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The Montclarion

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Attacks in Paris Put Freedom on the Line

Anje Burohovski
Entertainment Editor

During the early afternoon of Jan. 7, 2015, the French satirical magazine Charlie Hebd’s was the target of two armed Islamic gunmen who opened fire on the magazine’s head- quarters in Paris, France, kill- ing 12 people including two guards and most of the editor- ial staff.

Their motives for the at- tack were due to the often offensive depictions of Islam and the prophet Muhammad that the magazine often pub- lished.

MLK Day of Service Connects Montclair State Community

Peter Shear
Staff Writer

Upon opening at 8:45 a.m., the Martin Luther King Jr. Day of Service filled many of its events to their capacity in the Student Center Ballrooms with numerous vibrant participants ready to help their community.

“You are the embodiment of citizenship,” said Dr. Leslie E. Wilson, a History professor.

Wilson emphasized the day is about making a difference and that it’s “a day to give.”

Wilson’s focus of what a hero truly is an insight into what the day means. Taking up a task that day contributed to those two aspects. Wilson informed everyone that democracy in- volves each person in the na- tion.

Dr. Martin LutherKing, Jr. was a man revered for his insa- tiable determination to end so- cial injustices. King contributed significantly to a society based upon service and protecting every member with equality; an urge for equality that ran rampant during the 1960s Civil Rights Movement that King played a vital role in.

The Day of Service embod- ies a sense of community and the engagement of citizens in a democratic system that serves to get everyone involved, just like King had always wanted. These were used to transport participants to the many loca- tions that demanded service. Seating the volunteers board the many buses provided, participants in need of service. Seeing the volunteers board the many locations in need of service. Seeing the volunteers board the many locations in need of service.

“The construction of a $210,000 Red Hawk statue has recently gained much attention and debate among the Montclair State University community. Although the project has been in the works for the past eight years, questions concerning the university’s fiscal responsibility are now beginning to surface.

According to President Su- san Cole, “The idea for a Red Hawk statue originated about eight years ago with a group of student leaders who wanted to create an icon on campus that would represent the University’s spirit and ide- als.”

Finally, in 2014, the Student Government Association, which is funded by mandatory student fees, voted to finance nearly half of the project. The SGA decided to add an additional $4,000 at homecoming and other- wise events.

“You should be proud of the Citizen.” — Dr. Leslie E. Wilson

Montclair State History Professor

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Police Blotter

The most recent news involving cam- pus police at Mont-clair. State.

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Resolutions for a New Year

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The Price is Right: College Edition

It’s been a rocky six years for Obama, but the next two may reveal a light at the end of the tunnel for students interested in fur- thering their education.

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Oscar Nominations Show No Diversity

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Red Hawks

Flying High

The Montclair State Women’s Basketball Team recently suffered their first loss of the season to Richard Stockton.

MLK continued on Page 3
The first issue of The Montclarion, then named The Pelican, was published on Nov. 28, 1928.

The Montclarion willingly corrects its factual errors. If you think there is mistake in a story, please call Editor-in-Chief Catherine at ext. 5230.
“The symbol of the Red Hawk, like similar symbols on campuses across the country and in the larger society, will help engender and support a sense of belonging to a community, a sense of the spirit and values of the University, a sense of obligation to future generations of students, a deeper sense of pride in students’ human experience.”

- President Cole, Montclair State University

“The intent is great and the purpose that it’s supposed to serve is honorable. But the extensive amount of money is unnecessary when there are other issues that need to be tended to such as parking and updating Life Hall and the Student Center.”

- Gracey Ayala, a MSU alumna from the class of 2011

Izod: Commencement Location Changes

continued from page 1

With the arena closing, a new commencement venue will be selected.

Photo courtesy of Mike Peters.

Montclair State holds several Days of Service throughout the year, just as Wilson informed everyone on graduation day, they all had significance.

Many MSU students and non-students attended the service in great numbers, where the people they assisted.

Montclair State hosted several Days of Service throughout the year, just as Wilson informed everyone on graduation day, they all had significance.

Many MSU students and non-students attended the service in great numbers, where the people they assisted.

Since the tragedy of Sept. 11, students can still look forward to a walk up the aisle at a commencement ceremony that will be forever remembered in the history of Montclair State.
Peak Performances

Robyn Orlin is “pure magic”!
– The New York Times

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Though it’s now bitter cold with winter in full swing, here are some examples from students and a few additional tips on what to wear on those milder days when it isn’t less than 40 degrees.

Another comfortable piece you’ll probably opt for a lot during the cold months are leggings. They are very versatile in that they can go from the gym to the mall. Simply throw on a long top, jacket and scarf and you’ve got an instant outfit. To accessorize, go for a long necklace and a cool hair accessory, like a head wrap or bow. Leggings also look great with oversized sweaters for a quick outfit.

Just like crop tops being transitioned into colder weather, so can denim shorts. Pair yours with knee or thigh-high socks, tights or leggings. Then add a sweater or long-sleeve crop top and a jacket. A beanie hat looks great to accessorize with. Try going for a graphic one to really make a statement. Just a graphic tee, beanies with funny sayings such as “Whatever” or “You can’t sit with us” are great conversation starters. Why not try making one with iron-on letters in your spare time?

One real struggle is trying to stay warm while still being fashionable. One of the best tricks is wearing layers. Wearing a sweater, specifically a fuzzy, oversized cardigan, under a flannel is a perfect example of staying warm and fashionable. Since your arms and chest are warm, you have the ability to be a little riskier on bottom; for example, you could pair it with a skirt and knee socks. It’s all about a balance between tops and bottoms. Knee socks over tights are also a fashionable way of layering in style.

Lastly, jewelry is another easy way to spice up an outfit. Just pile all your bracelets on one arm, from rainbow loom and beaded to fancy chains for an instant look. Also, stack on some rings. If you don’t have much of them, spread them out on each finger. This look is perfect for casual outfits like jeans and a top or to add style to a dress or skirt. Just try to wear them with something short-sleeve or roll your sleeves up to show off your arm candy.

Cold weather doesn’t have to cramp your style. Just think of all the photos you’ll have to show friends in your fabulous winter outfit! I hope this helps you out and I wish you an amazing winter. Good luck on starting classes and be sure to check out my blog for more awesome fashion @montclair_state_style!
New Year, New Workouts

Follow this 10-Point checklist to gain the most from your workouts

James Carpentier
Contributing Writer

1. Dynamic Warm-Up. Before you head for the first available bench, squat rack or machine, fitness experts stress the importance of properly warming up the muscles and joints to minimize injury and maximize training results. Rather than walking five minutes on the treadmill or spinning on an stationary bike, a far better alternative is performing a dynamic upper and lower body warm-up such as walking lunges (forward and laterally) while doing arm circles or arms extended at shoulder level and doing clockwise and counter-clockwise motions, for two or three sets of 10.

2. Pushing Movements. Always include a few sets of pushing exercises such as push-ups, bench presses, overhead presses, medicine ball push-outs or machine presses and pushes using free weights, cables or med balls, for example.

3. Pulling Movements. For upper body symmetry, make sure you include pulling movements such as pull-ups, chin-ups, bent-over rows, seated rows, pull-downs.

4. Leg/ hipp Exercises. Always include some lower body and leg and hip exercises for each workout. This includes forward, side, reverse or diagonal lunges, step-ups, wall squats, free weight squats and leg presses. Training the lower body and upper body optimally boosts fat-burning metabolism rather than just doing split-body workouts; for example, upper body muscle(s) one day and lower body muscle(s) the next workout.

5. Balance Exercises. Balance and stability is important on and off the field. Including some balance-enhancing exercises in your workouts can help prevent injury. Balance exercises are also more challenging when performed on one foot, including single leg squats, upper body exercises done with one foot off the floor such as rows and overhead presses or balancing on a disc or board.

6. Core Strengthening Exercises. Building a strong core is essential for improved sports performance as well as preventing typical lower and middle back soreness. This also lessens injury from daily movements such as bending and reaching overhead, for instance. Include one or two core-strengthening exercises for the abdominal and back muscles in every workout such as prone, side or supine planks, seated med ball twists, med ball chops or Supermen.

7. Endurance Exercises. Upper and lower body and core-strengthening exercises are fundamental for each training session. However, don’t forget to mix in some endurance exercises to build up aerobic capacity for climbing stairs or walking or running long distances. Some examples of endurance exercises include jogging in place for 30-60 seconds, performing as many step-ups on a bench in 30-60 seconds or doing Mountain Climbers, which is a push-up position that involves moving each leg toward your arms quickly for 30-60 seconds.

8. Cool Down Upper/Lower Body Static Stretching. Performing upper and lower body static stretching (while standing, seated or supine) not only helps bring the heart rate down following intense exercise, but also promotes flexibility and greater range of motion and can help eliminate post-exercise muscle and joint soreness. Hold each stretch without bouncing in a comfortable range of motion for 10-20 seconds. Some stretching examples include a sit-and-reach stretch for the hamstrings and a standing overhead stretch, or interlacing fingers and extending arms overhead, for the shoulders.

9. Hydrate Before, During and After Workouts and Have a Small Pre-Workout and Post-Workout Meal. Nutrition is the key to complement workouts and boost exercise recovery. Consuming water before, during and after workouts between exercises not only ensures hydration but also minimizes inflammation (e.g. muscle and joint soreness), as water and water-based fruits and veggies are anti-inflammatory. Besides water, make sure you have a small pre-workout meal to fuel the workout comprising carbohydrates and protein such as fruit and yogurt, which should be consumed at least an hour before exercise to allow for digestion and a post-workout meal comprising a higher ratio of carbohydrates to protein (e.g. a banana and a peanut butter sandwich) to enhance workout recovery.

10. Regularly Get at Least Eight Hours of Sleep. Just as nutrition complements exercise, regularly getting adequate sleep will recharge you for the next workout. If you skimp on sleep, chances are you’ll be too tired to work out and if you do exercise, the training will be compromised. Studies also show that getting less than seven hours of sleep each night diminishes fat-burning metabolism and interferes with building muscle and recovery between workouts.

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Special Savings for Students

Save an Extra 25%
Resolutions for a New Year!

James Carpenter
Contributing Writer

With a new calendar year well underway, it’s never too late for students and campus staffers to make new or additional 2015 resolutions to benefit physical and mental wellness. Below are three great habits to regularly follow throughout the year for better academic, athletic and job performance.

Make adequate sleep a number-one priority.
If you found yourself consistently getting less than seven hours of sleep each night in 2014, add another hour or two so you’re getting at least eight or nine hours of sleep in 2015 as recommended by health professionals. Regularly getting those seven to nine hours of sleep overnight improves mood and alertness the next day, aids recovery after exercise and sports, boosts the immune system so you’re less likely to get sick during cold and flu season, protects against heart disease and helps metabolism so you’re less prone to add body fat. Some general sleep tips: Try going to bed the same time every night including weekends and rising around the same time the next morning to set your internal body clock so it’s easier to fall asleep each night and wake up each morning. Keep the bedroom cool, dark and quiet for enhancing quality deep sleep. Finally, avoid alcohol, caffeine and heavy meals late in the day that disrupt sleep.

Make nutrition a number-two goal.
Carry that water bottle throughout the day and refill it often. Water energizes, is an anti-inflammatory and prevents dehydration, which compromises mental and physical performance. Nutritionists advocate minimizing consumption of processed foods and beverages and increasing consumption of more natural foods and beverages. You’ll not only feel better but you will also enhance immunity and mental and physical function.

Spend at least 30 minutes outdoors every day for better health.
Don’t wait until spring; spend at least 30 minutes during the cold winter months in the great outdoors. There’s been much publicity about the need for sufficient Vitamin D for boosting the immune system; sunlight is a top source of this important vitamin. A brisk outdoor walk, even on cloudy days, can up Vitamin D levels as well as energize body and mind and reduce work and school-related stress.

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Global Education Conference Room
Stone Hall Room 215
Every Wednesday, 2:30 p.m.
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STUDY ABROAD SPECIAL SESSIONS
WEDNESDAY, FEBRUARY 11, 2015
Cohan Lounge, Dickson Hall
10:00 a.m. Faculty-Led Summer Programs Session
11:00 a.m. Exchange Programs Information Session
12:00 p.m. Study Abroad Budgeting Workshop
1:00 p.m. Gilman Scholarship Workshop - Application Tips (for PELL Grantees only)

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I've been a rocky six years for President Barack Obama, but the next two may reveal a light at the end of the tunnel for students interested in furthering their education. Two weeks ago, Obama announced plans to introduce legislation that would allow students to attend community college for two years at no cost.

Now, before you jump to the conclusion that Obama is opening the floodgate for the masses to overwork community colleges and make it impossible to park, sign up for classes or receive any personal attention from professors, there are certain standards that students must meet in order for the federal government and state government to pick up the tab.

According to PBS NewsHour, students must be at least half-time students and maintain a 2.5 GPA. Students must also be working toward a degree at a community college or transfer to a four-year institution in order to receive free tuition.

Although the long-term effects of this proposal are unclear, we believe that this plan will benefit many students who may otherwise not have access to higher education. Many high school graduates along with individuals who are looking to gain more skills and certification through a college degree could significantly benefit from two free years of community college.

Most people who attend community college also work either part-time or full-time. With this new statute, students can save their money to pay for tuition at a four-year university while attending community college instead of using all their savings to pay community college tuition. Although tuition at community college is cheaper than four-year institutions, it still costs thousands of dollars to attend community college.

With two free years of community college, the money that students may have spent on community college tuition can go toward saving up for a special program or to pay for tuition at a four-year institution in the future.

Not only will the free-tuition plan allow students to cut down on the amount of money currently spent on community college, but it will also save them time and money if they decide to transfer to a four-year institution.

Students can knock out their general education requirements free during their two years, saving them tuition money when it comes time for them to transfer to a four-year institution.

Additionally, taking general education requirements for free at a community college can help students who may come into college uninterested in what a concentration or program based on which general education classes they enjoyed and excelled in. If this new legislation is passed, students will be able to explore many fields of interest and save themselves the time and money that they might spend changing majors and clearing general education requirements out of the academic queue at a four-year institution.

This proposal is in danger of being voted down in Congress, as many object to the potential issues that the plan could present. Skeptics cite sources that argue that most community college students do not achieve Bachelor degrees and speculate that this higher-education reform could worsen conditions in community colleges.

For these reasons, we believe that it is useful to play an active role in helping this law get passed. We urge students to contact members of Congress if they are in favor of President Obama’s proposition.

Perhaps listening to the concerns and opinions of the current generation of college students can influence Congress to consider what is best for future students.

At The Montclarion, we believe that education should be accessible to all if they have the dedication to pursue it. A college degree should not be something reserved for the financially elite. Because of this, we support the idea of making community college free for the first two years and hope to see more political movements that place the focus on students rather than the financial prospects of higher education.

Thumbs Up
New technology allows Pompeii scrolls to be read
African Cup of Nations
Gas prices

Thumbs Down
Deflate-gate
Boko Haram mass murder not covered
Oscar nominees not diverse

Question of the Week:
Would you have come to Montclair State University, if you had the opportunity to attend community college for free?

"I think I would continue to go to community college, if it was free after I get my associate's to get my bachelor's degree."
-Jessica Ruiz, Psychology, Junior

"Yes, I would transfer after two years."
-Chris Martin, Education, Graduate Student

"I don't think so, but only because when I graduated high school I had no plan to attend a state university or community college, but if that had been my plan I would have certainly been more likely to go to Montclair."
-Benjamin Miller, Religious Studies, Junior

"I would have gone to a community college if it was free but I'm happy that I'm here now."
-Ruth Ruiz, Psychology, Junior
The Martin Luther King You Don’t Know
American holiday promotes one side of the many-faceted civil rights leader

TASTE SYZPhotograph by Communications Department/Opinion

While some, it is a national holiday in the USA comemorating the legacy of the ‘I have a dream’ speech and the Martin Luther King Jr. holiday. For others, it is a day of racial equality and a call to action. For still others, it is yet another public holiday: a federal-equivalent approved excuse to take off from work and school for a day.

Whether you are the former or the latter, the third Monday of every January, also known as Martin Luther King Jr. Day, does retain some degree of relevance to all Americans. Like many holidays that have lost their historical and cultural significance, 2015 was no exception for one to consider whether the seemingly placid MLK Day, like many holidays that are observed as a federal holiday, is a day to escape the smothering conformity. It obstructs, hinders, and forces us to be the version of ourselves that everyone else wants us to be.

For many, simply of isolating? categorizing? Is it also a method to fit individuals into a predetermined mold? Its roots in assemblage technologies are in a societal mentality of “us” and “them.” It allows our true person and forces us to be the version of ourselves that everyone else wants us to be.

Labels are obligations of conformity. They obstruct, hinder, limit and constrain the hunger of the free. They tell us who we are, who we are not and who we will never be. As a society, one in which we live makes it difficult to escape the smothering confinement of labels. Our need for acceptance, acknowledgment, understanding and connection make us hesitant to follow our hearts. Many of us, especially, are afraid of expressing our opinions. Because the fear of being labeled is so strong, we often hold back. We are afraid of what others might think of us.

In America, the juxtaposed surface of American society, Dr. Martin Luther King Jr. came to the fore, as we celebrate our country’s Gandhi, for his crusade against segregation and for his propaganda. Never in our lives have we had to face a tactical aversion for the pacifist Reverend King to someone as militant as Malcolm X, the most famous of America’s black political opponents.

Be that as it may, there is in fact a more revolutionary, Man, to be specific, to Merriam-Webster, is a method of categorizing. It is also a method of isolating?

To all of the previous questions: Is it a method of some kind of violence. It is true that Charlie Hebdo’s speech, but I find many cartoons and jokes published in the magazine to be vocative and offensive, maybe even of Islam. After the 2011 and the recent 2015 attack on Charlie Hebdo, the magazine’s website as well. The magazine had been sued for content is unfavorable to some Muslim countries organizing peaceful protests against Charles Hebdo’s speech. It is true that Charlie Hebdo’s speech is offensive and provocative to many Muslims. If it wasn’t so, we wouldn’t have Muslims in Pakistan, Yemen and other Muslim countries organizing peaceful protests against Charlie Hebdo’s speech. Many people never would have dreamed of drawing or saying anything that could offend someone else’s faith. But when it comes to Charlie Hebdo’s speech, we have to consider the interests of the actual well-being of the magazine. The magazine’s speech was not looking to emulate Gandhi’s peaceful protest against the British, but rather to be an open and democratic forum for an open and democratic forum. They are unapologetically transform.

The courage to dare greatly and to express our opinions, as it is a right that many people take for granted. Freedom of speech and press is what moves people to relocate to Western countries. The first Charlie Hebdo issue after the attack was just pro-vocative and offensive, maybe even of Islam. After the 2011 and the recent 2015 attack on Charlie Hebdo, the magazine’s website as well. The magazine had been sued for content is unfavorable to some Muslim countries organizing peaceful protests against Charles Hebdo’s speech. Many people never would have dreamed of drawing or saying anything that could offend someone else’s faith. But when it comes to Charlie Hebdo’s speech, we have to consider the interests of the actual well-being of the magazine. The magazine’s speech was not looking to emulate Gandhi’s peaceful protest against the British, but rather to be an open and democratic forum. They are unapologetically transform.

The courage to dare greatly and to express our opinions, as it is a right that many people take for granted. Freedom of speech and press is what moves people to relocate to Western countries.
Frameworked by a false bird of prey, the mighty Red Flakor is really a rascally minor threat. However, a $2,000.00 bribe likeness that will soon stand in front of the Panther Athletic Center. Many students have objected to the statue’s creation because it uses the price tag to go with it.

In a campus-wide email, President Cole stated that the statue stood for things such as: “determination of students to make something important of their lives, courage to challenge a course to truly fulfill one’s potential, sense of belonging to a community and a deeper sense of pride in students’ academic efforts and achievements.” Despite the meaning behind the 12-foot bird, the Montclair State community has fallen short in embracing the newest icon of our community. Instead of demonstrating the values of the statue, such as challenging oneself and having a sense of pride in Montclair, we have stepped to mock the bird without taking conscious action to stand together and make changes.

The community of Montclair State should embrace the statue because such time waste will help us to apply the values of spirit and determination that it promotes. By instilling these values and using them in all aspects of our community, they will be more present during our time in college.

The symbol of the Red Hawk signifies that on campuses across the country and in the larger society, we will help engender a community of pride, a sense of spirit and values of the University, a sense of obligation to future generations of students, a deeper sense of pride in students’ academic efforts and achievements, and a stronger commitment to the purposes of a democratic society.

President Susan Cole

This project has demonstrated that we must use our voices and to push decisions instead of allowing others to make them for us.

Kathleen CSC 397, at English major, is at her first year as a columnist for The Montclarion.

Wile school spirit can be important and it forms a fundamental part of being a college student, it has not been undermined. However, there are other ways to raise school spirit than to build an expensive statue to do so.

“If the administration wants to build school spirit, why don’t they work on getting people to go to sporting events and other activities on campus instead of building something that people can take pictures with?” asked junior Alissa Cantata.

The Student Government Association voted in favor of contributing $100,000 of their budget to the statue, which comes from required student fees. In addition, the SGA raised $7,500 via Homecoming and other fund raisers.

“People need to be made to fund the matches from the students to cover the rest of the cost,” said Karen Pennington, Vice President of Student Development and Campus Life in a quote from The Record.

It is compelling that “commitment” is costing hundreds of thousands of dollars on a statue whereas what could go towards reducing tuition or something that would benefit students in a more useful way.

As an email to all faculty and staff, President Susan Cole stated, “The University’s Board of Trustees, in a public session in October of 2014, approved a match to the student contribution from capital funds that supports the student contribution for the time for the purpose of various campuses across the country.”

The Board of Trustees also reported that it would be a good idea for students and professors to come up with the plaque for the statue which would be a great idea to prevent the funding of a statue that has no home.

Yet, hardly any students ever know when public sessions are or where they are located and they take place when people are in class, so it is extremely unlikely that the student body’s opinion was heard.

This statue is a bad idea. The money for the statue could be used to improve the student experience and raise the quality of the educational experience. It is a sad day when a student would be great, but not necessary. The idea that something that would benefit students could get lost, but money without the public hearing.

That’s not to say that school spirit is not important. That’s ultimately the price being paid for an institution, what it does is to best interest but as another value.

When the students to cover the rest of the cost of the statue to stare.

Karen CSC 397, as English major, is at her first year as a columnist for The Montclarion.

help teach students about com-
Award season is currently in full swing. With the Golden Globe awards having already been handed out, it seemed like the nominations would be predictable for the Academy Awards as they usually are similar to the Globes, instead, the Academy of Motion Pictures Arts and Sciences decided to throw in some curve balls for this year’s nominations.

One of the most talked about points since the nominations were revealed was the lack of diversity amongst the acting categories. For the first time since 1995, all 20 acting nominees this year are white. Many believed that Academy would’ve honored David Oyelowo’s portrayal as Dr. Martin Luther King Jr. in the film Selma. Oyelowo was nominated for the Best Acting category in the Golden Globes, Independent Spirit Awards and Critics’ Choice Movie Awards. Not only was it a surprise that he was not nominated for the Academy Award, but also many critics believe that perhaps Jake Gyllenhaal would’ve been the one to steal his spot for his amazing work in Nightcrawler. Instead, Bradley Cooper got his third consecutive nomination for his role as a navy seal in American Sniper.

American Sniper was a surprise amongst the nominations in general. Not only did it score an acting nomination with Cooper, but it also received five other nominations including Best Picture. As a result, the film unexpectedly broke the box office this past weekend with a record-breaking $90.2 million in ticket sales.

The film also took a spot in the Best Adapted Screenplay category; a spot that many believed should have gone to Gillian Flynn for the adaptation for her novel Gone Girl. The film did receive a nomination for it’s superior acting done by Rosamund Pike as the sociopathic Amy Dunn, but it it was nominated for Best Adapted Screenplay, it would have been the first time a woman was nominated for adapting her own novel. Unfortunately, this isn’t the only female “first” that the Academy chose to ignore.

Another snub regarding a woman involved Best Actress hopeful Jennifer Aniston’s role as woman in chronic pain in Cake. Aniston finally showed the world that she is much more than Rachel Greene from Friends; she proved she paid her dues and was a force to be reckoned with. As a result, she even received Golden Globe and Screen Actors Guild nominations. Critics believed it was going to be Aniston versus Julianne Moore fighting for the top honor as Best Actress, but the Academy surprised everyone by giving Aniston’s slot to French actress Marion Cotillard.

Finally, the biggest shock that created a storm on social media sites was the snub for The Lego Movie in the Best Animated Feature category. The film was nominated for Best Song; however, it failed to land a nomination in the big category. The film’s director, Philip Lord, took to Twitter to congratulate his cast and crew and said the snub was okay because he has his own Oscar and followed this with a picture of the award entirely made up of Legos.

With that said, everyone that was nominated did an outstanding job this year and will be rewarded for their efforts accordingly. Who will receive the Best Actor award? Will it be Eddie Redmayne for his portrayal as physicist Stephen Hawking in The Theory of Everything or Michael Keaton as a redemption seeking actor in Birdman? Will Redmayne win the coveted prize of Best Picture? How will Neil Patrick Harris do as his first time as host? Tune in Feb. 22 to see the fashion, stars, and awards at the 87th Academy Awards.
Clint Eastwood’s American Sniper is not a war movie; it is a film about a man who joined the army in the name of his country and paid the ultimate price for it. The aforementioned man was Chris Kyle, who was killed on Feb. 2, 2013 after being shot and killed by Eddie Ray Routh, a Marine Corps Veteran, who, like Kyle, was suffering from Post Traumatic Stress Disorder. A year before his death, Kyle, Scott Mclelland and Jim DeFelice collaborated on writing a memoir of Kyle’s experiences in the Iraq War called American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History.

For those who do not know, Kyle was the considered the most lethal sniper in U.S. military history because over the course of his time in combat, he was confirmed to have killed 161, even though many say the real tally was much higher than that. How does one human being kill so many people and still live with himself? How could any man possibly believe that such actions are justified in any situation? These questions drive the bruised, palpitating heart of American Sniper and they are used to build a thoughtful and poignant analysis of war, unrelenting devotion to one’s country and the sacrifice of soldiers. The result is a film that Eastwood’s most assured and most soulful work since Letters From Iwo Jima.

The film begins by focusing on Kyle’s radically conservative upbringing guided by his stern father (Ben Foster), whose fascinating philosophy of mankind defines and divides us as either cowardly sheep, victimizing wolves or protective shepherds. Kyle’s father tells him that he should aspire to be a shepherd, always protecting the sheep from the wolves of the world; these words put Kyle on a path of dutiful protection that he would never turn back on. He spends part of his adult life as a cowboy on the rodeo, but ends in the army after hearing about the 1998 United States Embassy Bombings on the news. In the meantime, he meets and trains in love with Taya Renae (Sienna Miller), who would go on to have two children. After the aforementioned takes up the first act of American Sniper, as the meat and potato of the story focuses on his four tours during the Iraq War and how even when he returned home to his family, he could not separate a man from being a soldier.

To tell a story that honors the soldiers but also shows the tragedy of war is a tricky narrative tightrope to walk. Yet, through Jason Hall’s excellent screenplay, the movie succeeds in providing the audience with a non-partisan viewpoint of war not as a shameful lie or as a piece of journalistic pride, but as a tragic necessity in which only the bravest of men and women can make the kinds of morally complex decisions and sacrifices that many American citizens take for granted. The screenplay also draws parallels between al-Qaeda and the American Army by showing that both sides were full of men that were willing to kill and be killed in the name of their respective countries. Al-Qaeda was fighting for a despicable cause of course, but in the past decade or so, many Hollywood movies have tried and made that kind of comparison, especially given that the United States is still dealing with conflict in Iraq as we speak.

Kyle himself is portrayed as a man who will do whatever he can to protect his country and his brothers in arms, yet can barely function as a husband and father when he returns home. Sev- eral familiar but effective scenes between Kyle and his wife demonstrate how the war has taken as big a toll on him as it has on her.

One thing many fans were worried about was how Queen would portray Kyle in a battle. Ra’s al Ghul is much bigger than Queen in DC Comics and has only been defeated by Batman himself. It would’ve been challenging for them to show the incredible credibility that Queen beat him in battle and sensibly show the story of Kyle. Queen’s self-described eight years total since his combat began. The light itself saw Queen’s portrayal Stephen Amell doing most of his own stunts, with help from stuntmen. Several scenes have been practiced this for the past year. The fight itself had a very dark feel to it. It was very reminiscent of the incredible fighting scene for the first time at The Dark Knight Rises. This was an effort by both Nedly and Damien Alanzo and for their immense presence of their story, Queen didn’t have too much mo- tion in some of that scene of The Dark Knight Rises. In three, Nedly and Damien Alanzo and right decision to leave the music out of this fight. As the words flashed, with each other, it made almost every break in the fight. This is an excellent work. With the unique action, the music played an incredible role in each scene as Queen gained the upper hand and left people wanting for more. Amell has said that his face, the fight with Ra’s al Ghul was the finest character and brought Queen to the knees.

“Don’t be afraid my boy, death comes for everyone. You can only evade it for so long. Consider this an honorable exit.” With these words, Nedly drove his sword right through Queen’s heart. Horrified and un- able to fully believe in the absence of the Queen, Ra’s al Ghul was killed. Queen gained the upper hand and left people wanting for more. Amell has said that his face, the fight with Ra’s al Ghul was the finely tuned character and brought Queen to the knees.

The anguish and honesty pre- sented on the page needs real acting and human interaction to bring it to life and is found through nearly every minute of the 133 minute runtime. Bradley Cooper delivers excellent, rem- arked work as Kyle, and in spite of his physique, he seems to truculent, much like the man never tries to give a shove, “look at me acting” performance. Instead, he allows the expressions on his face and to his eyes to do most of the talking for him, allowing the audience to see the vulnerability of Kyle to shine through simul- taneously.

Miller rises above an admirably underwritten role as Kyle’s wife, bringing depth to the role that the script does not Cooper and Miller pro- vide the same amount of authenticity and quiet emotional charge that East- wood’s direction does. Eastwood pro- vides the audience with some visceral and intense battle sequences (which are clearly and cohesively edited), but he keeps the sequences grounded and realistic to ensure that they are part of the drama rather than the height of it. Because of this, the scenes where Kyle is at home trying to re-establish his normal life carry the same level of emotion and tension as those battle sequences. There has been much discus- sion and debate about whether or not this film is pro-war or anti-war. I think that anyone who looks at this film as a movie about the importance of war or the importance of peace is missing what Eastwood is trying to say. His raw and pain-soaked film is trying to honor the life of Kyle and every single soldier who has ever died to protect our freedoms. Just look at Eastwood’s filmography (Unforgiven, Mystic River, Million Dollar Baby, Letters From Iwo Jima, Gran Torino), and you’ll realize that he often looks to tell stories of characters whose lives have been af- fected by violence in one way or anoth- er. His sympathetic eye towards violent people and violent lives made him the perfect choice to tell the story of Chris Kyle. Eastwood sees Kyle as a hero whose greatest flaw was his relentless drive to serve his country, and he le- arns that his loyalty was unmatched in the wake of the attack on 9/11. "American Sniper shows that the pain a soldier endures after the war can not be resolved with a thank-you and a handshake. Our soldiers need and deserve more and better than that and this honest, moving film tells us that."
**Rapid Fire Reviews**

**“Velvet Elvis”**
Alex Winston (Crystal Fighters Remix)

The original song by Alex Winston is really good, but the remix has a little more energy to it and makes the lyrics stand out more. Winston is actually a trained opera singer despite her more jazzy tracks. She collaborated with The Black Eyed Peas back in 2007 for an EP. Since then, she has released several other EPs and a full-length album in 2012.

**“The Keepers”**
Santigold

“The Keepers” is one of those feel-good pop songs, but it isn’t too upbeat. Santigold is comprised of Santi White and John Hill, who combined their backgrounds to make what MTV describes as “bombastic, bass-oriented songs that fuse punk, reggae, grime and indie rock with electron.”

**“Tiger Phone Card”**
Dengue Fever

Dengue Fever is mainly a 60s Cambodian pop band whose songs have lyrics that are rarely in English. Vocalists Zac Holtzman and Chmon Nimol sound great together and the instrumental backing track is fantastic as well. This one and another one of their songs, “Sober Driver,” tell the stories of long distance relationships and dealing with lovers often getting drunk.

**“Chocolate”**
The 1975

Similar to Foster the People’s song “Pump up Kicks,” the lyrics in this song are kind of subjective to the listener. That’s a good thing in this case. The 1975 is a UK band of four guys that was started just three years ago. Their EP was released in 2012 and they soon went out with rock band Little Comets on a nationwide tour. The group has only had one full-length album out. The 1975 played at Coachella 2014 and will play at Lollapalooza this summer.

**“Yeah Yeah Yeah”**
The Sounds

If you’re looking for a song for your workout playlist, look no further. With lyrics such as, “I like that you can’t slow down. Step back! ‘Cause you ain’t no one,” this is the perfect song for the gym. Its upbeat tone and inspiring lyrics makes it great to run to. The Sounds are a Swedish group consisting of lead singer Maya Ivarsson and four male musicians: Johan Bengtsson, Jesper Anderberg, Felix Rodriguez and Fredrik Nilsson.

**“Everybody’s In”**
Lena Fayre

The instrumentals behind the unique lyrics make this song great. If one of those songs that’s open to interpretation, which is always cool. Lena Fayre, who is kind of similar to Lorde, is only 18 years old and was featured as a “New Artist You Need to Know” in the February 2014 issue of Rolling Stone. She released her first album, OKO, in August last year and has decided to postpone college to focus on music. Hopefully, we’ll hear more of her soon.

**“Tiger Phone Card”**
Dengue Fever

**“The Keepers”**
Santigold

**“Everybody’s In”**
Lena Fayre

**Help Write Rapid Fire Reviews!**

40-50 Words

msuarts@gmail.com

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The Montclarion

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Graz University International Summer School Scholarship

June 28th - July 11th, 2015 - Seggau Castle | Leibnitz | Austria

The Graz International Summer School Seggau is designed for internationally oriented, highly motivated students from all disciplines, who wish to deepen their understanding of current European and International affairs.

Program is open to all Montclair State students. **FIVE Montclair State students will be chosen from the applicants to receive a substantial scholarship.**

**Application Deadline: Wednesday, February 25th, 2015**

**Eligibility:**
- Montclair State University undergraduate student in good standing
- Will not have graduated by August, 2015
- Minimum cumulative GPA 2.75 to apply (higher GPA will be more competitive for scholarship)
- Completed application, including recommendations

For more information, please contact Domenica Dominguez, dominguezd@mail.montclair.edu.

www.montclair.edu/global-education/study-abroad/outgoing-students/
Professional Standings

EPL (England)
1. Chelsea - 52 points
2. Man. City - 47 points
3. Southampton - 42 points
4. Man. United - 40 points
5. Arsenal - 39 points
6. Tottenham - 37 points
7. West Ham - 36 points
8. Liverpool - 35 points
9. Swansea - 30 points
10. Stoke City - 29 points
11. Newcastle Utd - 27 points
12. Everton - 23 points
13. Crystal Palace - 23 points
14. West Brom - 22 points

Serie A (Italy)
1. Juventus - 46 points
2. AS Roma - 41 points
3. Napoli - 33 points
4. Sampdoria - 33 points
5. Lazio - 31 points
6. Fiorentina - 30 points
7. Genoa - 28 points
8. AC Milan - 26 points
9. Inter - 26 points
10. Palermo - 26 points
11. Sassuolo - 25 points
12. Udinese - 24 points
13. Torino - 23 points
14. Verona - 21 points

NHL Metropolitan
1. N.Y. Islanders - 63 points
2. Pittsburgh - 59 points
3. N.Y. Rangers - 57 points
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6. Columbus - 43 points
7. N.J. Devils - 42 points
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Men’s Swimming and Diving: 1/24 @ Ramapo
Women’s Swimming and Diving: 1/24 @ Ramapo
Men’s Track and Field: 1/23 @ Collegeville, Pa.
Women’s Track and Field: 1/23 @ Collegeville, Pa.

For updates on these matchups, check montclairathletics.com for the results.

Who’s Hot This Week
Rasheed Amilcar
Men’s Indoor Track and Field
Amilcar qualified for two ECAC Championship races. Amilcar was the leadoff leg of the 4x400 relay and has the top time in the 200-meter race in the NJAC.

Current Stats
- 14th in 200m
- 16th in 4x400 relay
- NJAC Men’s Track Athlete of the Week

Kathleen French
Women’s Swimming and Diving
French was pivotal in MSU’s victory of Rowan University and captured the 100 breaststroke race with a time of 1:11.33. French won three individual events in that NJAC dual meet.

Current Stats
- NJAC Women’s Swimmer of the Week
- 2:33.70 in 200
- 2:20.48 in 200 IM

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8. Carolina - 37 points

Bundesliga (Germany)
1. Bayern Munich - 45 points
2. Wolfsburg - 34 points
3. Leverkusen - 27 points
4. B. Moen. - 27 points
5. Schalke - 27 points
6. Augsburg - 27 points
7. Hoffenheim - 26 pts
8. Hannover - 24 points
9. Eintracht - 23 points

NBA Eastern Conference
1. Atlanta - 0 GB
2. Washington - 5 GB
3. Toronto - 6.5 GB
4. Chicago - 7.5 GB
5. Cleveland - 12 GB
6. Milwaukee - 12.5 GB
7. Miami - 15.5 GB
8. Brooklyn - 16.5 GB
9. Charlotte - 17 GB
10. Detroit - 18 GB
11. Indiana - 19.5 GB
12. Orlando - 20 GB
13. Boston - 19.5 GB
15. Philadelphia - 25.5 GB
15. N.Y. Knicks - 28 GB
Red Hawk Round Up

Basketball: Women’s Basketball Dominating the Competition

The Montclarion - January 22, 2015 - PAGE 19

MSU Sports Editor

Women’s basketball has been nationally ranked the entirety of this season. The loss snapped a 41-game home winning streak for Montclair State.


The Red Hawks defeated the Rutgers-Camden to Panzer on Jan. 7 for a match with the Princeton University. MSU turned 22 points in the contest. The loss marked the team’s first home loss of the season.

Montclair State welcomed in the contest. The Red Hawks outscored Rutgers-Camden in the paint by 25 points. MSU now begins a two-game homestand that starts Wednesday, Feb. 11, with a contest against Ramapo. The men will be playing Kean University and TCNJ in NJAC contests.

The women’s team also defeated FDU-Florham with a score of 117-91 and defeated Rowan 165-115 at the Panzer Athletic Pool. They are 4-4-1 overall and 1-1 in the NJAC.

Red Hawk Round Up

Men’s Basketball

The Red Hawks posted a 2-4 record during the break, including a loss in the Team Hill Holiday Classic at Montclair State. A 1-3 stretch in NJAC games during that span has dropped them to 2-7 in the conference and 5-9 overall.

The men will be playing Kean University and TCNJ in NJAC contests before facing Hunter College in a non-conference matchup.

Swimming and Diving

Over the winter break, the men’s team defeated FDU-Florham with a score of 117-91 and defeated Rowan 165-115 at the Panzer Athletic Pool. They are 4-4-1 overall and 1-1 in the NJAC.

Indoor Track and Field

The men and women competed at the Gotham Cup Meet in New York City at the New Balance Track and Field Center and put up solid efforts. Ashleigh Amicar nearly set an ECAC qualifying performance in the 400-meter race.

The women were led by Chante Stewart-Wallance, who recorded a weight throw of 13.76 meters and finished 17th in a packed field. Both teams will go to Collegville, Pa to participate in the Collegville Classic at Ursinus.

UFC: Johnson vs. Gustafsson Promises to Excite

The Montclarion - January 22, 2015 - PAGE 19

UFC on Fox 14 - Saturday, Jan. 24

Main Event - Number One Contender Fight to face (C) Jon Jones
Light Heavyweight - (1) Alexander Gustafsson vs. (3) Anthony Johnson

Main Card - (Fox, 8 p.m.)
Middleweight - (8 L.H) Dan Henderson vs. (4 M) Gegard Mousasi
Light Heavyweight - (5) Phil Davis vs. (7) Ryan Bader
Featherweight - Akira Corassani vs. Sam Sicilia

Light Heavyweight - (1) Alexander Gustafsson vs. (3) Anthony Johnson

The co-main event will feature former UFC Hall of Famer Dan Henderson against a struggling Gegard Mousasi in the middleweight division.

Feverish Phil Davis and a stunning knockout of Antonio Rodrigo Nogueira, Johnson has earned the right to fight for Jones’ belt, but many wonder if Johnson can carry all of his muscle in a 25-minute fight. Gustafsson has proven to maintain the stamina needed for a five-round fight and gave Jones a lot to think about in a potential title showdown.

The co-main event will feature future UFC Hall of Famer Dan Henderson against a struggling Gegard Mousasi in the middleweight division.

Basketball continued from page 20

Upcoming Schedule

Jan. 24, 3 p.m. TCNJ @ Panzer Center
Jan. 28, 6 p.m. Rutgers-Newark @ Panzer Center
Jan. 30, 6 p.m. Rutgers-Camden @ Newman, N.J.
Feb. 6, 6 p.m. William Paterson @ Panzer Center
Feb. 7, 6 p.m. Ramapo @ Camden, N.J.
Feb. 11, 6 p.m. Rowan @ Panzer Center

Photo courtesy of MSU Sports Information

Women’s basketball has been nationally ranked the entirety of this season.

Sire ended with 12 points and 10 rebounds. The Red Hawks finished with a +13 margin on the boards (51-38).

MSU traveled to Rowan on Jan. 7 for a match with the Princeton University. MSU turned 22 points in the contest. MSU turned 22 Rowan turnovers into 23 points.

Montclair State welcomed Rutgers-Camden to Panzer on Jan. 10 for an afternoon game. The Red Hawks defeated the Scarlet Raptors easily, 79-60.

Aquino paced all scorers with 21 points for the Scarlet Raptors easily, 79-60. Melissa Tobie and Ce- ballos chipped in with 11 and 10 points, respectively. Melissa Tobie and Ceballos chipped in with 11 and 10 points, respectively. MSU outscored Rutgers-Camden in the paint by 25 points.


The Red Hawks next traveled to Jersey City for a contest with New Jersey City University. MSU prevailed against the Gothic Knights 69-49. The game was tied at halftime, however, right after intermission, Montclair State took the lead and never looked back. Bennett was the top scorer of the game with 15 points. Right behind her was Sire, who dropped 14 points. Melissa Tobie continued to rack up double-doubles, finishing with 12 points and 12 rebounds. Ceballos had a solid game and recorded 12 points. The Red Hawks now lead the series against NJCU 5-3 overall.

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Red Hawks Flying High

Women's Basketball continues to add to impressive season.

Mike Parpanto
Staff Writer

The Montclair State women's basketball team recently suffered their first loss of the season to Richmond. MSU is now 10-1 overall and 8-3 in the New Jersey Athletic Conference. The Hawks are currently 4-0 in the NJAC. Montclair State is ranked #6 and #4 in the D3hoops.com and USA Today Coaches Polls, respectively.

MSU started their three-game home stand on Dec. 3 against Rutgers-Newark. Red Hawks defeated the Scarlet Raiders 76-60 in front of their loyal Montclair State fans who packed the Panzer Athletic Center. Senior guard and Captain Janitza Aquino paced MSU with 21 points. Beginning forward Sage Bennett scored 37 for the Red Hawks. Freshman guard/forward Katie Sire and senior forward and Captian Melissa Tobie tallied 15 and 14 points, each. This was Montclair State's seventh straight victory over Rutgers-Newark.

MSU hosted the following game against Ramapo College on Dec. 6. The Red Hawks ambushed the Roadrunners 71-34. Junior guard Kayla Ceballos and Sire each scored 15 for Montclair State. Tobie chipped in with 11 points. MSU out-scored Ramapo by 24 in the paint.

Montclair State subsequently squared off with Vassar College on Dec. 8. After a bit of a slow start, MSU hit the Roadrunners 82-55. Aquino and Ceballos each scored 17 for the Red Hawks. Tobie registered her first dou- ble-double of the season with 15 points and 11 rebounds. Sire added 10 points in the victory.

On Dec. 10, Montclair State hosted their last game last season at the Panzer. The Hawks fell to 5-1 after a 65-56 loss.

While the Ultimate Fighting Championship started to shape up a title bout on the ‘Irish Ali’ iterations, it’s hard to deny that Conor McGregor is bringing to the UFC. The featherweight has done his best to lobby for a title fight and will finally get his opportunity. McGregor stated exactly when.

The featherweight has done his best to lobby for a title fight and will finally get his opportunity. McGregor stated exactly when.