CENTRAL FOR CLINICAL SERVICES

Clinical Center Opens

Koeddi Shikir Contributing Writer

The Center for Clinical Services located next to Lot 60 opened its doors on Jan. 19 to provide training, research and community outreach for students studying child advocacy, autism and psychology. The building that stands at 147 Clare Road, formerly a truck parking site, now invites members of the surrounding community to take advantage of the specialized services they have to offer. One of the main focuses of the center is to create unity between the university and surrounding community.

Dr. Frederick Bonato, Associate Provost for Academic Affairs, gave The Montclarion an exclusive tour of the new facility. This child-friendly facility, which took nearly nine months to build, was specifically designed with state-of-the-art technology. The total cost for the project was approximately $10 million. The idea behind this facility was to add collaboration between different programs. Previously, they were spread out and not always talking to each other. Bonato mentioned, "Now that they’re together, you can see the natural collaboration. The psychologist can collaborate with the counseling people; the counseling people can collaborate with the autism folks. It’s amazing to see everyone working together in this facility already - it’s unique." Due to patient confidentiality, the building’s structure is split down the middle, in fractional parts. The Center for Clinical Services opened its doors to the public on Jan. 19.

UPD Identifies Alleged Harasser ‘Chuck’

Dana Jarvis Assistant News Editor

“Chuck,” the person who allegedly harassed a female student behind the Student Center last semester, has been identified as Chukwudi Igbokwe by the University Police Department (UPD). Igbokwe, a Montclair State student, allegedly approached the woman and asked for her phone number. When she declined and turned to walk away, he reported to UPD that he grabbed her arm to a final attempt to get her number.

After an alert email was sent to all students, several similar incidents were reported to UPD allegedly involving Igbokwe. Igbokwe received a citizen-on-citizen complaint summons for harassment on Dec. 16. This type of complaint is processed through UPD. However, it is specifically a charge pressed against an individual by another citizen. These types of charges against a suspect do not go against a suspect do not. ‘Chuck’ continued on Page 5

‘Green To-Go’ Provides Dining On-the-Run

Kristen Bryngle Editor-in-Chief

With Chartwell’s introduction of the Green To-Go food container service this week, gone are the days of students hiding and sneaking food out of Sam’s Place and Freeman Dining Hall.

Many Montclair State students have, at some point, found themselves running late on their way to class, work, an internship or appointment with little time to enjoy a sit-down meal at one of the traditional dining halls.

For several years, students have tried to get around this problem by taking food out of the traditional-style dining halls, Sam’s Place and Freeman Dining Hall, to eat on-the-go, since these eateries typically have ready-made food available to students throughout the day with little-to-no wait.

Montclair State did not previously allow students to take food items from traditional dining halls on campus. If a student tried to take food out of Sam’s Place or Freeman Dining Hall, he or she would often be barred at the door by one of the dining hall’s employees and asked to either finish the food inside or dispose of it before exiting. This policy led students to attempt all sorts of tactics for taking food out of the dining hall surreptitiously, from putting pieces of fruit or cookies in their pockets, to wrapping whole sandwiches or bagels in napkins and wax paper to take to class, to the ever-popular strategy of having a friend be on the lookout for the perfect opportunity to make a speedy exit without being noticed by any of the employees in the dining hall. This program offers take-out as an option at the dining hall for the first time since the creation of Sam’s Place in 2011 and renovation of Freema Clinical continued on Page 4

Dining continued on Page 5

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Filmmakers Discuss Italian Immigration

Currently, there are 1.5 million Italian-Americans living in the United States.

- Dr. Tessa Foye, Issora Chair

Policeman Police Report

Saturday, Feb. 6
Lot 22: A student reported an incident of a theft of a motor vehicle. This case is under investigation.

Sunday, Feb. 7
Bahn Head: Student Jade Phan, 18, of Hillsborough, N.J. was charged with under consumption of alcohol. Phan is scheduled to appear in Clifton Municipal Court.

Sunday, Feb. 7
Morehead Hall: A non-student reported an incident of criminal mischief in the area near the building. This case is under investigation.

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

Michael Wright
Contributing Writer

Dr. Tessa Foye, the Issora Chair, along with UNICO National, was to host a documen-
tary filmmakers John Maggio and Christian Piazza and film-
maker-photographer Michele Petrazziello to discuss past and present Italian immigra-
tion to the U.S. through ex-
ceptions of their films as well as a photo exhibit, on Monday, Feb. 8.

According to the speakers, Italian immigrant parents met transitional problems when they first arrived in America. They described how the way American teachers were try-
ing to convince the students that their culture was not the ideal way of life in America. They were trying to encourage them to abandon their percep-
tions and adapt to a new way of life if they wanted to be ac-
cepted into mainstream so-
CIETY. However, the first genera-
tion of Italians didn’t convert to the American way of life, but continued practicing their own cultural values. In fact, they didn’t believe that the American lifestyle was suf-
cient for them. They were
strong believers in carrying on their own religious and cultural practices and were finally allowed at the end of the 19th century by American main-
stream society.

“This waiting, there are 1.5 million Italian-American

living in the United States.”

- Tessa Foye, Issora Chair

was the largest in the country. Italian immigrants had com-
mon motives for leaving their home areas – they not only desired new opportuni-
ties in America so they could take care of fami-
lies, but they also desired to live in Italy in their
acity and these new-found funds allowed them to travel back and forth as well.

Today, the younger genera-
tion’s reason for migrating to America is for the sole pur-
pose of finding employment opportunities. Italian immi-
greatly to live out their
dreams and ambitions and America is the ideal place for them to do it.

Both movies that were fea-
tured, Maggio’s “The Ital-
ian Americans” and Piazza’s “WAITING,” contrasted past and present Italian immigrants and were based on Italian cul-

ture. Maggio’s film, which was a PBS documentary, pic-
tured the productivity of Ital-
ians in America and painted a picture of mainstream Italians in America today.

“I thought it was interesting. It gave perspective on past and present day Italians,” said Lindsey O’Brien, a sophomore communication major, when talking about the exhibit. “I thought it was a great match,” said Ashley Espinoza, a freshmen student. “It gave examples of what it went through.”
Day of Unity Captures Campus Stories

Dr. Karen Pennington, Vice President of Student Development and Campus Life, chose the message, “I have an idea.” She explained that the faculty members who work alongside her suggested this phrase since it “empowers their problem-solving, process and they hear the phrase coming from her mouth often.” She said, “If I have a story to share or just don’t reveal them, it’s much and hug too little, break promises, miss deadlines, drive like a jerk or get nothing accomplished on my to-do list. “It wasn’t merely a shameless self-promotion and Campus Life, Dr. Karen Pennington, Vice President of the Student Government Association, chose his statement to make other members of the LGBTQ community on campus feel comfortable to come to the event and tell their stories as well. “It wasn’t merely a shameless effort to get people to utilize Dear World during their time here,” Jones-Rust said. “Being transgender is an enormous part of who I am. It has opened up many opportunities for me, despite some people viewing it as a negative thing, despite people feeling sorry for me, despite everything — being transgender has made me stronger. I acknowledge that every day.”

Rajon White, a senior and the President of the Student Government Association, chose the message, “Faith is an anchor.” He spoke of life’s struggles and the tears that he has faced, just like every human being. He said that his “willpower to roll with the punches and keep pressing forward” was put to the test. “When I think about how was able to move forward, I credit faith as being that factor to keep me focused,” White said. “When I felt alone or abandoned, I knew that my faith in God, humanity and love was always present. I believe that God created me for a reason and I have a purpose.”

Fatima deCarvalho, Associate Dean of Students, chose the message, “Some run their mouth, I run my business.” She first heard this saying from Margaree Coleman-Cartter, the Dean of Students, and it “resonated” with her. “In life, you will meet many naysayers and people with opinions and suggestions on what you should do or how you should handle situations,” said deCarvalho. “If allowed, they can veer you off your path. I chose to allow others to have their say, but at the end of the day, I will always focus on the good, the task or the job at hand and completing it to the best of my ability.”

Julie Fleming, Associate Director of Student Involvement, chose the message, “Choose authenticity.” She explained that being true to oneself is “the silly little person.” Fleming continued, “After years of pretending to be someone I’m not, I’ve decided to be happy and doing things to please other people. I am choosing authenticity for myself and the people I surround myself with. I am working on being who I really am in all facets of my life.”

Shane Jones-Rust, a Junior English Major, wrote the message, “Trans is beautiful.” He chose to be photographed shirtless, exposing his chest compression binder and wrote his statement to make other members of the LGBTQ community on campus feel comfortable to come to the event and tell their stories as well. “It wasn’t merely a shameless effort to get people to utilize Dear World during their time here,” Jones-Rust said. “Being transgender is an enormous part of who I am. It has opened up many opportunities for me, despite some people viewing it as a negative thing, despite people feeling sorry for me, despite everything — being transgender has made me stronger. I acknowledge that every day.”

Tara Zurlo, Director of Academic Success and Retention Programs, chose the message, “Learning to love the parts that no one else loves.” Originally by Rudy Francisco, these words remain a constant challenge for Zurlo and push her to love every part of herself every day. “It hits me in the gut every time,” she said. “It challenges me to think about the times I’m jealous, moody, vindictive, judgmental or exhausted; the days when I feel joy and完成它 to the best of my ability.”

Captain Kieran Barrett of the University Police Department chose the message, “Victims become survivors.” He explained that this truth was something he learned many years ago, during his early years as a U.D.P. detective. He was investigating a sexual violence case and he had deemed the investigation as one that was “too difficult” and the victim as one that was “too optimistic.” After he had concluded that he was too busy that every day.”

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Council Proposes Student Rights

Deanna Rosa
News Editor

The Academic Affairs Council at Montclair State, led by Johnathan Cutler, associate professor of mathematics sciences, presented a working list of “Student Rights and Responsibilities within the Institutional Context” to the University Senate on Jan. 20. The council developed this 11-point list “as the interest of enhancing the quality of student life and of maintaining excellent relationships between students and course instructors,” according to their draft. The drafting of this list was approved by the University Senate, which is comprised of 37 voting members and 22 nonvoting members, it moves along to the provost, who will decide what to do with it from there.

At the last senate meet-
ing, the members deliberated over the language of the list of rights and responsibilities, which has been in the works for over a year.

1. Students and course instructors are responsible for treating each other and everyone else in the MSU community in a dignified and respectful manner that is wholly free of discrimination based on race, religion, gender, sexual orientation, national origin, an-

2. Students have the right to a course outline describing required assignments, evaluation procedures, attendance policies, and grading policies. If alter-

3. Students have the right to a full course of instruction through the University. Class periods, lab and recitation should be held for the prescribed length of time and/or the prescribed amount of time. Students are responsible for understanding and adhering to the attendance policy for each of their courses.

4. Students have the right to mobile and stable cell phones and laptop computers. The University is not responsible for their protection.

5. Students have the right to notification by course instructors as early as possible. It is recommended that course instructors devise a word for communicating with their students. Students have the right to be more than one class. Students are responsible for notifying faculty members in advance of pre-

6. Students have the right to an assignment, deadline, or exam to the course outlines, which will be graded and returned to students at least several days before the final due date. Exams are given without academic withdrawal of academic penalty. Students are responsible for not missing class the day they are required to take the exam, and for following the University’s academic withdrawal policies. Students are responsible for understanding and adhering to the attendance policy for each of their courses.

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Clinical: Joining Students and Community

Continued from page 1

"Montclair State students are given the opportunity to implement what they learn in the classroom and work hands-on with children seeking counseling."

- Dr. Frederick Bonato, Associate Provost for Academic Affairs

which one half is restricted to the facility, as it

Children can play in the waiting room before their appointments.

Steven Casamento, a graduate assistant at the Center for Autism and Early Childhood Mental Health, is one of the graduate students working in the new clinical facility. A lot of his involvement includes observing for different projects, such as how professional development affects child outcomes. During his first day at the Clinical Center, Casamento expressed high hopes for the new center. He said that he is “looking to gain experience in the field backed by so much research.” He continued, “Having the Clinical Center gives me the opportunity to gain experience in the future as a counselor.”

Nine spacious classrooms are also part of the new cen-

"What I like about the center is that it’s so convenient," said Bonato. "The idea, once we have our open house, is to make strong ties within the community. Certainly [commu-

Molly McNulty is the associate director of the Center for Autism and Early Childhood Mental Health.

The Montclarion
“They waste a lot of food [at Sam’s Place] and have over the years. Why waste that much food if you can take it out?”

- Ryan Mortford, resident

man Dining Hall in 2012.

How It Works

According to an informa-
tional email, employees at Sam’s Place and Freeman Din-
ing Hall will now ask students who have meal plans through Dining Services whether they want to eat on or take out when they enter the facility.

Students who want to take food out will be given a plastic, green container from a Green To-Go station, which they can fill up with the food that they want to take away.

It’s not enough for students merely to take the contain-
ers and leave, however. They also have to return the green to-go boxes to the dining hall the next time that they come and lightly rinse them before

Returned containers will then be washed thoroughly by staff and reused.

Any students who fail to return their containers by the end of the semester will be charged $5.

Why Introduce Green To-Go?

Montclair State Dining Ser-

vices, in a frequently asked questions pamphlet, listed convenience and sustain-

ability as the major reason-

ing behind the new program. Students have long wanted to take food out of the dining halls when they are in a hur-

ry and this option will finally

allow students to take items

freely from the dining halls.

Additionally, since the con-

ainers are reusable, they can

reduce the amount of waste

that might be used if the uni-

versity were to provide Sty-

rofoam or paper products to

allow students to take items

from the dining halls.

Student Response

Resident students Zach Hadekian, Nic Zarno, Ryan

Mortford and Bunmi Toyosi

all agreed that allowing stu-

dents to take food out of the
dining halls via Green To-Go

was a much-needed and long-

awaited addition to dining on

campus.

They waste a lot of food and have over the years,” said Mortford about dining at Sam’s Place. “Why waste that much food if you can take it out?”

Mortford also recalled “get-

ting yelled at” for taking food

out of the dining halls in years past and was happy to know that this will no longer be a problem at the traditional din-

ing halls.

“It’s very convenient for people who don’t live in Ma-

chuga [Heights],” said Toy-

o.

“If it’s snowing, they can

bring food to their rooms and

not be hungry at night.”

Chuck: Student Awaits Court Date

Continued from page 1

through the department sys-

tem, but this person is not

formally charged by the state.

Igbokwe is still required to ap-

pear in court in order to deal

with the repercussions of the

charges pressed against him.

He is set to appear in Lit-

tle Falls Municipal Court on

March 30. Captain Kieran Bar-

nett, spokesperson of UPD, said he was told that Igbokwe will maintain his innocence.

Igbokwe is being represent-

ed by Fava Law Firm. Charges

are still pending, according to Igbokwe’s lawyer, who re-

fused to make any comments about his case.

Barrett said about the string

of reports that “all were simi-

lar in nature in that the suspect

was harassing female students

by persistently asking for con-

tact information, refusing to

let them leave and, at times,

demanding that they put his cell number in their phones.”

The names of the other students involved in these

incidents, as well as the one occurring on Dec. 2, will not

be released due to the victims’ right of privacy. Victims have the right to press charges even after an incident has taken

place. UPD advises anyone who feels threatened in any

way to file a report.
Shuttle Services: The Name Behind the Wheel

Deanna Rosa
News Editor

If you’ve ever ridden Bus 18 from the N.J. Transit shuttle to University Hall, chances are you’ve met Yvonne Bell — and if you’ve even exchanged more than a few words with Bell, chances are you haven’t forgotten her.

Distinguishable from the other drivers by her striped, knee-high leg warmers which make their appearance on cold January days, the Newark native stands out from the crowd like her coat of white eyeliner that sparkles against an otherwise bare face. A similar sparkle brightens her eyes when she tells stories about the students who shuffle around campus every day. “I think I inspired her,” Bell recalled as muffled sounds resonated from the mechanics in the garage outside the office walls.

She was remembering a girl she used to see regularly, back when Montclair State housed students in La Quinta Hotel on Route 46 and Bell drove the shuttle route there and back. This frequent passenger was noticeable depressed and Bell — a 51-year-old driver at Montclair State — isn’t all too fond of that. “I just saw the life come out. I think I inspired her,” she paused and furrowed her brow, determined to remember every detail. “And Ireland? She’s going to Paris, London, Denmark — "Bell said, “and how she’s going to do it?”

“Once you reach a certain age or maturity, you learn to overlook people because you have to,” she said, echoing the same lessons of forgiveness that she taught. “And you pray for them — that’s the key — you pray for them.” She also mentioned occasionally receiving such occasions gestures as the middle finger, her casual smile all the while evidencing the way she lets those things roll off her shoulders.

Along with dodging offensive behavior, Bell’s daily routine includes maneuvering through tight turns, avoiding traffic jams and battling the various mechanical issues with- in the shuttles. “I don’t think they’re designed for here,” Bell continued the story with a sigh of resignation, “she couldn’t understand, so I just drove off.”

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Ayla Gentiletti  
Contributing Writer

“Gluten-free.” It’s a label that can be seen everywhere nowadays, including restaurant menus, grocery store shelves and even at the Sam’s Place dining hall. But what does “gluten-free” really mean?

For starters, gluten is the name given to the mixture of proteins found in wheat, rice and barley. These proteins act as a binder and hold foods together, giving them their shape and texture.

Gluten can be found in a multitude of nutritionally dense foods — mostly whole grain products — that have healthy attributes like fiber and B vitamins. However, for the 1 percent of Americans suffering from celiac disease, consuming gluten can have serious consequences.

Celiac disease is an immune reaction to eating gluten. Over time, the immune response to eating gluten causes damage to the small intestine’s lining and prevents the absorption of some nutrients. When those with celiac disease consume gluten, they are faced with severe pain in the abdomen and joints, gastrointestinal distress, fatigue and possibly even anemia.

Avoiding gluten is necessary for these individuals. It is not a weight-loss strategy or a healthy choice — it’s a mandatory one. And while the gluten-free craze has provided more food options for those with celiac disease, it has also become one of the biggest fad diets of this decade.

If you do not have celiac disease, avoiding gluten may be a poor diet choice. While gluten itself does not have any special benefits, many of the foods containing gluten are also rich in vitamins and minerals like B vitamins, iron, calcium and fiber. In the context of a healthy diet, these products have been shown to lower the risk of heart disease, Type 2 diabetes and some cancers.

In addition to being more expensive than their gluten-containing counterparts, gluten-free replacements — like bread and snack foods — oftentimes contain increased saturated fat and overall calorie content, meaning if you eat a “gluten-free” dessert, this choice is not necessarily the more nutritious one.

The moral of the story is, if you think you have celiac disease, see a doctor. It can be difficult to self-diagnose and is best tested under guidance of a healthcare professional. If you do not react to gluten, there is no reason to avoid it. Making a healthy lifestyle change does not involve alienating any one food group, but learning to incorporate a variety of foods into your diet in a healthy and balanced way.

Don’t Be Afraid of Fat

Michelle Paushal
Contributing Writer

If you were looking into nutritional trends 10 years ago, the assumption that consuming fat is bad for you would have been circulating in discussions of health.

However, in the last five years, those myths have changed and now we’re hearing that we should eat fat because it is good for us and consuming a high-fat, low-carbohydrate diet is the way to go.

Clearly, all this fat talk can get pretty confusing and with society constantly changing its mind about how much fat we should consume, how do we know what we should do? Here are a few facts and tips to help you navigate your way through this fat debate.

First, we need to know what a fat is. Fat is one of the three macronutrients, the others being carbohydrates and protein. There are two main types of fat, saturated and unsaturated.

Saturated fats are foods such as butter, whole milk, meat, vegetable oil, fried foods and frozen foods. Consuming high amounts of saturated fat has been linked to heart disease. We should only consume less than 10 percent of saturated fats in our diet because they raise our bad cholesterol (LDL) and lower our good cholesterol (HDL).

Unsaturated fats are foods such as olive, canola and soybean oils, as well as avocado, walnuts and cashews. Unsaturated fats are good for your body and help maintain cholesterol levels. They give you energy and help keep your body properly functioning. It is recommended to consume no more than 30 percent of unsaturated fat in our diet.

Now, let’s break this down even further. Unsaturated fat can be separated into categories: monounsaturated fat and polyunsaturated fat. These are both essential for our body and help us live.

Monounsaturated fats help us lower that bad cholesterol and raise our good cholesterol. These are found in plant foods and oils.

Polyunsaturated fats contain omega-3 fatty acids and omega-6 fatty acids. These fatty acids build healthy cells and maintain brain and nerve function. Consuming polyunsaturated fats has been linked to lower the risk of heart disease, Type 2 diabetes and brain diseases.

As college students, you may not be thinking too much about heart disease or diabetes, but it may run in your family. Consuming unsaturated fats can help lower your risk of these health conditions in the future, so make the decision now to try to eat them daily.

Today, there are many different types of diets out there today such as paleo, high-fat, low-carbohydrate vegans, high-carbohydrate diets and non-fat diets. Thus, there can be some confusion about how you should eat. We’ve learned that consuming fat is essential for our bodies and helps us live, so that doesn’t mean that you should start eating all the bacon and butter you want. Consuming the right kinds of fat, such as unsaturated fats, as well as in the right amount, is the most important thing.

If there is one thing you should take out of this, I urge you not to fear fat. Healthy fats are great for your body and incorporating them into your diet will benefit you now and in the long run.

How Gluten-Free Stacks Up

This Week’s Guide To Eating Healthy

Ayla Gentiletti  
Contributing Writer

“Gluten-free” really mean?

For starters, gluten is the name given to the mixture of proteins found in wheat, rye and barley. These proteins act as a binder and hold foods together, giving them their shape and texture.

Gluten can be seen everywhere nowa-
STUDY ABROAD UPCOMING SCHOLARSHIP DEADLINES

GLOBAL EDUCATION SCHOLARSHIPS SUMMER PROGRAMS
THE MARGARET B. HOLT SCHOLARSHIP PROGRAM
MARCH 1st
BECKER-KEENEN-MOORE-UHIA WALLER SCHOLARSHIP
MARCH 1st
ANITA MAESTRO UDIEL SCHOLARSHIP LANGUAGE MAJORS
MARCH 1st
FREEMAN-ASIA SCHOLARSHIP SUMMER
MARCH 1st
BENJAMIN A. GILMAN INTERNATIONAL SCHOLARSHIP
MARCH 1st
CEA SCHOLARSHIP SUMMER
MARCH 15
SACI SCHOLARSHIP FALL
MARCH 15

DELTA PHI ALPHA GERMANY STUDY ABROAD SCHOLARSHIP
MARCH 15
NATIONAL ORGANIZATION OF ITALIAN AMERICAN WOMAN SCHOLARSHIP
MARCH 31st
FREEMAN-ASIA SCHOLARSHIP FALL
APRIL 1st
SIT SCHOLARSHIP SUMMER
APRIL 1st
CEA SCHOLARSHIP FALL
APRIL 15th
ISA SCHOLARSHIP FALL/ACADEMIC YEAR
APRIL 30th

For more scholarship information: http://tiny.cc/j4b08x

STUDY ABROAD UPCOMING SCHOLARSHIP DEADLINES

There is Still Time to Apply to Study Abroad

SUMMER, FALL, AND ACADEMIC YEAR APPLICATIONS ARE DUE MARCH 1ST!

Interested in getting a better insight on studying abroad?

Weekly Study Abroad Information Session
Every Wednesday at 2:30pm
Student Center Room 415
Walk-ins welcome, RSVP is not necessary

Global Education Center
Student Center Annex Room 207
http://www.montclair.edu/global-education/study-abroad/outgoing-students/
Desiring a student for part-time work. Able to work after school and on weekends. Familiar with MS Office and/or Google plus. Responsibilities to include filing and picking up for the office, helping with event planning, and managing the social media accounts. Must have a clean driving record and be available to work 2-3 hours per week. Over the summer, the ability to work more hours. $15-$20 per hour. Email: office@absolutions.com or call 973-992-4705.

Looking for a Montclair student to drive 5 year-old boy home to his Montclair home (1/2 mile from home), evenings 5 – 7:30 pm. We need someone from 5:00 – 7:00 pm to pick-up from school, light homework help, & serve dinner. 20 hrs/week. We are flexible with start times and days of the week. Pay is $15-$20/hr. Email: xiongiue@yahoo.com or phone: (973) 838-3752.

Seeking warm, kind, responsible person to care for my 7 year-old girl & 3 year-old boy. 28 hrs / week, Mon – Thurs, 8 am – 11 pm. Duties include school pick-up, supervising homework, preparing snacks / limited cooking, playing games and helping with limited cleaning. Must be able and comfortable with pets and the ability to attend occasional offsite events. Preferably someone who enjoys working with children and is outgoing and fun. All great references. $15-$20 per hour. Contact: Josie at 973-616-3233 or josie@myemail.com.

Looking for a Montclair student to drive 5 year-old boy home to his Montclair home (1/2 mile from home), evenings 5 – 7:30 pm. We need someone from 5:00 – 7:00 pm to pick-up from school, light homework help, & serve dinner. 20 hrs/week. We are flexible with start times and days of the week. Pay is $15-$20/hr. Email: xiongiue@yahoo.com or phone: (973) 838-3752.

MONTCLAIR - IMMEDIATE OR NEW YEAR. Salary is $15.00/HR. If you are interested, please contact us at: 973-495-8599.

Looking for an energetic, creative & reliable sitter for my 2 elementary age children in Pompton Plains. Requires home-school pickup and dropoff, evening playdates and weekend availability preferably but won’t rule out evenings. $20-25 HR. Email: betholudek@yahoo.com or text: (832) 264-8117.

SEEKING MSU GRAD STUDENT FOR P/T NANNY, MFX ACADEMIC - IMMEDIATE. Must have strong academic background with a focus in business studies and a strong understanding of the role of communications in the corporate world. Must be available to work approximately 15 hours/week. $15 per hour. Email: Psolly08@gmail.com or text: (973) 992-0543.

Looking for help with my 2 boys (17 months & 2-1/2) in Montclair. The toddler is in preschool 8:30 am – 1:30 pm. The older boy is in school 8:00 am – 3:00 pm. Duties include school pickup, supervising homework, preparing snacks / limited cooking, playing games and helping with limited cleaning. Must be able and comfortable with pets and have the ability to attend occasional offsite events. Preferably someone who enjoys working with children and is outgoing and fun. All great references. Pay is $15-$20 per hour. Contact: Josie at 973-616-3233 or josie@myemail.com.

MONTCLAIR Dispatch’s editorial team. Applicants must be over 21 and current Montclair students. Must be able to produce artwork they are proud to walk away with. This is a part-time, remote work position. $15 per hour. Email: Psolly08@gmail.com or text: (973) 992-0543.

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$30-$40.00 / HR, DJ / MC MOBILE

We operate as a purpose-driven organization with relevant community & to the cause of environmental conservation. This is an after-school, evening position. A college graduate in Environmental Science or Biology is preferred but security in the field will be considered. Responsibilities include event planning, managing content (website, social media, and email communications), project management, organizing offsite events, and other related duties. Experience preferred with Hootsuite, WordPress and/or Joomla, and Photoshop a plus. Send your resume to: info@absolutefishinc.com with subject line: Application – Advertising.

LIFE SCIENCES–AQUACULTURE / TRAINING AQUARIST

Absolutely Fish Inc. is a national leader in the sales & service of live tropical fish (freshwater & marine). It has been recognized as a leader in the industry for its excellent customer service and cutting-edge selection. We are looking for a trainee who can become a full-time employee who can help us grow our business. Responsibilities include stocking, customer service, sales, pet care, event planning, managing content (website, social media, and email communications), and organizing offsite events. Experience preferred with Hootsuite, WordPress and/or Joomla, and Photoshop a plus. Send your resume to: info@absolutefishinc.com with subject line: Application – Advertising.

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LADIES LIVING ROOM - HOUSE FOR LITTLE FALLS

2,3,4 & 5 Bedroom Homes $1,500-$1,700. Rooms Available Mon-Thur. $350-$500. Inquire about our special summer rates. Call: 973-494-9595 or 973-992-5096.

SQL Server 2008, SSIS 2008, SQL, Informatica, Oracle, Tableau, Crystal Reports, Qlikview, and MS Excel is required. Knowledge of SSIS, SSRS, and SSAS is preferred. Experience with Hootsuite, WordPress and/or Joomla, and Photoshop a plus. Send your resume to: info@absolutefishinc.com with subject line: Application – Advertising.

61-20/25ERRY ST TOWER 

$5000-$6000 / MONTH

A 4 bedroom (1BD-3BD) in Montclair

$3000-$4000 / MONTH

Available Mid March 2015. Kitchen, living room, dining room, two full baths, washer, dryer, and garage. Rent includes heat, electric, cable, phone and water. Walking distance to Montclair train station, parks, shops and restaurants. Utilities, Internet, and cable are included. Owner pays all utilities and maintenance. Utilities include: electric, water, gas, cable, and internet. Condo fee includes: exterior insurance, trash pickup, snow removal, and pool maintenance. Condo fee is $400.00 per month. Call: 973-494-9595 or 973-992-5096.

OR CONDO (CLOSE TO TRAIN)

$4900 / MONTH

Available March 2015. 2 bedroom 2 bathroom. Kitchen, living room, dining room, washer, dryer, garage. Rent includes heat, electric, water, and cable. Utilities, Internet, and cable are included. Condo fee is $400.00 per month. Call: 973-494-9595 or 973-992-5096.

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LIVINGSTON

$15-20 / HR, BEFORE or AFTER SCHOOL, DRIVING SITTER, 6-8 hours per day 7am-8:30 am (drop off at Laning Ave School). You must have a valid driver license, be able to work mornings every Mon – Fri, we need someone from 6:30 am-7:30 am. Send resume or call: 973-494-9595 or 973-992-5096.

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MORRIS COUNTY – AQUARIUMS

 Blessed with a growing family & expanding company, they are located in Montclair, NJ, seeking a full-time website/social media developer with the abilities to build to twice a week schedule. Special Education major and a reference(s) required. Email:xiongiue@yahoo.com or phone: (973) 838-3752.

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LIVINGSTON

$15-20 / HR, BEFORE or AFTER SCHOOL, DRIVING SITTER, 6-8 hours per day 7am-8:30 am (drop off at Laning Ave School). You must have a valid driver license, be able to work mornings every Mon – Fri, we need someone from 6:30 am-7:30 am. Send resume or call: 973-494-9595 or 973-992-5096.

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The Montclarion

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THE WORLD WITHOUT NEWS WOULD BE...

Photo courtesy of wikipedia.org.
Accessing Our Food Potential

Students are hungry -- hungry for jobs, hungry for good grades and most importantly, they are hungry for food. Unfortunately, some students at Montclair State are just flat-out hungry. While access to food seems like an easy task, it has proven to be a worry for some students at Montclair State.

For some students, food insecurity has become a regular component of daily life. Food insecurity is defined as a lack of access to nutritious food, as well as an uncertainty as when the next meal will come. According to Feeding America, a nonprofit organization with a network of food banks, food insecurity plagues as much as 14 percent of those living in New Jersey. While food insecurity is a very foreign concept to some on campus, it is all too real for others.

However, Montclair State is taking a stand in ending hunger on campus with the first Montclair State food bank. It will be run entirely through the support of Montclair State’s generous campus community. April will mark the food bank’s first month of operation.

The new addition to campus hopes to feed students who run out of meal swipes, Red Hawk Dollars and Flex Dollars at the end of the semester or just find themselves in need of a meal, providing students in need with nonperishable foods as well as gift cards to local grocery stores. Across the country, food banks are popping up on college campuses and to have one at Montclair State is only going to benefit students in need. The end of a semester is stressful enough with studying and finals, but it is even more stressful when students are concerned with where their next meal will come from.

Due to the convenient location in the Student Center, students will not have to travel to get what they need. This food bank will assist students who need a helping hand and teach other students the value of helping others. While hungry students are finally receiving the help they need, other students are finally getting the opportunity to take their meals to go. Dining halls like Sam’s Place and Free Man Dining Hall have always stopped students from leaving the dining hall with uneaten food. This has been long detested by busy students on run, which led to frustrated students stuffing sandwiches and other foods in their backpacks in order to get around the rule.

Those days are over. Students can now freely take food out of dining hall in new recyclable green containers. This allows students the freedom they need to take their food with them to class and avoid the lines at other facilities.

College promises students added freedom and now students are actually gaining that freedom. Students are constantly on the go and being forced to stay in one spot to eat a full meal is not conducive to their lifestyle.

Students’ lives revolve around food and Montclair State is starting to do the same.

Thumbs Up
Superbowl 50
Green To-Go
Official “Fuller House” trailer

Thumbs Down
Madeleine Albright
New York City crane collapses, kills man
Germany train accident

“I believe it’s used to share love and mutual feelings for people and kind of show it. But I think that every day, we should love and appreciate people. But as for the holiday, it’s a very nice day to show [your love] to people you haven’t shown it to.”
- Arleen Frias-Arias
Sophomore, Television and Digital Media

“I don’t believe in Valentine’s Day. I think it’s ridiculous. It’s very Hallmark-y and commercialized.”
- Sukwinder Kaur
Senior, English

“I don’t really believe in it. I think that it’s a made-up holiday. But I do think it’s good to have. I think that you should be able to show your love every day of the week. I don’t think that it should be on one holiday.”
- Alyssa Korman
Sophomore, Theater Studies

“I think if it’s a nice kind of social holiday where couples can actually go out and have little dates and stuff, or like feel very affectionate towards each other. But as a single person, I just see it like another regular day, because I’m single personally and I just think of it as another regular day or another excuse to watch love movies.”
- Christian Rivera
Senior, History

Melisa Vallevera | The Montclarion
Advertisements Just Sell Body Negativity
Portrayals of women define strict beauty standards

Iowa Caucus: A Forecast for the Future of the White House?
Can the Iowa caucuses really predict who will win this year's election?

The espresso is not always bitter on the other side

Becoming a College Barista

The stress is a modern-day rite of passage for an illusioned college grad under the stereotype of a bright, yet disorganized college student underemployed at a local Starbucks, discussing political ethos and steering their future away. However, rather than perceiving the job as a permanent dead-end, students are encouraged to attend college baristas, graduate within four years and find our dream right after. However, this ideal plan can be flimsy. Financial hardships and shifts in the market can prolong the job search. What should be the drool of finding, then? financial aid and tough jobs to tailor our majors. Yet, the perception that we are forced to grow the most. I had always been the shy and quiet girl in public school. The only eye contact or holding a de- fensive telephone was impossible for me. However, once I graduated, I completely transformed myself for my first day in the real world. I had to talk louder than I ever had in my life and work relentlessly to memorize the names of the drinks. I learned how to properly make all the drinks at once. I was completely taken out of my comfort zone and am eternally grateful for it.

I have now been a barista at my job for three years and since then, I have grown immensely in various ways. While I have learned to make the latte, it is the fact that being a barista tempo- rarily does not always mean you are stuck or unfit for the job market. Being a barista (and cafe- worker) can teach you invaluable people, organization and multi- tasking skills for the world of perfecting a wonderful, creative experience.

On most high-volume coffee shops, drink orders can multiply quickly. Time man- agement and handling stress are both important skills you learn. This includes stock-taking every hour, making the drinks chronologically by when you were ordered and pairing attention to guest modifica- tions. In the process, you have to be organized mentally and when putting ingredients away as well.

Being a barista also requires bravery. You have to decide what each drink, whether its a latte, capu- ccino or smoothie, requires. You have to follow specific instruc- tions, but also have enough of a personal touch to put it just into a bit of creativity and TLC. This goes especially for party nominations, as we are always trying to achieve our best and competitive along with the syrup and whipped cream to complete a new presentation.

Just because Clinton and Cruz scored a significant victory in Iowa does not mean anything is set in stone yet. The Iowa Cafe- cus only begins the final stretch of political events for those presiden- tial hopefuls. A long list of primaries are coming up and may change the landscape in the next several months.

Yet, in the midst of the wild storm that is our presidential elections, the Iowa Caucus has given the voting public an ear- nest idea of who we will have a fighting chance in this year’s race to the White House.

Advertorial

Main editors appear on the first page of the Opinion section. They are unsigned articles that represent the opinion of the editorial board on a particular issue. Columns are written by individuals and do not necessarily reflect the opinions of The Montclarion.
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THE WORLD WITHOUT NEWS WOULD BE...
Salvador Dali Comes to the George Segal Gallery

Theadora Leuzar
Entertainment Editor

Salvador Dalí (1904-1989) returned to modern art as a great vault. Although the works he created between the two temporaire periods, the painter has preserved himself a category of his own. Throughout his playful vision with form and space, the world has inherited such beloved surrealist painting — the Persistence of Memory (1931) and Metamorphosis of Narcissus (1932). Dalí's transcendent artistic ability and vision has hypnotized countless viewers across campus and beyond. Two of his pieces, “Tiger Lillies” (1929) and “Manhattan Skyline” (1939), now grace the walls of the gallery's current display. As is usually the case with work by this master, the visuals a visitor immediate absorbs at the multitude of events taking place within the moment. Diamond Carter, a sophomore business major, is a Montclair State student who found “Manhattan Skyline” particularly interesting. She said, “There are so many neat details that aren’t noticeable in the beginning. I’m still finding them.”

“There are so many neat details that aren’t noticeable in the beginning. I’m still finding them,” she said.

It only takes seconds for the painting to begin to reveal itself, to the audience. Both are a treat for any artist, as Dali is interested in taking a look. The Dalí pieces are not the only ones in the current exhibition. Aquatint drawings done by George Segal, New York na- tive artist and sculptor, provide dynamic contrast to the show. Most of them are black and white, but one piece, “Summer Cabin,” is a colorful, three-di- mensional glimpse into a vivid scene of a tranquil, lazy day. Whites, greens and oranges make the sculpture a drawing point in the space.

Angelica Santiago, senior fine arts major cited “Sneak Peak” as her present favorite. “I enjoy the vibrancy of his vision brought to life. It’s very interactive and is, in my opinion, very interesting,” said Santiago.

In addition to Segal and Dalí, the area is known for other modern artists represented from around the world. Warren Tung, senior fine arts major, found this one the most compelling. “You need 3-D glasses. From afar, you don’t see the stu- pies are.”

What could be drawn from the exhibition is that talent comes in several forms. The most recent exhibit since The Enchanting Art of Dalí, Segal and Others brings life back to the fourth floor of the Red Hawk Deck. Dalí may be the most newscast artist present, but Segal and the others hold their own.

We will never know what Dalí may have thought of being displayed alongside these artist- ists, although considering his ambition and personality, he may have thought his work to be the best. The current is that will be present until Feb. 20.

Weekend of Wonder at the Alexander Kasser Theatre

Tess Reynolds
Assistant Entertainment Editor

Whenever one enters the Alexander Kasser Theater, excitement and grandeur are always expected, but no other show will ever be remembered as the past weekend’s performance of The Grand Parade (of the 20th Century). The event was produced by the Double Edge Theater company and is a nod to the distinctive and interesting aspects of Dali's art. The performance was open to the first 30 people who sign up. This was the first time the company requested a reception to be able to hold a performance abilities. The public was granted another op-portunity to further their glimpse into the company and the show itself. A training session with the Double Edge Theater company was open to the first 30 people to sign up. This was the first time the Alexander Kasser Theater had to create a waiting list for an event due to the overwhelming amount of people who wanted a glimpse at exactly how the Double Edge Theater company does train. Participants experienced an hour and 45 minutes of skipping, running, jumping, transferring energy to one another, wearing masks and even rolling around on the rehearsal space on gigantic wooden spools. The training the company experiences every day is unlike most theater compa- nies, a nod to the distinctive and certain special aspects of their performance abilities. After the show finished each night, the company requested to hold a reception to be able to meet and discuss their perform- ance with the audience. Most nights, the discussions meandered on for at least an hour after the performance ended, prov- ing the depth and impact "The Grand Parade (of the 20th Century)" had on its viewers.

Matthew Glassman with Milena Dabova and Adam Bright.

During a segment of "The Grand Parade (of the 20th Century)," Morgan Jen- nes, a guest to talk to early-arrive- ers on the Double Edge Theater company as well as the history of the show as part of Alexander Kasser Theater. "The Grand Parade (of the 20th Century)" is an attempt to reveal. "But what is it," Jenness said. "It shifts for every individ- ual. It shifts depending on what each individual person is, what your memories, what your per- ceptions are." After the opening night, word spread about "The Grand Parade (of the 20th Century)," the au- dience averaged around 300-400 people on Friday, Saturday and Sunday.

On Saturday morning, the public was granted another op- portunity to further their glimpse into the company and the show itself. A training session with the Double Edge Theater company was open to the first 30 people to sign up. This was the first time the Alexander Kasser Theater had to create a waiting list for an event due to the overwhelming amount of people who wanted a glimpse at exactly how the Double Edge Theater company does train. Participants experienced an hour and 45 minutes of skipping, running, jumping, transferring energy to one another, wearing masks and even rolling around in the rehearsal space on gigantic wooden spools. The training the company experiences every day is unlike most theater compa- nies, a nod to the distinctive and certain special aspects of their performance abilities.
Beyond Ferguson: Poetry, Prose and Student Activism on Campus

Ebony Jackson
Contributing Writer

On Monday, Feb. 8 in the Cohen Lounge, students and faculty came to listen to Jamila Lyiscott and Lavelle Porter discuss student activism, racial justice and how art intersects with it all. Lyiscott and Porter shared their knowledge and experiences of being black in America in their respective spaces. Porter is a professor at the New York City College of Technology and is a professor at the New York University Department of English and the Visiting Writers Committee. Lyiscott is also the director of Cyphers for Justice at Columbia University.

For those who do not know, cyphers is the idea that if a marginalized group of people act and dress accordingly, they will not be met with trouble. Porter dispar- led that myth with examples relative to the profession of an educator with the story of Imani Perry, a professor at Princeton University who was arrested for an outstanding parking ticket from 2013. When taken into custody, she was handcuffed to a wall and beaten by black women's issues, these are unheard, but a white person ut- ters the same narrative and all of a sudden, white people under- stand.

Events like Beyond Ferguson: Poetry, Prose and Student Ac- tivism after Michael Brown are necessary to bring attention to these issues. Awareness can lead to discussion, which in turn can lead to action. Topics such as racial justice can be difficult to talk about, but these discussions need to happen. Just as the pan- elists declared, these are not just black people's issues; these are everyone's issues.

This event was sponsored by the CHRS Foundation Fund, the Department of English and the Visiting Writers Committee.

The Best Commercials of Super Bowl 50

Julia Singel
Staff Writer

As one of the biggest televised events of the year, the Super Bowl has to live up to many expectations from fans from all over the world. Even if you hate watching football, chances are you may tune in to check out the Super Bowl commercials. During almost every other night of the year, television viewers cannot stand to sit through long commercial breaks. With that said, why do people tune in to the Super Bowl exclusively to watch the commercials?

Advertsiers paid a hefty $5 million per 30-second commercial spot during Super Bowl 50 to reach an enormous and diverse audience. To get the most out of the hefty investment, advertisers have to brand their commercials with humor and attention-grabbing details. Some honorable mentions for this year’s Super Bowl commercials go to Audi’s “Commander,” Mammoot’s “Love the Outside,” Heinz’s “Wiener Stampede” and Hyundai’s “Ryanville” commercial starring Ryan Reynolds.

However, the following ads are my picks for the funniest, most entertaining commercials of Super Bowl 50.

1. Hyundai - “First Date”

The best commercial of the night goes to Hyundai for their hilarious Kevin Hart commercial. “First Date” aired as what I would consider the first official commer- cial of the evening, immediately following commercials. Hart plays an overprotec-
tive father, who lets his daughter’s date borrow his new Hyundai Genesis for the evening so he can track their every move with the Car Finder feature. Hart follows them around on the date and lets his presence be known to his daughter’s date, leading to great comedy. If you did not tune in until the game started, you missed a much-anticipated first look at one of its major releases of the year.

2. Doritos - “Ultrasound”

The final commercial of the night came in the form of the first look at the new Jason Bourne film, which will be released this summer. Matt Damon is back as Bourne after taking some time off from the fran-

3. Coca-Cola - “Coke Mini (Hulk vs. Ant-Man)”

The third most surprising and potentially most expensive ad of the night goes to Coca-Cola for their Marvel and Coke Mini commercial starring the Hulk and Ant- Man, voiced by Paul Rudd. It was actually a great surprise in a non-Marvel advertisement, but it worked perfectly. Ant-Man decides to shrink himself to sneak into Bruce Banner’s laboratory and steal his Coke Mini. Banner realizes his Coke Mini is gone and transforms into the Hulk to pursue Ant-Man in a fun chase sequence. The characters eventually “open happiness” and enjoy the Coke Mini together.

4. TurboTax - “Never a Sellout”

As a lover of film, seeing Sir Philip Anthony Hopkins appear in TurboTax’s spot was excellent. Hopkins claims that he will never promote a product and would not tarnish his name by selling products while talking to a reporter. Meanwhile, he drives around the pipes of TurboTax’s Virtual Tax Prep. As he moves around, the monitor shows the baby moving and trying to reach the bag. The expectant mom gets tired of her husband’s redkiness and grabs the bag. Upon throwing the bag across the room, the baby presumably leaps out to get the bag. In short, this commercial will make you laugh out loud.

5. Universal Pictures - “Jason Bourne”

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As one of the biggest televised events of the year, the Super Bowl has to live up to many expectations from fans from all over the world. Even if you hate watching football, chances are you may tune in to check out the Super Bowl commercials. During almost every other night of the year, television viewers cannot stand to sit through long commercial breaks. With that said, why do people tune in to the Super Bowl exclusively to watch the commercials?

Advertsiers paid a hefty $5 million per 30-second commercial spot during Super Bowl 50 to reach an enormous and diverse audience. To get the most out of the hefty investment, advertisers have to brand their commercials with humor and attention-grabbing details. Some honorable mentions for this year’s Super Bowl commercials go to Audi’s “Commander,” Mammoot’s “Love the Outside,” Heinz’s “Wiener Stampede” and Hyundai’s “Ryanville” commercial starring Ryan Reynolds.

However, the following ads are my picks for the funniest, most entertaining commercials of Super Bowl 50.

1. Hyundai - “First Date”

The best commercial of the night goes to Hyundai for their hilarious Kevin Hart commercial. “First Date” aired as what I would consider the first official commer- cial of the evening, immediately following commercials. Hart plays an overprotec-
tive father, who lets his daughter’s date borrow his new Hyundai Genesis for the evening so he can track their every move with the Car Finder feature. Hart follows them around on the date and lets his presence be known to his daughter’s date, leading to great comedy. If you did not tune in until the game started, you missed a much-anticipated first look at one of its major releases of the year.

2. Doritos - “Ultrasound”

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‘Hail, Caesar!’ Didn’t Quite Come, See and Conquer

Diego Coya
Staff Writer

“Hail, Caesar!” is the newest movie by the Coen brothers and has an immense cast that includes Josh Brolin, George Clooney, Alden Ehrenreich, Ralph Fiennes, Scarlett Johansson, Tilda Swinton, Channing Tatum and Jonh Hill.

“Hail, Caesar!” follows the story of Eddie Mannix (Brolin), who is a Hollywood fixer for Capital Pictures in the 1950s. When actor Baird Whitlock (Clooney) is kidnapped and Mannix and other characters start wondering where he is.

“Hail, Caesar!” looked like it was going to be a classic from the Coen brothers and, while that may not be the case, I still found it to be a very good movie. In fact, there is actually quite a lot to like about this movie.

The writing of the film, for the most part, is really clever. The Coen brothers usually manage to get fantastic performances from their casts and “Hail, Caesar!” is no exception. However, the standout of the movie is Ehrenreich, who stole every scene he was in and played the funniest character in the movie by far. There is one scene in particular that involved him and a director auditioning for a scene, which was hysterical.

There are also scenes throughout the movie that have a lot of hilarious moments and when the comedy hits, it hits really hard. A scene, which was hysterical, as I was never bored while sitting in the theater.

Also, the movie has multiple characters that have their own arcs and, while some characters do not mesh well and, even though all of the actors did an outstanding job, it seemed as if some of the characters weren’t needed. Actors like Swinton, Johansson and Hill are very underutilized and it was disappointing to see, considering how much talent all three have.

The movie also has some dramatic moments delivered by the cast. This movie is currently not doing well in the box office, I hope people give this a chance because the film really does deserve it.

However, there are some flaws that kept me from loving this movie, one being the narrative. The reason why I said that the writing was really clever for the most part is because the overall plot felt a little bit unfocused.

The climax also felt a bit predictable. Clooney was highly anticipating “Hail, Caesar!” because I am a huge fan of the Coen brothers’ other movies.

The movie was also a bit inconsistent with its tone, as the comedy and the drama didn’t blend well like in the Coen brothers’ other movies.

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**Super Bowl 50**

**Denver Broncos - 24**

**Carolina Panthers - 10**

In front of an average of 111 million viewers, the Broncos won the Super Bowl yet again.

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**Montclair State Student Reaction**

“While the defense of the Denver Broncos stole the show, Peyton Manning could not have chosen a better stage for maybe his final game. From the national anthem to every commercial in-between, Super Bowl 50 delivered on all levels.”

**Nicholas William**

Junior

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**Red Hawk Roundup**

**Indoor Track and Field**


On the women’s side, junior Hannah DeMatteo and sophomore Ceela Graham placed third in the 800 meters and 600 meters, respectively. Montclair State will participate in their final meet of the season at Monmouth University on Feb. 13.

**Swimming and Diving**

The Red Hawks’ men’s and women’s swimming and diving teams have been on a break since their regular season ended on Jan. 31. The teams will have to wait another week until they participate in the Metropolitan Championships on Feb. 19-21.

**WHO’S HOT THIS WEEK**

**Katie Sire**
Women’s Basketball

Sire has averaged 17.1 points per game, 9.5 rebounds per game and 1.3 steals per game over the Red Hawks’ five-game winning streak. She’s currently ranked tenth in scoring and field goal percentage in the NJAC.

**Matthew Santangelo**
Men’s Indoor Track and Field

Santangelo placed third in the shot put at the DeSchriver Invitational with a throw of 15.17 meters. The throw was the fourth-best in the NJAC this season.

**Upcoming Games**

**Feb. 13**
Indoor Track and Field: Montclair State vs. Monmouth University TBA
West Long Branch, N.J.

**Feb. 13**
Women’s Basketball: Montclair State vs. New Jersey City University 2 p.m.
Jersey City, N.J.

**Feb. 13**
Men’s Basketball: Montclair State vs. New Jersey City University 4 p.m.
Jersey City, N.J.

**Feb. 17**
Women’s Basketball: Montclair State vs. Stockton University 6 p.m.
Panzer Athletic Center

**Upcoming Games**

**Feb. 17**
Men’s Basketball: Montclair State vs. Monmouth University TBA
West Long Branch, N.J.

**Feb. 19**
Women’s Swimming and Diving: Metropolitan Championships TBA
New Brunswick, N.J.

**Feb. 19**
Men’s Swimming and Diving: Metropolitan Championships TBA
New Brunswick, N.J.

**Feb. 20**
Men’s Lacrosse: Montclair State at Salisbury University 1 p.m.
Salisbury, Md.
A Red Hawk who Expertly Handles Double Duties

Emma Cimo
Assistant Sports Editor

There are few people talented enough to compete at the college level, let alone multiple sports. Aaron Williams is one of the lucky few that can say that he belongs to this category. Williams, who had just come off a career season with the Red Hawks' leading receiver, had the passion and skill to play basketball at a higher level. He showed the world that he was a force to be reckoned with.

When his plans fell short, he looked to play football his sophomore year. "I just wanted to prove football a try," Williams said. "Basketball, I can play whenever. Football you don't really get to play in college." The fifth-year senior has played four seasons under head coach Brian Crosby said. "You just have to put your mind to it. According to Williams, it's all about atmosphere ever again, you just have to push through it." Williams said.

This season is Williams' first back under the lights since his freshman year at Montclair State. Williams had what he described as an "average" freshman season, starting six games and putting up 106 points. When he decided on Montclair State, the West Orange native came here primarily to play basketball, but had hoped he could play both basketball his freshman year as well.

When his plans fell short, he looked to play football his sophomore year. "I just wanted to prove football a try," Williams said. "Basketball, I can play whenever. Football you don't really get to play in college." The fifth-year senior has played four seasons under head coach Rick Giancola, with this past fall being his last season in a Red Hawks football jersey. Denzel Nieves, a teammate of Williams for the past three years on the football team, described him as an aggressive player who loves to compete. "He's not afraid of anything on the field," Nieves said.

Yet, as basketball season approached, Williams had a feeling that he would be back to his basketball roots his senior year. "I kind of wanted to do it for myself. Everybody is always saying you can't do both," Williams said. "At least give it just one year of me doing both." Williams and Head Basketball Coach Mark Sears had mutual interest in each other before the season began. Sears explained that bringing in a new player once the team had already established what could have been a cause for hesitation but Williams didn't have those fears because of his personal experience. "I think his leadership more than anything has really helped us," Sears said.

However, transitioning from football to basketball wasn't as easy as Williams made it seem. Williams admits that he was struggling in the beginning of the season, making his way from the stop-and-go lifestyle of football to the continuous pace of basketball. "I remember we were conditioning in prac- tice and he was so tired," teammate Shawn Russell said. "that he never gave up—he finished just like the rest of us."

He has gotten into the swing of things, however, "winning a couple games for the team this season," according to Sears. "If you ask his teammates, it's obvious that he is putting everything he has into whatever is being asked of him, whether it be in the classroom or maintaining his GPA. And, if you ask Denzel Nieves a little more about his role on the team, he'll tell you "he likes to dance at parties."
Sophomore Katie Sire is on her most dominant roll of the season just as the Red Hawks gear up for the NJAC Tournament. Junior Rachel Krauss hit both of her free throws to cut the deficit to one. The Red Hawks opted to go for the three pointers in the game, as the Red Hawks hit the game-winner with 31 seconds to go. Sophomore Katie Sire hit a layup and put Montclair State ahead by one. Rowan University threw the ball away and the Red Hawks earned a 71-70 upset over the no. 1 ranked team in the NJAC.

Their previous victory against Rutgers-Camden was nowhere near as dominant as their 48-point blowout over New Jersey City University a few weeks ago. However, the team fought off a late comeback staged by the Scarlet Raptors and did not buckle under the pressure.

Montclair State started with a five-point lead to open the fourth quarter, but they slowly started to lose control. Too often, the Red Hawks moved the ball around on offense, but nothing came of it. They looked afraid to shoot and shot clock violations seemed to end their offensive possessions more often than missed shots.

The Red Hawks trailed by one point with three minutes remaining, but they didn’t collapse. Instead, they forced two consecutive misses from Rutgers-Camden and sophomore Sage Bennett hit a layup to put Montclair State up 51-50 with 94 seconds to play. Junior Zoe Curtis later knocked down two late free throws to clinch a 54-51 victory for the Red Hawks.

Similarly, Montclair State found themselves trailing by two points with under three minutes to go in their previous game against William Paterson University. However, Sire converted a layup to tie the game and then Bennett forced a turnover and converted her free throws to put the Red Hawks up by two points. It was essentially a free throw shooting contest from that point on and Montclair State hit their free throws and prevailed 69-59 over the William Paterson Pioneers.

Sire has gotten on a roll on both ends of the floor at the same time that the Red Hawks have gone on their six-game winning streak. Over their past six consecutive victories, Sire has averaged 17.1 points per game, 9.5 rebounds per game and 1.3 steals per game. The Red Hawks are starting to hit their stride with three games remaining in the regular season and are making a push for the no. 2 seed in the New Jersey Athletic Conference.

“We’re really coming together. We’re playing good defense and we’re stepping up and hitting the shots we need to efficiently,” Associate Head Coach Courtney Cunningham said. “It might not always be the prettiest, but we’re finding a way to win. Heading into NJAC, that’s all you need to do.”

The Red Hawks will go on the road to face Rowan University and New Jersey City University on Feb. 10 and Feb. 13, respectively. Montclair State will finish the regular season at home against Stockton University on Feb. 17.: