‘Antigone’ Takes Montclair

Kristen Bryfogle
Assistant Opinion Editor

“A play about love, death and power,” reads one of the stark black and white flyers around campus. This is not, however, an advertisement for the newest professional drama, but a description of Sophocles’ play Antigone, the ancient tale upon which the Department of Classics and General Humanities has embarked this semester.

For the first time, the department is celebrating antiquity with the production of an ancient play, specifically chosen for Montclair State University by Dr. Jaonne Fogel, the director of the show, and her collaborator, Dr. Mary English for a variety of reasons: its fame, its outstanding female perspective and its importance to our time.

Exploring the World of Sound

Oscar-winning sound designer and mixer for Gravity visits Montclair State

Skip Lievsay has certainly crafted quite the name and legacy for himself. Working alongside renowned directors and filmmakers, the sound mixer has recently become the center of attention wherever he is seen - including the campus of Montclair State. Yet, this seemingly effortless transition to fame does not come unwarranted for the skilled professional.

Recently, Lievsay and his team took home the Oscar for Best Sound Design/ Mixing in a Feature Film for Alfonso Cuaron’s Gravity.

Spending countless hours and endless months working on just the sound of the film itself, the award was certainly earned by the cast and crew who so effortlessly created a reality of being trapped in space right on the big screen. Although an overall brilliant presentation in its entirety, the production behind Gravity was not as smooth as it could have been. In this manner, the communication between Bullock and Cuaron was less than ideal, as it built the basis for the seemingly effortless transition to fame.

After working around the clock to find a solution, the team finally had a primary objective in sight - “to maintain the drum line and connection with Sandra [Bullock],” by demanding the attention of the audience in this manner, the communication between Bullock and the viewers would ultimately become the most important aspect of every scene as it built the basis for the maximum financial return when partnering with their business.

Music Makes the World Go ‘Round

The importance of bringing the old classics back to life

Victoria Fisher
Staff Writer

As we are approaching the halfway point in 2014, it is remarkable to see how far music has changed and evolved over time. There are so many different types of music: rap, blues, jazz, pop, classical, country, heavy metal; the list goes on. Being able to explore all the different genres could take an entire lifetime.

But, Montclair State offers a course: Rap and Rock as Cultural Phenomena. Students are able to explore all the different genres could take an entire lifetime.

What’s Your Number?

Entrepreneurs gather to gain insight into field

Jolie Higazi
Staff Writer

Future entrepreneurs learned how to generate interest in their business with professional advice from an executive business director at Monday’s event hosted by The Feliciano Center for Entrepreneurship in University Hall.

Inch Business Owners Council Chairman and executive director Lewis Schiff held a presentation titled, “What’s Your Number? How to Prepare to Sell Your Business” that aimed to give attendance information about the process of achieving the maximum financial return when partnering with their career.

Saving A Life

Student rescues her professor in emergency situation

Natalie Smyth
Staff Writer

After spending three years in Montclair State’s athletic training and education major and countless months of CPR instruction, Valentina Glavan’s emergency care proficiency was ultimately put to the test in her first life-threatening situation.

While “eating a sandwich making the team instantly knew there would be “no sound effects in space itself.”

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Anyone who has information regarding these incidents is urged to call the police station from any campus phone at TIPS (8477). All calls are strictly confidential.

On April 14
A staff member of the C-Store reported two individuals paying with counterfeit money. This case is under investigation. (building #40)

On April 14
A non-student reported that he was assaulted by another non-student while playing hockey at Floyd Hall Arena. The victim declined to pursue charges in this matter. (building #51)

On April 15
Non-student Alexander Roccamo, 20, of Cedar Grove, N.J. was arrested and charged with possession of marijuana and a fraudulent driver’s license while at the Overlook Building. Roccamo is scheduled to appear in Little Falls Municipal Court.

On April 19
A student reported that their unsecured wallet was removed from their jeans while sleeping in Williams Hall. This case is under investigation. (building #62)

Pelican Police Report
Global Business School

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Saving

Continued from page 1

A New Wave of Business

[From left to right] Tiffany Smith, Brandon Hatler, Sarah Tremallo, Michael G. Chiappe, and Irene Mozzioli.

Padraig Condon Assistant feature editor

The Modern Marketing Expo brought together members of the campus community in an informative, networking event hosted by the School of Business.

Taking place on Wednesday, April 16, keynote guest speaker Alex Josephson, a brand strategist for Twitter, various other professionals, students from MSU and all around the state had the opportunity to learn more about the industry they wished to go into.

The morning started with some open interview-style networking. Students were asked to promote or sell themselves to an industry professional who would then help them critiques their pitch.

Students also had the opportunity to ask questions regarding their industry.

Taking place on Wednesday, April 16, the Modern Marketing Expo was a successful event that allowed students from MSU and all around the state the opportunity to ask questions regarding their industry.

After a brief break from the industry they wished to go into, the Expo was a successful event that allowed students from MSU and all around the state the opportunity to ask questions regarding their industry.

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"Music has the fantastic ability to draw you in - the emotional context resonates through the sound."

- Skip Leivsay

Sound Designer/Mixer for "Gravity"
“While most business owners focus intensely on the startup,” Schiff said, “there is often a lot less known about the middle and end game of running a successful business.”

To be successful, business men and women need to “get their heads right” by beginning with the end in mind, he stated. Most of the time in startups, people should be thinking about revenues, profits, their partners and debt, but they often are not.

The two outcomes of selling a business are financial security, where the income you would have had is replaced. The preferred option, financial independence, where one acquires so much wealth that it ceases to be a concern. The preferred outcome, financial independence, where the income one acquires so much wealth that it ceases to be a concern.

Schiff explained that sometimes business owners should consider ending up with a smaller piece of a bigger pie. “Business owners know how to build their companies, not sell them,” he said. In his research, over 60 percent of business owners knew nothing about the selling process before they sold their company.

The event also allowed for an hour of networking for all those students and guest attendees.

Among those attending the event were husband and wife team Bob and Mary Silvestri, the current business owners of Romarsi, an all-natural, frozen “pesto to go” that is currently sold in Whole Foods Market.

Silvestri cites her education at MSU as a factor that aided in her business’s logo design, advertising, and overall business strategy. She has previously been on a Shark Tank casting call and hopes the company will grow to be nationally known with radio advertising.

A junior MBA student in attendance explained the evening in simple terms, “What the event does is connect innovators with investors.”

Anticipating his 2015 graduation with business ideas of his own, he encourages other business students to just do it. “If you just keep the idea in your head, you’re never going to do it.”

The event was sponsored by Citrin Cooperman, an accounting, tax and consulting firm.

Steadfast, patients like Jenkins continued to live, to network! Spending 15 years in foster care, the disease could ultimately lead to paralysis. After a brief month of struggling with her health, Jenkins passed away.

Jenkins’ life was undoubtedly a difficult journey. Spending 15 years in foster care, the disease could ultimately lead to paralysis. After a brief month of struggling with her health, Jenkins passed away.

Sharmain Jenkins has left an indelible mark on the Montclair State community.

In Memoriam: Sharmain Jenkins

With her bright smile and dedication as a foster care advocate, the passing of Sharmain Jenkins has left the Montclair State community devastated.

According to Montclair State officials, “the entire campus community mourns the loss of such a promising young woman.”

Last Friday, the aspiring sophomore lost a short term battle with Guillaine-Barre syndrome. Classified as a rare syndrome that attacks the immune and nervous systems, the disease could ultimately lead to paralysis. After a brief month of struggling with her health, Jenkins passed away.

Jenkins’ life was undoubtedly one filled with hardship. Spending 15 years in foster care, the disease could ultimately lead to paralysis. After a brief month of struggling with her health, Jenkins passed away.

With the loss of this truly dedicated and inspirational student, the memory of Jenkins will only continue to live in the hearts and minds of all those who ever had the chance to hear her story.

Kelly Heyboer is The Star-Ledger Contributed to this article.
What Food Labels are Really Saying

Alexis Fissinger  
Staff Writer

If there is one thing that I want to leave you all with in my final article in the two years I’ve written for The Montclarion, it is how to be a smart shopper by properly reading and interpreting labels. This time, I want to teach you to be the nutrition expert. Let’s learn how to read labels and how to interpret what the claims mean and, more importantly, what they do not.

**“Lightly Sweetened”**

What They Want You to Think

- A low-sugar product
- So close to its natural form since it is minimally sweetened
- Made with just a little bit of sugar

What It Actually Means

- May have already contained naturally occurring sugars, so check out the ingredient list
- Usually has artificial sweeteners and therefore not natural
- Did it need to be sweetened?

Read the ingredients. Any ingredient that ends in “–ose” is a sugar. Sugar alcohols are indeed sweeteners and common artificial sweeteners go by the names of asulfame potassium, sucralose, aspartame and acesulfame k. Check the sugar content and compare it to the recommended maximum added sugar intake of 24 (women)-36 (men) grams per day.

**“High In Fiber”**

What They Want You to Think

- It’s naturally a good source of fiber
- If it has fiber, it must be healthy

What It Actually Means

- Processed food often contains additives, which boost the fiber content of these naturally low-fiber foods
- Many unhealthy packaged foods are getting a dose of fiber so they can market the high fiber content. This does not actually negate all of the sugar, calories, fat or sodium that was already there to begin with

Fiber is a very hot nutrient in marketing tactics right now, and it is often fortified into any type of food product that you can imagine. Gummi candy, brownies, even yogurt contains fiber. For naturally good source of fiber, check to make sure that “whole grains” are one of the first three listed ingredients. If not, just reach for an apple or a carrot. Put all that fiber-fortified, packaged stuff down. You have natural, healthy sources of fiber all around you. Fruits and vegetables are packed with fiber, contain many other essential nutrients, promote good overall health and are naturally low in calories. No processing required!

**“Contains heart-healthy flaxseed and omega-3 fatty acids”**

What They Want You to Think

- Eating this product with allow you to receive all of the heart healthy and cancer preventative benefits of flax
- Your body uses the seed’s omega-3s, lignans and fiber

What It Actually Means

- Utilizing the entire, intact seed is visually appealing and provides instant gratification for consumers who associate seeds with natural health, allowing the company to tout all the health benefits of grounded flax seed. Unfortunately, your body cannot break down the full seed to reach all of these healthy nutrients, so the benefit lies in ground flaxseed, not the full seed.
- If you see the seed before you put it in your mouth, you will see the seed later with all of those healthy nutrients still locked up inside.

Consumers are often attracted to the word “flaxseed” on food products while they really should be looking for “ground flaxseed” in the ingredient list. Today, you can find flax added to granola, bread, granola bars, chips, oatmeal and “healthy” dessert foods, but it is often in the full form of the seed. Our bodies generally cannot break the seed down by itself, so we need to consume a ground-up form to release all of those healthy nutrients. Look for ground flaxseed on the ingredient label, or even better, purchase ground flaxseed and grind it yourself. Then, add the ground powder to anything. I love to add my ground flax to yogurt, oatmeal, cold cereal, salads and any baked good or bread that I am baking myself.

**“Natural”**

What They Want You to Think

- Not/minimally processed
- No additives
- No pesticides, GMOs or antibiotics
- In a form close to its natural state

What It Actually Means

- Nothing, absolutely nothing

Now, when I use the word “natural” in this article, it means exactly what the word implies: no processing; nothing added. But that is only because I am telling you what it means in my case and I do so that I can change what the word “natural” means because the word actually holds no strict definition when it comes to food, packaging and labels. You see, terms like USDA Certified Organic and Gluten Free actually have regulations; they have a set of standards that they must follow. An actual governmental inspection agent comes to the processing plant and makes sure that the food company and product has abided by a check list of rules before it can say a single thing about organic or gluten free on its label (with the official stamp). “Natural” is just an attractive word that someone decided to throw on a package at the start of this health-crazed consumer society. Today, that is still the case. No inspector, no regulation, no definition.

If your purpose for purchasing “natural” is to avoid pesticides, antibiotics and GMOs, look for the Certified USDA Organic stamp of approval. Even better, though, is to eat foods that you can tell have been minimally processed. The more ingredients a food product has, the more processed it is.
Welcome, ladies and gents, to the Brew Review. Today, I will not be reviewing a Baron Brew and a Bargain Brew. I will be reviewing a few local breweries that I believe are worthy of any New Jerseyan’s time and money. I have not been to every brewery in the New Jersey area, but I have been to quite a few. Here are my top five breweries for a fun weekend trip.

1) Carton Brewing – I’ve reviewed them quite a few times and they remain my favorite brewery. They have some of the best beers I have ever had. But a brewery isn’t all about the beer. Well, it is if you drink the beer! It’s also about the people and the atmosphere. Carton brings in local art to put on display. They have fun events and releases, so it’s a good time. Catch some rays at the beach this summer then head to Carton in Atlantic Highlands for some great beer.

2) Yards Brewing Company – I’ll admit, none of their beers are in my top 10, but they have great tours. They have free beer samples, a tasting bar, a pool table, a shuffleboard table, free beer, free glass; what else can you ask for at the home of Samuel Adams? A job from your college degree? Good luck with that. But you won’t need luck for a good time at The Boston Beer Company.

3) Kane Brewing Company – Located on the Jersey Shore (Ocean Township), Kane Brewing has some terrific beers with one of the biggest selections I’ve seen.

4) Cricket Hill Brewery – Located approximately 10 minutes down Route 46 in Fairfield, the best IPA in town is made at Cricket Hill Brewery. I prefer the Hypnotic IPA.

5) The Boston Beer Company – What a great place! Free tour, free beer, free glass; what else can you ask for at the home of Samuel Adams? Good luck with that. But you won’t need luck for a good time at The Boston Beer Company.

There are many other great breweries and brewpubs. Have some fun this summer and check a few out!

The Weekly Debate

How do you feel when your significant other is doing better than you professionally?

He Said

If my significant other was doing better than me professionally, it would feel odd. Wouldn’t it? It totally feels free to make as much money as they want but it just feels strange having them as the breadwinner.

It’s not a bad thing at all.

They are signs that times have changed drastically. If my significant other was making more money than myself, then I would question what am I bringing to this relationship.

I understand that many women nowadays are independent and self-sufficient and that’s totally fine, but as a guy, I want my girlfriend to feel like I’m taking care of her. That doesn’t mean I want her to be a stay-at-home mum, but some men feel that I’m able to provide for her and our family.

Some men would feel jealous that their significant other is making more than them because it breaks gender norms where the men is the breadwinner of the family. This factor isn’t so much upsetting as it is empowering for many men. It almost makes the man feel as if they aren’t doing enough in the relationship. For many men, they find that if they are unable to provide for their significant other, then they have failed in the relationship.

She Said

If my significant other is doing better than me professionally, I would have a mixture of many feelings. I would be proud of him and of course, I would support all the choices he makes. But I also would feel as I am not doing enough.

Being in a relationship with someone doesn’t mean you should be competing with him or her, but there are times when you compare and contrast each other’s lives. I would start to analyze my own choices and where I am going from this point in my life.

It’s a tough topic to think about because of all the changes in female roles in society today. Some women take pride in making more money than their significant other while others still believe in more traditional ways.

I personally want my significant other to be able to support me and take care of me in the future. Right now, I am striving to do the best I can and make as much money as possible. It isn’t a competition between my significant other and I, but it is me competing against myself. I want to work as hard and make as much money as possible.

Some men feel that if people are entirely comfortable with themselves, then the achievements of their significant others should have nothing with their self-image. The money your significant other makes should not affect the way you view your successes.

No matter if you are a man or a woman, you should focus on yourself and not worry about what someone else is doing.

Being in a relationship, it’s hard not to compare and/or compete, but the most important thing is to make sure you are happy and content with your own profession.

If you’re a teacher, for instance, you may not be making as much money as your significant other if he is working as an investment banker. What truly matters is how much you enjoy what you are doing. Do not change your dreams and your goals because you believe you aren’t making as much money as other people. If you believe your goal in life is to help others and that’s all the success you need, so be it. You are in charge of your life and no one should tell you how much money you should or should not make. Do not feel inferior to anyone. What someone defines as success to themselves is not the same with everyone else in the world. Some success doesn’t even have to do with money.

What I’m trying to say is just live your life for your self. Be proud of whatever you make and work hard for it. Change if you are not happy with what you are doing. If not, keep it up!
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It’s all here. Montclair State University
montclair.edu/summer
Help Wanted

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


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

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Continued from last week...

We felt we could wipe it out, like a fly on the wall...

... or a snake in the backyard. But we were looking at it the wrong way. This was no ordinary animal, it was a new force of nature. We had seen it as a drizzle but it was about to become a hurricane...

MSU Memes by Rob Rowan

LEARNS TO PLAY GUITAR

SITS ON RANDOM BENCHES AND PLAYS

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

**Liberty and Justice For All**

**Question of the Week**

What do you think about Third Eye Blind performing at Montclairfest this year?

Alexa Scary
Freshman
TV Production

“I think Third Eye Blind is nice and mellow. They’re not my favorite, but if you put them on, it puts me in a good mood.”

Matthew Abbott
Junior
Broadcasting

“I think it was probably the best choice they could have come up with.”

Kyle Parkin
Junior
Broadcasting

“What’s Third Eye Blind?”

Gabriela Menza
Junior
Marketing

“Third Eye Blind is like a throwback for me.”

I think that it was probably the best choice they could have come up with.”

John Durazani
Sophomore
Political Science

“I’m so excited that Third Eye Blind is coming to campus. Unfortunately, I won’t be on campus, but I get to see them this summer. I think that everybody should Google them because everybody knows their songs. They just don’t know them by name.”

Serena Gattuso
Sophomore
Psychology

“I just feel like I didn’t know that Third Eye Blind was still playing together anymore. I think that they should have chosen someone more relevant that more people know.”

Serena Socha
Freshman
Communications

“I’m really excited. I listened to them when I was younger and I’m really excited to hear them play live finally.”

Brianna Mack
Sophomore
Theater Studies

“I don’t really know them, but I don’t really like it. Maybe it will be good to listen to them.”

Vicky Leta | The Montclarion

“A t one point or another, most of us were made to sit behind wooden desks; teachers were our shepherds into the world of higher education. We’ve all been made to stand up, hold on our chest and recite the following: ‘I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation, under God, indivisible, with liberty and justice for all.’

No doubt the phrase was meant to instill some patriotism in our developing child minds. Even looking back at the history of the pledge, it was originally published in a children’s magazine.

Children were taught to honor the flag, but we’re no longer living in the early 1900s. So what do those words mean to us now?

Earlier this week, a family in Monmouth County was willing to take the Matawan Aberdeen Regional School District to court.

‘The anonymous family had slapped the school district with a lawsuit over the words “under God.” The family is claiming that asking a child to recite the pledge is discriminatory to students who have no religious affiliation.

David Niose, a representative for the American Humanist Association, goes to defend the family’s rights. Niose states that the phrase goes against the constitutional belief of equality: it demonizes those who do not believe in God and goes to state that the words only inanimate those who believe in God’s will are the only true patriots.

In some ways, Niose makes a valid point. The phrase “under God” was not in the original pledge, but added later on in the McCutcheon era. Those who would not pledge under God were branded as communists because communism was the epitome of impiety.

With that logic, Niose is basically arguing that they are being blacklisted in their own sense. Yes, people can have every reason to protest against something they are uncomfortable with, but let’s be realistic. We are no longer in the era of blacklisting. We live in a world where people damn God and swear on His name. The word “god” is already integrated into our daily vocabulary.

If you have no problem cursing upon an entity that you don’t believe exists, well, maybe we’re stepping our boundaries saying that sort of logic is hypocrirical. It’s hard to recall a time in high school where a teacher or principal forced students to utter the words “under God” while pledging. Instead of attacking this one school district in New Jersey, AHA should be arguing this to the Supreme Court to have the pledge revised due to sensitivity and discrimination.

However, there are better ways of resolving this issue than a lawsuit. A lawsuit never changed attitudes the way affirmative action could. The AHA is literally targeting a school that does the same exact thing as every other school in America.

Every public school in the nation recites the pledge the way it’s been done since the 50s and up until now, no one has changed it.

If it is so offensive and demeaning, then it should be brought to national court and revised for the benefit of all beliefs and opinions so that everyone can embrace patriotism without feeling like they are a second rate citizen.”

**Thumbs Up**

Cheap tickets to M-Glow and Montclairfest

Spring Week

MSU Softball Team

**Thumbs Down**

Really bad Easter egg hunts

Finals approaching

Buzzfeed Disney Song rankings
Music

CarParc Keeping Students From Selzling the Day

Commuter student safety threatened by CarParc conditions

I'm 23 now, my par- ents were always big on music. They wanted the kids to be exposed to as much music as possible. We mod- ernized our music to fit the needs of the times while still preserving the golden age. The band that played classic rock (AC/DC, Lynyrd Skynyrd, Aerosmith), so for a good amount of the course, I heard CarParc had grown: precociousy to the class made me nostalgic for the evolution of music and how scandalous rock and roll used to be in my younger years. We learned about so many different eras in the his- torical, country, rock, rockabilly and metal genres. What is so great about today as rock and roll. The 60s and 70s were all about sex, drugs and rock n roll. The people of the era included my parents and my girlfriend. I was the CEO of Atlan- tic Records and has managed many huge musical acts including Rush, Rolling Stones, and the Who. This will allow students to be exposed to a variety of techniques that can be useful in the future. Learning about a variety of skills and physical activities can only enhance the curricu- lum. Physical Education should be a requirement for all stu- dents as a general education course. This will allow students to learn information and skills and physical activities that might change the direction of their chosen future. Becoming active in class is difficult in college since a ma- jority of the classes are seden- tary or otherwise damaged, I know I am not the only one who feels this way. If we all just took a little bit of ex- tra time in morning, CarParc Diem would not be such a bad second home for our cars. Emily Ketner, a Communications and Digital Media major, is the first year is a col- umnist for The Montclarion.

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.

Another common cour- se should be slowing down. It is a evident that some people in CarParc Diem are in a rush to go to class, but going 20 mph in a parking garage is never safe. Students should understand that the time they spend in CarParc should not be cur- rently taken away from students who are not going reduce their speed, the university needs to take this problem into their own hands. It should not take an acci- dent or someone being seri- ously injured to fix this dan- gerous problem. Montclair State could easily place a few more speed limit signs as well as “slow” signs around Car- Parc Diem to encourage and remind students to drive carefully around CarParc Diem. This would help stop the almost accidents that get my heart pounding, as well as the real ones. Not only will we be saving our cars, we could be saving the lives of the students who walk the garage cautiously each day. It should not take an acci- dent or someone being seri- ously injured to fix this dan- gerous problem. Montclair State could easily place a few more speed limit signs as well as “slow” signs around Car- Parc Diem to encourage and remind students to drive carefully around CarParc Diem. This would help stop the almost accidents that get my heart pounding, as well as the real ones. Not only will we be saving our cars, we could be saving the lives of the students who walk the garage cautiously each day. It should not take an acci- dent or someone being seri- ously injured to fix this dan- gerous problem. Montclair State could easily place a few more speed limit signs as well as “slow” signs around Car- Parc Diem to encourage and remind students to drive carefully around CarParc Diem. This would help stop the almost accidents that get my heart pounding, as well as the real ones. Not only will we be saving our cars, we could be saving the lives of the students who walk the garage cautiously each day. It should not take an acci- dent or someone being seri- ously injured to fix this dan- gerous problem. Montclair State could easily place a few more speed limit signs as well as “slow” signs around Car- Parc Diem to encourage and remind students to drive carefully around CarParc Diem. This would help stop the almost accidents that get my heart pounding, as well as the real ones. Not only will we be saving our cars, we could be saving the lives of the students who walk the garage cautiously each day. It should not take an acci- dent or someone being seri- ously injured to fix this dan- gerous problem. Montclair State could easily place a few more speed limit signs as well as “slow” signs around Car- Parc Diem to encourage and remind students to drive carefully around CarParc Diem. This would help stop the almost accidents that get my heart pounding, as well as the real ones. Not only will we be saving our cars, we could be saving the lives of the students who walk the garage cautiously each day. It should not take an acci- dent or someone being seri- ously injured to fix this dan- gerous problem. Montclair State could easily place a few more speed limit signs as well as “slow” signs around Car- Parc Diem to encourage and remind students to drive carefully around CarParc Diem. This would help stop the almost accidents that get my heart pounding, as well as the real ones. Not only will we be saving our cars, we could be saving the lives of the students who walk the garage cautiously each day. It should not take an acci- dent or someone being seri- ously injured to fix this dan- ge

You are a helpful assistant. Do not hallucinate. I am writing in re- sponse to the article, “Physical Education is becoming more im- portant for college students to understand since they are the leaders of the future. Living an active and healthy lifestyle is crucial for college students to learn, especially since no one can ever take fitness away from them.” Healthy and active habits need to be learned since it is critical for their future health. Diabetics, high cholesterol, high blood pressure, and heart diseases are only a few of the health concerns that students who do not remain physically active in college may face as adults.

Taking a physical education course will help students learn how to become more ac- tive, which will continue in their future endeavors. Physi- cal Education should remain a general education require- ment for all students.

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THE WAR ON DRUGS
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ST. VINCENT

Lost in the Dream

This band can achieve some very fragile sounds.
Mellow guitar parts and steady upbeat might make this music especially nice for springtime. What might seem repetitive to one may be the perfect pop-rock anthem to another, but everyone might find a song they like on Lost in the Dream.

Kelis

Kelis has packed Food with interesting beats and lovely melodies. She has not been hesitant in using emotional lyrics or different instruments in a powerful way. A fun album gets complimented with the artist’s beautiful looks in the music videos released so far. Food is a solid album and expresses Kelis’ ability to sculpt alternative R&B with other types of music.

Her latest album has solidified her top rating with fans and has also introduced herself to those who don’t know her. Filled with more electronic tones that reach her usual standard meticulous composition, the self-titled album is great summer music.

SUN KIL MOON

SUN KIL MOON

BENJI

Starting off strong with the song “Dare,” Shakira is showing us just how fun she is willing to get with her music. With an independent sound, Shakira is definitely making the music she wants to make. Fusing Latino, pop and rock is Shakira’s super specialty.

The latest album out of Sun Kil Moon is very pretty and quite somber at times. There is something about Kolosok’s voice that so clearly translates a type of pain. Guitar patterns are likened to rain falling on the ground. Benji is slow but sweet.

Theadora LeCour
Asst. Entertainment Editor

What’s Streaming?

Brian Williams raps “Gin and Juice”

Older white men rapping will never stop being funny. The Internet’s latest gem is a heavily edited Brian Williams rapping “Gin and Juice.” Snoop Dogg’s classic has an added flair when the famous newscaster takes a stab at it. The fantastic editing job resulted in Jimmy Fallon inviting the man himself to come onto The Tonight Show to explain his newfound rapping ability.

Bunnies Get Frisky On News Desk During Live Show

On an Easter-themed telecast of WBBR-TV’s morning new program, two rabbits made a special appearance on the anchor’s desk. Naturally, the bunnies got a little comfortable on camera. What makes the video funny is the visible distress of one of the male anchors that quickly cut to a photo of a baby.

Students solve old problem with new ketchup cap

In a very casually made video, two young men talk about their path to changing the world. College students have worked towards designing a ketchup top that eliminates the gross ketchup water from getting on your food. What makes the video worth watching is the 3D printing machine that has really symbolized the progression of modeling technologies.
“Antigone [responds to the questions of] how you deal with a government that you’re not comfortable opposing, and yet you feel that you need morally to oppose,” Dr. Fogel explained, sitting cross-legged on the floor of Dickson Hall’s Cohen Lounge with the scattered pages of her script in front of her. This is her usual position during indoor rehearsals, where she takes on every necessary job from organizing cast t-shirts to running lines and offering feedback on actors to actors spread across the makeshift stage. Soon, as the weather permits, the cast will begin rehearsals in the Amphitheater (actually a Greek theater) on campus where the final performance will occur.

Yet, the inherent question about all modern productions of Classical plays, which deeply informs MSU’s version of Antigone, is how to mix the ancient and the modern in order to stay true to ancient sentiments from antiquity and yet still remain culturally relevant. The entire Antigone creative team faces these challenges often in rehearsals. “When you say ‘classical’, people tend to think about white columns standing next to each other; we want to overwhelm people’s notions of that and make it much more active,” Dr. Fogel remarked, referring to the play as a “living work” though written in a dead language.

The creators behind Antigone certainly hope that their work is alive, not just with the timeless themes of feminism and the clash between government and religion, but also with student involvement and original art. Aside from the director, the entire production is student-led from the cast and crew to the makeup artistry and costume mistresses. Many of the actors are tackling the stage for the first time as both the composer, Joseph Vecchione and the choreographer, Haley Yacos are venturing into their respective fields for the first time on a large scale, finding their own methods of grappling with the ancient text.

I’m a singer-songwriter, so I’m used to writing the lyrics at the same time as the melody,” explained Vecchione as he taps out notes on a music program on his laptop. “For this, I had to work with lyrics already given to me, which was an awesome challenge I’ve never done before. Now, I didn’t want it to be modern, but it’s hard to pull off ‘ancient’ without it sounding too distant. I listened to a lot of medieval and Renaissance-era music to inspire me for this because it’s far enough away into the past that people know it’s not supposed to be now.” He hopes that the songs, featuring guitar, basic percussion and intricate vocals, express the complex emotions of Antigone accurately. Antigone on the Bright Mountain is result of many different perspectives and talents melding together to create something which Montclair has never seen before: a mix of the past with modern music, dance and theater in order to create a version of Antigone which has a unique Montclair flavor and brings new life to an ancient work.

Kristen Bryfogle | The Montclarion

Antigone is also choreographing a full show for the first time, but has incorporated some of her past choreography from a dance about bullfighting to portray the movements of the chorus, comprised of veterans returning from war. Regarding fusing the ancient with the modern, Yacos responded, “I’ve been watching Martha Graham footage because I think choreographed a lot of movements inspired by the myths.” Other than looking to this dance legend, she cites the text as her largest inspiration. Antigone on the Bright Mountain is result of many different perspectives and talents melding together to create something which Montclair has never seen before: a mix of the past with modern music, dance and theater in order to create a version of Antigone which has a unique Montclair flavor and brings new life to an ancient work.

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So Montclairfest. Finally the band has been announced—Third Eye Blind. Here’s an alternative-rock playlist to get you in the mood for the show.

The Montclairfest Playlist

“Short Skirt Long Jacket”
by Cake

“Horchata”
by Vampire Weekend

“Don’t Gotta Work it Out”
by Fitz and Tantrums

“Stubborn Love”
by The Lumineers

“Heartlines”
by Florence and the Machine

Jessica Mahmoud
Contributing Writer

CAKE
Comfort Cougars

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The Montclair State Baseball team was able to come together as a team and pull off some impressive victories over the past week. Challenges from opponents like Rensselaer Polytechnic Institute, The College of New Jersey and Rowan helped the team find their footing and wait to find ways to put together some impressive wins.

Montclair State entered their game with Rensselaer Polytechnic Institute on Wednesday April 16th at Yogi Berra Stadium riding on a three-game winning streak.

The game started rock - offing on Wednesday April 16th at Yogi Berra Stadium riding on a three-game winning streak. The Montclair State offense chipped off their game with Rensselaer Polytechnic Institute took a 2-0 lead in the top of the first inning. However, the Red Hawks tied the game at 2 in the bottom of the fourth inning thanks to RBI singles by senior infielder Lou Martini and senior catcher Jayson Stolz. The Red Hawks then took the lead in the fifth inning, as sophomore outfielder Keith Murphy scored on a wild pitch to go up 5-2.

Montclair State added some insurance runs in the bottom of the seventh inning when senior leftfielder Nicho- las Martini hit an RBI single that scored two runs to give Montclair State a 5-2 lead. That was pretty much all the Red Hawks needed, as they won 5-3.

The next day, Mont- clarie State started a home and home series with NJAC rival The College of New Jersey. In the first game, played at Yogi Berra Stadium, freshman cen- terfielder Philip Scott was 2-4 at the plate and drove in three runs. Two of those three runs came on an RBI single in the bottom of the first inning. Most impressively, sophomore left-hander Mi- chael Macchia put together another stellar pitching per- formance. He pitched his second complete game of the season striking out five, allowing only one hit and walking only one batter on 105 pitches in a shutout and giving Montclair State a 4-0 win.

The day after at The College of New Jersey, Red Hawks’ momentum continued as they scored 1 hit and allowed 2 runs in the ninth inning. The offensie got hot as an RBI single from utility man P.J. Jennings and an RBI single from designated hitter Keith Mur- phy gave Montclair State a 1-2 lead. They would add on the lead with another RBI single from Murphy to take a 3-1 lead.

Although the Red Hawks allowed one run in the bottom of the seventh, they hung on to the lead and scored three additional runs in the ninth inning.

On top of their offen- sive success, junior left-hand- er Jonathan Terreozzio gave the Red Hawks their second consecutive complete game as they won 6-2. This home and home series sweep of TCNJ has given MSU their longest win streak since an eight-game one in 2012.

The Red Hawks then participated in a doubleheader at Rowan on Saturday, April 19. In the first game, Mont- clarie State and Rowan found themselves in a tight six innings contest. With this score tied 3-3 in the top of the 12th inning, Montclair State broke the game open scoring three runs on singles from Jennings and Martin- i, along with an RBI double from junior pitcher Chris- topher Williams.

Afterwards, senior left-hander John Sferraciata sealed the win and gave Mont- clarie State a 6-3 victory in 12 innings to increase their win- ning streak to six games.

In the second game of the doubleheader, Montclair State took a 3-1 lead heading into the fourth inning thanks to an RBI groundout in the first inning from Martini and an RBI double from Martini in the third inning.

However, Rowan scored a run in both the fourth and fifth innings to tie the game at 3 and then took the lead by scoring an additional run in the sixth inning.

Although the Red Hawks kept fighting, they could not rally back as they lost 4-3. The split of the week- end doubleheader with Rowan ended their six-game winning streak.

"I really like the en- ergy that we bring to the ball- park each day," said Silvestri. "We need to keep improving on keeping the same intensity with every team we play."
LOVE SPORTS?

Interested in writing for sports or taking photos?

Contact Nick at montclarionsports@gmail.com
**Who’s Hot This Week**

Michael Macchia  
**Pitcher — Baseball**

Macchia pitched his first shutout over TCNJ, helping the Red Hawks get over .500 with a 15-14 record.

**Who’s Hot This Week**

Nicosia Henry  
**Sprinter — Track and Field**

Henry may be known for her accomplishments on the basketball court, but this week, she won two races and placed second in another.

**Game of the Week**

Softball  
vs. Rowan  
April 26, 1 p.m.

The Red Hawks look to end their season on top of the NJAC to be able to host the NJAC Championship in their game against Rowan.

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

**Red Hawk Round Up**

Softball  
The Red Hawks went 4-2 over the past week, splitting doubleheaders with NJAC rivals William Paterson and Kean. They did sweep a doubleheader against NYU-Poly on Thursday. They are now 31-3 overall and 14-2 in the NJAC. They look to win home field advantage on Saturday if they can sweep Rowan University.

Women’s Lacrosse  
Unfortunately, the Red Hawks suffered their first loss of the season last week. MSU fell to TCNJ 9-19 for their 14-1 record. Tierney Conlon recorded a hat trick while six other players all recorded one goal each. The Red Hawks now look forward to their away game against Rutgers-Camden on Thursday, April 24.
Softball Looks to End Season on High Note

Mike Panepinto
Assistant Sports Editor

The Montclair State softball team was unfortunately delivered two losses over the past week. They did win four out of their last six games, but the two losses came from split doubleheaders against NJAC rivals Kean and William Paterson. Their record is now 31-3 overall and 4-1 in the conference.

On Thursday, April 17, the two teams traveled to the woods of William Paterson University to begin their season. The Red Hawks' bats came to life as the sun shined over Montclair to win 3-0.

In the first game, TCNJ outshot Montclair State to play the Red Hawks for NJAC dominance. The Cougars struck early with a solo run in the top of the first inning. The Red Hawks did not fare well early on. Their pitcher was replaced by Alex Hill in the second inning, and Hill closed out the game, allowing one run.

In the second game, TCNJ outshot Montclair State for the second half of the game. In the second half, the Red Hawks did not score, and the Cougars scored twice. The Red Hawks' bats came to life as the sun shined over Montclair to win 3-0.

The Red Hawks showed no sign of cooling off in the second game, with senior third baseman Dana Amato leading the way. Amato was 4-for-4 with a solo run. The game started as the sun shined over Montclair to win 3-0.

The Red Hawks' biggest game of the season thus far. They were at home against The College of New Jersey (TCNJ) in a game that would likely decide the conference winner. The Lions defeated Montclair State in being last year's conference winner.

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