Montclair Center Wins Award
Jyarna Guggisberg
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 revitalization. Montclair’s own downtown area has been recognized as one of three Great American Main Street Award winners.

The LGBTQ Center Hosted Ally Appreciation Week
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 alliance. A table in the Student Center lobby was lined with rainbow-colored paper bands, 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.

“All 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.

Kindness Week Heads to Campus
Natalie Snyth
Staff Writer

Montclair State Health Promotion held the second annual Kindness Week in order to promote positivity, gratitude and give students some fun activities to enjoy and to help them de-stress.

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 action inspired an amalgam of different types of events, including tie-dying t-shirts, making kindness cards and giving to 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 incorporates 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

Montclair State students volunteered at First Ward Clean-Up event.
Peter Sheaver
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 80 students this year. Volunteers took part in cleaning up the First Ward, which is comprised of 10 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, Mount Hebron School, Mountainview Park, the Montclair Heights and Upper Montclair train stations, the Northeast School, Tuers Park, the Upper-Montclair Business district and Yantacaw Park.

This was third annual clean-up day, an event that continues to be more successful every year. Last year, around 150 participants attended the First Ward clean-up.

“I think that it makes an impact.” Clean-Up continued on Page 3

The LGBTQ Center kicked off a week of celebration to promote support of its community.
Photo courtesy of Josh McPherson.

Montclair continued on Page 4

News, p. 2

The Backbone of Residence Life
Service Assistants stand at the front lines of residential life.

Feature, p. 6

Professor Spotlight: Andrea Lieberman

Opinion, p. 11

Cops, Cams and Criminals
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.

Entertainment, p. 15
Dancing for Freedom: ‘Desert Dancer’

Sports, p. 18
Yogi Berra Museum Saving Face
Yogi Berra Museum added its newest exhibit.
Residence Life discusses the important role of Service Assistants.

The Backbone of Montclair State’s Residence Life

Residence Life is a crucial aspect of Montclair State University's campus experience. Within each residence hall there is a student-run staff that keeps things 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, said, “It’s an acquired skill that shows that you are safe and someone is safe is the key,” Mitchell explained. “It’s an acquired skill that shows that you are safe and someone is safe is the key,” Mitchell explained. “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 witnessing or in checking in another guest, residents come in contact with SAs the most. "We will interview a student at least five or six times in a day," said Delate. "They do the day-to-day operations."

Nicole Bachtel, 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 [as a student] run, I believe, makes the residents more comfortable," she said. The idea of employing student residents, rather than security guards seems like it could be a problem, but with the current methods of hiring, 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 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 trained to be working at 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 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 witnessing or in checking in another guest, residents come in contact with SAs the most. "We will interview a student at least five or six times in a day," said Delate. "They do the day-to-day operations."

Nicole Bachtel, 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 [as a student] run, I believe, makes the residents more comfortable," she said. The idea of employing student residents, rather than security guards seems like it could be a problem, but with the current methods of hiring, 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 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 trained to be working at any time they are scheduled.

Jessica Bachtel, a resident in Blanton Hall, shared her one semester experience working the early morning desk shifts. "I never felt uncomfortable working there," said Bachtel. "The staff I worked with are good people. 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."

-Miranda Mitchell works as a service assistant 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.

-Miranda Mitchell works as a service assistant 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. Whether someone is considering becoming a service assistant or for those who continue to keep residential life secure, "I thank them for their continued support," Delate concluded.

Pelican Police Report

Monday, April 6

N J Transit Parking Garage: Student @02:50 a.m. Blanton S, Alpha, N.J. was arrested and charged with possession of marijuana in a motor vehicle for his involvement in an incident that occurred within the parking deck.

Tuesday, April 7

CarPark Drive: Student Ahmed Mohamed, age 19, of Bayonne, N.J. was arrested and charged with possession of weapons and counterfeit funds after a motor vehicle stop. Mohamed is scheduled to appear in Little Falls Municipal Court.

Monday, April 13

Clare Road: Student Mund Abud Alshoms, 23, of Dumont, N.J. was seized and charged with possession of marijuana and possession of drug paraphernalia after a motor vehicle stop. Alshoms is scheduled to appear in Little Falls Municipal Court.

Anyone who has information regarding these incidents is urged to call the police station at 973-527-2777. All calls are strictly confidential.
events,” said Katie Gaffney, a junior Dietetics major and Health Promotions Assistant at MSU. “This is the time of year where 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-done, 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 Gaffney, 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 walked 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 just another way to connect with students where students often go: the Student Center,” said Bonato. “The event is meant to be more of a place 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 a good way 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 essential information through these events for any students who are interested.

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 smartphone or visit the Online Card Office website

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

www.montclair.edu/dining

@eatatmontclair

www.montclair.edu/dining

Montclair State Dining

Clean-Up: Students
Preserve the Community

Continued from page 1

Summer: Q & A Session
Continued from page 1

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.

Continued from page 1

The Montclarion • April 16, 2015 • PAGE 3

Summer and Winter Sessions Office hosted Claire Bonato, a sociology major, a Summer Sessions Q & A event last week in the student center. The event was intended to help students get the courses they need and want, and was a good way 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 essential information through these events for any students who are interested.
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 hometowns. “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 Sustainable 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 title only confirms that.”

OK, after the viewing 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 in a way that you can does pay off and an award proves it.”

In the future, Johnson as well and the hope is that with time more students will volunteer their time within their local communities as well as visit the beautiful downtown area as it becomes a campus environment that defines an ally, regardless of one’s self-identification. “This week, we hope that we mean to be an ally. Monday continued with a panel discussion on the importance of being an ally and being afraid of being labeled as one. ‘Being an ally is not 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 LGBTQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community. “This week asks students that exact question, ‘Why are you an active ally to the LGBTQ community?’” said Edwards. “By asking this question, we get to see why students, faculty and staff of Montclair State University are committed to creating a campus environment inclusive and supportive of people with varying sexual orientations, gender identities and gender expressions.”

Ally: Supporting Community

On Tuesday, allies were headed over to the Student Center lobby on Monday to take part in the Ally Project and Ally Pledge, where they signed their names on the pledge board and then on a colorful flag, which will be hung in residence halls, the University Police Department and downstairs in the Student Center. After taking part in the Ally pledge, students participated in and enjoyed different events to show what it means to them to be an ally. Monday continued with a panel discussion focused on the questions allies should and should not ask when identifying as LGBTQ. The day finished with RuPaul’s Drag Race, a competition between drag queens. On Tuesday, allies were given on the opportunity to de-stress through art. Wednesday began with Safe Space Training; participants in the program worked towards ending homophobia, biphobia, transphobia, transmisogyny and heterosexism while showing support for the LGBTQ community. Later that day, Dr. Fechner of University Reproductive Associates presented options to those interested in one day building a family.

The events continue Thursday with a Self-Expression Workshop, where students can express themselves through theatrics. On Friday, the events culminated to the biggest one yet the day of silence. “That is really hard [and] really emotional,” said peer educator Glenn Dungan. “It’s for remembering those who were lost.”

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

“For equality truly to hap- pen, it has to transcend the minds of those who don’t iden- tify,” Dungan said. “And to do this, the LGBTQ Center invites everyone to join us on these events as well as others that they host throughout the year. “This week, we are able to amplify the voices of the LGBTQ+ allies and cele- brate them,” Edwards said. “It’s for equality Appreciation Week or not, the LGT- IQ Center’s doors, located in Room 110 of the Student Cen- ter, are “always open” and stu- dents are welcomed to use them. This year, the LGBTQ Center invites all of Montclair State to participate in the rest of the events and to learn what it means to be an ally.
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
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 Basking Ridge, N.J. She’s been named 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. 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 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 intimidating 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 that 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 at FSL.

Lieberman overseas and implements many reward and recognition programs. “I send a daily newsletter that highlights our values and mission 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 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 a part of an exciting development of our School, but I love a feeling I won’t be gone for long,” said Lieberman. 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-serving portion size of meats and not to exceed it because of their healthy aspects. Proteins have calories like 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, and 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 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 and 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. I personally 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
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 SCHOOL YEAR! For more info email MontclarionAdSales@gmail.com or call Don Spielvogel 973-655-5237 or 215-860-5533.

Learn creative handwriting in the Montclair/Closter area. Fun, interesting and non-competitive. Don’t depend on the computer. Call Joan at (973) 279-7294.

Seeking warm, energetic, and reliable after-school driving/ baby sitter for kids ages 4 & 7 in Upper Montclair. 16 hours per week. Excellent references and clean driving record required. Email dogoodwork2@bnaikeshet.org with resume/experience.

Experienceed, energetic and reliable babysitters wanted for our 7 year old son in Nutley. Occasional afternoons/weekends $15.00 & up/hour. Contact Linda at lindaturiya@yahoo.com or call (973) 508-8969 (Leave a Message).

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

Babysitter wanted 3-4 hours a week to manage 3 kids 12/30/16-1/15/17 P.M. Mon.-Wed. Thurs. Looking for a “take charge” personality with previous experience. Non-smoker and fluent in English. Driving not necessary. Call Melissa (973) 707-6808 or Melissaidsen@gmail.com.

Seeking reliable, driving babysitter in Livingston for two young girls starting Jan 2015. Mon./Tues./Wed. Hours: 2-5:30P.M. Must hold valid drivers’ license & drive kids on occasion in your vehicle. Email Livingstonfamily2013@gmail.com with resume/experience.

For one sweet little boy age 10 months. Call Brooke at 631-327-5513. Paid intern needed for Montclair based Real estate marketing business. Excellent admin, HTML, social media (FB, You Tube, Twitter) skills a must. $18.00/hr to start. Raise on performance. Motivated and confident. Must have a car. Email Keerti.Friendinsd.LLC.com or call (973) 345-2822.

P/T & F/T - Little Angels School House of Chatham, NJ is looking for energetic individuals to work: Duties include implementing lesson plans for preschoolers, organizing/setting up classroom, cleaning/ supervising/ petty training. Contact Jade (973) 705-8030 or email ruman@littleangeshouseofchatham.com.

Do you miss languages when testing or Facebook chatting e.g., Ciao Ana, come stai? Wanna go to the mall? Or Pick me up cherez 2 min. in my car? Do you have FB, Twitter) skills a must. $15/hr to $20/hr will purchase your messages. Email Dr. Susan Stewart: Seltskllow@me.com for details.

Brin Kostel, Montclair seeks a leader for our wonderful Jewish Youth Program, to begin immediately. Contact RabbiAriann@bnaikeshet.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!!! $30/hour. Please note that this study is for adults. Current students of Dr. Howell are not eligible. The study title is “Acoustic of Linguistic Prominence” (Hill #001470).

Rooms for Rent

Save $80. Female students, grad. Summer or fall room rentals. June thru August or 2015-2016 school year. Furnished, across from campus. Interested in renting with others? please contact us at msu.prosody@gmail.com to sign up for a linguistic experiment. You will be recorded reading English sentences. We pay cash!!! $30/hour. Please note that this study is for adults. Current students of Dr. Howell are not eligible. The study title is “Acoustic of Linguistic Prominence” (Hill #001470).


Private room with bath for female. Near campus off Valley Road in Clifton. Available immediately. $550.00 per month. Contact Joan (973) 279-2944.

The Montclarion • April 16, 2015 • PAGE 9

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. 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 findings shared in international communities.

Campus Deadline to indicate intent to apply: by starting an on-line 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: dominguezd@mail.montclair.edu

The Montclarion • April 16, 2015 • PAGE 9

School Deadline to indicate intent to apply: by starting an on-line 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: dominguezd@mail.montclair.edu
UNIVERSITY CENTRE

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

Rates, fees, deadline, amenities & utilities included are subject to change. See office for details.
W

ile 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 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 court room 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 a 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.
Lance Daniel Falkenheim, a Columnist, is in his first year as a columnist for The Montclarion.

**Rand Paul Has It All… Or Does He?**

Liberatarian Republican candidate takes the presidential race by storm

Daniel Falkenheim, a Columnist, is in his first year as a columnist for The Montclarion.

**Don’t Play All Your Bets on Clinton**

Future primaries will challenge Hillary Clinton like they did in 2007

Daniel Falkenheim, a Columnist, is in his first year as a columnist for The Montclarion.

**Adjudgs: The Cash Cows of MSU**

Colleges should improve working conditions for adjunct professors

Daniel Falkenheim, a Columnist, is in his first year as a columnist for The Montclarion.
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 Detectives, we never 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 sitcoms (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 comedian, Louis C.K., edits, produces, writes, and stars in focuses the show, which C.K. devotes to attending a pot luck dinner, which is held for the parents of his daughter’s class 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 committed humor that has helped make this show a diamond in the 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 cliches and bringing a level of intelligence to its raunchiness that makes episodes like “Pot Luck” not only funny but engaging as well. Even when you can predict what the outcome to a certain scenario in this or any other episode of Louie is going to be, the payoff is handled 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 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 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. For all of the great 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 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 your funny bone to the point where it will need repair.
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

All Seats $20

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

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!

973-655-5112 | peakperfs.org

Alexander Kasser Theater

EXCLUSIVE HEIDI LATSKY DANCE Triptych

Thurs., April 16 7:30 P.M.

Stay for dessert with the performers and filmmakers at the premiere party after the show.

All Free for MSU Students!

Photo: Still image from film by Zachary Halberd.
Red Hawk Round Up

Women’s Lacrosse

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.

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.

Barclays

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. Manchester City - 52 points
9. West Ham - 43 points
10. Stoke City - 43 points
11. Crystal Palace - 42 points
12. Everton - 38 points
13. West Brom - 33 points
14. Bournemouth - 32 points
15. Wigan Athletic - 32 points

NHL

Eastern Conference Playoffs

New York Rangers vs. Pittsburgh Penguins
New York Islanders vs. Washington Capitals
Montreal Canadiens vs. Ottawa Senators
Tampa Bay Lightning vs. Detroit Red Wings

Western Conference Playoffs

St. Louis Blues vs. Minnesota Wild
Nashville Predators vs. Chicago Blackhawks
Anaheim Ducks vs. Winnipeg Jets
Vancouver Canucks vs. Calgary Flames

Fussball-Bundesliga

1. Bayern Munich - 70 points
2. Wolfsburg - 60 points
3. Borussia Moenchengladbach - 58 points
4. Leverkusen - 51 points
5. Schalke - 41 points
6. Augsburg - 39 points
7. Hoffenheim - 37 points
8. Eintracht - 35 points
9. Bremen - 35 points
10. Dortmund - 33 points
11. Koeln - 33 points
12. Hertha Berlin - 33 points
13. Mainz - 31 points
14. Freiburg - 29 points
15. Hannover - 29 points
16. Paderborn - 27 points
17. VfB Stuttgart - 26 points
18. Hamburger SV - 25 points

NBA

Eastern Conference

1. Atlanta - 49 GB
2. Cleveland - 46 GB
3. Chicago - 45 GB
4. Toronto - 41 GB
5. Washington - 38 GB
6. Milwaukee - 37 GB
7. Boston - 35 GB
8. Indiana - 34 GB
9. Brooklyn - 33 GB
10. Miami - 32 GB
11. Charlotte - 31 GB
12. Detroit - 29 GB
13. Orlando - 28 GB
14. Philadelphia - 27 GB

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.

Track & Field

On April 15, 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.

The Montclarion • April 16, 2015 • PAGE 17
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: 4×100, 4×400

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 @ Rutgers-Newark (DH) 11:30 a.m.

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

Softball
April 18 vs. Manhattanville College
3 / 4:30 p.m.

Unexpected 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 Jeni 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. Lindsey 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 warming 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.

“Grandpa 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.”

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

Sam Romano
Staff Writer

‘Saving Face’

The new exhibit at Yogi Berra Museum

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.

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

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

The new exhibit at Yogi Berra Museum

and Learning Center on campus reveals new exhibit

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.

“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.

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.

CURRENT STATS
- Runs: 35
- Hits: 34
- Home Runs: 3

CURRENT STATS
- Runs: 35
- Hits: 34
- Home Runs: 3

CURRENT STATS
- 400 Meters: 49.57
- 200 Meters: 22.75
- Team Events: 4×100, 4×400

Want to be a sports writer?

Cover all the touchdowns, goals, and everything in between.

Contact MontclarionSports@gmail.com for more information.
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
First Monte’ Scholarship Winners
Montclair State unveils scholarship at annual Alumni Rugby Game

Montclair State rugby club team and remained a huge supporter of the team when it was revived in 2017. “Monte lived for rugby,” said Donny Manau, the director of the men’s and women’s rugby team. “He would have been 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 a player was playing, he would always take change; he’d get all the guys together. I was so he’s looking down saying it’s a great thing.”

Of the $3,000 in scholarship, the winner of three scholarships awarded. First place received $1,500, second place received $1,000 and third place received $500. “Honesty, I feel honored to get the first one ever,” said Max Shirhall, who won third place received $500. “Honestly, I feel honored,” said Nick Pizzuta, the president of the rugby team, “especially since I was able to play in the alumni game against Heavy for the first time.”

Pizzuta was awarded the second place scholarship.

With the placement of the kick back further, teams would be more prone to attempt the two point conversion rather than the kick, thus adding to the suspense of the game.

According to Paolantonio, Seattle Seahawks coach Pete Carrol was noticeably vocal about eliminating the PAT altogether. As of last year, the PAT is the least watched part of the NFL game, so a change to the traditional format was bound to happen eventually.

The NFL began tampering with the PAT in the preseason of last year by placing the PAT in the 30-yard line, but abandoned the idea once the actual season started.

Many analysts voiced their opinions of the change. ESPN analyst Ryan Ruocco believes a kicker should not have the option to decline the PAT. 

“Definitely an honor,” said Nick Pizzuta, the president of the rugby team, “especially since I was able to play in the alumni game against Heavy for the first time.”

Picking the first winners of the Monte scholarship was no easy task. “It truly was a task,” said part of the people that read the applications and I really think highly of all the applicants,” said Joe Taranto, the coach of the men’s rugby team. “I asked not to decide because I like all of them. I think it’s a really wonderful idea and I think we have some outstanding young men in our programs.”

Two of Montecallo’s children, Scott and Jacky, were in attendance to see the scholarship commemorating their father being awarded for this first time. “We really want- ed this to mean something,” said Rob Montecallo. “It means a lot,” said Rob-

Montclair State rugby club team and remained a huge supporter of the team when it was revived in 2017. “Monte lived for rugby,” said Donny Manau, the director of the men’s and women’s rugby team. “He would have been 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 a player was playing, he would always take change; he’d get all the guys together. I was so he’s looking down saying it’s a great thing.”

Of the $3,000 in scholarship, the winner of three scholarships awarded. First place received $1,500, second place received $1,000 and third place received $500. “Honesty, I feel honored to get the first one ever,” said Max Shirhall, who won third place received $500. “Honestly, I feel honored,” said Nick Pizzuta, the president of the rugby team, “especially since I was able to play in the alumni game against Heavy for the first time.”

Pizzuta was awarded the second place scholarship.

With the placement of the kick back further, teams would be more prone to attempt the two point conversion rather than the kick, thus adding to the suspense of the game.

According to Paolantonio, Seattle Seahawks coach Pete Carrol was noticeably vocal about eliminating the PAT altogether. As of last year, the PAT is the least watched part of the NFL game, so a change to the traditional format was bound to happen eventually.

The NFL began tampering with the PAT in the preseason of last year by placing the PAT in the 30-yard line, but abandoned the idea once the actual season started.

Many analysts voiced their opinions of the change. ESPN analyst Ryan Ruocco believes a kicker should not have the option to decline the PAT. “Definitely an honor,” said Nick Pizzuta, the president of the rugby team, “especially since I was able to play in the alumni game against Heavy for the first time.”

Pizzuta was awarded the second place scholarship.

The Red Hawks hosted Bob Montecallo with their starting scholarship.

The Red Hawks hosted Bob Montecallo with their starting scholarship.