As the flowers finally begin to bloom, Montclair’s even downtown area has been recognized as one of three Great American Main Street Award winners. Presented to various districts around the country, with the two other winning locations in Missouri and Wyoming, the award is granted by National Main Street Center, Inc.

According to the program’s website, National Main Street Center “works with a nationwide network of coordinating programs and local communities to encourage preservation-based community revitalization.” In turn, the program has been able to aid more than 2,000 older community districts in revitalizing themselves, becoming even better than they once were.

To recognize the “exceptional Main Street community” as a model for comprehensive, preservation-based commercial district revitalization, Montclair Main Street Center presents an annual Montclair Center Wins Award.

Montclair continued on Page 4

The LGBTQ Center kicked off a week of celebration to promote support of its community.

Megan Spinelli Staff Writer

On Monday, Ally Appreciation Week, hosted by the LGBTQ Center, kicked off its week of events with the Ally Pledge to celebrate Montclair State’s LGBTQ community allies.

A table in the Student Center lobby was lined with rainbow-colored paper hands, LGBTQ pins and a board for students to write their names on, as the Center’s peer educators waited for students to pledge to be an ally.

On posters stating “I’m an LGBTQ ally because...,” students chose sharps from a variety of colors to write reasons like, “Love is love,” and “We are equally human” before taking a picture for the LGBTQ Center’s social media pages.

“An ally is that person that supports the community and is an advocate to the community,” said Julian Rosario, a peer educator. “They really help us, so this is a thank you.”

This week celebrates those who may not identify as LGTBQ but support the community.

LGBTQ Center continued on Page 4

The Montclairion

Volume XCV, Issue 23
Thursday, April 16, 2015

LGBTQ Center Hosts Ally Appreciation Week

Jayme Guglielzi News Editor

The Montclair State University community this week was able to experience an array of events with the aim of fostering awareness of LGBTQ issues. Ally Appreciation Week, the LGBTQ Center’s celebration of the LGBTQ community’s allies, aimed to encourage students to recognize and support all allies of the LGBTQ community.

The week-long event began with the Ally Pledge, a ceremony in which students could commit to supporting those of the LGBTQ community. Participants in the Ally Pledge wrote reasons why they support the LGBTQ community onto small rainbow-colored paper hands. As the event continued, volunteers at the Student Center handed out cards and stickers to reinforce the call for support.

The week culminated in the Ally Rally, a day of activities centered around promoting LGBTQ education and inclusivity. Students were able to participate in a variety of activities, including listening to a keynote speaker, writing their own awareness challenges, and participating in a contestant competition. In addition, the LGBTQ Center hosted a variety of workshops and discussions, including one on LGBTQ rights and another on LGBTQ cultural identity.

The LGBTQ Center’s Ally Appreciation Week was an important event in promoting LGBTQ awareness and inclusivity on campus. By participating in these events, students were able to learn more about LGBTQ issues and support their allies. The Montclair State community is to be commended for its efforts in creating a safe and inclusive environment for all students.
The Backbone of Montclair State’s Residence Life

Jacqueline Stiles Contributing Writer

Residential life is a crucial aspect of Montclair State University’s campus experience. Within each residence hall there is a student-run staff that keeps the area alive and well.

Service assistants, who are commonly known as SAs, are the first to come in contact with residents. Any problem that may be encountered in the building is brought to the attention of the front desk. Through their countless hours of training, service assistants are ready to take action when needed.

John Delate, Executive Director of Residence Life on campus, has been working in the Montclair State community for 19 months. With close to 300 resident assistants on staff, Delate knows how crucial the job is. “[Service assistants] are the frontline of the organization,” said Delate. “We put a lot of trust in them.” This trust, however, has been earned through their vigorous training sessions, where the students learn everything from working in a team environment to handling emergency situations.

There is a three-step process before the final call is made on service assistants will be the best fit for the job: an application, group interview and a one-on-one interview. “The process is extensive because they’re so valuable to us,” said Delate. “While the process of becoming a SA is detailed, they choose a good bunch of people that are capable of doing the work.”

Miranda Mitchell works as a student helper in the Heights. This is her second semester as a service assistant and she is grateful for the dedicated staff surrounding her. Because of her dream of becoming a history teacher, Mitchell believes that her position as an SA will motivate her when she starts her teaching career.

As the downside of shifting sleep patterns, there is a constant rotation of nightshifts. “It’s tough, but we try our best to fit it around their schedule,” he said. While there is the downside of shifting sleep patterns, Delate believes it is a valuable experience. “The pay was minimum wage, but with my time spent working, hours SAs are being trained for any time they are scheduled. "Being able to be polite but assertive enough to make sure someone is safe is the key," Mitchell explained. “It’s an acquired skill that shows you can uphold the rules but still appear approachable. That can be used when I start teaching.”

In such a close working environment with the residents, there is a sense of community that benefits the student-run operation. Whether it is personally going in checking in another guest, residents come in contact with SAs the most. “They will interact with a student at least five or six times in a day,” said Delate. “Do the day-to-day operations.”

Nicole Beart, a freshman resident in Freeman Hall, shared her views on how the role of the SAs in her building affects her day-to-day campus life. “Having the job [at] student life is a serious issue, SAs are trained to contact the campus police in a calm and professional manner. Whether a situation occurs at 12 p.m. or 2 a.m., the students are ready to respond around the clock. With varied working hours, SAs are being trained for any time they are scheduled.

Jessica Bacher, a resident in Blanck Hall, shared her one semester experience working the early morning desk shifts. “I never felt uncomfortable working there,” said Bacher. “The staff I worked with are good people. The pay was minimum wage, but with my time spent working on the radio station on campus, my sleep schedule was off.”

When asked about the issue of time scheduling, Delate said there is a constant rotation of nightshifts. “It’s tough, but we try our best to fit it around their schedule,” he said. While there is the downside of shifting sleep patterns, the system works. Delate adds that if there is a serious issue, SAs are trained to contact the campus police in a calm and professional manner.

Whether someone is considering becoming a service assistant or for those who continue to keep resident life secure, “I thank them for their continued support,” Delate concluded.

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

The Montclarion willingly corrects its factual errors. If you think there is mistake in a story, please call Editor-in-Chief Catherine at ext. 5230.
**Kindness: Promoting Positivity on Campus**

Continued from page 1

events,” said Katie Gaffney, a junior Dietetics major and Health Promotions Assistant at MSU. “This is the time of year where if it’s starting to warm up and the semester is starting to wind down and we wanted to do something that would help boost the students’ morale. Last year, the event was really well, so we were really excited to do it again this year.”

The week of events was placed a few weeks before the upcoming stress of finals ar

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- Katie Gaffney
  Student Assistant, Health Promotions

rives and helps students have some fun before exams take over much of their time. Last year, Health Promotions only had two weeks to prepare for Kindness Week. This year, they had more time to organize the events, more experience in what the week was like and the semester is starting to wind down so they were really excited to do it again this year.”

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paint their hand print on a banner and make a pledge of kindness. The pledge would be whatever they wanted it to be, whether to smile at a stranger every day or not to take anger out on other people. The print was to remind oneself to take time to be kind. The banner is going to be hung in the Drop-in Center when complete.

Throughout the week, peer advocates would walk around campus and hand out cards with motivational messages to individuals who presented their student ID. This giveaway, paired with open dialogue between students and staff, facilitated just the connection that the university was aiming for.

“We feel advertising with the Summer Sessions Q&A is a new one more way to connect with students where students often go: the Student Center,” said Donato. “The event is meant to be one where students can interact with Summer sessions staff and ask any questions that may come to mind. Our goal is to help students get the courses they need and want, so it’s good to hear from students as well. Events like the Q & A allow for that sort of interaction.”

The Summer Sessions Q & A has been a regularly scheduled event for several years now, as it continues to raise awareness about the many benefits of taking summer courses. Nearly 7,000 students per year have registered for summer courses in the recent past and the university plans to continue providing vital information through these events for any students who are interested.

**Summer: Q & A Session**

Continued from page 1

Don’t forget to use your FLEX! Use your remaining Swipes and Flex Dollars at Dining Locations before the end of the semester!

Need to check your balance? Download the Red Hawk Dollar App on your smart phone or visit the Online Card Office website.

If not used, Swipes and Flex Dollars will expire at the end of the semester.

**Clean-Up: Students Preserve the Community**

Continued from page 1

- Katie Gaffney
  Student Assistant, Health Promotions

impact, especially because the ar- eas that we covered weren’t here, near the campus,” said Cour- ney Moore, a volunteer research coordinator. “I think it is in the university’s interest to partici- pate in something like that be- cause it is right here.”

The event was coordinated by Montclair’s First Ward Council- man, William Hurlock, who originally led Montclair state to participate in the annual event.

Although the event was suc- cessful in many regards, several students felt that more events should be created like this one.

“One day is not going to change the world. This should happen more often,” said Qua- san Hunter, a Sociology major.

“**It would show something and it is leading by example. When people see a lot of participants, we would truly make an im- pact.”**

With the Montclair Film Fes- tival coming up, the clean-up has provided a fresh look for the already increasing tempera- tures. Along with the clean ap- parentness, there are now new flow- ers blossoming along with the muck placed to help ensure a vibrant spring in Montclair’s First Ward.

To find future events where students can help the com- munity, students can visit the Montclair website and look at the Volunteer Resource Center’s schedule for events.

- Claire Frishman
  Question-and-Answer event about summer classes.
Montclair: Downtown Wins

Given the amount of effort provided on behalf of the BID, its members as well as individuals within the community were thrilled to have been able to place their town on a list of such highly recognized businesses.

“It is wonderful to be recognized for all of the hard work necessary to create a vibrant and sustainable business district,” said Lea Johnson, a Sustaintability Science Graduate student at Montclair State and BID member of nearly 10 years. “The Montclair BID is an organization that creates tangible results and this national recognition only confirms that.”

In the viewing of the Main Street Award establishes Montclair Center as one of the most well-kept and beautifully reconstructed downtowms in the nation. However, the BID will not stop there. Instead, “this award will only reinforce our commitment to the district,” said Johnson. “With all of the new developments on Bloomfield Avenue, we are interested in attracting and supporting the right retail mix, [and] creating events that will attract customers and further foster a strong sense of community.”

“As a student, creating sustainable business models and smart city growth is a passion of mine,” said Johnson. “Being an ally is not being afraid of being labeled LGBTIQ.”

“Schneider said, “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTIQ Center, a few things that define an ally, regardless of their sexual orientation, include believing that it is in their self-interest to align with LGBTIQ individuals and represent their needs. They also encourage others to advocate for the LGT IQ community.

“For equality to truly happen, it has to transcend the minds of those who don’t iden tify,” Dungan said. And to do this, the LGBTIQ Center invites everyone to join in on these events as well as others that they host throughout the year. “I think what we are able to amplify the voices of Advocacy Work or not, the LGBTIQ Center’s doors, located in Room 110 of the Student Center, are “always open” and students interested in one day building a family.

The events continue Thurs day with a Self-Expression Workshop, where students can express themselves through the arts and refreshments.

“Thank you very much,” saidpeer educator Glenn Dungan. “It’s for remembering those who were lost.”

To finish off the week, the LGBTIQ Center invites everyone to break the silence and discuss their experiences from the Day of Silence with friends and refreshments.

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Terhune Journalism Lecture:
A Conversation with Kurt Andersen.

April 22, 7:30-9:00pm.

Location: Leshowitz Hall, Cali School of Music

School of Communication and Media Director Merrill Brown will interview Kurt Andersen in what promises to be a wide-ranging discussion about broadcast media, writing and publishing. Andersen is an American novelist who is also host of the Peabody-winning public radio program Studio 360, a co-production between Public Radio International and WNYC. Andersen is the author of three novels, including Turn of the Century (Random House, 1999), which was a national bestseller and New York Times Notable Book of the year, and the New York Times bestseller Heyday (Random House, 2007), which won the Langum Prize for the best American historical fiction of 2007. Random House published his third novel, True Believers, in the summer of 2012.

The event is sponsored by the Albert Payson Terhune Foundation, as well as by the Montclair State School of Communication and Media and College of Humanities and Social Sciences.

REGISTRATION IS VIA THIS URL:

https://surveys.montclair.edu/survey/entry.jsp?id=1427736645554
Professor Spotlight: Andrea Lieberman

Samantha Kachler
Contributing Writer

Photo courtesy of Samantha Kachler

Professor Andrea Lieberman has been teaching for 22 years. Ten-and-a-half of those years have been at Montclair State University in the School of Communication and Media. However, she’s been leaving the university to begin new jobs in Hasbrouck Heights, N.J. She’s been hired as Director of Team Enrichment at Fellowship Senior Living.

Lieberman wasn’t looking for a new job; however, she was intrigued when a recruiter contacted her. She thought the interview process would be good practice. Thus far, she says she found Lieberman’s profile on LinkedIn.

They were looking for someone with her experience as a training and development specialist who has also worked in both the health care and hospitality industry. The process began with an interview by the President and CEO of Fellowship Senior Living.

They boiled it down to the top two candidates, one of them being Lieberman. Then, within a week, she found herself interviewing with seven vice presidents simultaneously. “It was exciting and exciting to hear about the culture change initiative,” said Lieberman. “The very next morning, she was offered the position, with a generous salary. She told the president and CEO of Fellowship Senior Living that she must be able to continue to finish out the fall semester. Her loyalty to her students and NSLG, therefore she wouldn’t leave at the beginning of the semester. The president agreed to allow her to continue to teach the rest of the semester.

At the new job, she’s responsible for a cultural change that brings excellence in hospitality to the seniors and clients at Fellowship Senior Living. She also creates a warm, supportive environment for team members who work at FSL.

Lieberman oversees and implements many reward and recognition programs. “I write a daily newsletter that highlights our values and missions as well as offers up a daily educational topic to help our team members better serve not just our seniors but also each other to create the best environment in which to work and in which to live for our seniors,” said Lieberman. She also delivers multi-day training programs to team members in the hospitality program and runs the mentor program.

Lastly, she serves as a resource for the team members who may have questions about Fellowship Spirit. Lieberman believes this organization is a wonderful and inspirational place to work. “It was a fantastic decision and I am sure that I will be back teaching a class either at night or on Saturdays,” said Lieberman.

What satisfies her most is when students come back and tell her that the information she shared with them, the techniques taught to them and the information she shared with them, the techniques taught to them and the practical applications of theory, have worked for them in both their professional and personal lives. “I will miss teaching and being part of an exciting development of our School, but I have a feeling I won’t be gone for long. I am sure that I will be back teaching a course either at night or on Saturdays,” said Lieberman.
Healthy Proteins

Deciding What to Eat

Kimberly Asman
Staff Writer

It is common knowledge that proteins are important. Protein not only helps you to create and maintain muscle mass, but also contributes to almost every cell and bodily function. Proteins are made of amino acids and each protein has a unique chain of amino acids that allow it to contribute to a different function in the body.

Although protein is extremely important just as any other macronutrient, there is a certain amount that we should consume without going overboard. For the average person, protein should make up about 10 to 15 percent of their total calories. Based on a 2,000 calorie diet, women should have, on average, about 50g per day, and men 63g. For an athlete, more protein may be recommended depending on the individual characteristics and lifestyle of the person.

The average consumption is a lot more than the recommended amount, which means most people do not have to worry about whether they are getting enough protein; but instead worry about if their protein sources are healthy. Not all proteins are made equal and it is important to be aware of what kind you are consuming.

The amino acids that proteins are made of can be sorted into two groups: essential and non-essential. Essential amino acids are those our body cannot produce on its own, which means they need to be consumed through food. Non-essential amino acids are produced by our body. Amino acids are essential to running our bodies well, so special attention should be paid to ensure consumption of amino acids daily. Proteins that contain all essential amino acids are referred to as complete, while those that do not are referred to as incomplete.

The most common and well-known source of complete protein is meat. All animal products, including fish, dairy and eggs, are sources of complete proteins. When choosing these options, it is important to look for lean sources of protein, meaning those that do not have a large amount of saturated fat, which is common in animal products. Lean meats include white chicken and turkey and lean dairy includes fat-free or low-fat milk instead of whole milk. Although being a complete protein does make these items a healthy choice, it is still advisable to stick to a three-ounce portion size of meats and not to overdo it because of their healthy aspects. Proteins have calories and any macronutrient and excess calories from any source can lead to excessive calorie consumption and weight gain.

For vegetarians and vegans, it is harder to come by good sources of complete proteins. Vegetarians that still consume animal products such as dairy or eggs are generally okay and do not have to be extremely worried. For those that do not regularly consume any animal products, it can get a bit trickier. The top vegan sources of complete proteins include soy, chia seeds and quinoa. Soy milk is a great alternative to those who choose not to drink cow’s milk. As complete protein and it being fortified with nutrients, soy milk is nutritionally comparable to cow’s milk.

Quinoa is good for those who try not to consume high amounts of carbohydrates, as it has lots of protein. A smaller portion will be more filling than other sources of carbs. Including these options can provide anyone with a diet filled with all essential amino acids and healthy sources of protein.
It’s that time of the year again when everyone is looking to hang with friends at the beach. Everyone is ready to finish the semester and simply relax while tanning and having a cold drink or two. Now it’s time for everyone to start cutting down and look lean for the summer and show off those nice results you have gained. Here are some tips and advice that can help you reach your goal for Memorial Day and the summer.

First of all, many people have the misconception that you have to eat healthy in order to lose weight or maintain it. There is no doubt that you will see results by eating salads or fruits every day. On the contrary, you can also eat clean, as not every one likes the taste of veggies or fruits.

Examples of eating clean include having an egg white and ham sandwich on whole wheat bread or a bagel for breakfast. Other ways to eat clean include having sushi with a banana for lunch and grilled chicken with brown rice and a side of veggies or fruits of your choice. These are just examples of an easy way of clean eating.

Eating is simply one important part of reaching your weight goals. The second is exercising and lifting weights. Most people don’t have time or just don’t have the motivation to go workout, but setting a goal will help you push yourself out of bed to hit the gym. I usually tell people to think of the gym as one of your classes; you need to study the workouts, participate by doing each exercise completely and push yourself to the limit to get amazing results.

There are, however, many different types of gym lifestyles that people can choose from. These include bodybuilding, powerlifting, power building, Crossfit and the mind-body lifestyles. I personally do powerlifting, which emphasizes the three main workouts of bench press, deadlift and squats.

I recommend doing this during the winter; it’s an awesome feeling when you lift a decent amount of weights up. Powerbuilding is the combination of both bodybuilding and powerlifting, but the results take a bit longer than the other two.

Crossfit is a combination of aerobics and lifting weights, but this is focused on improving quickly and pushing yourself to the limit. You definitely will see results in a small matter of time, but you must have the mentality and will to keep moving forward.

Mind-body is the lifestyle of calm and peaceful workouts such as yoga and it focuses on peace of mind. It’s great to maintain balance between the mind and body, which can inspire and motivate anyone to reach their goals.

Now that you know how to eat clean easily as well as the different approaches to working out and staying motivated, you can begin your cutting season right. Hopefully, this will give all of you the motivation to go out and start living a better lifestyle. Now, go eat clean!

Christian Rivera
Contributing Writer

Photos courtesy of Steve Hopson (top) and Snehalkanodia (bottom)
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P/T Nanny needed in Glen Ridge to care for 3 children - (ages 3/6/9) from 12:30 - 5 PM. Mon.-Fri. Must have valid driver’s license and clean record & must be comfortable with a sweet Great Dane. Local driving only. May be willing to allow for share position if you would have confidence with your class schedule. Email Amanda_jensmart@gmail.com.

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Campus Deadline to indicate intent to apply by starting an online application: August 1, 2015
Campus Deadline to complete application: September 18, 2015

TO APPLY: Start an application here:
http://us.fulbrightonline.org

Please contact Domenica Dominguez, campus Fulbright Program Advisor for more information or to schedule an appointment. Email: dominguezd@email.montclair.edu

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Help Wanted

Seeking warm, energetic, and reliable after-school driving buddy for kids ages 4 & 7 in Upper Montclair. 11 hours per week. Excellent references and clean driving record required. Email dogodog626@gmail.com with resume/experience.

Established local Pet Care Service is seeking a responsible & honest animal lover. Varied weekday hours, may also include some weekends, holidays & evenings. Must have reliable car. Good sense & pick up children in your vehicle. Email LivingstonFamily123@gmail.com with resume/experience.

Paid intern needed for Montclair home-based Real Estate marketing business. Excellent admin, HTML, social media (FB, You Tube, Twitter) skills a must. $35/ hr to start. Raise on performance. Motivated and confident. Must have a car. Email Keri@FriendIn REAL.LLC.com or call (973) 543-2812.


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While police officers are constantly being placed in front of the media camera lens, Rowan University’s police force is doing the opposite by stepping behind the camera. This week, Rowan University’s police department became the first university in New Jersey to require their officers to wear body cameras.

The university’s police department body camera mandate was inspired by the recently passed New Jersey state law that requires municipalities to fit their police vehicles or officers with audio-visual recording devices, which passed last fall after the shooting of Michael Brown in Missouri. Though the new law does not apply to college police departments, Rowan police obviously see body cameras as beneficial pieces of equipment.

Body cameras have been a hot topic in many state legislatures in the recent wake of police brutality and an excessive use of force by police, many of which have resulted in the death of various individuals including Michael Brown, Eric Garner and Tony Robinson. In order to prevent future incidents, states have sponsored bills that add cameras to police vehicles, yet sometimes the incidents do not take place in front of a vehicle, with Walter Scott’s case being a notable example.

Body cameras allow the Rowan police department to have freedom of movement as well as provide each of their 34 officers accountability for their actions. As the American people’s trust in the police dwindles, body cameras serve as a way for police officers to be more accountable for everything they do. By wearing a body camera, each and every action and word a police officer does and says is recorded and saved.

There is nothing a police officer or suspect can dispute if it is recorded. Video and audio recordings could be used as evidence in a courtroom and would provide a larger sense of accountability on both sides. The Rowan police department’s “objective of these cameras is transparency,” according to Rowan Police Lieutenant Craig Shute. Any form of audio-visual equipment can provide an accurate account of any incident an officer may face. Also, anyone in the police department or legal system would have access to the content of the body cameras. Rowan police want the public to know what is going on by having a visual and audio record of it.

Although college campuses do not face many problems when it comes to police brutality or an excessive use of force, it is important that body cameras ensure that the community has police officers that are doing their jobs correctly. Body cameras are beneficial to creating a community where people who protect the law can live and work harmoniously with the residents who reside there.

Rowan University is taking the steps that all colleges in New Jersey and across the nation should be taking. Students, parents, staff and officers should all feel safe when they walk on campus and body cameras can make campuses that much closer to becoming a safe and secure community.
Don't Place All Your Bets on Clinton
Future primaries will challenge Hillary Clinton like they did in 2007

Rand Paul Has It All... Or Does He?
Liberationary Republican candidate takes the presidential race by storm

I t has been a long wait since the last presidential campaign in 2008. Now, after the upheaval of the 2016 primaries and the entropic political climate that followed, the people of the United States are faced with the daunting task of choosing a new President. In this climate, the role of the media has become even more crucial in guiding the electorate towards informed decision making.

The media's influence is felt most acutely during election season. This year, the media has been a key player in shaping public opinion, particularly in the case of the Democratic nominee, Hillary Clinton. The media's portrayal of Clinton has been a point of contention, with many critics accusing the media of bias and sensationalism.

One of the main criticisms leveled at the media is their treatment of Bernie Sanders. Despite Sanders' significant support among a younger, progressive electorate, the media's coverage of him has been limited and often portrayed as a negative outlook. This has resulted in a significant gap between what the media perceives as the state of the election and the actual sentiment of the electorate.

In contrast, the media's coverage of Donald Trump has been more critical and harsh. Despite Trump's large following, the media has been quick to point out his past controversies and his lack of substantive policy proposals.

The election season has also been marked by a rise in third-party candidates. This year, candidates such as Gary Johnson and Jill Stein have sought to gain a foothold in the political landscape. While these candidates may not have the same level of support as the major party candidates, their presence has added a layer of complexity to the election.

As the campaign rolls on, the media's role in shaping public opinion will continue to be a point of contention. The question remains: how can the media best serve the electorate in this complex and fluid election season?
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For all of the great dramas we have had on TV over the last decade like Breaking Bad and True Detective, we do not seem to want as many good comedies around in the same quality. Even high-quality sitcoms like Modern Family and The Big Bang Theory can have a lackluster episode every now and then. There is only one comedy on television right now that I can proudly put on the top tier of television shows (comedy or drama) produced in the last decade, and that would be Louie.

Genius comedian Louis C.K.’s often darkly hilarious comedy-drama loosely based on his stand up career and personal life as a divorced father is inarguably one of the most original and intelligent pieces of comedic television produced by any TV network in the 21st century. The show, which C.K. edits, produces, writes, directs and stars in focuses his comedy on television right now. There is only one lackluster episode every now and then. There is only one comedy on television that would be Louie.

Louie C.K. edits, produces, writes, directs and stars in the show. The show, which he had never attended the session. “I’m a boring a**hole now,” he exclaims to himself, which motivates him to want to get back out in the world and socialise with other human beings again.

In order to do so, Louie decides to attend a pot luck dinner, which is held for the parents of his daughter’s class. As usual, things do not go like Louis expects or hopes for them to go, and the result is a consistently laugh-out-loud episode filled with the dark and at times (intelligently) mean spirited humor that has helped make this show a diamond in a coal mine of modern TV comedy.

As we have come to expect from the show, the plot of this episode meanders all over the place and refuses to box itself in with neat and tidy resolutions. Fine by me, because part of the reason why there has been a significant drought in quality TV comedies is that the plots are often so safe and predictable that it feels like that kind of show for the ordinary awkward mess in, and the fact that Louie is a realistically awkward mess provides us with the majority of the jokes for “Pot Luck,” which I will not spoil for those of you who have not seen it.

Overall, this was a more than welcome return for the finest comedy in all of television, providing us with the typical cleverness and hilarity we have come to expect from this terrific show. It stands as a very enjoyable episode, even if it is not quite on the level of classic episodes like “Come On God,” “Eddie” or “So Did The Fat Lady.” Louie is the breath of fresh air that keeps me hopeful for an incoming era of television comedy that is less reliant on the tired sitcom moulds and formulas in favor of trying to experiment more and dare to be different.

If you are not watching Louie already, I absolutely implore you to catch up and watch the series on Netflix and then tune in to FX on Thursdays at 10:30p.m. to watch the new season. If you take my advice, you will watch a show that respects and dare to be different.

As we have come to expect from the show, the plot of this episode meanders all over the place and refuses to box itself in with neat and tidy resolutions. Fine by me, because part of the reason why there has been a significant drought in quality TV comedies is that the plots are often so safe and predictable, yet they still manage to always be funny to melancholic, but with a level of intelligence that makes episodes like “Pot Luck” not only funny but engaging as well. Even when you can predict what the outcome to a situation will be, the naturalism that makes it feel more like real life than something out of a sitcom. Nobody feels like a cartoon character here; instead, the characters are treated as normal human beings with realistic reactions to situations that are thrust upon them.

This episode, titled “Pot Luck,” kicks off with Louie talking to his therapist about the struggles he has been having with depression, yet he is only further dismayed when his therapist falls asleep during the session. “I’m a boring a**hole now,” he exclaims to himself, which motivates him to want to get back out in the world and socialise with other human beings again.

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Having watched all four seasons of the series, I was eagerly awaiting last night’s premiere with assurance that no babies would be lost with the beginning of this fifth season, and it filled me out the goods. The episode, titled “Pot Luck,” kicks off with Louie talking to his therapist about the struggles he has been having with depression, yet he is only further dismayed when his therapist falls asleep during the session. “I’m a boring a**hole now,” he exclaims to himself, which motivates him to want to get back out in the world and socialise with other human beings again.

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Desert Dancer, the debut feature film by Richard Raymond, is the story of a young dancer named Afshin Ghaffarian living under the repressive regime in Iran. The events taking place in the film are set during the 2009 presidential elections when the regime rigged the votes, which resulted in mass demonstrations and the scandal received worldwide media attention.

In Iran, dance is sidelined and ignored and the artists and their work is censored for a series of cultural, historical and religious reasons. As a reaction to the restrictions, Afshin and some of his college friends form an underground dance group. The movie successfully brings to light the regime’s dirty tricks but fails to emotionally captivate the audience due to the predictable plot and dialogues.

Over the course of the film, Afshin develops a romantic relationship with Elahe, his dance partner who suffers from a heroin addiction. At one point, Afshin helped her get over the addiction, which only helped to divert the focus of the narrative. As the rest of the plot was predictable, it was surprising to see that Afshin catches Elahe snorting heroin again right before their big performance: the desert dance.

The dances were the complete opposite of the dialogues in that they were captivating. One of the most memorable instances during the movie was the desert dance. Since the dance group had no public place to perform, they decided to perform in the desert, one of the rare places where they could express themselves without restrictions. The dances along with the background of the desert landscapes clearly put forth freedom of expression through their body movements and at the same time ambiguity, since it was often not clear as to who was the victim and the perpetrator.

The longing for freedom expressed in the desert dance spoke for an entire generation of young Iranians who wish to be free like the satin cloth that flew away into the burning afternoon sun at the end of the dance.
Peak Performances

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Triptych

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Triptych
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Thurs. April 16 | 6:00 p.m.
What Is Beauty?

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Alexander Kasser Theater
Red Hawk Round Up

Women’s Lacrosse

After winning two NJAC games this week, the women’s lacrosse team advance their win streak to six straight games while remaining undefeated in the conference.

The team defeated their rival, Rowan University, in a 14-13 grudge match. They then went to host Ramapo on Tuesday night and lit up the scoreboard in a 21-4 win.

Men’s Lacrosse

The men’s lacrosse team remains the dominant force in the Skyline Conference. On Saturday, they defeated Mount St. Mary College 25-7 in their first conference game of the year.

Four games remain before the Red Hawks can take home another Skyline title, which they have captured for the past six years. They travel to New York on Saturday to face Maritime College.

Baseball

The Red Hawks split a pair of games with cross-town rivals William Paterson this past week. First, they were defeated by the Pioneers at home 2-6, but captured the win on the road, redeeming themselves with a 7-6 score.

The remainder of the week brought the Red Hawks three losses, two from Rowan and one from out of conference team Keystone College.

Track & Field

On April 11, the men’s and women’s track and field teams competed in the New Jersey Invitational held at The College of New Jersey. Both the men’s and women’s team placed second overall, with the men taking home six first-place finishes and the women with three. On April 17, the teams will compete in the CTC Outdoor Championships.

Professional Standings

Barclays Premier League

1. Chelsea - 73 points
2. Arsenal - 66 points
3. Man. United - 65 points
4. Man. City - 64 points
5. Liverpool - 63 points
6. Southampton - 62 points
7. Spurs - 62 points
8. Everton - 61 points
9. West Ham - 61 points
10. Stoke City - 61 points
11. Man. City - 60 points
12. West Brom - 59 points
13. Newcastle - 59 points
14. Man. United - 58 points
15. Norwich City - 58 points
16. Spurs - 58 points
17. Arsenal - 57 points
18. Crystal Palace - 57 points
19. Southampton - 56 points
20. Leicester - 56 points

NHL

Eastern Conference Playoffs

1. Boston - 150 points
2. Pittsburgh - 145 points
3. Buffalo - 140 points
4. Washington - 135 points
5. Montreal - 130 points
6. Toronto - 125 points
7. New Jersey - 120 points
8. Philadelphia - 115 points
9. New York - 110 points
10. Tampa Bay - 105 points
11. Detroit - 100 points
12. St. Louis - 95 points
13. Montreal - 90 points
14. Nashville - 85 points
15. Islanders - 80 points
16. New Jersey - 75 points

Western Conference Playoffs

1. Los Angeles - 100 points
2. St. Louis - 95 points
3. Vancouver - 90 points
4. San Jose - 85 points
5. Colorado - 80 points
6. Calgary - 75 points
7. Minnesota - 70 points
8. Dallas - 65 points
9. Arizona - 60 points
10. Anaheim - 55 points
11. Chicago - 50 points
12. Minnesota - 45 points
13. Calgary - 40 points
14. San Jose - 35 points
15. Colorado - 30 points
16. Arizona - 25 points

Fussball-Bundesliga

1. Bayern Munich - 55 points
2. Borussia Dortmund - 50 points
3. FC Bayern - 45 points
4. Borussia Moenchengladbach - 40 points
5. RB Leipzig - 35 points
6. Hoffenheim - 30 points
7. Schalke - 25 points
8. Augsburg - 20 points
9. Stuttgart - 15 points
10. Freiburg - 10 points
11. Schalke - 5 points
12. Mainz - 0 points

NBA

Eastern Conference

1. Cleveland - 47 points
2. Miami - 42 points
3. Milwaukee - 37 points
4. Washington - 32 points
5. Toronto - 27 points
6. Atlanta - 22 points
7. Brooklyn - 17 points
8. Boston - 12 points
9. Charlotte - 7 points
10. Miami - 2 points

Western Conference

1. Golden State - 47 points
2. Houston - 42 points
3. Denver - 37 points
4. OKC - 32 points
5. Houston - 27 points
6. Denver - 22 points
7. Brooklyn - 17 points
8. Portland - 12 points
9. LA Clippers - 7 points
10. Milwaukee - 2 points
Rasheed Amilcar
Men’s Outdoor Track and Field

Amilcar was awarded conference honors by capturing the NJAC Outdoor Track Athlete of the Week. He finished in first out of 22 competitors in the 400 meter event with a time of 49.57.

CURRENT STATS
- RUNS: 35
- HITS: 34
- HOME RUNS: 3

CURRENT STATS
- 400 METERS: 49.57
- 200 METERS: 22.75
- TEAM EVENTS: 4X100, 4X400

Women’s Lacrosse
April 18 @ TCNJ - 1 p.m.

Men’s Lacrosse
April 18 @ Maritime College - 1 p.m.

Baseball
April 16/17 @ New Jersey City 3:30 p.m.
April 18 @ at Rutgers-Newark (DH) 11:30 a.m.

Softball
April 16 vs. Manhattanville College 3 / 4:30 p.m.

‘Saving Face’
The Museum and Learning Center on campus reveals new exhibit

Sam Romano
Staff Writer

Unsuspected snow couldn’t stop the Yogi Berra Museum and Learning Center from hosting its private opening of the new exhibit “Saving Face,” last week.

“The snow was in honor of the hockey masks,” said Joni Bronander, Museum Director of Special Events.

Despite the snow, volunteers and other special guests came out to see the museum’s newest exhibit. “Saving Face” will be featured until Oct. 4, and was inspired by Museum Director David Kaplan’s enthusiasm with the relationship between hockey goalie masks and baseball catcher masks.

“The fascinating thing to me was these positions; the catcher and the goalie must be two of the toughest players on the field,” Kaplan said. “Yet, they were called cowards when they started wearing stuff for the face.”

The exhibit features two showcases: one dedicated to hockey goalies and the other to baseball catchers. The “pretzel mask” worn by New York Rangers’ Stephen Carr in the 1960s and the New York Mets’ Mike Piazza’s batting helmet and catcher’s mask combination were among those featured. The history and evolution of both masks, which took inspiration from fencing masks, are displayed for museum guests and patrons.

One special mask has its own showcase. The mask belongs to Reto Berra, a professional Swiss goalie and current member of the Colorado Avalanche. While playing in the Swiss League and with the Swiss National Team in 2011 and 2012, he became fascinated with Yogi Berra and was nicknamed “Yogi” by his teammates.

He decided to decorate his helmet with Yogi Bear to honor his American namesake. Lindsay Berra, Yogi’s oldest granddaughter, met Reto while he was playing in Switzerland and she was covering hockey for ESPN The Magazine. She got in touch with the player’s sister in Switzerland in order to find the mask and have it shipped to the US for the exhibit, she said.

Berra also worked with the hockey hall of fame to acquire the masks.

“Saving Face” is sponsored in part by the Richard Becher Memorial Foundation for Safety in Sports. The foundation was founded by family and friends of Richard Becher who died after being hit in the head with a baseball wearing up his son’s little league team. Its mission is to promote safety for players, coaches and spectators of youth sports.

Besides similarities between the two types of masks visitors should also notice the differences. Goalies have always elaborately decorated their masks, unlike catchers.

“They are really pieces of art,” said Kaplan. One of the first masks to show personal expression was Gerry Cheevers’ iconic “stitches” mask.

Because the museum generally focuses on baseball, this particular exhibit is unique.

“The museum has always been into hockey in this area,” said Berra. “So it was kind of cool to have people hear Yogi’s a big hockey fan and he’s doing this.”

Sam Romano / The Montclarion

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Montclair State rugby club team and remained a huge supporter of the team when it was revived in 1997.

"Monte lived for rugby," said Danny Mainan, the director of the men’s and women’s rugby teams. "He would be very humbled to know that we created this scholarship in his honor.

Ralph Von Rosendahl, a member of the original 1977 team and friend of Montecallo, added, “Monte was always on the sidelines for the men’s club rugby team. When he was playing, he would always change back; he’d get all the guys together. I'm sure he's looking down saying it's a great thing.

Of the $5,000 in the scholarship, there were three scholarships awarded. First place received $1,500, second place received $1,000, and third place received $500.

"Honestly, I feel honored to get the first one ever," said Max Shiffnal, who won first place. "The club itself is growing at a pretty fast rate and I feel special to be a part of it," said Abigail Sosa, currently a junior at Montclair State.

"It really is a great thing for all college loans to be a concern for students, so being able to win a scholarship is a great opportunity to receive money to help pay for college," Caesar Sosa, a sophomore at Montclair State and a member of Montclair State's rugby team, won the third place prize. "It means a lot. I have a lot of loans that I have to take care of and this is the first scholarship I've really won," said Sosa.

"It's definitely an honor," said Nick Pizzuta, the president of the rugby team, "especially since I was able to play in the alumni game against Montclair State last year and thought it was a final thing he did." Pizzuta was awarded the second place scholarship.

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Montclair State rugby club team and remained a huge supporter of the team when it was revived in 1997.

"Monte lived for rugby," said Danny Mainan, the director of the men’s and women’s rugby teams. "He would be very humbled to know that we created this scholarship in his honor.

Ralph Von Rosendahl, a member of the original 1977 team and friend of Montecallo, added, “Monte was always on the sidelines for the men’s club rugby team. When he was playing, he would always change back; he’d get all the guys together. I'm sure he's looking down saying it's a great thing.

Of the $5,000 in the scholarship, there were three scholarships awarded. First place received $1,500, second place received $1,000, and third place received $500.

"Honestly, I feel honored to get the first one ever," said Max Shiffnal, who won first place. "The club itself is growing at a pretty fast rate and I feel special to be a part of it," said Abigail Sosa, currently a junior at Montclair State.

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