The Montclarion, February 13, 2014

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The Trans-Pacific Partnership (TPP), often referred to as "NAFTA on steroids," the Trans-Pacific Partnership (TPP) – a free trade agreement currently being negotiated between the US and 11 other countries—reflects the US latest effort to flex its economic and military muscle over the Asia-Pacific region. While much of the public remains passive and unaware of the TPP and its consequences, the proposed deal embodies the dawn of a new era driven by multinational interests — something that should alarm our citizens.

According to TPP draft texts released by the website WikiLeaks, the trade agreement aims to strengthen corporations by raising those status to that of government institutions. The US is poised to flex its military and economic muscle over the Asia-Pacific region. The Trans-Pacific Partnership (TPP) — a free trade agreement currently being negotiated between the US and 11 other countries — reflects the US latest effort to flex its economic and military muscle over the Asia-Pacific region.

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John J. Cali, who do- nated both his nameake and $5 million to establish the new School of Music at Montclair State University, passed away on Feb. 1. A saxophone-player-turned-real estate developer, Cali worked to spread his love of music to future generations.

In a campus-wide email, President Susan Cole expressed Cali's value to the campus and to the students themselves, saying, "He frequently came to student performances and he was immensely proud of our students, faculty and others who had the chance to know him could not help but return his affection and respect. John was a wise and intelligent man, always gracious in his manner, welcoming in his home and un- failingly generous and kind to others."

The Cali School of Music remains the only university music school in New Jersey.

Though the theft of parking hangtags has decreased significantly over the last few years, the prominence of such a crime has not disappeared completely. With seven hangtags stolen from campus parking garages since the beginning of the school year, the issue has remained in the spotlight and will only continue to do so if steps are not taken to prevent theft. In accordance with the thefts, both Parking Services and the University Police are determined to bring an end to the crimes for good. To do so, all report- ed thefts of hangtags are logged within Parking Services' system. When utilized again, the stolen hangtag will generate a flag within the system.

In Memoriam: John J. Cali

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‘Gunslinger’ Shoots Blanks

For viewers, student films have a certain appeal to them that draw in viewers with the allure of raw talent that bloomed in front of their very eyes. For Aaron Dobson and his "short" (40 minute) film Gunslinger, the potential talent that was meant to be showcased ended up being completely overshadowed by its technicality, continuity and casting issues that end up being the main focus and left me thinking, "Why?"

Christopher Friedel takes on the role of Derek, a painfully average looking male who aspires in achieving the lofty goal of becoming a NCAA Division I college football player.

The Yogi Berra Museum crew setting up the new exhibit. Photo courtesy of Mike Peters.

With the Super Bowl taking place in the Meadowlands, there could not have been a better time for the Yogi Berra Museum and Learning Center to share its home with a new exhibit. Traveling from the Smithsonian Institution in Washington, D.C., "Hometown Teams" showcases the impact of sports on the American lifestyle and culture. According to curator Bill Santelli, the exhibit displays "low aspects of American culture, but return his affection and respect. John was a wise and intelligent man, always gracious in his manner, welcoming in his home and unfailingly generous and kind to others."

The Cali School of Music remains the only university music school in New Jersey.
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. 31
Non-student Frank DeLuica, 18, of Holmdel, N.J. was arrested and charged for his involvement in damaging the third floor hallway of Gordon Hall. On Feb. 1, non-student Andrew Masco, 18, of Holmdel, N.J. was arrested and charged with his involvement in the same incident. Both parties are scheduled to appear in Little Falls Municipal Court.

On Feb. 1
A student reported an act of criminal mischief on the first floor of Williams Hall. This case is under investigation. (building #62)

On Feb. 7
A staff member of Sam’s Place reported that their wallet was removed from an unlocked locker within the Employees Only area. This case is under investigation. (building #58)

On Jan. 31
Student William Lyons, 18, of Alpha, N.J. was arrested and charged with possession of marijuana and drug paraphernalia while in Freeman Hall. Lyons is scheduled to appear in Montclair Municipal Court. (building #15)

On Feb. 3
Non-student Everton Halauza, 34, of Woodside, N.Y. was arrested and charged with criminal mischief, defiant trespassing, an act of domestic violence, two counts for possession of marijuana and ecstasy and his involvement in removing air from tires in Lot 45. Halauza is scheduled to appear in Little Falls Municipal Court.

On Feb. 7
A staff member of Sam’s Place reported that their wallet was removed from an unlocked locker within the Employees Only area. This case is under investigation. (building #58)
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Weekend Update
Campus, local, national and state news with a twist

• Fans watching the Super Bowl faced a "nightmare" commute home on Feb. 2, with NJ Transit drastically understaffing the amount of commuters using the railway system. Riders claimed the scent of body odor was so strong, it was almost painful enough to overcome the smell of Secaucus.

• A push is being made in favor of state-funded preschools in every state. However, the bill has many many noted that two generations to the public school system. This way, future generations will be able to struggle through the Healthcare.gov website. • Many were outraged over the Coca-Cola commercial that featured "America the Beautiful" performed in multiple languages, pero todas aquellas personas san cafés. • MSU has recently decided to revise their deal with food distributor So- dexo. School officials are currently in negotiations with the highest bidder, Waste Management.

• Many noted that two teams to reach the Big Game on Sunday were co- incidentally from the two states that recently legal- ized marijuana. We tried to make a pun, but it’s already called the Super Bowl.

• Curly Rae Jepsen will soon be appearing on Broadway — FINALLY. • Obama is pushing to have wifi more accessible in the public school sys- tem. This way, future generations will be able to struggle through the Healthcare.gov website. • Many Americans aren’t thrilled with the Olympics being held in Russia, but they’re Putin on a good face. • Samuel L. Jackson was rightfully outraged during a television interview after having been confused with fellow actor Laurence Fishburne. In other news, he will not be reprising his role in the new Men In Black.

• Russia took home the gold in the team figure skating event, or as Russians call it, getting to work.

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Smithsonian

From continue on page 1

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ican experience as sports?” he asks. In contrast, the Smith- 
sonian’s Museum on Main Street boasts the interactive exhibit aims to illustrate the "interactive aspect of sports begins in our hometowns— on the sandlot, at the local ball field, even in the street." From the long nights out on the corner with friends to the professional games played beside teammates, sports have grown into a national phenomenon that dominates not be mistaken. In the end, "we win and we lose, and we years to play another day" together as a country.

With sports so heavily rooted throughout the American 
culture, the “Hometown Teams” exhibit moves to bring such a treasured expe- rience to the heart of Mont- 
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Part of a partnership be- tween the Smithsonian and the New Jersey Council for the Humanities, the museum will be hosting a series of pro- grams connected to “Home-

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Kopsco has taken over 40 blood samples from wild birds as far as 1,000 miles away. She is regularly monitoring 300 samples. A push is being made in favor of state-funded preschools in every state. However, the bill has many many noted that two generations to the public school system. This way, future generations will be able to struggle through the Healthcare.gov website. • Many Americans aren’t thrilled with the Olympics being held in Russia, but they’re Putin on a good face. • Samuel L. Jackson was rightfully outraged during a television interview after having been confused with fellow actor Laurence Fishburne. In other news, he will not be reprising his role in the new Men In Black.

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Hangtag
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From there, Parking Services are then in touch with University Police to investigate the car, owner and driver of the stolen hangtag. With this system in place, those stealing hangtags will face the burden of their crimes sooner rather than later.

When caught, the person could be faced with a range of consequences. If caught in the act of theft or possession of stolen property, the person could be charged with a range of criminal charges. These charges include, but are not limited to, theft from a motor vehicle as well as receiving stolen property. Similarly, the person could face fines from Parking Services and disciplinary action from the university.

However, the crime can altogether be avoided if students begin to take precautions. Lieutenant Kieran Barrett of University Police urges students to lock their vehicles, close windows and put tops on vehicles such as Jeeps or convertibles. In addition, the alarm system should be activated on all vehicles that have one.

According to Lt. Barrett, the overwhelming situation continues to be unsecured vehicles. “If you secure your car at the mall, home or other areas, do so here as well. I cannot stress enough to all community members that simple crime prevention tips go a long way to prevent crime.”

Perhaps the most important step that a student should take is reporting the crime as soon as it occurs. If a student believes his/her hangtag has been stolen while located in campus parking, the theft should be reported to Parking Services as well as University Police. Meanwhile, if it was stolen off campus, the student should report it to Parking Services and their local law enforcement authority.

Yet, students should not be alarmed with the reports of stolen hangtags. According to Barrett, the University Police has been “very successful with prosecution when a flagged/stolen hangtag is utilized on campus.”

With influence in various areas of academics, business and politics, it isn’t surprising for Montclair State’s President Susan A. Cole to be honored once again. Citing her leadership in the University’s unprecedented growth, NJBIZ listed Cole at No. 79 in their most recent “Power 100.”

Mounted as one of the most powerful people in New Jersey business, Cole’s countless accomplishments during her term at Montclair have been shared with the state. From her early days in 1998, Cole has overseen the second largest and fastest growing university in New Jersey. All the while, Cole has been moving forward in her career and shining a brilliant light on Montclair State, its staff and its students. In the past year, Cole has signed-off on the construction of two new buildings which are expected to be completed soon. With the new School of Business and Center for Environmental Learning underway, Cole has only invited more students to join her family here at Montclair. Meanwhile, in 2013, Cole was honored as New Jersey’s Educator of the Year. Recognized for her contributions to the state’s past and future in research and development, Cole’s outstanding leadership in STEM (science, technology, engineering and mathematics) only continues to grow.

Though the list appears annually, there is no doubt on the Montclair State students’ minds that President Cole will be honored once again.
Coco Chanel is one of the fashion industry’s most influential women, impacting the industry with her everlasting concept of the “little black dress.” It was revolutionary then and is timeless now, as the dress serves as a staple piece in every fashionista’s wardrobe.

Born Gabrielle Bonheur Chanel on Aug. 19, 1883, her birthplace of Sau mur, France became identified with the infamous fashion designer and founder of the Chanel brand. She later gained the nickname Coco from local soldiers who would frequent at cafes and concert halls where Chanel sang. She learned the trade of a seamstress at the young age of six when she was sent to the orphanage of the Catholic monastery of Aubazine. When she turned 18 years old, Chanel left the orphanage and took a job for a local tailor.

During World War I, Chanel moved to Deauville, France and became the mistress of a Etienne Balsan, a rich ex-military officer and textile heir. This gave Chanel the perfect opportunity to practice the art of designing. She began creating and designing hats, which then turned into something more commercial. She eventually met Arthur Edward Capel, a wealthy friend of Balsan who she later dated for about nine years, even while Capel married someone else.

Through the connections of these two men, Chanel was able to jump-start her brand and launch her first boutique shops. The 1920s brought her much fame, as she was the first designer to create garments with a loose-fitting silhouette made out of jersey. Her dresses became very popular with clients because women were seeking garments without the usual corset restriction, as it seemed impractical post-war. The 1920s also housed the opening of Chanel’s headquarters in Paris.

At this time, the Chanel brand became a force to reckon with and Coco Chanel became a style icon herself. Her short bob haircut and modern style was cutting edge, having women idolize Chanel in all her beauty. In 1922, she launched her first fragrance Chanel No. 5, the most timeless scent that is still internationally popular. She launched her first cardigan jacket, which became a signature garment for the brand, as well as the little black dress.

During World War II, Chanel served as a nurse and had an affair with a Nazi officer. This diminished her popularity quite a bit, therefore moving to Switzerland to avoid any controversy. Shortly after, Chanel adopted Dior’s now infamous New Look. She expanded her brand and launched pea coats and bell-bottom jeans for women. Today, Chanel’s product selection includes jewelry, shoes, headwear, all types of clothing, childrenswear, sportswear and even athletic equipment.

Through media and advertising, the Chanel brand hit the United States full force. Hollywood began to adopt Chanel’s designs in film. Stars such as Audrey Hepburn and Grace Kelly were dedicated clients of the brand and were seen in Chanel both on screen and in their daily lives. In 1971, Chanel passed away at the age of 87 in her apartment at The Hotel Ritz in Paris. She worked hard to complete her latest, and last, couture collection which was introduced two weeks after her death. Her stayed true to her style even in her last moments and sported the Chanel brand gracefully. She impacted the fashion industry, is a style icon and will forever be one of the most influential designers.
Date Night Dishes for a Heart Healthy Valentine’s Day

Alex Fischer
Staff Writer

Not only is date night less expensive if you stay in and cook at home, but it can also be much more fun and healthy. Research has shown that cooking together can help couples de-stress, which is one of the most important things that you can do to control your cardiovascular health. Just as important is what you put in your body: nutritious food. Here are some tips to make your Valentine’s Day meal delicious and nutritious.

**Start with a salad.**

Now you might be wondering: what’s sexy about eating a salad? Well, this salad is sure to keep yours and your partner’s heart strong since it’s not just any old salad. Loaded with lots of different flavors, textures and aromas, this is sure to delight the taste buds. Fill a bowl with fresh spinach, tosa in some sliced avocado, strawberries and walnuts. Shake some olive oil and vinegar to drizzle over the top for an extra boost of heart-healthy oils.

Here is the heart-conscious nutrient breakdown:

- **Spinach.** Folate for heart health, B-complex vitamins, magnesium, potassium, calcium, fiber
- **Avocado.** Heart-healthy monosaturated fats, potassium
- **Strawberries.** Vitamin C, antioxidants
- **Walnuts.** Plant omega-3 fatty acids, vitamin K, magnesium, folate, fiber, heart-favorable mono- and polyunsaturated fats; phytosterols

**Fruits for heart health:**

- **Strawberries.** Heart-healthy potassium, Vitamin C, antioxidants
- **Avocado.** Heart-healthy monounsaturated fats
- **Banana.** Heart-healthy potassium, Vitamin B-6, fiber
- **Pineapple.** Manganese, vitamin C, and fiber
- **Mango.** Full of filling fiber
- **Kiwi.** Nutrient-packed fruit full of vitamin C, zinc and fiber

**Drinks for heart health:**

- **Red wine in moderation.** If you are of age, go ahead and enjoy a glass of red wine while making your date night meal. Choosing this beverage over another alcoholic drink can do more than just set the mood. Antioxidant flavoured compounds found in red grapes have been shown to have a positive effect on blood cholesterol by decreasing the bad and increasing the good. An added benefit is a compound in red wine called resveratrol. In moderation, this compound protects the health of blood vessels, reduces incidence of blood clots and may inhibit cancer cell growth.

**Make homemade pizza.**

Making healthy pizza is, by far, one of my favorite food activities to do with both my boyfriend and my girlfriends. Whether you spend this evening with friends or a significant other, have some fun making your own personal pizza. The first step in making pizza healthy is to begin with whole-wheat crust. I promise you will not regret it. The American Heart Association states that a diet rich in whole grains can help prevent strokes and reduce and decrease blood cholesterol.

As for the pizza sauce, look for labels that advertise “heart healthy” or check the sodium content because the lower, the better. The best label that I have seen contains about 200 mg of sodium per serving. Whichever sauce you end up with, it is sure to have a hefty amount of lycopene, a healthy antioxidant.

When it comes to the cheese, look for reduced fat or part skim cheese (fat-free is not ideal for cooking) or mozzarella, which is naturally lower in fat than those three-cheese pizza blends.

**Finally, load on the vegetables!**

Spinach is a must for its heart health benefits and mild flavor and red bell peppers provide a crunch of vitamin A and fiber. My favorite combination consists of any of the following: spinach, broccoli, bell peppers, zucchini, onion, mushrooms and banana peppers. Any vegetable is a good choice, so get creative.

**Even better than a box of chocolates...**

End the evening with a sweet treat for your partner’s taste buds and heart. Heat up chunks of chocolate that have at least 70 percent cacao to get the health benefits of chocolate. You can do this in the top of a double boiler or place the chocolate in a heatproof bowl over a saucepan of boiling (watch and stir often). Drizzle over chunks of fruit, or in a fondue style, dip the fruit into the chocolate. The following fruits pair well with dark chocolate:

- **Banana.** Heart-healthy potassium
- **Mango.** Full of filling fiber
- **Strawberries.** Immunity-boosting vitamin C
- **Pineapple.** Manganese, vitamin C and fiber
- **Kiwi.** Nutrient-packed fruit full of vitamin C, zinc and fiber

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**Choose healthy Valentine’s Day!**
What is Valentine’s Day?

**He Said**

Valentine’s Day is a tough holiday to pinpoint. Everyone has varying opinions and motives for what they should be doing. Some guys feel that this day should end in sex, otherwise they’ve somehow “failed.” Some guys feel that they have to go out of the way to do something nice for their girlfriend in order to appease them.

However, most guys feel that it is just another day and that if their partner wants to spend time with them due to a socially constructed holiday, then they will. A lot of guys don’t like Valentine’s Day because it seems to be a day focused around women and making them feel good. Some guys use the holiday as a moment to think and celebrate themselves for who they are, single guys living their lives. Other guys are tired of people talking about their relationship status publicly, as it feels like an excuse for people to complain about how single or taken they are. Some men instead take the chance to go out and let all the women in their life know how special they are by buying them all roses. The consensus seems to be that most men find it just to be a day that is unremarkably different from any other. Some guys have even gone as far as to say that they’d rather have a second Christmas, because at least they can feel that they can also benefit from the holiday as well.

**She Said**

Valentine’s Day seems to be, first and foremost, an excuse to be extra sappy in public and not feel bad about it. Some ladies also find that it doesn’t really matter what you do with your partner as long as you do it together.

The gifts and other material parts of the holiday are nice, but most can agree that they aren’t essential in order to enjoy the holiday. It seems to be that Valentine’s Day has moved to become an overly commercialized holiday which is moved to push flowers and cheap chocolate onto all the females of the world, perfectly encompassing the corporate shill of “buy our products to find love.”

Women and especially men need to understand that those gifts and chocolate while nice, don’t save or sustain a relationship. Having men feel socially obligated to buy stuff shows that the holiday is slowly shifting from a holiday based around love to corporate greed. Men should buy women gifts on any day and shouldn’t feel that pressured to a gift because the retail chains and supermarkets influenced them.

That being said, it is odd for a woman to celebrate a holiday which has its origins in whipping women in exchange for fertility. That, to be perfectly honest, makes the holiday just that much more confusing and almost ironic that it is now celebrated based on “love.” Even after all that, Valentine’s Day can be a day to strengthen a couple’s love by having them remember and recount old feelings for one another, that they might have forgotten in the monotonous grind that is life.

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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.

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


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

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TERMS & CONDITIONS

DEADLINES
The deadline for Advertising submissions to The Montclarion is the Friday of the week before publication at noon. The Montclarion reserves the right to change the deadline without notice.

CANCELLATIONS
Cancellations of all advertising space can be done no later than Friday of the week before publication at noon.

Phone: (973) 655-5237 Fax: (973) 655-7804 Email: montclarionadsales@gmail.com
Toons

MSU Memes by Rob Rowan

NOBODY EVER MENTIONS ME

ON REDHAWK CRUSHES

MSU Memes by Rob Rowan

THE RED HAWK PALs
BY ASHLEY MATORAMA

DOES THIS STAIRWAY LEAD TO HEAVEN?

NO, IT LEADS UP TO THE BACK OF THE STUDENT CENTER.
If you could change one thing about higher education, what would it be and why?

Kaita Mantix
Junior
English
“I would change higher education by getting rid of the grading policy. I would make things more seminar-based and judge students based on qualitative work rather than standardized work.”

Kyle_kwol
Senior
English
“I would change higher education by getting rid of most of the general education requirements. It lowers a student’s drive to do well. Half of the general education classes people have no interest in, so I think it overall lowers what they learn in college.”

Joseph Stanley Kulp
Senior
Communications and Media Arts
“I think it would definitely be what everybody wants—the tuition cost—because it’s too expensive, and I feel that people need to save their money on better things, too.”

Amma Higgins
Junior
Business
“What I would change about higher education is that there should be more advanced scholarships to college students. I feel that there can be other scholarships which are available, like grants that you can apply for online and I have no idea about them and everyone else has no idea about them. But I feel that those kinds of awards are very beneficial toward college students. They should have more scholarships available and inform more students about them.”

Emily Chen
Freshman
Music
“The cost, because I feel that we pay too much to not be guaranteed a job. After college, we’re just grappling. We’re putting too much in and not getting as much out.”

Sharbel Alkahhas
Sophomore
Computer Science
“It would like there be more experience or hands-on based classes rather than simply theory classes, because experience is the best teacher.”

R
Recently, Sen. Marco Rubio had addressed an education forum at Miami Dade Col- lege. The Florida senator is a possible candidate to run for the Republican Party in 2016 and with his ideas for a “higher education overhaul,” he knows how to appeal to young voters. One suggestion made by Sen. Rubio was to have free online classes count towards col- lege credits. We’ve mentioned the benefits of websites such as Coursera that offer free online classes. Many of us have taken classes offered by such sites and have found them to be comparable to Gen- eral Education classes offered at a typical uni- versity. The classes are taught by professors after all, so in all honesty, what is the difference between payable online classes of- fered by a university and these classes? It’s virtu- ally nothing with the ex- ception of receiving credit for one and none for the other; and really, there is no harm in having educating yourself for free. There’s no motivation to Google searches on various “topics of interest” either. We mean putting the effort into learning something new. If someone really wants to learn, why should money be a restriction? Colleges in other countries cost virtually nothing, at least not nearly as much as ours. The U.S. debt associated with education also seems to be less in most European countries. Some countries even offer free tu- ition for those going for a Ph.D., yet we have to pay for the entirety of our education for whichever degree we try to attain. In 2012, funding was being slashed as the univer- sities were forced to pay off the increasing interest rates. As hard as the govern- ment may try to make money off of the inter- est of the loans it gives students, we could potentially make universities less expensive in the long run. The government does make money off of the inter- est of the loans it gives stu- dents, yet students are get- ting deeper and deeper into debt because they pay off the increasing interest rates. As hard as the govern- ment may try to make money off interest, it is just becom- ing an accumulation of debt. Sen. Rubio’s plan resolves to make money off of the inter- est of the loans it gives students, yet students are still stuck in a four-year program, which a student would only need to complete a two or three year program which could reduce the amount of money spent on tuition and less money the government could give to universities to cover tuition costs. Sen. Ru- bio also hopes that many could use free classes and standardized tests to help people earn certificates in- area of interest. The last proposal for Sen. Rubio’s plan would be to have someone give students cost-benefit analyses, which shows students what they will expect to earn in a par- ticular field and how much they will owe after earning a degree. People are getting paid for ideas, yet a degree deter- mines if your ideas should be heard. We don’t live in a world where the rich should only be the ones who are educated. We no longer live in a world were “literature” shouldn’t be embedded into the minds of the “common folk.” We should be striving to show that we have evolved as a civilization by giving ev- eryone a chance at becoming educated individuals.
Super Bowl commercials prove that advertising is not about the product.
**Main Editorials and Columns**

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 their friends and family that want to miss out on. In fact, to do better academically. It turns out that exercise can improve fitness and help kids to control weight. There are many ways to do this, from running to playing sports. Exercise improves mood and stress levels, which can lead to better academic performance.

**Breastfeeding Benefits**

Breastfeeding is crucial for infant health and development. It provides the baby with essential nutrients and antibodies, which help to protect them from infections. Breastfeeding also helps to strengthen the bond between mother and baby. Furthermore, breastfeeding can help to reduce the risk of obesity later in life.

**Contraception and STDs**

Contraception is an important tool for preventing unintended pregnancies and sexually transmitted diseases (STDs). There are many options for contraception, including condoms, birth control pills, intrauterine devices (IUDs), and implants. It is important to use contraception correctly and consistently to prevent unwanted pregnancies and STDs.

**The Power of Vulnerability**

Dr. Brene Brown describes the results of her qualitative research in finding the root of love and belonging. She maintains that vulnerability is at the heart of love connecting. Our problem is our abilities—both emotional and physical—to society.

**Love is in Programming**

The power of technology to connect us.

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**Racism and Anti-Semitism**

The Montclarion staff is dedicated to promoting a culture of diversity and inclusion. Our goal is to provide a platform for voices that have traditionally been marginalized or silenced. As a community, we must work together to combat hate and prejudice.

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**Spreading Love, Not Love Bugs**

Get more weight? Eat more. Drop them down and find common denominators in successful relationships.

---

**Concerning Editorials and Columns**

Concerning Editorials and Columns
Paul McCartney's new album shows the pop-rock icon exploring the American Songbook. Some of the standouts include "My Valentine," "The Glory of Love" and "We Three." Though McCartney struggles with the essence of 1940s jazz, his voice is still strong and his interpretations are lively.

Paul McCartney

Kisses on the Bottom

This song is from the newest album of the indie rock band Best Coast. If you are experiencing heartburn over a recent breakup, this would be the perfect song to remind you of the good times you had with that person. However, don't listen to it excessively, because it could evoke some unpleasant memories as well.

Best Coast

No One Like You

Falling in Reverse's new album has been an interesting mix of rock and rap mixed together. Some of the songs have questionable lyrics such as "Fashionably Late," which promotes cheating on your girlfriend, but overall, the album's tone is a confident take on the typical American teenager.

Falling in Reverse

Fashionably Late

Disney's Frozen continues to hold its place in the spotlight with its soundtrack. Featuring heartfelt, Disney-esque tracks sung by Broadway's Idina Menzel and the lovely Kristen Bell, each song will easily dance its way into the hearts of listeners of all ages.

Various Artists

Frozen Soundtrack

The Winter Olympics are with us again, which allows us to take that trip down Olympic memory lane. One of those priceless moments in the competition's history was that of Australian Steven Bradbury at the 2002 Winter Olympics in Salt Lake City. Competing in the 1,000 meter speed skating race, Bradbury's competitors were neck and neck for the gold, maneuvering in and out of each other's way so that anyone could have won, except Bradbury, who was dead last. In a shocking but awesome turn of events, Bradbury had what was the luckiest break.

Jayna Gugliucci

The Montclarion

Jay Leno's Heartfelt Goodbye - The Tonight Show with Jay Leno

The time has come for Jay Leno to say goodbye to the millions of people that have watched his program over the last 23 years. In what was a heartbreaking moment for several viewers, Leno shared personal anecdotes and loving thank-yous to all of the people that have contributed to his late night career. Leno's spot is in talks to be taken by none other than Jimmy Fallon, whose spot Seth Meyers is taking over. The talk show scene is certainly expecting a huge shift in what is a new era of late night television.

Buck 22 - Achy Breaky 2 ft. Billy Ray Cyrus

Billy Ray Cyrus is finessing his way back into the hearts of millions with the remix of his early 90s hit, "Achy Breaky Heart." This remix features Buck 22 and cannot really be taken as much other than a gimmick. A pertinent question for the artist would be, "Who is this song for?" Country listeners don't want this and rap listeners certainly don't want this. The last half of the beloved daddy-daughter country duo has plunged into the hyper-sexualized video-sphere, joining his kid, Miley.

Theadora LeCour

Assistant A&E Editor

What's Streaming?

The Most Unexpected Gold Medal In History - Steven Bradbury

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The Gunslinger

Continued from Page 1

1. 'Montclarion’ Sits Down with Kris Allen

Victoria Nelli
Staff Writer

Aside from winning the eighth season of American Idol, Kris Allen has number-one singles and has been nominated for People’s Choice Awards and Teen Choice Awards. He’s currently in the middle of recording his latest album. Allen spoke with me about touring, his writing process and what his goals are with this new album.

You’re in the studio a lot these days. Can you tell us anything about your new album?

I’ve been working on it in Nashville, which is new for me because I made both of my last records in L.A., so this one is definitely different and I wrote the songs mostly here in Nashville and at my home in Arkansas. I definitely think a lot of people are going to be saying it’s a country record. It is absolutely not a country record, it’s hella country, from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from complete scratch. These songs definitely feel more personal because of that, because I wrote songs with people in a room and you start from...
Peak Performances

February

JOHN J. CALI SCHOOL OF MUSIC
MSU Symphony Orchestra
Ken Lam, conductor
Feb. 14 – 7:30 p.m.
Alexander Kasser Theater

JOHN J. CALI SCHOOL OF MUSIC
MSU Wind Symphony with the South Brunswick High School Wind Ensemble
Thomas McCauley, conductor
Feb. 15 – 8:00 p.m.
Alexander Kasser Theater

JOHN J. CALI SCHOOL OF MUSIC
An Afternoon of Chamber Music
Feb. 16 – 3:00 p.m.
Alexander Kasser Theater

DEPARTMENT OF THEATRE AND DANCE
Dance Collage
Feb. 19, 20 & 21 – 7:30 p.m.
Feb. 22 – 8:00 p.m.
Feb. 23 – 2:00 p.m.
Memorial Auditorium

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*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.
At the end of the night on Feb. 1, Urijah Faber still has yet to reach his ultimate goal of holding a UFC title.

UFC Bantamweight Champion Renan “the Bar- or” Barao improved his already impressive winning streak to 22 with a technical knockout win over The California Kid,” but the win did come without some controversy.

After each feeling other out for the first couple minutes of the fight, Barao (32-1, 7-0 UFC) unleashed an overwhelming attack that badly rocked Faber. While Faber was able to recover from the first blow, the champion followed up with a barrage of knees and another vicious overhand right that left the challenger dazed and clinging to one of Barao’s legs. Unanswered hammer strikes prompted ref er ee Herb Dean to stop the contest at 3:42 of the first round.

“He’s a tough guy. He’s a very resilient, so I knew it was going to be a tough fight,” said Barao. “I trained very hard for this fight.”

Faber (30-7, 6-3 UFC) has not fought in the Newark, N.J. crowd dis agreed with the stoppage, saying that he was still con scious and able to fight.

“It’s very frust rat ing,” he said. “I’m one of the most durable guys in the world. You get caught with punches. He told me to do something, so I gave him a right hand before he stopped right after he stopped it.”

In the co-main event, Jose Aldo kept his belt out of Ricardo Lamas’ hands after their five-round title fight went the distance. Aldo (24-1, 6-0 UFC) was nearly flawless in his performance. Using a di verse striking attack high lighted by brutal leg kicks, he managed to out point the American challenger to a unanimous deci sion victory. Despite Aldo’s profi ciency in the striking game, he displayed his ground skills in the fourth round, taking “The Bully” down and threatened with a rear naked choke. From this fifth round, Lamas (15-3, 4-1 UFC) turned the table, taking the top position and running down strikes until the final bell.

“He took a lot of kicks on the leg. I was sur prised he kept going, but he’s a great fighter,” said Aldo’s up win last the 17 fights. “His will im pressed me.”

In the battle of former heavyweight champions, Alistair Overeem dominated Frank Mir on route to a unanimous decision in their third-round main event.

Early in the fight, Overeem (17-13, 2-2 UFC) rocked Mir with a well placed knee to the head sending him reeling into the cage. Mir (16-5, 4-9 UFC) miraculously weathered the storm and made it to the second round. From then on, Overeem continued to beat down the Bra zilian jujitsu specialist with a mix of ground and stand ing strikes before seemingly showing mercy at the third round’s close.

In a flyweight match-up, Sambo legend Ali Bagautinov beat John Lineker by unanimous de cision after three rounds. Throughout the course of the flight, Bagautinov used a mix of takedowns and ground-and-pound-to out power the Brazilian oppo nent.

However, Lineker (23-7, 4-2 UFC) hit Bagautinov with a few body punch ing early but Bagautinov used the Russian to attempt takedowns out of desperation. In the end, it wasn’t nearly enough.

Aldo Trujillo of the “Blackzilians” camp brutally knocked out former WFC lightweight champ Jamie Varner from the second round of their light weight show case. Their flight was dyna mite with back-and-forth action taking place from literally beginning to end. In the first round, Varner (21-9-1, 3-4 UFC) seemed to have the grappling edge, nearly securing a choke hold that Trujillo fought through. In the second, Trui jillo (12-5, 3-1 UFC) was on his back but landed a mix of takedowns to take his flight by strikes but while closing in on him, Varner left his chin unguarded and Trujillo exploded with a left hook to his chin knocking him out cold.

Trujillo kept his com ments on the flight sweet and short. “Man, I was hurt like a ‘mug’,” said Trujillo with a grin on his face.

Offseason Moves Symbolize 2014 Success in Flushing

Harry Hampanian

As this most years the Mets are preparing for another long season.

Andrew Goodpaster

the Montclairian • February 14, 2014 • PAGE 13

Photo Courtesy of metsblog.com.

Photo Courtesy of Bloguin.net.

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Photo Courtesy of metsblog.com.

Photo Courtesy of Bloguin.net.
Super Bowl XLVIII: A Fan’s Perspective

Joe Stanley Kurp
Staff Writer

For all of us in New York and New Jersey hosting Super Bowl XLVIII, playing in our backyard sure was a once-in-a-lifetime experience we’ll never forget. From all the festivities like concerts, Media Day at the Prudential Center and Super Bowl Boulevard in Times Square to the big game itself at MetLife Stadium, it sure was a memorable experience. Our area was just hosted for the first ever Super Bowl in an outdoor cold weather stadium, but also the first Super Bowl where two states and two NFL franchises (the New York Giants and Jets) split hosting duties. Additionally, we lacked out weather-wise and had great weather for the game.

Although the experience was memorable for all of us, it was extremely special for me, as I got to witness the majority of the Super Bowl festivities in person. The fun began three days before the game when a few of my friends and I from the student-run organization Rec Sports went on a viewing trip at MetLife Stadium three days later. From the minute I arrived on game day, I found myself in a festive atmosphere I had never seen before at the Meadowlands. All the fans that attended, especially the fans of the participating teams, the Denver Broncos and Seattle Seahawks, were in the mood for such a historic game and who would emerge as the champions of the National Football League for the 2013 season.

After making it through security, I checked out Game Day Fan Plaza, a spectacular pregame experience around the stadium grounds where I got to pose with the Lombardi Trophy, enjoy some fun activities and other things that I missed out on at Super Bowl Boulevard. Although the crowds grew quicker as kickoff neared, I was able to take part in the action and sink in the moment while enjoying the pregame festivities.

It only got better when the fans and I arrived at our seats. After navigating through the crazy crowds and catching player warm-ups, the excitement leading up to kickoff built up as we were treated to extraordinary performances from the Rutgers and Syracuse Marching Bands, Queen Latifah and Renée Fleming, as well as witness the player introductions of the Broncos and Seahawks. From the minute the opening kickoff was made, we all knew our dream was a reality: that a Super Bowl was officially being played in New York/New Jersey.

All of us were on the edge of our seats as the Broncos and Seahawks battled for glory. Surprisingly, the Seahawks fans were basking in the glow of their championship. On the other hand, Broncos fans were very disappoint ed that Seattle’s shutout record-setting offense led by Peyton Manning down the entire game due to the so-called “Legion of Boom,” which featured players like Richard Sherman and eventual Super Bowl MVP Malcolm Smith.

For me, I just enjoyed the atmosphere and was entertained throughout the game. The only part that most fans and I did not like about the experience was the NJ Transit nightmare we went through heading home from the Meadowlands. However, I handled it just fine and was able to make a safe trip home.

Overall, to be part of the Super Bowl festivities in New York and New Jersey in person sure was a fascinating once-in-a-lifetime experience. For the hard work that New York and New Jersey put together to make this Super Bowl happen, it was well worth it. For a Montclair State student, being part of the experience sure was a memorable experience and I hope that New York and New Jersey gets selected to host the NFL’s biggest game again in the near future.
Mens Basketball Returns to Winning Ways

The Montclair State mens basketball team returned to their winning ways after suffering a four-game losing streak, as they posted two crucial victories over NJAC rivals: a 64-59 win on the road at William Paterson on Jan. 29 and a 69-61 victory at Rutgers-Camden on Feb. 1.

After trailing by three points early in the first half, the Red Hawks took control against William Paterson as they went on two major scoring runs, one of eleven points after trailing by three and a nine-point run to close out the first half. At halftime, Montclair State led 34-23. In the second half, however, William Paterson stormed back in the first six minutes of the half and tied the game at 38 apiece. Although the second half was a tight affair, Montclair State took a 51-47 lead on a layup by senior forward Ordel Goldson with eight minutes left. After William Paterson scored the next five points to take a 56-55 lead with 4:05 left in the game, a layup by senior guard Daniel Singleton, a putback by sophomore forward Kevin McGorry and a key free throw by junior guard James D’Angelo put Montclair State up 60-56 with 34 seconds to go. The Red Hawks then held off a William Paterson comeback and made their free throws when needed to seal the 64-59 win and end their four-game losing streak.

In total, Goldson ended the game with a game-high 27 points and 18 rebounds, posting his seventh double-double with one key play from him being a dunk in the first half. Additionally, McGorry made 14 points and five rebounds from the bench, while Singleton scored 12 points and six rebounds. Sophomore guard Angel Gonzalez also contributed, as he scored six points and three rebounds.

Three days later, in a rematch from the previous week at Rutgers-Camden, Montclair State was found in yet another tight contest, as they led 28-27 at halftime. The second half was just as tight, as missed shots and turnovers were aplenty. With Montclair State trailing 45-46 with 11:01 left in the game, Goldson hit a jumper that gave Montclair State a 46-45 lead. The Red Hawks eventually hung onto the lead for the rest of the game, as they went on a nine-point run that gave them a 61-52 lead with 0:54 seconds left in the game. That run was all the team needed to win the game with a final score of 69-61 and earn their payback on Rutgers-Camden from the previous week.

In total, Goldson broke the record from the William Paterson game with 30 points and also recorded six rebounds and two steals. Singleton followed close behind with 13 points, four assists and nine rebounds while junior forward Chris Torres recorded 10 points, six rebounds and an assist. “We found a way to pick up the intensity in practice and in games,” said D’Angelo. “We need to keep up the hard work in practice and, if we just take it one game at a time from there, anything can be possible.”

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Amir Charrkas looks for an open player to make the pass. 

Photo Courtesy of Sports Information.

Daniel Singleton tries to score over an opposing player.

Photo Courtesy of Sports Information.
Come Check Out The Montclarion

Every Thursday Morning at 10:30

On WMSC 90.3 or on live365.com
Who's Hot This Week

Melissa Tobie
Forward/Guard — Basketball

In the Red Hawks' last win, Melissa Tobie scored a season high 32 points while accounting for nine rebounds and two assists.

Season Stats
Rebounds — 182
Assists — 56
Points — 392

Mens Basketball
The mens basketball team is off to a good start, winning two of their first three games this month. Ordel Goldson continued to prove his worth after recording a combined 67 points and 30 rebounds in those three games. With only a few games remaining in the season, the Red Hawks are looking to end strong and finish the season with a .500 conference record.

Swimming

Both the men and women of MSU swimming ended their season on a high note with a sweep of William Paterson. The women won 167-118 and the men won 162-126 to finish the most successful season in several years. The men's team finished their season 8-6 after back-to-back 5-8 seasons and the women continue to grow, finishing 7-4 after finishing their last two seasons 6-5 and 5-6.

Track

The track and field teams continue to show promise and strength following the CTC Indoor Track and Field Championships where the men and women finished third and sixth, respectively. The teams are now finishing up preparations for the Molloy College Invitational on Thursday, Feb. 14 before ending their regular season with the IC4A Championships.

Who's Hot This Week

Ordel Goldson
Forward — Basketball

Ordel continues to prove that he is a key player in the Red Hawks' arsenal, posting two double-doubles in his past two games for a combined 28 points and 24 rebounds.

Season Stats
Rebounds — 203
Assists — 13
Points — 319

Game of the Week

Mens and Womens Basketball
Kean University
Feb. 15, 1 p.m.

MSU hosts a doubleheader against Kean, looking to add needed wins to their respective records.

For updates, check out: www.montclairathletics.com and follow @TheMontclarion on Twitter and Instagram
The Montclair State women’s basketball team is building up another win streak and gained some space in the tightly contested NJAC (New Jersey Athletic Conference) standings. With two wins this past week, the Red Hawks are now 18-2 overall and 12-1 in the league.

MSU is currently ranked #13 in the Women’s Basketball Coaches Association Division III Poll and first in the NJAC.

Montclair State began their schedule on Jan. 29 at William Paterson University in a key NJAC matchup. The Red Hawks routed the Pioneers by a score of 81-60. Junior guard Janitza Aquino led the scoring charge for MSU with 26 points. Senior guard Nicosia Henry recorded a double-double by posting 15 points and 11 rebounds. Junior forward Melissa Tobie chipped in with nine points and a team-high 15 rebounds.

This game was much different for Montclair State than from the first encounter, as they had a substantial 53-20 lead at the end of the first half. The Red Hawks scored 34 of their points in the paint. MSU also controlled the boards, outrebounding the Pioneers 52 to 38.

Aquino broke the Montclair State record for three-pointers in a game by knocking down eight (all in the first half). The previous record was six, which had been held by three previous athletes (Cathy Madalone, Erin Schultz and Jaime Ericson). The Red Hawks never trailed once during the game. This was the fifth time straight that MSU defeated William Paterson.

“It was a tremendous team effort and I was extremely proud of how hard we worked,” said head coach Karin Harvey about the game.

Montclair State then traveled to Rutgers-Camden on Feb. 1 for the team’s second matchup of the season. The Red Hawks destroyed the Scarlet Raptors and won 87-30. Aquino topped the scoring chart with 20 points. Sophomore guard Kayla Coulais contributed 16 points. Tobie and Henry added 14 and 11 points, respectively.

This game was over at the half, as MSU led 55-11. Once again, Montclair State controlled the lane, outscoring Rutgers-Camden 26-4. The Red Hawks converted 26 Scarlet Raptors turnovers into 37 points. MSU held Rutgers-Camden’s reserve players to four points.

Melissa Tobie was selected to the Capital One Academic All-District women’s basketball team. Tobie becomes the second women’s basketball player in school history to receive the accolade. Jamie Ericson was named to the team during the 2010-2011 season.

The team awards athletes for outstanding work on the court and in the classroom. Tobie leads the Red Hawks in points per game (17.2), rebounds per contest (8.1) and assists (7). She also leads the NJAC in blocks with 44. In the classroom, Tobie has been named to the Dean’s List four times and was part of the NJAC All-Academic Team.

On Feb. 6, Montclair State returned home to take on the Ramapo College Road Runners and defeated them by a score of 69-59 with Tobie putting up 19 points and Janitza Aquino scoring 18 points of her own.

On Feb. 8, the Red Hawks traveled down to Richard Stockton College to take on the Ospreys where they earned another win by a score of 86-64. Melissa Tobie again had a spectacular outing, scoring 32 of the 86 points and Janitza Aquino scoring 19 points of her own.

Coach Harvey thinks her team will be a tough matchup down the stretch for whomever they encounter. “Things are starting to click for the Red Hawks and I think if we keep working hard, staying focused and sharing the ball, we are going to be very hard to beat.”