Montclair Center Wins Award
Javyna Gugliacci
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 renewing and rejuvenating themselves, becoming, even better than they once were.

To recognize the “exceptional Main Street communities whose success [serves] as an example for comprehensive, preservation-based community revitalization,” Montclair Main Street Center presents an annual Main Street Award winners. The clean-up took place from 10 a.m. to 2 p.m., which is comprised of 10 different locations. 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.

“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, Mountview Park and Lower Montclair train stations, the Northeast School, Tower 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 100 participants attended the First Ward clean-up.

“I think that it makes an impact for students to write their names on, as the Center’s peer educators wait for students to pledge to be an ally. On posters stating “I’m an LGBTQ+ ally because…” students chose sharpies 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 LGTBTQ but support the community. “It’s a really fun week of 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-dying 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

Montclair State students volunteered at First Ward Clean-Up event.

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 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.

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LGBTQ Center Hosts 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 allies. A table in the Student Center lobby was lined with rainbow-colored paper hands, LGBTQ pins and a board for students to write their names on, as the Center’s peer educators waited for students to pledge to be an ally. On posters stating “I’m an LGBTQ+ ally because…” students chose sharpies 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.”

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Kindness Week Heads to Campus
Natalie Smyth
Staff Writer

Montclair State Health Promotions 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 t-shirts, making kindness cards to all the attendees.

This simple activity inspired students who work for Health Promotions 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-dying 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

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Cops, Cams and Criminals
While police officers are constantly being placed in front of the media cameras lens, Rowan University’s police force is doing the opposite by stepping behind the camera.

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Dancing for Freedom: ‘Desert Dancer’

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Yogi Berra Museum Saving Face
Yogi Berra Museum added its newest exhibit.

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Summer Sessions Fast Approaching
Deanna Roos
Assistant News Editor

The Summer and Winter Sessions Office organized and hosted a Question-and-Answer Session this past Tuesday for students interested in taking courses this summer.

Representatives ran a table in the Student Center lobby from 11 a.m. and 1 p.m. where they provided a wealth of information for prospective summer students. Students who stopped by the table during that time were encouraged to ask any questions they might have about classes or courses. In addition, the representatives said that they were able to hear all the facts about this affordable and convenient option.

[The Q & A session] is a regularly scheduled event that has taken place for a number of years now. It is one way for us to get the word out to MSU students about the benefits of taking summer courses at MSU, said Dr. Fred Renato, Associate Provost for Academic Affairs. “The benefits are mak-
THE MONTCLAIRAN

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 expected 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 organization. Whether it is personally swiping in or 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 Barch, 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 [be] student run, I believe, makes the residents more comfortable,” she said.

The idea of employing students 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 Barch, a resident in Blaustein Hall, shared her one semester experience working the early morning desk shifts. “I never felt uncomfortable working there,” said Barch. “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.

When asked about the issue of time scheduling, Delate said there is a constant rotation of nightshifts. “It’s tough, but we try our best to fit it around their schedule,” he said. While there is the downside of shifting sleep patterns, there is also a sense of community and a sense of control that benefits the student-run organization.

Residence Life is currently deliberating the new additions it may be making 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 service 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

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 this area alive and well.

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

John Delate, Executive Director of Residence Life on campus, has been working in the Montclair State community for 19 months. With close to 300 residents and student staff members, Delate knows how crucial the job is. “[Service assistants] are the frontline of the organization,” said Delate. “We put a lot of trust in them.”

This trust, however, has been earned through their rigorous training sessions, where the students learn everything from working in a team environment to handling emergency situations.

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

Miranda Mitchell works as a service assistant in the digest. 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.

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Pelican Police Report

Monday, April 6

N) Transit Parking Garage: Student Ahmed El-Mehler, 19, of Alpha, N.J., was arrested and charged with possession of marijuana, larceny and theft. He was involved in a motor vehicle for his involvement in an incident that occurred within the parking deck.

Tuesday, April 7

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

Monday, April 13

Clare Road: Student Mubad Al- Jumah, 23, on Frelinghuysen Rd., N.J. was arrested and charged with possession of marijuana and possession of drug paraphernalia after a motor vehicle stop. Al-Jumah is scheduled to appear in Little Falls Municipal Court.

Anyone who has information regarding these incidents is urged to call the police station at 477-1400. All calls are strictly confidential.

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

The Montclarion willingly corrects its factual errors. If you think there is a mistake in a story, please call Editor-in-Chief Catherine E at ext. 5230.
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 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 arriving 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 would be whatever they wanted it to be, whether to smile at a stranger every day or not to take anger out on other people. The print was to remind oneself to take time to be kind. The banner is going to be hung in the Drop-in Center when complete.

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

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

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

Clean-Up: Students Preserve the Community

Continued from page 1

Students who are interested.

In addition to providing essential information for inquiring students, the Summer and Winter Sessions Office also distributes free summer session t-shirts 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. “The event is meant to be one where students can interact with Summer Sessions staff and ask any questions that may come to mind. Our goal is to help students get the courses they need and want, so it’s a good to hear from students as well. Events like the Q & A allow for that sort of interaction.”

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“At the moment, there are new flower beds blooming along with the mulch 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.

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Montclair: Downtown Wins
Continued from page 1

Given the amount of effort provided on behalf of the BID, its members as well as individuals within the community have thrived 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 sustainable business district,” said Lesa 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 award only confirms that.”

In essence, according to the Montclair Center Business Improvement District (BID), reconstructed downtowns in 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 means being afraid of being labeled LGBTQ,” Schneider said. “It’s about standing up for people.”

According to Brian Edwards, the program coordinator for the LGBTQ Center, a few things define an ally, regardless of sexual orientation, include believing that it is in their self-interest to align with LGBTIQ individuals and represent their needs. They also encourage others to advocate for the LGBTQ community. “This week asks students of our LGBTQ+ allies and celebrate them,” Edwards said.

To finish off the week, the LGBTQ Center invites everyone to join in on these events as well as others that they host throughout the year. “This week, we hope that we culminate to the biggest one we’ve ever had,” said the program coordinator, Glenn Dungan. “It’s for everyone to join in on these events and show what it means to be an ally.”

Ally: Supporting Community
Continued from page 1

Ally Pledge, where they signed their names on the pledge board and then on a colorful paper hands in celebration of the LGBTQ community. To show support, students 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 paper hands in celebration of the LGBTQ community.

To encourage others to advocate for the LGBTQ community, later that week, the LGBTQ Center organized an Ally Pledge, where they signed their names on the pledge board and then on a colorful paper hands in celebration of the LGBTQ community. To show support, students 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 paper hands in celebration of the LGBTQ community. To show support, students 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 paper hands in celebration of the LGBTQ community.
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 Kashier Contributing Writer

Photo courtesy of Samantha Kashier

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 hired as Director of Team Enrichment at Fellowship Senior Living.

Lieberman wasn’t looking for a new job; however, she was intrigued when a recruiter contacted her. She thought the interview process would be good practice. That recruiter said 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 hired her 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 intriguing 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 a cultural change that brings excellence in hospitality to the seniors and clients at Fellowship Senior Living. She also creates a warm, supportive environment for team members who work at FSL.

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

Lastly, she serves as a resource for the team members who may have questions about Fellowship Spirit. Lieberman believes this organization is a wonderful and inspirational place to work. “It was a fantastic decision and the organization is wonderful,” she said. Lieberman was glad that the recruiter found her and is glad that she accepted the position.

Lindsey Bednar, 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 makes 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 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, News and Public Communication and Organizational Communication. “I have loved teaching these courses because communication is my passion and the subject that fasci- nates 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 a 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.

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Clothes: Forever 21
Jewelry: Charlotte, boutique, NYC
Shoes: Call It Spring

While they’re definitely not necessary for spring, boots are a great way to get the look down the halls. If you’re capable of walking on them, or don’t mind learning how to get up and down a perfect time to start. Spring also means open-toed-shoes can come back out, which gives you a lot more options. Heels not only give you height, but they are also a confidence booster. Calling the jeans gives a fun look that’s more flattering than scrunch-up-a-denim that often happens with skinny jeans.

Overall: Tensilow Denim Top, necklace and shoes: Forever 21
Bracelets: Urban Outfitters

Skinny jean overalls are just as cute as shorts and are perfect for spring when it’s still a little chilly. If it’s a nice day, they’re perfect with a crop top, even a long-sleeve one. They also work well with sweaters or even a fun bodysuit. For shoes, go for flats or converse to keep the relaxed look. Calling the jeans gives a fun look that’s more flattering than scrunch-up-a-denim that often happens with skinny jeans.

Shirt: Joe Fresh
Jeans: HM
Hat: Zara
Scarf: handmade by grandmother

Overalls are just the ticket, such as Issey. They always give basic outfits really nice look, whether it’s jeans and a t-shirt or a denim and a cute top. They’re also great for keeping the extra out of your eyes. Try checking out thrift stores for hats that really give basic outfits a vintage look. Also, if your parents or older family members kept one from their college years, definitely wear them.

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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 proteins; 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 healthy choices, it is still advisable to stick to a three-ounce portion size of meats and not to overdo it because of their healthy aspects. Proteins have calories that are 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 proteins 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.
Lose That Weight
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 with friends at the beach. Everyone is ready to finish the semester and simply relax while tanning and having a cold drink or two. Now it’s time for everyone to start cutting down and look lean for the summer and show off those nice results you have gained. Here are some tips and advice that can help you reach your goal for Memorial Day and the summer.

First of all, many people have the misconception that you have to eat healthy in order to lose weight or maintain it. There is no doubt that you will see results by eating salads or fruits every day. On the contrary, you can also eat clean, as not 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. Powerlifting 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
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Rabbi Arianna at Long Term Care in West Orange needs a helper for 3 months. Will drive to 10 PM. Must have good driver's record. Email: rnuman@littleangelsschoolhouse.com

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Natifir family seeks P/T nanny for two kids age 2 & 7. Mon.-Fri., 4:00-7:30 PM. Pick-up from school, homework help & dinner prep. Email bitheasy@att.net

P/T Afternoon nanny in Montclair for one sweet little boy age 10 months. Call Brooke at 631-327-5153. Paid intern needed for Montclair home-based Real estate marketing business. Excellent admin., social media (FB, YouTube, Twitter) skills a must. $35/ hr to start. Raise on performance. Motivated and confident. Must have a car. Email Keniti.Friendi66LCC.com or call (973) 345-2822.

P/T & F/T - Little Angels School House of Chatham, NJ is looking for energetic individuals. Duties include implementing lesson plans with young children, preparing/setting classroom, petty training. Contact Jade (973) 705-8330 or email rmansfieldlittleangelschooathome@gmail.com

Do you miss languages when testing or Facebook chatting etc... Ciao Ana, come-si-a? Wanna go to the mall or Pick me up chances or just have good conversation? Jade (973) 705-8330 or email jadetoyou@gmail.com for more details.

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$15 per hour occasional sitter needed for 8 year old girl and 1 year old boy in Montclair. As needed/as available position. Must be responsible and reliable. Email: babysitter2016@gmail.com

Established local Pet Care Service is seeking a responsible & honest animal lover. Varied weekly hours, may also include some weekends, holidays & evenings. Must have reliable car. Good source of supplemental income. Email: nreichstein@gmail.com or call Mel (973) 632-2025. 9:00 AM-1:00 PM, Mon-Fri.

All About Cleaning New Jersey is looking for a student to clean every Thursday evenings. Must have reliable car. Good source of supplemental income. Email: janet@friendinneedLLC.com or call (973) 345-2822.

Babysitter wanted for kids ages 4 & 7 in Upper Montclair. 16 hours per week. Excellent references and clean driving record required. Email dogodogs266@gmail.com with resume/experience.

Experienced, energetic and reliable babysitters wanted for our 7 year old son in Nativity. Occasional afternoons / weekends. $15.10 & up/hour. Contact Linda at lindatalynyu@yahoo.com or call (973) 508-8889 (Leave a Message). A friend in need.

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

The university’s police department body camera mandate was inspired by the recently passed New Jersey state law that requires municipalities to fit their police vehicles or officers with audio-visual recording devices, which passed last fall after the shooting of Michael Brown in Missouri. 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 offer 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 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.
Adjectives: The Cash Cows of MSU

College fundamentals should improve conditions for adjunct professors

The gradudate increase in student enrollment has led to an increase in tuition fees and less lucrative opportunities for adjunct professors.

Daniel Boria, a columnist for the Montclarion, fought for the 2016 Libre Cambio campaign and for the rights of libertarians to be heard.

Hillary Clinton is their champion. She's not exciting the base. She's not the populist. She's not the authentic candidate for the working class. She's the establishment candidate. She's the candidate of the establishment. She's the candidate of the status quo. She's the candidate of the status quo, and that's why she's in the primaries.

The media assumed that she'd be the establishment candidate. She'll surely get the nomination to be the Democrat's candidate in 2016. She'll be the establishment candidate. She'll be the candidate of the status quo.

But with the growing number of low-paid adjunct professors at Montclair State, the university will continue to increase its reliance on adjunct professors in student enrollment. This presents itself as an opportunity to the adjunct faculty for better working conditions and salaries. Instead, conditions remain the same: part-time employment, no health insurance, and no full-time work. But with the growing number of low-paid adjunct professors, the university will continue to increase its reliance on adjunct professors in student enrollment.

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‘Louie’: Continuing Strong in Season 5

Nicholas Da Silva
Contributing Writer

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 find as many good comedies around in the same quality. Even high-quality sitcoms like Modern Family and The Big Bang Theory can have a lackluster episode every now and then. There is only one comedy on television right now that I can proudly put on the top tier of television shows (comedy or drama) produced in the last decade, and that would be Louie.

Genius comedian Louis C.K.’s often darkly hilarious comedy-drama loosely based on his stand up career and personal life as a divorced father is inarguably one of the most original and innovative 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 fictionalized version of the comedian which range from achingly funny to melancholic, but somehow manages to always result in a fascinating watch.

Having watched all four seasons of the series, I was eagerly awaiting last night’s premiere with assurance that no hater would be lost with the beginning of this fifth season, and it more than delivered the goods.

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

In order to do so, Louie decides to attend a pot luck dinner, which is held for the parents of his daughter’s class 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, thus they are thrust into 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. It stands as a very enjoyable episode, even if it is not quite on the level of classic episodes like “Come On C’Kid,” “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 intelligence and tickles your funny bone to the point where it will need repair.

For more reviews and news be sure to check out Dancing for Freedom: TV Review on theatrearts.org.

Photo courtesy of Wikipedia.org

‘Louie’ airs Thursdays at 10:30 p.m. on FX Network.
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. 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.
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Alexander Kasser Theater
Wednesday 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.

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.

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.

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

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<th>Barclays Premier League</th>
<th>Serie A TIM</th>
<th>NHL</th>
<th>Fussball-Bundesliga</th>
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<td>17. Hull City - 28 points</td>
<td>17. Atalanta - 29 points</td>
<td>17. VfB Stuttgart - 26 points</td>
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<td>20. Leicester - 25 points</td>
<td>20. Parma - 16 points</td>
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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.

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

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

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

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

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

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

One special mask has its own showcase. The mask belongs to Reto Berra, a professional Swiss goalie and current member of the Colorado Avalanche. While playing in the Swiss League and with the Swiss National Team in 2011 and 2012, he became fascinated with Yogi Bear 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.”
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Dan Falkenheim
Staff Writer

There were bodies colliding, spilled knees, bloody noses and people screaming “Punish them” from the side. No, this isn’t a war zone or some boot camp training exercise, but rugby.

However, like the military, rugby players share a unique brotherhood that isn’t commonly found in other sports. For many playing in the Montclair State club rugby team’s sixth annual alumni game, they were going into battle without one of their brothers-in-arms. This was the first year Bob “Monte” Montecallo wasn’t in the alumni game, after passing away shortly after the 2014 season.

April 30 marked the first time the Montclair State rugby club awarded their scholarship for players that displayed exceptional sportsmanship on and off the field. After the alumni game ended, a total of $5,000 was awarded to three separate players with Montclair State’s children in attendance.

Montclair state had short- ly after last year’s annual rugby game at the age of 58. Montclair State was an original member of the 1977

The Red Hawks honored Bob Montecallo with their first scholarship.

The alternatives that were being entertained in place of the PAT kick were to move the two-point conversion to the one-and-a-half or one-yard line. If the team did attempt the two-point conversion for one point, it would be from the 15 -yard line, making it an approximately 30-yard kick.

If the defense blocks the two-point conversion or the kick and manages to secure the ball, there might be more chance to get the ball back for a touchdown in that moment.

With the placement of the kick further back, 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 Paulantonio, Seattle Seahawks coach Pete Car- nel was noticeably vocal about eliminating the PAT altogether. As of last year, the PAT is the most reliable point source for managers to utilize as a team's sixth annual alumni game. They were in attendance to see the offends for 95 yards and comes within one point, but the offense had done.

The 2014 alumni game was the sixth year that the rugby team hosted the alumni game. Although MSU started relatively slowly, which cut the game short late, which cut the game short.

The front office and coaching staff were part of the people that Picking the first win- ners of the Monte scholarship was no easy task. “I, truthfully, was part of the people that read the applications and I really think highly of all the ap- plicants,” said Joe Taranto, the coach of the men’s rugby team.

“I asked not to decide because I think it’s a re- ally wonderful idea and I think we have some outstanding young men in our programs.”

Two of Montclair’s children, Rob and Jaclyn, were in attendance to see the scholarship commemorating their father being awarded for this first time. “We really want- ed them to know how much they were meant. It means a lot,” said Rob- bert Montecallo.

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