Follow this and additional works at: https://digitalcommons.montclair.edu/montclarion

Recommended Citation
https://digitalcommons.montclair.edu/montclarion/1047

This Book is brought to you for free and open access by the Student Newspapers at Montclair State University Digital Commons. It has been accepted for inclusion in The Montclarion by an authorized administrator of Montclair State University Digital Commons. For more information, please contact digitalcommons@montclair.edu.
Montclair Center Wins Award
Jayna Gigliotti
News Editor

As the flowers finally begin to bloom, Montclair’s own 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 reenvisioning and rejuvenating themselves, becoming even better than they once were.

To recognize the “exceptional Main Street communities whose success serves as a model for comprehensive, preservation-based commercial district revitalization,” Main Street Center presents an annual award sponsored by the National Trust for Historic Preservation. The program’s Executive Director of Community Relations, John Neumann, said the award is granted by National Main Street Center, Inc.

The LGBTQ Center Hosts Ally Appreciation Week
Melissa Mancini
Community Bands Together for Clean-Up
Peter Shaver
Staff Writer

Montclair State University students took some time away from their academics on Saturday, April 11 and participated in helping preserve the campus community. The Montclair First Ward Clean-Up involved 38 students this year. Volunteers took part in cleaning up the First Ward, which is comprised of 15 different locations. The clean-up took place from 10 a.m. to 2 p.m., during which students painted park benches, spread mulch, planted flowers and picked up garbage, debris and raked leaves.

“The community loves working side by side with our students” said Julie Adams, Executive Director of Community Relations. Over 210 participants came out to help assist in small yet significant clean-ups. Areas volunteers covered during the clean-up included the Bradford School, Carlisle Woods, 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 and is an advocate to the community,” said Julian Rosario, a peer educator. “They really help us, so this is a thank you.”

Kindness Week promoted positivity among the campus community.
Natalie Smyth
Staff Writer

Montclair State Health Professions held the second annual Kindness Week in order to promote positivity, gratitude and give students some fun activities to enjoy and to help them destress. The idea for Kindness Week came from a conference that students attended at another school. At the end of the conference, students handed out tissue paper flowers and kindness cards to all the attendees.

This simple act inspired students who work for Health Professions to create a whole week dedicated to kindness, giving and some of the semester inspiration.

The week’s activities incorporated an amalgam of different types of events, including tie dyeing t-shirts, making kindness cards for friends and family and lots of giveaways. They kept successful events from last year and tested new ideas, events and giveaways to get students involved. This year’s Kindness Week incorporated a diverse group of events, which makes it easier for more students to get involved.

It’s a really fun week of kindness continued on Page 3
Residence Life discusses the important role of Service Assistants.

Jacqueline Stiles Contributing Writer

-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 seem 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 speaking or 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. “They do the day-to-day operations.”

Nicole Scartari, 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 [in SA life], 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 sleeping patterns, Delate believes that becoming part of this SA community is beneficial. Residence Life is currently deliberating the new additions it may make to its staff in the coming year. Delate said that “any student that is interested now has the time to act.”

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

The Backbone of Montclair State’s Residence Life

“The pay was minimum wage, but with my time spent studying or on the radio station on campus, my sleep schedule was off.”

“While the process of becoming a SA is detailed, they chose a good bunch of people that are capable of doing the work.”

The role of a service assistant is challenging at times; however, Delate said that “any student that is interested now has the time to act.”

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

The first issue of The Montclarion, then named The Pelican, was published on Nov. 28, 1928. Keeping this in mind, the Student Center Annex is now home to the office of the Montclarion — where it all began.

The Montclarion is a publication of Montclair State University’s student media program, written, designed, and published by students for students. While the content of The Montclarion is under investigation, the purpose of student journalism is to hold those in power accountable, to be a voice for those without one, and to provide a space for student expression.

The Montclarion is led by an Editorial Board and a Board of Directors, who are elected by the student body. The Montclarion is funded by student fees disbursed by Montclair State University and incoming advertising revenue. The views expressed in this Opinion section, with the exception of the Main Editorial, do not necessarily reflect the views of The Montclarion.

The Montclarion willingly corrects its factual errors. If you think there is mistake in a story, please call Editor-in-Chief Catherine @ ext. 5230.

Residence Life

FACULTY

Editor-in-Chief:
Managing Editor:
Operations Manager:

(973)-655-5230
(973)-655-5282
(973)-655-5237 / (267)-981-9909

The Montclarion is a publication of Montclair State University and incoming advertising revenue. The views expressed in this Opinion section, with the exception of the Main Editorial, do not necessarily reflect the views of The Montclarion.

The Montclarion is a publication of Montclair State University and incoming advertising revenue. The views expressed in this Opinion section, with the exception of the Main Editorial, do not necessarily reflect the views of The Montclarion.
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 when 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 so 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

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 more people to help think of new ideas to make the week successful. According to Gaff- ney, the week’s events had a great turnout and had a lot of foot traffic.

One of the new events they tried out was the Kindness Banner, which took place last Thursday. Students would paint their hand print on a banner and make a pledge of kindness. The pledge could 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 such as, “Buy a stranger a cup of cof- fee” or “Be grateful for what you have,” along with other kind, inspirational messages. Kindness Week’s purpose was to motivate students, pro- mote positivity and create a community of kindness on cam- pus. The organizers of the event hope that the theme of kindness will transcend the week and spread throughout campus to promote a positive and healthy environment for both students and staff members.

“This is the time of year where it’s starting to warm up and the semes- ter is starting to wind down, and we wanted to do something that would help boost the students’ morale.”

-Katie Gaffney
Student Assistant, Health Promotions

Summer: Q & A Session
Continued from page 1

Summer and Winter Sessions Office hosted

Question-and-Answer event about summer classes. The event brought together individuals who posed their student ID. This giveaway, paired with open dialogue between students and staff, fa- cilitated just the connection that the university was aiming for.

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

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 tak- ing summer courses. Nearly 7,000 students per year have registered for summer courses in the recent past and the univer- sity plans to continue pro- viding essential information through these events for any students who are interested.

Clean-Up: Students
Preserve the Community
Continued from page 1

“With the Montclair Film Festi- val, the clean-up has provided a fresh look for the steady increasing temperatures. Along with the clean ap- pearal, there are now new flower- ers blossoming along with the murals placed to help ensure a vibrant spring in Montclair’s First Ward.”

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

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.

@eatatmontclair
www.montclair.edu/dining

The Montclarion • April 16, 2015 • PAGE 3

-continued from page 1-

Preserve the
Community

Students

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.

-continued from page 1-

Preserve the
Community

Students

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.
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 Lou Johnson, a Sustainable Business Grad 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.”

OK, OK... the viewings of the Main Street Award establishes Montclair Center as one of the most well-kept and beautifully reconstructed downtowns 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 before being afraid of being labeled LGBTQ.” Schneider said. “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ 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 LGBTBQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community.

“For peer educator Veronica Schneider, being an ally means not caring what other people think. “Being an ally is not about

Younger generation is a passion of mine,” said Johnson. “Being an ally is not about being afraid of being labeled LGBTQ.” Schneider said. “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ 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 LGBTBQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community. 

“For peer educator Veronica Schneider, being an ally means not caring what other people think. “Being an ally is not about being afraid of being labeled LGBTQ.” Schneider said. “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ 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 LGBTBQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community. 

“The week asks students that exact question. ‘Why are you an active ally to the LGBTQ community?’” said Edwards. “By asking this question, we hope more students will volunteer their time within their local communities as well as visit the beautiful downtown area as it is transformed into an ally title as a nationally accredited Main Street Community.

For more information on Montclair Center, visit montclaircenter.com.

Ally: Supporting Community

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 Lou Johnson, a Sustainable Business Grad 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.”

OK, OK... the viewings of the Main Street Award establishes Montclair Center as one of the most well-kept and beautifully reconstructed downtowns 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 about being afraid of being labeled LGBTQ.” Schneider said. “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ 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 LGBTBQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community.

“For peer educator Veronica Schneider, being an ally means not caring what other people think. “Being an ally is not about being afraid of being labeled LGBTQ.” Schneider said. “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ 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 LGBTBQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community. 

“The week asks students that exact question. ‘Why are you an active ally to the LGBTQ community?’” said Edwards. “By asking this question, we hope more students will volunteer their time within their local communities as well as visit the beautiful downtown area as it is transformed into an ally title as a nationally accredited Main Street Community.

For more information on Montclair Center, visit montclaircenter.com.

Ally: Supporting Community

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 Lou Johnson, a Sustainable Business Grad 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.”

OK, OK... the viewings of the Main Street Award establishes Montclair Center as one of the most well-kept and beautifully reconstructed downtowns 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 about being afraid of being labeled LGBTQ.” Schneider said. “It’s standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ 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 LGBTBQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community. 

“The week asks students that exact question. ‘Why are you an active ally to the LGBTQ community?’” said Edwards. “By asking this question, we hope more students will volunteer their time within their local communities as well as visit the beautiful downtown area as it is transformed into an ally title as a nationally accredited Main Street Community.

For more information on Montclair Center, visit montclaircenter.com.
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

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 leaving the university to begin a new job in Hasbrouck Heights, N.J. She’s been hired as Director of Team Enrollment at Fellowship Senior Living. While she 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. That recruiter 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 industries. 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 interesting and exciting to hear about the culture change initiative, but I still wasn’t entirely sure I wanted to take on a full-time position,” 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 she must be able to continue to finish out the fall semester. Her loyalty to her students and MSU, 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 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 in the hospitality programs. “I write a daily newsletter with memos and announcements many reward and recognition programs,” said Lieberman. She also creates a warm, supportive environment for team members who work in the hospitality programs. “I write a daily newsletter that highlights our values and mission statements,” she said. Lieberman oversees and implements many reward and recognition programs. She issued a daily newsletter that highlighted our values and mission programs. “I write a daily newsletter with memos and announcements many reward and recognition programs,” said Lieberman. She also creates a warm, supportive environment for team members who work in the hospitality programs. “I write a daily newsletter that highlights our values and mission statements,” she said. Lieberman oversees and implements many reward and recognition programs. She issued a daily newsletter that highlighted our values and mission statements many reward and recognition programs. "I was looking for someone who could help us make the team members better serve not just our seniors but also other to create the best environment in which to work and in which to live for our seniors," said Lieberman. She also delivers multi-year 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 Senior Living believes this organization is a wonderful and inspirational place to work. “It was fantastic and the organization is wonderful,” said Lieberman. She was glad that the recruiter found her and glad that she accepted the position.

Lindsey Redman, one of Professor Lieberman’s students and a senior said, “Professor Lieberman never leaves the class she’s teaching behind. Between her personality and personal anecdotes, she draws students into the material and keeps it relevant and fresh. Her high standards for the class, such as her policies about cell phones and timeliness, fully prepare students for the professional world they will enter after the graduation. Professor Lieberman has made a huge impact in the School of Communication and Media while teaching here as long as she has. She taught the courses of Interpersonal Communication, Fundamentals of Speech, Public Speaking, Family Communication, Nonverbal Communication and Organizational Communication. I have loved teaching these courses because communication is my passion and the subject that fascinates me the most. It is at the root of all human relationships and yet so many of us haven’t learned how to be effective communicators,” 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 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

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 very healthy choices, it is still advisable to stick to a three-source portion size of meats and not to exceed it because of their healthy aspects. Proteins have calories and can be 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.
Meet with Faculty and Students about Public Health Degrees and Careers

One school, three campuses, eight departments—numerous opportunities to meet your education goals

• Post Baccalaureate Certificates
• Master of Public Health (MPH)
• Master of Science (MS)
• Doctor of Public Health (DrPH)
• Doctor of Philosophy (PhD)
• Dual Degree Options Also Available

For More Information and to RSVP, call 973-972-7212 or email barnesrb@sph.rutgers.edu

Rutgers, The State University of New Jersey

Rutgers School of Public Health

Come To A SPRING 2015 OPEN HOUSE

April 25, 2015 11:00am-2:00pm
At Rutgers School of Dental Medicine Delta Dental Education Conf Center Oral Health Pavilion 50 12th Avenue Newark, NJ 07101 (Free Parking)

Take Your Passion and Enthusiasm for Protecting and Improving the Lives and Well-Being of Communities to the Next Level

Photos courtesy of Steve Hopson(top) and Snehalkanodia (bottom)

It’s what gym rats call ‘cutting season’

Christian Rivera
Contributing Writer

It’s that time of the year again when everyone is looking to hang out 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’s the 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 everyone 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. Personally I do powerlifting, which emphasizes the three main workouts of bench press, deadlift and squatting.

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

PASSAIC COUNTY COMMUNITY COLLEGE
Help Wanted

Place YOUR Classified ad right here on The Montclarion website. LOW RATES & EXTENDED EXPOSURE. CLASSIFIEDS PLACED NOW RUN THROUGH THE END OF THE SEMESTER! For more info Email MontclarionAdsales@gmail.com or call Don Spielvogel 973-655-5237 or 215-860-5533.


Seeking warm, energetic, and reliable after-school driver to bring young children to their 7 a.m. class. Call Susan at 973-701-8303.

P/T Nanny needed for Glen Ridge to care for 6 children – 3-4/6-7/9-11 years old from 3:30-8:30 P.M. A background check is required. Call 973-508-8868 (Leave a Message). Email: Amanda_lonergan04@yahoo.com.

P/T Nanny needed in Glen Ridge to care for 3 children – ages 3/6/9 from 3:30-5 P.M. Mon.-Fri. Must have valid driver’s license and clean record and must be comfortable with a sweet Great Dane. Local driving only. May be willing to allow for share position if you are a strong candidate with your class schedule. Email: Amanda_jonest38@yahoo.com.

The Montclairion is THE PERFECT place to advertise for Summer Help! For more info Email MontclarionAdsales@gmail.com or call Don Spielvogel 973-655-5237 or 215-860-5533.

Natifur family seeks P/T nanny for two kids ages 2 & 7. Mon.-Fri., 4:00-7:30 P.M. Pick-up from school, homework help & dinner prep. Excellent references and clean driving record required. Email dogoodwork2@hotmail.com. E-mail: bethecarey@hotmail.com.

P/T Afternoon nanny in Montclair for one sweet little boy age 10 months. Call Brooke at 631-327-5533. Paid intern needed for Montclair home-based Real estate marketing business. Excellent admin, HTML, social media (FB, You Tube, Twitter) skills a must. $15/hr to start. Raise on performance. Motivated and confident. Must have a car. Email KamilriendisLLC.com or call (973) 543-2822.

P/T & F/T - Little Angels School House of Chatham, NJ is looking for energetic individuals. Duties include implementing lesson plans with innovative teaching/arty/party training. Contact Jade (973) 703-8300 or email ruams@littleangelschoolhouse.com.

Do you mix languages when texting or Facebook chatting e.g., Ciao Ana, come sta? Wanna go to the mall? or Pick me up cherez 20 minutes? Don’t depend on the computer. Learn cursive handwriting in the Montclair/Clifton area. Email Amanda_lonergan04@yahoo.com. Thx.

Bnai Keshet, Montclair, seeks a leader for our developing Jewish Teen Program, to begin immediately. Contact RabbiAriann@bnaiikeshet.org for more information.

If you are a native speaker of American English and have 30 minutes to spare, contact us at msu.prosody@gmail.com to sign up for a linguistic experiment. You will be recorded reading English sentences. We pay cash!!! If you are interested in an exchange program sponsored by the U.S. government and is designed to increase mutual understanding between the people of the United States and the people of other countries, The Fulbright Program has provided approximately 318,000 participants — chosen for their academic merit and leadership potential — with the opportunity to study, teach and conduct research, exchange ideas and contribute to find solutions to shared international concerns.

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 Domingues, campus Fulbright Program Advisor for more information or to schedule an appointment. Email: domingueze@mail.montclair.edu

The Fulbright US Student Program 2016-2017 Competition is Now Open!

The Fulbright Program is the flagship international educational exchange program sponsored by the U.S. government and is designed to increase mutual understanding between the people of the United States and the people of other countries.

Rooms for Rent


Private room with bath for female. Near campus off Valley Road in Clifton. Available immediately. $550.00 per month. Call Joan (973) 729-2244.

Wanna go to the mall? or Pick me up cherez 20 minutes? Don’t depend on the computer. Learn cursive handwriting in the Montclair/Clifton area. Email Amanda_lonergan04@yahoo.com. Thx.

All About Cleaning New Jersey is looking for a student to clean every Thursday - 3-5 P.M. or until 5:30 P.M. Must have reliable car. Great for school, homework help & dinner prep. Must have a car, be responsive and resourceful. Male or female. Email: dominicamontclair@gmail.com

The Montclairion • April 16, 2015 • PAGE 9
UNIVCENTRE.COM

LOCK IN YOUR EARLY BIRD RATES AS LOW AS $714

SAVE $200 WITH ZERO DEPOSIT THROUGH 4/30

REFER A FRIEND TO SIGN A LEASE & YOU BOTH GET $50

APPLY TODAY FOR FALL 2015

GREAT LOCATION—WALK TO CLASS • PRIVATE BEDROOMS & BATHROOMS AVAILABLE • FULLY FURNISHED

UPDATED COMPUTER CENTER WITH ARCHITECTURAL PLOTTER • FITNESS CENTER • THEATER ROOM

ALL UTILITIES INCLUDED (ELECTRICITY UP TO A MONTHLY CAP) • INDIVIDUAL LEASES • ROOMMATE MATCHING AVAILABLE

BRING IN NEWSPAPER AD FOR A TOUR & RECEIVE A $50 GIFT CARD
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. Although 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 “object[ive] 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.

**Thumbs Up**

Spring Week

Wawa opening in Garfield

Free Ben and Jerry’s

**Thumbs Down**

Dodge commercials

M-Glow tickets sold out quickly

Allergies

**Question of the Week:**

What are you most excited for this summer?

- “I’m going skydiving!”
  - Kamayel Jelludi, Freshman, Biology

- “I’m going to the beach and swimming.”
  - Angela Vallecillo, Freshman, Biology

- “I’m graduating, so I’m excited to not be in class. I’m also excited for the weather.”
  - Lakendra McFadden, Senior, Child Advocacy

- “Being able to relax.”
  - Emily Neubauer, Senior, Psychology

- “I’m looking forward to having the whole house to myself and getting all of the sleep that I was missing out on this semester.”
  - Andrew Sigalias, Freshman, Undeclared
Adjudges: The Cash Cows of MSU

College jobs should improve conditions for adjunct professors

T he gradual increase in student enrollment has required additional tuition fees and lucrative opportunities for the administration at Montclair State University. For adjunct professors, however, the growing number of students and tuition fees do not mean an increase in their lower wages.

In the fall of 2014, student enrollment rose to 15,856 and with this rise in student demand and transfer and freshman students, Montclair State’s student population will continue to increase in order to meet the demand. In student enrollment should present itself as an opportunity to the adjunct faculty for better working conditions and salaries. Instead, conditions remain the same: part-time employment and no health and dental benefits. But wait. For $350, you can own a 12”x12” set of “Rand Paul Endorses Hillary Clinton for President” postcards, which feature a picture of Rand Paul’s face on a sticker; nothing catches the eye of rebels more than a little tattletale. Not to worry, this campaign has you covered. For your convenience you can purchase your official Paul merchandise at RandPaulStore.com and check out his board. But wait, if that’s not enough for you, you can maybe buy a full set of 100 “Rand Paul for President” postcards for $350. Because why not make a maximum contribution to the greater good of America and help Rand Paul win. It doesn’t matter to you, your main goal is to make the greater good of America better.

If you want to talk about changing for the better then you better pick up the latest news from the presidential campaign of the traveling President Obama, with candidates promising to provide voters the greatest show on earth—what the Pantsuits are trying. And all of the attention-grabbing and the crowds; the most interesting thing though all of them may just be Paul in his own little corner as the Libertarian ring leader.

In an interview with NBC’s Tapper, Rand Paul ended hisitti and his campaign to support Hillary Clinton after being in his foreign policy stance. Rand Paul consistently back-tracked on previous occasions he began dictating to her campaign. Paul thought it was a good idea and adding, “everyday Americans need a champion. I want you to know this, I support Hillary Clinton to be the Democratic nominee.”

One of the main arguments Rand Paul has been using to win an election is Democrat are concerned about electability to a fault. It’s why they nominated Alender Lindsey, who ran in the primary to challenge Mitch McConnell’s Senate seat in the 2014 primaries. And what happened? She got shot down in the polls. The Democrats opted for the establishment candidate and paid the price for it.

Rand Paul is running to face that same challenge. Like Clinton, Rand can run as an establishment candidate and no one even knows if you run on an independent ticket could possibly challenge her. If we learned anything from the Obama, then it’s that you can’t accurately predict what a candidate election when it’s more than a year and a half away. Hillary Clinton is their concern. The campaign has already begun, with candidates promising to provide voters the greatest show on earth—what the Pantsuits are trying. But will all of the attention-grabbing and the crowds; the most interesting thing though all of them may just be Paul in his own little corner as the Libertarian ring leader.

In an interview with NBC’s Tapper, Rand Paul ended hisitti and his campaign to support Hillary Clinton after being in his foreign policy stance. Rand Paul consistently back-tracked on previous occasions he began dictating to her campaign. Paul thought it was a good idea and adding, “everyday Americans need a champion. I want you to know this, I support Hillary Clinton to be the Democratic nominee.”

One of the main arguments Rand Paul has been using to win an election is Democrat are concerned about electability to a fault. It’s why they nominated Alender Lindsey, who ran in the primary to challenge Mitch McConnell’s Senate seat in the 2014 primaries. And what happened? She got shot down in the polls. The Democrats opted for the establishment candidate and paid the price for it.

Rand Paul is running to face that same challenge. Like Clinton, Rand can run as an establishment candidate and no one even knows if you run on an independent ticket could possibly challenge her. If we learned anything from the Obama, then it’s that you can’t accurately predict what a candidate election when it’s more than a year and a half away. Hillary Clinton is their concern. The campaign has already begun, with candidates promising to provide voters the greatest show on earth—what the Pantsuits are trying. But will all of the attention-grabbing and the crowds; the most interesting thing though all of them may just be Paul in his own little corner as the Libertarian ring leader.

In an interview with NBC’s Tapper, Rand Paul ended hisitti and his campaign to support Hillary Clinton after being in his foreign policy stance. Rand Paul consistently back-tracked on previous occasions he began dictating to her campaign. Paul thought it was a good idea and adding, “everyday Americans need a champion. I want you to know this, I support Hillary Clinton to be the Democratic nominee.”

One of the main arguments Rand Paul has been using to win an election is Democrat are concerned about electability to a fault. It’s why they nominated Alender Lindsey, who ran in the primary to challenge Mitch McConnell’s Senate seat in the 2014 primaries. And what happened? She got shot down in the polls. The Democrats opted for the establishment candidate and paid the price for it.

Rand Paul is running to face that same challenge. Like Clinton, Rand can run as an establishment candidate and no one even knows if you run on an independent ticket could possibly challenge her. If we learned anything from the Obama, then it’s that you can’t accurately predict what a candidate election when it’s more than a year and a half away. Hillary Clinton is their concern. The campaign has already begun, with candidates promising to provide voters the greatest show on earth—what the Pantsuits are trying. But will all of the attention-grabbing and the crowds; the most interesting thing though all of them may just be Paul in his own little corner as the Libertarian ring leader.
MASTER YOUR PROFESSION

Business
Master of Business Administration (MBA)

Education
Master of Arts in Education: Educational Leadership
Master of Arts in Education: Instructional Leadership
Master of Arts in Special Education
Master of Education in Educational Practice
Master of Education in Reading
with a NJ Reading Specialist Certification

Leadership & Public Administration
Master of Arts in Leadership & Public Administration

Health Administration
Master of Health Administration (MHA)

Counseling
Master of Arts in Counseling
Master of Arts in Clinical Counseling
Master of Arts in School Counseling

*Licensures and certifications also available

Open House
Saturday, April 25th
9AM • Hackettstown

CentenaryCollege.edu/Graduate
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 watch 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-dramas 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 on the often meandering daily activities of a fictional divorced father, which he had never attended before. As usual, things do not go like Louie 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 the coal mine of modern TV comedies.

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. Most TV studios feel constrained to situations they are thrust into, and the payoff is handled predictably. Most TV studios feel constrained to situations they are thrust into, and the result is a realistically awkward mess that makes episodes like "Pot Luck" not only funny but engaging as well.

Even when you can predict what the outcome to a situation is that makes episodes like "Pot Luck" not only funny but engaging as well.

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 watch 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-dramas 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 on the often meandering daily activities of a fictional divorced father, which he had never attended before. As usual, things do not go like Louie 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 the coal mine of modern TV comedies.

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. Most TV studios feel constrained to situations they are thrust into, 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 more of a 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," "Fiddler" 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 molds 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 the audience and dare to be different.

Louie’s antics are treated as normal human beings with realistic reactions here; instead, the characters feel like cartoon characters that are对照出 of a sitcom. Nobody feels more like real life than someone who takes my advice, you will watch a show that respects the audience and dare to be different.
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

World Premiere | April 16 – 19
Heidi Latsky Dance
Triptych
featuring the debut film of danceforfilm

Sneak Peek!
Thurs. April 16 | 6:00 p.m.
What Is Beauty?
Join Dr. Elaine Gerber, Associate Professor of Anthropology; MSU alum and tap dancer Evan Ruggiero; and Triptych dramaturg Stewart Schulman for conversation on rethinking how we judge physical appearance. Includes free snacks!

Sneak Peek!
Thurs. April 16 | 6:00 p.m.
What Is Beauty?
Join Dr. Elaine Gerber, Associate Professor of Anthropology; MSU alum and tap dancer Evan Ruggiero; and Triptych dramaturg Stewart Schulman for conversation on rethinking how we judge physical appearance. Includes free snacks!

No charge for undergraduates with valid MSU ID at Kasser Box Office

973-655-5112 | peakperfs.org
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 - 61 points
5. Liverpool - 57 points
6. Southampton - 56 points
7. Tottenham - 54 points
8. Swansea - 53 points
9. West Ham - 52 points
10. Everton - 47 points

NHL
Eastern Conference Playoffs
1. Bayern Munich - 70 points
2. Wolfsburg - 60 points
3. B. Moen. - 53 points
4. Leverkusen - 51 points
5. Schalke - 43 points
6. Augsburg - 39 points
7. Hoffenheim - 37 points
8. Borussia - 36 points
9. Bremen - 35 points
10. Dortmund - 35 points

Fussball-Bundesliga
1. Bayern Munich - 70 points
2. Wolfsburg - 60 points
3. B. Moen. - 53 points
4. Leverkusen - 51 points
5. Schalke - 43 points
6. Augsburg - 39 points
7. Hoffenheim - 37 points
8. Borussia - 36 points
9. Bremen - 35 points
10. Dortmund - 35 points

Barclays Premier League
1. Chelsea - 73 points
2. Arsenal - 66 points
3. Man. United - 65 points
4. Man. City - 61 points
5. Liverpool - 57 points
6. Southampton - 56 points
7. Tottenham - 54 points
8. Swansea - 53 points
9. West Ham - 52 points
10. Everton - 47 points

Barclays Premier League
1. Chelsea - 73 points
2. Arsenal - 66 points
3. Man. United - 65 points
4. Man. City - 61 points
5. Liverpool - 57 points
6. Southampton - 56 points
7. Tottenham - 54 points
8. Swansea - 53 points
9. West Ham - 52 points
10. Everton - 47 points

Barclays Premier League
1. Chelsea - 73 points
2. Arsenal - 66 points
3. Man. United - 65 points
4. Man. City - 61 points
5. Liverpool - 57 points
6. Southampton - 56 points
7. Tottenham - 54 points
8. Swansea - 53 points
9. West Ham - 52 points
10. Everton - 47 points

Barclays Premier League
1. Chelsea - 73 points
2. Arsenal - 66 points
3. Man. United - 65 points
4. Man. City - 61 points
5. Liverpool - 57 points
6. Southampton - 56 points
7. Tottenham - 54 points
8. Swansea - 53 points
9. West Ham - 52 points
10. Everton - 47 points
**WHO’S HOT THIS WEEK**

Lauren Guillen  
Softball

Guillen was at the top of offensive play this week, recording a home run, six doubles, 11 runs scored and four RBIs. She currently leads the team in batting average at .453.

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

---

**UPCOMING EVENTS**

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.
WHERE SUMMER IS YOUR CHANCE TO ADVANCE

REGISTER NOW FOR SUMMER SESSIONS

- May, June, July, and August sessions
- More than 800 courses
- On campus and online
- Undergraduate and graduate

View the course schedule online

Montclair State University
montclair.edu/summer
Montclair State won this game in five innings. Junior co-captain Brooke Powers allowed zero earned runs last week as Montclair State swept NJCU this series.

Melany Zeller led the offense with three hits and four RBIs. Rustemeyer and Davidson both had two hits with two RBIs and two RBIs, respectively. Ciacciarelli and Thomas both had two hits and two RBIs.

Mike Piumato  
Staff Writer

Montclair State 11

Montclair State swept this series with three wins and four losses. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.

Melany Zeller led the offense with three hits and four RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.

Mike Piumato  
Staff Writer

Montclair State 11

Montclair State swept this series with three wins and four losses. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.

Melany Zeller led the offense with three hits and four RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.

Mike Piumato  
Staff Writer

Montclair State 11

Montclair State swept this series with three wins and four losses. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.

Melany Zeller led the offense with three hits and four RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.

Mike Piumato  
Staff Writer

Montclair State 11

Montclair State swept this series with three wins and four losses. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs. Rustemeyer and Davidson both had two hits with two RBIs.