Staying Ahead of the Game at Panzer Athletic Center

Chris Reynolds

"Staying ahead of the game" is a phrase that can be applied to almost any situation, but in the context of the Panzer Athletic Center, it means being prepared to meet the needs of all athletes, regardless of their specific sports or needs. On Feb. 16, Montclair State took another step in advancing work and play on Comedy Central’s The Daily Show where he stars and writes. But it appears his tenure is coming to an end, as Stewart announced earlier this month that he will be leaving the show sometime in the future.

Fashion Show Opens Doors to Body Acceptance

Natalie Smyth

Fashion Show

Body Acceptance Fashion Show promoted healthy body image. Natalie Smyth Staff Writer Students and faculty of all different shapes and sizes all came together to show off their favorite outfits at the Body Acceptance Fashion Show earlier this week. The evening was filled with body positive messages, music and prizes and the attendees left with a boost of self-confidence and a reminder to love each other for who they are. The fashion show took place on Feb. 25 as a way to promote body acceptance and to acknowledge and praise the different body types that people have. Not just the specific body type is that typically portrayed in the media. Staff and students alike were encouraged to participate as models and given the opportunity to show off their outfit of choice without the pressure of having to look a certain way.

LGBTQ Center Hosts ‘All About Da Bears’

Deanna Rosa

LGBTQ Center

On Feb. 24, the MSU LGBTQ Center invited Matthew Vecera, "Bear," to campus to educate some students about bear culture and structure of the bear community. Some people know a lot about bears, some people know a little and other people are completely confused by the entire idea behind being a "Bear." On Feb. 24, the MSU LGBTQ Center invited Matthew Vecera, "Bear," to campus to educate some students about bear culture and structure of the bear community.

UTEC continued on Page 3

Montclair State Hosts Urban Teacher Education Consortium

Deanna Rosa

Montclair State Hosts Urban Teacher Education Consortium

The College of Education and Human Services at Montclair State hosted the eighth annual Urban Teacher Education Consortium last week. The three-day event spanned from Wednesday to Friday and discussed solutions to the issues surrounding urban education. As a component—along with the Graduate School of Education at Rutgers University—Montclair State held the culminating meeting in University Hall on Feb. 20. Each year, urban teacher educators from universities across the nation gather at the UTEC to discuss issues of policy and practice. According to Monica Taylor, a UTEC 2015 host and Secondary and Special Education Associate Professor at Montclair State, "This is a consortium where urban teacher educators from across the country have a common topic to work on."

Deanna Rosa Assistant News Editor

The Montclarion

The Student Voice of Montclair State University Since 1928

Volume XCV, Issue 18

Thursday, February 26, 2015

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Montclair State Welcomes Cory Booker

U.S. Senator to come to campus on Feb. 27.

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The Iranian Education Crisis

Major news sources have recently been buzzing about Iran and its nuclear future.

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Gazing at the Stars - Oscars 2015

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UFC 184 Predictions

See who The Montclarion picked for this week’s PPV event.

U.S. Senator to come to campus on Feb. 27.

Not Apply

Parking Need
Bears: The Animal Kingdom Greets the LGBTQ Community with a Roar

Continued from page 1

by with body hair, but as students learned, there was an entire animal kingdom within this community. From Sharks to Wolves, there was a name for every type of gay man around. Even women could get in on the fun with the term "Goldi-locks" – which is a woman who generally hangs out with bears.

Now, these terms may be confusing so an entire packet of definitions was supplied, along with words that students could take home with them. With over 30 students in attendance, it was a lot of fun to have conversations about why certain people, including celebrities, are different types of "bear" animals.

"It was such a great time! The bear community comes up all the time at Safe Space Training and it’s great that we are able to have an event that teaches about fun topics we don’t hear about too often in mainstream media and have a lot of fun doing so," explained Johanna Da- razi, an RA in Donald Heights, who runs the Stonewall LG- BTQ Living Community with many of its resident students in attend- ance on Tuesday.

At the time was had by all as they plotted their own iden- tity out on a chart, discovering and adding to their own label: "Bears are a big part of gay culture and it was cool to be able to hear from some Bears so that they could explain all the words that I had heard before but didn’t necessarily understand."

-Dan Saab
Montclair State Student

prospectives were amazingly friendly and explained every- thing in a relatable, funny way that made what could be an intimidating amount of infor- mation easy to understand and interesting. I was so happy to see such a large attendance, especially from students that we don’t always see at our events.

While the names can sometimes cause people especially for straight people, some others can feel a little weird about being called a "swol" or a "chub," but Matthew Vecera was able to help explain: "Know that none of these names and labels are meant to be hurtful or insulting – they’re said from a place of positivity," said Vecera. "I am happy that this event is situated right in Body Positivity Week, because that’s what the Bear Community is really all about."

To conclude the event, Julie Fleming, the Associate Direc- tor of Out of the Closet Center for Student Involvement, came out with boxes full of stuff and unfinish- ed teddy bears for everyone in attendance to create. People first chose from options such as polar bears and black bears, then stuffed the bear, dressed the bear and took it home with them.

Often, education has such a thing. Bears: The Animal Kingdom Greets the LGBTQ Community with a Roar. The Pelican, was published on Nov. 28, 1928.

The Montclarion is funded by student fees distrib- uted by Montclair State University and incoming advertising revenue. The views expressed in the Opinion section, with the exception of the Main Editorial, do not necessarily reflect the views of The Montclarion.

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

The Pelican Police Report

Thursday, Feb. 19
Sam’s Place: A student reported an incident of theft. This case is under investigation.

Thursday, Feb. 19
Mills Hall: A student charged with underage pos- session of alcohol. Godeliye is scheduled to appear in Little Falls Municipal Court.

Friday, Feb. 20
Blanton Hall: A student report- ed a simple assault incident by another student. The report- ing student declined to pursue charges.

Friday, Feb. 20
Carlisle Road: Non-student Taqsim Smith, 21, of South Plains, N.J. was arrested and charged with possession of marijuana after a motor vehicle stop. Smith is scheduled to ap- pear in Little Falls Municipal Court.

Monday, Feb. 23
Casca Hall: A student reported a larceny incident. This case is under investigation.

Anyone who has information regarding these incidents is urged to call the police station at 1-405-9277. All calls are strictly confidential.
Center: Academic Excellence for Athletes Comes to Campus

Continued from page 1

By Jayna Gugliucci

New Center for Excellence

Welcome U.S. Senator Cory Booker

Montclair's student athletes.

High school students meet to examine prevalent K-12 approaches to the problem of eating disorders.

Continued from page 1

and evening to get away from the hustle and bustle of campus life and study in quiet. It will also be used for workshops, group compliance and team meetings.

Two workshops have already been held in the Center for Excellence; the first one was on time management and the second was devoted to study skills.

The Center for Excellence also works in close collaboration with the Center for Academic Development and Assessment and the Center for Advising Student Transitions.

While the Center does have hours posted and students only come in, it is advised that they make an appointment with an advisor. The Center is fully equipped with desktop workstations, projection systems and a 60-inch television.

Students can also bring their laptops to use at the Center.

Students will be able to work hard at their academic studies.

Student athletes are generally new to the Center for Excellence based on grade-point average. A coach thinks that the student will benefit from time spent with an advisor and studying with other student athletes, they will help the student set up an appointment to come and talk with an advisor, from there, they can work on a study schedule and even come to form study groups.

After a student athlete starts working with the Center for Excellence, their coaches are kept up-to-date on how the student is doing and when they provide significant help or growth in their classes and grade-point averages. Student athletes are encouraged to stay with their new study habits throughout the year.

Any student athlete who would like to know more about the Center are encouraged to talk to their coaches or contact Director Tara Riemercek.

Two workshops have already been held in the Center for Excellence.

The best training possible.

How can teacher educators scale up what it is today. Riennecker is now the Director of the Center for Academic Excellence.

Prior to this, she was an assistant in the Panzer Center into what it is today. Riennecker is now the Director of the Center for Academic Excellence.

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An urban teacher educator’s approach to the intersectionality of being a teacher in an urban school community?

This focus of the 2015 Conference was to construct innovative means of self-reflection and teacher educators.

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One to love themselves and that others can log-on to the website to do the same in order to promote ourselves a space at the night’s event.

I didn’t model for the event, but it was fun to see so many different types of people show off their clothes,” said senior Stephanie Garcia. “Everyone was having fun and enjoying themselves and it was beautiful to watch.

It didn’t really matter what people were wearing; everyone was just having a good time. The event was held annually for over a decade with the goal of promoting positivity and love for all bodies.

Each body had positive messages everywhere, with signs that said “My body is freaking awesome,” “EVERYBODY is beautiful!” and “This is Real Beauty.” The event served as a reminder to everyone to love themselves and that people are more than just their bodies.

Welcome U.S. Senator Cory Booker

Montclair State will welcome U.S. Senator Cory Booker to campus. During his stay, students, administration and facul- ty will have the opportunity to meet and talk with the U.S. Senator about current political issues; some of which correlate directly to both Montclair State’s campus life and higher education.

According to his campaign website, Booker has been a member of the U.S. Senate since October 2013. In his time, he has “focused on creating new, jobs,

improving economic opportunity for all New Jerseyans, spending the pace of Hurricane Sandy to ensure every individual had access to the economic squeeze facing middle class families.

The event will take place in the Marshack Heights Multi-purpose Room at 8:00 p.m. and feature free pizza, a prize of over $1,000, and free T-shirts. Already, Booker’s meet and greet has over 128 RSVPs on HawkTrack where eager stu- dents have saved their seats; others can log-on to the website to do the same in order to promote themselves a space at the night’s event.

Photo courtesy of Wikipedia.com.

The Montclarion • February 26, 2013 • PAGE 3

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Feature
Protein: Unearthed and Redefined

Kimberly Asman
Staff Writer

If you have ever gone to a grocery store, chances are that you have seen something labeled with having “ancient grains" or something like flax and chia seeds. Although it is implied these foods are good for you, it isn’t often clear depending on the food products that they are in. Sometimes, they may just be shown on a label to make something sound better than it is. For example, General Mills just came out with a Cheerios variety called Chevron with Ancient Grains. When comparing nutrition labels, this product is actually almost identical to Multi Grain Cheerios. It is helpful to know what some of these terms mean and how you can use them to maximize your health benefits instead of buying products that claim they have them but only in trivial amounts.

Flax seeds: Flax seeds are great sources of heart-healthy omega fatty acids, iron and fiber. They also have some vitamins B1, also known as thiamine. Flax seed is an excellent addition to food, but only in its ground form. Whole flaxseeds are not digested and simply pass through your system. Grinding flaxseed into a fine powder helps them to release their oils and fatty acids. A good way to incorporate these into your food is to sprinkle about one or two tablespoons of ground flax seed on yogurt, into smoothies or into baked goods. Each tablespoon of flaxseed contains about 18 calories. One tablespoon of ground flaxseed with three tablespoons of water can act as an egg replacement in baking to help make a recipe vegan. Watch out for products advertising their use of flaxseed; Often, the flaxseeds are clearly in their whole form, such as in chips or granola bars, which means you will not be getting the most nutrients out of them that you could be.

Quinoa: Of the “ancient grains," quinoa is one that definitely deserves it reputation as a healthy grain. It serves as a complete protein and also provides you with iron and fiber. One cup has about eight grams of protein and 15 percent of your daily iron requirement. Quinoa has a unique, nutty flavor and is great to pair with various cooked vegetables or chickpeas. Quinoa is cooked similarly to pasta, starting with covering the raw quinoa completely with water. Once it is brought to a boil, simmer the water until it is completely absorbed by the quinoa.

Chia seeds: Chia seeds, unlike flax seeds, can be absorbed by your body whole. They contain some protein, unsaturated fats and fiber. These can also be easily added into yogurt or smoothies. A fun twist is to make chia pudding. Chia seeds soak up any liquid they are soaking in. To make pudding overnight, put a few tablespoons of chia seeds into a container with milk or another base such as yogurt. Eventually, the seeds absorb the liquid around them and form a gel-like consistency that makes them smooth.

Hemp seeds: These are also full of omega fatty acids, which can ultimately help lower cholesterol and blood pressure and reduce your risk of heart disease. This seed is also a plant source of complete protein, which means that it contains all of the essential amino acids your body needs. Including more non-meat sources of complete proteins can help to reduce the saturated fats that come with some meats. Try sprinkling some hemp seed into your next cake or muffin recipe.
Parking Need Not Apply
These tips may save you a few bucks
Jolie Higazi
Staff Writer

We all know the headache of finding parking on campus, especially without a permit. I used to try to get around paying for the Red Hawk Deck by parking on Valley Road, which is free for two hours between 8 a.m. and 4 p.m. and then walking to my classes in Dickson Hall. These days, with single-digit temperatures, it’s much easier for me to justify spending the couple dollars on parking rather than walking for 10-15 minutes in the cold. These couple dollars add up, though. Spending $4-6 a day at the Red Hawk Deck can quickly add up to over $60 every month.

I was recently given a foldable Schwinn bike that has made parking headaches a thing of the past. Rather than paying for the parking or spending too much time out in the cold walking, I’ve been parking on Valley Road and riding my collapsible bike to class. The bike weighs about 30 pounds and folds up in about 20 seconds. It’s light enough to carry up the stairs without too much struggle and small enough to keep in a corner of the classroom. It’s a cheaper alternative than paying for the Red Hawk Deck and I don’t have to spend as much time outside in the subarctic temperatures going from class back to my car.

The Schwinn bike runs about $200, but there are plenty of cheaper or more expensive options depending on what you may be looking for.

A secret to finding parking on Valley Road is simply arriving 15 minutes earlier than classes start. Face it, college students think alike; they try to hit the snooze button one extra time and rush to make it to class just in time. Arrive on campus at 8:15 a.m. for an 8:30 class and you’re almost guaranteed a spot. But come just five minutes later and it may make the difference between spending an extra 20 minutes hunting for a spot. For people with night classes, Valley Road couldn’t be better. Not only is there no time restriction after 4 p.m., but the teachers-only permit parking ends at 4, opening up plenty of more spots for students.

If Valley Road is filled up and no spots open up within a few minutes, I go to Plan B: the NJ Transit Deck on the far end of campus. It does get filled up from time to time, but if you arrive before the rush, you’ll be fine. From there, I either catch the shuttle or if I don’t feel like waiting, I ride my bike over to class.

A final option I’ve used is NJ Transit. They offer buses that stop conveniently just outside of the Red Hawk Deck and go through Montclair, Bloomfield and surrounding areas. Depending on where you live, a round trip fare can be as low as $3 and it saves you from the headache of finding parking and dealing with cranky drivers rushing to be on time for class. There are options out there!
Sunlight Yellow Fruits Override Winter Blues

Ordinary year- round fruits with extraordinary health powers

James Carpenter
Staff Writer

Their warm and sunny yellow colors have brightened kitchens and dining rooms throughout this frigid and sunny winter. Though ripe bananas are sweet and lemons are sour, both of these inexpensive, year-round fruits provide the sweetest health benefits. Even though both fruits are ordinary staples in grocery produce sections, their numerous nutritional benefits are anything but ordinary and can easily be overlooked in contrast to those attractive seasonal and flavorful summer fruits such as berries, peaches, cherries and watermelons, for example.

Here are among the many health benefits athletes and non-athletes can obtain when regularly consuming bananas and lemons — perhaps the most popular fruits consumed in countries worldwide.

Bananas:
• Have Vitamins B6 and C; potassium, magnesium and manganese; also contains pectin, a type of fiber and are rich in immune system-boosting antioxidants
• Reduce swelling
• Combat depression and mood swings
• Help digestion and weight loss
• Strengthen the nervous system
• Fruits as part of a heart-healthy diet (low in sodium, high in potassium), thus enhancing cardiovascular health for prevention of heart disease, hypertension and stroke
• Bolster bone strength

Bananas with some protein (e.g. nuts, seeds or cheese) supply energy to fuel exercise and sports performances. The potassium and magnesium content in bananas are a source of electrolytes that can help prevent muscle cramping (along with consuming sufficient water for hydration) during sports — particularly when playing in warm and humid conditions.

• Can be a pre-workout snack, and growth
• Aid recovery after exercise
• Help relieve dry, ticklish coughs
• Support eye health
• Help relieve dry, ticklish coughs
• Aid recovery after exercise and sports as a post-workout / post-game food, especially when accompanied with some protein, as a banana's high carbohydrate content helps replenish depleted glycogen after intense exercise and athletic activities when paired with protein such as nuts or milk. They also support muscle recovery and growth
• Can be a pre-workout snack, ideally consumed an hour before exercise or sports activities when paired with proteins such as nuts or milk. They also support muscle recovery and growth

• Aids in digestion. Carbohydrate-rich carbohydrate-rich bananas provide the sweetest energy to fuel exercise and sports performances. The potassium and magnesium content in bananas are a source of electrolytes that can help prevent muscle cramping (along with consuming sufficient water for hydration) during sports — particularly when playing in warm and humid conditions.

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Lemons:
• Have vitamins A, B5 and C; in small quantities the minerals iron, sodium, zinc, copper, manganese, magnesium, selenium, potassium, phosphorus and calcium. They are also rich in the antioxidants limonoids and flavonoids, which have anti-cancer properties.
• Lemon pulp contains pectin fiber for aiding digestion. A glass or two of lemon juice mixed with warm water alleviates digestive-related issues including heartburn, nausea and constipation. Contains the phytonutrient limonoids, which fights allergens.
• Have citric acid, which helps dissolve kidney stones, gallstones and calcium deposits
• Have anti-viral terpene limonoids and high vitamin C content. It is effective against cold and flu viruses.
• Can be gurgled in a mixture of lemon juice in warm water with a teaspoon of salt a few times a day to help relieve a sore throat and tonsillitis.
• Have anti-inflammatory properties: As a topical remedy to reduce muscle, joint and arthritic soreness, soak a towel in a bowl filled with the juice of three or four lemons and a few tablespoons of honey that has been microwaved for 30 seconds. The heated mixture applied to the sore area a few times a day is a wonderful anti-inflammatory beverage.
• When consumed daily in the form of juice mixed in water enhances weight loss by aiding digestion and boosting fat-burning metabolism.
• When consumed as a mixture of juice and hot water act as a decongestant for sinus and respiratory ailments (e.g. colds, bronchitis, asthma).
• Make a healthy salad dressing by mixing lemon juice with olive oil and crushed garlic. Lemon juice, lemon slices and peels also add flavor to fish and chicken.
• Have all their parts used by chefs; the pulp, juice and skin (zest, peels) in cooking and baking.

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Learn creative handwriting. in Montclair/Clifton area. Fun, interesting and responsible. User depends on the computer. Call Dave at (201) 359-0487.

Sitting work, earning & reliable after school driving babysitter for kids ages 4-7 on Tues/Wed/Thurs 16 hours per week. Excellent references and clean driving record required. Email dagnyjordan520@yahoo.com with resume/experience.

Seeking a loving and energetic babysitter for two children (4 & 5 months old) in our home in New Providence, NJ approximately 10 hours a week with the opportunity for more hours in the future. We definitely need someone on Thursdays from approximately 3:30-6:30 PM, but other hours are flexible based on course schedules. Email priya1006@gmail.com.

Looking for a smart, fun, flexible after school sitter in West Orange for my 3 children: 11-year-old daughter and twin 10-year-old sons. Hours are 3:30-5:30 PM. Monday, Tuesday, and Thursday afternoons. Email Juneclarion@yahoo.com or call (973) 947-0266.

Experience, energetic and reliable babysitters wanted for our 7 year old son in Ridgewood. Responsibilities include feeding, diapering, & assisting with meals/naps/diapering/potty training. Contact Jade (973) 701-8303 or email jade@lindaturiya.com.

Part-time needed for Montclair-based Real estate marketing business. Excellent references and clean driving record required. Email dogoodwork2@yahoo.com or call (973) 701-8303 (Leave a Message).

Job for a stay-at-home mom! Must be able to provide references and pass a background check. Must like dogs & cats. Email juliamichelle09@gmail.com.

Rooms for Rent

Female graduate student/staff. Lovely room, private bath and parking. Light kitchen and laundry. Room shared with college students. $30,000 plus first year & Tuition Retirement Plan within 24 months of hire. Complete company training for qualified individuals. Call Don at (973) 698-7582 or email resume to pgpilly@paperlink.com.

Paid intern needed for Montclair-based Real estate marketing business. Excellent references and clean driving record required. Email dogoodwork2@yahoo.com or call (973) 701-8303 (Leave a Message).

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Telephones

Full-time, part-time, or contract. Maintain Lakes. Prepare snack and dinner and help with homework. Must drive. Contact Jane (901) 487-4999 or email janemhouston@gmail.com.

P/T childcare for Montclair family (near MSU) for kids 9 & 12. Three days per week 3:00-6:30 P.M. Need a car for driving to activities. Light meals and homework help. Email Nanci at morningmorn@verizon.net.

P/T after-school sitter in Fair Lawn to drive kids 7/13/16 to activities, supervise playdates and homework for the youngest. Flexible Hours! Must like dogs & cats. Email juliamichelle09@gmail.com.

P/T childcare for family near MSU for kids 9 & 12. Three days per week 3:00-6:30 P.M. Need a car for driving to activities. Light meals and homework help. Email Nanci at morningmorn@verizon.net.

Seeking reliable morning help driver in Glen Ridge for 3 children starting Jan 2015. Must hold valid driver’s license & use our vehicle. Email melissa@friendindeed LLC.com or call (973) 543-3212.

Female graduate student/staff. Lovely room, private bath and parking. Light kitchen and laundry. Room shared with college students. $30,000 plus first year & Tuition Retirement Plan within 24 months of hire. Complete company training for qualified individuals. Call Don at (973) 698-7582 or email resume to pgpilly@paperlink.com.

Female graduate student/staff. Lovely room, private bath and parking. Light kitchen and laundry. Must like dogs & cats. Email juliamichelle09@gmail.com.

Seeking a loving and energetic babysitter for two children (4 & 5 months old) in our home in New Providence, NJ approximately 10 hours a week with the opportunity for more hours in the future. We definitely need someone on Thursdays from approximately 3:30-6:30 PM, but other hours are flexible based on course schedules. Email priya1006@gmail.com.

P/T after-school sitter in Fair Lawn to drive kids 7/13/16 to activities, supervise playdates and homework for the youngest. Flexible Hours! Must like dogs & cats. Email juliamichelle09@gmail.com.

Seeking reliable after school driving babysitter for kids ages 4 & 7 on Tues/Wed/Thurs 16 hours per week. Excellent references and clean driving record required. Email dagnyjordan520@yahoo.com with resume/experience.

Sevacruz family seeking sitter M-F 3-6:30 P.M. to drive two kids 7 & 5 from Clifton school to activities & homework help. Need your own car. Email Sevacruzment@gmail.com.

Help Wanted

Need a car, be responsive and responsible. Most hours will be weekday afternoons.

Featured Classifieds

See Montclair's Events Calendar - Updated daily, free to list! www.themontclarion.org/events

Upcoming Events

Muslim Student Association
Bake Sale
Thursday, Feb. 26
3:00 PM, SC Rathskeller

Japan Club: Kimono Photoshoot
Thursday, Feb. 26
3:00 PM, UN 1010

CSI: Weekend Movie
The Theory of Everything
Saturday, Feb. 28
9:00 PM, UN 1010

S.L.A.M.: Project1908
Sunday, March 1
3:00 PM, SC Rathskeller

Banter AmeriCorps Bake Sale
Saturday, March 2
1:00 AM-4:00 PM, PA Lobby

Montclair Intl Classics
Black & White Ball
Saturday, March 7
7:00 PM, SC Ballrooms

Bake Sale
Thursday, Feb. 26
3:00 PM, UN 1010

P/T childcare for family near MSU for kids 9 & 12. Three days per week 3:00-6:30 P.M. Need a car for driving to activities. Light meals and homework help. Email Nanci at morningmorn@verizon.net.

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The Winter’s Tale
by William Shakespeare
Directed by Michael Bloom

Feb. 26 & 27 - 7:30 p.m.
Feb. 28 - 2:00 p.m. & 8:00 p.m.
Mar. 1 - 2:00 p.m.
Alexander Kasser Theater

All Seats $15
No charge for undergraduates with valid MSU ID at Kasser Box Office

973-655-5112 | www.peakperfs.org
Convenient parking in the Red Hawk Deck
DjinniAnn in: Djack Sees Ann Paint

Tiffany Cave

Wow, you’re still working on that Hudson River School master study? Isn’t that due tomorrow?

Yeah, I haven’t slept in three nights and I’m starting to hallucinate.

Right now, you look like a very beautifully rendered tree.

Which Wich When by Joe Stansbury

Yes I would like to plan an order for pick up

Cool I’ll pick it up in a month right before class starts...

personality

IS EVERYTHING IN ART AND WRITING

LOVE TO DRAW?
Submit your comics/cartoons to The Montclarion at MONTCLARIONPRODUCTION@GMAIL.COM
Majors news sources have recently been buzzing about Iran and its nuclear future. After months of talking about an agreement that limits nuclear power, the actual agreement might be a reality soon and may be put into action in the early summer, according to The New York Times.

With Iran about to enter an agreement that restrains its nuclear weapons development willingly and the United Nations in return for decreased economic sanctions, it seems that the Western concern about Iran could develop a nuclear weapon and use it irresponsibly is taking care of itself. Yet, the United States does not feel that this future part is good enough, as proved by University of Massachusetts Amherst’s recent ban Iranian students from pursuing the fields of nuclear science and engineering. Other colleges have taken similar measures. Virginia Commonwealth University does not admit Iranian students into mechanical and nuclear engineering, according to multi-media news source Fusion.

This story hit headlines when a dispute arose that caused an individual to question the policy, of which many were not aware previously. NBC names Zabere Khalkhali, an Iranian doctoral student who conducts research on clean energy sources, as the person of interest. Khalkhali was handcuffed and held overnight after landing in New York City, since her visa was rejected after the university informed the Department of Homeland Security and State Department that she was no longer a student.

The reason for her termination was the school’s concern about her research and her Iranian background, according to NBC. Since this case gained public attention, UMass Amherst has reversed this policy and the institution will now loosen its restrictions.

We give UMass Amherst credit for realizing its mistake and altering its policies, but we think it is extremely unfair and unfortunate that this happened to Khalkhali in the first place. It’s ridiculous to assume that Iranian students who are studying nuclear science will likely use this technology to create an atomic bomb in Iran, especially in the case of Khalkhali, who was known to be researching potential energy sources and net weapons of mass destruction.

To ban Iranian students on the basis of American paranoia about a country is discriminato-
y and wrong; a person should not be prohibited from pursuing their dreams and further-

ing the world of science and research because of some kind of historical precedent, espe-

cially when their country is not actively militant. If UMass Amherst wanted to ban Iranians because they could learn how to create an atomic bomb, then they would have to ban Americans and Italians and Sicilians from enrolling in the police academy and armed services because of their area’s “history” with the mafia and similarity, but German immigrants from taking public speaking classes out of fear that they could be helping to create the next Adolf Hitler.

We understand that the West wants to cover its bases, especially since the Iranian hos-

tage crisis is still in the minds of many Americans, but we’re not in the 70s or 80s anymore. The people and government of Iran are working to halt the prog-

ess on a nuclear weapon and continuing to punish students for something that has little to nothing to do with them as Iran looks toward a peaceful agree-

ment is inappropriate and fur-

thermore unjust.

Studying nuclear science can lead to viable clean energy sources and Iranians want their equal shot at harnessing energy from sustainable and efficient resources. We urge colleges and universities to make Khalkha-

li’s case the only one of its kind. Allow students to study what they are passionate about and make the changes in the world that they are inspired to, unless the safety of the world is actu-

ally at stake.
Netanyahu Gives the Wrong Response
After anti-Semitic attacks, leader should not have called Jews back to Israel

L ater that night on the Hebrew-language Channel 12, a gift to their host Stewart be- came the butt of jokes for a likely audience of a kosher deli. Stewart had announced the recent Tottenham Hotspur football team attack that left one Jewish man dead outside a synagogue, it's unlikely that this news crossed the Atlantic in Europe doubt their level of safety.

Benjamin Netanyahu, the prime minister of Israel, said in a statement: "Jews de- serve security in every country, but the attacks against Jews, their property and synagogues, as well as against our other fellow citizens, are sad. We stand with you in your pain and call for the al- leviation of mass immigration from Europe."

However, Netanyahu's statement is exactly the wrong response to the situation. At worst, it is a self-serving state- ment that serves no national election and at best it serves no real- istic, fact-based solution to an increasingly complex problem. It feeds into a narrative of anti-Semitism and extremisms are trying to accom- plish.

By calling for every Jew to move from Europe, Netanyahu is increasing the chilling effect of a European national on the lack of security. And while we know that Jews flee to Europe, it is not because of a fear of a revolution in the Lead-up to the 2013 Israeli elections, the general audience is the primary source of news for younger au- diences. So why would an aver- age 39.2 million people tune in to watch the event that is the Super Bowl? It wasn't because she is in her first year as a columnist for The Daily. It wasn't because of their prompter, he shows various sources of news for younger au- diences, so they must be doing something right.

If news outlets have hopes of reaching this generation of viewers, they are going to need to modernize their programs in a way that does not bring mockery into the world of news but does encour- age a more active participation in the democratic process. Stewart's departure is sad for multiple reasons, but we must agree with me in saying that it’s too bad. The show is filled with many moments of Zen.

Daniel Falkenheim, a Journalism major, is at first year as a columnist for The Daily. Concerning Editorials and Columns
Main editors appear on the first page of the Opinion section. They are assigned articles that represent the opinion of the editorial board on a particular issue. Columns are written by individuals and do not necessarily reflect the opinions of The Montclarion staff.
Sunday saw the most star-studded event of the year: the 87th Academy Awards. This year, Neil Patrick Harris hosted the award show that honors the highest achievements in film according to the Academy of Motion Picture Arts and Sciences. All in all, I thought the Oscars was successful this year, with good-hearted humor from the host, outstanding musical performances and inspiring acceptance speeches.

Harris had a hard act to follow after America’s sweetheart, Ellen DeGeneres, hosted the award ceremony last year. Viewers loved DeGeneres’ non-aggressive humor, passing around pizzas she ordered to stars like Har-DeGeneres’ antics, passing around ceremony last year. Viewers loved DeGeneres, if not better. Harris was just as good of a host as DeGeneres, if not better. Harris had a few light-hearted jobs at times, like when he sarcastically commented that Meryl Streep’s cheers for winner Patricia Arquette addressing gender equality for women were spawned by her own low salary. Overall, keeping in tradition with the fashion on the Red Carpet. Jennifer Lopez, I was not impressed with the fashion on the Red Carpet. Jennifer Lopez’s speech about wage equality for women were spawned by her own low salary. Overall, keeping in tradition with DeGeneres’ non-aggressive humor, Harris made everyone laugh without putting others down. The only comment that really seemed unreasonable was his purposeful “Freudian slip” moment in which he said “reason” instead of “reason” while describing why Edward Snowden could not attend the ceremony. Harris also had some great costumes changes throughout the night, including introducing a speaker in his tighty-whiteys. Other than Harris and a few other stummers like Zoe Saldana, Emma Stone and Jennifer Lopez, I was not impressed with the fashion on the Red Carpet. Many of the after party gowns were significantly more breathtaking than the ones worn to the actual ceremo-

The performance of “Every- thing Is Awesome” from The Lego Movie was a moment of ecstatic joy and excitement in the middle of the ceremony. A huge dance number erupted with bright colors and upbeat music and representatives passed Lego Oscars to many celebrities. The show has its usual drag in the middle, but overall, it was an entertaining show. Harris was a fun and respectful host and the cere-

The lackluster outfits, how-

er, were more than made up for with inspiring acceptance speech-
es throughout the ceremony. J.K. Simmons touchingly asked us to thank our parents on the phone for all they’ve done for us and Best Adapted Screenplay winner Gena-

lly, which is disappointing because the Oscars is known as one of the most glamorous fashion nights of the year.

The show was heart-wrenching, especially since many viewers saw their favorite actors who lost their lives in the In Memoriam segment of the ceremony. A huge dance num-

ber erupted with bright colors and upbeat music and representatives passed Lego Oscars to many celebrities in the audience. It was fun, exciting and a surprisingly catchy song to bop around to as the show began to drag during the less exciting awards for technical capability, foreign films and documentaries. Common and John Legend left David Oyelowo and Chris Pine with tears in their eyes after performing “Glory” from Selma and Lady Gaga blew even Ju-liet Andrews away with her tribute to The Sound of Music. To me, the stars of the night were those performers.

The lackluster outfits, however, were more than made up for with inspiring acceptance speeches throughout the ceremony. J.K. Simmons touchingly asked us to thank our parents on the phone for all they’ve done for us and Best Adapted Screenplay winner Gra-ham Moore shocked many viewers by sharing the story of his suicide attempt when he was 16, changing young viewers who felt like hopeless misfits to persevere in life.

Others used this speeches as plat-forms for social action. Along with Arquette addressing gender equal-

ity and women’s rights, Common and John Legend took on the issue of racism and police brutality in the United States, with Legend claiming that America is the “most incorporated” country in the world and Alejandro González Iñárritu promoted reform for the Mexican government and increased rights for Mexican-Americans and immigrants. All of those speeches were heart-felt, and gave the Oscars a great human edge,

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Tuition is the SAME as MSU, and you can use federal and state aid and MSU scholarships!

STUDY ABROAD Exchange Programs

# Study Abroad

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There’s still time to apply for summer and fall 2015!

Global Education Center
Stone Hall, Room 215
http://www.montclair.edu/global-education/
study-abroad/outgoing-students/
From the classroom to the corner office.

Ramapo College offers eight accelerated part-time graduate degree programs designed to prepare you for the next step in your career. Ramapo’s graduate programs combine classroom and online study to allow students to balance their lives and their education.

We offer graduate degrees in:
- **NEW** Master of Social Work
- MBA, Master of Business Administration
- Master of Science in Nursing
- Master of Arts in Sustainability Studies
- Master of Arts in Special Education
- Master of Arts in Liberal Studies
- Master of Science in Educational Technology
- Master of Arts in Educational Leadership

**GRADUATE OPEN HOUSE**
Thursday, March 12
5:30-6:30pm
Register at:
[www.ramapo.edu/grad1](http://www.ramapo.edu/grad1) (Click on link under Upcoming Events)

Learn more at:
[www.ramapo.edu/grad1](http://www.ramapo.edu/grad1)
or 201-684-7270

**RAMAPO COLLEGE OF NEW JERSEY**
505 Ramapo Valley Road, Mahwah, NJ

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**Student Artist Highlight**

**Guitarist and Songwriter, Paul Sun**

**What is your biggest motivation?**

The root of music, especially folk music, is to bring people together. It’s my passion to cultivate that communal energy. You don’t need much; just a guitar and some people to come together.

**How has Montclair State fostered you as an artist?**

Montclair State has helped me escape my “artist’s shell” - that self-consciousness and anxiety that would prevent me from sharing my work. Here at school, there is always an audience that wants to hear new music.

**Who are your biggest inspirations?**

I’m my biggest inspiration. When anyone does anything, they have to start with themselves. I listen to a lot of Simon and Garfunkel, The Beatles and Biggie Smalls. All of these artists are known for their lyrics. Connecting with people is what I want to do.

**What is your latest project?**

I’m currently working on collecting, reorganizing and re-structuring my material. I’d like to consolidate it on some type of anthology. Right now, I like to perform what I write live, allowing the audience to tell me what to keep and what to scrap.

**Dr. Kathryn Yeaton, Associate Professor of Accounting, and her class engaged in student presentations.**

**We offer graduate degrees in:**
- **NEW** Master of Social Work
- MBA, Master of Business Administration
- Master of Science in Nursing
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**RAMAPO COLLEGE OF NEW JERSEY**
505 Ramapo Valley Road, Mahwah, NJ
Midterm Week Playlist

Straight Stressin’

‘Heaven Knows I’m Miserable Now’ - The Smiths
Zachary Case, Asst. Copy Editor

‘Sonne’ - Rammstein
Monika Bujas, Managing Editor

‘Wild Child’ - Enya
Kristen Bryfogle, Opinion Editor

‘Centuries’ - Fall Out Boy
Thomas Formoso, Sports Editor

‘Prove It All Night’ - Bruce Springsteen
Nicholas Taylor, Chief Copy Editor

Want to be part of something greater?

The Montclarion

Write for feature! Fashion writer wanted

Contact: Montclarionfeature@gmail.com
Professional Standings

**EPL (England)**
1. Chelsea - 60 points
2. Man. City - 55 points
3. Arsenal - 48 points
4. Man. United - 47 points
5. Liverpool - 45 points
6. Southampton - 46 points
7. Tottenham - 44 points
8. West Ham - 39 points
9. Swansea - 37 points
10. Stoke City - 36 points
11. Manchester United - 33 points
12. West Brom - 31 points
13. Palace - 28.5 points
14. Everton - 27 points
15. Watford - 25 points
16. Middlesbrough - 21 points
17. Bournemouth - 19 points
18. Burnley - 18 points

**NHL Metropolitan**
1. New York Islanders - 82 points
2. New York Rangers - 80 points
3. Pittsburgh - 77 points
4. Washington - 76 points
5. Philadelphia - 63 points
6. New Jersey Devils - 59 points
7. Columbus - 56 points
8. Carolina - 51 points
9. East Wild Card
1. Washington - 76 points
2. Boston - 67 points
3. Florida - 65 points
4. Philadelphia - 63 points
5. New Jersey Devils - 59 points
6. Ottawa - 58 points
7. Columbus - 56 points
8. Toronto - 53 points
9. Carolina - 51 points
10. Buffalo - 41 points

**Bundesliga (Germany)**
1. Bayern Munich - 55 points
2. Wolfsburg - 47 points
3. Bo. Moen. - 37 points
4. Schalke - 35 points
5. Augsburg - 35 points
6. Leverkusen - 35 points
7. Hoffenheim - 30 points
8. Werder Bremen - 30 points
9. Eintracht - 29 points
10. Mainz - 25 points
11. Hannover - 25 points
12. Dortmund - 25 points
13. Koeln - 25 points
14. Hamburger SV - 24 points
15. Paderborn - 23 points
16. Freiburg - 22 points
17. Hertha Berlin - 21 points
18. VfB Stuttgart - 18 points

**NBA Eastern Conference**
1. Atlanta - 0 GB
2. Toronto - 5.5 GB
3. Chicago - 8.5 GB
4. Cleveland - 9 GB
5. Washington - 11 GB
6. Milwaukee - 13 GB
7. Miami - 19.5 GB
8. Brooklyn - 20 GB
9. Charlotte - 21 GB
10. Detroit - 21.5 GB
11. Indiana - 21.5 GB
12. Boston - 22 GB
13. Orlando - 26 GB
14. Philadelphia - 32 GB
15. New York Knicks - 33.5 GB

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Swimming and Diving
Both teams had a busy weekend in New Brunswick at Rutgers University in the Metropolitan Conference Championships. The women finished fourth overall and second among Division III teams. Kathleen French posted an NCAA Division III "B" qualifying time while multiple records were broken. The men finished seventh out of 36 teams.

Men’s Basketball
The men’s basketball team finished their season in Pomona, N.J. facing Richard Stockton. The 77-56 loss ended the Red Hawks’ season with an 8-17 record overall and a 3-15 NJAC record. They were 2-9 at home, 4-8 on the road and 2-0 in neutral venue contests.

Men’s Lacrosse
The Red Hawks had a successful season opener against Rensselaer Polytechnic Institute. Montclair State pulled out the 9-8 win in a frigid contest in Troy, N.Y.

Women’s Lacrosse
The women’s lacrosse team was set to open their season against Drew University, but was suspended at halftime due to a snowstorm. The game will be made up on March 2 in Madison, N.J.
Kathleen French  
Women’s Swimming and Diving  
French posted a NCAA Division III “B” qualifying time in the 200 breast-stroke and posted a school record time in the same event at the Metropolitan Conference Championships.

Upcoming Events

Women’s Lacrosse: 2/28 Stevens Institute of Technology, 3/2 Drew University

Men’s Lacrosse: 2/28 Dickinson College

2/28: NJAC Women’s Basketball Championship - Location TBA

Men’s and Women’s Indoor Track and Field: 2/26 NJAC Championships

Who’s Hot This Week

Rasheed Amilcar  
Men’s Indoor Track and Field  
Amilcar helped the Red Hawks to a seventh-place finish in the Ramapo Roadrunner Tune-Up. Amilcar finished ninth in the 400 meter race.

Current Stats

Event: 200, 400 M  
- 4TH BEST NJAC 400M TIME  
- 49.88 SECOND 400M RACE

Current Stats

- 100M BREASTSTROKE WINNER  
- 8TH IN 200 MEDLEY  
- CONTRIBUTED 217 OF MSU’S 749 POINTS

Become a Sports Writer

The Montclarion

Room 113 Student Center Annex in Upper Montclair, NJ 07043

Phone 973.655.5230
Fax 973.655.7804
E-mail Montclarionsports@gmail.com
UFC Fight Night 61 Results

Frank Mir def. Antonio Silva via first-round KO (1:40)

Michael Johnson def. Edson Barboza via unanimous decision (29-28, 30-27 x2)

Sam Alvey def. Cezar Ferreira via first-round KO (5:34)

Adriano Martins def. Rustam Khabiblov via split decision (29-28, 29-28, 29-28)

Frank Saenz def. Iuri Alcantara via unanimous decision (30-27 x2, 29-28)

Santiago Ponzinibbio def. Sean Strickland via unanimous decision (30-27 x3)

Marlon Reenau def. Jessica Andrade via submission (triangle choke) (1st, 5:34)

Matt Dwyer def. William Macario via first-round KO (2:12)

Mike de la Torre def. Tiago Trater via first-round TKO (2:59)

Douglas Silva de Andrade def. Cody Gibson via unanimous decision (29-28, 30-27, 29-28)

Ivan Jorge def. Josh Shockley via unanimous decision (29-28 x3)

UFC 184 Fight Card

Fight Pass Prelims:

James Krause (21-6) vs. Valmir Lazzaro (12-3)

Masio Fullen (9-4) vs. Roan Carneiro (19-9)

Fox Sports 1 Prelims:

#13 Mark Mauca (13-0) vs. Roan Carneiro (19-9)

Roman Salazar (9-3) vs. Norifumi Yamamoto (18-6)

Dhiego Lima (11-2) vs. Tim Means (22-6)

Derek Lewis (11-3) vs. Ruan Potts (8-3)

Main Card:

Tony Ferguson (18-3) vs. Gleison Tibau (40-10)

Alan Jouban (10-3) vs. Richard Walsh (8-3)

#1 Jake Ellenberger (29-9) vs. Josh Koscheck (19-8)

#12 Raquel Pennington (5-5) vs. Holly Holm (7-0)

Champion Ronda Rousey (16-0) vs. Cat Zingano (9-0)

Thomas F恩orse, Sports Editor's predictions

Joe Lombardo, Contributing Writer's predictions

*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.
The Montclair State women's basketball team won their second straight NJAC regular season championship and finished 24-1 overall and 17-1 in conference play. The regular season was ranked #1 in the Atlantic Region, of the Regional Rankings. MSU Men's and Women's teams in recent years. Many coaches, teammates, and fans were excited for the repeat. Harvey before the game. “We are excited for the rematch vs. Richard Stockton, as it is our only loss this season and we didn’t feel like we played our best the first time around,” said head coach Karin The first half featured the strength of both teams’ defenses. After 20 minutes, Montclair State led 17-14. The second period featured more offense, as MSU held on to win the game 50-47. Senior guard Janitza Aquino led all scorers with 19 points. Senior forward Melissa Tobie and Katie Six each added 15 points. The Red Hawks outscored the Hawks 17-9 in the third period. The Red Hawks converted 19 of 31 free throws, Montclair State's bench outscored Richard Stockton 11-2. MSU held the Oceyipes to 1-8 (12.5 percent) shooting from the field. Melissa Tobie became the third player ever in Red Hawk basketball history in both the men’s and women’s programs to have more than 1,900 points in her career. Tobie currently has 1,913 points in her career. Carl and Tracey Brown (1,924) and Carol Underwood (1,933) for most career points in Montclair State's history. John and Audrey Austin reached the accomplishment of their 100th victory with MSU. The duo is 100-14 since joining the Red Hawks during the 2011-2012 season. With this victory, Montclair State clinched the #1 seed and Richard Stockton earned the #2 seed. MSU’s next game is on Saturday, Feb. 28 in the NJAC Championship after winning their semifinal contest against TCNJ. The final will take place at Franklin & Marshall and go out and support the Red Hawks. A win will grant them an automatic berth into the NCAA Division III Championship Tournament.

Montclair State heads into NJAC Tournament with home-court advantage

Red Hawk Repeat

Mike Paciento
Staff Writer

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