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 is a New, Drastic 2020 Vision for Class Scheduling.

Class Scheduling continued on Page 2
The Montclarion has a commitment to accuracy and clarity and will print corrections or clarifications if information is found to be incorrect. To report an error, please contact the Editor-in-Chief at montclarionchief@montclair.edu.

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.

Red Hawk Rap Sheet

Friday, Oct. 25
Police Headquarters: Complainant walked into police headquarters to report a stolen backpack containing a laptop.

Saturday, Oct. 26
Police Headquarters: Complainant walked in to report a theft in the past. According to the complainant, he paid for a computer through a website, but did not receive merchandise.

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 loudly 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. The complainant 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.

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.
Residents of The Village are getting “Heated”

Alexa Spear
Feature Editor

On the afternoon of Nov. 1, residents of The Village were sent a blast email confirming that “the university switched to heat 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 rate 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 to highs of 73 degrees in Montclair, NJ according to 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 Basie Hall, and expressed concerns about the health implications of living in extreme temperatures.

“They don’t take in consideration 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.

“I love being toasty,” Spirito said. “My unit is actually broken so I’m able to leave it open to combat the discomfort of high heating temperatures but has concerns about when the weather changes.”

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 business analytics and resides in Fenwick Hall. She shared that while she prefers the warm temperatures in her apartment, her roommates have struggled to aclimate.

“I love being toasty,” Spirito said. “I thrive in the heat, but my roommates hate it. My roommate gets bloody noses at night.”

According to Harvard Medical School, nosebleeds are more common during the winter, “because the heated indoor air may dry out your nasal passages and make the tiny blood vessels inside them more fragile.” They can also be caused by allergies, a possibility for students that opt to open their window for relief from the heat.

Dylan Caruthers, a senior communication and media arts major who lives at The Village, has also 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.
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.

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

“You can really tell within the first 60 to 90 seconds if someone is a strong public speaker,” Naumoff said. Ritvi Shaah, a sophomore fashion major and an international student from India, explained why she wanted to speak out about climate change.

“I 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 Pagungue, 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.
Students ‘Party at the Polls’ in Machuga Heights

Mariel Pagan (center), director of the Center for Student Involvement, with Rocky the Red Hawk and volunteers at the Machuga Heights polling station.

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.

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.

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.

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 | Staff Writer

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 of Urban 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 Antunez, 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 Antunez shared the things she would consider in her reflection assignment.

“I’m going to reflect on 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 Antunez 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’s 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,” Antunez 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 affects 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 (MSU/CCG) 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

Givonna Boggans
Contributing Writer

The National Society of Leadership and Success (NSLS) brought Valerie Jarrett, the longest serving senior advisor to former President Barack Obama and current senior adviser 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. I used to get beat up after school every day because I was different,” Jarrett said.

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
Where Are They Now: Nakia Swinton

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 WMS 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 NBC Universal 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.

“They mindset has changed drastically since college as to what is really important in life and what actually matters.”

-Nakia Swinton ‘16
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 new, 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 topics 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 students are known for living on the fast track and have to get articles published for tight deadlines.

Greenwood was excited to be able to host the first Food Desert and Media Literacy Colloquium and found the panelists to be both informative and relatable to the audience.

“One of the primary goals of the [Communication and Media Research Colloquium] is to provide students with cross-disciplinary experiences that are both research-based and professionally oriented. That’s collaboration,” Greenwood said.

One of the most interesting topics was clickbait. Consumers of media are more inclined to read stories that have gruesome or out of the ordinary headlines.

Lindy Washburn, a health care reporter for the The Record and NorthJersey.com, informed the audience from her inside perspective about how online reporters’ performance ratings are based on the number of clicks their pieces receive. She admitted, along with most members in the audience, that people are more likely to continue reading an article if it has a strange title.

This statistic led to a discussion of recent medical study headlines that stated “junk food causes teenagers to go blind” and “controversial studies say it’s OK to eat red meat.” These headlines could make consumers frantic and may even compel them to continue their research and finish reading the study.

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 illness 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.

Lynese Salmon, a health and wellness editor for Her Campus and a junior communication major at Montclair State, was asked what she thought the most important issuecovered 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 interesting 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.”
The lights on the Red Hawk Diner shine through the trees around the student center. 

Photo courtesy of Dillon Hoffman

PHOTOS OF THE WEEK

Sports fans make their way toward the Capitol for the Washington Nationals World Series parade. The Montclarion was present for part of the festivities.

Ben Caplan | The Montclarion
 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 for needed for 8th grade twin boys. After school hours (flexible). Just someone who can keep them on track w/ homework, pick them up at school activities and light meals. 5 days a week until the end of December. Ultimately, looking for a CPR certified, non-smoker who is CPR certified with a clean driving record. Snowball7091@aol.com

$200/HR: 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 friendly dog. Must have reliable car and good driving record, and strong references. Non-smoking home. Flexible for weekdays/weekends, but reliability is critical. Please contact: judgermanno@gmail.com

$3999 / 2007 Toyota Prius - Blue four door

Car for sale with 105,000 miles. Sell as is in good condition. State inspection current, no accidents, brand new battery. If interested, please call or text (212) 302-3522

$24-527 / Part Time Home Health Aide/CNA

An entrepreneur seeking a reliable home health aide for $45 per hour. Candidate must be available Monday - Friday, 1 hr daily with a daily rate of $24.527. If you are interested contact Mr. Ed (edwardsb2000@gmail.com) for more details.

$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 make $35/hr. Please send email or contact: https://tutors101.com/tutor-application/. Any questions email hello@tutors101.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 week of 10/14/19. Responsibilities include picking up at school, transporting to and from after school activities in Glen Ridge and Bloomfield, making bed, preparing dinner, light cleaning, and prepping regular meals. Hours are 2:00-7:00 Mon through Thursday. Prior experience with children preferred, use of own reliable vehicle and/or our vehicle. If interested, please call or text: 956-502-2352.

Looking for a nanny for a boy and a girl (ages 7 - 1/2 and 6)

Responsibilities include picking up at school, helping with homework, prepping dinner, driving, and accompanying kids to after school activities. Must have clean driving record, use of own reliable vehicle required. If interested, please email: plakeyler@gmail.com

$215 - $215 hourly / Student Photographer and interior design intern / Montclair

A high-end residential interior designer in the Montclair area is looking for an paid internship positions available. They are looking for a student to work with their team one day per week or even bi-monthly taking daily shots of some of their interiors, and shooting candid shots of them working on client projects. Candidate must have their own camera and own transportation, and have some training in using a camera and an editing program like Photoshop. The 2nd internship opportunity would go to a student offering some help in picking up with vendors on orders, helping prep for client presentations, making digital orders, etc. Must have Photoshop and Microsoft Office experience, be positive, hardworking and punctual. Bach certificate pays $12 - $15 per hour for both positions, up to 8 hrs a week for each. If interested please email: sarabeliazbethdecor@gmail.com

In search of an after-school sitter for our 4 y/o son

Would involve picking up at his preschool by 3pm, bringing him home, and hanging out until my husband or I get home from work (usually by 6/4:5: 7:45 at the latest). We need the occasional day in September, by but 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 amandadekker85@gmail.com if interested.

$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, 3:00 - 2:30pm, 3 days a week of own, reliable vehicle required. If interested, please email Liz, at ebrock@concast.net, or text (973) 819-9893.

$200/HR: Driver/Dog walker needed

Looking for a reliable and kind part-time babysitter for two girls (ages 12 and 10) starting 9/4/19. Responsibilities include picking up at the bus stop or at school, driving to after school activities in the Montclair area, prepping dinner & light clean up. Possibly more hours available on a consistent basis. With pay $24-50 per day. Contact interested candidates with experience at preparedim@verizon.net.

$25 hourly / Math tutor needed / Teaneck or Skype

Tutor needed for 5th and 6th grade material. Please send email to snowball794@ms.com (Attn Barbara Farkas).

 Seeking a graduate student in Psychology or Education / Teaneck or Skype

Must have the ability to break down material into small learning outcomes. The successful candidate must have strong skills in planning and organizing materials in preparation for an Early Childhood Certification Exam. Please email resume, experience, availability and hourly rate to: BarbaraFarkas@verizon.net (Attention Barbara Farkas).

Part Time Cashier for Local Bakery

Nichols Italian Bakery and Deli is a local bakery looking for part-time help. The job requires taking care of customers, making change and light cleaning. The hours are Saturday 10-6 and Sunday 8-2. There is opportunity for more hours if requested. If interested please call Nicole 973-454-8461

OTHER ARE YOU IN CRISIS OR STRUGGLING? HELP IS AVAILABLE!

Please CALL the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) at any time to speak to a counselor and get support. You can also connect to the Crisis Text Line by texting “Hello” to 741-741 to be connected to a counselor. All services are free, confidential and available 24/7 for anyone in crisis.

DO YOU LIKE TO WRITE? DO YOU LIKE TO CREATE? DO YOU LIKE TO GET INVOLVED? IF SO, JOIN THE MONTCLAIR CONTACT MONTCLARIONCHIEF@gmail.com FOR MORE INFORMATION
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

<table>
<thead>
<tr>
<th>4</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>

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

*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 injuries, 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 market 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, counterfeit pair of Ray-Ban sunglasses or a replica Gucci bag off the street in New York City. These are products you ingest into your body and a majority of them contain deadly toxins. Just like drugs sold from the black market, a majority of these counterfeit vape products contain substances that pose harm to the human body. These fake vape products are made with THC oil, the substance found in marijuana which gets users high and vitamin 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 vaping 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 different opinions on the e-cigarette epidemic despite the growing number of deaths. However, many of their views have drastically shifted on the subject. Last year, The Montclarion did an investigation on students’ knowledge of the popular e-cigarette brand Juul as part of the project, 50 students at Montclair State were randomly selected to participate in a survey. This year, The Montclarion was able to get over 200 student responses using the same survey on social media. Consistent with last year’s survey, almost every participant knew what Juul was. A major difference was the split opinions on the e-cigarette epidemic among 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 putting 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 affordable 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.

Exploring the Exploding E-Cigarette Epidemic

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 impacted 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 injuries, 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 market 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, counterfeit pair of Ray-Ban sunglasses or a replica Gucci bag off the street in New York City. These are products you ingest into your body and a majority of them contain deadly toxins. Just like drugs sold from the black market, a majority of these counterfeit vape products contain substances that pose harm to the human body. These fake vape products are made with THC oil, the substance found in marijuana which gets users high and vitamin 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 vaping 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 different opinions on the e-cigarette epidemic despite the growing number of deaths. However, many of their views have drastically shifted on the subject. Last year, The Montclarion did an investigation on students’ knowledge of the popular e-cigarette brand Juul as part of the project, 50 students at Montclair State were randomly selected to participate in a survey. This year, The Montclarion was able to get over 200 student responses using the same survey on social media. Consistent with last year’s survey, almost every participant knew what Juul was. A major difference was the split opinions on the e-cigarette epidemic among 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 putting 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 affordable 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.

Exploring the Exploding E-Cigarette Epidemic

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 impacted 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 injuries, 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 market 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, counterfeit pair of Ray-Ban sunglasses or a replica Gucci bag off the street in New York City. These are products you ingest into your body and a majority of them contain deadly toxins. Just like drugs sold from the black market, a majority of these counterfeit vape products contain substances that pose harm to the human body. These fake vape products are made with THC oil, the substance found in marijuana which gets users high and vitamin 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 vaping 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 different opinions on the e-cigarette epidemic despite the growing number of deaths. However, many of their views have drastically shifted on the subject. Last year, The Montclarion did an investigation on students’ knowledge of the popular e-cigarette brand Juul as part of the project, 50 students at Montclair State were randomly selected to participate in a survey. This year, The Montclarion was able to get over 200 student responses using the same survey on social media. Consistent with last year’s survey, almost every participant knew what Juul was. A major difference was the split opinions on the e-cigarette epidemic among 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 putting 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 affordable 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.
No, ResLife, I Can’t Sweat This Any Longer

Village residents are boiling in frigid temperatures

Mackenzie Robertson, a television and digital media major, is in her first year as managing editor for The Montclarion.

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 spastic diplegia; a 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 overpackaging 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 pickups 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 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.

Students suffering should contact Residence Life to let them know of concerns they may have because staying silent will not instill change.

I hope things may change so I can finally sleep comfortably in a place I am paying a lot of money for.
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 didn't 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 graduated from 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 A’s.

A checklist is very structured; it has a plate, such as completing your degree. All that I had to do was complete a degree, but that was the easy part for me. Instead, I kept working and made the honor roll all four marking periods and finished out the year with straight A’s.

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 that I had to do was complete a checklist on Degree Works.

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

“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.
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
Miles 2.0 reaches a breaking point at the end of the first season. Photo courtesy of Netflix

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.

Disappointed 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 transformative 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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

Encouraged 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 transformative 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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

Spa,” a secret establishment that only takes appointments through referral.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and 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.

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 and the range between emotional ups and downs is immense, reminding viewers of the unique and incomparable Paul Rudd, drops tens of thousands of dollars on a mysterious procedure at ”

Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season. Miles 2.0 reaches a breaking point at the end of the first season.
Robert Eggers’ ‘The Lighthouse’ is a Fully Immersive Nautical Nightmare

Charlee Reiff
Contributing Writer

Psychological turmoil fuels sophomore director Robert Eggers’ new film “The Lighthouse,” a de-paradise 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-perfect square frame and black and white image. The anachronistic 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 for a focating, intimate and invasive. The characters are constantly pushed together inside the walls of the cabin, intensifying their building resentment.

The black and white film stock makes the contrast between sane and insane that much more defined, 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 salty fog settling on my skin and smell the fishy storm waves. It is an intimate experience that demands the viewer’s presence.

The sense of impending doom is further built by Mark Korven’s score. Korven guides the film, weaving his mechanical drone with the ambiance of the foghorn cut through a dewy silence. Thomas’ urinating, grunting and farting echo through the cabin like a gong. The sound is hypnotic, each beat striking like a ticking clock until you are as numb to the piercing maritime environment as the characters.

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.

Willem Dafoe gives an Oscar worthy performance as Thomas Wake in “The Lighthouse.”

Photo courtesy of A24

Willem Dafoe and Robert Pattinson star in Robert Eggers’ latest film “The Lighthouse.”

Photo courtesy of A24

Willem Dafoe and Robert Pattinson star in Robert Eggers’ latest film “The Lighthouse.”
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-Tae, 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 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.
Curious about how climate change is affecting your community?

You have a chance to ask the experts!
Submit your questions to editor-in-chief Heather Berzak at montclarionchief@gmail.com or tweet your questions with the hashtag #AskFocus
Your question may have a shot at being featured on the School of Communication and Media's #FocusClimateChange live show on livestreams and cable channels across the state on November 15th at 7 p.m!
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 targeting 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 worship. 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 “Ve,” 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 stems from its Chick-fil-A line. This makes the song’s message, which is otherwise quite valid, hard to take seriously.

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 the genre collision or not, people can still respect his craft, especially on the song “Water” featuring Ant Clemons.

CLEMONS features in two songs on this album, “Water” and “Everything We Need.” Clemons recently made waves in the media, as he revealed that while trying to make a name for himself, he has been forced to sleep on his friend’s floor. West wanted to get Clemons’ music out there and put him in these roles, specifically to help him out but also because of how his voice sounds with the gospel background.

If anyone was confused as to what message West wanted to spread on this album, his last song, “Jesus is Lord,” will sum it up in a short 49-second track. West repeats twice throughout the song, “Every knee shall bow, every tongue confess, Jesus is Lord,” solidifying 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 joyful 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 accomplished. This album shows West’s versatility as an artist and leaves listeners wondering what will come next.
Write for Entertainment!

Reviews ♦ Music ♦ Video Games ♦ Movies and TV ♦ Theatre ♦ Student Artist Profile

E-mail: montclarionentertainment@gmail.com

ROOM 2035, SCHOOL OF COMMUNICATION AND MEDIA IN UPPER MONTCLAIR, NJ, 07043
Men’s Soccer Wins 1-0 on Senior Night to Secure Good Spot in NJAC Tournament

Llewellyn scores in first half to secure win against Kean

Senior forward Nixon Soglo goes to kick the ball.

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 two seed and a first round bye in the upcoming NJAC men’s soccer championship playoffs. With a loss and a victory over Rutgers-Camden, the Red Hawks would fall to the number three seed, and have to play a first round matchup.

Before the game, the Red Hawks hosted senior night, honoring the players on the team that would be leaving the program at season’s end.

This year, Montclair State would honor 13 total graduating seniors. Red Hawks head coach Todd Tumelty talked about how special it was to honor so many seniors.

“It’s awesome, obviously graduation is the key for this program,” Tumelty said. “We want the kids to graduate and get degrees, and to have 13 guys stick with the program for this long, it’s a credit to some of the guys on the team and a credit to just a good bunch of seniors who stayed with it the whole way.”

Tumelty continued to talk about how this is one of the biggest classes he had.

“I’m happy for them. It’s one of the biggest classes I’ve ever had,” Tumelty said. “Looking forward to having some other big ones.”

The first half of the game was a weird one for both teams from a shooting perspective. The Cougars outshot the Red Hawks 8-6 and 5-3 in corner kicks in the first 45 minutes of the game. However, of the six Montclair State shots, five of them were on goal compared to Kean’s two shots on goal.

With four minutes left in the first half, Montclair State struck first when sophomore midfielder Brent Llewellyn played a headbutt from senior defender Chris Boeve, firing it to the left of Kean sophomore goalkeeper Dillon Konzelmann, for his first goal of the season. Boeve was credited with the assist and the Red Hawks took a 1-0 lead into halftime.

In the second half, Kean would still lead Montclair State in the shot department, outshooting the Red Hawks 10-5 to finish the game with 18 total shots to Montclair State freshman goalkeeper Dean DePinto’s 13.

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.

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

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.

“This show about the Negro Leagues is our way of showing [Yogi Berra’s] values and what he believed in, shining a light on these heroes of the game that are lesser known to young audiences,” Eva Schaenen, the museum’s executive director, said.

In addition, one of the main goals is to promote new and enticing features within the museum. The exhibit has approximately 90 black and white photos across the board, and with new technology, a handful of those photos are able to be viewed in color via an app utilizing the camera on iPads.

“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.

Shane Nourie, a junior finance major and campus resident, commented on how he was not aware of the museum.

“I’m not really much of a baseball fan at all so I’ve never stepped foot inside the stadium,” Nourie said. “Up until recently, I honestly thought it was just a stadium. I didn’t know there was a museum at all.”

This statement is all too familiar for the museum. 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.

“I’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. A longtime baseball fan, Jamgochian also interned with the New Jersey Jackals this past summer, who share the building and stadium area with the museum.

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.
Women’s Soccer Wins Big in the Semifinals of the NJAC tournament

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 Onyewuyenyi 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 year.

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.”
Study Abroad Opportunities in Graz, Austria!

Faculty-Led Spring Break 2020
Entrepreneurship
Application Deadline: November 15

Montclair-Graz Sister City Scholarship

Learn More! Next & Last Info Session:
Monday, November 11, 1:30pm-2:30pm
Student Center Room 411-412
Application Deadline: December 8

Spend a full academic year studying in Graz, Austria on a full scholarship.
Open to all undergraduate majors.

To find out more & apply visit: www.montclair.edu/study-abroad
For questions or more information, please email: studyabroad@montclair.edu or visit us in Student Center Annex, Room 206

As Montclair State University Podiatry Consultant, Dr. Braver and staff are proud to offer a FREE foot and ankle consultation (x-rays not included) for MSU students, faculty, and their families.

CALL US TODAY
201-791-1881
www.DrRun.com
Riverdale on Rt 23 North
Fair Lawn off Rt 208 / Rt 4
Englewood off Rt 4 / Rt 90

*Team Podiatrist for Montclair State University Athletics Dept.
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 [championship 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 three conference championships in his career. He contributed to deep playoffs runs including a conference title in 1997. He would soon go on to be an assistant coach in 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, Parsippany Soccer Club and others. More notably, he was the head coach of the Wyckoff To- repdus 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 at a day camp, and it keeps me active during the summer 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 40-26-6 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 first hand 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 but we’re always being 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.”

Naughter shouting instructions at his team during a practice. Photo courtesy of Montclair State Athletics