out in the first half a little sluggish, but found our legs in the second half and pulled away quickly," said head coach Karen Harvey.

Montclair State got the game to a 14-point lead with 17:16 left in the second half and took a 35-33 at halftime. Rowan started off strong and led for almost the entire first half. "Despite a 67-66 loss at Rowan, MSU held Rutgers-Newark to 10 turnovers this season. MSU won the first game in a come-from-behind fashion, 71-67. The Red Hawks and Pioneers were picked to finish first and second in the conference, respectively."

"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 Scarlet Raptor's 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.