Clinical Center Opens

Koeli Shakir 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 Clove Road, formerly the Name Behind the Wheel building, now hosts 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 order to provide clinical services on one side and collaborate with the autism and psychology people on the other side.

Clinical Center Opens

Kristen Bryfogle 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 a suitable opportunity to get a speedier 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 Freedom Hall.

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

Students can now take food out of previously dine-in-only dining halls.
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**Pelican Police Report**

**Monday, Feb. 1**

**Freeman Hall:** A student reported an incident of harassment. At this time, the reporting party declined to pursue charges.

**Wednesday, Feb. 3**

**Blanton Hall:** A student reported an incident of harassment and domestic violence. The reporting party declined to pursue charges.

**Wednesday, Feb. 3**

**University Hall:** A student reported an incident of criminal mischief. This case is under investigation.

**Wednesday, Feb. 3**

**Red Hawk Deck:** Student Naas Smith, 20, of New-ark, N.J., was arrested and charged with possession of marijuana in a motor vehicle. Smith was scheduled to appear in Montclair Municipal Court.

**Thursday, Feb. 4**

**Café Diem:** A student reported a forgery of currency incident. This case is under investigation.

**Thursday, Feb. 4**

**Signs Place:** A student reported an incident of theft. This case is under investigation.

**Thursday, Feb. 4**

**Freeman Hall:** Student Di-ego Torrado-Gonzalez, 18, of Ithaca, N.Y., was arrested and charged with possession of marijuana. Torrado- Gonzalez is scheduled to appear in Montclair Municipal Court.

**Friday, Feb. 5**

**Life Hall:** A student reported an incident of criminal mischief and theft. This case is under investigation.

**Filmmakers Discuss Italian Immigration**

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

- **Dr. Taree Forye, Inserra Chair**

Michael Wright, Contributing Writer

Dr. Taree Forye, the Inserra Chair, along with UNICO Na- tional, was the keynote speaker of the winter screening of the documentary filmmaker John Maggie and Christian Piazza and film- maker-photographer Michele Petrizziello to discuss past and present Italian immigra- tion to the U.S. through ex- avations from their films as well as a photo exhibit, on Feb. 2.

According to the speakers, Italian immigrant parents met transitional problems when they first arrived in America. They discovered that the way American teachers were trying to convince the students that their culture was not the ideal way of life in America. The teachers were trying to encourage them to abandon their perception and adapt to a new way of life if they wanted to be ac- cepted into mainstream soci- ety.

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- ficient for them. They were strong believers in carrying on their original principles and were finally allowed after a long time by American main- stream society.

“In 2013, more Italians left Italy to come to America,” said Fred. “Currently, there are 1.5 million Italian-Americans living in the United States."
Day of Unity Captures Campus Stories

Deanna Rosa
Staff Writer

Montclair State’s fifth annual Day of Unity featured “Dear World”—a unique portraiture project which used photography to tell the story of each faculty member and student in attendance on Thursday, Feb 4.

“Dear World” has captured the stories of over 45,000 people and has been published in more than 30 different countries since it was founded in 2009 and, last week, joined Montclair State to help celebrate the diversity of this campus. Introduced by a social media campaign with the hashtag DearMontclairState, the 2016 Day of Unity encouraged the university community to share their stories during a photoshoot last Thursday.

Participates were asked, “If you had one story to share with the world, what would you say?” Each person wrote words on their skin that encapsulated their life story or personal motto and “Dear World” representatives captured these messages through photography. The Day of Unity culminated in a keynote speaker and photo release that evening.

“Think this year’s vision for Day of Unity was a huge success and highlighted the voices from within our own community,” said Brian Ed- wards, Coordinator for the LGBTQ Center. “It was also so wonderful to see students, faculty, staff and employees participate in this day this year.”

Montclair State’s Day of Unity was founded in 2012, after several hate threats were made toward the LGBTQ community. These threats, witness read “The Fags,” “you will die soon Faggots” and “Fags should die on 2/7,” were written in marker in the Student Center atrium having a conversation with the victim which led to a successful end to the harassment case and he had deemed “very difficult” and the University Police Department Captain Kieran Barrett of the University Police Department said “I wish I could have been there more.”

Barrett ended up spending six hours in the Blanton Hall compression binder and wanted to be carried out. Day of Unity has continued every year since then as a day to reaffirm unity and support among the individuals which make up the campus community.

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-Carr, 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.”

Tara Zurlin, Director of Academic Success and Retention Programs, chose the message, “Learning to love the parts that no one else loves.” Originally by Rudy Francis, these words remain a constant challenge for Zurlin 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 prolific, moody, vindictive, judgmental or extraneous; the days I feel ugly, unloved, weak, insecure and just not enough; and remember the days I tell too much and hug too little, break promises, miss deadlines, drive like a jerk or get nothing accomplished on my to-do list. I carry all these emotions and thoughts around with me all day but I don’t reveal them to anyone. I certainly don’t hide them up for others to see. These parts of me are what makes me perfectly imperfect and fully worthy of applause.”

Shane Jones-Rust, a Junior English Major, wrote his message, “Trans is beautiful.” He chose to be photographed shirtless, exposing his chest compression binder and told 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 attempt 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.”

Julie Fleming, Associate Director of Student Involvement, chose the message, “Choose authenticity.” She explained that being true to oneself is “the silly little secret of life.” Fleming continued, “After years of pretending to be someone else, I am loving 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.”

Captain Kiara Barnett 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 UTD 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 to find the person responsible, Barnett ended up spending six hours in the Blanton Hall compression binder, having a conversation with the victim which led him to learn many investigation. He credits this as the “greatest experience of his life.”

“Victims do become survivors,” he continued, “we care to give the time to listen as individuals and a community—the very least that we can do,” said Barnett.
Council Proposes Student Rights

Deanna Rosa
News Editor

The Academic Affairs Council at Montclair State, led by Jonathan Cutler, associate professor of mathematical sciences, presented a working list of “Student Rights and Responsibilities within the Instructional Context” to the University Senate on Jan. 26. The council developed this 11-point list “at 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 encouraged by Willard Gingeck, Provost and Vice President of Academic Affairs. If the recommendation is approved by the University Senate, which is comprised of 35 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 meeting, 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 with dignity and respect and manner that is wholly free of discrimination based on race, religion, gender, sexual orientation identity or expression, age, sex, marital status, handicap or veteran status.

2. Students have the right to a course outline describing required assignments, evaluation procedures, attendance policies and grading policies. If substantial modifications become necessary, students are responsible for making the changes as soon as possible. Students are responsible for reading the course outline thoroughly and consulting it throughout the semester.

3. Students have the right to notification by course instructors of class policies, class procedures, and class work assigned in lieu of class attendance. Instructors are responsible for understanding and adhering to the attendance policy for each of their courses.

4. Students have the right to regular class and laboratory meeting periods, to communicate with course instructors during office hours scheduled in accordance with University procedures and policies. Students are responsible for taking advantage of such office hours and should not expect faculty members to be available to them at all times.

5. Students have the right to notification by course instructors of grades as early as possible. It is recommended that course instructors release grades via e-mail communicating with their students’ MSU email. If more than one class is linked to these assignments, students are responsible for notifying faculty members in advance of potential conflicts and to check on the grading criteria provided in the course online so that they can issue grades to students as soon as possible.

6. Students have the right to a comparable length of time to complete assignments if the absence will be more than one class. Students are responsible for notifying course instructors of an absence in advance of participating in final course evaluations even through they may be unable to complete their course grade.

7. Students have the right to a comparable length of time in the interest of academic welfare without academic penalty. Students are responsible for notifying faculty members in advance of participating in final course evaluations even through they may be unable to complete their course grade.

8. Students have the right to an assignment, due dates, referring to their course outline, which will be graded and returned to students at least several days in advance of the academic welfare without academic penalty. Students are responsible for notifying faculty members in advance of participating in final course evaluations even through they may be unable to complete their course grade.

9. Students have the right to 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

Clinical: Joining Students and Community
Continued from page 1

which one half is restricted access. Bonato explained how significant the confidence in all of the cameras is. He said that he is encouraged by Willard Gingeck, Provost and Vice President of Academic Affairs.

“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

contains rooms available and equipped to monitor the prog-

“Children can play in the waiting room before their appointments.”

is that it’s so convenient,” said Bonato. Break-out rooms

Children can play in the waiting room before their appointments.

Carly Phelps | The Montclarion

were used for therapy sessions for clients and are projected in conference rooms. Mont-

Steve Casamentas, a grad-

uate 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 researching for different projects, such as how professional development affects child out-

comes. During his first day at the Clinical Center, Casamentas 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-

ter. The mediated classrooms are designed for students to

9. Students have the right to a pareary to the final exam period, whether it be for an exam, final course evaluations or for another purpose, either on campus online, at the time of the final exam period. If the final exam period is moved, the Academic Calendar and course instructors’ schedules must be changed in accordance with the administrative deadlines as posted in the Academic Calendar. Students are responsible for communicating their work by the assigned due dates, referring to their course outline, which will be graded and returned to students at least several days in advance of the academic welfare without academic penalty. Students are responsible for notifying faculty members in advance of participating in final course evaluations even through they may be unable to complete their course grade.

10. Students have the right to expect that the evalu-

ations of their work will be done in a just and unbiased manner within a reasonable period of time and a final grade will be assigned by the prescribed length of time.

11. Students and course instructors are responsible for the protection of appropriate University procedures. It is the right of the Montclair State students to use.

Although the center’s hours of operations are 9 a.m. to 10 p.m., most of the traffic flows through the facility between 3 and 5 p.m. A majority of the clientele have children who attend the center thus far are elementary-school aged. All 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

“Children can play in the waiting room before their appointments.”

Carly Phelps | The Montclarion
Dining: Take-Out Meals for Students

“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 Morford, resident student

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 in 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 the next time that they come to-go boxes to the dining hall. 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 grant them that wish without any secrecy. “We understand the need for our students to take meals on-the-go for dining outside of the resident dining halls to meet with their busy course and work schedules,” said Dining Services. The containers are espe-

cially convenient because they are microwaveable, which al-

lows students to heat up food in their residence halls, even after the dining halls close for the night. 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 freely from the dining halls.

Student Response

Resident students Zach Halabiian, Nic Zarno, Ryan Morford 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-

overdue addition to dining on campus.

“We understand the need for our students to take meals on-the-go for dining outside of the resident dining halls to meet with their busy course and work schedules.”

- Dining Services

Montclair State University

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

Montclair State shuttle driver, Yvonne Bell.

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 ever 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 eyeshadow that sparkles against an otherwise bare face. A similar sparkle lights her eyes when she tells stories about the students who she shuttles around campus every day. “I think I inspired her.”

Bell recalled as muffled sounds resonating from the mechanics in the garage outside the office walls.

Yvonne Bell standing next to shuttle bus with her coworkers.

When Montclair State housed this consistent encouragement on forgiveness. The impact of being a shuttle driver has provided Bell with the fulfilling opportunity to have an impact on students’ lives, even if it’s just a small one. She mentioned running into a student she knew earlier that day: “She was talking to me about her experience and what she’s going through,” Bell said, “and how she’s going to Paris, London, Denmark—”

Bell paused and furrowed her brow, determined to remember every detail. “And Ireland? Yes, Ireland.” She takes pride in knowing her passengers and their appearance on cold January days, the Newark native stands out from the crowd like her coat of white eyeshadow that sparkles against an otherwise bare face. A similar sparkle lights her eyes when she tells stories about the students who she shuttles around campus every day. “I think I inspired her.”

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Don’t Be Afraid of Fat

Michelle Paushnal
Contributing Writer

If you were looking into nutritional trends 10 years ago, the assumption that consuming fat was 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 avocados, 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 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 anyone out of a food group, but learning to incorporate a variety of foods into your diet in a healthy and balanced way.
STUDY ABROAD UPCOMING SCHOLARSHIP DEADLINES

GLOBAL EDUCATION SCHOLARSHIPS SUMMER PROGRAMS
THE MARGARET B. HOLZ SCHOLARSHIP PROGRAM
MARCH 1st
BECKER-KEELEN-MOORE-UVIA WALLER SCHOLARSHIP
MARCH 1st
ANITA MAESTRO UDELL SCHOLARSHIP LANGUAGE MAJORS
MARCH 1st
FREEMAN-ASIA SCHOLARSHIP SUMMER
MARCH 1st
BENJAMIN A. GILMAN INTERNATIONAL SCHOLARSHIP
MARCH 1st
CEA SCHOLARSHIP SUMMER FALL
MARCH 15
SACI SCHOLARSHIP FALL
MARCH 15
DELTA PHI ALPHA GERMAN STUDY ABROAD SCHOLARSHIP
MARCH 31st
NATIONAL ORGANIZATION OF ITALIAN AMERICAN WOMAN SCHOLARSHIP
MARCH 15
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

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/
HELP WANTED

Lauras@Caucusnj.org.

Skills essential. Experience with Hootsuite, WordPress and/or other social media platforms, event planning, managing content (website, social media, blogs), web research, creating and editing content, answering email, Responsive Customer Service, ability to type 50 words per minute, knowledge of social media etiquette and best practices. Working full time is a must. Please submit resume toرسل الرسالة إلىабوباء 2012@email.com. For more information please call (973) 889-5678.

AFTER-SCHOOL SITTER, MONTCLAIR

Sitter needed for 3rd grader. Immediate Start. $15/ hour. Call Julie at (917) 838-5432 for more information & possible interview.

AFTER-SCHOOL SITTER, CEDAR GROVE

Seeking a babysitter for two fun boys, ages 2 & 5 (both potty trained). Starting August 2018. Positions are for part-time coaches with growth potential. Ability to play with different ages and skill levels. Experience with Autism is a plus. Must be willing to travel to practices. If your interested please reply to ryn_a@hotmail.com.

AFTER-SCHOOL SITTER, LIVINGSTON

Part-time sitters for Montclair Plaza in Montclair is looking for dynamic artistic painters & Art Assistants. Ideal candidates would possess the following skills: Creativity, Art education, Art history, Good painting skills, Art business, Understanding of artist's rights, Marketing, Selling, Different media. To apply send resume to: Jobs@MontclairPlaza.com.

AFTER-SCHOOL SITTER, JERSEY CITY

Looking for a fun, responsible and dependable after school babysitter for a 4 year old boy. Great family. Looking for someone who can make me a part of the family.经验丰富的保姆儿童。您将与儿童和家人一起。请在围墙上留下您的简历。

AFTER-SCHOOL SITTER, L ravell

Seeking a motivating and knowledgeable teacher for two boys (ages 3 & 4) Monday-Friday, 3-6 pm after school. Godfathers are looking for a kind, responsible, experienced, and caring babysitter. Must be able to adapt to a child's personality. To apply, please email: godfather123@gmail.com.

AFTER-SCHOOL SITTER, LIVINGSTON

Email rates@shorearts.org

AFTER-SCHOOL SITTER, LIVINGSTON

We are a small Montclair music group that plays for a variety of functions. We are looking for a reliable, fun & friendly After-School Sitter for 2 boys on Tuesday, Wednesday, and Thursday from 3:30-6:00 pm. You will be responsible for feeding the children, helping with homework, & any other tasks. We are looking for a responsible, caring and knowledgeable sitter. Please call/text (973) 494-2700.

AFTER-SCHOOL SITTER, MONTCLAIR

Looking for a sweet, caring, and honest babysitter for my 3-yr-old boy and my 18-month-old girl. Hours are Monday-Friday, 3-6 pm. Only a few days may vary slightly. Must be available on short notice. Hours are negotiable and work could be temporary. We currently have a 3-year-old daughter who is very energetic. $15-20 hourly rate. Please contact us at (917) 952-6426.

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The Montclarion

Come Join Us!

Room 113 Student Center Annex
973.655.5230
Montclarionchief@gmail.com

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 far 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.

These 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.

Melisa Vallovera | The Montclarion

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

"I don’t believe in Valentine’s Day. I think it’s ridiculous. It’s very Hallmark-y and commercialized." - Sukwinder Kaur

"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

"I think 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
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?

W ith the Iowa Caucuses havi ng taken place on Mon day, Feb 1, it is now time to say that the Iowa Caucuses are better idea of who will make it to the final stage of the primaries. The first major event leading to the presidential elections in November has re-vealed to have outcomes we ex-pect, and it remains to see who will be the next president. Since the last election, Texas Senator Ted Cruz decided to run for the presidency. Cruz, along with several other Republicans, are encouraged to win the 2016 Iowa Caucus. While Romney is leading the polls, he has not yet a majority, indicating that there is still a chance for other candidates to win the nomination. However, the most important skill I learned was customer service and people skills. Before this class, I was very shy and did not have much experience in interacting with people, but this class helped me improve my communication skills, which I believe are important in any job. The experience has been beneficial to me, and I am grateful for the opportunity to have taken this class.

The Montclarion

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THE WORLD WITHOUT NEWS WOULD BE...
Salvador Dali Comes to the George Segal Gallery

Theadora Lezcor
Entertainment Editor

Salvador Dali (1904-1989) returned to modern art as a great voice. In his time, the painter was a favorite of Hollywood. His paintings were bold and controversial, popularized by his association with many other famous people of the era. His art was unique and distinctive, and his works continue to be admired today. His paintings were often based on scientific theories and mathematical principles, and his use of color was innovative and captivating. His art was influential in the development of modern art and continues to influence contemporary artists today. His art has been exhibited in many countries around the world, and his works are held in many important museums. His paintings were displayed at the George Segal Gallery at Montclair State University as an exciting event for art lovers across campus and beyond. Two of his pieces, "Figer Lillies" (1976) and "Manhattan Skyline" (1976), grace the walls of the gallery's current display. As is usually the case with any show, the gallery's visitors were interested in looking at the multitude of events taking place within the gallery. Diamond Carter, a sophomore business major, said, "I'm still finding my interest in the show. Since it is not just a one-time experience, it is an ongoing event. It shifts depending on what people bring with them." Angelica Santiago, senior fine arts major cited "Summer Cabin" as her present favorite. "I enjoy the vibrancy of his vision brought to life. It's very interactive and I like my opinion, very interesting," said Santiago.

In addition to Segal and Dali, the exhibition includes many other contemporary artists represented from around the world, including a piece by Sin Titulo, which is a 3-D image painting. Alyssa Tung, senior fine arts major, found this one the most compelling. "You need 3-D glasses. From afar, you don't see the story until you get close to it," said Tung.

What could be drawn from the exhibition is that talent comes in several forms. The most recent exhibit since The Enchanting Art of Japan, Dali and Segal and Others brings life back to the fourth floor of the Red Hawk Deck. Dali may be the most renowned artist presented, but Segal and the others hold their own. We will never know what Dali may have thought of being displayed alongside these artists, although considering his ambition and perspective, he may have thought his work to be the best. The current exhibit will be present until Feb. 20.

Weekend of Wonder at the Alexander Kasser Theatre

Matthew Glassman with Milena Dabova and Adam Bright.

Tessa Reynolds
Assistant Entertainment Editor

Whenever one enters the Alexander Kasser Theatre, excitement and grandeur are always expected, but no other show will be able to come close to this show. The theatre, which has run for over 100 years, is unlike most theater companies, a nod to the distinctive and certainly 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 performance with the audience. Most nights, the discussions centered on for at least an hour after the performance ended, pricking the depth and impact. "The Grand Parade (of the 20th Century)" had its on viewers.

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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 a published author. Lyiscott is a spoken-word artist and assistant professor at Long Island University. During the event, Lyiscott cited Lauryn Hill and Toni Morrison as her inspirations for the social justice work she does. She is also the director of Cyphers for Justice at Columbia University. For those who do not know, cyphers are events in which rappers and poets gather to express and show off their skills. Lyiscott described cyphers as an event where people gather and share information. Lyiscott credited West Africa as the origin of cyphers. When she visited West Africa and studied in a village, she noticed the members of the village gathering in circles to share information and it occurred to her that what she witnessed was a cypher. Porter in turn addressed the concept of representational politics, which is the idea that a marginalized group of people act and dress accordingly, they will not be met with trouble. Porter dis- pelled that myth with examples relative to her profession as 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 table. This narrative can be terrifying for black women in America, but it’s the humility of Sandra Bland, Gynnya McMillen and the 13 black women raped and molested by former police officer Daniel Holtzclaw. When the audience asked the panel what the present move- ment for racial equality should be called, the moderator listed a few titles, including “Black Lives Matter” and the “New Civil Rights Movement.” Porter thought that “Black Lives Mat- ter” was an appropriate title for the movement, especially since it has caught on with the public. Lyiscott immediately replied, “Long overdue,” and possibly both, regardless of what the movement is called, it needs to happen. There was a video of police of- ficers sharing their opinions and experiences with racial justice in their profession. Following the video, attendees were encouraged to submit questions to the panelists for further discussion. One question asked Lyiscott specifically about Macklemore’s “White Privilege I” and “II,” and white supporters’ role in the movement. She responded that, while the song was great, it was also a form of “whitenessplain- ing,” which is when black people continuously explain their is- sues and experiences to white people and are overlooked and 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, there are not just black people’s issues, there is everyone’s issue.

This event was sponsored by the CHS 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?

Advertisers paid a hefty $5 million per 30-second commercial spot during Super Bowl 50 to reach an enormous and diverse audience. To get the best returns, advertisers have to brand their commercials with humor and attention-grabbing details. Some honorable mentions for this year’s best commercials

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 commercial of the evening, immediately following the pregame. Hart plays an energetic 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 year of the Doritos Crash the Super Bowl contest, where fans submit their own commercials, did not disappoint. Doritos has given us 10 great years of commercials from their contest and is definitely going out with a bang. “Ultrasound” shows a soon-to-be father eating Doritos while at his wife’s ultra- sound appointment. As he mentions Doritos around, the monitor shows the baby moving and trying to reach the bag. The expectant mom gets tired of her husband’s9actions 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.

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 T.J. Miller. It was the first time 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 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. This was a great plug for both Marvel and Coca-Cola that surely entertained viewers.

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 in a Porsche in front of the TurboTax logo. This commercial is truly a parody of more literal ways. He says that this is acceptable because Turbo Tax does your taxes for free, so he could not possibly be selling anything. Getting a legendary actor to star in this commercial was genius and any film enthusiast will thoroughly enjoy the very wry humor Hopkins delivers.

5. Universal Pictures - “Jason Bourne”

The biggest surprise 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- chise. The trailer does not give much information as to what the storyline will be, but does offer a nice sight of Damon back in action. Bourne, however, does proclaim that he knows who he is and remembers everything from his past. Universal appears to be setting the bar high with this impressive first look that caught me off guard. With little mention of the film so far, Universal pulled a fast one by delivering the trailer on the biggest stage. Even though this was not a funny commercial, Universal still gets a win for a much-anticipated first look at one of its major releases of the year.
George Clooney stars in the Coen brothers’ latest film.

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 could be, they deal with bigger problems than they could have ever expected.

The movie also has multiple characters that have their own arcs and we as audience members see how all of the story arcs and we as audience members see how all of the story arcs are connected to the main plot of the film. We also have the privilege of seeing a movie that pays tribute to 1950s Hollywood.

As a film enthusiast, I was highly anticipating “Hail, Caesar!” because I am a huge fan of the Coen brothers. Every time a new movie of theirs is released, I am instantly excited, because all of their movies are very different. Their filmography consists of crime dramas, comedies and dramas and most of them are unique in their own way.

“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.

To begin with, the performance from everyone in the cast was stellar. Brolin as the lead role was terrific and he was a very likeable character. He was someone who fixed everything and knew how to get what he wanted, even if it meant that he had to go to extreme measures. Clooney was also great in his role, providing a lot of laughs and having a lot of charisma.

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. The writing of the film, for the most part, is really clever. The dialogue is quirky and it is well-delivered by the cast. This movie also has some dramatic moments and religious themes that work to a certain extent. It is also really well-paced, as I was never bored while sitting in the theater. However, this movie does have its flaws and although I really enjoyed the movie, I do not consider “Hail, Caesar!” to be one of the Coen brothers’ best movies.

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. There are scenes that do not really 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 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. These are all flaws that kept “Hail, Caesar!” from being a truly great movie. However, the good in this movie outweighs its flaws, so it is still very enjoyable. I would definitely recommend this movie to film enthusiasts or to anyone who just wants to see a good movie. Even though 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.

“Hail, Caesar!” is in theaters now.
The game was mostly a defensive battle that held the offense to little yardage and made it incredibly difficult to move the ball. On the offensive end, both teams struggled time and time again to score. The Broncos’ defense came to play, while the Panthers’ offense thought they could skate by like they did in the NFC championship game against the Arizona Cardinals. The Panthers’ offense played their worst game of the season by putting up their least amount of points and yardage. Cam Newton, running back for the Carolina Panthers, ran the ball efficiently, constantly gaining possession once again on their third down conversion. Manning also played an efficient game. The Panthers’ defense put up a strong showing and competed at a high level. The Panthers’ offense also struggled but they ran the ball efficiently, constantly fighting for first downs and extra yards. The Broncos started the first quarter by marching down field for a field goal. Newton felt the pressure from the first drive and rushed his passes. On a third-and-10, Newton was hit linebacker Von Miller, which forced a fumble. The ball was recovered by defensive end Malik Jackson for a touchdown to go up 10-0. Von Miller’s name was mentioned repeatedly, since he was such a major contributing factor in the game. During the second quarter, the Panthers started moving the ball through their passing game. Newton connected to tight end Greg Olsen for a big gain to put them in the red zone. Moments later, Newton pounded it in for a big touch- down to make the score 17-0. The Broncos then regained possession and quarterback Peyton Manning threw an interception. Luckily for him, it didn’t affect that quarter and the Broncos regained possession once again. The Panthers struggled yet again on their third down conversion resulting in a number one receiver, Julius Thomas, catching a pass. The Broncos kicked another field goal, which made the score 20-0. Manning was finally pass- ing well and moving the ball to the opposing end zone when defensive end Kony Ealy forced a fumble, which put the ball in Newton’s hands. Panthers’ linebacker Graham Gano converted a field goal, which made the score 23-0. The Panthers regained possession after a great defensive stop and Miller forced another fumble, which the defense recovered. On the ensuing drive, the Broncos’ running back C.J. Anderson had an amazing run up the middle to score a touch- down to make the score 22-0. Broncos head coach Gary Kubiak decided on going for a two-point conversion in order to take a two- possession lead with three minutes remaining. Manning threw his best pass of the game when he tossed one over the middle to go up 24-0. With one final chance to score, Broncos defensive end Derek Wolfe pressured Newton and disrupted another pass. Miller forced a turnover on downs with the final tackle of the game. At the end of the game, the Broncos would hold up the Lombardi trophy and re- joice in the traditional Gatorade bath in a 24-10 victory. Miller won the Super Bowl MVP and the Denver Broncos are bring- ing back the Vince Lombardi Trophy back to Colorado.
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.

Notable Performances:

- Best Throw: 15.17 meters
- Best Finish: Third

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.

Season Averages:

- Points per game: 12.6
- Rebounds per game: 9.1
- Steals per game: 2.1

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

Indoor Track and Field

Feb. 13
Montclair State vs. Monmouth University
West Long Branch, N.J.

Feb. 11
Women’s Basketball:
Montclair State vs.
New Jersey City University
2 p.m.

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

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

Upcoming Games

Feb. 17
Men’s Basketball:
Montclair State vs.
Monmouth University
TBA
Panzer Athletic Center

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

Aaron Williams learned to balance two sports in one academic year

Emmy Cirino
Assistant Sports Editor

There are few people tal-ented enough to compete at the college level in mul-tiple sports. Aaron Williams is one of the lucky few that can say that he belongs to this cat-egory. Williams, who had just com-pleted a career season with the Red Hawks’ leading receiver, has learned to balance football and basketball court to show that he is a force to be reckoned with.

If you ask him how he han-dles the weight of two teams and his senior year on his back, he’ll tell you that you just have to put your mind to it. Accord-ing to Williams, it’s all about time management, a lot of work and a lot of rest. He believes that it is all about the bigger picture. “I probably won’t ever be able to play these sports in this type of atmosphere ever again, so you just have to push through it,” Williams said.

This season was Williams’ first back on the hardwood since his freshman year at Montclair State. Williams had what he de-scribed as an “okay” freshman season, starting six games and putting up 11.5 points per game. When he decided on Montclair State, the West Orange native came here primarily to play basketball, but had already had some football under his belt his freshman year as well.

When his plans fell short, he looked to play football his sophomore year. “I just wanted to give 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 jersey. Giancola said, “He’s an aggressive player who loves to compete. ‘He’s not afraid of anybody on the field,’ Nieves said.

Yet, as basketball season ap-proached, Williams had a feel-ing 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,” Wil-liams said. “At least give it just one year of me doing both.”

Williams and Head Basket-ball Coach Mark Sears have mutual interest in each other and his senior year. “It means the most,” he said. “I’ve had a long journey for this, 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,” team-mate Shaun 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 him, he’s obvious that he is putting ev-erything he has into whatever he’s doing. In this case, he’s thinking about taking another year off football to focus on basketball.”

“I think the biggest thing is his leadership qualities and, in order to be a leader, you have to be a great teammate,” Montclair State Men’s Basketball head coach Mark Sears has said. “He’s been a great mentor for the freshman in the program.”

Channer enjoys waking up and getting ready to play every day. He takes the game one day at a time. He also included words of encouragement to any high school basketball players who may be thinking about taking their game with them to college. “First, let’s see what you can do,” Channer said. “Second, play basketball, but don’t make it your life. Most other people, enjoy it, put your best forward and enjoy the moment. It’s really the best of your life. Just working, anything is possible and believe in yourself.”

New player once the team has established could have been a cause for hesitation but Williams didn’t have those fears because of his personal-ity. “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,” team-mate Shaun Russell said, “that he never gave up — he finished just like the rest of us.”

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Channer’s passion and skill are driving forces that make him player who he is today.
Sophomore Katie Sire is on her most dominant roll of the season just as the Red Hawks gear up for the NJAC Tournament.

By three with 48 seconds left. Montclair State trailed followed four points in the first –

Tournament.

New Jersey Athletic Conference

on a six-game winning streak against William Paterson University and are now on a six-game winning streak less than two weeks before the New Jersey Athletic Conference Tournament.

The Red Hawks only allowed four points in the first quarter in their game against Rowan on Feb. 10, but the rest of the game was more of a back-and-forth affair.

Montclair State trailed by three with 48 seconds left. Junior Rachel Krauss hit both of her free throws to cut the deficit to one. The Pros turned it over on the next possession and put the ball back in the Red Hawks’ hands with 33 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 emerged with a 71-70 upset over the no. 3 ranked team in the NJAC.

Their previous victory against Rutgers-Camden was nowhere near as dominant as their 49-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 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 64-59 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 offensively,” 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.