At one point in Kingsman: The Secret Service, the villainous Richmond Valentine (Samuel L. Jackson) asks Kingsman Harry Hart (Colin Firth) if he likes spy movies. “Not the new ones,” Harry replies.

This dialogue takes place in the villain’s home where the two are sharing a meal of McDonald’s, which is being served to them by the villain’s henchman, a girl with blades for legs. In spite of their different ideologies, the one thing that Richmond and Harry have in common is their love of the old-school spy films, where super spies would battle megalomaniacal bad guys with a convoluted plot for world domination.

**Entertainment, p. 13**

**Best Animated Short Film**

**Sports, p. 19**

**UFC Fight Night 60**

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**MSU Panel Discusses Brown and Garner Cases**

Peter Shaver, Staff Writer

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**Feature, p. 4**

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HERstory: Ball Proves Successful Night for LGBTQ Center and Community

Continued from page 1

loved the panel of judges and categories of competition includ- ing, Androgyny/Beatbox, Blackout (Black Attire), Best Batch, Best Femme, Best Run- way Walk, Best Lip-Synch and Best Vogue. International rap star Cakes da Killa was broker to host the event. He said it was “an honor” to be able to MC at his alma mater.

The drag queen and king participants were dressed to the nines and participating students recorded much of the event. Performances included dance routines by the Haitian Student Association dance troupe and the Isis dance group.

Trophy prizes were awarded to any outstanding participants. Everyone was invited and encouraged to join what was sure to be an entertaining evening on campus. “It was amazing,” said competitor Julian Rosario. “If it were up to me, this would be a monthly event! I brought everyone together.” The pioneering of drag culture who flourished in the sixties paved the way for the ordinar- ily evolution of drag-culture. A screening of Paris is Burn- ing, a related documentary about ballroom culture and the revolution was aired the previ- ous Wednesday at 8 p.m. The hundreds of fathers, mothers, sisters and brothers rejected from their families found a safe space among like-minded in- dividuals thanks to a common vogue community. An entire week of programs was organized in preparation for the event. A Vogue work- shop was provided and any students interested in expand- ing their knowledge of black history, drag or meeting others

with similar interests found a fun evening thanks to the cen- ter. “Montclair State has never seen anything like this. I hope it becomes an annual event,” said graduate student Ebony Jack- son.

The next large program sponsored by the LGBTQ Cen- ter will be Divas for Diversity where guests-Channel and Bebe Zahara Benet will perform and meet-and-greet students. Many students were disappointed when the event was postponed due to weather conditions; however, Divas for Diversity is confirmed for March 2.

The LGBTQ Center provides weekly group meetings and discussions for the students and faculty of Montclair State University. For more informa- tion or to learn how you can get involved in the center, visit their portal on HawkSync.

Pelican Police Report

Monday, Feb. 9

Freeman Dining Hall: A staff mem- ber reported a harassment incident from another food service employee. At this time, the reporting party has declined to pursue charges.

Tuesday, Feb. 10

Overlook Building Parking Lot: Student Jerry Castro, 25, of North Bergen, N.J. was arrested and charged with possession of marijuana. Castro is scheduled to appear in Little Falls Municipal Court.

Tuesday, Feb. 10

Stone Hall: Two students re- ported an incident of fraudulent checks. This case is under inves- tigation.

Wednesday, Feb. 11

College Hall: A student report- ed a theft incident. This case is under investigation.

Wednesday, Feb. 11

Dickson Hall: Student Adrian Iriarte, 19, of Elizabeth, N.J. was arrested and charged with underage possession of a weap- on. Simone is scheduled to ap- pear in Little Falls Municipal Court.

Thursday, Feb. 12

Student Center C Store: A stu- dent reported a harassment incident from an unknown individual. This case is under inves- tigation.

Thursday, Feb. 12

 Gibson Hall: A student report- ed a harassment incident from an unknown individual. This case is under inves- tigation.

Thursday, Feb. 12

Whitehall Student: Student Jason Stadtmueller, 20, of Middletown, N.J. was arrested and charged with possession of marijuana. Stadtmueller is scheduled to appear in Little Falls Municipal Court.

Sunday, Feb. 15

Blanton Hall: Student Jonnue Orangeo, 20, of Glen Ridge, N.J. was arrested and charged with possession of marijuana. Iriarte is scheduled to appear in Little Falls Municipal Court.

Sunday, Feb. 15

Bahn Hall: Student Christopher Green, 19, of East Ha- nover, N.J., Kwan Obey, 18, of West Borough, Mass., Robert Oranges, 20, of Florham Park, N.J. and Christopher Joyce, 18, of Florham Park, N.J. were charged with underage posses- sion of alcohol. All parties are scheduled to appear in Clifton Municipal Court.

Monday, Feb. 16

Floyd Hall: A staff mem- ber of the arena reported a criminal trespassing and crimi- nal mischief incident. This case is under investigation.

Students expressed themselves at the Ball. Photos courtesy of Brian Edwards, LGBTQ Center.

Anyone who has information regarding these incidents is urged to call the police station at 447-3477. All calls are strictly confidential.

THE MONTCLARION
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The Pelican willingly corrects its factual errors. If you think there is mistake in a story, please call Ed hor-in-Chief Catherine at ext. 5230.
then causing a great deal of stress for residence halls.

In response, an orderly evacuation of the dining area was conducted for the sake of all present at the time of the incident, both University Police and Fire Services arrived on campus to ensure the safety and well-being of those individuals. To begin cleaning up, the Chartwells Dining Team pushed the fallen water towards a floor drain in the dining area; soon after, the housekeeping staff arrived to assist with removing the water from the dining area.

At the same time, the Facilities crew turned off the water to the building and began to repair the leak itself. A University electrician was called to the site to check all electrical equipment, lights and outlets.

According to Delate, while these repairs took place, the water shutdown affected the residents of Freeman Hall for a brief period of time; the water flowing to the building had to be shut off and repairs were performed. Within a few hours, the system was fully operational.

Though the remains of damage are still present at the site of the incident, by 9:30 p.m., the dining area was restored to its original condition.

Students and residents were unable to eat at Freeman Dining Hall while the cleaning and initial repairs were being made. In the meantime, for those looking in favor of a fast food dining hall that night, Transportation Services quickly provided a shuttle service that ran in a loop from Red Hawk Deck to Sam’s Place.

Residence Life also ordered around 250 slices of pizza, which were located in the Freeman Hall Lobby for the enjoyment of residents; similarly, Chartwells provided a continental breakfast in the same location the following morning. After a thorough disinfection by Housekeeping staff members during this time, the Chartwells staff completed a final walkthrough to ensure the proper cleaning and working order of the dining hall before reopening on Tuesday at 10 a.m. at 5000 a.m.

While Freeman is back up and running, thanks to the incredible teamwork of the Facilities, Chartwells and Residential Life staffs, as well as the residents’ cooperation, we must all be diligently monitoring our areas,” said Delate. "[As] the extremely cold temperatures have impacted pipes on campus as well as throughout the region, we continually monitor the heating system across campus and the Facilities staffs are ready to respond to any issues around the clock, 24 hours a day.

For this reason, students as well as residents with any concerns are encouraged to contact Residence Life or Dining Services to ensure the issue is addressed as soon as possible in order to prevent situations such as these.

Panel: ‘Do Black Lives Matter?’ Draws Attention of Students on Campus

Continued from page 1

Vigil: Campus Remembers Peers, Friends and Family

Continued from page 1

"In America, the President reigns for four years, but Journalism governs forever.” – Oscar Wilde

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Come Help Us Out!

Room 113 Student Center Annex
In Upper Montclair, NJ 07043
Phone 973.655.5230
Fax 973.655.7804
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Writeers wanted for:

The Montclarion • February 19, 2015 • PAGE 3

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Transitioning from Winter to Spring

Kristen Bryfogle
Opinion Editor

They say that March comes in like a lion and out like a lamb, but we all know that at Montclair State, the lamb often doesn’t arrive until long after the start of spring. With temperatures barely breaking 20 degrees over the past two weeks, it looks like we still have a lot of cold weather left, but most stores are already featuring spring styles. There are many ways that you can incorporate spring trends with some warmer clothing so that you can dress for the upcoming season while still staying warm and comfortable in the transition from winter to spring. If you follow these tips, you can conquer the cold and embrace your inner flower-power queen, even if the weather is working against you.

Swag out high and fluffy winter boots.
When the temperature rises a bit, you can pack away your knee-high and lined boots and start wearing lighter footwear—both in color and weight. Instead of wearing a heavy boot, you can slip on a pair of light-colored booties to brighten up your look, or, my personal go-to—a pair of this season’s newest shoe trends: eyelet sneakers. Keds and Payless sell great eyelet sneakers that you can wear with basically any casual outfit, bringing a splash of spring fever into your cozy appearance.

Mix and match winter and spring pieces with bright colors and patterns. In The Devil Wears Prada, Miranda Priestly famously disses the trend of florals for spring, but let’s be honest: spring is the season for flowers, both in gardens and in your clothing. Foot stores stock up on floral patterns as spring approaches, so you can always pick up a floral blazer in chiffon or polyester and pair it with a wool cardigan and skinny jeans for a bright and springy look. You can also dress in a neutral top and a floral bottom, such as a floral print tunic or floral skater skirt with tights. Pair either of these with a collared button down, layered with a sweater and you’ll be sure to keep out the Montclair State wind while staying up on the trends. If you’re not into florals, pick out a bold-colored denim or trouser to brighten your look from the popular blacks, greys and browns of winter fashion. Old Navy pixie pants are a great option. They come in a large span of sizes, colors and lengths and can be dressed up for work and down for a weekend hangout. Pairing one of these with a winter go-to—a dark sweater or bottom—can mix cold-weather fashion with some spring staples, easing the transition to lighter-weight clothing.

Pick the right accessories and style your look according to the weather. Replace your heavy wool scarf with a lighter-weight fashion scarf in a floral pattern or bright color to complement your outfit for the winter while still staying warm. You can also wear some soft pastel-colored statement necklaces or dangling earrings to break up winter’s dark color patterns. Flair and makeup can also give the illusion of being ready for spring although you are still dressing warmly. Getting warm highlights, wearing your hair into a braided hairstyle and coating your locks into big beachy waves can definitely help your carefree springtime look. Additionally, experimenting with pastel makeup can always give your favorite warmer clothing a uniquely springy flair and using lighter pinks and peaches in your palette can lighten the severity of the winter months.

Wear a pair of tights under your jeans.
It sounds uncomfortable and unflattering, but wearing a lightweight tights under your favorite pair of skinny jeans can be a life saver in cold weather. It will keep you warm on especially cold days and when the weather lightens up, you can wear the tights with a skirt, shirt, or with a pair of wool, tweed or leather shorts.

Wear heavier clothing with a lighter jacket.
Late winter/early spring is one of those times of the year when it’s cold enough to wear a heavy winter coat, but bundling up seems a bit excessive. My suggestion in this case is to bundle up underneath your coat: wear an undershirt, a sweater and a pair of jeans or a sweater dress to keep toasty. Then, throw on a denim, leather or another type of lightweight jacket. This can help you avoid looking overdressed while keeping yourself warm enough to fight getting sick in the middle of the semester.

Wear beaver clothing with a lighter jacket.

Replace your heavy wool scarf with a lighter-weight fashion scarf in a floral pattern or bright color to complement your outfit for the winter while still staying warm. You can also wear some soft pastel-colored statement necklaces or dangling earrings to break up winter’s dark color patterns. Flair and makeup can also give the illusion of being ready for spring although you are still dressing warmly. Getting warm highlights, wearing your hair into a braided hairstyle and coating your locks into big beachy waves can definitely help your carefree springtime look. Additionally, experimenting with pastel makeup can always give your favorite warmer clothing a uniquely springy flair and using lighter pinks and peaches in your palette can lighten the severity of the winter months.
Most Important Meal of the Day
Skipping breakfast means skipping critical health benefits

James Carpentier
Staff Writer

If you’re routinely making a fast break out the door each morning or route to class, the gym or the office without first consuming the day’s most important meal breakfast, consider these powerful eye-opening health benefits derived from “breaking the fast,” or going several hours without food and water during overnight sleep. You’ll see why it’s called the most important meal of the day.

Missing breakfast is like driving a car with no fuel. Your brain, muscles and stomach are starving for nutrients and fluids after an overnight fast during sleep mode. You awaken slightly dehydrated and with low blood sugar; two issues that need immediate attention for optimal mental and physical performance in the classroom, on the job or for sports practices.

Consuming a couple of glasses of water, milk or tea, coffee and water-based fruits and veggies are hydrating. AVOID common back stiffness? Dehydration along the spinal discs can cause strain in the back. That’s another reason to start your day with some nourishing fluids to not only rehydrate, but also to help erase typical back stiffness.

Breakfast eaters resist colds or work on an empty stomach, or toast). They provide a great and joint recovery from sports and intense exercise compared to those who avoid breakfast. Breakfast consumers are leaner because a filling nutritious breakfast satisfies hunger longer so they’re less likely to overeat at lunch and dinner. Also, it’s easier to burn calories earlier in the day from a larger meal than having a late-day large meal.

Breakfast eaters efficiently burn fat and maintain weight and muscle. Regularly consuming a complete breakfast containing some of the above-mentioned foods and beverages effectively promotes fat-burning metabolism throughout the day. It also helps maintain weight and enhance muscle and joint recovery from sports and intense exercise compared to those who avoid breakfast.

Breakfast eaters are also typically leaner because a filling nutritious breakfast satisfies hunger longer so they’re better than heading off to class or work on an empty stomach, prepare the following nutritious and convenient and portable foods/beverages in advance when unexpected scenarios compromise a healthy breakfast.

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Faculty-led summer programs
Deadline: March 1st, 2015
Contact Wendy Gilbert-Simon, simonw@mail.montclair.edu for more information.

http://www.montclair.edu/global-education/study-abroad/
Drink Your Fruits and Veggies

Kimberly Asman
Staff Writer

For busy students, it can be difficult to get your recom- mendated servings of fruits and vegetables every day. Men and women aging between 19-50 years old need about two cups of fruit a day and about two and-a-half to three cups of veget- ables. For some people, these may not seem like a lot com- pared to how much they eat, but for a lot of people, these may sound like unrealistic goals. Perhaps it is easier for some to consume this much produce in the spring or summer when their favorites are in season, but it is important to include these foods throughout the year.

Vegetables and fruits give you huge doses of vitamins and minerals, including lots of fiber to help keep your digestive sys- tem running smoothly. Thanks to the fiber and to a high water content, these foods fill you up quickly and keep you fuller longer, helping you to stay on track to a healthy weight.

A great way to include some extra fruits and vegetables every day without making it feel like a chore is to make a smoothie. Smoothies are easy to make, convenient, tasty and great for taking on the go (if you are careful of your calories, that is). Not limited to ingredients. These can also make a great complement to a small meal, or a satisfying snack.

The key is to keep every- thing healthy and get the most out of your smoothie. Keep in mind that you don’t need a fancy blender to make a smoothie. There are plenty of cheap mini-benders that double as a cup and are perfect for a single serv- ing. These won’t take up much room and are a great addition to a dorm room where you also have a mini-fridge to store your ingredients.

When making a smoothie, start with a good base. This can vary depending on what you are looking for or any di- etary restrictions. If you want a creamy base with extra pro- tein, go for plain Greek yogurt. Plain yogurt may not appeal to you on its own, but it is great in a smoothie because you will be adding lots of other things that will mask the sour taste. This will also cut back on sugar, which you will get from the fruit you add in.

If you want to focus on the produce and cut back on the calories, stick to unsweetened almond milk. While this is not a good source of protein, it is low calorie. You could also try low fat or fat-free milk to pro- vide some protein and calcium. Soy milk is a good option for vegans or vegetarians because it is fortified with great nutrients such as calcium and riboflavin, while still hav- ing a good amount of protein. Your target when choosing a milk should be around 8-10 grams of protein per each one cup serving. Of course, water is always an option too if you are not looking for a creamy texture and simply want something to make it more drinkable.

Now it’s time for the fun stuff: the fruits and veggies you are going to add in. You may want to have a theme in your smoothie such as all ber- ries or you may simply add in whatever extra produce you have lying around. Usually, you can’t go wrong. Be sure to include at least one or two fruits because that is what will give your smoothie sweetness and make it yummy. Once you have this, do not be afraid to throw in some vegetables. The fruit will probably mask the taste of the veggies, so you will be getting nutrients without any taste you may not prefer.

Dark leafy greens, such as spinach or kale, is a great way to add in iron to your smoothie. Fruits and veggies are another good way to get a creamy texture and heart healthy fats. If you have some greens or any fruits that are giving you西安, try freezing them. This will pre- vent them from spoiling and frozen fruit is great for smoothi- es, it adds taste and nutrients and acts like an ice cube, giving your smoothie a thicker texture. If you want some extra nu- trients, try adding some ground flax seed or chia seeds to give yourself some healthy fatty ac- ids. If you want a heavier drink, think about adding peanut but- ter. While full of fat, it is the good kind (unsaturated) and a table- spoon or two will definitely add a lot of taste to your smoothie if you are a peanut butter fan.

You can also add cinnamon or other spices if you want to boost the flavor of your smooth- ie. Every smoothie may come out a bit differently; experiment and play around until you find combinations you love and can always rely on for a quick and healthy meal or snack.

Veggies get a lot of praise for keeping your digestion sys- tem running smoothly. Thanks to the fiber and to a high water content, vegetables fill you up quickly and keep you fuller longer, helping you to stay on track to a healthy weight. It is important to include some extra fruits and vegetables throughout the year. Their favorites are in season, but for some people, these may sound like unrealistic goals.

For men and women aging between 19-50 years old need about two cups of fruit a day and about two and-a-half to three cups of vegetables. Vitamin deficiencies from not eating enough produce and cut back on the calories, stick to unsweetened almond milk. While this is not a good source of protein, it is low calorie. You could also try low fat or fat-free milk to provide some protein and calcium. Soy milk is a good option for vegans or vegetarians because it is fortified with great nutrients such as calcium and riboflavin, while still having a good amount of protein. Your target when choosing a milk should be around 8-10 grams of protein per each one cup serving. Of course, water is always an option too if you are not looking for a creamy texture and simply want something to make it more drinkable.

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Experienced, energetic and reliable babysitters wanted for our 7 year old son in Nutley. Occasional afternoon/weekends. $15.50/hour. Contact Linda at Lkandysters@yahoo.com or call (973) 508-4888 (Leave a Message). P/T after-school babysitter in Fair Lawn to drive kids 7/13/16 to activities, super- visory duties and homework for the youngest. Flexible Hours! Must like dogs and cats. Email Livingstonfamily2013@ gmail.com with resume/experience.

Secaucus family seeking sitter M-F 3-6 P.M. to drive two kids 7 & 5 from Clifton school to activities & homework help. Need your own car. Email Secaucusmom@gmail.com.

Looking for a smart, fun, flexible after- school sitter in west Orange for my 3 children: 11-year-old daughter and twins 10 year-old sons. Hours are 3:30-5:30 P.M. Monday, Tuesday, and Thursday. Email RosalbaGuarino@yahoo.com or call (973) 974-3268.

Seeking a caring babysitter, preferably from MSU in Clifton. Non-smoker. $1200. Room, use and deck. Available March 1st. 2.4 miles to Models. Email Paf0115@hotmail.com.

P/T childcare for Montclair family (near ARS) for kids 9 & 12. Three days per week 3:30-6:30 P.M. Need a car for driving to activ- ities. Light housework and groceries. Email Monika at monica.minore@verizon.net.

Paid intern needed for Montclair house- hold estate real estate marketing business. Ex- cellent admin, HTML, social media (FB, You Tube, Twitter) skills a must. $15/hr to start. Raise on performance. Must like dogs and cats. Email Montclairjal@inmail.com.

P/T childcare for Little Angels School House of Chatham, NJ. Looking for energetic individu- als. Duties include implementing lesson plans & assisting with meals/duping/potty training. Contact Jade (973) 701-8300 or email montclairchatham@outlook.com.

P/T childcare for 8-year-old girl. Mon/Tues/Wed. 3:30-7:00 PM. Child has some learn- ing delays and a Special Ed student would be great, but not necessary. $12/hr. Call Patti (973) 248-6999 or email patp10501@hotmail.com

Adult female (must be over 21) wanted to help manage 3 kids. 12:30-8 P.M. Mon, Wed, Thurs. Looking for a “take charge” person who can be responsible and confident. Must have a car. Contact Friendswelovelc.com or call (973) 543-2822.

P/T – F/T – Little Angel School House of Chatham, NJ. Looking for energetic individu- als. Duties include implementing lesson plans & assisting with meals/duping/potty training. Contact Jade (973) 701-8300 or email montclairchatham@outlook.com.

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Seeking a loving and energetic babysitter for our two daughters (6 & 8 month olds) in our home in New Providence. NJ. Approx- imately 10 hours a week with the oppor- tunity for more hours in the future. We definitely need someone on Thursdays from approximately 3-6 P.M., but other hours are flexible based on course schedules. Email priya300@gmail.com.

Fairfield, NJ-based Internet Startup looking for recent college grads or very ambitious college students. $30,000 plus first year & Vested Retirement Plan within 24 months of hire. Complete company training for qualifi- ed individuals. Call Pat (908) 698-2692 or email resume to ppgetic@gaplin.com.

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TOONS

Snow
By Joe Stansbury

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Don’t Stay Neutral on Net Neutrality

W e like to think of the Internet as an open space—a creative commons where everyone, provided they have access, can set up a website, a forum, an email address, etc. and have tons of information instantly at our fingertips. While this may be the concept of the Internet we all know and love, all of this could change on Feb 26, when the United States Federal Communication Commission makes a formal decision about the future of the Internet. In just one week, the FCC will vote on net neutrality, either keeping a free Internet alive and well or limiting the future of the Internet.

The possibility of losing net neutrality is extremely detrimental to everyday life. Not only will an Internet service monopoly hinder using the web for leisure, but work, commerce and research will also be impacted. So much of our lives is dependent on Internet access, so blocking people from using services efficiently unless they have enough money to pay for faster Internet is an essentially classist form of Internet.

Issues of net neutrality have been around for years, but now is one of the most important times to take a stand against eliminating neutrality. The FCC is voting next week, and are currently offering an open forum where citizens can weigh in on the situation, argue for and against net neutrality and air their grievances.

With the reins loosened, companies like Comcast and Verizon to have a significantly tighter control over what we see on our screens and how we access it. What exactly is at stake in net neutrality? Internet providers will be able to make exclusive deals with companies like Netflix, Facebook and YouTube to provide faster service. Say that Comcast strikes a deal with Netflix. If you have a Verizon Internet connection, Netflix will stream at a lower speed because of its loyalty to Comcast. This makes it extremely easy for big companies like Comcast and Verizon to create a monopoly, making it nigh-impossible for smaller Internet providers to stay in business. With the reins lost, companies can now also charge higher and higher fees for faster Internet service because there will likely be no competition to provide any other kind of service. There are concerns that the elimination of net neutrality will also impede innovation because of a lack of competition.

The FCC is voting next week, and are currently offering an open forum where citizens can weigh in on the situation, argue for and against net neutrality and air their grievances.

It takes just a few seconds to send a comment or letter to the FCC. Online comments can be submitted at fcc.gov/comments. A really easy way to let the FCC know that you stand for a free Internet is to go onto a pro-neutrality organization’s website and fill out your information on one of their pre-formatted letters. Fight for the Future has such submission options and also sends updates on the campaign for an open Internet and basic information about the issue.

No one should be prevented from using the Internet because of a service monopoly or because soaring prices make it impossible for them to fill out job applications, contact friends and family via email and social media, research a subject or even just to watch cute videos on YouTube. We urge you to take a stand and use your voice to speak out to the FCC. Make it clear that we want our Internet to be open to all, not to those who can afford to access all it has to offer.

QUESTION OF THE WEEK:
After weeks worth of snow, what are you most looking forward to this spring?

---

Buzzfeed gets Obama to say “Thanks Obama!”
Toy Manchester Terrier jumps into box at Westminster Dog Show
Mardi Gras

Russia and Ukraine cease-fire delayed
ISIS kills Christian Egyptians
Fifty Shades of Grey

“Shorts because I don’t like wearing heavy clothes.”
- Glady Salinas, Biology, Senior

“Nice weather.”
- Ben Gutierrez, Biology, Senior

“I’m excited for graduation. I’ll finally be done with school and start my career in the warm weather.”
- Sam Kachler, Communications Studies, Senior

“Just the leaves and the flowers and everything coming back and not being able to sit outside in the warmth.”
- Courtney Meglia, Psychology and Justice Studies, Senior

“Too actually go out. I’m the type of person who likes to go out and walk around and the snow prevents me from doing that. I’m excited to be able to walk on a sidewalk and not be worried about falling.”
- Elsie Figueroa, English, Junior

Christian Ray Blaza | The Montclarion

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February 19, 2015 • PAGE 11

The Montclarion
Finding the Real You in the Internet Age

Overstimulation causes us to lose touch with who we really are.

With so much access to other people’s lives, we become vulnerable to losing touch with who we really are. We are influenced by people, identities and ideas outside of yourself. How do you know who you are? What are you really like? To answer these questions, let’s consider several responses.

A proponent of the most negative response might say that the real you is entirely influenced and coerced by people, identities and ideas outside of yourself. You are what other people make you be, or another.

Another possibility is that the real you is how you would have been if you had never known, nor had any access to, others. This would make you a reflection of humanity in one way or another.

A third possibility is that you can find your real self in the things you are naturally drawn to and pursue. Meditation and affirmations are techniques to find your real self, to clear the cloudiness and judgments.

In conclusion, there are many factors that shape who we are. It is important to consider all of these factors when trying to find your real self. By doing so, you can gain a better understanding of who you truly are.
Best Animated Short Film

Nicholas Taylor
Chief Copy Editor

I did get to see all five animated films as well as three live-action films. As a sucker for cuteness and aesthetics, I nearly cried during one of the Oscar screenings this Sunday. I was unable to stay the whole afternoon because of work, but I did get to see all five animated films as well as three live-action films. As a sucker for cuteness and aesthetics, I nearly cried during one of the Oscar screenings this Sunday. I was unable to stay the whole afternoon because of work, but I did not have a date on Valentine’s Day, but I did have a few personal connections that allowed me to attend an Academy-supervised Q&A session with the film’s director, Patrick Osborne. Fun fact: he made sure that the dog used in the film was a breed that wasn’t previously used in a Disney film.

#1 - ‘The Dam Keeper’

Yes, this was the one that brought a tear to my eye. The Dam Keeper is the story of an anthropomorphic sheep pig that operates a windshield repair shop at the top of a dam to keep a recurring storm of black smoke out of the town. Though the pig is dedicated to his craft, his classmates, who are all humanoid creatures, verbally and physically torment him when in public or school. This pattern is broken up by a newcomer, a fox, who is willing to treat him with respect. You’re going to have to watch the not to find out what happens. This Dam Keeper really tugged at my heartstrings. As a victim of verbal bullying from grammar school students, as well as making one friend while at that school, I couldn’t help but get teary-eyed toward the end. It’s also so adorable. I love foxes and couldn’t get enough of a black turtleneck that draws sketches out of compressed charcoal. I hope this film wins everything.

#2 - ‘Me and My Moulton’

I’m a sucker for autobiographical family humor. Me and My Moulton is a narrative piece from Norwegian filmmaker Torill Kove that describes her unusual childhood due to her post modern architect parents and her jealousy of the family downstairs. The visual style of this film is rather minimalist and flat, with the people dot-eyed and symmetrical. This was also easily the funniest out of all of the animated shorts. Not only does it include bombastic representations of Kove’s eccentric family, but it also includes imaginative sequences of behaviors that are hysterical in every way. It also portrays the unintentional embarrassment factor parents always have with their kids in the most complex yet humorous fashion.

#3 - ‘Feast’

Some of you may have seen this short preceding Disney’s Big Hero 6. This short, the only one of which had a major Hollywood studio behind it, is from the personal view of a Boston Terrier that has two loves: his owner and, mostly, high-calorie foods. Every scene transitions between what the dog, Winston, eats while surprisingly not becoming overweight. Winston’s appetite, however, gets hindered when his owner’s new girlfriend changes his diet. Feast was fun and cute, but its style and storyline was nothing real special. What I did enjoy was the accuracy of the dog’s behavior; its high energy and snorting when it ate was highly comparable to the pug I often dog-sit. This film followed with a short live Q&A session with the film’s director, Patrick Osborne. Fun fact: he made sure that the dog used in the film was a breed that wasn’t previously used in a Disney film.

#4 - ‘The Bigger Picture’

This wasn’t so much entertaining as it was interesting. It acts as a rather typical drama between two quarreling British brothers caring for their dying, Gingrich mother. What’s interesting about The Bigger Picture is animation style; it’s a combination of stop-motion figurines and wall paintings that act as the people. Some of the scene’s transitions were visually fascinating but had no visible meaning behind them. One of the brothers, Richard, is vacuuming a room while his mother talks to a friend. With no provocation, everything in the room—the furniture, the people—are sucked into the vacuum cleaner, followed by the next scene. Perhaps there’s meaning behind it, but I didn’t see it; it did look cool, though.

#5 - ‘A Single Life’

The shortest out of all the films at three minutes, A Single Life, certainly lived up to the name. The film tells a story about a seven-inch record that suddenly takes control of the odd-looking woman. As the woman plays the record, she suddenly controls her own timeline; for example, when she puts the needle forward, she is suddenly pregnant. The design of the film evokes a child-like plastic world of sorts, as our main character looks like a cross between a Dora the Explorer & Minion and Shnitzel from Shrek. It poked a few laughs, but the choice of the song’s genre is indie-folk pop as well as the unintentional embarrassment factor parents always have with their kids in the most complex yet humorous fashion.
Local band Through Thorne and Brier are not what you’d expect at first sight; they are more than your typical metalcore band. Band members Mark Peter, Ali, Perry and Justin are easy-going guys who will gladly sit and talk to just about anyone about anything from The X-Files to their musical inspirations.

Originating from Bayonne, N.J., the down-to-earth musicians began playing together in college. All members had played in different bands at the time of their meeting. They soon realized that they had played in different bands at the time of their meeting. They soon realized that they had played in different bands at the time of their meeting. They soon realized that they had played in different bands at the time of their meeting. They soon realized that they had played in different bands at the time of their meeting. They soon realized that they had played in different bands at the time of their meeting. They soon realized that they had played in different bands. At the time of their meeting. They soon realized that they had played in different bands. At the time of their meeting. They soon realized that they had played in different bands. At the time of their meeting. They soon realized that they had played in different bands. At the time of their meeting.

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Two competitive brothers fought each other before a live audience in a three-ring boxing match. Through highly technical and evocative movement, the dancers of Rocco told their story.

All audience members were asked to sit on stage around a square ring where the boxers waited in either corner, smokin’ a cigarette. Glaring at his opponent, each brother appeared unmoved by the foot-steps and mumbling of the crowd.

Rocco was part of the Peak Performances series staged in the Kasser Theatre. Packed with tension and suspense, the show demonstrated how the violence of boxing could fuse with the grace of ballet. Sharp lighting designs engaged the audience in what became an interactive experience. Just when a

The students in the audience had varied reactions. “It was intense and immersive. Despite the lack of dialogue, you could see a story. The movement evoked a lot of emotion and passion,” said senior Theatre Studies major April Signer.

Ten-year-old Luca Foella, who sat in the front row, said, “That was awesome!”

After the Thursday performance, Italian food was served at a reception. Students and faculty enjoyed the gathering and bonded over their perceptions of the piece. Switching things up in terms of concept and design, Rocco was well-received as part of the Peak Performances line-up.
This scene can be viewed as the spine of Kingsman: The Secret Service, where the primary motive and desire of the film is to ignore the recent trend of serious spy thrillers and have a new throwback to those aforementioned old school spy flicks.

In the hands of director and co-writer Matthew Vaughn (Kick-Ass, X-Men: First Class) this love letter to those old spy movies contains an energetic, almost childlike sense of fun that causes the film to move all over the place with no sense of restraint or control, this is the film’s greatest strength, as well as its greatest detriment.

The film focuses on Gary “Eggsy” Unwin (Taron Egerton), an intelligent but rebellious young man living with his mother, abusive stepfather and baby sister. His real father was a Kingsman who was killed on duty when Gary was a very young boy. The only link Gary has to his late father is a medal that Harry gave to the boy’s mother after his father’s death. The medal has a phone number on the back that will give Gary help whenever he needs it if he inputs a code.

Harry gave to the boy’s mother after his father’s death. The medal has a phone number on the back that will give Gary help whenever he needs it if he inputs a code. After getting arrested for vehicular theft, Gary calls the number, delivers the coded message, and soon finds himself embroiled in the world of the Kingsman agency. Gary, along with several other teens, enters training to become a new member of the Kingsman agency.

The movie is jovial and goofy at points, but other scenes are played completely straight with some scenes getting very dark and heavy for what’s supposed to be a lighthearted throwback. It’s like an uneven blend of Austin Powers and the Kill Bill movies, where spoof-level comedy is awkwardly meshed with energetic and extremely gory violence. The pacing of the film is also problematic, with the movie moving at such a zippy pace that it never slows down to let any of the more serious moments of the movie have some real emotional weight to them. As a result, I never really cared about what was happening. But if you’re going to this movie to get some fun action, you’ll undoubtedly get your money’s worth.

The movie also contains loads of clever wordplay and visual gags, particularly in one very funny sequence involving the front covers of a local newspaper. You’ll have to look in the background during this sequence, but it’s worth the extra attention if you do.

Kingsman is an imperfect cocktail of cartoonish violence, satire, classic spy movie homage and genuine emotion that is shaken, not stirred into an enjoyable piece of popcorn entertainment. It dares to be bastic and over-the-top, they never feel cluttered or messy as they are coherently shot and smoothly edited. If you’re going to this movie to get some fun, action, you’ll undoubtedly get your money’s worth. The movie earns its license to kill through its exuberant and humorous performance as a villain whose plan involves mass genocide, even though he himself is extremely squeamish.

The rest of the ensemble cast delivers solid work as well, with Michael Caine, Mark Strong and Colin Firth all being given plenty of time to shine. One actor, who’s not even billed or promoted in the marketing, owns every scene he’s in paying homage to one of his most iconic roles. Vaughn’s direction, as it was in his previous movies, is assured, slick and stylish. While many of the film’s action scenes are bastic and over-the-top, they never feel cluttered or messy as they are coherently shot and smoothly edited. If you’re going to this movie to get some fun action, you’ll undoubtedly get your money’s worth.

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The Montclarion

“In America, the President reigns for four years, but Journalism governs forever.” – Oscar Wilde

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Red Hawk Round Up

### Swimming and Diving

The men’s and women’s teams will travel to Rutgers University in New Brunswick on Feb. 20 to compete in the Metropolitan Swimming and Diving Championship.

### Men’s Basketball

The men’s basketball team went 1-2 in the three games they competed in this past week. On Feb. 11, the Red Hawks were edged by NJAC rival Rowan in a 80-78 loss. The team got back on track when they traveled to Hunter College in New York to defeat the Hawks 85-79 in an out-of-conference contest. New Jersey City University handed the Red Hawks another NJAC loss by defeating them 83-58 on Feb. 14.

### Indoor Track and Field

The men’s and women’s track and field teams took part in the Molloy Lions Invitational at St. Anthony’s High School on Feb. 13. The men’s team took first and second in the 4x400 relay and the women’s team recorded nine spots in the top 10. The Red Hawks return to competition on Feb. 20 where they will travel to the New Balance Track and Field Center for the Ramapo Roadrunner Tune-up Meet.

### Men’s Lacrosse

The men’s lacrosse team was scheduled to play their first game on Feb. 18, but it has been postponed due to weather conditions. Their first game will take place on Feb. 21 at Rensselaer Polytechnic Institute in Troy, N.Y.

### Professional Standings

#### EPL (England)

<table>
<thead>
<tr>
<th>Club</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chelsea</td>
<td>59</td>
</tr>
<tr>
<td>Man. City</td>
<td>52</td>
</tr>
<tr>
<td>Man. United</td>
<td>47</td>
</tr>
<tr>
<td>Southampton</td>
<td>46</td>
</tr>
<tr>
<td>Arsenal</td>
<td>45</td>
</tr>
<tr>
<td>Tottenham</td>
<td>43</td>
</tr>
<tr>
<td>Liverpool</td>
<td>42</td>
</tr>
<tr>
<td>West Ham</td>
<td>38</td>
</tr>
<tr>
<td>Swansea</td>
<td>34</td>
</tr>
<tr>
<td>Stoke City</td>
<td>33</td>
</tr>
<tr>
<td>Newcastle Utd</td>
<td>32</td>
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<tr>
<td>Everton</td>
<td>27</td>
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<tr>
<td>Crystal Palace</td>
<td>27</td>
</tr>
<tr>
<td>West Brom</td>
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Round 26 - 2/21 - 2/22

#### Serie A (Italy)

<table>
<thead>
<tr>
<th>Club</th>
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<tbody>
<tr>
<td>Juventus</td>
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<td>Atalanta</td>
<td>47</td>
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<tr>
<td>Napoli</td>
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<tr>
<td>Fiorentina</td>
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<td>Lazio</td>
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<td>Sampdoria</td>
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<td>Genoa</td>
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<td>Palermo</td>
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<td>Torino</td>
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<td>Milan</td>
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<td>Sassuolo</td>
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<td>Udinese</td>
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<td>Empoli</td>
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Round 24 - 2/20 - 2/23

#### NHL Metropolitan

<table>
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<th>Club</th>
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<tbody>
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<tr>
<td>Pittsburgh</td>
<td>73</td>
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<tr>
<td>NY Rangers</td>
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<tr>
<td>Washington</td>
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<tr>
<td>Philadelphia</td>
<td>58</td>
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<tr>
<td>NJ Devils</td>
<td>53</td>
</tr>
<tr>
<td>Columbus</td>
<td>53</td>
</tr>
<tr>
<td>Carolina</td>
<td>47</td>
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East Wild Card

<table>
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<th>Points</th>
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<tbody>
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<td>Washington</td>
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<tr>
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<td>Florida</td>
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<tr>
<td>Ottawa</td>
<td>54</td>
</tr>
<tr>
<td>NJ Devils</td>
<td>53</td>
</tr>
<tr>
<td>Columbus</td>
<td>53</td>
</tr>
<tr>
<td>Toronto</td>
<td>51</td>
</tr>
<tr>
<td>Carolina</td>
<td>47</td>
</tr>
<tr>
<td>Buffalo</td>
<td>36</td>
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</table>

#### Bundesliga (Germany)

<table>
<thead>
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<th>Club</th>
<th>Points</th>
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</thead>
<tbody>
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<tr>
<td>Wolfsburg</td>
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<tr>
<td>B. Moen.</td>
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<td>Schalke</td>
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<td>Augsburg</td>
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<td>Leverkusen</td>
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<tr>
<td>Hoffenheim</td>
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<tr>
<td>Werder Bremen</td>
<td>29</td>
</tr>
<tr>
<td>Eintracht</td>
<td>17</td>
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<tr>
<td>N.Y Islanders</td>
<td>11</td>
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#### NBA Eastern Conference

<table>
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</thead>
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<tr>
<td>Toronto</td>
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<tr>
<td>Chicago</td>
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<tr>
<td>Washington</td>
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<tr>
<td>Cleveland</td>
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<td>Milwaukee</td>
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<td>Detroit</td>
<td>21.5</td>
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<td>Boston</td>
<td>22</td>
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<tr>
<td>Indiana</td>
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<tr>
<td>Orlando</td>
<td>27</td>
</tr>
<tr>
<td>Philadelphia</td>
<td>30.5</td>
</tr>
<tr>
<td>NY Knicks</td>
<td>32.5</td>
</tr>
</tbody>
</table>

Next Round

Round 22 - 2/20 - 2/22
The Montclarion

Come Join Us!

Room 113 Student Center Annex
973.655.5230
montclarionchief@gmail.com

THE WORLD WITHOUT NEWS WOULD BE...

Photo courtesy of wikipedia.org.
Shaun Russell  
Men’s Basketball

Russel shot for 49 points in the three games Montclair State competed in this past week. He recorded a 5.39 percent shooting percentage as well as contributing with five assists in the contests.

Janitza Aquino  
Women’s Basketball

Aquino became the fifth Red Hawk in MSU Women’s Basketball history to record a triple-double. She tallied 14 points, 10 rebounds and 10 assists in a win over Rowan in the NJAC Tournament.

Janitza Aquino became the fifth Red Hawk in MSU Women’s Basketball history to record a triple-double. She tallied 14 points, 10 rebounds and 10 assists in a win over Rowan in the NJAC Tournament.

**CURRENT STATS**

- 369 POINTS ON SEASON
- 15.4 POINTS PER GAME
- 3.0 ASSISTS PER GAME

**UPCOMING GAMES**

Men’s Swimming and Diving: 2/20 Metropolitan Conference Championship
Women’s Swimming and Diving: 2/20 Metropolitan Conference Championship
Men’s Track and Field: 2/20 Ramapo Roadrunner Tune-up
Women’s Track and Field: 2/20 Ramapo Roadrunner Tune-up

**Who’s Hot This Week**

**CURRENT STATS**

- 297 POINTS ON SEASON
- 12.6 POINTS PER GAME
- 5 REBOUNDS PER GAME

**UPCOMING GAMES**

Men’s Swimming and Diving: 2/20 Metropolitan Conference Championship
Women’s Swimming and Diving: 2/20 Metropolitan Conference Championship
Men’s Track and Field: 2/20 Ramapo Roadrunner Tune-up
Women’s Track and Field: 2/20 Ramapo Roadrunner Tune-up

**UFC Fight Night 60 Recap**

In the Co-Main Event, Max Holloway worked out a unanimous decision over Cole Miller in the Featherweight division. With the win, Holloway jumps three spots in the rankings and stands at tenth. Holloway now look to fight a top-10 fighter to continue to climb the Featherweight rankings.

The two Performance of the Night bonuses went to Neil Magny and Ray Borg. Magny submitted Chris Kelades in the opening fight of the Fox Sports 1 Main Card. Magny recorded a submission victory by way of a rear-naked choke against Kichi Kunitomo.

**Note from the Editor**

Next week’s issue will feature a clean slate in the UFC Predictions. Contributing Writer Joe Lombardo will weigh in on his predictions for upcoming UFC events. Our results against each other will be posted.
Obama. The team provided...