A New, Drastic 2020 Vision for Class Scheduling

Earlier this week, the Montclair State University Provost released a new class schedule grid for the entire university set to go into effect for the fall 2020 semester.

The new grid features both earlier and later classes starting at 7 a.m. and ending at 10:45 p.m. There are also more blocks scheduled on Mondays and Fridays, creating a bigger window for common hours on Wednesdays between 1:30 p.m. and 5 p.m.

Classes that take place twice a week will fall on Monday and Thursday or Tuesday and Friday.

According to an email from Willard Gingerich, which was sent to faculty members on Monday, Nov. 4, “the old grid has simply collapsed under the growing demands of 21,000 students, including more demand for evening classes and an anticipated expansion of graduate needs.”

Some students at Montclair State are concerned with the new grid’s earlier class times, including Grace Wampler, a junior music major.

“It would be changing professors’ schedules,” Wampler said. “If they have a 7 a.m. [class], a lot of our adjuncts live in the city, and they have to change when they leave and they have to leave a lot earlier.”

According to Gingerich’s email, “This grid will make year by year schedule planning far more efficient and so will [facilitating] planning for program delivery, faculty schedules (including adjunct schedules) and most importantly, students’ ability to plan their path to degree and work schedules for those who have them.”

While others are a little skeptical about the change, some students are ready to embrace it, including Nicholas Martinez, a junior exercise science major.

“I think this is a great new idea that will help a variety of students and faculty manage their school schedule, but also work schedule in a more efficient way,” Martinez said. He believes that the new grid

Class Scheduling continued on Page 2

CROSSWORD PUZZLE & MORE
ON PAGES 16 AND 17
THE MONTCLARION
School of Communication and Media, Room 2035
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Information reported in the Red Hawk Rap Sheet comes directly from the MSU Police Department. We do not print retractions to the rap sheet unless information directly from the police report is incorrect. We can print an update to the events only if the newspaper is given access to relevant documents to corroborate the information. All submissions to the newspaper become property of The Montclarion.

We do not print articles from anonymous contributors.

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

THE MONTCLARION

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Provost:
Long Mondays and Fridays will give students a longer mid-week break

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Saturday, Oct. 26
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Monday, Oct. 28
Red Hawk Diner: Patrol officers responded to a report of a counterfeit $50 bill. An employee explained that the suspect paid with the counterfeit bill and left the area.

Tuesday, Oct. 29
Gordon Hall: Patrol officers responded to a report of a loud verbal dispute. Upon further investigation by patrol officers on the scene, it was determined that both complainants were breaking up from a former dating relationship. The complainants did not wish to sign criminal complaints.

Wednesday, Oct. 30
Student Center: Patrol officers responded in reference to a theft. Victim stated that she placed her black backpack on a chair, left the area and upon her return, she noticed it was gone. The victim checked the area and the front desk with negative findings.

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Anyone who has information regarding these incidents is urged to call the police station at T-I-P-S (8477). All calls are strictly confidential.
Village Residents Are Getting “Heated”

On the afternoon of Nov. 1, residents of The Village were sent a blast email confirming that “the university switched over to heat on Oct. 15,” and, “will stay in heat mode until some time in the spring semester.” This change came without warning and has caused students to experience uncomfortably hot temperatures in their dorm rooms without the ability to turn on cold air. The miscommunication has caused students to believe that the HVAC units in their rooms are malfunctioning.

In the same email, Community Director Rebecca Stringham explains that, “The Reslife Office and the Facilities Office continue to receive requests in regards to the temperature in the residence halls.” Stringham emphasized that there is no way to provide A/C to individual units.

Residents of The Village are paying $6,027 dollars per semester for singles, and $5,325 for doubles. As the second-highest rated on campus, students are frustrated and question why this information was not disclosed earlier.

On Montclair State University’s website, The Village lists, “independently controlled air-conditioning and heat in every room,” under apartment features, but neglects to include fine print about the building’s limitations. The Montclarion reached out to Stringham and she has no further comment at this time.

Since Oct. 15, temperatures have ranged from lows of 35 degrees in Montclair, NJ to highs of 73 degrees in The Weather Channel. The fluctuation has posed issues for students that are now unable to adjust their temperature.

Although bedroom HVAC units provide the option to turn off the heating and cooling process entirely, apartment entryways and hallways have vents that continuously funnel hot air into living spaces without giving residents any control, and the hot air eventually reaches private spaces as well.

Senior public health major Mady Agin resides in Base Hall, and expressed concerns about the health implications of living in extreme temperatures. “They don’t take in considerations people’s health needs,” Agin said. “There’s no medium, it’s always really hot or really cold.”

Due to this experience, Agin has chosen to spend her own money on alternative options to make her space more comfortable. “There need to be better mechanics in place so that students can control the temperature in their rooms, especially when the weather is inconsistent.” Agin said. “I had to buy a box fan for my room in November.”

Heather Nikiperowicz, a senior family science and human development major is a resident of Fenwick Hall and has struggled with the temperature of her dorm room since she moved in. Nikiperowicz explained that when she first arrived, the vents in her room were not functional and her window was broken. Facilities were able to fix the HVAC unit, but her window was never fully repaired.

Since the workaround, Nikiperowicz is now forced to contact the Reslife Office and the Facilities Office for repairs. “It does work, it is hot; sauna-like.” Caruthers said. “When it does work, it is hot; sauna-like.”

For students that can open their window, they present an opportunity for outdoor elements, like precipitation, allergens and pests, to enter their space. Marissa Spirito is a junior double-majoring in philosophy and communication and media arts major who lives at The Village, has experienced erratic temperatures in his dorm room due to broken HVAC units.

“My unit is actually broken and just makes screaming noises and sounds like R2-D2, but I feel too bad to say anything about it,” Caruthers said. “When it does work, it is hot; sauna-like.”

For students that believe their HVAC units need repair, they can contact University Facilities or The Village – Residence Life office.
Dr. Marylou Naumoff judges a contestant at the Dannis B. Eaton speech competition on climate change on Wednesday, Oct. 30.

Annabel Reyes | The Montclarion

Eight students gathered in anticipation to pitch their speech ideas to three judges in the hopes of qualifying for the final round of Montclair State University’s annual speech competition. The qualifying rounds for the Dannis B. Eaton Speech Competition took place on Wednesday, Oct. 30.

Dr. Marylou Naumoff, the coordinator for the speech competition and one of the judges, explained what they are looking for in a speech.

“We are looking for content to see if there is promise,” Naumoff said. “We feel that there is enough there that can actually be developed into a six-to-eight minute speech. We are also looking at the delivery of the speech.”

The topic for this year’s competition is “My Earth,” to spark the discussion of climate change. Students were able to discuss a broad amount of topics. The topics ranged from how to help stop pollution on the home front, why we need to vote, why the earth isn’t technically ours and why we should be more aware as consumers.

Kenny Slaman, a sophomore humanities major with a film minor, explained how he prepped for his speech.

“I wrote down some notes, some bullet points and some stuff in my phone. I compiled some specific things I wanted to hit,” Slaman said. “When I had some free time I just went over it in my head and rehearsed the intro, especially because you have to start off knowing what you are going to say and you can kind of work it from there.”

Each student had the choice to either speak behind the podium or in front of the table to present to the three judges: Dr. Naumoff, Professor Gai Grannon and Professor Timothy Giordano.

“I was more nervous coming because I expected something more like one-on-one or one-on-two. I wasn’t thinking reporters, conference tables and people,” Slaman said. “You can really tell within the first 60 to 90 seconds if someone is a strong public speaker.”

The contestants were given two minutes each to pitch their topic to the judges.

“Think climate change is one of the topics that people are still in denial about and that bothers me,” Shaah said. “If we are the ones who aren’t going to do anything about it, no one is going to and it’s going to be too late.”

Sam Carliner, a senior journalism major, explained his topic on why we shouldn’t put a possessive adjective like “my” on the Earth.

“If I can get personal, my mom and I rent,” Carliner said. “It really changes how you view yourself in the world, to be at the whim of someone who owns the place you are living in.”

Carliner explained why he wanted to discuss climate change along with his personal anecdote.

“I think it’s just this thing that a lot of people don’t really question, this idea that land is treated as a product,” Carliner said. “When you really look at it, people need land to stay alive. They need to have a place to exist in if they want to stay alive. That’s a thing not a lot of people discuss, so I wanted to discuss it.”

The finalists include Francis Churchill, Giovanna da Silva Pagunige, Carley Campbell, Kenny Slaman and Sam Carliner. They will be competing on Nov. 18 with a long version of the qualifying speeches for the first place prize of $300.

Annual Speech Competition Kicks off With Its Qualifying Round

Drew Mumich
Staff Writer

Tim Giordano, an adjunct professor in the fundamentals of speech program, discusses climate change with his fellow judges.

Annabel Reyes | The Montclarion

Sam Carliner recites his speech.

Annabel Reyes | The Montclarion
Students ‘Party at the Polls’ in Machuga Heights

Drew Mumich
Staff Writer

The Office of Civic and Voter Engagement hosted a “Party at the Polls” event in Machuga Heights on Tuesday, Nov. 5, to help Montclair State University students register to vote. Students who already registered were able to vote for the local elections, including county sheriff, General Assembly and other municipalities.

To promote voting, the event coordinators handed out flyers, flags, “I voted” stickers and free snacks for students.

James Clark, a graduate student in the Educational Leadership program and the graduate coordinator of Voter Engagement, summarized the event.

“We want to create an environment that promotes civic participation, so when students are walking by the food, we want them to say, ‘Wow, I want to get some food!’ and that gives us an opportunity to talk to them,” Clark said. “It makes voting a little more fun and engaging in a way, where generally voting is seen as something my parents do, or something older people do.”

It can be confusing when resident students vote at Montclair State, as the university sits on three different towns (Montclair, Little Falls and Clifton) and two different counties (Essex and Passaic). This puts students in two different state Legislative Districts, but only one congressional district.

“It’s a pretty unique position,” Clark explains, “we have to talk to [students] a lot and say, ‘Where do you live now, where will you live, do you have a plan?’ We have pamphlets, booklets, social media posts, all letting people know if you live in these buildings, you need to vote here.”

Students are allowed to fill out an absentee ballot before an election and mail in their vote.

Typically in New Jersey, voters must register to vote at least 21 days before an election and the ballot must be mailed in at least seven days before Election Day.

For more information on where to go for the Primary Elections in June, visit the Civic and Voter Engagement HawkSync, where you can vote if you live on campus. Students can also register to vote at the Office of Civic and Voter Engagement at the Student Center, room 104.
Students Consider Local Sustainability and Greening Efforts

Kelvin Jimenez Michaca | The Montclarion

Montclair State University students flooded the Center for Environmental and Life Sciences (CELS) to attend the seminar, “The Paradox of Urban Greening: Does it Harm the Very People Who Need it the Most?” on Oct. 29.

The event was one out of 12 seminars in the sustainability seminar series held throughout the fall 2019 semester. It is organized by the doctoral program in Environmental Science and Management. The seminars are every Tuesday from 4 p.m. to 5 p.m. in CELS, room 120.

Jessica Miller, assistant professor in the Earth and Environmental Studies Department, invited Dr. Juliana Maantay, a professor in the Earth and Environmental Geography at City University of New York (CUNY) since 1998, to speak at the seminar.

“We often split up who we decide to ask based on people’s interest,” Miller said. “I asked Juliana Maantay [to speak], because she has been a mentor of mine for a long time since I started [at] the CUNY graduate center in 2007. She does a lot of work revolving environmental justice and that’s always been our common theme.”

Dr. Maantay introduced attendees to her talk with a brief impression of her research.

“Everybody probably agrees that urban greening is a good thing, in general, but what we have to also acknowledge is that there are unintended consequences that impact some populations more than others,” Maantay said.

Maantay presented the audience with questions she details in her research.

“What is the relationship between urban green and green gentrification? What are the implications of green gentrification for environmental justice? And then, who benefits from sustainable and beautiful green cities?”

A course in environmental sociology brought Daniela Antunez, senior English major, and Adriana Antunaz, senior family science human development major, to the event.

“Our class meets once a week, so most of the time we do come to an event and write a reflection on the event as an assignment,” Daniela Antunez said.

Adriana Antunaz shared the things she would consider in her reflection assignment.

“I’m going to reflect on green gentrification, who does applying gardens into urban areas actually benefit? Does it benefit the minorities in that community? Are they [minorities] the ones actually helping with the garden? Or is it just non-Hispanic white people benefiting from it?” Adriana Antunaz said.

Daniela Antunez made connections from the seminar with her experiences growing up in Morristown, New Jersey. She believes Morristown is subject to the impacts of gentrification and urban greening.

She mentioned, “The Green” which is located in the center of Morristown, where she has seen an increase in business development in a predominantly low-to-middle income housing section.

“Towns need change and they need to progress so they can get different people to come to the town, but I don’t think it’s okay to kick out people who have lived in these areas their whole life,” Antunaz said. “Eventually, these people won’t be able to afford to live in Morristown.”

Ruthi Nguyentran, senior nutrition and food science major, recommended what local environmentalists should consider when discussing greening efforts.

“Every time you look at a system, it’s so easy to have a solution to one particular problem, but you don’t understand how it effects the whole system,” Nguyentran said.

She explained further the impact of making important decisions when it comes to greening efforts.

“I think it’s really important to look at other cities that are similar to the demographic and geography to Montclair and look up what they’ve done, the steps they’ve taken, whether or not they were successful and whether or not we can actually implement what they did to Montclair,” Nguyentran said.

Nguyentran, who is a former president to the Environmental Club, is aware of the ways in which the Montclair State community is embracing urban greening and sustainability efforts.

“Chartwells is switching out for paper straws. I also believe that they are in the process of eliminating water bottles and distributing them, they are trying to encourage students to use the hydration stations,” Nguyentran said.

She also mentioned the community garden on campus, as an example of urban greening on campus.

“Within that community garden, they just recently got a compost,” Nguyentran said. “They are going to be teaching students how to compost and collect some [compost] from campus.”

According to montclair.edu, The Montclair State University Campus Community Garden (MSUCCG) was founded in 2018 as the first community garden on campus. Montclair State reclaimed and revitalized underutilized space on the campus, and have established 20 raised garden beds, totaling 1,000 square feet of growing space, that is opened up to the community members each year.

Naomi Zaldivar, junior psychology and animation and illustration major, is president of the Environmental Club on campus.

“A lot of students aren’t aware that Montclair State is pushing toward more environmentally friendly and sustainable sources and resources,” Zaldivar said.

“The big one is with Montclair State’s recycling, there is an entire section on the university website.”

Zaldivar mentioned the reasons she believes students on campus are not aware of Montclair State’s green initiatives.

“There’s a lot of information that is available [provided by Montclair State], it’s just not being publicized and a lot of students don’t have time. Their main focus is their courses and not failing them,” Zaldivar said.

Zaldivar encourages students to check their emails, read the newspaper and attend the environmental club to become aware of environmental and sustainability practices, or events on campus.

“There are so many commuter students, so whatever information they learn about being environmentally friendly and sustainable, they can take back to their homes and start implementing there,” Zaldivar said. “We have students from so many different counties and that starts a conversation in all parts of New Jersey.”
President Obama’s Senior Advisor Discusses the Beauty of Soul-Searching

Valerie Jarrett (left) responds to a question asked by host Nicole Ryan (right) during the seminar.

Givonna Boggans | The Montclarion

The National Society of Leadership and Success (NSLS) brought Valerie Jarrett, the longest serving senior advisor to former President Barack Obama and current senior advisor to the Obama Foundation, to campus. On Tuesday, Oct. 22, Jarrett addressed Montclair State University students and faculty about her life journey.

Jarrett was born in Shiraz, Iran and resided in London for one year before her family moved to Chicago. She opened up about her childhood experiences for the audience.

“Growing up, I was timid and did not speak up for myself,” Jarrett said. “I used to get beat up after school every day because I was different.”

Jarrett discussed the realization of her identity, which transpired into her becoming the woman she is today.

“I had a great job in a big law firm and everybody thought my life should be perfect, including my parents. I was the first lawyer in my family, [but] I was not proud of myself,” Jarrett said. “I was miserable and had to do some soul searching. A friend suggested that I join the administration of Mayor Harold Washington; I listened and worked for the city government.”

In 1991, Jarrett served as Mayor Richard M. Daley’s Chief of Staff, which led her to meet Michelle Robinson, who later married Barack Obama. Jarrett called Robinson in for a job interview and was instantly in awe of her.

“Ms. Robinson told her life story and did not reiterate what was on her resume. People can read your resume, but you have to tell them your story,” Jarrett said.

She shared the importance of taking time to build relationships and being vulnerable with people. Robinson invited Jarrett to have dinner with her and her fiancé at the time, Barack Obama, to discuss the job Robinson had been offered.

“If I did not take that offer for dinner, I would have never been the senior advisor for President Barack Obama,” Jarrett said. That one dinner turned Jarrett’s life around, she became an influential member of the Obama administration. She served as the senior advisor and oversaw the White House Office of Public Engagement and Intergovernmental Affairs.

“It wasn’t just born sitting on this couch, there were challenges, failures, love, disappointment and adventure,” Jarrett said. “If you open up to tell your story it is easy for people to hear what you have to say when you have messages for them.”

Students left feeling inspired, especially the women in the room. Deshonna Williams, a senior majoring in family and child studies, described what she took away from the event.

“It is encouraging to see this woman stepped out of her shell so that she would not miss out on opportunities,” Williams said.

Amira Lawson, a senior majoring in psychology, shared her own thoughts on Jarrett’s appearance.

“It is nice to see women in a powerful position and letting us know how it feels to work in a male dominant position,” Lawson said.

Jarrett is named “100 Most Influential People” in Time magazine and a best-selling author to her book, “Finding My Voice.”

“It is nice to see women in a powerful position and let us know how it feels to work in a male dominant position,”

- Amira Lawson, senior psychology major

Givonna Boggans
Contributing Writer
Where Are They Now: Nakia Swinton

Nakia Swinton graduated Montclair State University May of 2016.

Adrian Maldonado
Assistant Feature Editor

“Stay true to yourself, and cherish this moment because there is a reason people say college is the best time of your life,” Montclair State University alumna Nakia Swinton said, as she recalls her time at Montclair State.

Talent assistant for truTV, Swinton was born and raised in New Jersey and had a hard time deciding what university to attend and what major to declare after high school, until she took her father’s advice.

“I was driving in the car with my dad and he said that I would be good at broadcasting and I would like it. I literally had no idea what to look for in schools so I just took my dad’s advice,” Swinton said.

She then described how she came to find Montclair State.

“I wanted to go to school in California but my mom said that was too far and too expensive. So then I had to look into state schools and did research on top New Jersey schools for broadcasting and Montclair kept coming up in my search,” Swinton said.

Swinton was already familiar with Montclair State since her father was also an alumnus. Attending Montclair State and majoring in communication and media arts was the right choice for Swinton. To her, it was the perfect size, close to home and for the first time she felt like she could be noticed by being herself.

During her time at Montclair State, Swinton did not have a hard time making new friends and getting involved on campus. During the first weeks of her freshman year, she decided to attend a club fair where she came across WMSC 90.3 FM, Montclair State’s radio station.

She quickly learned about the radio station and eventually joined them.

“I trained quickly and passed my test and had my own show from spring semester of my freshman year until graduation. I was one of the only students who had a hip-hop focused show so it was unique,” Swinton said.

She fondly reminisced on her radio show.

“The show was called ‘Overnight Delight’ from 10 p.m. until 1 a.m. and it got well known in the local hip-hop scene. I interviewed a lot of local hip-hop artists who I still talk to today,” Swinton said.

With her successful involvement with the radio station, Swinton landed her first internship at BET in the fall of her junior year.

Swinton was a programming and planning intern, and her job was to track BET’s competitors, following trends and researching what the target audience would be interested in.

Her momentum did not stop. After she completed her internship with BET, she landed another internship with NBCUniversal in the diversity and inclusion department. There, she researched nonprofits that the company could partner with and support, as well as helping on the social strategy to connect to employees.

During her senior year she interned at a music press company, which was how she was introduced to the communication and press industry. Her job consisted of writing pitches to music journalists to feature artists and track the press sites that would write about them.

Her last internship was with VH1 on the communications team, where she helped write press releases for show premiers, attended press tours and assisted at press events.

Two weeks before she graduated, Swinton landed a job with VICE Media after being told she wouldn’t be able to find a job in the industry so quickly. This was her biggest accomplishment, but had many others to follow.

“My other big accomplishment would be hosting and producing the Black History Month episodes for VICE’s daily podcast in 2018, as well as interviewing Stefani Robinson, a young producer on Atlanta,” Swinton said. “Other accomplishments would be Medium picking up my piece on Black Republicans, launching my podcast and making the moves to pursue my dream of being in comedy with my current role at truTV.”

Even though these accomplishments were huge, Swinton is proud of making it through tough times after college and maintaining a strong and healthy relationship with her friends and family.

Swinton’s success manifested because of the hard work she did.

“Stay true to yourself, cherish this moment because there is a reason people say college is the best time of your life.”

-Nakia Swinton ’16
Swinton, friends and DJ trainees say goodbye to the radio station during her last radio show.

Swinton graduates Montclair State with a bright future ahead.

Swinton and friends pose at their job with Warner Media.

“\textit{My mindset has changed drastically since college as to what is really important in life and what actually matters.}”

- \textit{Nakia Swinton ‘16}

throughout her college experience. She has grown a lot since college and views the world differently.

“My mindset has changed drastically since college as to what is really important in life and what actually matters,” Swinton said. “My goal is to still be in a position that pays well, but is also something creative that I do well.”

She now works as a talent assistant for truTV after leaving her first job at VICE Media as a communications coordinator.

She advises current students to not take things for granted and enjoy every second of your college experience.

“Experience and networking is super important in the entertainment and media industry, so I would get a head start on that. At the end of the day, your friends get you through the tough days, so keep those relationships close to you and put in the work to maintain them,” Swinton said.

She stressed the importance of one’s time in college.

“Your grades aren’t everything but do not slack off. Enjoy your time in college and put yourself out there,” Swinton said. “Be open to new experiences, meet new people, join a club that you fit in well with. I feel bad for people who have terrible college experiences or don’t make the best of it.”

Swinton graduates Montclair State with a bright future ahead.

Swinton and friends pose at their job with Warner Media.

Photo courtesy of Nakia Swinton

Photo courtesy of Nakia Swinton
Sex Trafficking, Cancer, Murder and More: A Survivor Speaks at Montclair State

Lockey Maisonneuve was only 11 years old when she was abandoned by her mother, neglected, abused and sold into sex trafficking by her own father. In her adult years, she was diagnosed with aggressive breast cancer and was forced to undergo a double mastectomy and reconstructive surgery. Only a few weeks into her recovery, Lockey's estranged mother was brutally stabbed to death, leaving Lockey the stress and burden of a murder investigation.

Lockey, who is a resident of Cranford, NJ, came to Montclair State University to share her story and discuss her new book "A Girl Raised by Wolves" with the sisters of Sigma Delta Tau as part of Women Empowerment Month. The event took place Thursday, Oct. 17, in Dickson Hall.

"The biggest thing I want is for people to feel a sense of empowerment, and a sense that they can own all of the parts of themselves, and that healing is possible," Lockey said, who prefers to be addressed by her first name. "I want people to know that healing is not a one-and-done event. We live in a microwave society where we want everything right now. Healing takes time and it takes a commitment to yourself and without that commitment, it makes healing a lot harder."

Vice President of the sorority and senior family science and human development major, Jessica Mocci, arranged the event.

"Her story is really unlike most people, it's something you don't hear every day," Mocci said. "Hearing how she is building her life from the ground up and being so public, open and vulnerable with people she doesn't even know, that's what women empowerment is about. That's why I really loved her coming in and coming to talk to us because she is the ultimate women empowerer, she lifts everyone up."

Lockey involuntarily blocked out the memory of her trauma for years, given her young age. It was only until she gave birth to her daughter that she began experiencing visceral flashbacks of the violent assaults. This was the point in which Lockey began her grieving and healing journey.

Lockey was joined by her daughter during her presentation, Lara Maisonneuve, who is a junior in high school. Lara assists her mother at as many events as possible, despite having to experience her mother's painful story each time.

"What she says to me is probably not what a lot of people hear from their moms," Lara said. "I can make jokes about what had happened to her and she can make jokes about things that happen with me. I just think that I am more open to things than I would have been without her. If someone has an issue and they come to me, I know how to deal with it more emotionally because of her."

Lockey speaks to various groups of people, most prominently women. She currently has a career as a certified yoga and meditation guide working with the incarcerated, individuals in drug and alcohol recovery, mental health patients and students in inner city schools. Recently, she added being a published author to her list after the release of her memoir, "A Girl Raised by Wolves," which details her story.

"The work I do today is an absolute direct reflection of my own healing journey," Lockey said. "I had to learn to sort of leave my ego at the door and meet people where they are. The kids taught me to meet people where they are, and the inmates taught me now, when I come into a room of people who look like they have it all together, I can meet them where they are."

Stephanie Braunlich, a senior television and digital media major in Sigma Delta Tau, attended the presentation and was deeply grateful to meet Lockey and hear her story of perseverance.

"She helped spread awareness of abuse while empowering each of us by being an example of strength, courage and self-love," Braunlich said. "She was an incredible speaker and definitely inspired me to know that no matter the hardships, we are not broken."
Registration open until December 20, 2019

Montclair State University
montclair.edu/winter
Health News Food Deserts: A Matter of Life, Death & Media Literacy

Madison Tavera | Contributing Writer

On Oct. 21, the School of Communication and Media (SCM) held a lecture-style panel of professors and students who discussed the various ways media has affected food deserts across America. The presentation opened with a humorous element, as moderator Dr. Vanessa Greenwood apologized to those students who attended thinking that desserts were the main topic of discussion.

Unfortunately, there were no desserts provided, but the information discussed was more fulfilling than chocolate chip cookies.

Greenwood is a professor and the director of communication and media research at Montclair State University. Her presentation began with a few definitions to help the audience understand the topics. She defined media literacy as “the ability to access, evaluate, create, reflect and act using all forms of communication.” This was an important concept throughout the discussion, as Montclair State is celebrating Media Literacy Week.

Dr. Chris McKinley, a professor at the SCM, is recognized as a researcher of health communications and has found that media is a significant factor in creating food deserts. “Large numbers of college students embrace a digital lifestyle whereby social media drives their daily routines,” McKinley said. “Included in this is a potentially heavy diet, no pun intended, of messages promoting questionable diet and nutrition recommendations.” McKinley explained the affects social media can have on college students in this respect.

“As these individuals become increasingly more dependent on digital media for social engagement, information and entertainment, they are at risk for developing eating attitudes and behaviors consistent with these recommendations,” McKinley said.

In order to generate audience responses, the panelists moved the discussion toward the topic of vaping and all the emerging illnesses that have begun to surface.

One panelist found through their research that various articles are stating it will take years for scientists to narrow down the side effects and illnesses related to vaping.

Lindy Washburn, a health and wellness editor for Her Campus and a junior communication major at Montclair State, was asked what she thought the most important issue covered in the discussion was. “In regards to the discussion of health news deserts, I believe the most important issue covered in the discussion is the difficulty of reporting health information from reliable resources in online media,” Salmon said.

She went on to explain that reporters are known for living on the last track and they have to get articles published for tight deadlines. “[I] rely on quick reads online to find my facts to support my stance in an article,” Salmon said. “However, it’s our job as health news reporters and editors to publish work with reliable facts and ensure health communication is represented correctly.”

Greenwood went on to offer a solid piece of advice that any writer can use, ending on an important note.

Greenwood claimed that having a sense of background information is important to help the reader gain a perspective and to help the author’s argument. However, reliable sources are important to cover the topic in a credible and scholarly way.

The SCM has its last four colloquiums this semester in the month of November.
Montclair State Design Students Help Local Middle Schoolers Get Creative

Local teens and tweens had the opportunity to learn the ropes of design and create their own prototypes as part of Montclair State University’s Montclair Design Week.

The event was run by the product design department adjunct professors Andrea Panico and Michael Lyden. Lyden also serves as the web content and digital communications manager for the College of the Arts.

Montclair State product design majors played a key role in the event through their mentorship.

“I was involved with Montclair Design Week last year, as well as [being] one of the initial members,” Panico said. “The product design department didn’t really do an event per se last year, so this year we wanted to make sure we got both students and staff involved.”

Montclair Design Week brings the community together through events focusing on design and creativity.

“I wanted to make sure that the Department of Art and Design and the College of the Arts had a presence in a Montclair-based Design Week activity,” Lyden said. Montclair State hosted this event, where kids learned how to design their own wallet while being taught about creative thinking and problem solving. Most attendees were in middle school and expressed interest in creating things based on their own thoughts and ideas. They had the opportunity to look at product design projects and hear about different careers in the industry.

Katya Hube, a 13-year-old participant, was excited to learn from the product design department.

“I’ve always been kind of thinking about graphic design and stuff like that,” Hube said. “And I’ve always been interested in drawing.”

The attendees received handouts and were assigned to pair up with someone they did not already know for a more open-minded approach. They did an exercise in which they had to draw portraits of their partners in less than a minute. This enabled them to focus on creative ability and getting their ideas on paper.

Panico and Lyden discussed the objective of the wallet workshop, which was to invent better ways to carry things. The attendees brainstormed and sketched their ideas based on their partners’ needs.

They wrote problem statements for their partners based on what they were looking for and started working on bringing their ideas to life. Participants were provided with materials such as straws, paper, bubble wrap, pipe cleaners and scissors.

The Montclair State product design students helped the participants develop their ideas.

Victor Stivala, a junior product design major, enjoyed his role in the event.

“I think it’s really great that we’re engaging with this younger generation to inspire them to become designers and to think critically about what they see in front of them in the real world,” Stivala said.

The participants checked in with their partners and gave each other feedback on their work. They then utilized this information to continue working on their prototypes which varied in form, shape and size.

Jennifer Hodge, a junior product design major, also enjoyed helping the attendees.

“I just think it’s really cool to see how the kids here view design because we’re so comfortable with it and do it every single day,” Hodge said. “It’s refreshing to see how they think about it and see it from an outside perspective.”

At the end of the event, the kids stood up with their partners and presented their prototypes to obtain feedback. The participants learned a lot from the event and the product design majors were happy to be a part of it.

“I love seeing when someone finally understands what we do, and when it clicks for them what [exactly] design is, that it’s really everything,” Stivala said. “I think that’s really inspirational to see.”
Sports fans make their way toward the Capitol for the Washington Nationals World Series parade. The Montclarion was present for part of the festivities.
Players from the Montclair State University Red Hawks and The College of New Jersey’s Raiders await a corner kick.

Photo courtesy of Sunah Choudhry

The Bergenfield High School band performs at the North Jersey Band Festival at Montclair State University’s Sprague Field on Sunday, Nov. 3.

Annabelle Reyes | The Montclarion

Rocky’s statue is decorated with carved pumpkins.

Brielle Wyka | The Montclarion
Help Wanted

$16/hour / Babysitter / Upper Montclair
Seeking someone for 8th grade twin boys. After school hours (flexible). Just someone who can keep them on track w/ homework, bring them to/ from school activities and help with some light meals. 5 days a week until the end of December. Ultimate goals, looking for a reliable, creative, and well-organized mind. Please email dụighting9@gmail.com

$30 - $35 hourly pay / Tutor / Montclair area
Tutors 101, LLC is looking for responsible, dedicated, and friendly tutors. You choose your preferred type of tutoring (age, level, subject) and location. Tutor must have a car. Scheduling is flexible. Does not need to be an education major. Work 1-8 hours per week. This position pays $30 - $35 per hour. Undergraduates make $30/hr and college graduates $35/hr. If interested, please email cdiamentbrosio@hotmail.com

$3999 / 2007 Toyota Prius - Blue four door
Car for sale with 105,000 miles. Seats 5 comfortably. Standard features include: power windows, locks, mirrors, CD player, and automatic climate control. New tires and brakes. Battery recently replaced. Would require electric charging. For more information, call (201) 917-8200.

$24-$27 / Part Time Home Health Aide/CNA
An entrepreneur seeking a reliable home health aide for $4 year old special needs child. Applicant must have 1+ years of experience. Candidate must be available Monday - Friday, 8 hours daily with a hourly pay rate of $24-$27. If you are interested contact Mr. Edward (edwards2000@gmail.com) for more details.

$150-$250 per week / dog walker needed
Looking for an individual, to walk dogs, part-time, in the Montclair/Glen Ridge area, starting immediately. Responsibilities include: walks, occasional transport, feeding, securing property & possible overnight sitting. Candidate must have a love for animals, be reliable, honest and have great references. Hours needed are Monday through Friday, from 11:00am – 2:30pm. Must have own, reliable vehicle required. If interested, please email Liz, at erodwick@concast.net, or text (973) 819-9893.

$2000 / 2007 Toyota Prius - Blue
In search of an after-school sitter for our 4 y/o son. Would involve picking up at his preschool on Friday, bringing him home, and hanging out until my husband or I get home from work (usually by 6/7:30pm at the latest). We would need the occasional day in September, but by October need M-F. We both work in the city so we need someone reliable and willing to commit. It’s a very easy gig for the right person. If willing/available, there is also the opportunity for extended hours on nights when we both need to work late. Please contact samaddekker85@gmail.com if interested.

$24-$27 / Part Time Home Health Aide/CNA
An entrepreneur seeking a reliable home health aide for $4 year old special needs child. Applicant must have 1+ years of experience. Candidate must be available Monday - Friday, 8 hours daily with a hourly pay rate of $24-$27. If you are interested contact Mr. Edward (edwards2000@gmail.com) for more details.

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$200 / Driver/Dog walker needed for Upper Montclair family
Seeking a responsible person to assist Upper Montclair family with driving 8th and 10th graders from school and to/from sports and music practices, and walking family’s greyhound & two children’s dogs. Must have reliable car and good driving record, and strong references. Non-smoking home. Flexible for weekdays & weekends. Experience current, no accidents, brand new extended hours on nights when we both need to work late. Please contact judgamerigo@gmail.com.

$200 / Summer Babysitter / Upper Montclair
Looking for a reliable and kind part-time babysitter for two children (ages 8 and 10), starting mid-July. Responsibilities include: picking up at school, transporting to and from after school activities in Livingston and Cedar Grove, helping with dinner & light clean up. Possibly more hours available on a needed basis. Regular hours are 3:30-4:30 Monday through Friday. Prior experience with children is essential, use of own reliable vehicle required. If interested, please email mhorowitz7@yahoo.com.

$15 / Driving nanny/housekeeper needed to help current nanny, Glen Ridge (Temp to Perm)
Looking for a second nanny for three kids (ages 3 months, 2 and 4) starting work of 10/14/19. Responsibilities include picking up at school, transporting to and from after school activities in Glen Ridge and Bloomfield, making beds, preparing beds and picking up. Regular hours are 2:00-7:00 Monday through Thursday. Prior experience with children preferred, use of own reliable vehicle and/or our vehicle. If interested, please call or text 866-56-1252.

$150-$250 per week / dog walker needed
Looking for an individual, to walk dogs, part-time, in the Montclair/Glen Ridge area, starting immediately. Responsibilities include: walks, occasional transport, feeding, securing property & possible overnight sitting. Candidate must have a love for animals, be reliable, honest and have great references. Hours needed are Monday through Friday, from 11:00am – 2:30pm. Must have own, reliable vehicle required. If interested, please email Liz, at erodwick@concast.net, or text (973) 819-9893.

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The Montclarion Crossword Puzzle and More!

Thanksgiving Food Edition

Across
4. A “sweet” sauce made from a particular berry.
6. A twisted roll made famously by Pillsbury.
7. The meat and bread combination placed inside of the turkey to bake in the oven.
8. A fall-favorite fruit in pie form.

Down
1. A side dish best paired with butter and gravy.
2. A dessert also known as a restaurant chain “factory.”
3. The iconic bird that represents Thanksgiving.
5. A lanky green vegetable best paired with butter and salt.

Word Search

Sudoku

Sweet Potatoes  Biscuits  Corn  Garlic Bread
Biscuits  Brussels Sprouts  Applesauce  Butternut Squash
Carrots  Asparagus  Baked Beans  Cauliflower
Collard Greens  Sweet Potatoes  Corn  Garlic Bread

*For answers to the puzzles, please check The Montclarion Facebook page every Thursday.*
Within the past decade, the use of electronic smoking devices has soared far beyond its traditional tobacco counterpart.

Along with this new trend came a lot of controversies like its advertisements being targeted at underage users, multiple city bans and most recently, the growing list of fatalities related to electronic cigarettes.

A majority of people impact-ed by this e-cigarette epidemic are teens and college-aged students, many of whom are very familiar with these devices, but not the negative effects hidden within the warning labels. These negative effects are responsible for over a thousand cases of lung inju-ries, illnesses and now over 30 deaths, but college students still continue to vape as they please.

According to multiple sources including The Center for Disease Control (CDC), the death toll in the United States in relation to vaping has risen to 34 as of Oct. 25, one of which occurred in New Jersey last month.

One of the factors for the rapid increase in vaping fatalities is where users are getting their devices and refills from. Many young adults and teens have turned to the black mar-ket rather than licensed sellers to buy these products for its cheaper price and to bypass requirements that would prevent them from getting them legally.

What many of these young users are not aware of are the contents of these products. Many of these counterfeit devices and refills are made overseas and are smuggled into the U.S. in a way in which the CDC cannot regulate.

College students need to realize that it is not smart to purchase these kinds of products from the black market. It isn’t like buying a cheap, counter-feit pair of Ray-Ban sunglasses or a replica Gucci bag off the street in New York City. These products contain substances that poses harm to the human body.

These fake vape products are made with THC oil, the substance found in marijuana which gets users high and vita-min E, another oily substance that can lead to a list of health risks when ingested into the lungs after it cools and returns to its greasy liquid state. These substances have been linked to several of the mysterious vapi-ng deaths in the U.S.

Vitamin E is not dangerous and is found in many of the foods we eat. The difference is how it enters the body. When ingested into the lungs, the now liquidized vitamin E stays in the lungs, making it harder to breathe and can cause chest pains. In severe cases, it can cause pneumonia.

Students at Montclair State University hold vastly differ-ent opinions on the e-cigarette epidemic despite the growing number of deaths. However, many of their views have dra-sically shifted on the subject.

Last year, The Montclarion did an investigation on stu-dents knowledge of the pop-u-lar e-cigarette brand Juul called “Juul: The Flavored Flash Drive Frenzy.” As a part of the project, 50 students at Montclair State were random-ly selected to participate in a survey.

This year, The Montclarion was able to get over 200 stu-dent responses using the same survey on social media. Consistent with last year’s survey, almost every partici-pant knew what Juul was. A major difference was the split between students who believe Juul is better for your health than traditional cigarettes. With the recent news regard-ing vaping related illnesses, almost 50% of the students who participated still think that e-cigarettes are better. A major-ity of the participants are also aware that one Juul pod is the equivalent of 20 cigarettes.

If handled properly, vapes can be better. But in order to stop the rise of fatalities, people need to know where they are getting their products from and what exactly they are put-ting into their bodies.

The best way to prevent more fatalities from occurring is for students to stop getting their products illegally. People are more likely to choose afford-ability over their health, but when dealing with substances that have proven to be deadly, it is a decision that desperately requires a second thought.

Please visit themontclarion.org to see our full survey.
Assessing Accessibility on Campus

The transition from being a high school senior to a freshman in college can be difficult for anyone. Although, for me, it was even more challenging because I have cerebral palsy, spas tic diplegia—chronic neuromuscular condition that results in tightness or stiffness in legs, hips, and pelvis. As a result, I had an opportunity to evaluate the accessibility of the campus through the Educational Opportunity Fund’s (EOF) six-week summer program. Montclair State University’s location makes it troublesome to get around because of the changes in elevation.

With this unavoidable roadblock, Disability Services was able to provide a shuttle to pick me up from class to class. This provided some ease for an every day routine, but was only part of the solution.

The other problem I experience is that there are still buildings being overlooked in regard to accessibility options and better elevator and door maintenance. Recently, I had to use the stairs in the School of Communication and Media because the one elevator that goes to the basement was not functional. Imagining having to wait for someone to help you go up and down the stairs for three days, an unacceptable amount of time. Also, please be weary of over packing elevators. Opening and closing the doors repeatedly can damage the elevators.

In response to these issues, Montclair State should have a better way to contact maintenance in every building or a front desk ready to handle any situation. I should not have to ask a professor to call maintenance and wait between 20 to 40 minutes for someone to assist me. The response should be immediate because no one should be late to their class.

Another improvement that can be made is the university shuttle service. I think if the system of pickup times was modified, it would be more productive. Instead of having five pick ups at 8:15 a.m. at different locations, there should be an app or group pick ups in one specific spot. If an app were made, it should give all numbers and information needed to see how long the wait is, or even an automatic text system.

According to the best colleges, Montclair State is rated 166 within national universities. Tuition is set to increase and I hope it goes to improve these unacceptable accessibility problems. Montclair State is a beautiful and diverse campus and someone’s outlook should not have to change because of the difficulty of navigating the buildings and the campus. No one should be forced to struggle at an attempt to experience campus life.

If anyone on campus sees something broken like a door activation push button or a door, please report it. If more students report certain issues, the quicker these issues are fixed.

If anyone is new to Montclair State and does not know where to get help, you can go to the Disability Resource Center at Webster Hall, room 100, or visit montclair.edu.

There, students will be provided documents to fill out to receive services like class accommodations to get extra tools so students may reach their top performance.

Even though I have encountered obstacles on campus, I would not want to change my experiences because they only allow me to grow and improve my capability.

Montclair State can do better for students with disabilities and certain situations can be avoided. Everyone should have the same experiences on campus, no matter where and how.

Trinity Corney, a journalism major, is in her first year as a staff writer for The Montclarion.
When I was in high school, I remember seeing many of the seniors act like they owned the place. Many of them had committed to their number one college of choice within the first few months of school, which in their minds meant that the rest of the year was a joke and they did not need to work hard anymore. These students were diagnosed with “senioritis,” a disease coined by teachers, which really equates to pure laziness.

When it was finally my turn to experience senior year, I made a promise to myself back in November of 2015: when I got accepted to college, I would not let the idea of “I’m done” infect my mind. Instead, I kept working and made the honor roll all four marking periods and finished out the year with straight As. After high school, I did not think I would ever have to deal with that infectious disease ever again. That recently changed when I reached my last semester of college.

As a second-semester senior, I have sadly self-diagnosed myself with senioritis; however, this is not the same variation that plagues lazy high school students. For me, it’s about the transition from undergrad to the next phase of college. People often tell me that the hardest part of college is over since I have completed most of the coursework and other requirements needed to secure my degree, but that was the easy part for me. All I have are my parents and my siblings who graduated during a very different time in this country; both are used to being the family experiment and having all of my choices closely observed. My parents note things that go wrong for the same mistakes.

As the oldest of three, I have gotten into this transition. As a rookie in this situation, these mistakes are destined to happen, but it’s just another lesson in this crazy game of life.

Rebecca Serviss, a journalism major, is in her first year as opinion editor for The Montclarion.

“I need to learn to embrace the uncertainty that lurks in front of me and not be afraid of making mistakes along the way. As a rookie in this situation, these mistakes are destined to happen, but it’s just another lesson in this crazy game of life.”

- Rebecca Serviss, Opinion Editor
Concerning Editorials and Columns

Main editorials appear on the first page of the Opinion section. They are unsigned articles that represent the opinion of the editorial board on a particular issue. Columns and comics are written by individuals and do not necessarily reflect the opinions of The Montclarion staff.

Thumbs Up

The Montclarion attends the annual College Media Convention in Washington, D.C.

WMSC wins ‘Best Social Media Presence’ at the CBI National Student Production Awards.

Students hit the polls for New Jersey elections on Tuesday.

Thumbs Down

An EF-1 tornado touched down in Madison, New Jersey from the Halloween storm.

McDonald’s CEO gets fired for having sexual relations with one of his employees.

A black cat stalled the New York Giants game on Monday night, the game ended up in a loss to the Dallas Cowboys.

-Dana Kjeldaas - The Montclarion

Obscure Comics

-A SCARY STORY-

AH, HALLOWEEN! THE PERFECT DAY FOR A WARM DRINK.

ONE PUMPKIN SPICE LATTE, PLEASE!

MOM, DAD, I'M HOME!

DEAR GOD, I'M NOT MY SON ANYMORE!

WMSC wins ‘Best Social Media Presence’ at the CBI National Student Production Awards.

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Students hit the polls for New Jersey elections on Tuesday.

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‘Living with Yourself’ Reflects on Self-Improvement in the Age of Instant Gratification

Alexa Spear
Feature Editor

“Living with Yourself” is an existential dramedy that personifies our greatest insecurities while remaining hilariously inventive. Although the plot travels through unexpected twists and turns, the ensuing character development is a rewarding experience.

The Netflix original program created by Timothy Greenberg forces viewers to consider how far they would go for a quick fix as Miles Elliott, played by the incomparable Paul Rudd, drops tens of thousands of dollars on a mysterious procedure at “Top Happy Spa,” a secret establishment that only takes appointments through referral.

Discouraged by his failing marriage with wife Kate, played by Aisling Bea, and tormented by the monotonous work at his 9-5, Miles follows the advice of a coworker that has recently undergone the process, “I went to a spa,” he shares. “Ever since then, I am on fire!”

In a moment of desperation, Miles drains his savings account and sets up his appointment. When he arrives at the deteriorating strip mall entrance there is a moment of hesitation, until he sees Tom Brady emerge, confessing to Miles that he’s visited the spa six times. This scene is an example of the beautifully absurd sense of humor woven throughout this narrative.

Miles is greeted by a futuristic interior with aesthetically pleasing decor and calming elevator music. The stark contrast between the inside and outside acts as a red flag, but also emphasizes the series theme that appearances can be deceiving.

The two spa attendants explain that Miles will undergo a cure-all operation and through an “exclusive procedure,” his DNA will be rebuilt to produce a better version of himself. “I went to a spa,” he shares. “Ever since then, I am on fire!”

The “new and improved” Miles is better than him at seemingly everything. Miles 2.0 earns respect at work, he takes better care of Kate, he’s more handsome and he’s more likable. Or so it seems.

Throughout the first season, Miles is literally and figuratively antagonized by himself. Miles’ life becomes a symbol of the modern day disparity between our online personas and our own self-image. While watching this show it became strikingly clear how these conflicting versions of ourselves can similarly cause tension in our understanding of who we are.

Spend any time on the internet and you will be bombarded with images of celebrities and models telling us how we should look and act; subconsciously showing us how to be more “perfect.” We post edited images of ourselves on social media, claiming to be “living our best life,” but needlessly compare ourselves to others.

Plastic surgery, crystal healing and Gwenyth Paltrow’s controversial health advice have been espoused as 21st century fixes, and without making promises account and sets up his appointment. When he arrives at the deteriorating strip mall entrance there is a moment of hesitation, until he sees Tom Brady emerge, confessing to Miles that he’s visited the spa six times. This scene is an example of the beautifully absurd sense of humor woven throughout this narrative.

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Ultimately, “Living with Yourself” is a welcomed addition to the Netflix original lineup and proves that the world can never have too much of Rudd.
Robert Eggers’ ‘The Lighthouse’ is a Fully Immersive Nautical Nightmare

Psychological turmoil fuels sophomore director Robert Eggers’ new film “The Lighthouse,” a de-graved piece of phallic folklore documenting two lighthouse keepers’ descent into hallucinatory madness.

After his success with “The Witch” in 2015, Eggers has returned to push the boundaries of filmmaking and storytelling. “The Lighthouse” is set in a desolate New England island in 1890, where Ephraim Winslow, played by Robert Pattinson, works under senior wickie Thomas Wake, played by Willem Dafoe.

Through a withered face and whiskers, Thomas commands Ephraim. He curses to a wretched sea and demands respect between gulps of kerosene, tormenting and abusing Ephraim physically and emotionally.

Vixenish mermaids and tentacles are only a small part of the sailors nightmares as they fall deeper and deeper into isolated madness. Drawing upon German expressionism, Grecian myth and more, Eggers creates a unique sense of history in a cautionary tale that explores themes of masculinity and isolation. Grueling performances, harrowing visuals and thoughtful sound design create a nautical nightmare that revitalizes the silent film for modern cinema.

The distinct visual quality and sound design gives “The Lighthouse” an indulgence that swallows viewers into the setting. In the theater, I could feel the salty fog settling on my skin and smell the fishy storm waves. It is an intimate experience that demands the viewer’s presence.

Part of the film’s allure is cinematographer Jarin Blaschke’s decision for a distinct visual style - a near perfectly square frame and black and white image. The archaic 1.19:1 aspect ratio calls back to the silent film era of old Hollywood. It establishes the film as a relic from the past, a piece of folklore passed down through generations. The small frame is sufficient, intimate and invasive. The characters are forced to work independently, the most impressive aspect of the performances of Pattinson and Dafoe. The actors approach the characters with no reservation, bringing forth an untamed, primitive human madness.

Pattinson’s slow descent into psychosis is mesmerizing, deeply thoughtful and impressively reflected in his character choices. He portrays emotional turbulence with an unconstrained physically.

While Pattinson delivers, Dafoe carries the film with what may be his best performance to date. He commands the Eggers brothers’ dialogue with finesse, finding a poetic cadence in long monologues of colloquial sailor jargon. He walks the line with a limp leg between an intimidating ruthless commander and comically unhinged old man – a balance that breathes life and verisimilitude into the character.

Though Dafoe and Pattinson both succeed independently, the most impressive aspect of the performance is how well they work together. Constantly dancing between screaming matches and jigs, fighting and sexual tension, kinship and vengeance, Dafoe and Pattinson take cabin fever to a new level.

“The Lighthouse” is a beautifully crafted painting of madness and forbidden desire that is in equal parts entertaining and disturbing. It is an alluring visual masterpiece that successfully translates the feeling of insanity through the sounds of seagulls and sea shanties.

While reality falls into the expanse of gray sky between. Blaschke’s decision to shoot on 35mm film gives the image a texture as gritty and unclean as the sea. The sound builds to a harrowing climax, weaving his mechanical drone with the ambiance by Mark Korven’s score. Korven guides the film, weaving his mechanical drone with the ambiance seamlessly. The sound builds to a harrowing climax, underscoring one of the most intense and satisfying ending sequences I’ve seen to date.

Though the visual and auditory sensations are what tonally and atmospherically create the film, the story is brought to life by the powerhouse performances of Pattinson and Dafoe. The actors approach the characters with no reservation, bringing forward an untamed, primitive human madness.

The sense of impending doom is further built by Mark Korven’s score. Korven guides the film, weaving his mechanical drone with the ambiance seamlessly. The sound builds to a harrowing climax, underscoring one of the most intense and satisfying ending sequences I’ve seen to date.

The successful and unique vision makes it an instant classic and one of the best films to be released this year, despite being a far cry from the convention-al horror film. With “The Lighthouse,” Eggers has laid the foundations for a new genre of art house film that defies traditional genre expectations of horror and comedy. It is an exciting achievement and mark of skill for Eggers, an auteur who could very well go into film history as one of the best directors of the 21st century.
Bong Joon-Ho Splits Genres with ‘Parasite’

Jack Landon
Contributing Writer

Bong Joon-Ho’s new film “Parasite” is a well-crafted masterpiece that relates to all cultures. Cinema can get boring pretty quickly when it puts too much emphasis on a message and not enough on the story. However, when a film like “Parasite” can seamlessly deliver an engaging story, while slipping in its message to the viewer, it creates one of the most fascinating films this year.

Bong Joon-Ho is a director that’s been on film fanatics’ radar since his second feature film, “Memories of Murder,” and has been one of the larger influences in modern film for the past two decades. So, that’s why it was no surprise that “Parasite” made a very firm argument for film of the year.

The film stars a South Korean family, all unemployed, in desperate need of money. In these trying times, the son, Ki-Woo, begins working as an English tutor for a very wealthy family named the Parks. After one studying session, Ki-Woo and his family devise a plan to employ the entire Ki family under the Parks employment. From the start of the film I was invested in the plot and I really felt myself rooting for this family, despite them doing a lot of wrong things.

The film splits itself among many genres, as the comedic moments are very funny, while the dramatic moments are very serious. The writing is brilliant, giving just the perfect amount of information to the viewer at the appropriate time. The dialogue between the family when they are all together is comedic, and director Joon-Ho isn’t afraid to take twists and turns within the film.

The thematic presentation of classicism is well done, and although this was created to relate to South Koreans, I feel like anyone in the world that deals with class struggle will resonate with the film’s message. “Parasite” does not fail to keep a tight narrative. I never felt as though I was waiting for something to happen. Each moment in the film felt deliberate and I was engaged the entire two hours and 12 minutes.

The cinematography was interesting and a lot of the shots were designed around the theme. The scenes taking place in lower class areas had a tighter shot composition, whereas the shot composition opened up in the upper class areas. Even some of the singles for the wealthy family were wide open, whereas I felt like the camera was increasingly close to the Ki family.

Joon-Ho pairs up once more with actor Kang-Ho Soon, who plays Ki-Taek, the father of the family who claims to have a plan but seems unsure of where that plan is going. Soon’s performance blew me away, and his counterparts were notable, particularly Choi Woo Shik who also appeared in Joon-Ho’s film “Okja.” The performances can be attributed to great writing, but the choices made by these actors were pretty spectacular.

This is by far Joon-Ho’s most approachable film for the casual moviegoer. I would even recommend this film to people who are not fans of foreign films as it is very digestible. There is no flashy or poetic dialogue throughout the film, and the story is so fun that the deeper messages in the film can go completely unnoticed and the viewer would still enjoy it.

“Parasite” is definitely close to being my favorite personal film of the year, but I fear it might not get any acknowledgement at the Academy Awards. The film did win the Palm D’or at Cannes this year, which is more than exceptional, but it would be exciting to see American audiences take interest in such a masterful film.
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Kanye Finds a Higher Calling in ‘Jesus is King’

American rapper Kanye West has recently dropped his ninth studio album, “Jesus is King,” where we get to hear a gospel twist on his usual rap music. In the past, West has used his lyrics to send a message to his fans and provide a closer look into his life. In “Jesus is King,” West utilizes his belief in God and Jesus to spread his message and reveal how religion has changed his life for the better.

West has stirred a number of controversies throughout his career. He has flipped out during concerts and is still today receiving heavy backlash for once target- ing a race in the media. In this album, West tries to show how his belief in God and Jesus has changed him and how he is now on the right path.

For the past couple of months, West has been leading a “Sunday service,” or service of worship, which includes a rap-gospel choir singing for hours on end. This is part of the reason for his new album’s direction, as each song contains different aspects of gospel. In the past, West has had this type of music on his album “Life of Pablo,” but not to this extent.

West dropped the album on Oct. 26, a month after the expected date. West’s last solo album “Ye,” was his eighth studio album and was released in June of last year. This last album was extremely dark, so “Jesus is King” acts as a total 180, due to its upbeat and happy vibe.

The album opens up with the song “Every Hour,” featuring the Sunday Service Choir, which perfectly sets up the rest of the album. It’s no surprise that this feature was on the album since West has been invested in his Sunday Service the entire year. The Service Choir sings throughout the entire song, describing how singing is a great way to reach the Lord.

Two songs later we come to the track “Closed on Sunday,” which has become notorious for its memetic verse, “Closed on Sunday / You my Chick-fil-A / You’re my number one / With the lemonade. This song speaks about raising the youth to follow in Jesus’ footsteps. Whether you’re religious or not, the notoriety still surrounds West’s music out there and put him in these roles, specifically West fans.

Hearing West rap and sing, backed up by gospel music, is a totally new spin. It has brought a very different response from both Kanye’s fans and the larger music world. Whether the audience likes or not, the notoriety still stems from its Chick-fil-A line. This makes the song’s message, which is otherwise quite valid, hard to take seriously.

West wanted to spread the religious message of the album. Although West has been on top of the music world, his personal life has been rough, particularly due to suffering from bipolar disorder. There have been many ups and downs along the way for West, so to see a joy- ous album from him, despite his circumstances, is nice to see. No matter your religion, understanding where he is coming from is a must for music fans, especially West fans.

In an interview with Zane Lowe on radio station Beats 1, West claims to be dropping another album on Christmas titled “Jesus is Born.” Fans are skeptical, however, since West stated he was dropping an album called “Yandhi” at the beginning of this year, and never actually released it.

This new drive West has to make his fans proud is very rare, but he seems to feel satisfied and greatly ac- complished. This album shows West’s versatility as an artist and leaves listeners wondering what will come next.
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Senior forward Nixon Soglo goes to kick the ball.

Senior Night to Secure Good Spot in NJAC Tournament

Llewellyn scores in first half to secure win against Kean

Adam Grassini
Staff Writer

Montclair State University Soccer Park hosted the Red Hawks men's soccer team's final game of the 2019 New Jersey Athletic Conference (NJAC) regular season. The Red Hawks took home field one final time before the tournament, to face the Kean University Cougars. It was a huge game for Montclair State in terms of their potential seeding in the playoffs.

With a win, the Red Hawks would clinch the number three seed, and the Red Hawks would fall to the number two seed in the tournament, to face the Red Hawks' great goalkeeping and overall defensive play in front of the net, they were able to hold off the Cougars and lock down a 1-0 victory, clinching a 2-0 season in the NJAC tournament and a first round bye.

"For us the bye week is key," Tumelty said. "We're banged up. We have some injuries so we're gonna try and rest our guys a little bit and get some rehab in and then once the rehab is in, then we're going to have the opportunity to get back playing again."

Montclair State finished the regular season with a 14-4-1 overall record and a 6-2-1 NJAC record. Their hopes are high going into the NJAC tournament.
New Exhibit at Yogi Berra Museum Set to Shed Light on a ‘Hidden’ League

Negro Leagues exhibit brings black and white photos to life

A family walking past the Yogi Berra Museum & Learning Center.

Anton Specht
Contributing Writer

The Yogi Berra Museum & Learning Center at Montclair State University opened up its brand-new Negro Leagues exhibit with a technological twist not many have seen before.

In celebration of the 100th anniversary of the controversial leagues, which were made for African American players before Jackie Robinson broke the color barrier, this exhibit is set to let audiences explore the realm of baseball they may have never known about.

“Anything in black and white, particularly for young people, can feel very remote and very distant,” Schaenen said. “One of the goals of this exhibition is to bring these players to life in the modern era.”

Since Berra’s passing in 2015, the museum has faced new challenges. Berra was the life and soul of the museum and brought the attention with him. His passing also meant the loss of much of the museum’s lure and appeal.

Because of these factors, the museum’s board of trustees decided to move in a new direction. About two years ago, Schaenen, along with other staff, were hired in an attempt to bring some fresh content to the table.

A good chunk of the university’s current student body has never been to the museum, let alone are aware of its existence. Although the museum sits on the edge of Montclair State’s campus, it is not technically run by the school. It is a nonprofit organization and survives only on donations.

Many residents of the campus are in the same boat as Nourie. They are not necessarily aware because there is not much of a reason for them to be down in that particular section of campus.

Riyad Mustafa, a fifth year finance major, was aware of the museum.

“T’m a commuter, so I know about it because I drive past it every day to get on campus,” Mustafa said. “But I can see how someone who lives on campus may be [unbeknown].”

The museum’s new technology does intrigue Nourie, however. He spoke about how he feels a bit more inclined to visit the museum purely for the advanced technology factor.

George Jamgochian, a frequent visitor of the museum and a junior television production major at Montclair State, feels as though the new exhibit will shed some light on the museum and draw in a new crowd.

Jamgochian talked about his initial experience with the exhibit.

“I think it’s a great exhibit,” Jamgochian said. “It’s very poignant and yet very appropriate at the same time. I think it will draw in a new audience. Even if you aren’t a baseball fan, but are interested in African American history, you will fall in love immediately.”

In regard to getting people who are not aware of the museum to visit, Nourie believes they should promote more directly on campus or tie it into the campus curriculum.

“I think if they could somehow tie it into the curriculum for classes, maybe going down there for a project or an extra credit assignment, then I think more students may be more inclined to visit,” Nourie said.
Montclair State University women’s soccer beat Stockton University 2-0 in the semifinals of the New Jersey Athletic Conference (NJAC) tournament to move on to the finals. The game was exciting all the way through as it was a great game for the Red Hawks as they had a big win against a division rival.

Head coach for the Red Hawks, Patrick Naughter, talked about how his assistant coach constructed the game plan.

“Mike Gagliano, our assistant coach, was making sure that our game plan was not to defend them, but go play them. Put pressure on them in order to keep possession,” Naughter said. “He was absolutely right and that is the best version of ourselves. The kids executed and they did a great job, not just the goal scorers, but our passing as well.”

Naughter was happy with the constant pressure the Red Hawks put on Stockton the entire game, continuing what they have done all year. Naughter was recently announced as the NJAC coach of the year, after a 7-1-1 conference record. He used the same tactics all year and implemented them into the game as they controlled the ball for most of the first half.

In the first eight minutes of the game, freshman forward Tori Rolls and senior forward Emily Beenders were able to get off shots, keeping the pressure on the Osprey’s defense immediately. Coming into the game, Rolls was awarded NJAC freshman of the year, so her impact in this game was going to be no surprise.

At 31 minutes of play, freshman midfielder Chisom Onyewuenyi entered and had an amazing game. Naughter raved about her game play.

“I thought Chisom Onyewuenyi was the best player on the field by 10 miles,” Naughter said. “She was unbelievable.”

The whole bench stepped up as Montclair State continued to prove they have great depth this year. As time was winding down in the first half, freshman defender Gabby D’Emilio scored her fourth goal of the season with a little more than two minutes remaining.

“When you can get one right at the end of half, it really changes momentum,” Naughter said. “They have to now think about it for 15 minutes. It really just takes all the heat off of us and all the pressure off of us.”

At minute 46, game play was paused as a deer ran all around the field filling the fan section with laughter and having the players running for their lives trying to get out of the way. The coaches and staff members were able to corner the deer after a few minutes, getting it off the field and continuing game play minutes after.

As both teams entered the second half, the momentum was clearly in favor of the Red Hawks. Rolls took the ball through the Stockton defense for a breakaway that went just wide. With the shot, the Red Hawks did not look back. Five minutes later, Beenders had a breakaway of her own splitting defenders, striking the ball into the back of the net for her eighth goal of the season.

The defense played flawlessly when it counted the most, only allowing one shot on goal in the final 35 minutes of the game. With the help from sophomore goalkeeper Lindsay Freewalt, the Red Hawks did not let a single ball through.

The Red Hawks played strong, shutting out the three seeded Ospreys while also taking 18 shots in the game. Naughter was impressed, although he expected it every step of the way and looks forward to their matchup in the finals against The College of New Jersey.

“There are very few teams that are still playing this week and we get to be one of them and we earned that right,” Naughter said. “I’m pumped for these kids because they deserve it. I’m pumped for the program because this is a big one. The way we played as well as we did, I’m ecstatic and I can’t wait.”
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Coach Spotlight: Patrick Naughter

Naughter has shined as the women’s soccer head coach for nine years

Corey Annan
Assistant Sports Editor

Patrick Naughter became the winningest head coach in Montclair State University women’s soccer history on Oct. 30, 2019, as he won his 137th career game in a 2-1 victory over the Kean University Cougars at MSU Soccer Park.

It was one of the many accomplishments that Naughter has achieved in his illustrious coaching career here at Montclair State. Since taking over as head coach of the Montclair State women’s soccer team in 2010, Naughter has led this program to five consecutive NCAA tournaments from 2012-2016, as well as two New Jersey Athletic Conference (NJAC) titles in 2012 and 2014.

But, if you ask him, he believes this type of success should be customary by now. “I believe that we should always have one of the best rosters in the conference each season,” Naughter said. “The kids who were a part of those [conference teams] deserve so much credit because we demanded a lot out of them.”

Before all the accolades and awards as a coach, Coach Naughter was succeeding as a standout player for the Montclair State men’s soccer team from 1996-1999. As a defender, he led the Red Hawks to deep playoff runs including a conference title in 1997. He would soon go on to be an assistant coach during a few seasons after graduation.

Naughter would eventually pick up coaching jobs at the youth and high school level. From 1998-2010 he coached multiple club girls soccer teams such as NJ Crush, Par-sippany Soccer Club and others. More notably, he was the head coach of the Wyckoff Tournament U-18 club, a Virginia club soccer team that were finalists in the Virginia Tournament three times between 1998-2003.

Naughter detailed how much he enjoyed coaching club soccer in his early coaching career. “I like preparing kids for the opportunity to play in college one day,” Naughter said. “I still coach this day at a club team, and it keeps me active during the off-season when I’m not at [Montclair State].”

Despite being well-known in the New Jersey club soccer world, it was not until the late 2000s where Naughter really made his mark at the varsity high school soccer level. From 2006-2009, he led Northern Highlands High School to a 40-26-8 record, which included a conference championship and an appearance in the North One Group Three New Jersey state championship in 2009.

He believes that the experiences that he had at Northern Highlands, good and bad, were instrumental in helping him become a better coach. “Even though I was in some big games at [Northern Highlands], I made a ton of mistakes,” he said. “[However], all of my experiences prior to Montclair State have led me to be successful.”

Throughout the last nine years that Coach Naughter has been coaching at Montclair State, he has relied on a very different style of coaching to help his players succeed. “No one size fits all, and everyone has their individual fears and limitations so it’s all about working with each kid individually,” Naughter said. “It’s all about convincing what they can do and putting them in positions where they can be successful.”

Senior forward Emily Beenders knows firsthand about Naughter’s ability to put players in the best positions to succeed but also pushing them to do more. “When I first came into this program as a freshman, all I really knew how to do was score goals since I had only played center midfield,” Beenders said. “But he’s really helped me to become a better defender as a forward.”

Coach Naughter has also been able to consistently bring top-notch talent to the program each year. All conference players such as Beenders, senior midfielder Maddy McLeland and sophomore midfielder Emily Degeyter are just a few of the many impact players that he has brought to this program over the last few seasons. “I have a lot of trust in his recruiting process and who he thinks will fit into our program,” Laura Noseworthy, sophomore defender, said. “He not only looks at skill, but personality as well, and he’s really brought in a great freshman class this year.”

The freshman class for the Red Hawks this year have certainly contributed their fair share, particularly freshman forward Tori Rolls, who was named the 2019 NJAC Rookie of the Year after finishing the season with 21 points, including eight goals, and five assists.

Rolls, Degeyter and junior defender Catherine Carnevale will all return next season, leaving for a lot of optimism that the Red Hawks can continue to be successful as a program. “The young kids this season are playing great this season, and the challenge moving forward will be keeping everyone hungry and motivated,” Naughter said. “We’ll be as talented in the next few years as we’ve ever been.”

As for this season, the Red Hawks currently sit as the second seed in the NJAC Tournament after finishing the season with a 12-5-2 record, their best record in three years. Naught- er also earned yet another accolade this season as he was named the 2019 NJAC Coach of the Year by his coaching peers. The Red Hawks highly successful season has been a huge morale boost to a program that had been on the decline for the last few seasons. The Red Hawks have not reached the NCAA Tournament for the last three seasons and have not won the NJAC since 2014. However, Naughter has the confidence that this team can make it back to the big dance. “These last few seasons we’ve been right on the bubble, so we’ve generally been ranked in our region,” Naughter said. “It’s difficult to get back to the levels that we were at before as a program, but this team is absolutely capable of reaching the NCAA Tournament.”

The Red Hawks are inching closer to their goal for the NCAA Tournament as they recently won their NJAC semifinal round game against Stockton University. 2-1. They will face The College of New Jersey (TCNJ) on November 7th for the New Jersey Athletic Conference championship and a spot in the NCAA Division III tournament.

As for Coach Naughter’s legacy here at Montclair State, it is clear that he is adored and revered by players and fans alike for what he has done for this program for the last nine years. However, Naughter is focused more on making sure the players enjoy their time playing soccer at Montclair State, rather than worrying about his legacy or the next move in his career. “For me, it’s all about giving the players the best experience possible,” Naughter said. “For this senior class, I want to get everything I can out of that for them because they don’t have another year like I do.”