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Filmmakers Discuss Italian Immigration

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- erk, N.J. was arrested and charged with posses- sion of marijuana in a motor ve- hicle. Smith was scheduled to appear in Montclair Mu- nicipal Court.

Thursday, Feb. 4
Café Diem: A student reported a forger- y incident. This case is under investigation.

Thursday, Feb. 4
Sam's 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 possess- sion of marijuana. Torrado- Gonzalez is scheduled to appear in Montclair Munici- pal Court.

Friday, Feb. 5
Life Hall: A student reported an incident of criminal mischief and theft. This case is under investigation.

Policing the Campus

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themontclarion.org
[Image 38x263 to 316x541]
[Image 38x765 to 316x1044]

INCLUDED that he was too busy
optimistic.” After he had con-
victim as one that was “too
the investigation as one that
to the a successful end to the
tion with the victim which led
6 hours in the Blanton Hall
Barrett ended up spending
universit community to share
their stories during a
photoshoot last Thursday.
Participants were asked,
“If you had one story to share
with the world, what would
you say?” Each person wrote
words on their skin that en-
and student affairs profes-
tant to being the best person
though and deed [is] impor-
to the extent that I can be.”
Fatima deCarvalho, Associ-
the message, “Some run their
hour, I run my business.” She
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the Dean of Students, and it
“roomed” with her. “In life,
you will meet many sucess-
ers and people with opinions
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can veer you off your path. I
close to allow others to have
their say, but at the end of the
day, I will always focus on the
goal, the task or the job at hand
and completing it to the best of
my ability.”

Day of Unity Captures Campus Stories

Dr. Karen Pennington, Vice
President of Student Devel-
ment and Campus Life,
cross the message, “I have an
idea.” She explained that the
faculty members who work
alongside her suggested this
phrase since it “epitomizes”
her problem-solving process
and they hear the phrase com-
ing from her mouth often. “I
like to remain current if not
forward thinking and spend
time thinking of new ways of
doing things,” Pennington
said. “Try to make our divi-
sion as creative as we can in
meeting the needs of students.
I believe that thinking, chang-
ing, growing and evolving in
thought and deed [is] impor-
tant to being the best person
and student affairs profession-
I can be.”

Tara Zurlis, Director of Aca-
demic Success and Retention
Programs, chose the message,
“Learning to love the parts
that no one else loves.” Origi-
nally by Rudy Francis, these
words remain a constant chal-
dge for Zurlis 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
myself with. I am working on
myself and the people I surround
myself with. I am working on
becoming as creative as we can in
meeting the needs of students.
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and student affairs profession-
I can be.”

Captain Kieran Barrett of the
University Police Department
chose the message, “Victims
become survivors.” He ex-
plained that this truth was
something he learned many
years ago, during his early
years as a ULP detective. He
was investigating a sexual vio-
lence 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 con-
cluded that he was too busy
to find the person responsible,
Barrett ended up spending
six hours in the Blanton Hall
attorney having a conversa-
tion with the victim who led
him to learn many interesting
investigations. He credits this
experience to “encourage and
forsight” of the victim. “Vi-
tims do become survivors,
we can give the time to listen
to individuals and a commu-
ity — the very least that we
can do,” said Barrett.

Shane Jones-Rust, a Junior
English Major, wrote the mes-
“Team is beautiful.” He
chose to be photographed
shirtsloving, exposing his chest
expression and wrote
his statement to make other
members of the LGBTQ com-
munity on campus feel com-
fortable to come to the event
and tell their stories as well.
“We aren’t merely a shameless
try 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,
death despite everything — being
who I am.”

Julie Fleming, Associate Di-
rector of Student Involvement,
cross the message, “Choose
authenticity.” She explained
that being true to oneself is
“the silly and love is al-
ways present. I believe that
God created me for a reason
knew] that my faith in God,
I felt alone or abandoned, [I
focused,” White said. “When
as being that factor to keep me
facing, just like every human
gles and the tests that he has
over, 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.”

Bryan White, a senior and the
President of the Student Gov-
ernment Association, chose
the message, “Faith in an
other.” He spoke of life’s strug-
gles and the trials that he has
faced, just like every human
being. He said that his “will-
ing to roll with the punch-
es 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
forward,” White said. “When
felt alone or abandoned, [I
know] that my faith in God,
humanity and love is al-
ways present. I believe that
God created me for a reason
and every trial and tribulation is
a step toward an even brighter
day.”

Fatima deCarvalho, Associ-
ate Dean of Students, chose
the message, “Some run their
hand, I run my business.” She
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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 Institutional Context” to the University Senate on Jan. 20. The council developed this 11-point list “in the interest of enhancing the quality of student life and of maintaining excellent relationships between students and course instructors,” according to its chair, Dr. Frederick Bonato, provost and vice president of Academic Affairs. If the recommendation is approved by the University Senate, which is comprised of 35 voting members explained by 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. For over a year, which has been in the works of rights and responsibilities, over the language of the list along to the provost, who will nonvoting members, it moves.

2. Students have the right to a course outline describing required assignments, evaluation procedures, attendance policies and grading policies. If alternative modifications become necessary, students shall make the changes as soon as possible.

3. Students have the right to notification by course instructors as early as possible. It is recommended that course instructors devise a system of communicating with their students that will allow for more than one class. Students are responsible for notifying faculty members in advance of pre-planned absences, whenever possible.

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6. Students have the right to an assignment, due date and schedule of the course outline, which will be graded and returned to students at least several days before its due date. Academic withdrawal without academic penalty. Students are responsible for maintaining a record of their progress, including scores and assigned points, and for maintaining an additional grading criteria provided in the course outline and therefore, students must ensure that they are aware of their own academic standing throughout each grade.

7. Students have the right to an assignment, due date and schedule of the course outline, which will be graded and returned to students at least several days before its due date. Academic withdrawal without academic penalty. Students are responsible for maintaining a record of their progress, including scores and assigned points, and for maintaining an additional grading criteria provided in the course outline and therefore, students must ensure that they are aware of their own academic standing throughout each grade.

8. Students have the right to a course outline describing required assignments, evaluation procedures, attendance policies and grading policies. If alternative modifications become necessary, students shall make the changes as soon as possible.

9. Students have the right to assistance during the final exam period, whether it be an exam, final course evaluations or for another purpose, either on campus or online. At the time of the exam and place specified in the Schedule of Classes Booklet for the semester, students will be present. Students will be responsible for taking attendance both in the physical classroom and in online classrooms, both in order to have the right to participate in final course evaluations even though they are not there at all times.

10. Students have the right to an assignment, due date and schedule of the course outline, which will be graded and returned to students at least several days before its due date. Academic withdrawal without academic penalty. Students are responsible for maintaining a record of their progress, including scores and assigned points, and for maintaining an additional grading criteria provided in the course outline and therefore, students must ensure that they are aware of their own academic standing throughout each grade.

11. Students and course instructors are responsible for maintaining a record of their progress, including scores and assigned points, and for maintaining an additional grading criteria provided in the course outline and therefore, students must ensure that they are aware of their own academic standing throughout each grade.
“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

How It Works

According to an informational email, employees at Sam’s Place and Freeman Dining 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 containers and leave, however. They also have to return the green togo 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. Additionally, since the containers are reusable, they can reduce the amount of waste that might be used if the university were to provide styrofoam or paper products to allow students to take food freely from the dining halls.

Student Response

Resident student Zach Habelian, Nic Zarno, Ryan Morford and Bunmi Toyosi all agreed that allowing students 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

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Chuck: Student Awaits Court Date

Continued from page 1

through the department system, but this person is not formally charges against him. Igbokwe is still required to appear in court to deal with the repercussions of the charges pressed against him.

He is set to appear in Little Falls Municipal Court on March 30. Captain Karen Bartlett, spokesperson for UPD, said he was told that Igbokwe will maintain his innocence. Igbokwe is being represent- ed by Feva Law Firm. Charges are still pending, according to Igbokwe’s lawyer, who refused to make any comments about his case.

Barrett said about the string of reports that “all were similar in nature in that the suspect was harassing female students by persistently asking for contact information, releasing to 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.
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, loose-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 shuttle 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 a constant reminder of Bell’s mission to help this young woman find joy. “I just saw the life come out. She was like—you know, a flower. It gets wimpy and then, you know, because we get a lot of students—she was, you know, over-crowded with students every day, the shuttle stops become the busiest periods of the day, the shuttle stops become the most over-crowded with students. I’m already putting students into her small bus, and she can’t fit all the wait—she’s very irate because—she was talking about a particular student got so upset. She was very irate because—she couldn’t pick her up, so she called me the B-I-T-C-H word.”

During “peak times,” as Bell called the busiest periods of the day, the shuttle stops become overcrowded with students and she can’t fit all the waiting students into her small bus, which was made to accommodate 24 seated passengers and seven standees. “Sometimes we might go over the capacity—sometimes we must go over the capacity—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—” she paused and furrowed her brow, determined to remember every detail. “And Ireland? Yes, Ireland.” She takes pride in knowing her passengers and loves being known in return. “By the way, you’ve met Yvonne, Bus 18.”

Bell would always call the girl by her first name. “She was very, very wise bare face. A similar sparkle lights her eyes when she tells stories about the students who shuttle 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.

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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 Sanit’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, rye 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 there is a consumption of 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 products containing this protein do. Whole grain products are rich in vitamins and minerals, including B vitamins, iron, calcium, zinc 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.

Michelle Pauchoh
Contributing Writer

If you were looking into nutrition 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 our health 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 way to go.

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 lower 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 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 no-fat diets. Thus, there can be some confusion about how you should eat. We’ve learned that consuming fats 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.
STUDY ABROAD UPCOMING SCHOLARSHIP DEADLINES

GLOBAL EDUCATION SCHOLARSHIPS SUMMER PROGRAMS
THE MARGARET B. HOLZ SCHOLARSHIP PROGRAM
MARCH 1st
BECKER-KEEKEN-MOORE–UHIA WALLER SCHOLARSHIP
MARCH 1st
ANITA MAESTRO UDELL SCHOLARSHIP LANGUAGE MAJORS
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FREEMAN- ASIA SCHOLARSHIP SUMMER
BENJAMIN A. GILMAN INTERNATIONAL SCHOLARSHIP
MARCH 1st
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DELTA PHI ALPHA GERMAN STUDY ABROAD SCHOLARSHIP
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MARCH 31st
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Students are hungry — hungry for jobs, hungry for good grades and most importantly, 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, 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 marks 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 are hoping to one day eliminate hunger for others. 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 un-eaten 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 constant 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.
Becoming a College-Arade - A Rite of Passage

The espresso is never always not bitter on the other side

Due to our fast-paced gen-
eration, the rocky voyage into adulthood can often feel rushed. Many students have only a few years through high school, we are encouraged to attend col-
lege, graduate within four years and fulfill our dreams right after. However, this ideal plan can be flimsy. Financial hardships and shifts in the market can prolong the job search. We treat the truth of the thrill to struggle from finding work and jobs tailored to our majors. Yet, we know in our hearts we are forced to grow the most.

I had always been the shy and quiet girl in public school. The red eye contact or holding a de-
fined object is completely impossible for me. However, my job completely transformed me after my first

day. I had to talk louder then I ever had in my life and work relentlessly to memorize the menu. I had to properly make all the drinks at once. I was completely taken out of my comfort zone and I am eternally grateful for it.

I have now been a barista at my job for my three years and since then, I have grown immensely in various ways. While I have not grown physically, I feel the fact that being a barista tem-
porarily halted. History does not always predict who will win this year’s election. The first major event leading to the presiden-
tial season. The first major
prediction after they lost the

cy nomination. For example, before the 2008 Iowa caucuses, Senator John

While I don’t think that thinner is better, the idea of thinness is in a way similar.

Advertisements Just Sell Body Negativity

Jessica Mahmoud, a Journalism major, is in her second year as a columnist for The Montclarion.

Advertisements are women being through not representing them in an authentic manner, they have always been diverse identities. Ac-

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cording to Kilbourne, people of color have it the worst, as they are most often seen as animals or less than human. Members of the LGBTQ+ Community are hardly ever represented and advertisements are being discrimi-

ting the person’s existence.

Advertisements promote networking and can

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ting the person’s existence.
THE WORLD WITHOUT NEWS WOULD BE...
There are so many neat details that aren’t noticeable in the beginning. I’m still finding them,” she said.

Only one 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-
menional glimpse into a vivid memory of a tranquil, lazy day. Yellows, greens and oranges make the sculpture a drawing point in the space.

Santiago, senior fine arts major cited "Summer Cabin" as her present favorite. "I enjoy the vibrancy of his vision in "as her present favorite. "I enjoy the vibrancy of his vision in the painting of the 20th Century," she said.

On Thursday, Feb. 4, the show will be present until Feb. 20. The current exhibit may have thought his work to be the best. The current exhibit only ones in the current exhibi-
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Salvador Dali Comes to the George Segal Gallery

Theodore Lenz
Entertainment Editor

Salvador Dali (1904-1989) re-
formed to modern art as a great 
voll. In the late 1920s, he was a tem-
temporary of this period, the 
painter has reserved himself a 
category of his own. Through 
his playfulness with form and 
space, the world has inherited 
such beloved surrealist paint-
ings as “The Persistence of Memory” (1931) and “Meta-

... continue reading...
The Montclarion • February 11, 2016 • PAGE 15

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 Lavell 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 creditted West Africa as the origin of cyphers. When she visited West Africa and stayed 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 responsibility 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 the professor 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, with the horrifying stories 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 movement 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 the song was great, it has caught on everywhere. Lyiscott immediately replied, “Long overdues,” and possible that regardless of what the movement is called, it needs to happen.

There was a video of police of-

cers sharing their opinions and experiences with racial justice in their profession. Following the video, attendees were encour-

aged to submit questions to the panelists for further discussion.

One question asked Lyiscott specifically about Macklemore’s song “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 “whitesplain-

ing,” when white people continuously explain their in-

suances 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 panelists declared, they are not just black people’s issues, these are everyone’s issues.

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 Siegel
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 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 memorable mentions for this year’s Super Bowl commercials go to Audi’s “Commander,” Marmot’s “Love the Outside,” Heinz’s “Wiener Stampede” and Hyundai’s “Ryanville” commercial starring Ryan Reynolds.

However, the ads you pick 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 commerc-

ial of the evening, immediately following Tom Brady. Hart plays an aggressive 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 great Super Bowl commercial.

2. Doritos - “Ultrasound”

The final year of the Doritos Crash the Super Bowl contest, where fans submit their homemade 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 returns home, his wife shows him the baby moving and trying to reach the bag. The expectent mom gets tired of her husband’s rudeness and grabs the bag. Upon throwing the bag across the room, the baby presumably leaps out to 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 Coca-Cola mini commercial starring the Hulk and Ant-

Man, voiced by Paul Rudd. It was very surprising to see Marvel characters appear 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 fan favorite sequence. The characters eventually “open happiness” and enjoy the Coke commercial.

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 streets and screens film footage in more hilarious 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 funny 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 hit theaters this summer after taking a break for four years. 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.
‘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 Jonah Hill. "Hail, Caesar!" follows the story of Eddie Mannix (Brolin), who is a Hollywood fixer for Capital Pictures in the 1950s.

The movie also has multiple story arcs and it’s quite disturbing to see how all of the story arcs and we as audience members can never expected.

When actor Baird Whitlock (Clooney) is kidnapped and Mannix and other characters (Clooney) is kidnapped and Mannix and other characters start wondering where he is going, the audience will be, they deal with bigger problems than they could have ever expected.

The movie also has multiple characters that have their own ideas 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. The movie is stellar. Brolin as the lead role was terrific and he was a very likable 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, there are some flaws that kept me from loving this movie, one being the narratives. 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.

There are also scenes throughout the movie that have a lot of hilarious moments and when the comedy hits, it hits really hard. 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 dramatic moments and religious themes that work to a certain extent. It’s 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.

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 elements and religious themes that work to a certain extent. It’s 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.

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

**Super Bowl 50**

Denver Broncos - 24
Carolina Panthers - 10

In a defensive struggle, the Broncos were able to hold the Panthers’ offense in check throughout the game. The Broncos’ defense was led by Von Miller, who had a game-changing sack in the fourth quarter to put the ball in the Broncos’ territory. Peyton Manning threw a touchdown pass to Demaryius Thomas, and the Broncos’ running back C.J. Anderson ran for a touchdown as well. The Panthers were unable to score on their final drive, allowing the Broncos to capture their fifth Super Bowl title.

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**Montclair State Student Reaction**

**Patrick Clark, Senior**

“I didn’t think the game was all that entertaining and I was a little disappointed. However, the halftime show and tribute to the former performers throughout all 50 years of the Super Bowl was incredible. I really would have liked a more competitive game, but I still enjoyed watching.”

**Justin Mathai, Sophomore**

“I was glad to see the Broncos win. Peyton Manning has had an incredible career and, if this truly was his last season, I’m glad he could end on a high note. Lady Gaga’s rendition of the national anthem was incredibly powerful and the halftime show was my opinion, one of the best I’ve ever seen and a great tribute to past performers.”

**Rebecca Estrada, Sophomore**

“I think the national anthem was beautiful and the halftime show was fantastic. I think Beyoncé overshadowed Coldplay, who was the main performance. The messaging was powerful for all watching and I loved what the symbolism showed in the entire halftime performance. All the commercials were not interesting or they were very bizarre. The game was most definitely not at the same entertainment level where it was last year for the Patriots and Seahawks Super Bowl. I wish everything was improved a little bit more.”

**Avidan Rothman, Senior**

“I overestimated the Panthers’ ability to score without a number one receiver. The Panthers’ offense stalled when Greg Olsen was taken out of the game. The Broncos’ defense smothered Cam Newton’s ability to move and put this game into a defensive stall. The Broncos’ defense gave the offense the points it needed to win. I also personally didn’t like any of the commercials or the halftime show.”

**Nicholas William, Junior**

“The game was a defensive struggle, where both offenses were mostly held in check. A strong Denver run game was the difference in the game, with C.J. Anderson scoring two touchdowns. The national anthem was good and it was complimented well by the flyover. Halftime was spectacular. Mainly showing LG’s Pride and unlike some other half time shows, I felt they booked a good half time show. There were a handful of good Super Bowl commercials but I felt like most of the commercials were not up to par with my expectations.”

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**Daniel Waffenfeld, Staff Writer**

Super Bowl 50 has finished and another entertaining NFL season has come to an end. We had many memorable moments in this historic game, such as Lady Gaga singing the national anthem to start off the game. In addition, they showed all 50 Super Bowl MVPs together to celebrate their achievements throughout all of these years.

Later on, Coldplay, Beyoncé and Bruno Mars hosted the halftime show, which made headlines all over the world. With all of the huge headlines making the papers and taking over the media, the game itself was interesting to watch.

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 Jonathan Stewart and the offense fumbled their worst performance of the season and it seemed they weren’t as driven as the Broncos to win this game.

In the first half, the Panthers’ defense put up a strong showing and competed at a high level. The Broncos’ offense also struggled but they ran the ball efficiently, consistently 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 by 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 running 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 touchdown to make the score 10-7.

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 which resulted in the Broncos kicking two more field goals which put the ball in the opposing end zone when defensive end Kony Ealy forced a fumble, which put the ball in Newton’s hands. Panthers’ defensive end Graham Gano converted a field goal, which made the score 16-10.

The Panthers regained possession after a great defensive hold 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 touchdown to make the score 22-10.

Broncos head coach Gary Kubiak decided on going for a two-point conversion in order to take a two-possesion lead with three minutes remaining.

Manning threw his best pass of the game when he tossed one over the middle to go up 24-10.

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 rejoice in the traditional Gatorade bath in a 24-10 victory. Miller won the Super Bowl MVP and the Denver Broncos are bringing back the Vince Lombardi Trophy back to Colorado.
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.

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.

SEASON AVERAGES:
- POINTS PER GAME: 12.6
- REBOUNDS PER GAME: 9.1
- STEALS PER GAME: 2.1

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.

NOTABLE PERFORMANCES:
- BEST THROW: 15.17 METERS
- BEST FINISH: THIRD
A Red Hawk who Expertly Handles Double Duties

Aaron Williams learned to balance two sports in one academic year

Emma Cirto
Assistant Sports Editor

There are few people talented enough to compete at the college level in multiple sports. Aaron Williams is one of the lucky few that can say that he belongs to this category. Williams, who just came off a career season in the Red Hawks’ leading receiver, has also been a reliable player on the Montclair State basketball team.

This season is Williams’ first back on the court since his freshman year at Montclair State. Williams had what he described as “an ‘A’” freshman season, starting six games and putting up 108 points. When he decided on Montclair State, the West Orange native came here primarily to play basketball, but had hoped he could play football 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 football jersey.

Denzel Nieves, a teammate of Williams and his senior year on his back, said. “He’s an aggressive player who loves the game. He always gives it his all.”

“[He is] a fun to watch player,” teammate Brandon Channer said. “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 Marlon Sears 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.

Channer has also stood out to his coaches throughout the season, not only with his performance on the floor, but also for being a mentor to others on the team.

“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 Marlon Sears 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.

Channer’s passion and skill are driving forces that make him player who he is today.

Brandon Channer: Leading by Example

Junior Channer proving his worth on the men’s basketball team

Daniel Collins
Staff Writer

During a Montclair men’s basketball game, you can see Brandon Channer dominating on the floor, trying to build on his first season with the Red Hawks.

Channer is a junior at the university and plays the position of forward for the Red Hawks men’s basketball team.

He was born in Manchester, Jamaica and moved to the United States in 2003. He has been playing basketball for about 11 to 12 years. He also played basketball while attending Riker Islander University prior to coming to Montclair State.

Professional basketball players that have driven his passion for the game include Michael Jordan and Kobe Bryant. He also said that his father introduced him to the game. Overall, the passion he has for it has made him want to continue to play basketball.

The competitiveness of the game is another major driving force for Channer.

“You just have to keep going if you have success and if you fail, to just try and figure it out and get success. Also, it’s the opportunity to get a college education, meet people and open some new doors for me. I’ve been to so many places, countries and states. It’s just a beautiful game, said Channer.

In the 2015-16 season, Channer’s statistics include 609 minutes of playing time, a 399 field goal average (117-for-239), a 56 three-point basket average (47-for-132), 177 rebounds and he averages 16.5 points per game.

Channer also talked about how honored he feels to put on the Montclair State jersey, no matter if it’s for a game or a practice.

“IT means the most,” he said. “I’ve had a long journey for about three years now in college, so to be here at Montclair State is a great opportunity. Every day, I thank God for it. I put on that jersey, whether if it’s a practice or a game. I try to give it my all.”

Channer’s style of play and ability to bring great things to the team each game throughout the season has stood out to his teammates.

“He’s so versatile,” junior Brian Crosby said. “You just never knew what to expect out of him. He can drive to the rim, and he can shoot the ball. It’s always fun to watch him play.”

Some of the career-highs to tell this week is scoring 28 points against Kenton College on Jan. 3 and playing 38 minutes against Williams Paterson University on Dec. 9. 2015.

Channer has also stood out to his coaches throughout the season, not only with his performance on the floor, but also for being a mentor to others on the team.

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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, [I’d say] do it,” 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 for you.”
Sophomore Katie Sire is on her most dominant roll of the season just as the Red Hawks gear up for the NJAC Tournament.

Montclair State’s men’s basketball team cruised past Rutgers-Camden to extend their six-game winning streak to 2

Montclair State Pulls past Rutgers-Camden to Extend Win Streak to 2

Montclair State's men's basketball team cruised past Rutgers-Camden in a convincing 89-74 victory on Feb. 6.

The Red Hawks' defense was paced by 16 points from Erick Lothen-Harris and 14 from Jarrett Bogus. Bogus hit four consecutive three-pointers from different players. Their big lineup played a factor as well, with Jalil Christian and Jahvan Resbia combining for 24 rebounds, including nine offensive boards. 11 out of 12 Montclair State players scored in the game, including an industrious 11 points from Resbia, nine from Deyvon Rawson and eight from Shaun Russell.

The men’s basketball team now sits at 11-11 overall (7-8 NJAC) and can secure anywhere from a sixth to fourth (possibly even third) seed in the NJAC tournament depending on other teams’ results. The Red Hawks will face the C wreckage of the men’s basketball team on Feb. 13.