Taking Responsibility for Accessibility

The only elevator in the Student Center to go above the 2nd floor was broken from Nov. 11 to Nov. 12.

Alexa Spear
Feature Editor

The only elevator in the Student Center that offers passage beyond the second floor was broken on Nov. 11. While classes and events carried on as usual, students with disabilities were stranded.

That same day, a monthly discussion group called Grub and Grapple was being held on the fourth floor. Hosted by the Office of Social Justice and Diversity (OSJD), the event was focused on the needs of students with disabilities.

Trinity Corney, a junior journalism major and staff writer for The Montclarion, has cerebral palsy and was unable to reach the event at first. Corney regularly encounters obstacles on campus, but this time there was no alternative route. In a previous article in The Montclarion, she took note of the irony that an event focused on ableism became inaccessible itself.

"I was upset and surprised that issue occurred right at the same moment as the event," Corney said.

Corney attempted to speak with employees at the Student Center but was unsure who she could ask for help. Mackenzie Robertson, the managing editor of The Montclarion, took action and notified the OSJD of the issue.

Hamal Strayhorn, director of the OSJD, was able to help Corney by relocating the event, but she was not the only student to have this problem.

"My staff worked with [the Center for Student Involvement] (CSI) to see if they could identify a different location for the event," Strayhorn said. "There were other students with accessibility issues that wanted to share in the conversation that day, but left before we were able to move. I just wish we could have assisted them as well."

The OSJD is not responsible for physically improving accessibility, but for educating the community. Strayhorn noted that changes are needed, but improvements depend on persons with disabilities to report them.

"I think [Montclair State] makes the necessary changes when [they] are aware," Strayhorn said. "That's why it's important for those who see a need to reach out and report that need."

Karen Pennington, Vice President for Student Development and Campus Life, shared that there were other complications that prevented the elevator from being in working order.

"Our elevator was out Monday and part of Tuesday. That is one of the old ones, and there is only one company in New Jersey that can fix that elevator," Pennington said. "Vice President Connelly was aware of the problem."

Crossword puzzle & more on pages 16 and 17

Accessibility continued on Page 2

NEWS
p. 3
Adjunct Professors Try to Push Pay Negotiations Forward With Campus-Wide Protest

FEATURE
p. 8
Wife of 9/11 Hero Speaks About Late Husband and Importance of Crisis Communication

OPINION
This Healthy Eating Initiative is Good
p. 30
"Accessibility Shouldn’t Be an In-Convienience"

ENTERTAINMENT
p. 24
The Martha Graham Dance Company Allows Audiences to PEAK into the Past and Emerging Present

SPORTS
p. 55
Football Finishes Season Strong, Beating Kean 40-12 on Senior Night
STAFF

Executive Board
Editor-in-Chief
Heather Berzak
montclarionchief@gmail.com

Managing Editor
Mackenzie Robertson
montclarionmanaging@gmail.com

Operations Manager
Gabriela Cevallos
montclarionsales@gmail.com

Business Manager
Raul Jaramillo
montclarionbusinessmanager@gmail.com

Assistants
News
Rosaria Lo Presti
Carmela Winter
Drew Municich

Opinion
Brian Rooney
Zoe Glasson
Casey Masterson

Entertainment
Sharif Hasan
Thomas McNulty

Copy
Brielle Wyka
Ben Caplan
Lauren Lamantia
Nathaly Martinez

Sports
Corey Annan

Photography
Olivia Kears

Production
Erin Downey

Faculty
Faculty Advisor
Tara George
tara.george@montclair.edu

Writers and Contributors

Accessibility: Students express ADA concerns

With that one. It was the holiday and the company was not open on Monday because they were off for the holiday. Student Government Association (SGA) President Jherel Saunders-Ditimus, a senior communication studies major, echoes the same points about the need for feedback from people with disabilities. “The campus administrators are trying to do the best they can to get things fixed as we move on in the semester,” Saunders-Ditimus said. “The biggest problem is students will not report when something is broken or not working.”

According to the administration at Montclair State, it is the responsibility of people with disabilities to report each time they are blocked from attending courses or events in order for progress to be made. Gary Green, a sophomore psychology major, has been using a wheelchair for 17 years due to a spinal cord injury. He has noticed that some mechanisms need constant repair. “I had a little issue with the [Center for Environmental and Life Sciences] (CELS) building,” Green said. “When you hit the button to get in for the handicap accessible doors, sometimes it doesn’t work.”

Stephen Mignani, a junior journalism major, has cerebral palsy and is frustrated by the lack of information readily available to find accessible routes on campus. “It’s annoying that every time I have to make a new schedule, I have to find the exact place for each of the rooms to see if I can even be in the class,” Mignani said.

As for improvements, Mignani suggested better signage and more transparency about accessible locations. “Make it easy to know the entrances of each building that are accessible for people with a disability,” Mignani said. “Almost all the buildings don’t have an easy way to know if they have an [automatic door opener] button or not.”

Section 216.6 of the ADA states that entrances that comply should be identified by the International Symbol of Accessibility and directional signs should indicate the nearest accessible entrance to minimize backtracking.

Based on the difficulty students are experiencing to locate entrances, they feel as if this policy is not being enforced. Without this information readily available for people with disabilities, they have to search for accessible entrances themselves. Susan Bagliere, associate professor and co-coordinator of the Increasing Access to College project (IAC project), shared her perspective on improvements that could be made to further support accessibility on campus. “Rather than just give a list of things that could be changed, it would be a much more meaningful effort to establish a center to be a sustained collective dedicated to ongoing attention to creating access and justice on campus,” Bagliere said.

The Disability Resource Center offers resources for students with disabilities. Their mission statement emphasizes that “accommodating students with disabilities is not only the legal responsibility of [Montclair State], but also an ethical responsibility.”

Red Hawk Rap Sheet

Police Headquarters: A complainant walked in to report an incident involving identity theft. According to the complainant, a known person may have accessed her NEST information and accepted a student loan, which was deposited into an unknown bank account.

Machuga Heights: Patrol officers responded to an activated fire alarm. Upon further investigation, it was determined that the alarm was due to a resident smoking marijuana in a residence room. Jack Zhang was criminally charged with possession of CDS and paraphernalia. A court date was issued for Little Falls Municipal Court.

Lot 48: Patrol officers responded to meet with parking services employees regarding damage to an immobilization device placed on a vehicle.

Police Headquarters: A complainant walked in to report the theft of a laptop from the Center for Environmental and Life Science building. According to the complainant, he evacuated the building during a fire alarm and left his laptop unattended.
Adjunct Professors Try to Push Pay Negotiations Forward With Campus-Wide Protest

Both adjunct and full-time professors protested throughout Montclair State University’s campus wanting answers from the state regarding a teacher contract on Wednesday, Nov. 13.

Adjunct professors and full-time faculty in New Jersey have been teaching without an updated contract since July 1 due to negotiations between the state of New Jersey and the teachers’ unions. Since the spring 2019 semester, some adjunct professors have been negotiating for a contract settlement, with no resolution.

Negotiations for the new contract were slated to start Oct. 2018, as specified in the previous contract, with the intention of updating it by July 2019.

Due to the slowly moving negotiations, professors are protesting to put pressure on the state to proceed more quickly. These protests have been given the name “Solidarity Walks” by those who organize them and have taken place every Wednesday.

President Susan Cole further explained the status of these contracts.

“The collective bargaining agreements are in negotiation now,” Cole said. “[The contracts] are not negotiated by the university, [they] are negotiated by the governor’s office of employment relations, and they are actually going better than they have in prior contract years.”

According to the American Federation of Teachers (AFT) website, “As we are currently working without a contract, and given that some of our Local negotiations are moving more slowly than we would like, demonstrating our solidarity is as important as ever.”

In addition to weekly protests, Montclair State’s AFT Local is using a postcard campaign to bring the issue to the New Jersey governor’s attention in hopes that the proceedings will be prioritized.

Freshman pre-major Richard Paida believes the professors work hard and should have fair contracts.

“Teachers have the right to a contract, many teachers are worried about their future in the career they worked so hard to get,” Paida said.

Many professors are deeply unsettled by their lack of contracts. Mary Wallace, a representative for adjunct faculty of the Council of New Jersey State College Locals, is pushing for negotiations to be settled.

“They want to give the adjuncts a lot less [than the requested amount],” Wallace said. “We have very prestigious adjuncts, but the university considers adjuncts worthless. We need pressure, we need students to join us.”

An issue being tackled in negotiations is that of equity in pay. Adjunct professors are requesting their pay be raised to what a full-time professor would make for teaching a summer course. Adjunct professors are currently making less than what they are asking for.

Some students agree that adjunct professors should receive the pay they are requesting.

“So many of them do so much, sometimes just as much as full-time faculty,” Teresa Yates, junior music major, said. “They should be getting paid more.”

While negotiations are moving along, those being affected the most are doing what they can to nudge proceedings toward an agreement, even if that means standing in the cold.
Dannis B. Eaton Speech Competition Crowns Winner of Best ‘My Earth’ Speech

Drew Mumich
Staff Writer

The remaining five competitors of the Dannis B. Eaton speech competition presented their final takes on the topic of “My Earth,” tackling climate change and how to make a difference.

Sam Carliner’s, “My Earth isn’t My Earth,” won the first place $300 prize, the second place $200 dollar prize went to Giovanna Da Silva Pagungue’s, “Trash Talk,” and the third-place $100 prize went to Kenny Slaymen’s, “Don’t Go Green, Go Vote.”

The speech competition was held in the School of Communication and Media’s Presentation Hall on Monday, Nov. 9, from 6:00 p.m. to 7:00 p.m. The competition’s audio was also broadcast live over 90.3 WMSC radio.

Each competitor was given five to seven minutes to deliver a well-researched speech on their topic, and each speech was judged by different speech professors.

Dr. Marylou Naumoff, the coordinator for the speech competition, explained what made the winning speeches stand out.

“The speeches that stood out were surprising or took us in a direction that we weren’t expected to go,” Naumoff said. “Their oral and nonverbal delivery [was] so strong, those were the kind of things we were looking for to select those top three.”

Carliner talked about how land ownership has shaped the world for the worst. He referenced himself renting an apartment and how society has metal spikes on benches so that homeless people cannot sleep on them.

“What I hope, at least from my speech,” Carliner explains. “Is that people who saw it are going to leave here and even if they don’t agree with me, that they think differently than when they came in here.”

Courtney Thomas, a freshman justice studies major, gave her opinion on one of the speeches.

“I really liked Giovanna,” Thomas said. “She’s already doing stuff to change her actions to make a better impact on the world, and she was inspiring us to be like her and do that.”

Second place winner Giovanna da Silva Pagungue talked about how she changed her lifestyle to only have to throw out her trash once every two weeks; refuse, reduce, reuse, recycle and rot.

“I’m so happy,” Pagungue said. “As I said, this is so close to my heart that just being here and being able to talk and share with people what I’m doing is already a win for me.”

However, timing would have freshman Kenny Slaymen, sophomore humanities major, present his exact opposite opinion right after Pagungue.

In his speech, Slaymen explained that it is not up to the everyday citizen to change the climate, but up to the government; so instead of using reusable straws to save the Earth, people should get out and vote.

“I knew [Pagungue] was giving that kind of speech, I didn’t know she would be right before me,” Slaymen said. “I felt a little bad, but at the same time I’m saying what I think and I think she’s wrong, plain and simple.”

“I had the speakers present in alphabetical order,” Naumoff explains. “That was just kind of the fair way to do it, and I was thinking as Kenny was giving his speech that it was amazing that he went right after Giovanna, and I thought [the speech] wouldn’t have been interesting if it had been reversed.”

“I feel like both of all opinions have to take place,” Pagungue said. “I feel if we follow his advice and mine at the same time, we are going to affect real change and I am really happy he covered that aspect too.”
Protesters recently gathered in front of the School of Communication and Media against guest speaker George E. Norcross III, the South Jersey Democratic Executive Chairman of Conner Strong and Buckelew, one of the nation's largest brokerage firms.

Norcross was speaking as part of the Political Science and Law Salon series that explores the 2020 presidential election on Tuesday, Nov. 19. The series talks with political influencers to cover campaigns, polling and policy.

Protestor Mara Novac, the political director of NJ 11th for Change and a Montclair, New Jersey resident, explained that the protesters are a coalition of grassroots independent political organizations from across the state, such as New Jersey Working Families.

“We are here because we want George Norcross to know that we are paying attention to what he is doing,” Novac said. “We are concerned that he thinks we are going to forget and that we don’t think insiders should be controlling state government.”

Norcross is a Camden, New Jersey based insurance executive and has been at the center of the political struggle over a program that offers tax credits to businesses in distressed cities. This reached its peak on Nov. 18, as police forcefully removed an activist in the back row of a Senate hearing in Trenton, New Jersey.

Jake Goetz, freshman television and digital media major, attended the event for his American Government and Politics class.

“We were reading about him and it seemed there were really sketchy things about him because he was involved in politics and business,” Goetz said. “It seemed like there was one piece of legislation involving tax incentives that he was using for his own personal benefit.”

Professor of Political Science and Law, Brigid Callahan Harrison set up the event and explained that they invite speakers a semester in advance.

“When I planned the event, I didn’t expect the protesters,” Harrison said. “But in light of his Senate testimony yesterday, it was relatively predictable that the protests would follow him, but the protests were incredibly peaceful.”

Captain Kieran Barrett confirmed that the protesters were all peaceful and no one had to be removed.

“University police are always present when a political, governmental or celebrity status visits the university,” Barrett said. “Some decided that it was an event to protest with their dissatisfaction and a peaceful demonstration occurred. Police were present for the safety of all.”

Some protesters like Imani Oakley, a Newark resident and the legislature director with Working Families New Jersey, would rather have seen the event canceled after yesterday’s events.

“He had that [hearing] because he is a huge donor made from of all the taxpayer’s dollars,” Oakley said. “He took that money, made a lot of money, financed his own legislature and now he can have his own hearings where people are literally dragged out by police. It’s just unacceptable to put someone like that up on a pedestal.”

Harrison explained she wouldn’t have canceled the event even if she was given enough time to.

“I think it’s really important that students are allowed to hear speakers, I also think it’s really important that the university supports the right of protesters to come and voice their dissenting opinion,” Harrison said. NJ 11th for Change has been invited to come and talk with students on Dec. 10 for the Salon Series due to the cancellation of another speaker.
Jhumpa Lahiri Wants People to Consider the
Power of Language

Kelvin Jimenez Michaca
Staff Writer

Pulitzer-prize-winning author Jhumpa Lahiri gave Montclair State University a public lecture titled “Unbuilding Walls, Expanding Cultural Horizons: Jhumpa Lahiri on Translation.” The lecture took place Nov. 18, on the seventh floor of University Hall from 6:30 p.m. to 8:00 p.m.

Lahiri is the editor and partial translator of “The Penguin Book of Italian Short Stories,” an anthology of Italian short stories which was first published in March of 2019. This project came about through her desire to gather literary works from some of Italy’s greatest and forgotten authors and translate them into English. Lahiri sought the suggestions of her peers on which authors and short stories to read in Italian.

Peter Kingstone, dean of the College of Humanities and Social Sciences, gave opening remarks. The lecture was moderated by Teresa Fiore, the professor and Inserra chair of Italian and Italian American studies, who was responsible for inviting Lahiri to Montclair State.

Kingstone spoke on the art of translation.

“Translation is not simply about translating a book from one language into another, it is about communicating meanings across the great divides that separate us, whether [they are] geographic, cultural, gender or language,” Kingstone said.

Fiore began the lecture by asking Lahiri to speak about her journey with the Italian language.

“How does the transition from learning a language, to writing in it and eventually becoming a translator happen? Is this a chronological sequence?” Fiore asked.

Lahiri spoke on her history with language learning.

“I realize that I come to translate Italian, as the last thing I do in the trajectory of learning Italian,” Lahiri said. “Before, I thought translation was going to be counterproductive to my efforts to write in Italian and now I no longer feel that. I feel that they are more in sync with one another and one complements the other.”

Natalie Yavorski, a Montclair State alumna and art major from the class of 2019, was at the event because of her passion for the Italian language.

“Art and language are a good combination because language and art are culture,” Yavorski said.

Yavorski mentioned the ways in which she has been able to combine her cultural interests with her professional life.

“I’m actually working at an Italian eyeglasses company, so that is a perfect combination because language and art are culture,” Yavorski said.

Damien Brennan Pútero, senior religious studies major, was at the event for his interest in Italian short stories.

“I have actually taken a class in fairytales before, and part of those were actually Italian fairytales,” Pútero said.

Pútero agreed when Lahiri said that translation was an “aesthetic, ethical and political stance.” Pútero drew from what he witnessed as a Spanish speaker in Puerto Rico, where the English word “tape” is used instead of its Spanish translation, “cinta adhesiva.”

Pútero commented on the wide spread use of English in other languages.

“English has become like the lingua franca. English has taken over and is making other languages incorporate English into their language,” Pútero said.

“Words are being forgotten, dialects and entire languages are becoming extinct.”

Before the evening came to a conclusion, in which audience members were able to ask questions, Lahiri spoke directly to the power of language learning.

“What is amazing about language learning is no one can stop you from learning any language on earth,” Lahiri said. “You have to decide to learn it...and you can go as deep as you want, you can devote your whole life to it and no one is ever going to say ‘this is enough now, you stayed here enough [and] your visa is expired [so] you have to go now,’ no one can ever put up that wall.”

Dr. Teresa Fiore (left) and Jhumpa Lahiri (right) talked about the power of language and translation.
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 article can be featured in the special edition of the Montclarion in Spring 2020!
Susan Rescorla, widow of 9/11 hero, Rick Rescorla, becomes emotional recalling the last moment she saw her husband before his death.

Mackenzie Robertson | The Montclarion

Wife of 9/11 Hero Speaks About Late Husband and Importance of Crisis Communication

Sharif Hasan
Assistant Entertainment Editor

Rick Rescorla was many things: a Purple Heart and Silver Star earning soldier, the vice president of security at Morgan Stanley, a singer and even a writer. Among these characteristics, in the end, Rescorla was a husband and a hero.

Rescorla’s wife, Susan Rescorla, was invited by Montclair State University professor Linda Zani Thomas to speak to her Crisis Communication class about the importance of the subject and to discuss her late husband.

Rescorla was a decorated Vietnam war veteran. He heroically fought in the 1965 Battle of Ia Drang, where his actions were described in the book he co-authored with Lieutenant General Hal Moore, “We Were Soldiers Once... And Young.”

After the war, Rescorla joined the corporate security team of Dean Witter Reynolds in the offices of the World Trade Center, where he utilized his skills during the 1993 World Trade Center bombing. After the attack, Rescorla knew that the World Trade Center would most likely be subject to another attack in the future, and as the second vice president for security at Morgan Stanley, he began to train employees in safety drills and exercises.

On Sept. 11, 2001, Rescorla’s fear came true when the World Trade Center was ultimately attacked.

Paul Cell, the chief of police at Montclair State University, gave a brief introduction as everyone settled in. Chief Cell described the heroic actions of Rescorla, who evacuated 2,700 people out of the World Trade Center by using his crisis communication skills that Thomas teaches in her class.

“Heroes don’t always wear capes. They don’t always wear badges,” Chief Cell said. “Heroes don’t wear anything specific. It’s in your heart.”

Thomas sat down with Susan Rescorla in an Oprah Winfrey Show style interview.

“I’ve talked in front of hundreds of people, but I’m more nervous in front of all of you,” Susan Rescorla said as she greeted the class.

After the 1993 World Trade Center bombing, Rick knew that there would be another attack, and made sure that his employees were prepared. Susan began to discuss how since her husband came into the world, he was born to lead. Susan describes this as “synchronicity,” something she continued to mention many times throughout her visit. From his time in the war and with his natural instincts, it was meaningful that Rick Rescorla was there to save 2,700 lives.

It was meaningful that after Sept. 11, Susan would find his emergency evacuation plan in their home, and that it would find its way to Thomas, where she would develop an entire curriculum based on it, and later invite Susan Rescorla to speak in front of her class.

Susan Rescorla then explained how she and Rick Rescorla met and fell in love. She described Rick Rescorla as someone who “loved the human soul.” Susan told the class how her husband would many times find homeless people in his local train station, drive back to his house and return with clothes and supplies to give out.

She also described how President Donald Trump presented her with the Presidential Citizens Medal, honoring her husband’s heroic actions. Even though it was a great honor to be given this award, Susan Rescorla told the class that she knew Rick Rescorla did not save all those on that fateful day so he could receive recognition.

Susan then proceeded to take a few questions from the class, and even sat down with some students to discuss more about her husband.

Grace Manzo, a senior commu-

“Heroes don’t always wear capes. They don’t always wear badges. Heroes don’t wear anything specific. It’s in your heart.”

-Chief Paul Cell, MSUPD
Susan Rescorla explained that she continues to speak in front of groups about her husband and she has been approached to participate in a new documentary about 9/11 stories. James B. Stewart’s book about the life of Rick Rescorla, “Heart of a Soldier,” was turned into an opera, and is currently being adapted into a film.

Ibn Wallace, a senior majoring in public relations, asked Susan Rescorla how she handles any post traumatic stress.

Susan Rescorla explained how she and her husband, Rick Rescorla, worked in first responder roles during 9/11, and how they used Voices of September 11th to receive support and assistance to help cope with the effects of the tragic event. When asked if Susan Rescorla ever wanted to tell her husband to stop being the hero, or if she ever disapproved of his vigilante attitude, Susan Rescorla was sure to explain how she never viewed Rick Rescorla as a hero during their time together. His actions and lifestyle were never heroic, but it was always just the right thing to do.

“He just loved the human soul,” Susan Rescorla said.
Elena Perez Explores Gun Violence Legislation for 2020 Election

Elena Perez (center) with her two social media managers at a March of Our Lives event.

Kevin Doyle
Staff Writer

When the Marjory Stoneman Douglas High School mass shooting shattered news headlines in 2018 and broke the hearts of thousands, Montclair State University student Elena Perez decided that it was time for a change.

On Nov. 12, Montclair State held a series of salon-style conversations hosted by Brigid Callahan-Harrison, professor of political science and law, along with Perez as the guest speaker.

"After Stoneman Douglas, we as a country started realizing that the gun violence epidemic isn't normal," Perez said. "It doesn't happen in other first world countries like it does in America."

Perez founded the Bergen County chapter of March for Our Lives in the days following the Stoneman Douglas shooting. She proudly holds the position of New Jersey state director.

March for Our Lives' mission is simple: "To harness the power of young people across the country to fight for sensible gun violence prevention policies that save lives."

Throughout the series, Perez touched on social issues regarding mental health awareness, women's rights issues, racial LGBTQ equality, and gun violence prevention.

"I want them to leave talking about what they can do — they can get behind gun violence prevention or any other movement," Perez said. "I think that having our young people or peers involved in any issue is so important to our country."

Gun violence was a key point during the series. Perez emphasizes that March for Our Lives does not want to completely rid the country of assault weapons. Instead, the organization wants universal background checks. These background checks would require people to go through criminal record checks, verification of past employment and education before purchasing a firearm weapon. New Jersey has this law in place, but the senate has blocked it from becoming a nationwide reform.

"Gun reform legislation has passed through congress, but Senator Mitch McConnell won't vote on it," Perez said. "He's bought out by the [National Rifle Association] (NRA) so he's told not to act on these issues."

The NRA exerts a strong hold on many politicians in the United States. According to opensecrets.org, in 2018 the NRA donated 98% of their funds to the republican party and the other 2% was left for Democrats.

"I want to have these conversations as human beings," Perez said. "Gun violence does not discriminate. This has to be made a bipartisan issue."

As New Jersey state director of March for Our Lives, Perez must travel throughout New Jersey and help cities and towns facing different problems.

"35,000 Americans die each year because of gun violence," Perez said. "About 50 women are killed every month in the [United States] from being shot and killed by an intimate partner."

For Perez and members of March for Our Lives, those types of statistics are not acceptable. Perez highlighted the importance of young Americans going out and voting, especially in the upcoming 2020 election.

Virginia, particularly, saw a large increase in young people voting during the recent midterm elections. March for Our Lives hopes this will motivate other young Americans to vote as well.

Perez urges people to find something they are passionate about and become involved, whether that be on social media or through an organization like March for Our Lives.

"When having a conversation with people who disagree with you, don't start with statistics right away," Perez said. "Tell a story. People are a lot more moved by stories."

March for Our Lives has a heavy social media presence and sends out email updates and hosts lobbying events.
Bingo, ice cream and hearing about a live Beatles concert is not how every Montclair State University student spends their Friday night. However, that’s what Lauren Economy, a sophomore computer science major, and 22 other students do with Montclair State’s new club Arts For The Ages (ATFA) on alternate Fridays.

ATFA became a part of the Student Government Association (SGA) this year and aims to connect college students and senior citizens through art, music and conversation.

Economy is a self-proclaimed “old lady” and started missing her high school arts community last year. This summer she learned that many senior citizens are also looking for a sense of belonging and decided to start an organization focused on bringing together her fellow peers and seniors.

“I realized that music and crafts would be a good bridge between the two communities because, who doesn’t love the arts?” Economy said.

Economy worked with co-president Deven Diamantis to get ATFA chartered as an official organization of the SGA. They played Guess That Song at the first event, sparking conversations about favorite musicians and sharing their love of live concerts.

Abby Berberian, a sophomore psychology major and ATFA member, never thought about the gap between college aged students and seniors before, but is now realizing how much they can bond over.

“It’s so heartwarming to build relationships with the residents,” Berberian said. “My favorite part was connecting with Pat. I dyed her hair a couple weeks ago and it was so fun for both of us.”

Pat S, a Montclair Inn resident, greeted club members with hugs on Friday and explained that ATFA provides the programming and entertainment that her community needed.

“When they actually came it was like the whole place just brightened up,” Pat said. “I’m serious the whole place lit up and they are just so much freaking fun.”

Not all residents stay past dessert, but many enjoy getting to reminisce and tell stories to new people. Although ATFA originally planned to use art to bring attendees together, conversation often overtakes and distracts them from the crafts provided.

Diamantis, a sophomore public relations major, described her conversations with a senior named Allen.

“Every time I go I talk to Allen,” Diamantis said. “He’s the oldest resident and never wants to paint but we talk about everything; Italian painters, his favorite candy, trips to Italy.”

The residents often give advice ranging from travel suggestions, finance and the stock market, according to Economy.

AFTA are looking forward to expanding the club with even more student members. They are also hoping to visit more retirement communities in the area.

They are currently working on providing transportation for the seniors to see a show in Kasser Theatre since many residents do not get the opportunity to go see performances.

Although the seniors are sitting in a retirement home, AFTA members got to hear about old Las Vegas shows, trips to Spain and traveling with Lynyrd Skynyrd all in one Friday night.

AFTA has club meetings every Wednesday and is looking for more people to help bridge the gap between students and seniors.
These applesauce harvest mini-loaves taste just like fall.

Samantha Bailey
Contributing Writer

Have you ever wondered what fall tastes like? A dish that’s sweet, savory and warm? With this fall dish there is no need to wonder anymore. This recipe will surely satisfy your appetite for all fall flavors. This week’s recipe is for Applesauce Harvest Mini-Loaves.

These mini loaves are the perfect bite of fall. They are a fairly healthy recipe as they contain no butter and are dairy-free! I made these using a mini loaf pan that makes a total of eight. I found that this amount of batter was perfect for eight mini loaves, four medium loaves or one big loaf. The cook time varies for each due to the size difference.

This recipe uses nut or oat milk and applesauce. Nut and oat milk are great alternatives to milk or heavy cream to add moisture within cakes, bread and muffins. Applesauce is a healthy alternative to butter and adds a natural sweetness to recipes. It’s also great for lightening heavy recipes that use butter and white sugar.

These mini-loaves are simply delicious and are not overbearingly sweet. They utilize in-season flavors like maple and cinnamon and are easy to make. The recipe is as follows:

- 1 cup all-purpose flour
- ¾ cup whole wheat flour
- ¼ cup brown sugar
- 1 cup white sugar
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 2 ½ teaspoons ground cinnamon
- ½ teaspoon salt
- 2 large eggs
- ½ cup of vegetable oil
- 1 cup applesauce
- ½ cup oat milk of your choice
- 2 teaspoons vanilla extract

To begin, preheat your oven to 350 degrees. Then, combine your flours: baking soda, baking powder, cinnamon, salt and brown sugar. Mix with a whisk and set it aside.

Once you’ve done that, gather your milk, applesauce, vanilla extract, oil, eggs and white sugar to combine with a whisk. Once all the wet ingredients are in a developed batter, begin to add your dry ingredients in two parts. Mix in the dry ingredients carefully and slowly by hand. I don’t recommend using a stand or hand mixer for bread because it lessens your control over how your batter is mixed. It’s important that you do not over mix your batter.

Mix your batter until it is just combined. By doing this, you keep pockets of flour in the batter and allow your bread to rise properly. This helps keep from a dense and chewy texture.

Once you have your combined batter, spray your pan with nonstick spray. Then begin to fill each loaf pan until ⅔ of the way filled. By doing this, you ensure your batter rises over the pan in the oven and it will be cooked through the middle.

After each pan is filled, put your pan into the oven to bake. For eight mini loaves, the cooking time should be 15 to 20 minutes, or until an inserted toothpick is removed cleanly. For four medium loaves, the cooking time is 30 to 35 minutes and for one loaf cook for 60 to 65 minutes. You may cook it longer if you prefer a crunchier outer layer.

Once your loaves are cooked, remove them from the oven and place them on a wire rack to cool for about 20 minutes. You must resist the urge to touch them before they’re fully cool or they may fall apart. But, if you do touch one before then, I wouldn’t blame you.

While your loaves cool, make your glaze.

This maple glaze is extremely simple and scrumptious. I find myself making this glaze for pancakes and waffles in the morning because of its sweetness and muted maple flavor. Here’s what you’ll need:

- 1 ½ cups of powdered sugar
- 2 tablespoons pure maple syrup
- 2 tablespoons oat or nut milk of your choice

After you’ve measured out your powdered sugar in a small bowl, add your maple syrup and milk. Whisk it all together until you have a honey-like consistency. It should be thick enough that when you lift your whisk, there is a constant stream that you can drizzle across the top of the loaves.

Once your loaves have been drizzled, you’re all done.

This is a fairly healthy recipe that definitely tastes like all flavors associated with fall and spending time with those you love. This is a perfect recipe for Thanksgiving, as it’s something fresh and new compared to other traditional desserts. It’s also on the lighter side, in case you are way too stuffed from dinner.

Have a fun and safe Thanksgiving! Until the next bite.
Above everything, students are most grateful for the special people and pets in their life.

Montclair State Students Give Thanks

Jenna Sundel
Staff Writer

Thanksgiving brings many thoughts to people. Whether they picture a turkey, stuffing, cranberry sauce or a delicious pumpkin pie. On the other hand, students may think of the two-day break they get from classes. The true spirit of Thanksgiving can easily be forgotten, but Montclair State University students still have plenty of things to be thankful for this Thanksgiving.

Many students shared that they were thankful for their friends, including freshman Mike Weglinski, a business administration major with a concentration in real estate.

“I’m thankful for my friends George, Justin and Nick,” Weglinski said. “They have been there through all the rough and great times. I really appreciate what they have done.”

Bryanna Rosario, freshman English major, is also thankful for her friends.

“I’m thankful for all the people that have stuck with me in my life. I’m thankful for my family helping me out and I’m thankful for my friends and how they have my back,” Rosario said. “I’m really thankful for all these special people in my life because I don’t know what I’d do without them.”

Susan Fernandez, freshman journalism major, shared a similar sentiment, and is thinking of the special people in her life this Thanksgiving.

“I’m thankful for my family, especially my mom,” Fernandez said. “I’m also thankful for my boyfriend and my friends who are always there for me.”

Kim Lamparello, freshman journalism major, is another student who mentioned her family as something she is thankful for.

“I’m thankful for my citizenship and my family,” Lamparello said.

Megan Kick, freshman English major, is an animal lover and shared what she is thankful for.

“I’m so thankful for my new puppy Molly who will be spending her first Thanksgiving and holiday with my family this year,” Kick said. “I’m also thankful to have had 14 wonderful years with my dog Kacey who I will be unfortunately celebrating the first holiday without. I have my four wonderful cats who bring me all the joy in the world, especially my orange cat Lainey who is practically my shadow when I’m home. I love my pets more than anything.”

As most students head home for Thanksgiving, they hope to share moments with others and remember what they are thankful for. Whether it’s friends, family, pets or something else, take a moment to appreciate what makes life memorable.
Montclair State University’s Women’s Club Rugby team warms up for the game.

Sunah Choudhry | The Montclarion

Several Metropolitan Riveters players at their practice at Floyd Hall Arena.

Samantha Impaglia | The Montclarion

Submit your Montclair State related images. Email: montclarionphotography@gmail.com Subject Line: Photo of the Week Submission

#MontclarionPhotoOfTheWeek

PHOTOS OF THE WEEK
The Montclarion's Chief Copy Editor, Jen Losos, is excited to see her submission for "pets of the week" decorating the office Christmas tree.

Rebecca Serviss | The Montclarion

As the seasons change foliage on campus turns red-hawk red.

Jenna Sundel | The Montclarion

Musicians Haley Flake and Austin Halls share a love and passion for making music.

Mackenzie Robertson | The Montclarion
This semester, a group of four Montclair State University seniors are implementing skills acquired throughout their degree programs in order to help their peers. Throughout their time in college, they noticed that a significant portion of fellow students struggled with a variety of personal issues, lacking the necessary resources to resolve them independently. These issues are pervasive, ranging from mental health concerns to lack of food and shelter. It was evident to all four group members, prior to the fruition of their project, that too many students had no choice but to accept their struggles, resorting to suffering in silence.

Determined to help combat the alarmingly common phenomena, Cynthia Lucey, Stephen Lubas, Emily Loder and Mariah Acree decided to team up with a nonprofit organization known as NJ 2-1-1. Based in Morris County, this statewide 501(c)(3) organization connects New Jersey citizens of all ages to a wide variety of relief resources, free of charge, via their 24/7 phone, text and web referral services.

Although many college students could find significant aide through NJ 2-1-1’s free referral services, most of them are unaware that such an organization exists. It is for this reason on Nov. 4, 2019, the four Montclair State seniors officially launched a pro bono trans-media campaign in partnership with NJ 2-1-1. Their goal is to ally New Jersey college students to NJ 2-1-1’s free referral services that connect them to resources vital in resolving their most relevant issues.

Lucey, one of the team members, expressed her opinion on the group’s campaign.

“We are really excited about this campaign and are sure that it will make a positive impact on fellow [New Jersey] college students by connecting them to the help they need,” Lucey said.

The main element of their pro bono trans-media project includes a participatory hashtag campaign on Instagram. Participants are asked to post a selfie featuring an issue relevant to the college demographic with the #nj211foreveryone hashtag.

Additionally, the project will assist NJ 2-1-1 in curating social media content and resources to be utilized in spreading awareness of their free services to the college demographic.

Mariah Acree, the executive director of NJ 2-1-1, had the following to say in regard to the trans-media campaign.

“We are delighted to have [Montclair State] communication seniors build awareness for our services among their fellow students,” Acree said. “This is an untapped population for NJ 2-1-1 that we know will benefit if they know where to go when they are in need of life's most basic needs. The enthusiasm and genuine interest demonstrated by the [Montclair State] senior team is refreshing and much appreciated.”

To spread awareness and encourage participation in our campaign, the seniors held a photo-op event in the School of Communication Lobby on Tuesday Nov. 19, 2019. Even so, they want the Montclair State student body to know that it’s not too late to get involved. For more information, students can check out the #nj211foreveryone on Instagram, or refer to www.nj211.org.

“Remember, 2-1-1 is for everyone,” Acree said.
SPORTS WRITERS WANTED!

E-Mail: montclarionsports@gmail.com

Room 2035, School of Communication and Media in Upper Montclair, NJ, 07043
JOBS AND CLASSIFIEDS

$16/hour / Babysitter / Upper Montclair

Seeking a babysitter for 8th grade twin boys. After school hours (flexible). Just someone who can keep them on track w/homework and maybe just hanging out. More house school activities and light meals. 5 days a week until the end of December. Ultimate looking for a sitter in the educational field, and would love to have someone who can keep them focused and on track. If interested, please email cdiambrusio@hotmail.com

$30 - $35 hourly pay / Tutor / Montclair area

Tutors 101, LLC is looking for responsible, dedicated, and friendly tutors. You choose your preferred type of tutoring (age, level, subject) and location. Tutor must have a car. Scheduling is flexible. Does not need to be an education major. Work 1-8 hours per week. This position pays $30 - $35 per hour. Undergraduates make $30/hr and college graduates make $35/hr. Must be interested in tutoring; apply here: https://tutors101.com/tutor-application/. Any questions email at 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 & doing household chores. Hours are 2:00-7:00 Mon-day through Thursday. Prior experience with children is preferred, use of own reliable vehicle and/or our vehicle. If interested, please call or text 866-264-2532.

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

Responsibilities include picking up at school, putting child into school, preparing dinner & doing household chores. Hours are variable. Must be interested in tutoring; apply here: https://tutors101.com/tutor-application/. Any questions email at hello@tutors101.com

$3999 / 2007 Toyota Prius - Blue four door

Car for sale with 105,000 miles. Sell as is - Good condition. State inspection current, no accidents, brand new battery. If interested, please call or text (412) 302-3522

$24-$27 / Part Time Home Health Aide/CNA

An entrepreneur seeking a reliable home health aide for $4 per hour old and two handicapped children. Applicant must have 1-2 years of experience. Candidate must be available Monday - Friday, 8 a.m. with a 6-7 p.m. shift on weekends. If you are interested contact Mr. Edward (edwards2000@gmail.com) for more details.

Mother’s helper needed / 3-4 days per week / Montclair

Looking for a reliable and kind after school babysitter / mother’s helper for two children ages 2 and 4. Responsibilities include helping with dinner, baths, and light cleanup. Hours are approximately 4:30-7:00 pm, 3-4 days per week. Occasional weekend babysitting as well. Prior experience with children preferable. Please email: jordyresman@gmail.com with resume.

Reliable After School Babysitter needed / 5 days a week / Montclair

Looking for a reliable and kind after school babysitter for two girls (ages 10 and 12), during September through July. Responsibilities include picking up at the bus stop and driving to after school activities, making dinner & cleaning up. Absolutely essential. $18/hour. Hours are: 3:30-6:30 Monday through Friday. Prior experience with children, clean driving record, and use of reliable vehicle required. Please email mhorrison7@yahoo.com

After-School Care / 3 days a week / Cedar Grove

Looking for a responsible child care t: W, Th, 4:30-6:30 for a 13 year old. Includes picking up our son at school in Cedar Grove and bringing him to our home. Must have clean driving record and get pets. Available immediately. Please email ldfranzese@verizon.net.

$25 hourly / Math tutor needed / Teaneck or Skype

Tutor needed for 5th and 6th grade material. Please send email to snowball7904@aol.com (Ann Barbara Barkas).

Seeking a student graduate in Psych- ology or Education / Teaneck or Shikye

Tutor needed for 4th and 5th grade material. Must have email to snowball7904@aol.com (Ann Barbark Farkas).

In search of an after-school sitter for our 4 yo son

Would involve picking up at his preschool by 6pm, driving him home, and hanging out until my husband or I get home from work (usually by 6/45, 7:15 at the latest). We will need the occasional day in September, but by October need M-F. We both work in the city so we need someone reliable and willing to commit. It’s a very easy gig for the right person. If willing/available, there is also the option for extended hours on nights when we both need to work late. Please contact amandaedelkett85@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: walking, occasional transport, feeding, securing property & possible overnight sitting. Candidate must have a love for animals, be relia- ble, honest and have great references. Hours needed are: Monday through Friday, from 11:00am – 2:30pm. Use of own, reliable vehicle required. If interested, please email Liz, at rwockerdw@comcast.net, or text (973) 819-9893.

$20 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 friends’ dogs. Must have a reliable car and good driving record, and strong references. Non-smoking home. Flexible for weekdays/week-ends, but reliability is critical. Please contact: judygermano@gmail.com.

$20 / Babysitter Needed, Montclair

Looking for a reliable and kind part-time babysitter for two children (ages 8 and 10), starting Sep. 16. Responsibilities include: picking up at school, transporting to and from after school activities, helping with homework and some light meal prep. Please be a non-smoker who is CPR certified with a clean driving record, and have good references. Please email tonyyperez21@yahoo.com

$18 / Experienced childcare giver/ nanny

In need of a childcare giver to start work immediately. He/she would be working for up to 5 hours daily Mon-Fri. If interested or for further details, please email: stephen.lamar@outlook.com

OTHER

ARE YOU IN CRISIS OR STRUG- GLING? HEALING, HOPE AND HELP CAN HAPPEN! 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 con- nected to a counselor. All services are free, confidential, and available 24/7 for anyone in crisis.
The Montclarion Crossword Puzzle and More!

Disney Movies Edition

Across
2. “I Just Can’t Wait to Be King”
5. “Under the Sea”
7. “If I Didn’t Have You”
8. “Life is a Highway”

Down
1. “Start of Something New”
2. “I Wanna Be Like You”
3. “When You Wish Upon A Star”
4. “You’ve Got A Friend in Me”
6. “Let It Go”

Word Search

Sudoku

*For answers to the puzzles, please check The Montclarion Facebook page every Thursday.*
Accessibility Shouldn’t be an Inconvenience

Last week one of our writers, Trinity Corney, covered an event on accessibility that was held on the fourth floor of the Student Center. On a normal day, this wouldn’t be too much of a problem, but for students with physical disabilities, this was a major inconvenience. The only elevator in the building that was accessible to the fourth floor was out of order.

Corney contacted various members of our staff and alerted them about the dilemma, which led managing editor Mackenzie Robertson and feature editor Alexa Spear to rush over to assist and attempt to get her where she needed to be. Robertson then pushed for the event to be moved to a va- cant ballroom on the first floor of the Student Center instead of taking the New Jersey state standards for students with disabilities having accessibility to and from each building meet the requirements set by Section 504 of the Rehabilitation Act of 1973. Inclusion in the complaint were reports, editorials and op-eds written, there seems to still be a lack of communication between students who need assistance and those who can fix it.

Students with disabilities should be able to have the same comfort as others when traveling to and from each building on campus without the hassle. They shouldn’t have to feel humiliation or guilt for using excuses for tardiness due to impediments in their way that could have been avoided.

To make the trip easier on students, facilities could rework the hours they repair elevators to when classes aren’t in session. While emergency repairs are necessary and unavoidable, there should be immediate notice to students so that they can plan their route accordingly.

We want to thank university facilities for repairing the Student Center elevator in a timely fashion so that those who rely on it can get to their destination. Many of us take for granted these resources made available to us when there are those who need it.

While it may be an inconvenience for those who have to walk to the sixth floor of University Hall instead of taking an elevator, or having to put books down when the automated button doesn’t work, students with disabilities have no other choice and are forced to be dependent on someone else to help them.

There needs to be a better way for individuals with physical disabilities to navigate around this campus without forcing them to go completely out of their way. Just like every other student, they pay a lot of money to go to class and use the facilities Montclair State University offers, and they deserve to be accommodated to fit their needs. Every student deserves to have a great college experience.

If students are in need of accommodations, they should contact the Disability Resource Center at 973-655-5431 or visit the first floor of Webster Hall.

Campus Voices:

“I definitely think this is an area that can be improved. We have areas like ramps by the stairs, but I think especially by the commuter lots and Car- Park Diem. There should be a ramp or a better solution for people that are in wheelchairs. Overall, I think that [it’s] an issue that [Montclair State] has been trying to figure out, it’s [going] in the right direction.”

—Jasmine Bullen
Dance
Sophomore

“I really haven’t interacted with many people with disabilities here in the School of Communication [and Media]. I know there’s a side door that is kind of hidden. It’s not in plain sight though so people with disabilities might not really see it. Maybe having a couple more signs that can show you where it would be a little bit more useful.”

—Octavio Cadenas
Communication & Media Arts
Senior

“I’ve seen a lot of people [on campus] with wheelchairs and a lot of people with sight disabilities who have walked around campus. I appreciate that we have a lot of facilities and a lot of help toward people with that. I’ve also seen people being taught how to use a see- ing-eye cane. At my high school we didn’t have anything like that so I think it is pretty good we have facilities.”

—Sophia Molloy
Journalism
Freshman

“I’m a transfer student so I just got on campus, but I actually heard a story from my friend that he got [stuck] in the elevator for 45 minutes. It took an hour and a half to fix it.”

—Sonny Bartell
Television & Digital Media
Junior

Phrases that can show you where steps are:

- Sophia Molloy
- Octavio Cadenas
- Jasmine Bullen

Sophomore
Senior
Junior

Sophomore
Senior
Junior
The Which Wich Trials

The fall of an on-campus “Hero”

In September, I wrote a particularly damaging article about a bad experience I had at Which Wich, my favorite sandwich shop on campus. I had such a terrible time that it prompted me to write an opinion piece, and I haven't bought any food on campus since that fateful day. I've been making my own sandwiches and packing granola bars from home every day before my daily commute to school.

Nonetheless, once I heard that Which Wich was closing, I knew what I had to do. I had to get over my last experience, swallow my pride and go back to the scene of the crime for one final Wich. My visit during the shop's dying week was much different than my last visit. I saw that they had brought back some of the bags, but only if you wanted to build your own sandwich. If you wanted one of the specialty sandwiches, you had to fill out a thick, disappointing sheet of paper.

Now, since you have decided to choose a bagless sandwich, you are handed your sandwich in only aluminum foil instead of the so very wrong mess I was given back in September. The sandwich itself also tasted good exactly right, instead of the so very wrong mess I was given back in September. The sandwich itself also tasted good.

One aspect of my visit that I found greatly troubling was when my girlfriend realized she wasn't given enough change and was missing two dollars. I went back to the register with her to ask for the two dollars back, only to find ourselves waiting for nearly fifteen minutes as the employees emptied out the entire register and counted everything only to realize that they had, in fact, failed to give her two measly dollars.

If it were a larger amount of money that was claimed to have been missing then I would have understood, but it was two measly dollars. I understand that it might be store policy that all the money in the register must be counted, but they were acting like they were not about to close down days later. And, just to reiterate, it was two measly dollars.

I then reflected on my time attending Montclair State University and the countless Which Wich subs I have had during that time. They had made me so happy and brought joy to my face and stomach alike. I have fond memories of my trips to Blanton Hall and grabbing my favorite sandwich, but it was obvious that in its final days the magic had gone. I stepped into the store and didn't even recognize my own surroundings.

What once seemed like an oasis in the middle of a desert was now just mere sand. Now, I don't want to take responsibility for closing down Which Wich, but I do think it's worth noting the coincidence in how it closed only two months after my article was published. There is a small sense of pride to be taken in that, but I can't help but feel a little guilty. How could I betray the sandwich shop that I held so dear to my heart?

It took some reflection, but I stand by my actions. As a student journalist, it is my duty to serve the student body. I may have pegged down Which Wich, but it is only because I know the students of our school deserve the best sandwich shop experience. If the cost of that is the shop being shut down, then so be it.

The present may seem bleak right now in Blanton Hall, but like a phoenix rising from the ashes, the upcoming spring semester will see the introduction of a Jersey Mike's in Which Wich's place. I guess this could be considered sweet justice on the part of Montclair State, so kudos to Dining Services on this decision.

Now, I would like to take this time to say goodbye to Which Wich.

Thank you for all the lunches and long days you have gotten me through. I may not have always had good days, but thanks to you, at least I wasn't hungry. And to Jersey Mike's, you may not be here, but let me be the first one to welcome you to Montclair State. Expect me on line for a sub our first week back in January.

You will be hearing from me soon.

THOMAS NEIRA
ENTERTAINMENT EDITOR

Alexis Kitchmire | The Montclarion

“Thank you for all the lunches and long days you've gotten me through. I may not have always had good days, but thanks to you, at least I wasn't hungry.”

- Thomas Neira, Entertainment Editor
When the Shuttle Passes, Students Become Late for Class

Perfectionism: Ultimate Motivator or Destructive Force

I n a high-performance society that expects students to work for jobs with a labelor's or master's degree, it is difficult to want to be anything less than perfect. My perfectionism has gotten me far but I rarely feel satisfied with myself anymore.

Achievement comes and there is no sense of euphoria; there is no joy or honor. It is expected at this point. When I made the dean's list this past summer, I did not celebrate and I was not proud of myself. I simply told myself that I had accomplished something.

I cannot stress enough how damaging this sort of thinking can be. The fear of failure is always looming over me. Even worse, I sometimes feel like I do not deserve any achievement at all. “I should have done this or could have done that” is something that I often think to myself.

At my previous college, I was working on a project for a media class. I thought it was well done for the most part, though I am never quite satisfied with anything I do.

The professor looked at what I submitted and said to me, “I expect more from you.”

For anyone else, that may have just been something silly to brush off. For me, it felt like a two-ton weight that shattered me.

I went into the hallway and called my parents, crying into the phone. What the professor told me was not necessarily mean-spirited, it merely echoed what I already felt about myself.

Symptoms of perfectionism include getting upset or becoming obsessed with insignificant things, along with feeling like a failure in every aspect of life.

According to healthline.com, other symptoms include procrastination, struggling to relax, being controlling in your work and personal life, as well as becoming apathetic.

Perfectionism is not just a personality quirk, it can be a sign of a more serious issue. It can be a symptom of mental illness such as anxiety, obsessive-compulsive disorder and depression, among others.

The Montclarion conducted a survey on perfectionism among MSU students. Out of 16 participants, eight students said they considered themselves to be perfectionists. The other eight did not.

Thirteen students feel they become upset over insignificant things. Three do not.

Seven students feel like they fail at everything they try. Nine students do not. It is unhealthy to mass-produce top quality work at the expense of your mental health needs and personal life, and doing so often leads to burning out.

It is nearly impossible to do everything your professor wants you to do perfectly — the highest critic at the end of the day is yourself.

You may not understand why you are so hard on yourself and there may be no way to stop negative thoughts from invading your mind, but there are ways to better handle them.

As a student, you must put into perspective the criticism you receive from others. Your work not being “good enough” does not mean that you are not good enough. It is essential to put distance between yourself and your product.

It is also essential to remind yourself that you are a human being, not a machine. Slowing down is OK. You are allowed to rest.

And if you ever experience thoughts of self-harm or suicide, contact Counseling and Psychological Services or call the National Suicide Prevention Lifeline at 1-800-273-8255.

Please visit themontclarion.org to see Adrianna’s complete survey.

Adrianna Caraballo, an English major, is in her first year as news editor for The Montclarion.
It is Possible That The Impossible Whopper Helps the Environment

Claudine David | The Montclarion

PURNASREE SAHA
STAFF WRITER

Kevin Doyle, a journalism major, is in his first year as a contributing writer for The Montclarion.

Purnasree Saha, a computer science major, is in her first year as a staff writer for The Montclarion.

Time to Revert Thanksgiving Back to its Original Non-Shopping Purpose

Alexis Kitchmire | The Montclarion

The Montclarion • November 21, 2019 • PAGE 23

sat in my car next to the drive-thru, ready to devour my meal. After smothering the burger in ketchup, I bit into the juicy meatless meat and was immediately surprised that this vegan burger, that so many people rolled their eyes at, tasted like an actual burger.

Over a month ago, Burger King quietly introduced a new item on their menu called “The Impossible Whopper.” Made with 100% plant-based ingredients, the burgers are vegan-friendly and have an overall positive impact on the environment.

The burger had a smokey, fresh-off-the-grill taste like a regular beef burger. I don’t like many toppings on my burger so I only asked for lettuce, but I suggest ordering cheese on the Impossible Whopper just to add some more flavor.

If the Impossible Whopper is healthier, less impactful on the environment, and tastes like a regular Burger King whopper, what is stopping people from buying this?

One of the reasons is ignorance. Instead of accepting that climate change is happening, the majority of people push scientific facts away as if it doesn’t apply to them. Some of the most ignorant and overused excuses are “climate change is a hoax, it’s a way to make money” or “the Earth has been going through hot and cold cycles for years” and, lastly, “one person is not going to make a difference.”

Yes, it is true that the Earth goes through weather cycles. However, the global population is growing at such a rapid rate that we are creating waste at a rate that the Earth cannot handle.

Beef consumption is one of the top contributors to climate change. According to Nature.com, “activities relating to land management, including agriculture, forestry, produce almost one-quarter of heat-trapping gases resulting from human activities.”

In other words, beef-producing cattle need land to graze. That land must come from somewhere and unfortunately, that land is taken from places like the Amazon rainforest.

With an increasing global population, the demand for meat is only growing. I’m not trying to convince you to stop eating meat entirely. But limiting meat consumption to three days a week rather than five days a week would be making a change. If people got rid of the negative stereotype surrounding vegetarians and vegans, then hopefully more people would be more open to trying options like the Impossible Whopper.

Over the past 10 years, I’ve noticed the vegetarian and vegan sections at restaurants and grocery stores are growing and these companies are slowly making progress to satisfy their customers.

When certain foods become popular, food industries must redesign their menus to meet customers demands. If more people buy vegan and vegetarian foods, then that’s what will be sold on the market.

Sometimes access to plant-based foods can be limited and expensive. The Impossible Whopper costs $5.59 and is found at every Burger King across the United States. Other fast-food restaurants are set to follow in Burger King’s footsteps.

At just $5.59, there’s really nothing to lose from just trying the Impossible Whopper. If you take a bite and hate it you can throw it out. However, if you enjoy the vegan burger, you’ve just opened the door to tons of other plant-based options leading toward a healthier and more sustainable life.

The burger had a smokey, fresh-off-the-grill taste like a regular beef burger. I don’t like many toppings on my burger so I only asked for lettuce, but I suggest ordering cheese on the Impossible Whopper just to add some more flavor.

If the Impossible Whopper is healthier, less impactful on the environment, and tastes like a regular Burger King whopper, what is stopping people from buying this?

One of the reasons is ignorance. Instead of accepting that climate change is happening, the majority of people push scientific facts away as if it doesn’t apply to them. Some of the most ignorant and overused excuses are “climate change is a hoax, it’s a way to make money” or “the Earth has been going through hot and cold cycles for years” and, lastly, “one person is not going to make a difference.”

Yes, it is true that the Earth goes through weather cycles. However, the global population is growing at such a rapid rate that we are creating waste at a rate that the Earth cannot handle.

Beef consumption is one of the top contributors to climate change. According to Nature.com, “activities relating to land management, including agriculture, forestry, produce almost one-quarter of heat-trapping gases resulting from human activities.”

In other words, beef-producing cattle need land to graze. That land must come from somewhere and unfortunately, that land is taken from places like the Amazon rainforest.

With an increasing global population, the demand for meat is only growing. I’m not trying to convince you to stop eating meat entirely. But limiting meat consumption to three days a week rather than five days a week would be making a change. If people got rid of the negative stereotype surrounding vegetarians and vegans, then hopefully more people would be more open to trying options like the Impossible Whopper.

Over the past 10 years, I’ve noticed the vegetarian and vegan sections at restaurants and grocery stores are growing and these companies are slowly making progress to satisfy their customers.

When certain foods become popular, food industries must redesign their menus to meet customers demands. If more people buy vegan and vegetarian foods, then that’s what will be sold on the market.

Sometimes access to plant-based foods can be limited and expensive. The Impossible Whopper costs $5.59 and is found at every Burger King across the United States. Other fast-food restaurants are set to follow in Burger King’s footsteps.

At just $5.59, there’s really nothing to lose from just trying the Impossible Whopper. If you take a bite and hate it you can throw it out. However, if you enjoy the vegan burger, you’ve just opened the door to tons of other plant-based options leading toward a healthier and more sustainable life.

Kevin Doyle, a journalism major, is in his first year as a contributing writer for The Montclarion.

Purnasree Saha, a computer science major, is in her first year as a staff writer for The Montclarion.

Time to Revert Thanksgiving Back to its Original Non-Shopping Purpose

Alexis Kitchmire | The Montclarion

Thanksgiving is known to be a traditional holiday where you gather with your family and have a feast. This holiday is celebrated once a year and is meant to bring all family members together and have a good harvest, typically hosted in someone’s home.

Just like many other American holidays, most restaurants are closed on Thanksgiving. If food establishments are closed, then retail stores should also remain closed in the evening.

Shopping malls and most retail stores should start having their Black Friday sales a day before Thanksgiving. When I went to JCPenny three years ago on Thanksgiving night, the line wrapped all the way out the door before the store even opened. Most of the customers were at JCPenny because they wanted to earn $10 for free.

Unlike most Americans during this shopping spree, associates who work at retail stores on Thanksgiving night do not get to spend time with their family. Having dinner with relatives is more important than working on Thanksgiving night.

The day after Thanksgiving, many associates work early in the morning since it is Black Friday weekend, and many of them can’t take off from work for Black Friday. I have been working as a part-time sales associate at Designer Shoe Warehouse (DSW) for more than two years. This year will be the second time that we are opening on Thanksgiving night, and I will be working.

Last year when I worked on Thanksgiving night, we did not have many sales because the store was empty. I hoped DSW wouldn’t make the same mistake and open on Thanksgiving, but unfortunately, that is not the case. Thanksgiving celebrates gratitude, happiness, enjoyment of food and thankfulness. Spending time with family by having lunch and dinner and going on a trip is much more enjoyable than having to work retail.

Instead of going to the store to shop on Thanksgiving night, people should find a way to enjoy the holiday rather than five days a week would be making a change. If people got rid of the negative stereotype surrounding vegetarians and vegans, then hopefully more people would be more open to trying options like the Impossible Whopper.

Over the past 10 years, I’ve noticed the vegetarian and vegan sections at restaurants and grocery stores are growing and these companies are slowly making progress to satisfy their customers.

When certain foods become popular, food industries must redesign their menus to meet customers demands. If more people buy vegan and vegetarian foods, then that’s what will be sold on the market.

Sometimes access to plant-based foods can be limited and expensive. The Impossible Whopper costs $5.59 and is found at every Burger King across the United States. Other fast-food restaurants are set to follow in Burger King’s footsteps.

At just $5.59, there’s really nothing to lose from just trying the Impossible Whopper. If you take a bite and hate it you can throw it out. However, if you enjoy the vegan burger, you’ve just opened the door to tons of other plant-based options leading toward a healthier and more sustainable life.
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**

- Chick-fil-A announces four new locations in New Jersey
- Mickey and Minnie Mouse celebrate their 91st birthdays
- NBC’s chief White House correspondent Hallie Jackson receives the Allen D. Du Mont Award at Montclair State University for Broadcaster of the Year

**Thumbs Down**

- New Jersey high school under fire for students posing in blackface
- School shooting last Thursday in Santa Clarita, California
- Three people are injured after a shooting at a football game in Pleasantville, New Jersey Friday night

---

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.
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
Kelvin Jimenez Michaca
Staff Writer

It was hard not to feel the rich history that filled Alexander Kasser Theatre on the evening of Nov. 14. It was a night that celebrated the 75th anniversary of Martha Graham’s, “Appalachian Spring,” a PEAK Performance debut, and Troy Schumacher’s, “The Auditions,” a PEAK Performance world premiere performed by the Martha Graham Dance Company. The performances ran from Nov. 14 to Nov. 17.

The evening began with a short film commemorating the Office of Arts and Cultural Programming (ACP) at Montclair State University. Established in 2004, it is inextricably tied to Alexander Kasser Theatre’s PEAK Performance existence of 15 years.

Jedediah Wheeler, executive director of ACP announced in his opening remarks that the performance would be nationally transmitted through the use of two human-controlled cameras and six optic fiber robotic cameras within the theatre. Wheeler commented on the use of these cameras.

“No other theatre has the capacity to do what is being announced in his opening remarks that the performance world premiere performed by the Martha Graham Dance Company. The performances ran from Nov. 14 to Nov. 17.

The backdrop of the performance was a bright-colored background with a heterogeneous mixture of costumes. The diversity in costume and movement became homogeneous, which is the beauty that arises when dance and music are intricated.

In the midst of the performance, a brightly lit rope descended from the stage’s ceiling. The dancers gathered around the rope, but only those who dared to grab a hold of this rope. As dancers came into contact with the rope, the lights began to flicker and the curtain came down.

With each curtain fall, both the audience and dancers were transported to two distinct settings within “The Auditions.” Thomas’ score changes from a bright and percussive sound to a more ominous one, as the remaining two dancers who dance to their highest ability, attempt to enter this otherworldly place. As dancers leave the bright and vibrant setting, their costume and movement become homogeneous, which is consequently the only glance audience members get into what differentiates these two worlds before the final curtain fall.

Schumacher’s work irresistibly invoked audience members to question what exactly is it that the dancers are striving towards in “The Auditions.”

What resonates from both performances to me is the beauty that arises when dance and music are made for each other. It occurred to me that if any of the choreographies had been performed under different music, they would lose a sense of each performance’s purpose. Both collaborations are a true testament of the synergy that transpires in the arts, and are most inspiring because they are able to be witnessed at the Alexander Kasser Theatre.
Talent Shines at RecBoard and NASO’s Open Mic Night

From comedy to lip dubs to original songs, talent shines through at the RecBoard and NASO’s Open Mic Night. RecBoard hosted an Open Mic Night on Wednesday, Nov. 13, in the Student Center Rathskeller. Upon arrival at the Open Mic Night, I wasn’t sure of what sorts of talented artists to expect. “It was something different and we were aware of the talent on campus, so why not?” Diamond Jordan, RecBoard co-special events chair, said after welcoming me into the event.

RecBoard hosts many on-campus events and this time they partnered with the Native African Student Organization (NASO). NASO Public Relations Chair Jazlyn Sarpong described how much she enjoyed the joint-effort in putting on the event. “Organizations from the same school can come together to create an event,” Sarpong said.

The event also sponsored a raffle for all participants in the Open Mic Night for the incredibly appealing prize of Air Pods. All the proceeds went to Red Hawk Fellows.

There are plenty of performers among the student body at Montclair State who are looking for a place to be free, and the Open Mic Night provided that. There were lip dubs, instrumental performances, duets, poetry readings, spoken word poetry and a couple of riveting stage names.

Some of the more interesting acts were in the beginning of the event. People were still piling in while the event was starting, which created a loud mess of noise coming from both on and off the stage. Luckily, the early performers seemed to handle the situation well. One of the more outstanding instrumental performances was by Daniel Martin, a self-taught pianist and guitar player, who claims to have no stage fright.

“It was cool just to come out and share and hang out,” Martin said. He definitely showed that spirit on stage.

I found that there was a large spectrum of performers, coming from different walks of life; students living on campus, undergraduate students, graduate students and people who were not regular performers. There were also people who had been playing since they were three years old, such as music therapy major Amanda Conti who performed a Billie Eilish song with her friend Alyssa Schneider. They spoke about attending a lot of open mics.

“We try to perform at any opportunity that presents itself,” Schneider said.

One of the original song performances was by an undecided major named Bri who said it was her first time on stage, but it didn’t appear that way. She, like many others, was scared to be on stage, but when they left, they had this immaculate glow over them. When I mentioned the prospect of approaching another open mic, Bri said she had to work up the courage. At that exact moment, someone else exited the cafeteria exclaiming how tremendous their performance was.

There were plenty of moments that induced laughter, like the spoken word poet known as “Goose,” who spoke about his dinosaur egg oatmeal.

There were other comedic acts like Dean Blizzard, who talked about the issues of sharing a shower with other people when living on campus. The new comic spoke about how he didn’t know how to read the room. He thinks of his performances as practice, meaning he takes something away from every onstage performance. Even in the event of faking, he can learn from it.

After the raffle, I left feeling motivated to pursue my talents. There was something empowering about the event that inspired me to work hard at my craft. Sometimes I feel like the best motivation comes indirectly from when someone amazes you.

For those looking for this kind of inspiration, NASO will be hosting their Yumani Fashion Show this Thursday, Nov. 21 at 7 p.m. on the seventh floor of University Hall.
Reflecting on the 2019 of ‘Blade Runner’ in the 2019 of Today

Pollution and clutter fill the crowded streets. Sprawling billboards stretch across the long faces of buildings, illuminating the ground far below. Corporations are looming over every strip of the city. A change in climate has made much of the Earth uninhabitable. This is the November of 2019 that Ridley Scott depicts in the 1982 film, “Blade Runner.”

Strangely enough, the 2019 of today does not stray too far from some aspects of the world in the movie. “Blade Runner” finds beauty in depicting a world that suffers from many of the problems we face today. It finds pleasantness in the imperfections of the world that are in large part caused by humans. Its ability to attempt to warn of the dangers of human behavior assist “Blade Runner” in retaining its relevance in culture to this day.

Illuminated billboards crowd countless frames in the film, representing the ever-present and intrusive nature of corporations in society that not unlike the scene, one would find stepping foot into Times Square in New York. The stunning postmodern architecture that fills the landscapes of “Blade Runner” is constantly hidden under a blanket of advertisements, causing those in the world to neglect the beauty in the environment that surrounds them.

Mike Sano, a senior at Montclair State, reflects on what he took away from the movie.

“The beauty of the architecture is clouded by obnoxious, bland ads,” Sano observed. “As for today, all of these things are happening; not as rapidly as it happened in the film, but we’re getting there.”

Although beautiful, Sano also describes the architecture in the film as extremely cluttered.

 “[The architecture] takes away from the personal, individual human experience,” Sano said. “It’s no longer about having positive mental health, it’s about using what you see to sell you things.”

Now, more than ever, corporations are bounding further away from serving the needs of individuals. With constant buyouts and mergers, we are seeing the number of corporations dwindle while the survivors grow larger by the day. This is reflective of the world in “Blade Runner.”

The Tyrell Corporation is, in part, everywhere in the world of this story. The same couple of advertisements are depicted on the billboards every time they are on screen. When we open up our computers or turn on the TV, we see the same cycle of commercials and advertisements, tailored to our unique selves.

Lilly Rapps, a sophomore at Montclair State, reflects on what she finds most striking about what “Blade Runner” accurately depicted about 2019.

“The best prediction by far was the electronic billboards and how society relies so heavily on the advertisement industry,” Rapps said.

The society in the film and the one in which we live, embrace what advertisers push onto us, to the point where the advertisements influence people more than people influence the ads. People are now a product of the products they are consuming.

Sano also notes that the cluttered feel of the city and the intrusive nature of corporations and advertisements in the film’s world “take away from the personal, individual human experience.”

The human experience is a motif that the story of “Blade Runner” revolves around. The audience is constantly forced to ask themselves what being human actually means. The replicants, bioengineered individuals that are identical to humans, saved for their “lack of emotion,” show time and time again throughout the film that there is a profoundly blurred line between being human and being less-than.

Our Nov. 2019 bears some resemblance to the likes of that in the film “Blade Runner.” Nearly forty years ago, the film warned against many of the dangers that our society continues to face. It is time to remember to embrace the human experience before all of our moments are “lost in time, like tears in the rain.”
Jacob Hildreth  
Contributing Writer

After patiently waiting for over a year, “The End of the F***ing World” has finally returned to Netflix for its second season. Fans were excited to see what was next for James and Alyssa, after being left on a cliffhanger at the end of season one.

However, what I feared came true after watching season two. The second season did not live up to the astonishing first season and felt too predictable. However, it wasn't completely horrible and still had some aspects that I came to love from season one.

In season one, the audience gets introduced to James, a boy who thinks he is a psychopath and kills animals for fun. He meets a girl named Alyssa, an empty, emotionless girl who claims to feel nothing. James decides to change things up and instead of killing animals, he targets a human and deems Alyssa to be the perfect person to kill.

As the series goes on, James starts to develop feelings toward Alyssa. This dynamic duo's weird chemistry was what made the show so entertaining to watch. Additionally, with the great story and the number of surprises and excitement, “The End of the F***ing World” is everything I look for in a TV show.

Two Doesn’t Live up to the Hype

The new season starts out introducing Bonnie, a young woman with a traumatic past. From the second they introduced her it was clear that this season was going to revolve around her. Bonnie looks for revenge on the people that killed her lover, Dr. Clive Koch, the man who tried to rape Alyssa in season one. In order to protect Alyssa, James had to kill Dr. Clive Koch and that is when he realized he wasn’t a psychopath, as he thought he was.

The season starts off slow after Bonnie is introduced. The first few episodes show what Alyssa and James have been up to after the events of last season. Alyssa moved away to get a fresh new start after season one’s traumatic events to forget about her past, while James is recovering from being shot and mourning the death of his father.

The first few episodes seemed unnecessary and dragged out the story. The writers could have combined these episodes into one and save the audience their time.

After the first three episodes, the story began to pick up. Bonnie meets James and Alyssa for the first time, pretending to be a hitchhiker whose car has broken down. During this time, James and Alyssa have a lot of tension between them, leaving them clueless on Bonnie’s true intention and how truly awkward and strange she is.

Things finally start to accelerate once James realizes Bonnie is not who she says she is and he goes to warn Alyssa about her.

Bonnie proceeds to keep James and Alyssa hostage demanding them to tell her why they killed her lover. James and Alyssa tell Bonnie the truth of what kind of man he truly was. After denying the facts, even though deep down she already knew what kind of person Clive was, Bonnie takes her gun and points it at herself because she can’t accept the fact of what really happened. Before she can pull the trigger, James and Alyssa tackle her and save her. From all the episodes in this season, this was easily the most exciting and thrilling part.

The creators did the best they could when it came to delivering another season. But, I truly feel that no matter what they did, season two was never going to be superior over season one.

Besides the lack of a story to keep me on the edge of my seat, the acting was phenomenal. Jessica Barden, who plays Alyssa, and Alex Lawther, who plays James, were an incredible duo together and both characters brought back the weirdness the audience loved from season one.

Naomi Ackie, who plays Bonnie, put on an extraordinary performance that kept up with the eeriness of her character. The show has a talented cast, making it a shame that the creators couldn’t keep the momentum going from season one.

A series that is carried by an amazing season one and followed up with a dull season two, I would recommend it to anyone that likes to be let down and wants to waste their time. Overall rating for season two is a five out of 10.
‘The Irishman’: Melancholy Musings of the Violent Delight

Mateo Gutierrez
Contributing Writer

With a record of violence in his filmography, it’s become typical for audiences to expect brutality from Martin Scorsese. Yet his new classic, “The Irishman,” is far from brutal in the typical ways an audience could expect from him.

It’s in “The Irishman” that the audience is made a fool for wanting to see the great spectacle of a hit on a rival of the protagonist. It’s here that audiences are gullible for rooting for the methods in which people like Frank Sheeran, morosely played by Robert De Niro in his best work of the last decade, live their lives constantly on the sidelines, letting others create his path. This is Scorsese’s newest brutality and life’s oldest brutality: the passage of time.

The film begins at its linear end, with Frank recounting the tale of his life in what seems to be the typical ramblings of an old man who’s simply reminiscing on a life well-lived. What becomes clear as the story slowly unravels is how little Frank made of his own life; even before his initiation into mob society. He was a truck driver that delivered meat, and the only true unhappiness he faced was being rightfully accused of purposefully ruining other deliveries. He seems to have no interests, nothing to truly make of his life until he meets Russell Buffaloino, played by Joe Pesci in his most restrained performance yet, and realizes the attraction of that type of power.

When Frank meets Russell, the story sets into full acceleration and never stops its brilliantly executed pacing. The three hour runtime never felt suddenly imposed as the linear past and present finally meet to expose the true darkness of “The Irishman.” Here is a story the audience would be more than familiar with from the get-go: man joins mob, man needs to earn respect, man murders, man gets caught, man goes to jail, the end. Yet, in his 64th directorial effort, Scorsese has found a new haunting way of presenting this story.

There is a looming feeling of loss throughout the film, even as you watch Frank elevate and attain more power. It’s almost as though the direction mourns a life lived as such. This movie has you watching a man disconnected from his family. He may love them, but it’s never truly love that people crave to feel less alone. His family barely exists to him. In fact, with their presence being so purposefully minimal to better demonstrate just how absent Frank is to them, we don’t get sentimentality or the formulaic implosion of the family because he could never mean that much to them.

The only strand of connection managed is to Jimmy Hoffa, bombastically played by Al Pacino who is clearly having a ball. While this friendship between Frank and Jimmy is genuine and real, it is constantly framed as a detriment to Frank’s “livelihood.” It is a threat to Frank’s associates that Jimmy is as loud about matters as he is, and yet he never truly feels comfortable standing for something, never feels as though it’s his place.

His passive nature proves itself all too well in the face of tragedy. He cannot and would not stand against the machine of the mob, no matter how powerful he is. It all leaves him as a man with no integrity, no family and no friends. He’s a shell that was never fulfilled.

Scorsese presents the audience with a brutal truth of living lives where you choose to remain in a submission of any kind. To lack agency is this film’s true violence, a life where all you have to show for are the secrets that haven’t mattered for decades, a life where no one, not even your daughter, would look you in the eyes. A life wasted in the worthless pursuit of power.

Scorsese reunites Robert De Niro and Joe Pesci for their first film together in 13 years along with Al Pacino. Photo courtesy of Tribeca Productions

Frank Sheeran escorts the infamous Jimmy Hoffa and his attorney Bill Buffaloino (Ray Romano, Al Pacino, and Robert De Niro). Photo courtesy of Tribeca Productions

Frank and Russell share a laugh with Frank’s daughter Peggy (Robert De Niro, Joe Pesci, Lucy Gallina). Photo courtesy of Tribeca Productions
William Beavers  
Staff Writer

After over 16 years since the last film in the "Charlie's Angels" series, Sony introduces some new, younger generation Angels, with a plot similar to other spy-comedy films. However, with powerful chemistry, feminist ideas and fast-paced fighting sequences, Charlie's Angels are still ready to spread their wings and fly.

In "Charlie's Angels," Sabina Wilson, Elena Houghlin and Jane Kano, played by Kristen Stewart, Naomi Scott and Ella Balinska, are brought together to take down corrupt businessmen who want to put an energy conservation device, known as Calisto, onto the black market.

Nobody will believe Elena's warnings about the dangers of Calisto, such as its EMP generators triggering fatal seizures in people. Along with their handler Bosley, played by director Elizabeth Banks, the Angels take it upon themselves to fly around the world to stop Calisto's imminent threat and save the world. The chemistry between Stewart, Scott and Balinska is hysterical. Stewart's character, Sabina, is more wild on the Angel's missions. This contrasts to the straight-laced personality of Balinska's character Jane, leading to some humorous hostility.

One moment where Jane breaks that stoicism is when she flirts with Langston, Elena's assistant, and exotic locations, Sony's "Charlie's Angels" is satisfying and ready to fly.

The chemistry between Stewart, Scott and Balinska is hysterical. Stewart's character, Sabina, is more wild on the Angel's missions. This contrasts to the straight-laced personality of Balinska's character Jane, leading to some humorous hostility.

Overall, even if the plot was not the most original, "Charlie's Angels" was able to stand strong by showing three unique ladies combining friendship with fast-paced martial arts to protect the world. I'd recommend catching up with the Angels' films from 2000 and 2003, but this particular one is good for younger audience members.

Through an ample amount of humor, action, music and exotic locations, Sony's "Charlie's Angels" is satisfying and ready to fly.
Red Hawk Recap

This Week In Red Hawk Sports

THU 11/21
No games

FRI 11/22
Men's Swimming at Franklin & Marshall Invite TBA
Women's Swimming at Franklin & Marshall Invite TBA

SAT 11/23
Women's Swimming at Franklin & Marshall Invite TBA
Women's Swimming at Kenyon College TBA

SUN 11/24
Men's Ice Hockey at Siena College TBA
Women's Ice Hockey at California University of Pennsylvania TBA
Women's Swimming at Franklin & Marshall Invite TBA
Men's Swimming at Franklin & Marshall Invite TBA

MON 11/25
No games

TUE 11/26
Women's Basketball at William Paterson University 6 p.m.
Men's Basketball at William Paterson University 8:00 PM

WED 11/27
No games

SPORTS

Student Athlete Profile: Michael Nordstrom

Men’s ice hockey forward looks to end his college career on a high note

Nordstrom looking for the puck in the Red Hawks game against Siena.

Ryan Contino
Contributing Writer

Before Michael Nordstrom was wearing the “C” across his chest for the Montclair State University men's ice hockey team, he had no idea he would end up where he is today.

Nordstrom, called “Nordy” by his teammates, hails from Monmouth County, New Jersey, where he learned how to skate at the age of four. By the age of seven, he began to play competitive hockey and quickly fell in love with the game.

Playing varsity ice hockey in high school, Nordstrom spent time looking for colleges that would allow him to continue his career. He was drawn to the culture of the Montclair State ice hockey team.

Entering his freshman year of college, Nordstrom was only 17 years old. He remembers realizing how strong his work ethic would need to be to compete with older, far more experienced players.

Now, in his senior season, Nordstrom is one of the four captains of the men's ice hockey team. He went from playing defense in his first two years, to playing center in his junior and senior years.

“Being a captain is the greatest honor he has been given,” Nordstrom said. “If someone told me my freshman year that I was going to be a captain, I would have laughed at him.”

Nordstrom commented on how he understands his role on the team.

“TBA isn’t the most skilled guy,” Nordstrom said. “I’m not the guy that stands out on the stat sheet, but my work ethic has really got me to where I am now.”

Rob Martinez, head coach of the team, spoke about Nordstrom’s leadership.

“Mike is definitely a valued leader on and off the ice,” Martinez said. “He thrives in the role due to his incredible dedication, attention to detail and how he communicates with his teammates and the coaching staff.”

Coach Martinez continued to discuss Nordstrom’s incredible work ethic.

“My favorite memory of Mike would be the leadership he demonstrated in our win at Sacred Heart last season,” Martinez said. “He was basically a third coach during the game and his line essentially shut down one of the better teams we played last season, because of his leadership.”

Nordstrom’s first college goal was scored against Connecticut College. Just after scoring, a defenseman from the opposing team knocked him into the goal post. Not realizing how hard he got hit until the adrenaline wore off, he realized he had a huge bruise down his entire shoulder.

“I was so happy, I didn’t even care that I was in so much pain.”

Nordstrom’s favorite ice hockey memory at Montclair State is from the team’s fall training trip, right before his freshman year. The trip gave Nordstrom his first collegiate game experience and allowed him to connect and feel a part of a family with his new teammates.

Aside from many freezing 7 a.m. practices, playing through injuries, bumps and bruises, he continues to put in maximum effort.

Coach Martinez sums up his feelings toward Nordstrom.

“The thing I personally will miss the most is the way he takes younger players under his wing and helps them with everything, from academics to on-ice play, when it comes to systems,” Martinez said.

He knows Nordstrom was impactful on all different levels of the game throughout the whole team, both on and off the ice.

Nordstrom wants his dedication and hard work to rub off on younger players.

“I gave up a lot during my four years to make sure hockey was my priority,” Nordstrom said.

He hopes to leave behind his passion for dedication all throughout the team. This is especially true for the younger players who can see how far they can go as long as they are dedicated and put the work in.

Nordstrom is not looking forward to his college career coming to an end, but is confident he can become a coach in the future and give back to the sport that has brought so much joy to his life. He wants other kids to feel that way he has and to be successful, while having great work ethic and keeping the passion for hockey alive.

Red Hawks Women's Basketball: 49 Springfield College: 59
Red Hawks Women's Basketball: 52 Trinity College: 74
Red Hawks Men's Basketball: 91 Wilkes University: 96
Red Hawks Men's Basketball: 112 Franklin and Marshall College: 0
Red Hawks Men's Ice Hockey: 4 Siena College: 5
Red Hawks Football: 40 Kean University: 12

Red Hawks Men's Soccer: 2 Hobart College: 0
Red Hawks Men's Soccer: 0 Bridgewater College: 101

Forward Michael Nordstrom wears number 13 for the Red Hawks men's ice hockey team.

Ben Caplan | The Montclarion

Contributing Writer

Olivia Kearns | The Montclarion

Mike would be the leadership foundation for hockey alive.

Contributor

The Montclarion

No games
Maxwell Strauss
Staff Writer

It was almost a foregone conclusion that John Apicella, a former starting quarterback at Montclair State University, was going to play football. His father’s plan was to teach him about life through the game of football, and he started playing during the second grade in flag football.

It was not until fourth grade that he played tackle. Apicella played on the Junior Dawgs, the Springfield, New Jersey travel team, from fourth to eighth grade. Originally playing running back, it was not until eighth grade that Apicella got his first exposure to the quarterback position.

His father, John Apicella Jr., talked about why he got his son involved in football.

“I needed to put him on the field because he was athletic, so I put him at the quarterback position and I liked his mechanics,” John Apicella Jr. said.

In high school, Apicella did not find much success until his junior and senior seasons, when he was named the starting quarterback at Jonathan Dayton High School.

Apicella commented on his high school days.

“You have to prepare yourself watching film,” Apicella said. “You have to know what everyone on the field does that’s something unique to the quarterback and I took pride in that. I studied the game asking questions, stuff I did on my own along with what the coaches [wanted], and you prepare with the team.”

After high school, Apicella was not sure if he would play at the next level. He was not recruited, but when he got to Montclair State he asked for a spot on the team. The coaches offered him a job working with the video coach and told him to wait for a spot to open up after the season. After the first day of practice, one of the quarterbacks quit, which opened up a spot for Apicella.

Apicella was not the starting quarterback until the last four games of his sophomore season and the full starter in his junior season while playing nine games. In 2016, Apicella struggled with 401 passing yards, two touchdowns, eight interceptions and just a 38% completion percentage. In 2017, Apicella made an improvement with 1,115 passing yards, five touchdowns, 10 interceptions and a 50% completion percentage.

Apicella talked about the transition from high school to college.

“Just going from high school to college, the preparation, I think the speed was the biggest change going from high school to college,” Apicella said.

He also elaborated on playing at a Division III level.

“In Division III, you play it because you love it,” Apicella said. “It is a lot of time, so you have to take that into consideration and if you don’t love the sport you’re going to grow to hate it or you’re going to quit. Playing at the higher level that’s more of a full-time job. Practice even more, it’s more regimented, more routine.”

Apicella worked heavily with offensive coordinator Steve Scriappa. Scriappa explained Apicella as a player.

“[John Apicella] was well prepared, cared more about the team than himself.” Scriappa said. “He was really hard to play against, he was a tough son of a gun and I was a better coach because I got the opportunity to work with him.”

A big influence on Apicella was his father.

“Work ethic, things aren’t always going to go your way but good things happen when you work for it and no one is going to hand you anything,” John Apicella Jr. said. “The game is going to end at some point in life. If you can instill that work ethic, it carries over into different things in the real world like school and everything else.”

Apicella also helps out his brother Anthony Apicella, who is currently at Virginia to come see me play,” Apicella said. “Not a lot of people have that kind of support which is really unique and is awesome. I thank them a lot for that just always being there throughout sports in general.”

Apicella shared one of his key life lessons.

“I can’t put into words how many life lessons they’ve taught me just from actions,” Apicella said. “Respect, that’s one of the big ones. Always respect people, care for people. I attribute who I am today to them raising me.”

Apicella looked back at everything that just always being there throughout sports in general.”

Apicella shared one of his key life lessons.

“It’s extremely helpful,” Anthony Apicella said. “It’s valuable information that he teaches me, stuff that most guys who don’t have older brothers, they don’t get it. They don’t get this type of information, even tiny stuff. I go over film with him. There’s so many things that I learn from him.”

Apicella shared how he works with his brother Anthony Apicella.

“I didn’t have someone that played at a higher level teach me,” Apicella said. “I look at it as a learning experience for him where I teach him and after his games we watch film of what he did and the mistakes he made and what he could’ve done better and the stuff he did good. It’s really rewarding when I teach him something and then I see him do it on the field.”

The family is very close and three of them work together.

“My family was always been there for me. They would drive down to Virginia to come see me play,” Apicella said. “Not a lot of people have that kind of support which is really unique and is awesome. I thank them a lot for that just always being there throughout sports in general.”

At Jonathan Dayton High School, Apicella worked with offensive coordinator Steve Scriappa. Scriappa explained Apicella as a player.

“[John Apicella] was well prepared, cared more about the team than himself.” Scriappa said. “He was really hard to play against, he was a tough son of a gun and I was a better coach because I got the opportunity to work with him.”

A big influence on Apicella was his father.

“Work ethic, things aren’t always going to go your way but good things happen when you work for it and no one is going to hand you anything,” John Apicella Jr. said. “The game is going to end at some point in life. If you can instill that work ethic, it carries over into different things in the real world like school and everything else.”

Apicella also helps out his brother Anthony Apicella, who is currently the starting quarterback at Jonathan Dayton High School. Anthony Apicella talked about how helpful it is to have a brother that is experienced in the sport.

“It’s extremely helpful,” Anthony Apicella said. “It’s valuable information that he teaches me, stuff that most guys who don’t have older brothers, they don’t get it. They don’t get this type of information, even tiny stuff. I go over film with him. There’s so many things that I learn from him.”

Apicella shared how he works with his brother Anthony Apicella.

“I didn’t have someone that played at a higher level teach me,” Apicella said. “I look at it as a learning experience for him where I teach him and after his games we watch film of what he did and the mistakes he made and what he could’ve done better and the stuff he did good. It’s really rewarding when I teach him something and then I see him do it on the field.”

The family is very close and three of them work together.

“My family was always been there for me. They would drive down to Virginia to come see me play,” Apicella said. “Not a lot of people have that kind of support which is really unique and is awesome. I thank them a lot for that just always being there throughout sports in general.”

Apicella shared one of his key life lessons.

“I can’t put into words how many life lessons they’ve taught me just from actions,” Apicella said. “Respect, that’s one of the big ones. Always respect people, care for people. I attribute who I am today to them raising me.”

Apicella looked back at everything he has done.

“I’ve been involved in football almost my whole life and the friendships I’ve made, that’s probably the biggest things that I’ll look back to,” Apicella said. “I’m still friends with everyone I’ve played with, but discipline is one, respecting authority that’s another thing, perseverance. I had a lot of struggles coming from high school and in college being that 5’10” guy that can’t throw as far as everyone, but perseverance is probably the biggest thing I would take out of it.”
Red Hawk Sports Network Set To Launch In 2020

Montclair State Athletics to partner with Pixellot for state of the art cameras

Montclair State University’s School of Communication and Media recently announced the launch of a brand new sports network, dubbed the “Red Hawk Sports Network.” The program will be in coordination with the athletic department and is anticipated to broadcast Montclair State athletic events on the network via YouTube beginning in January 2020.

The network will be covering men’s and women’s basketball as well as men’s and women’s lacrosse teams for the spring semester. The dates of what games will be covered are to be announced soon.

The inaugural Red Hawk Sports Network team will consist of two sports commentators: a play-by-play and color commentator. There will also be a small production team that will assist in producing the live stream for the games.

Social media interns will also help provide video and other content for the network this coming semester. There are also currently plans to bring in sideline reporters, sports analysts and other positions in later months.

Sophomore Jack Barteck, a sports media and journalism major, is currently a play-by-play commentator for the WMSC radio station and sees this network as an opportunity to expand on his knowledge and experience.

“In this field, you can never stop improving,” Barteck said. “The more experience and knowledge I can get, the better off I will be in the future.”

Montclair State professor Kelly Whiteside, one of the head coordinators for the network, is extremely excited to see the impact this program will have on the students.

“I always tell my students to never leave this school with just a degree,” Whiteside said. “For those who want to go into any area of sports media, this will only enhance their reels and bodies of work.”

Whiteside believes that the launch of the network will ultimately help students with other life skills they will need in the long run.

“The network will help students learn storytelling and public speaking skills,” Whiteside said. “Even for those who don’t want to go into broadcasting, this will still be a great experience for them.”

The network will use state of the art equipment for their games. The school recently reached a deal with Pixellot, a sports production company, to use its automated camera system to air the games.

Pixellot’s innovative cameras have the unique ability to follow the action of the game using advanced auto production algorithms without the need of a camera operator. This allows for the cameras to automatically identify highlights, create replays and much more. It also automatically saves games to the cloud and can stream it live or on demand.

This system of sports production is typically only seen in Division I schools and professional sports. However, the school has decided that this automated system would work for a smaller Division III school like Montclair State, who in recent years has been expanding the sports media and journalism program.

Barteck spoke very highly of Pixellot and believes this system will only make the live streams more innovative.

“You aren’t going to find this at many other Division III schools,” Barteck said. “The fact that I’ll be able to work with this kind of technology is an incredible tool to have at your disposal.”

Along with cutting edge technology, the school plans on expanding the network immensely in the Fall of 2020. By then, Whiteside hopes to cover all Montclair State athletics through the network, with the exception of a few spring sports.

Interviews, highlight packages, halftime shows and much more are expected to be apart featured on the network as well. According to Whiteside, this will be fully run by students, giving them experience in all aspects of sports journalism.

It can be difficult for many fans of Montclair State athletics to come out and support Red Hawks athletes due to the lack of local television coverage of the games. With the launch of the Red Hawk Network, this will no longer be an issue as fans will be able to watch Red Hawk sports through their YouTube channel.

Robert Chesney, who was recently pronounced as the athletic director for Montclair State Athletics this past June, hopes that the network can help grow the brand.

“It’s a way to expand our outreach through the community, our region and ultimately on a national level,” Chesney said. “[Kelly Whiteside and Keith Strudler] have been outstanding to work with in creating this and we are very excited about the launch of this network.

Athletes are also excited about the launch of the network. Players such as Jesse James West, a sophomore at tackman for the Montclair State Men’s lacrosse team, is excited for the prospect of his team having more exposure through the network.

“The more content that is put out through YouTube, the more people outside of the student body can watch our games,” West said. “Ultimately, the goal is to get more eyes on Montclair State Athletics.”

Sophomore television and digital media major Jack Barteck will be one of the play-by-play commentators for Red Hawk Sports Network.
Happy Thanksgiving from the Office of International Engagement!

Study Abroad Summer 2020
Application Deadlines:
Faculty-Led – February 1
All other summer programs – March 1

Take the first step towards Study Abroad:
Attend an Information Session
Wednesdays: 3:00PM-4:00PM
Fridays: 11:30AM-12:30PM
University Hall, Room 2048
No sign-up required, simply show up!

Last info session of this semester will be: Friday, Dec 13th

Study Abroad Photo Contest Winners
Winners will be announced: Monday, Nov. 25th
via Instagram @montclairabroad & Facebook: Montclair State University Study Abroad Official Page
Voting open until Friday, November 22nd – see social media for full details

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

No Appointment Ever Necessary To Apply! (Mon-Thurs 7:30-7:30 & Fri 7:30-7:00)

Happy Thanksgiving from the Office of International Engagement!

Study Abroad Summer 2020
Application Deadlines:
Faculty-Led – February 1
All other summer programs – March 1

Take the first step towards Study Abroad:
Attend an Information Session
Wednesdays: 3:00PM-4:00PM
Fridays: 11:30AM-12:30PM
University Hall, Room 2048
No sign-up required, simply show up!

Last info session of this semester will be: Friday, Dec 13th

Study Abroad Photo Contest Winners
Winners will be announced: Monday, Nov. 25th
via Instagram @montclairabroad & Facebook: Montclair State University Study Abroad Official Page
Voting open until Friday, November 22nd – see social media for full details

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

No Appointment Ever Necessary To Apply! (Mon-Thurs 7:30-7:30 & Fri 7:30-7:00)
Another season of Montclair State University football has come to an end as the Red Hawks took the field for the final time on Saturday, Nov. 16. They faced the Kean University Cougars at their home venue, Sprague Field.

As such with every last home game of the regular season, it was senior day, and Montclair State honored 13 graduating student-athletes who played in their last game with the program.

Head football coach Rick Giancola was choked up when discussing the night.

“It’s emotional,” Giancola said. “It’s emotional for me. It’s emotional for them. They spend so much time in football doing the things that we ask them to do for football. But not only that, you get to learn about them.”

Giancola went on to talk about his relationship with the team.

“You get to learn about their character, you get to learn about who you can trust and you get to learn about their citizenship,” Giancola said. “You talk to them about all of these different things and they become almost my sons. And that’s something that I think is very important with that relationship between player-coach, coach and player. I relish that. I enjoy working with some of these guys over and over and over again.”

At the start of the game, the Red Hawks did not come running straight out of the gates. On the first drive of the game, junior quarterback JaQuill Burch fumbled the football following being sacked. The Cougars recovered the ball and took possession at the 25-yard line. On that same drive, sophomore quarterback Tyrae Taylor completed a three-yard pass to senior tight end Kyle Rooney for a Kean touchdown to take 6-0 lead.

Montclair State would get into field goal territory with 1:54 left in the quarter, but sophomore kicker Anthony Marinelli just missed it with a kick too wide right. With 0:11 left in the half, Kean punted the ball to Montclair State, but senior wide receiver Mike Manzo-Lewis fumbled and the Red Hawks turned it over once again heading into the second quarter.

After a completed pass for four yards, Montclair State forced back-to-back incompletions, forcing Kean to attempt a field goal. Senior wide receiver Zach Skrivanic blocked the punt which was recovered by senior defensive back Jaier Garrett, who took it all the way for a Montclair State touchdown to make the score 24-6.

In the fourth quarter, sophomore defensive back Brennan Ray picked off two passes for scores, one for a touchdown and another off an extra point try. It was worth two points, closing out a Montclair State 40-12 victory to end the season.

The Red Hawks finished the season with an overall record of 6-4 and a New Jersey Athletic Conference (NJAC) record of 5-2.

After starting out the season 1-3 in their first four games, the Red Hawks won five of their last six games to end the season. Montclair State will now look forward to carrying the late-season momentum they gained into 2020.

Coach Giancola discussed the team’s plan for their final games of the season.

“We talked about it and they wanted to be the best that they could be,” Giancola said. “So we had the three games left and we said ‘Look, the best we can be is 6-4. So let’s make this a three game series. Win the first one. Go into the second one. Win that one. Go win the third one.’ And that’s all we did.”