A Day to Be Mindful
Students take advantage of relaxation
Jolie Higazi
Staff Writer

In an effort to get the community to come together and celebrate the present moment, MSU offered its first annual Day of Mindfulness Monday with an all-day yogathon, sitting meditation spaces and workshops to dive more deeply into what mindfulness is.

"We use mindfulness to enhance creativity. Starting with mindfulness is a great entry way to creating peace."
- Scott Massarsk, Co-Founder
The Peace Garden Project

**Dining Takes its Time**
Jeyna Gagliardi
News Editor

When it comes to choosing a university, campus dining is ultimately a huge deciding factor; for students, food is not a topic taken lightly.

In that sense, Montclair State has taken some drastic changes over the summer that have aimed to shift the tide of dining services on campus, namely Chartwells.

While some of those initiatives and projects have been a hit within the campus community, it appears as though others are falling through the cracks.

"It was a very big task changing over from one provider to another and there was a struggle to get ready," shared President Cole on the switch.

"There was a changing of management and it was a done. [The alterations] may take time, but it’s getting done."

**Fire Flares in Fenwick**
Jeyna Gagliardi
News Editor

On Wednesday, Sept. 17, the Village at Little Falls experienced one of the first fires of the school year.

"The fire was caused by unattended cooking," explained Jeff Isler, Fire Safety Inspector. "Oil was heated, containing food, were left directly by the stove. When things caught fire, the homes also ignited."

Unfortunately, the resident was not aware of how to use the fire extinguisher within the apartment.

"A friend attempted to extinguish the growing fire with water, causing it to splatter," said Isler.

At this time, the residents left the apartment and exited the building to the sound of the fire alarm which had been activated when the fire first began.

"Luckily, no one was in- jured during this fire and evacuation," stated Fire Inspector, Mike Yedidya Gorstman.

**Festivals and Events: Chartwells continued on Page 5**

**A Day to Be Mindful**

**Fire Flares in Fenwick**

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on september 13

Non-student Timothy MC

Yiann, 21, of Montvale, N.J.

was arrested and charged with

distribution of marijuana, posse

sion of marijuana and possess

sion of drug paraphernalia

while at Hawk Crossings.

McTiernan is scheduled to

appear in Little Falls Mu

nicipal Court.

on september 15

A juvenile student, Randy Ru

nu, 18, of Nutley, N.J., Adrian Gupa, 18, of Hol

mdel, N.J. and Eric Naj

aim, 19, of Holdem, N.J. were arrested and charged with possession of mari

juana while behind the softball stadium. All par

ties are scheduled to ap

pear in Little Falls Munici

pal Court.

on september 16

Student Ryan Driscoll, 22, and Ian Lander, 21, of Kinclon, N.J. were ar

rested and charged with possess

sion of marijuana while behind the softball stadium. Both parties are scheduled to appear in Lit

tle Falls Municipal Court.

on September 18

Student Tatianna Soder

quist, 18, of Northvale, N.J. was arrested and charged with possession of mari

juana while in Gibbon Hall. Soderquist is sched

duled to appear in Little Falls Municipal Court.

on september 18

Student Jonathan Wan,

20, of Jackson, N.J. was ar

rested and charged with

simple assault and an act

of domestic violence while in Alice Paul Hall. Wan is scheduled to appear in Lit

tle Falls Municipal Court.

on September 20

Students Raymone Smith, 21, of Elmwood Park, N.J., Miles Daris, 18, of Penning

ton, N.J., Bonnie Irvine, 18, of Bernaget, N.J. and a ju

venile student were arrested and charged with possession of marijuana while behind the softball stadium. Both par

ties are scheduled to appear in Little Falls Municipal Court.

on September 20

Non-student Jeffrey Boot

Jr., 18, of Hackensack, N.J. was arrested and charged with aggravated assault for his

involvement in a physical altercation within Fennick Hall. Boot Jr. is scheduled to appear in Little Falls Munici

pal Court.

anyone who has information

regarding these incidents is urged to call the police station at (973). all names strictly

confidential.
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“brilliant and incisive”

-The Baltimore Sun

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NJ/NY PREMIERE!

Liz Lerman

Healing Wars

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Convenient parking in the Red Hawk Deck

*No charge for NJSU undergraduate students at the Kasser Theater box office with valid ID. Proof of ID must
event,” Lubin said. Walking into one of the speaker workshops with Shalom Gorewitz, an artist and professor of Video Art and Multimedia at Montclair State, you can see that all aspects of his life revolve around art.

In the Student Center ballroom, the audience was seated in chairs arranged in a circle with Gorewitz standing in the middle. Circled around the room were quotes and group signs such as “Art is not out of inner peace, outer peace is impossible.”

Gorewitz would speak briefly about the history of meditation and the different forms of meditation. He kept bringing everyone back to the “awareness in the middle. Posted all around the room, there are still promises that have yet to been kept.”

“Unfortunately, the delay just kept going on,” Isler said. “It’s a little later than we thought it would be. Hopefully, we can get some movement on these things.”

According to Dr. Pennington, With the state permitting the University Police force to our students that fire prevention is within their control, “we encourage our students, faculty and staff alike, to be aware of our fire extinguisher training for any interested residents in the Village at 4 p.m. on Wednesday afternoon.”

As always, “we encourage our students, faculty and staff alike,” Isler said. “This requires that students pay attention to the food they are cooking before they’re cooking their food. Having the best tasting hot, throwing food in the fryer and forgetting about it or pressing the wrong button on the microwave could lead to serious consequences.”

This incident should reinforce to our students that fire prevention is within their control; to prevent a fire, they need to use attention to what they’re doing.”

For more information, students are encouraged to visit the US Fire Administration website, the NFPA website, or the Montclair State Fire Safety website.

We caught the fire alarm in the building immediately sounds, students are encouraged to evacuate the building immediately; as well: the University Police called at 973-655-5032 from a regis- tered phone. Itzkowitz then punched in 322 from the campus line. The majority of the bud- get has been allocated for food, in order to provide the best possible experience. Gorewitz believes a lot of people don’t realize how much money it takes to craft a good film. He went on to say that he believes the program will be a “huge success here at Montclair State.”

Still, with the “tremendous excitement for Hawksync,” Tolman believes the program will be the “next big thing” in campus involvement and leadership on campus.

As one of the main components, Hawksync offers a “centralized calendar of events planned by all students, organizations and various departments.” From being able to connect other online calendars, students are given the opportunity to have a quick and easy-to-understand picture of their month ahead.

In addition, the site gives students the ability to “quick- ly browse through every student organization, learn about their upcoming events, find out how to join and how to contact the members” – as some students may truly need to get involved in the first place.

Above all, Hawksync “conveniences all of the information from the organizations you belong to in one ‘leaf’ where you will see events, posts and photos.”

Giving students the option to customize their notification settings, the site allows one to “see only what [they] choose to spend [their] time on and organized means.”

Gorewitz believes the fact that students will be able to “get recogni- tion for campus events [they] attend, [their] membership and [their] leadership role, [their] participation and [their] ship positions [they] hold.”

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Global Business School

An Innovative Global Program that Will Prepare You for the World of International Business.

Kean University’s College of Business and Public Management is entering into a new and exciting phase of development with the creation of its Global Business School. Located in a new, state-of-the-art facility, this program will prepare students for careers in the new global economy and will emphasize a curriculum focused on:

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- Easy access to the global business community in Manhattan
- Study at Kean’s campus in Weihai, China
- Faculty with global business experience
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- Small classes
- Executive Fellows Program

Learn More >> globalbusiness.kean.edu

CONTACT the Kean Global Business School globalbusiness@kean.edu
Do’s and Don’ts of Men’s Fashion

Scratching your head: DON’T

For most girls, it depends on how a guy looks and I got a complaint of burning when kissing a guy with a beard. However, beards are preferred. It was a close tie of 13 to 11.

Wearing scarves: DO

Now that the colder weather is coming, scarves and gloves are coming out. By only one vote, guys wearing scarves is a DO. Be sure to stop by H&M and pick up a nice, cozy one for fall. This won 12 to 11.

Grow your hair: DO

Cancel that appointment at the barber shop and grow your hair! If you want to impress the ladies this semester, try growing it out a little. Just think: if you usually have a buzzcut, you’ll probably stay warmer this way. This won 13 to 12.

Wearing necklaces: DO

Although my sister disagrees here, necklaces are something girls like on a guy! Try to get something original from one of the boutiques in Upper Montclair or a thrift store. Make sure it says something about you and what you like, even if it is just your favorite animal. It was a clear majority of 14 to 9.

Dress up for class: DO

If you want to impress the ladies, try putting a little effort into tomorrow’s outfit. This won 20 to 2! A polished guy is always spotted in a crowd of basketball shorts and plain t-shirts. Try fitting the “school” look with pieces like sweater vests, cardigans, trousers and polos.

Wear Oxfords: DO

When I say Oxfords, I mean the shoes, not the shirts. These shoes are a great alternative to sneakers and will definitely be noticed. They are not common on students, so make a statement! This won 15 to 7.

Wear beanies: DO

Wearing beanies is a definite yes! This fashion piece won 14 to 4! Beanies are a great addition to your fall wardrobe and look good with almost anything. Try pairing them with a sweater and jeans or flannel and jacket.

Wear Orchids: DO

When I say Orchids, I mean the shoes, not the shirts. These shoes are a great alternative to sneakers and will definitely be noticed. They are not common on students, so make a statement! This won 15 to 7.

Getting a girl’s opinion on looks and dressing can be very helpful for guys. Over the last few days, I’ve polled whether these choices are a DO or a DON’T. Here are the results:

Jessica Mahmoud

Staff Writer


What Do We Do About Domestic Abuse?

Melissa A. Rivera
Contributing Writer

When we were little, we were always told to go tell someone if anyone puts a hand on you. But how easy is that? Recently, we have heard so much about domestic abuse and it needs to be addressed. It’s all behind closed doors. People have shared their stories and more recently, their videos. We even have statistics stating that one woman for every four will experience domestic abuse within her life. We have seen the Ray Rice video. Jonathan Dwyer admitted to beating his wife and kids. Meredith Vieira even spoke about her abusive relationship.

Vieira stayed with her then-college-boyfriend despite his abusive behavior. It started out similarly to how most cases of domestic abuse start: slowly. He first grabbed her arm. She got mad; he cried and apologized. Next time, when he grabbed her face, she got mad; then he cried and apologized. It reached the point where he threw her naked into a scalding-hot shower. She ran into the stairwell of their apartment. He came back to her, once again crying and apologizing. It wasn’t until she got a job opportunity and moved to a different state that she left him. Someone as strong and independent as Vieira stayed with her abusive boyfriend. Why? Fear. He always came back crying and apologizing, so she felt sympathetic and stayed.

When people think of abusive relationships, they think of women as the victims. In other cases, men and children can be the victims as well. Men are typically stronger than women, but it doesn’t mean they can easily escape violence in a relationship. If a man reports an abusive relationship, he will run into skeptical people. But remember, escaping is always possible.

One of the hardest first steps. Find someone you trust; a professor, friend, parent or a guardian. Their main goal is to help you. Don’t ever think you brought it upon yourself. If you can’t speak to anyone, call the hotline 1-800-572-SAFE (7233). This is a 24/7 phone number to access information about domestic abuse or to gain help. When dealing with an abusive partner or parent, try and talk to someone you trust. Second, leave if possible. Do not retaliate or it might egg the other person on. Always get evidence and report all of the cases.

What to do if you think a friend or family member is in an abusive relationship? Try and get them to realize it. Show them that they deserve better. Do not try and bombard them with information. Talk to them about what you have noticed and see if they realize it too. Sometimes, victims just need a friend who can see it before they do or someone who can take the first step in the conversation.

Once you get away from an abusive relationship, it is hard to leave that mentality. You might still hear the other person degrading you or still live in fear that he or she might come back. What can you do now? You can become an advocate and help other people who are being abused. You can also join a support group.

There are many out there that try and help you move past that section of your life and try to build your self-esteem. You can learn how to improve your life by positive changes. Most importantly, you can learn all the warning signs and never go through a negative relationship again. Also, learn that you deserve better than how you were treated.

If you can’t speak to anyone, call the hotline 1-800-572-SAFE (7233). This is a 24/7 phone number to access information about domestic abuse or to gain help. When dealing with an abusive partner or parent, try and talk to someone you trust. Second, leave if possible. Do not retaliate or it might egg the other person on. Always get evidence and report all of the cases.
Kimberly Asman
Staff Writer

It’s fun!

Group X classes are set to awesome, motivating music that will help keep you enjoying the workout. The instructors also do their best to make the workouts as fun as possible by using different routines and styles in their classes.

We all know that exercise is important. It keeps you healthy, happy and can reduce stress. The Student Recreation Center at Montclair State is a fantastic part of this campus and every student should take advantage of it, especially since you are paying to use it through your tuition. If using machines and figuring out your own workout is not for you, there are so many other ways for you to get exercise. One of the best ways to have a fun, safe and effective workout is through group exercise. The group exercise schedule is jam-packed with a huge variety of classes for all fitness levels.

It’s harder to quit when you’re in a group

Picture this: you are running alone on a treadmill. You are only halfway through your workout but feel out of it today and are thinking about quitting and heading home. No one’s there to stop you. Everyone in the gym is focused on their own workout, so the only person to hold you accountable is yourself. Having trouble finding this motivation? Group X can help. When you are in a group of people and attending a class knowing how long it will be, you are more likely to stick with it until the end. If you want to quit in this situation, everyone in the class would notice. This can make you find the motivation to complete your workout by staying the entire time.

Your workout is planned for you

There is always a ton of information circulating the Internet about which workout style and format is the “best” for your body and the fastest way to get results. It can be confusing to weed through this information and plan your own workout, keeping it safe and effective. Going to a Group X class means this is done for you. The instructors at the Rec Center are all certified to teach and put a lot of time into planning a great class for their students. You do not have to plan; just show up and listen to the instructor.

Group X gives you a set schedule

It is easy to tell yourself that you are going to work out tomorrow, whenever you have the time. It is even easier to get carried away in all of the other things you are doing tomorrow and somehow run out of time for a workout. Going to a Group X class gives you a set schedule that you can make sure you stick to. By setting aside a specific time and day every week, you will know that you will make that time for your workout. Writing it down could also help. If you want to go to a Group X class this week, write it down where you write all of your other commitments. Treat it as a set part of your schedule that you have to go to and you will be a lot less likely to find you can not make time to work out.

There is something for everyone

Whether you are into lifting weights, dancing or mind/body classes, there is an option for every type of workout. Our Rec Center offers a huge variety. With a bonus, they are all included. Classes that may cost extra at independent gyms (TRX, Insanity) are all free to students. For those who love to dance, there is plenty of Zumba and Zumba Step. Anyone into martial arts can try Brazilian Jiu Jitsu (BJJ), Tae Kwon Do or kickboxing. Anyone looking to increase their flexibility, strength or just to relax can try yoga and Pilates. Anyone looking for a great way to build strength can try Body Sculpt and Mini Band Mania. There is Hydro Fit for anyone who feels like going for a swim while working out. These are just some of the awesome classes offered this semester. Check out the schedule for a full list of classes. Remember: try to arrive to class about 10 to 15 minutes early, especially when it is your first time. Always bring a water bottle, towel and sneakers and you are good to go.

For more information, visit montclair.edu or download the Campus Rec app (“msucampusrec” in the app store) to find out this semester’s Group X schedule.

Want to be part of something greater?

Write for feature!

Fashion writer wanted

Contact msufeature@gmail.com

newnoovenoir@gmail.com

Come enjoy a night of music. Nouveau Noir is a gypsy jazz trio in the style of Django Reinhardt. The group will be playing two sets at Trumpets at Trumpets, 1600 Park Street, Montclair NJ, 07042 on Thursday October 2nd. Enjoy up beat gypsy jazz with a delicious meal.

$10 at Door
purevolume.com/nouveau-noir
Help Wanted

Babysitter wanted 24-32 hours a week to manage 8 kids. 12:30-9 p.m. Mon, Wed, Thurs. Looking for a “take charge” person with previous experience. Non-smoker, fluent in English. Driving not necessary. Call Melissa 973-707-7088 or email Melissaofyahoocom

PT/After School Nanny wanted for 3 children ages 7, 7, & 12. Mon-Fri 2:30-6:30 p.m. Requires driving kids to activities, help with homework, light cooking for kids dinner & light cleaning/organizing. Call Helen 917-683-6304 or 973-748-0876 or email helen.appelbaum@gmail.com

PT/Childcare for 9 yr old girl. Mon/Tues/Wed - 3 to 7 p.m. Child has some learning disabilities, so a Special Ed. student would be great, but not necessary. $12.00/hr.

Montclair after-school “Driver” needed for two kids ages 13 & 11. Flexible hours.

PT/Driver Sitter for 6 yr old boy & 3 yr old girl in Montclair. Boy has minor smoker, fluent in English. Driving not necessary. $12.00/hr.

PT/PT - Little Angels School House Chatham, NJ is looking for Energetic individuals with comfort with dogs is also a must. Have valid driver’s lic. & clean record.

PT Montclair cook, Cashier, Food Runner & Driver wanted. Ruthie’s BBQ & Pizza. Call 973-569-1134.

OSU General Membership Meeting Every Tuesday from 7:00 - 8:00 p.m. Student Center Cafeteria B/C

OSU General Gospel Choir Rehearsal Every Monday from 6 - 7:30 p.m. and every Wednesday from 6 - 7:30 p.m. Student Center Cafeteria B/C

Xi Iota Information Meeting Thursday, Sept. 30, 2:50-6:20 pm for 9 & 11 year olds in Mountain Lakes. Prepare snack and dinner & help with homework. Must Drive. Contact Jane at 901-487-4999 or Janemhouston@gmail.com.

For Sale


Save $$$ - Female Students / Grads: Summer / Fall Room Rentals May-August or 2014 school year. Furnished, across from Campus! Internet included! Singles or Shared. Rooms Available May. Call 973-778-1564.

For Rent

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To Be Known: An IVCF Coffeehouse Event Friday, Sept. 26 at 7 p.m. Rec Center Gym

All New Mountain Rodeo In Nearby Vernon, NJ

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Au Bon Pain

Shuttles by Joe Stanbury

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Thumbs Up
Climate change protests
First week of Fall
Celebrities taking political stances

Thumbs Down
Delays in opening food locations
Anti-Islam ads on NY public transit
Rutgers student deaths

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Twitter as a Medium for Globalization
How hashtags and trending topics are creating social change

I

m most hours of the week, the Lot 60 and the residence halls are hotspots around campus in terms of communications. This problem with social media being a huge source of communication is that it is very convincing. For the most part, the majority of things shared on social media is opinionated but can be confused with actual facts. When something is presented as “right,” “true” or “the IT thing,” it becomes a uniform thought. Many form opinions on things that 30 minutes later only to see when these topics are not necessarily supported or factual. When someone presents a topic that is preceded by a hashtag, it compels others to treat the overreaction with a similar conversation. When rash conclusions and overreactions are so rampant, there is a constant conversation about almost every single issue that is happening before us. It’s not enough for us to watch the TV with our mom, dad, siblings and the dog, because we are not essentially watching TV and having commentary sessions with the world. We’ve begun to live in a world that is referred to as a hyper-reality, where we begin to confuse what is factual with what is opinionated. Does anyone remember #OccupyWallStreet or #Kony2012? I know those have come and gone, but I’ll refresh your memories with an observation of their movement. On #OccupyWallStreet we saw a series of protests for the injustices of social and economic factors worldwide and the disparity in wealth distribution.

#Kony2012 was a prime example of the power and vast influence that social media has. The movement went viral on YouTube but the decision to roll over into Twitter about a man named Joseph Kony who was believed to be a militia leader in Africa. This movement sought to have him detained for his actions. Although the movements dwindled away for whatsoever reasons, while they were trending topics, they were rather aggressive and effective with spreading their messages. The movement may not be aggressive for any longer than three days, but it is the idea that it existed and that it started a snowball effect of people beginning to have a conversation about the imperfections within our society and seizing the opportunity to have a voice and a part in history that can change our world for generations to come. Marshall McLuhan, a philosopher of communication, believed that media is an extension of our human senses. He viewed the telephone as an extension of our voices. Twitter itself does not seem to solve all inequalities that exist in the world but the platform that it gives individuals to have a digital voice that can far exceed their literal voice is powerful. When someone posts a hashtag on something it can end up as a trending topic halfway across the world in 30 minutes because of the strength in social and new media.

We all have a voice and a unique contribution to give to society. We just have to tap into it and embrace it. Michelle Strothers, a Sociology major, is in her first year as a columnist for The Montclarion.

Shuttle Trouble in Red Hawk Country

The Nextbus application is not as efficient and reliable as it seems.

Kristen Bryfogle, an English/Classics major, is the Opinion Editor 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.

**THE FOUNDATION FOR A BETTER LIFE**

www.kermitlive.org
This song will take you right back to summer! It has a tropical tone that will make you feel like you’re back on the beach. Just like the name, this alternative band of four guys performs all relaxing songs. Vacationer was formed in 2011. They are based in Pennsylvania and tour around the country. Next time you’re stressed or just miss the summer, go on “Vacation” with their lyrics.

Sylvan Esso
“Hey Mami”

Sylvan Esso is an alternative duo of Amelia Meath and Nick Sanborn. According to theluminaryarts.com, Sylvan Esso was not meant to be a band; the couple actually met when they were under separate names, and Amelia asked Nick to put his twist on her song. After the success of the song, the two became a band together.

Jasmine Thompson
“Rather Be”

This song has a catchy beat to it. It’s basically another song about a guy loving a girl and saying he’ll wait for her, minus the mushy love mood. The Strokes is an alternative rock band that formed in 2001 and was very popular in the UK. They have five albums out, but none are as popular as their debut, which includes their most popular song, “Last Nite.”

Sons of Anarchy
Review
Joseph Lees
Contributing Writer

To say things are starting to hit the fan in Charm ing would be a gross understatement. Executive producer and writer Kurt Sutter is building an excel lent sense of tension and suspense for the final season of his show and thank goodness he’s executing it in an intriguing way. The amount of lies that are causing such catastrophic destruction are going to manifest themselves in a way that I cannot wait to see. As always, the cast carries the complex script in natural fashion, with Charlie Hunnam again proving so far this season that he’s quite the capable leading man without any of the classic clichés that Ron Perlman provided in past seasons.

One of the biggest moments I was anticipating arrived this episode when Juice finally confronted a member of the MC. This scene was handled with the same underlining tension that has been defining this season so far and, needless to say, waiting week-by-week to see what unfolding is going to be so excruciating.

This episode also featured some nice character moments that the cast portraying so well. Even with relative show newcomers like Jimmy Smits, whose A-game raises such of his scenes to soaring heights, it’s no wonder that the cast is so dynamic. Charlie Hunnam in particular has really cemented his status as a great leading man. Let’s hope he takes up more interesting projects after the show ends. Pacific Rim was a fun step in the right direction for him.

On the technical side, this episode didn’t really feature any stand-out moments, but that was thankfully made up with a script that moved with a swift pace and didn’t feel like filler. Things are only moving quicker and quicker, and hopefully this trend sticks for the remainder of the season.

All in all, this was a good addition for the season. If it’s continuing to lay the building blocks for what is going to come, but sooner or later, the blocks are going to fall. A lot of blood is being spilled in Charming and SAMCRO is pulling a lot of strands. As I feel like I’m going to say after each episode, things are not going to end pretty.
Nick Offerman: from ‘Parks and Recreation’ to Author of Fresh Biography

Cherri-Ann Edwards Contributing Writer

On Sept. 20, HBO premiered the “On the Run Tour: Beyoncé and Jay-Z’s Concert Event.” If you want in on the road every tabloid or social media post in the past couple of months, then you know that the concert featured 44 songs in total of the couple’s greatest hits, including the first and most recent collaborations such as “Brown Eyed Girl” and “Crazy in Love.” Part II (“On the Run”) showcasing short videos in between the couple’s adventures on the run from the law. If you haven’t been tuning in, then yes, Beyoncé and Jay-Z shared clips from their actual wedding video and live video together over the years with touching moments, like daughter Blue Ivy trying to bench press Jay-Z. Cute, right?

The artistic view of the show was amazing and well portrayed; both artists proved why they are entertainers. They wanted to portray the story of a man and woman as outlets and they did just that, even during the performances where they were raised. In the same stage, Jay-Z acted as a “gangster” outlaw with his “Diva” or “Divas” Beyoncé. You never lose track of the story they were trying to make you visualize; the dangerous love of an imaginary couple on the run. They truly portrayed what felt like a new age “Bonnie and Clyde” musical.

But I wasn’t even interested in this or their flirty glances or happiness on the stage... When watching the concert, I still could think was “snaps to the production team.” From the lights, the music changes, the choreography and the wardrobe, it was these visual displays of effects that gave their performances life, allowing the viewer to focus on moments that I wouldn’t have been able to notice had I been there. It made up for the excitement I missed out on from not being there. The vision was similar to Beyoncé’s “Bow Down/Paralyzed” music video.

There were countless amazing moments throughout the concert including slowing down at some parts to match the beat of the song, whether it be a hair flip in Beyoncé’s performance of “Girls Run the World” or when the song changes rhythm such as when “Ring the Alarm” changed to a reggae version. It continued like that throughout the show, flowing from song to song.

The always very pretty chaps Beyoncé took control of that stage. The battle of the sexes was definitely real, but neither artist outshone the other during their individual performances. Beyoncé brought the sex and tone with her exuberant vocals and offbeat choreography, while Jay-Z brought the lyrical sway and hype.

I suddenly have a new found appreciation for Jay-Z as an artist; I’ve always liked the songs that he put out, but I was impressed by Jay-Z as a performer as well. The flow of Jay-Z’s lyrics in performance was “F—WithMeYouKnowGiv-’er” to “Beech is Better” showed the artist’s abilities as an entertainer. Jay-Z’s new version of “Song Cry” was my favorite of his performances, not just because it was one of my favorite songs of his, but also because it showed a more rhythm and blues feel to it with an additional “jazzy” feel in the background.

From start to finish, the couple managed to keep the crowd (and myself) entertained. The concert had me almost wishing I put out a couple hundred bucks to see them live, yet I was very satisfied with the HBO version, considering I probably would have been in the back row anywhere and wouldn’t have been able to see art within the production design that went into their performances. I would definitely suggest watching if you have an appreciation for quality entertainers, music and art.
I don’t think any show either debuting or returning this season has attracted as much buzz as Fox’s Gotham and it’s not hard to understand why. This new series is inspired by the world of one of the most beloved comic book characters of all time: Batman. While it’s difficult for many superhero fans to have a mainstream appeal outside of the comic books, the caped crusader has been one of the few to transcend the comic book boundaries and become a staple of American pop culture.

When it’s announced that there will be a television series focusing on the back story of Gotham from when Batman, the boy was already running through the roof. So does Gotham live up to all of the hype surrounding it? From what I’ve seen so far, I think we’re in for a very fascinating and unique look at the hometown of the Dark Knight.

I think that what impressed me the most about this pilot episode is how it predominantly avoids being shakedown by the trap-jumps of a typical TV pilot. The common pilot episode focuses on a few main characters, establishes their basic personalities, gives them a light conflict to resolve and begins to set up the overarching storylines of the series.

With Gotham, we’re thrown right into the thick of the action as we focus on rookie Detective James Gordon (Ben McKenzie) and veteran Detective Harvey Bullock (Donal Logue) investigating the murder of Thomas and Martha Wayne. Even though this show focuses on a few main characters and too many big moments thrown into this first episode. As a result, there’s no real time for any of the story threads to breathe or for some pivotal dramatic moments to have that much emotional impact. None of these storylines are bad; in fact, most of them are actually very enticing so far. I simply believe that the writers of this show could’ve easily spaced out the plotting of this episode into two or even three episodes worth of story, that’s the denseness this episode has, folks.

Every actor of the ensemble has been perfectly cast in their roles. Whether it’s Lord Taylor’s creepy turn as Harvey Bullock, Robin Lord Taylor’s eerie turn as Oswald Cobblepot or Jada Pinkett Smith’s surprisingly menacing work as crime lord Fish Mooney, everyone is giving total commitment here. The production design of the show is also solid, managing to evoke a gritty, noir-like atmosphere with Gotham that perfectly fits a crime-ridden city before superheroes and supervillains begin battling in the streets. Unlike Marvel’s Agents of S.H.I.E.L.D., this doesn’t feel like a cheap, watered-down version of a movie universe and evoke the tone of a network crime drama like NCIS.

This is the rare show based off of popular source material that can actually stand on its own without having to read a single Batman comic book. It feels fresh and new while still being respectful to what made Batman so popular to begin with. I’m excited for what follows next after this ambitious beginning chapter of what could be a great new television show.

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Rutgers, The State University of New Jersey

Gotham’ Review

Nicholas De Silva

Contribution Writer

‘Gotham’ Review

On FOX

Mondays

7/8 c

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Rutgers, The State University of New Jersey
Running With the Red Bulls
New York Red Bulls notch huge win over Seattle

The New York Red Bulls defeated the Seattle Sounders FC 4:1 on Sept. 20, holding on to fourth place in the Eastern Conference.

In the only meeting between the Red Bulls and the Western Conference’s Sounders, Bradley Wright-Phillips reused fans in the Red Bull Arena in Harriston, N.J. by scoring a hat-trick.

After Sounders goalkeeper Stefan Frei save a shot on goal from Ambrose Oyongo Bitalo, Wright-Phillips opened the scoring at 20 seconds, sending the rebound into the back of the Sounders’ net.

In the 48th minute, Wright-Phillips scored again, successfully converting a penalty after teammate Lloyd Sam was fouled by Dylane Bremaic on the edge of the penalty area.

Jason Kreis history. In the Super Bowl XLVII rematch, Peyton Manning led the Broncos back to win their games. The Cowboys and Baltimore Ravens showed their persistence in coming back to win their games. The Sounders also won their #1 NJAC seed standings by Rutgers-Camden in the conference. Last season, they had their #1 NJAC seed standings and took the entire conference this week which is the regular season.

They walked away with a 3-1 loss. A win against Messiah could have brought forth the optimism and motivation that Montclair State needed after a 3-1 loss. A win against Messiah for the 2014 MLS playoffs as they cannot fall below fifth place in the Western Conference, even if they lose their remaining six games.

Montclair State, who are fourth in the Eastern Conference opponent, at the StubHub Center in Carson, Calif. The Red Bulls possess fourth place by only one point over fifth place Columbus Crew. They are also only one point behind the New England Revolution for third place. Third place would give them a first round bye while fourth and fifth means they would have to play in the first round. Los Angeles is currently tied for first in the Western Conference with the Seattle Sounders, yet Seattle has a game in hand over the Galaxy. Both teams head into a huge game this upcoming weekend.

With the Red Bulls leading 2-0 after Dempsey’s goal. The Red Bulls only three minutes after Dempsey’s goal.

Wright-Phillips currently has the center of the Sounders’ goal. Tim Cahill, who replaced Wright-Phillips in the 58th minute, quenched the hopes of Sounders fans by scoring a fourth goal for the Red Bulls only three minutes after Dempsey’s goal.

With the final score at 4-1, the Red Bulls broke the Sounders’ four-game winning streak.

Only 10 teams, five from each conference, will qualify for the postseason playoffs. The Sounders, who lead the Western Conference with 34 points, have already qualified for the 2014 MLS playoffs as they cannot fall below fifth place in the Western Conference, even if they lose their remaining six games.

With the best regular season record, the Sounders also lead the race for the Supporter’s Shield.

The Red Bulls, who won the Supporter’s Shield last season, are fourth in the Eastern Conference with five games left in the regular season.

On Sept. 28, the Red Bulls will play against the LA Galaxy, another Western Conference opponent, at the StubHub Center in Carson, Calif. The Red Bulls possess fourth place by only one point over fifth place Columbus Crew. They are also only one point behind the New England Revolution for third place. Third place would give them a first round bye while fourth and fifth means they would have to play in the first round. Los Angeles is currently tied for first in the Western Conference with the Seattle Sounders, yet Seattle has a game in hand over the Galaxy. Both teams head into a huge game this upcoming weekend.

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in white smoke from the fans’ celebration of his second goal, Wright-Phillips scored a third goal in the 56th minute, sending a right-footed ball into the center of the Sounders’ goal.

With Wright-Phillips currently leading the league in scoring, With the Red Bulls leading 3-0, the Sounders substituted Kenny Cooper for Clint Dempsey, the captain of the U.S. men’s national team, in the 60th minute.

Two minutes later, Dempsey, with an assist from Lamar Neagle, sent the ball past Red Bulls keeper Luis Robles, bringing the score to 3-1.

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then get stuck in an even bigger hole only a minute later. Thompson was once again the primary threat in this scoring play after dodging past the Red Hawk’s flagger when receiving a shot inside the right side of the net.

Next Game:
Sunday, Sept. 28
8:30 p.m. @ L.A. Galaxy

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Sports Recaps & Photos from the Weekend

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Web Exclusive Online Issue Every Monday with Sports Recaps and Weekend Updates
Who’s Hot This Week

Allen Phillips
Defensive Back - Football
Phills earned NJAC Defensive Rook- ie of the Week for his performance against the Lady Red Hawks of Lincoln University. He amassed nine tackles and 2.5 sacks.

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Kaila Fasano
Forward - Womens Soccer
Fasano earned NJAC Offensive Player of the Week after netting a hat trick and an assist against New Jersey City Univer- sity in MSU’s 8-0 win.

Current Stats
Solo Tackles – 12
Ass. Tackles – 4
Sacks – 3.5

Womens Soccer
vs. Richard Stockton
Sept. 27, 6 p.m.
MSU Soccer Park

The Lady Red Hawks will look to capitalize off of a win in their NJAC opener. Montclair will recognize the 2004 team that won the NJAC Championship for the first time ever.

For updates, check out: www.montclairathletics.com.

Current Stats
7 Games Played
3 Goals
16 Shots on Goal

Game of the Week

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Celebrating 10 Years!!!

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Red Hawk Round Up

Volleyball
The Lady Red Hawks went 9-0 in the past week. They defeated City Col- lege of New York and St. Joseph’s-Li in Patchogue, N.Y. over the weekend. On Sept. 23, they won their first NCAA game, winning straight sets over Rowan.

Montclair State will travel to Williamsport, Pa. to participate in the Lycoming Tip-Off Class. Their first match will officially be an away match against the Lycoming College on Sept. 26 at 4 p.m. Their next match will take place at 6 p.m. on Friday against the Pennsylvania College of Technology in a neutral match. On Sept. 26, they will play St. Mary’s College of Maryland and Misericordia University in neutral matches.

To round out the week, the Red Hawks will travel to Mahwah to take on the Ramapo Roadrunners in their third NJAC game.

Womens Soccer
Montclair State had another successful week, going 2-0 against FDU-Florham and New Jersey City University. They defeated the former 6-0 while taking care of the latter 6-0.

The Lady Red Hawks will have three more games in the upcoming week. They start their three-game homestand against St. Joseph’s-Li on Sept. 24. They will then play Richard Stock- ton on Sept. 27 and Wil- liam Paterson on Oct. 1. Those NJAC games will be the second and third on the season for the Red Hawks. All three games will be held at MSU Soc- cer Park.

Field Hockey
After their win over Misericordia University, the Lady Red Hawks had seven days to prepare for their next game against SUNY Cortland. In that game, Montclair State won in OT in dramatic fashion.

On Sept. 24, MSU will take on Keen at Sprague Field. Following that, they will travel to Albany, N.Y. to take on Middle- bury College in a neutral match. On Oct. 1, they will play the Stevens In- stitute of Technology in Hoboken, N.J.

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After holding the Lions on defense, the Red Hawks came away with a three-play, 58-yard drive capped off with Nieves’ second touchdown of the day. The 16-yard run gave MSU a 4-0 lead. Later in the second quarter, Lincoln was set to punt the ball back to the Red Hawks, but an untimely Roughing the Kicker penalty gave the ball right back to Lincoln with new life. The Lions made the most of the opportunity with quarterback Doug Cook connecting with tight end Kenny Faulcon on a 38-yard touchdown pass to tie the game up.

In the second quarter, Montclair State put together a three-play, 59-yard drive capped off with Nieves’ second touchdow...