Graduating students gathered at Izod Center last May.

Photo courtesy of Mike Peters.

Izod Center Closes its Doors

Jayna Sugianti
Editor-in-Chief

Walking up to the stage emboldened in red decorations, glared in a sea of smiling classmates, there is possibly no greater feeling than graduation. After four or more years of dedication, students finally earn the right to stand before their family and friends as a graduate of a university known for its pride.

However, the traditional atmosphere of commencement may be in jeopardy as the location for the much-anticipated ceremony takes to a certain degree of uncertainty. Though the arena had been the Izod Center a year ago. "Due to circumstances beyond its control, the University unfortunately finds itself in the position of searching for another venue...We had previously reserved the arena. In turn, the Christie Administration has begun to speculate other possibilities on campus, most notably the C-stores in the Student Center and Sam’s Place...Dover winter break. Dining Services was hard at work completely renovating the C-store, located on the first floor of the Student Center next to the book store. The C-store has now expanded into the space that used to hold 'Rocky's Mart' making the new location nearly twice as big...In addition to the larger venue, students now have access to features such as an ICEE machine, a larger selection of ice cream and treats, as well as an even more varied curvy of bottled beverages. The Final smoothie and milkshake machine that used to be located in Blanton Hall has also found a new home in the Student Center C-store. Perhaps the biggest difference is the complete remodel of the structure of the C-store. "Visually, we wanted to make it more attractive, so we made it look where everything is."

Photo courtesy of Mike Peters.

MLK Day of Service Connects Montclair State Community

Peter Shaver
Staff Writer

On the afternoon of Jan. 17, the Martin Luther King Jr. Day of Service filled many of its events to their capacity in the Student Center Ballrooms with numerous vivid 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 involves each person in the nation. Wilson’s emphasis of what a hero means. Taking up a task that day contributed to those two aspects. Wilson informed the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service.

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“Because the University wanted to be sure that the statue would be well-constructed, permanent and virtually in place,” said Dr. Martin Luther King, Jr. was a man revered for his insatiable determination to end social 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 embodied a sense of community and the engagement of citizens in a democratic system that serves to get everyone involved, just as King had always wanted. Buses were used to transport participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service. Seeing the volunteers board the many buses provided, participants to the many locations in need of service.

MLK Day of Service continued on Page 3

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New changes to dining services well-received on campus.

Many students are excited about the changes to the C-store, and believe the updates were much needed. “I believe the changes were necessary,” said junior Sharbel Aldabain. “The previous layout of the establishment was too congested and difficult to navigate when there was a large number of people inside at once. The new layout has a much better flow; it also looks more aesthetically pleasing.”

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“Tapingo is a food tracker to keep customers updated on the status of their food and sends a text-message notification when their food is ready for pick-up. Tapingo is currently implemented at 2mato, Chop’d, Einstein Bagels and Chili’s Express. It will shortly be implemented in the Red Hawk Diner once the current technical issues are resolved.

In addition to Tapingo, resident students also have an option for more grab-and-go meals from a second C-store that has opened in Sam’s Place. According to Anderson, the C-store in Sam’s is about a quarter of the size of the one in the Student Center and it focuses more on coffee and quick meals. “There is a Starbucks coffee machine that makes espresso, cappuccinos, espressos, lattes and specialty coffees,” said Anderson. “There is more of a focus on the salads, sandwiches, pastas, as well as some snack items. There are also Au Bon Pain soups.”

The C-store in Sam’s is designed for residential students who want more of a grab-and-go option to bring on their way to class or a meal replacement options to bring back to their room to microwave. There will also be meal replacement options, which will be pre-packaged meals that come with heat instructions for students to make simple meals in their rooms such as roasted turkey with stuffing and chicken parmesan over spaghetti.

Aside from the updates this semester, students can continue to see changes throughout the summer and the coming year. Over the summer, there will be an entire renovation of the Student Center Cafeteria on the second floor. There will be a Grill Nation, a Panda Express, Lumbi Juice, Chickpea and some other concepts that are being finalized. Although Chartwells hasn’t been on campus long, the changes they have already made were certainly a much needed improvement.

Friday, Dec. 5

The Village at Little Falls: Student McKerryn Vaillant, 20, of Rahway, N.J. and Hailey Weber, 20, of Scotch Plains, N.J. were charged with possession of marijuana. Vaillant is scheduled to appear in Little Falls Municipal Court.

Friday, Dec. 12

Bahn Hall: Dale Thomas Jr., 18 of Jackson, N.J. was charged with underage possession of alcohol. Thomas Jr. is scheduled to appear in Clifton Municipal Court.

Saturday, Dec. 13

Gordon Hall: Students Alexia Intinelli, 19, of North Caldwell, N.J., Tara Smith, 19, of Tuck- erton, N.J. and Cheyenne Pellicer, 19, of Green Brook, N.J. along with non-student Alexis Andrea Grazioso, 19 and Olivia Intinelli, 19 of North Caldwell, N.J. and Hailey Weber, 20, of Scotch Plains, N.J. were charged with underage possession of alcohol. All parties are scheduled to appear in Little Falls Municipal Court.

Thursday, Dec. 18

The NJ Little Deck: Non-resident Joyen Acovida, 19, of Clifton, N.J. was arrested and charged with criminal mischief and theft of services for his involve- ment in an incident. Acovida is scheduled to appear in Clifton Municipal Court.
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’ academic efforts and achievements and a stronger commitment to the purposes of education in a democratic society."

- President Cole, Montclair State University

"Its 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."

- Megan McDonough
  Junior Organizational Communication major

Montclair State hosts several Days of Service throughout the year, just as Wilson informed everyone the day before. But his words were well taken. Many students performed in the classroom, volunteering to assist the faculty by preparing and grading assignments. Some students worked outside of the classroom, engaging in community service projects. Some students volunteered with the Montclair State Food Pantry, helping to distribute food to those in need. Others volunteered at local food banks, helping to pack and deliver food to families in need. Still others volunteered at local hospitals, assisting with patient care.

During one such Day of Service, a group of students worked at a local soup kitchen, serving meals to those in need. They were able to provide over 150 meals, which was a great success.

"I’m really proud of our students and the work they do," said President Cole. "I’m proud of the way they come together to make a difference in our community."

Photo courtesy of Mike Peters.

MLK: Community Comes Together

Continued from page 1

For more information and details, visit themontclarion.org

With the ceremony concluded, new commencement leaders will be selected, graduating after four years of hard work and proudly celebrating their accomplishments anywhere [the university] takes me!

Five-year student Ira Frankel shared similar feelings about the move. "I heard it closed, but I honestly don't mind. As a senior, it's supposed to serve to honor able. 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 Union.

Arguments amongst students and alumni arose over the origins of the statue and how it’s supposed to serve. The symbolic value of the Red Hawk is still expected to stand.

However, there has been growth amongst students and even amongst students who are supportive. Many say it’s supposed to serve to honor the community. This is exactly what the MLK Day of Service proved. Many engaged with the services showed enthusiasm and happiness along with the people they assisted.

At the Fire Department, the firefighters, participants and the people that received the services all displayed these two aspects throughout the entire day. Those that participated in the MFD’s service walked up and greeted local Montclair residents while offering free safety tips along with free smoke detectors if the resident was interested. Appreciation was given and received at a high rate all throughout the day.
Peak Performances

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

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Compagnie Jant-Bi (Sénégal)

At the same time we were pointing a finger at you, we realized we were pointing three at ourselves…

Jan. 24 & 31 – 8:00 p.m.,
Jan. 25 & Feb. 1 – 3:00 p.m.,
Jan. 29 & 30 – 7:30 p.m.

All Seats $20
*No charge for undergraduates with valid MSU ID at Kasser Box Office

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Convenient parking in the Red Hawk Deck | Alexander Kasser Theater

Photo: © Chloé Gwinner

CREATION WITHOUT COMPROMISE

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

At the same time we were pointing a finger at you, we realized we were pointing three at ourselves…

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Convenient parking in the Red Hawk Deck | Alexander Kasser Theater

Photo: © Chloé Gwinner
Jessica Mahmoud
Staff Writer

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.

When there is not a fancy occasion, you will probably want to be comfortable. Printed pants and scarves are perfect for this preference. These pants are like pajamas, but the variety of patterns makes them look stylish. Of course, even though autumn is over, darker colors such as burgundy, dark blues and olive greens are best. Pair them with a neutral top or sweater and then throw on a scarf on top. Add oxfords or boots and a vintage-looking jacket and you’re all set.

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, beanie 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 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 warm-up the muscles and joints to minimize injury and maximize training results. Rather than walking five minutes on the treadmill or spinning on a stationary bike, a far better alternative is performing a dynamic upper and lower body warm-up such as walking between bars (forward and laterally) while doing arm circles or arms extended at shoulder level and doing clockwise and counterclockwise motions, for two or three sets at 10.

2. Pushing Movements. Always include at least one set of pushing exercises such as push-up, bench press, overhead press, medicine ball push-outs or machine presses and push-ups 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/Hip 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 back and middle back soreness. This also eases 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 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 aerobics capacity 10-15 miles or running or running 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 the floor as many times as possible.

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 exercises include the 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 Meal. Nutrition is the key complement to workouts and boosts energy recovery. Consuming water before, during and after workouts between exercises not only ensures hydration to get you through each workout 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 re-charge 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.

For more information on any of these topics, visit the Montclarion online. More tips and training information are available at the website of the American College of Sports Medicine (acsm.org). You might also consider signing up for a gym membership, which can be a great way to meet new people and stay motivated.

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

James Carpentier
Contributing Writer
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 each 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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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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CONTACT the Kean Global Business School
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STUDY ABROAD FAIR

Wednesday, February 4, 2015
11:00 a.m. – 3:00 p.m.
Student Center Ballrooms

LEARN MORE

STUDY ABROAD WEEKLY INFORMATION SESSIONS
Global Education Conference Room
Stone Hall Room 215
Every Wednesday, 2:30 p.m.
No Pre-Registration Required

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 Grant recipients only)

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I t’s 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 overcrowd 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, 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 for 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 underprepared select 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 effects of this proposal are unclear, we believe that this higher-education reform could worsen conditions 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 proposal.

Perhaps listening to the concern 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.

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**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

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**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 Jr. Day is a federal holiday celebrated in the United States on the third Monday of January. It commemorates the birthday of Martin Luther King Jr., a prominent African American civil rights leader. King was born on January 15, 1929, and he was assassinated on April 4, 1968. The holiday was first observed on January 20, 1986, and it has been celebrated annually since then. The holiday is observed with parades, events, and community service projects. It is a day to remember King's contributions to the civil rights movement and to reflect on the importance of promoting equality and justice for all.
Statue Leaves Some Ruffled Feathers

Opposing views face off in discussion of Montclair State’s new project

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COLUMNIST

Help Wanted

Wille school spirit is an important aspect of our university’s culture, the students who oppose the statue believe that it is a waste of money. The students who support the statue believe that it is a symbol of our university’s heritage.

The symbol of the Red Hawk spirit is the statue that sits on campuses across the country and in the larger society, will help engender a sense of belonging to a community, a sense of values and the 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 education in a democratic society.

President Susan Cole

This project has demonstrated that we must use our voices to make decisions that impact our lives, such as the lack of parking facilities on campus or the removal of the temperamental heating systems and leaky pipes throughout buildings around campus.

A lot of students are angry that the statue is being built and would rather see the money be used to improve something important. The money could be used to improve something that has experience, yet many students feel that the decision to build the statue was not made in their best interest but to make more money. “The statue is a disgusting waste of money,” junior Tiffany Morgan said. “President Cole should use some of her bonus cash of over $100,000 to pay for it.”

Kathleen MCMurry, as English major, is at first a bit of a columnist for The Montclarion.

That’s not to say that school spirit is an important aspect of our college’s culture, the students who oppose the statue believe that it is a waste of money. The students who support the statue believe that it is a symbol of our university’s heritage.

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?” said junior Alissa Castaneda.

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 funds via Homecoming and other fund raising events. The students who support the statue were able to vote to match the funds from the students to cover the rest of the statue.

It’s a celebration and as an institution, what it does is to help teach students about community,” said Karen Pennington, Vice President of Student Development and Campus Life in a quote from The Record. It is a celebration that “commitment” is wasteful hundreds of thousands of dollars on a statue whereas money could go towards improving things on campus. The administration’s decision is better for the students than 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 2004, approved a match to the student contribution from capital plant funds that is necessary to pay for the statue in time for the purpose of various commencement events.”

Yet, barely any students ever know when public sessions are or where they are located and they take when place they 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 have been used to improve something important and raise the students’ spirit. It is a waste of time for the purpose of various commencement events.

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Looking for a sweet, fun, flexible after school job in the Montclair area. Position available Mon-Thurs. 4-7 hours per week. Excellent references and clean driving record a must. Email Dogwood2009@gmail.com.

Looking for a good, honest babysitter to take care of one sweet little boy age 10 months. Call Wendy (201) 248-0599.

Secaucus family seeking sitter M-F, 3-6:30 7582 or email resume to pgiglio@pagelink.com.

Looking for reliable, creative babysitter, to work for our 7 year old in Nutley. Occasional overnights / weekends, $12/hr. Contact Linda at linda@redhawknj.com or call (908) 808-6606 (Larry’s Mobile Message).

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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 her novel *Gone Girl*. The film did receive a nomination for it’s superb acting done by Rosamund Pike as the sociopathic Amy Dunn, but if 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.

It was almost a guarantee that the director of *Selma*, Ava DuVernay, was going to land a Best Director nomination; in doing so, she would’ve made history by becoming the first black female to be honored with a nomination.

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. But 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 *Boyhood* 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.
“American Sniper”
Honoring soldiers while depicting the horrors of war

NICHOLAS DE SILVA
Contributing Writer

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 McFer- won 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 brusquely, pulsating 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 dir-ectly Eastwood’s most assured and most soul-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, victorious wolves or protective sheepsogs. Kyle’s father tells him that he should aspire to be a sheepsog, always protecting the sheep from the wolves of the world; these words put Kyle on a path of dir-ect and fatherly protection that he would never turn back on. He spent part of his adult life as a cowboy in the West, but en-listed in the army after hearing about the 1998 United States Embassy Bombings on the news. In the meantime, he meets and wins on two children (Talyn and Zachary Miller), who he would go on to have two children of his own. All of the aforementioned takes up the first act of American Sniper, as the meat and potatoes of the story focuses on his four tours during the Iraq War and how even when he realizes it’s not in his family, he can never 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-par-tnerpoint view of war 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 com-plex decisions and sacrifices that many American citizens take for granted.

The screenplay also draws parallels between al-Qaeda and the Ameri-can Army by showing that both sides were full of men that were willing to kill and killed the names of their respective countries. Al-Qaeda was fighting for a despicable cause of course, but in a way it’s a worthy move for a major Hollywood movie to even try and make that kind of comparison, especially given that the United States is still dealing with conflict in Iraq as we speak.

Kyle himself is presented 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 her as it has on him.

One thing many fans were wor-ried about was Queen versus Goldman in a battle. Kyle is a Ghoul and much bigger than Queen in DC Comics and has only been defeat-ed by Batman himself. It would’ve been a shame if Kyle beat him in a fight, which is why the three of them had been kill-ling about eight years total since his crucifix battle. The fight itself saw Queen’s partner Stephen Amell doing most of his own stunts, while Chris Kyle, who has been practicing this fight for the past year, was mostly working his eyes to do most of the talking for his character, albeit likely temporar-ily.

Kyle herself was very convincing in her fight, and while it’s not as epic as fighting Ben Affleck’s Bruce way back in The Dark Knight Rises, it’s still an incredible fight. Kyle is a very sensual character, albeit likely temporar-ily, and lets other characters shine. With all of the teasing of a universe changing event hap-pening over on The Flash, one has to wonder if this is the first big statement that the CW/DC TV Universe has to offer.

The anguished and honest pov-erntion on the page needs real acting and humanist direction to bring to life and it’s found through nearly ev-ery minute of the 133 minute runtime. Bradley Cooper delivers excellent, re-markable work as Kyle, and in spite of his physical transformation, never tries to give a showy, “look at me acting” performance. Instead, he allows the expressions on his face and his eyes to do most of the talking for him and provides the audience with a non-par-tisan and honest analysis of war that the script does not. Cooper and Miller pro-vide the same amount of authenticity and quiet emotional charge that Eastwood’s direction does. Eastwood pro-vides the audience with some visceral and intense battle sequences (which are cleanly and cohesively edited), but he keeps the sequences grounded and realistic to ensure that they are part of the drama rather than the bigness of it. Because of this, the scenes where Kyle is at home trying to normalize his 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 or evils of war 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

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**Dengue Fever**

Mainly a 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.

**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 electro."

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**Tiger Phone Card**

Dengue Fever

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.

**Chocolate**

The 1975

**Yeah Yeah Yeah**

The Sounds

"Everybody's In"

Lena Fayre

Help Write Rapid Fire Reviews! 40-50 Words

msuarts@gmail.com

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Graz University International Summer School Scholarship

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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/
**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.

**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.

**UPCOMING GAMES**

Men’s Basketball: 1/24 vs. TCNJ, 1/26 @ Hunter College  
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.

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**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

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### 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  
15. AC Milan - 26 points

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### NHL

#### Metropolitan

1. N.Y. Islanders - 63 points  
2. Philadelphia - 57 points  
3. N.Y. Rangers - 50 points  
4. Washington - 49 points  
5. Pittsburgh - 44 points  
6. Columbus - 43 points  
7. N.J. Devils - 42 points  
8. Carolina - 37 points  
9. New York - 36 points  
10. New Jersey - 37 points  
11. Tampa Bay - 32 points  
12. Carolina - 37 points  
13. Minnesota - 34 points  
14. Buffalo - 31 points

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### Bundesliga (Germany)

1. Bayern Munich - 55 points  
2. Wolfsburg - 34 points  
3. Leverkusen - 28 points  
4. B. Moen. - 27 points  
5. Schalke - 27 points  
6. Augsburg - 27 points  
7. Hoffenheim - 26 points  
8. Hannover - 24 points  
9. Eintracht - 23 points  
10. Paderborn - 17 points  
11. Koln - 17 points  
12. Mainz - 16 points  
13. Hertha Berlin - 16 points  
14. Hamburger SV - 17 points

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### NBA

#### Eastern Conference

1. Atlanta - 10 GB  
2. Washington - 5 GB  
3. Toronto - 6.5 GB  
4. Chicago - 7.5 GB  
5. Cleveland - 12.5 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  
14. Philadelphia - 25.5 GB  
15. N.Y. Knicks - 28 GB
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 had dropped them to 2-2-7 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.

Indoor Track and Field

The men and women competed at the Go- tham Cup Meet in New York City at the New Balance Track and Field Center and put up solid efforts. Raeshed Amiclar 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 Collegeville, Pa. to participate in the Collegeville Classic at Ursinus.

Basketball: Women’s Basketball Dominating the Competition

Basketball continued from page 20


The Red Hawks next traveled to Jersey City for a contest with New Jersey City University on Jan. 17. 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 Tohie, who dropped 14 points. Melissa Tohie continued to rack up double-doubles, finishing with 12 points and 12 rebounds. Ceballoes had a solid game and recorded 12 points. The Red Hawks now lead the series against NJCU 54-5 over- all.

MSU now begins a two-game series against NJCU 54-3 overall. The women’s team earned the right to fight for an NJCAA Champion wrestling title. Both pose sizable threats to 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 rematch. The co-main event will feature future UFC Hall of Famer Dana White against a struggling Gegard Mousasi in the lightweight division.

Upcoming Schedule

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

MSU outscored Rutgers-Camden in the paint by 25 points.

Photo courtesy of MSU Sports

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

Featherweight - Akira Corassani vs. Sam Sicilia

UFC: Johnson vs. Gustafsson Promises to Excite

UFC continued from page 20

Sire ended with 12 points and 10 rebounds. The Red Hawks finished with a +5 margin on the boards (51-38).

MSU traveled to Rowan on Jan. 7 for a match with the Pro- fessor. At the end of the first half, Montclair State trailed 35-17. The second quarter saw a very motivated Red Hawk team, which led Montclair State to a 65-60 victory.

Aquino paced all scorers with 16 points. Tohie posted a dou- ble-double in her third consecu- tive game, scoring 15 points and grabbing 15 rebounds. Sire ended with 12 points and 10 rebounds. The Red Hawks easily, 79-60.

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The women’s team has been consistently ranked the entire season.

Women’s basketball has been consistently ranked the entire season. Photo courtesy of MSU Sports

UFC on Fox 14 - Saturday, Jan. 24

Main Event - Number One Contender Fight to face (C) Jon Jones (5) Phil Davis vs. (7) Ryan Bader

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

Main Card - (Fox, 8 p.m.)

Middleweight - (8 L) Dan Henderson vs. (8 M) Gegard Mousasi

Light Heavyweight - (5) Phil Davis vs. (7) Ryan Bader

Featherweight - Akira Corassani vs. Sam Sicilia

Future UFC Hall of Famer Dana White against a struggling Gegard Mousasi in the lightweight division.

No one wants to face Johnson for an entire five rounds, not even Jones. This fight lines up to be a classic with Johnson being an NJCAA Champion wrestler. Both pose sizable threats to 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 future rematch.
The Montclarion Sports

Red Hawks Flying High

Women’s Basketball continues to add impressive season.

Mike Paradiso

The Montclair State women’s basketball team recently suffered their first loss of the season to Richard Stockton. MSU is now 10-1 overall and 8-3 in the New Jersey Athletic Conference. The Hawks are turning to the Beaver Professors and the Richard Stockton Owls for first place in the NJAC. Montclair State is ranked #6 and #6 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 were ready to continue the winning season. Senior guard and Captain Janetta Aquino paced MSU with 21 points. Freshman guard forward Katie Sire and senior forward and Captain 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 Cebralos and Sire each scored 13 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 Rivets 82-53. Aquino and Cebralos each scored 17 for the Red Hawks. Tobie registered her first double-double of the season with 15 points and 11 rebounds. Sire added 10 points in the victorious Montclair State’s second straight game last season.

The Hawks have fought for a University Victory. The girls have[g] it makes this team so special,” said Aquino.

On Dec. 10, Montclair State faced William Paterson in Wayne for what is always a heated rivalry game. Although the Red Hawks were in the thick of the first half, the Red Hawks pulled victory once again in the second half and won 68-52. Aquino led all scorers with 18 points, with 16 of them coming in the second half. Tobie was behind her and dropped 12. MSU made up 30 points and took a page from Aquino’s book during their last game, with 6 in To- bie’s points coming during the second half. Aquino had a big night in going 8 for 12, nothing 15 points.

UFC Played With Fire Leading Up To UFN 59

Over-saturation of Conor McGregor could have blown up in their face

Thomas Paradiso

While the Ultimate Fighting Championship started to play up the "Irish Ali" proclamations, 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. Who could blame him? Even if McGregor was undefeated, it looked like McGregor this and Conor that. Ultimately, the heavy-hitting veteran could not seal the deal. While McGregor will likely be on the undercard of the third in the Featherweight Rankings, Siver is likely to drop from his position at 10th. The rankings are far too definitive in regards to who receives a title shot, they still eat a fair amount of importance to stand in the division.

While UFC will likely have no problem hopping up the monumental fight between the Irishman and the Brazilian, two guys who easily carry a country, McGregor made it easier for the world’s top martial arts promotion after his victory. As he stepped off of Siver, he even joked that he was “playing spoiler”. Who could blame him? McGregor is just a young guy and tried to intimidate him.

What was even scarier and more bemoaning was Aldo. He won’t win and instead smile at him. Later in an interview, he called McGregor “a court jester” and “wasn’t impressed” with his performance.

The gigantic title clash will likely be on the promotion’s traditional event during Memorial Day weekend and is sure to be a stacked card in Las Vegas. Another possible title fight on this card could be Robbie Lawler defending his welterweight title. He has stated he wants to fight in the summer, but hasn’t stated exactly when.

Congress McGregor will ride into his title fight with all of Ireland on his back.

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UFC on Fox 14 Will Decide a #1 Contender

Gustafsson vs. Johnson will fight for a Light Heavyweight title shot

Thomas Paradiso

This Saturday the UFC will return to Sweden for the fourth time ever to host an event at the Telia Arena in Stockholm. Alexander Gustafsson and Anthony Johnson will have their hands full to combat the #1 contender in the UFC Light Heavyweight Division. It will be the second time the nation has held an event in a stadium setting, with the first taking place at UFC 129 in Toronto at the Rogers Centre on April 30, 2011. Both men have plenty to fight for, Gustafsson will need to knock out the #1 contender, Gustafsson moved up to Light Heavyweight permanently and work his way back into the UFC after losing out. After wins in the Titan Fighting Championships, Strikeforce Fight Night and the World Series of Fighting, Johnson returned to the UFC with vengeance. A unanimous victory over contender Phil Davis and a stunning knockout of Antonio Rogerio Nogueira, Johnson has used the right fight for a title shot.

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Photo courtesy of UFC