Where’s Education Without Mental Health?

Student suicides have shocked university campuses across New Jersey at an alarming rate this fall semester, but as student loan debt and inadequate part-time jobs continue to rise, access to psychological services continues to fall short.

According to the National Alliance for Mental Illness, 80% of college students feel overwhelmed by their responsibilities as a student. Half of them also rate their own mental health as below average, but shockingly, 40% of students suffering from mental illness fail to seek help.

With mental health concerns clearly evident among college students, universities would likely respond by providing professional help on the matter. Unfortunately, for many college students in New Jersey, access to that aid can be difficult to come by.

During this semester alone, three students committed suicide at Rowan University. Despite the administration’s claims that the availability to psychological services has improved, the semester-long waitlist to receive help says otherwise.

In addition, during the summer of 2019, a Montclair State University student committed suicide. The university did not send out any notification, neither to its students nor the parents of its students.

An important resource on campus, Counseling and Psychological Services (CAPS), is something that many students would turn to; however, they are experiencing other problems. For students at Montclair State, promptly scheduling an appointment with a professional to receive mental health counseling is a challenge, as making an appointment at CAPS is not a swift process.

The first step includes making a 10 to 15 minute phone call, explaining the purpose of the desired appointment. Then, students schedule an appointment, which usually does not occur until at least one week after the initial call. Finally, after an estimated thirty minutes of paperwork, students can finally receive an hour of counseling.

For those who cannot afford to wait so long to get help, “Let’s Talk” is another outlet for psychological services; although appointments are not required, it operates on a first-come, first-served basis, so meeting with a counselor is no guarantee.

The reason for this lack of timely access to help students is no fault of CAPS. They are under-resourced and cannot afford, due to both monetary and spatial factors, to expand their staff, offices, and services.

However, the increase in student mental health deficiency is no sudden occurrence. According to the National Center for Health Statistics, suicides among people aged 10-24 years old have been on the rise since 2007, increasing a shocking 56% over the course of a decade.

Since college students are struggling with potentially fatal mental health issues, why have schools not taken the proper precautions before it was too late, which is already the case? As anyone familiar with Montclair State will know, campus renovations are no rarity. Just this past summer, the exterior of University Hall was refurbished, a project that required the approval of a $4.5 million budget.

College Hall has also been undergoing renovations for nearly three years, the end date of that project has now been pushed even farther back, scheduled to be open for the Fall 2020 semester.

The newly renovated College Hall will be home to a Panera Bread, as well as faculty currently situated in Webster Hall, Red Hawk Central, Dickson Hall, Feliciano School of Business etc.

The problems surrounding the lack of psychological services does not lie within available funding, it lies within administrative negligence.

When asked about the mental health of their students and if there were any plans to expand the CAPS program, members of Montclair State’s administration explained there are limited resources and the university’s primary business is to educate students.

The need for reform is clear as Montclair State students continue to struggle: whether they are fighting to stay positive, to keep up with schoolwork or for their own lives, it is time the administration lends a helping hand.

If you or someone you know feels overwhelmed or in danger for any reason, please do not hesitate to call CAPS at 973-655-5211 or the National Suicide Prevention Lifeline at 1-800-273-TALK.

Suicide Prevention Lifeline at 973-655-5211 or the National Suicide Prevention Lifeline at 1-800-273-TALK.
Montclair Students Help Promote the Gift of Life

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Red Hawk Rap Sheet

Cousins and blood donors Hailey Kerr (Left) Danielle Kerr (right).

Anyone who has information regarding these incidents is urged to call the police station at T-I-P-S (8477). All calls are strictly confidential.
Grooving in Honor: LadiesFIRST Holds Soul Train Awards

Attendees flooded the Student Center Cafeteria with 70s attire, afros, swabbie jeans and converses as LadiesFIRST held The Soul Train Awards to give recognition to exceptional students who stood out among their peers on Friday, Dec. 6.

The president of LadiesFIRST, Wheatherly Almonte, a senior family science and human development major, explained the purpose and plan of the organization.

"LadiesFIRST is a women’s empowerment organization on campus that represent under-represented women, empower, uplift, restore and unify women of color," Almonte said. "We network academic and social program building as a sisterhood."

The night began with facts about The Soul Train Awards and the motive behind the originality.

There was a list of eight nomination categories and people had the option to vote for the individual believed to be the best candidate.

Junior dance major and protective hairstylist Camille Blue was announced as the winner for the Entrepreneur of the Year award. Junior nutrition major and owner of Outlashed, Te’Ryah Davis-Jenkins, was announced as the Hustler of the Year. Senior economics major and president of CaribSo, Mariyah Rohan, was announced as the Inspirational Leader.

The recipients of the awards expressed their gratitude towards LadiesFIRST and the nominators.

Leyland Bentham, a senior public relations major who is also a resident assistant and the president of DAUGHTA, was announced as the winner of the Mogul Award.

"This was a milestone for me to have my community recognize the impact I am making in the LGBTQ community as the first black LGBTQ organization on campus, and second in the state of New Jersey," Bentham said. "This award does not mean I am better than anyone, it is just an example and inspiration for others."

Jayquan Savage, CaribSo event coordinator, singer, writer and a senior dance major, received the Best Dancer award. Mechi Antoine Brown, Chairperson of the Arts Committee for Montclair State collegiate chapter of NAACP, actor, content producer and a senior theater studies major, received the Best Singer award.

Jherel Saunders-Dittimus, a senior communication and media arts major, Student Government Association president and a resident assistant was announced as the Authentic Leader.

"I am very honored, especially because there were so many great leaders nominated," Saunders-Dittimus said.

After the award ceremony drew to a close, the night concluded with a soul train line and retro dance moves such as the robot, the disco finger and break-dances down the red carpet.

The event coordinator, Asha James, a senior psychology major, said her goal was to honor those who lead by example.

“We wanted to honor our peers and make them feel wanted, loved and appreciated for working with us and all the hard work they do for the black community,” James said.
Students of Professor Thomas Franklin's photojournalism course gathered with their families and friends to celebrate this year's photo exhibit on the morning of Wednesday Dec. 11. For the third year in a row, the exhibit transformed Morehead Lounge into an art gallery, honoring aspiring photojournalists for the work they've produced in class.
Throughout the semester, students have completed projects ranging from album covers for musicians, a feature story event covering a citizenship ceremony in Paterson, New Jersey, and a photo essay that highlighted an interesting subject. Their work will be displayed for the next year and remind visitors of the importance of student journalism in our community.
The aroma of simmering olive oil, fresh onion and garlic sautéing with whole peeled Italian tomatoes is the authentic preparation of Rao’s Italian sauce. What started as a small restaurant in Harlem, New York with only 11 tables has expanded to an industry worth a half-billion dollars.

Risa Cretella, senior vice president and group manager of Rao’s, spoke to professor Linda Zani Thomas’ crisis communications course in Morehead Hall, on Nov. 19. Cretella works from her corporate office, located in downtown Montclair, alongside 14 other colleagues.

Cretella’s career started in 2001 when she attended Notre Dame University to pursue a degree in marketing. She began working in the J.M. Smucker Company factory immediately after college. Cretella worked her way up to high-level sales and marketing positions over her 11 years at J.M. Smuckers.

“I think the most pivotal part of my career was my marketing major in college,” Cretella said. “About 5 or 6 years into my career, I took a position in sales which was really outside of my comfort zone; I’ll call it a lateral move, but that diversity in my background really contributed to acceleration of growth and a broader understanding of all aspects of business.”

Cretella navigated the job market to find her job at Rao’s Homemade, where she has been employed for 18 months. Cretella shared with the class what she deemed to be the most important aspects of having a successful career.

“First is just really being good at your craft; so a commitment to developing skills, getting experience and working hard at it,” Cretella said. “Number two would be going outside your comfort zone and the willingness to try new things. Number three would be having advocates and champions, people to support you and help guide you if you go astray,” Cretella said. “Number four, in every career to be successful sometimes you need luck and good timing, it’s okay to embrace that.”

Cretella also credited Rao’s success to the authenticity of the product and the standards the company holds for itself. Rao’s Homemade sauces are made entirely in the south of Italy with fresh ingredients, whole Italian tomatoes and no added preservatives. The sauce is restaurant quality, honoring the heritage of the original Rao’s restaurant and allowing the company to command a high price premium.

Juliette Dettita, a senior communication and media arts major, was able to taste Rao’s products and testify to its quality.

“When our professor gave us some to bring home, I made it for my dad,” Dettita said. “He works pretty late. When he gets home he wants something good, quick, easy and healthy and he loves Rao’s.”

Cretella also thanked the university for being so close to Montclair State University.

“When Sovos made the choice to put our Rao’s office in downtown Montclair, it was because we wanted to be a part of a community and something greater,” Cretella said. “We’re so fortunate to have in our backyard this institution which certainly has specialties in media and communication and a great school of business.”

Cretella mentioned the idea of an internship program but admitted that bringing it to life would take some time. “In every career to be successful sometimes you need luck and good timing, it’s okay to embrace that.”

-Risa Cretella, Rao’s Vice President

“In every career to be successful sometimes you need luck and good timing, it’s okay to embrace that.”

-Risa Cretella, Rao’s Vice President
Cretella said.

Professor Thomas was grateful to have the Rao’s representative share her knowledge of the industry with the class.

“The reason why I wanted to have her here is because she had a front row seat to one of the most massive food safety disasters in the peanut butter industry that spilled over into every other food industry,” Thomas said. “I think she gave us very valuable information and you can only get that through people that have been through it.”

Cretella was just as pleased to join the class.

“It’s been such a positive experience,” Cretella said. “I love the energy, I love how welcoming everybody is.”

Victoria Colon, a senior majoring in communication and media arts, was able to learn a lot of valuable information from Cretella that will benefit her future career.

“She articulated the importance of setting boundaries and being in a comfortable work environment,” Colon said. “This was the highlight of the presentation because it applies to every student, no matter what field they intend on entering. It is especially important in communications professions to be vocal about your physical and emotional needs, so you can excel in your position.”
613 Valley Road in Upper Montclair is an address that should be known to every student at Montclair State University. Occupying this space is the Montclair Diner, a small, community-based restaurant in the heart of the city.

As soon as you walk in, prepare to be greeted with the warm welcome of the employees, as well as the owner. The staff makes you feel like you are right at home instantly, as the owner asks about your day and how you are doing. As I was being walked to my table, the staff continued to greet my friends and I until we sat down.

The menu at Montclair Diner consists of everything you can imagine, from chicken tenders and fries to salads and all-day breakfast. It is your typical comfort diner food. These types of menus can be intimidating, I found myself constantly changing what I wanted to eat since everything sounded tasty.

As I flipped through the long menu, my eyes were instantly drawn to the all-day breakfast. I have always been a fan of breakfast, anytime and any day. This being said, I was absolutely going to get some eggs and Taylor Ham. Then I looked at the bottom of the menu to find eggs benedict, a dish I was familiar with but have never had. I liked eggs, ham and English muffins, so I figured I would give it a whirl.

My mouth watered as the hot plate came out. The hollandaise sauce was smothered over everything, including the home fries that came with the dish. It smelled delectable, with the sauce outweighing all of the other smells along with hints of ham and poached eggs. The home fries looked equally as good with just the right amount of crispy on top and soft and warm on the inside.

I cut my first bite of English muffin at the bottom, then ham and poached egg topped with hollandaise sauce. Each ingredient blended perfectly together as I took the first taste of the breakfast dish. The hollandaise sauce was creamy and blanketed the entire bite of food. The ham was kept on the grill just long enough where it was a bit crispy but still delectable. The poached eggs were executed perfectly, they were soft and the yolk dripped out as I cut it in half. There was only one small thing wrong with the dish, the English muffin was a bit overcooked and chewy. This was a small issue, as I could get behind the English muffin with the tastes of the rest of the ingredients.

Then came the home fries. I pushed my fork into the fries to break the crispy outside, getting a perfect bite of crisp and soft potatoes. They tasted delicious, still moist yet crisp. I dipped the home fries in the extra hollandaise sauce to give them some extra taste, which was a flavorful idea.

I took bite after bite, eggs benedict after home fry bite and the dish was gone sooner than I expected. I was extremely full but satisfied from the tastes of the entire meal. I washed it down with some cold water and was ready to take on the rest of my day. My friends were equally as satisfied with their meals.

The Montclair Diner is definitely a place to visit, especially as a Montclair State student. An added plus is that they give 10% off to all Red Hawks with your school ID. The only downside is they close at 8 p.m. every day and at 3 p.m. on Sundays. However, if you can find the time to go, you will not be disappointed.
Lieutenant Andrew Vasquez, a senior accounting major, sits on the floor, holding a pen against his upper thigh. He tells Samantha Decker, a staffed emergency medical technician (EMT), “I’m bleeding and I think I broke my leg.” He does not give any other description as Decker begins to wrap his leg.

At the same time, Renzovic Escobedo, a junior molecular biology major and field training officer, is having his head wrapped as he simulates the symptoms of a head injury for another EMT to tend to.

Montclair State University’s Emergency Medical Services (EMS) is fully staffed with student-volunteers. They answer medical emergency calls from on-campus and neighboring towns. The EMS Operations Office is located in the basement of the Student Center, in Room 105.

Currently, 50 students work for the Montclair State EMS.

“Half of the members hold a CPR certification,” Vasquez said. “EMTs are the ones who are state-certified [and] have gone to schooling for it.”

Students with a CPR certification are EMTs in training. They cannot respond to calls alone and they are always being trained on new techniques and medical situations.

Justine Hang, a senior public health major and resident EMT, explains the learning process of a student EMT.

“If there is a skill that they don’t know, we will teach it to them; we are always training, we are always practicing. After I teach them something, the next day if they want to test or practice, I’ll do that,” Hang said.

The EMTs perform regular training drills on everything from CPR, to splinting and simulating carrying an immobile person on a stretcher.

“They have to be perfect,” Hang said. “Basically, we test them twice so they know everything.”

The volunteer EMTs get verbal quizzes and are required to be able to perform during hands-on exams.

“Of course it’s not perfect,” Vasquez said. “You can’t always predict what’s going to happen, so if something that they are not familiar with does get thrown at them, their training is a bottom set, so they can figure it out as it goes.”

Jacqueline Lawrence, the Director of Montclair State EMS, explains just how much the volunteers have to juggle.

“Volunteers definitely have a high workload,” Lawrence said. “On top of doing their normal school work, their extracurriculars, their clubs, their research-labs, normal jobs, members here are required to do 12 hours a week riding shifts … and our resident EMTs do 20 hours, if not more.”

Escobedo explains that resident EMTs are given special privileges through a program that allows them to live in The Village at a discounted price.

“Resident EMTs are given bonuses, but the catch is they have to pull overnight shifts, they have to work 11 to seven, one time a week and cover two weekend shifts, but they interchange in a month,” Escobedo said.

Hang, who works 12 hours of shifts during the week, additional overnight shifts on the weekends and is currently enrolled in seven classes explains her strategy for keeping track of her responsibilities.

“I have a bullet journal,” Hang said. “I put my whole schedule for school, and then I put my EMS hours when I am on shift and then I write down every single day what I’ve got to do.”

If you are experiencing a medical emergency, call 911 to be connected with EMS.
Welcome back to another edition of Just a Bite: with @gourmetbailey! This recipe is one of my favorites I've made this fall and it is scrumptious. Although it is dairy-free and gluten-free, it is not flavor free. This week’s recipe is for a little bite of sugary and cinnamon goodness: snickerdoodles.

Snickerdoodles are one of my family’s favorites since we all love cinnamon so much. Since my family is on a bit of a health kick right now, I wanted to find a more healthier version of this recipe for them that they could enjoy without worry.

Before moving along, it's important to note that this recipe does contain nuts so if you're allergic to cashews and/or almonds, this recipe might not be right for you. The cinnamon sugar that is going to be used as a topping for the cookies is also optional.

This recipe will make 24 medium-sized cookies so you can double it or halve it, depending on how many people you need cookies for. You'll need:

- 1 ½ cups and 1 tablespoon bleached almond flour
- 1 ½ teaspoon ground cinnamon
- A pinch of salt
- ¾ teaspoon baking soda
- 3 tablespoons coconut oil
- 3 tablespoons cashew butter
- 1 ½ teaspoon vanilla extract
- 1 egg

½ cup coconut sugar
3 teaspoons white sugar or turbinado sugar (optional)
2 teaspoons of ground cinnamon (optional)

Adding to a small bowl, add the flour, cinnamon, salt and baking soda. Mix them until combined. Then, to a stand mixer or a hand mixer on medium/high, you’ll add the three tablespoons of coconut oil, three tablespoons of cashew butter and coconut sugar, and mix them until fluffy.

Once they’re evenly combined, turn the mixer off and add in the vanilla extract along with the egg, and place it on the low setting until evenly incorporated. Begin to add the flour mixture you prepared earlier. With the mixer on low, add about a half of a cup of at a time to prevent making a mess with the flour.

Once you’ve added all the flour, remove the dough from the mixer or bowl and with it, form a ball in your hands. Once formed, double wrap your dough in plastic wrap and leave it to chill for at least an hour. You can chill the dough for up to 24 hours if needed.

Chilling your dough is an important step in this process. It allows for all the oil and egg in the cookies to settle, making the dough easier to work with.

Once your dough is done chilling remove it from the fridge and begin to form small balls with the dough. Before rolling them onto a cookie sheet, make sure that the pan is lined with parchment paper. For a size reference, each cookie should be almost two teaspoons of dough. After you’ve rolled all your balls onto the cookie sheet, you get to coat them in cinnamon sugar!

As a topping for the cookies, cinnamon sugar is going to be used, but is also optional. For the sugar, you can use regular white sugar or big grain turbinado sugar for an extra crunch. You will need three teaspoons of this sugar and two teaspoons of cinnamon. If you’d prefer a bit more on your cookies, feel free to make another batch of the coating. You can never have too much cinnamon sugar!

After all the cookies are coated and placed back on the cookie sheets, bake them at 350 degrees for 10-12 minutes. The cookies won’t need too much, so don’t worry if they don’t seem flat enough to be cooked.

These cookies are easy to make and are a delicious, healthy alternative to regular snickerdoodles. I know things that are dairy-free and gluten-free have a stigma of being “flavor-free” but I promise these cookies will bust down that reputation.

Enjoy this recipe, until the next bite!
Montclair, New Jersey has more to offer than just the university. It was a rainy morning as I pulled up to the Montclair Township Animal Shelter, a large and dreary building located on North Willow Street in Montclair, New Jersey.

Upon entering, I was greeted with an organized and bright lobby, as well as the cheerful faces of the volunteers. Here, I met with Jennifer McMillan, the volunteer coordinator at the shelter. McMillan has donated countless hours, days and years of her time to the shelter with no intentions of stopping.

“I work here full time, and I volunteer here as much as I can,” McMillan said.

McMillan is in charge of all the cat adoptions. She has made it her duty to make sure every cat is sent home with the right owner and every owner is given the perfect cat to meet their needs.

The shelter currently has a wide variety of cats that are up for adoption. Whether someone is looking for a house cat, a cat that is good with kids, a cat that is good with other pets or a cat that needs some extra love and care, the shelter can provide this for them.

The shelter also keeps track of community cats, like our beloved campus cat Misty, whom students may remember from before her removal from campus. Community cats live outdoors and have been neutered, vaccinated and returned to the wild. Luckily for Misty, the shelter deemed her “adoptable” and set her up with a loving home in November 2018.

Just like Misty, other cats are waiting for their fur-ever homes. McMillan shared that volunteering actually makes a difference.

“Volunteering here is amazing,” McMillan said. “You really can make a difference in the lives of the animals at the shelter.”

Alexia Darby, a senior communication and media arts major, visited the shelter back in November. “I really think the animal shelter takes amazing care for the animals and they give them an amazing amount of love,” Darby said. “Going there, I was worried if the shelter had good living conditions, but they do.”

Since Darby’s visit, she has grown fond of one of the cats, and is even considering adopting one.

Sometimes all it takes is a visit, so consider visiting the shelter. Anyone who is looking to make a big impact in the life of a shelter animal can always consider adopting or even fostering. You might just find a fur-ever friend!

To see my interview with Jennifer McMillan, some more of the cuddly cats up for adoption and to find out how you can help the shelter, go to The Montclarion’s YouTube page.
Submit your Montclair State related images.
Email: montclarionphotography@gmail.com
Subject Line: Photo of the Week Submission

PHOTOS OF THE WEEK

Snow covers the leaves on a holly tree at Montclair State University.
Olivia Kearns | The Montclarion

Sophomore journalism major Ariel Rogg hangs a glowing menorah on her dorm room Christmas tree.
Rebecca Serviss | The Montclarion
Caitlin Ellis-Foster reads a recipe in The Montclarion while wearing her Montclarion hat.

Jen Losos | The Montclarion

Baby Colton enjoys his first Christmas.

Casey Masterson | The Montclarion

A polar bear drinks a Coca-Cola to celebrate the holidays.

Adrian Maldonado | The Montclarion
Looking for a reliable child care provider, Montclair. Hours needed are Monday through Thursday. Experience with young children is a must. Contact: stephen.lamar@outlook.com. Please email: stephen.lamar@outlook.com for more information.

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

LOOKING FOR A NANNY FOR OUR 4 Y/O SIBLINGS

Looking for a reliable and kind after school babysitter / mother’s helper for two children (ages 8 and 10), starting 9/10. Responsibilities include helping with dinner, bath time, and light cleanup. Hours are approximating 4:30-7:30, 3-4 days / week. Occasional weekend babysitting as well. Prior experience with children preferred. Please email jordyriesman@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 5) starting 9/10. Responsibilities include picking up at the bus stop or at school, driving to after school activities in the Montclair area, preparing dinner & light clean up. Possible more hours available on a needed basis. Regular hours are 3:30-5:30/5:45 Monday through Friday. Prior experience with children, clean driving record, and use of own reliable vehicle required. Please email: mhorowiza@ymail.com.

Seeking a reliable and kind student for after school activities in the Montclair area, approximating 4:30-7:30, 3-4 days / week. Occasional weekend babysitting as well. Prior experience with children, clean driving record, and use of own reliable vehicle required. Please email: ldfranzese@verizon.net.

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

Looking for reliable child care child. T. W. 2:40-4:30 for a 13 year old. Includes picking up our son at school in Cedar Grove on Wednesdays. Driving him to home. Must have clean driving record and like pets! Available immediately. Please email: lidfairinezse@verizon.net.

$25 hourly / Math tutor needed / Teaneck or Skype

Tutor needed for 5th and 6th grade material. Please email to snowball7091@aol.com (Att. Barbara Farkas).

$150-$250 per week/ dog walker needed

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

$20/HR: Driver/Dog walker needed for Upper Montclair family

Seeking a reliable person to assist Upper Montclair parents with their 8th and 10th graders from school and to/from sports and music practices, and walking friendly dog. Must have reliable car and good driving record, and strong references. Nonsmoking home. Flexible for weekdays, weekends, and occasional days 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 an opportunity for extended hours on nights when we both need to work late. Please contact amandaedeker85@gmail.com if interested.

$12-$15 hourly / Student Photographer and interior design internship / Montclair

A high-end residential interior designer in the Montclair area has 2 paid internship positions available. They are looking for a student to work with their team one day per week or even bi-monthly taking detail shots of some of their interiors, and shooting candid shots of them working on client projects. Candidate must have their own camera and own transportation, and have some training in using a camera and an editing program like Photoshop. The 2nd internship opportunity would be on the design side, following up with vendors on orders, helping prep for client presentations, making digital furniture/fabric collages, etc. Must have: Photoshop and Microsoft Office experience, be professional, hardworking and punctual. Both positions pay $12 - $15 per hour for both positions, up to 8 hrs a week for each. If interested please contact sarahelizabethdeolar@gmail.com.

$3999/ 2007 Toyota Prius - Blue

Used only 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

Nun employee seeking a reliable home health aide for 84 year old mom. Applicant must have 1+ years of experience. Candidate must be available Monday - Friday, 5 hrs daily with a hourly pay rate of $24-$27. If you are interested please contact Mr. Edward (edwards2000@gmail.com) for more details.

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

Looking for a reliable and kind after school babysitter / mother’s helper for two children (ages 6 and 4). Responsibilities include helping with dinner, bath time, and light cleanup. Hours are approximating 4:30-7:30, 3-4 days / week. Occasional weekend babysitting as well. Prior experience with children preferable. Please shoot jordyriesman@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 5) starting 9/10. Responsibilities include picking up at the bus stop or at school, driving to after school activities in the Montclair area, preparing dinner & light clean up. Possible more hours available on a needed basis. Regular hours are 3:30-5:30/5:45 Monday through Friday. Prior experience with children, clean driving record, and use of own reliable vehicle required. Please email: mhorowiza@ymail.com.

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

Must have the ability to break down material into small learning outcomes. The successful candidate must have strong skills in planning and selecting materials in preparation for an Early Childhood Certification Examination. Please email recent experience, availability and hourly rate to Snowball7091@aol.com (Attention Barbara Farkas).

In search of an after-school sitter for our 4 yr old twin

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 opportunity for extended hours on nights when we both need to work late. Please contact amandaedeker85@gmail.com if interested.

$20/ Babysitter Needed, Montclair

Seeking a responsible person to assist Upper Montclair family with their 8th and 10th graders from school and to/from sports and music practices, and walking friendly dog. Must have reliable car and good driving record, and strong references. Nonsmoking home. Flexible for weekdays, weekends, and occasional days in September, but by October need M-F. We both work in the city so we need someone reliable and willing to commit. It’s a very easy gig for the right person. If willing/available, there is also the opportunity for extended hours on nights when we both need to work late. Please contact amandaedeker85@gmail.com if interested.

Looking for a reliable and kind after school babysitter for two children (ages 8 and 10), starting 9/10. 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. Use of own reliable vehicle required. For our part, we are easy to work with and our children are respectful and kind. The position is September-June, Tuesdays and Wednesdays 2:30-7:00, with the potential for an additional day. If interested, please email: tonyperez21@yahoo.com.

$15/ Experience childcare giver/ nanny

Needed is a childcare giver to start work immediately. He/she would be working for up to 5 hours daily Monday-Fri if interested or for further details, please email: stephen.lamar@outlook.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 and the education major is Work 1-8 hours per week. This position pays $30 - $35 per hour. United States / 30/c school college graduates make $35/hr. If interested in tutoring, apply here: https://tutors101.com/tutor-application/. Any questions, email us here: hello@tutors101.com
The Montclarion Crossword Puzzle and More!

Across
3. “Help me...I’m feeling.”
4. “This is my house, I have to defend it.”
7. “Every time a bell rings, an angel gets his wings.”
8. “My time with you is at an end, Ebenezer...”

Down
1. “Instead of one day of presents, we have eight crazy nights!”
2. “You’ll shoot your eye out, kid!”
5. “The best way to spread Christmas cheer is singing loud for all to hear.”
6. “Seeing is believing, but sometimes the most real things in the world are the things we can’t see.”

Word Search
O Holy Night
Little Drummer Boy
Happy Christmas
Joy To The World
The Christmas Song
Sleigh Ride
Christmas Shoes
Silent Night
Let It Snow
Silver Bells
White Christmas

Sudoku

*For answers to the puzzles, please check The Montclarion Facebook page every Thursday.*
**Campus Voices:**

How important do you think access to mental health services is for college students?

By Annabel Reyes

“"I believe that access to mental health services on a college campus is very important. A lot of students nowadays are going through mental health issues, and it is very important that they have options to talk to somebody. If someone had access to these services, they would have another sense of support or a lifetime.”

- Ahmed Abdelsalam
  Justice Studies
  Sophomore

“I think access to mental health services is very important especially at Montclair State University. A lot of kids, especially college students go through certain things regarding not only school but relationships or things like that. It’s important that their safety and mental health are assured.”

- Alyssa Sierra
  Fashion Studies
  Freshman

“I think access to mental health services on college campuses is very important. I think people underestimate how stressed college students get especially during finals. Giving the students the option to see a professional is really good.”

- Chigozie Asikaburu
  Computer Science
  Junior

“Access to mental health services on college campuses is very important. Montclair State offers a lot of on-campus opportunities for students to focus on mental health. I think it’s a very important thing for students to focus on.”

- Isabella Amyot
  Pre-major
  Freshman

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**#FOCUS**

**CLIMATE CHANGE**

**Fight Climate Change, Not Animals**

How changing our diets could save the planet

I hate to be the annoying vegan in the room, but on the other hand I feel obligated to be one. If I wasn’t as passionate as I am about veganism, then people would not learn about the immense difference it could make.

There are many reasons why I switched my flexitarian lifestyle to a more compassionate one. First, I hate being a hypocrite.

All my life I have said I loved animals, but really I didn’t. I loved pets. All animals are equal believe it or not, and if you won’t eat a dog, then you shouldn’t eat a cow.

People become hysterical when they hear that the Chinese eat dogs.

Well, we eat cows and pigs and to the same degree, they both walk on all fours and all want to live a prosperous life.

Yet, there is more to veganism than just saving the animals. It’s about the state of the planet.

Animal agriculture is the number one factor in climate change. It has a vast environmental footprint. Land and water degradation, biodiversity loss, acid rain, coral reef degradation and deforestation are just some examples.

Animal agriculture contributes to 18% of greenhouse gas emissions. Production of one pound of beef takes 1800 liters of water. Humans are unknowingly killing the Earth by eating meat and contributing to these organizations that harvest animals.

Greta Thunberg, the Swedish teenage activist, has encouraged millions of people all over the world to march for climate change so the governments can finally take notice, but are all of those people marching vegan? Are they unknowingly contributing to the killing of the Earth even though they mean well? Yes, but it’s understandable.

No one was taught this in school. No one was taught this in school.

It would be so amazing if every one was vegan, but I would be living in a fantasy if I believed that transformation could happen overnight. It takes time and patience.

The facts are there and we can change the future of our world, together.

Grace Manzo, a journalism major, is in her first year as a contributing writer for The Montclarion.
Yes, America Is Ready for a Female President, You Can Stop Asking Now

Asking if America is ready for a woman in the Oval Office does more harm than good

KRISTEN MILLBURN
STAFF WRITER

The build up to the 2020 presidential election has led to increasingly pointed media coverage over each candidate’s plans for beating Donald Trump, views on gun violence and plans for combating the environmental crisis. Oh, sorry. Those are just for the male candidates.

The female candidates have been covered with a variety of pieces asking if they are liked well-enough or if America is even ready for a woman president at all.

I’m really tired of reading pieces which argue that after 230 years, we still might not be ready for a woman to be president.

The dichotomy between how men and women are portrayed in the media is nothing new, but this seemingly innocuous question feels particularly oppressive because posing it in the first place implies that the answer could be no.

It’s a disservice to all of the female candidates to imply that they might not be a suitable president simply because of their rather unfortunate possession of two X chromosomes.

asking if we are ready for a female president is a subtle way of undermining women and detracting them from their qualifications and policy plans in favor of focusing on their gender, which shouldn’t be a point of discussion at all.

This question has even found its way onto the debate stage. One such example is when Senator Gillibrand had to field a question in the middle of a debate in July.

“As is it for a female president?”

We don’t expect her to respond with anything other than a resounding “yes,” so the question offers us no insight or new information to bring to the polls.

The purpose of asking a question is to learn something new. If we already know what the answer is going to be, then we’re just asking for the sake of asking.

“Questioning someone’s ability to lead because of their gender is viciously close minded and runs in direct opposition to the ideals of America’s core”

- Kristen Millburn, Staff Writer

Here’s a Tip, Stop Leaving One

Why America should eliminate tipping

KRISTEN MILLBURN

as a wage, whereas a tip is separate and this is the reality that my coworker was left with no tip.

He got away with stealing a check on the table during a slow week at my job and I was left with no tip.

I was recently hired as a server at a pizza restaurant and this is the reality that my coworkers and I face on a daily basis — moody customers and unreliable tips.

That is why I believe tips should be eliminated entirely.

This customer in particular became impatient when he noticed something was wrong on his check. Instead of waiting for my manager to fix the problem, he left and I lost a tip over a simple misunderstanding.

Tipping is a practice that has been around for centuries and while the idea behind tipping has stayed the same, the culture behind it has changed drastically.

In Europe, tipping over 15% is considered excessive, especially if a service charge is already included on the bill.

Service charges differ from a tip in that a service charge is generally counted as a wage, whereas a tip is separate and earned.

Many restaurants in Europe have a 10% service charge built into the menu and some restaurants in the US are only just starting to follow.

Also, in Europe, customers will only tip their server if they were given exceptional service. Customers accept that the server’s wage is already built into the check as the “service charge.”

The relationship between servers and customers can be complicated and honestly pretty awkward. For both parties, it is a power struggle. The customer is the “guest” and demands to be served politely and promptly, while the server tries to drive up the bill with alcohol or other expensive items.

In Europe, the server holds all the power because they determine how much their server will be tipped.

How is this fair for me, the server, when customers come in with a customer who is having a bad day?

I could give exceptional service and get pennies in return because someone is in a bad mood.

This is not just based on the customer. Sometimes the restaurant might be having a slow day or a slow week. How are we supposed to survive on a $2.60 wage with no tips to take home from having a slow day or a slow week. How are we supposed to survive on a $2.60 wage with no tips to take home from having a slow day or a slow week.

I have worked nights where I served only one table and the rest of the time I stood around chatting with my coworkers. That is all fine, my coworkers are great, but at the end of the night, I am wasting my time.

Serving is challenging, but the bonds I create with some people are worth it. It is nice to see familiar faces who return for the third time in a month and remember your name. I have always enjoyed helping people out so that is why I chose to work at a restaurant.

Some people argue that without tips, restaurants will drive up prices on the menu because they will be paying their workers more. However, if you are used to leaving 20% tips, you would end up paying about the same amount for your meal.

Owner of Comal Restaurant, Andrew Hoffman, was profiled by Thrillist.com. After eliminating tipping and replacing it with a service charge at his restaurant, he found great success.

“Within the first week, I had servers coming up to me asking, ‘What have I gotta do to get a raise?’ How do I become more valuable?’” Hoffman said.

Some skeptics are worried that servers will become lazy and not tend to their tables as often, but I believe servers’ performances will only improve.

Competition between co-workers’ wages will make servers more valuable. Some people inexplicably correlate with being a pinata that prides itself on being a pinnacle of freedom and innovation doubts that we can lead.

Questioning someone’s ability to lead because of their gender (or race, sexual orientation or any of the other factors some people inexplicably correlate with leadership ability and candidacy) is viciously close minded and runs in direct opposition to America’s core ideals.

What would Americans have to do to get, “ready” for a female president any way?

Do we need to buy new furniture? Do we need to go grocery shopping? Or would we just have to re-consider how we perceive power and the deep rooted biases we hold against women leaders?

I hope to see a change in how we discuss female candidates moving forward, because we all lose when we insinuate that we aren’t ready to have a woman in the Oval Office.

The truth of the matter is we don’t need to ask if we’re ready for a female president. The majority of Americans voted for one in 2016.

Kristen Millburn, an English major, is in her second year as a staff writer for The Montclarion.

‘Why America should eliminate tipping’

JOY VELASCO | THE MONTCLAIRON

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Kristen Millburn, an English major, is in her second year as a staff writer for The Montclarion.
The Little Ginger Who Could

The red-headed Red Hawk is leaving the nest

My Montclair State University journey began on a very different path than my predecessors. It started in the back of a second-floor, windowless classroom in Richard-son Hall, where I would play "Flappy Bird" and "Solitaire" on my fancy TI-Nspire calculator.

That was a distraction, but it was not enough for me to stay.

During my freshman year, I felt like I was alone. People looked at me like I did not belong and that brought my self-esteem at an all-time low. This is because in high school, I was a shy little redhead who thought she was a math whiz and dreamed of teaching algebra.

Memorizing formulas like SOH-CAH-TOA and the Pythagorean Theorem was easy for me. Teachers would call on me during class and I would answer correctly almost every time.

Math was my calling, but somewhere along the way, I lost my magic touch. I became so dependent on my mom to help me with my coursework, to the point where I could barely get by. I had trouble solving basic problems, understanding concepts and I was even failing tests.

By the middle of that semester, I lost the interest and determination to continue on. Math became a foreign language and I struggled to the point of frustration, depression and hopelessness.

That was the lowest point in my academic career, but I could not quit, I needed a "Plan B." An idea occurred to me after finding an article I wrote for my high school newspaper; I could be a journalist.

When I got accepted into the journalism program before my sophomore year, I was overjoyed and grateful there was someone out there who saw journalistic potential in a former math geek.

That someone was Faculty Advisor for The Montclarion, Tara George, who originally interviewed me for the program and then became my academic advisor.

The decision Tara made to accept me completely changed how I saw myself as a college student. I knew she could tell from the beginning that I was very shy and a little stubborn, but she and my other professors challenged me to get out of my comfort zone and actually go out and talk to people.

"Operation Reel Rebecca In" was a success.

Tara's feedback and encouragement helped me to regain the confidence and self-esteem that I lost during my freshman year. I cannot be more thankful to have had her as a mentor throughout my time with The Montclarion.

For the first time in many years, I found a sense of belonging; I started making friends from my classes and from The Montclarion. Not long after, I was on the editorial board.

Coming from a background where I felt like it was me against everyone else to be the smartest, I loved feeling that all of us were working together and if I needed help, there would be someone there who would not make me feel inferior for needing it.

The Montclarion team became a family to me, we each have our own strengths, struggles and quirks. Thomas' cartoon impressions, the fact that Ien and I both have a secret stash of candy, Heather introducing us to her "Faturday" tradition, being envious of Jen's "copy breaks," Mackenzie who enjoys spending her Wednesday nights AirDropping pictures of her cat to random members of WMSC and so many more to name.

To my exit buddy Alexa, you have done an amazing job with the feature section and we must meet up and plan our highly anticipated Montclarion comeback. I am excited to see what you do with your new degree status and when you find a job, please let me know if they have a two-for-one deal.

To my "Opinion Men," Brian and Anton, take good care of the section for me. After many years of having a female in the driver's seat, I'm excited to see what ideas you guys come up with. I know you both will do amazing things for The Montclarion.

Most importantly, Brian, do not let being the editor stop you from being your funny, sarcastic self. Just do not do anything too stupid, as I still have the ability to read and will be watching you like Robert DeNiro in "Meet The Parents."

With all that being said, I hope I have left a legacy at The Montclarion besides being the spiciest ginger behind the editorial column, which, in my "opinion," was a very interesting position choice for a girl whose writing is as fiery as her hair.

There is not a word count big enough to show my gratitude toward the people that I have met here. You all have helped me grow, both as a student and as a future journalist.

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Lastly, to my parents, thank you for your love and support as I continue to follow my dreams and find my place in the working world. This journey has been a wild ride and I could not be more grateful to have both of you as my agents.

I also want to leave some advice for the freshmen who are unsure of what career path to choose.

You have plenty of time to find your place here. There are so many people and resources ready to help you make that big decision.

If you are in my situation, I encourage you to go with your "Plan B" and take a risk. It may just end up being one of the best decisions you will ever make.

Although my college journey was only three and a half years, it felt like a lifetime full of mistakes, achievements and of course, plenty of memories that I will cherish and truly miss.

In my culture, we are not taught to say goodbye, instead, we say "lehitraot".

See you later.

Rebecca Serviss is a journalism major, and has been writing for The Montclarion for three years and will be graduating with the class of 2020.

Vicki, if you ever read this, keep working hard. I look forward to sitting next to you at graduation in May.

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“I hope I have left a legacy at The Montclarion, besides being the spiciest ginger behind the editorial column”

- Rebecca Serviss, Opinion Editor
**Student Job Opportunities in the Office of International Engagement:**

**The Montclairian**

**Write for feature! Fashion writer wanted**

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**Student Job Opportunities in the Office of International Engagement:**

**Study Abroad Graduate Student Assistant**

The Study Abroad Graduate Student Assistant (GSA) provides support for all aspects of the study abroad/away programs. This position would allow a graduate student to gain paraprofessional experience in Study Abroad and university student services.

Please note, this is NOT a Graduate Assistantship position.

**Graduate Student Assistant**

The Office of International Engagement is seeking a graduate student assistant to assist in managing its front desk and to assist staff with various projects.

Please note, this is NOT a Graduate Assistantship position.

Interested? Please apply via Hire a Red Hawk

For questions or more information, please call 973-655-6862 or visit us in Student Center Annex, Rooms 206 & 207
A
fter a year of editing articles, I am lost for words. Saying goodbye to Montclair State University ends the most important chapter in my life. Between late nights writing papers for class and then early mornings editing feature articles for The Montclarion, I rarely got any sleep. Instead, I ended up with something much more valuable.

The memories I’ve made here, and the people I’ve met, are the things I carry closest to my heart. I could never have predicted the impact this community would have on my life, and I am so thankful.

When I transferred to Montclair State in 2017, I didn’t know what to expect. I was lost and had no sense of direction. I wasn’t sure what my future would look like and I was terrified of putting myself out there into a world that is scary and unpredictable. I had no voice.

Majoring in communication and media arts seemed like a way to find one. The girl with social anxiety chose to study how to communicate, queue Alanis Morissette. Looking back, I think it was the bravest choice I could have made.

I became passionate about my coursework and it gave me a new sense of self. My professors challenged my worldview and pushed me to grow. I was starting to see from a new perspective.

After discovering my passion for writing, I began attending meetings for The Montclarion. The first few articles I wrote weren’t perfect, but I was becoming the person I’ve always wanted to be. Using my voice and writing articles that would inform others was empowering. Through journalism, I could make a difference and connect with others.

Becoming feature editor is one of my proudest accomplishments. I felt like I had the chance to give that clarity to other writers that were starting to develop their own identities. I was so excited to be part of something bigger.

I will forever be grateful for the privilege to be part of The Montclarion, the student-run newspaper where I have found a warm home and a welcoming family. This team of journalists has truly inspired me with their drive and motivation to amplify the student voice here at Montclair State. Despite having classes, jobs, family and a million other responsibilities, this team chooses to come together and support the first amendment rights of our student body. At a time in history when it’s needed most, these students are defending our freedom of the press.

Thank you to my Montclarion teammates that kept me going and stood by my side. You have made me a better writer and stronger person.

Thank you to my professors who taught me to question my perspective and consider new ideas. The challenges I faced ultimately showed me what I was capable of. Thank you to my family, who has supported me through everything and continue to be my biggest motivators to follow my dreams.

I genuinely appreciate everyone who has brought me to this point in my life. Be prepared for a long and sappy thank you letters to reach your desks sometime soon. Embarking on this new journey reminds me a bit of that scared girl who didn’t know what was going to happen. I’m still a little scared too, but I’m ready to do it anyway.

Alex Spear, a communication and media arts major, has been writing for The Montclarion for two years, is the feature editor of The Montclarion and will be graduating with the class of 2020.

ALEXA SPEAR
FEATURE EDITOR

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FEATURE EDITOR
Want to be a part of our special #FocusClimateChange edition of The Montclarion?

Pitch an idea on how climate change affects our university, local community or the world!

Submit your ideas to editor-in-chief Heather Berzak at montclarionchief@gmail.com

Your article can be featured in the special edition of The Montclarion in spring of 2020!
Stephanie Romano is a junior at Montclair State University majoring in visual arts. Her work can be seen on her Instagram page @theromanokid_. Romano spoke with The Montclarion staff writer Zoe Nolz to talk more about her artwork.

Q: How did you first get into art?

A: I got into it primarily because I have an older brother who used to do a lot of art, and as a younger sibling, I kind of did art because of that. Then in high school I figured that I was kind of good at it, and in high school you always have that “thing” that is yours, whether it be that you’re the “cool kid” or whatever it is. I didn’t really have that one quality that identifies you. So because I was good at it, I just went with it and here I am.

Q: How would you describe your specific style of art/specialty?

A: I don’t really have a specific type of art that I go for. I’m personally a strong believer that artists evolve with time, so I can be painting faces right now and in 10 years, it may be completely different. You see that in fashion, you see that in film and everywhere and everything you do, so I don’t really like sticking to one thing either. But currently, I’m playing around with installations, with paintings and with textiles for sculptures that I’m doing, so I’m just really experimenting right now.

Q: What is your favorite thing about being an artist?

A: The freedom. No one can tell you “this is wrong” unless it’s morally or politically wrong. Besides that, if you’re going to go into any creative endeavor, as long as you stick to that vision, you’re on a good path. The freedom you get with being an artist is one where you don’t feel restricted. When you’re an artist, you build your own path.

Q: How have your experiences at Montclair State University helped you grow or improve as an artist?

A: Being at Montclair [State] has definitely taught me to take any opportunity that is given to me and use it. People go into school thinking that the school is going to provide you with everything that you need and sometimes they don’t; so you have to go out of your way to get those opportunities for yourself.

For example, the art department used to have a gallery for visual arts students on the second floor, exclusively for undergrad students. They then took it out and gave it to an advisor who used it as an office. But I remembered that one of the goals I had was to have a little installation at Montclair State, and because they took away that resource away, that so many artists wanted to use, I had to push myself to do something about it. So I just went to the department and I asked if I could use some space or some display areas. Sometimes, you have to make with what you’ve got. You have to be very resourceful, and that’s definitely something that Montclair State has taught me.

Q: What usually inspires you to get artistic ideas? Where do you usually look for inspiration?

A: I’m usually on the train, driving or walking. Other times, I’m usually reading about other artists and when I see their work, I’m like “oh actually, I can take this idea and tweak it!” There’s this quote that says “You either master your influences or your influences will master you,” so ever since I’ve heard that quote I really try to study the artists that I look up to. It’s usually from there that I get an idea to do a piece that’s been influenced from its original piece. I take an interesting concept that they have and...
I feed off of that. It’s either I make it grow or create something completely different, but I still remain inspired by certain elements of their work.

Q: Are you currently working on any projects or do you have anything planned? Can you tell us about it?

A: Yes, I’m actually currently working on my second installation. It will be here in Finley Hall in Montclair [State] in February and it will be the complete gallery. It won’t be a tiny display, but the whole thing. Keep a lookout for that! So far I’m working on that and on other projects, but I can’t really talk about the other projects yet!

Q: What advice do you have for any other college-aged artists out there?

A: Keep going. Use the resources that you have and don’t give yourself excuses. No “I don’t have time for this.” That hour that you spent scrolling through Instagram or YouTube, that’s an hour that you could be putting into your craft. So you really have to learn to prioritize.

I remember another quote, from an Uber driver from [when I was toward the end of] high school. It was the weirdest thing but it always stuck with me. He told me “You have two options right now, in this time of your life. You can either party these next four years and work like a dog for the rest of your life, or you can work like a dog for these next four years and party for the rest of your life.” So what do you want to do with these next four years or the time that you have here?

Q: Where do you see yourself in ten years from now, in your career and artistically?

A: Still doing art. I used to be a big believer in having certain goals and thinking “this is what’s going to happen in ten years,” but I kind of realized by talking to older people that you never really know where life is going to take you. You just have to have a big picture of your life purpose and keep working toward that. You may want to own a business, or you may want to be an entrepreneur, but life may throw you something else at you and you may just end up being an amazing professor or something like that. You never really know where you’re headed. But if you love a craft, then stick to it and wherever you’re meant to be, you’re going to end up there. Of course, you have to be strategic. I have certain goals, but I’m not going to attach an age to those goals.
The Big Picture:
Top Movies of the Decade

2015 saw Tom Hardy star as Max in George Miller’s "Mad Max: Fury Road."

Thomas McNulty
Assistant Entertainment Editor

As we march boldly toward 2020, many Montclair State University students were also prompted to look back at their favorite movies of the past decade. These are just a handful of the hundreds of amazing films that were released in the 2010s.

2010
Christopher Nolan kicked off the decade with "Inception," a follow-up to his 2008 blockbuster "The Dark Knight." "Inception" featured both a star-studded cast, including Leonardo DiCaprio and Ellen Page, and a mind-bending sci-fi plot that left many viewers’ heads spinning.

2011
A French film starring Jean Dujardin and Berenice Bejo, Michel Hazanavicius’ "The Artist" is an incredibly unique comedy-drama. Taking place in Hollywood in the late 1920s, the setting is strongly translated through filming in the style of a black-and-white silent film.

Wendy Faria, a senior English major and teacher education student, explained why "The Artist" is so unique.

"This decade has two huge movies for the arts, 'The Artist' and 'La La Land.' They explore the importance of music, dance and song in connecting people in the modern day," Faria said. "The use of black-and-white again in 'The Artist' is amazing and extremely unique."

2012
One of Disney’s first animated features of this decade was "Wreck-It Ralph," centered around the villain of an arcade game who dreams of being a hero. The movie features voice work from Hollywood stars such as John C. Reilly and Sarah Silverman.

Junior humanities major Brian Hernandez cited "Wreck-It Ralph" as his favorite movie of the decade. "I like movies that revolve around the concept of ‘the self,’” Hernandez said. "Ralph wants to be a good guy, but in being the bad guy, he gives the game purpose. Like Zangief said in the beginning of the movie, ‘You’re the bad guy, but that doesn’t make you a bad guy.’ I just loved that idea, and it made me love villains a lot more."

2013
The past decade has seen the rise of many new horror movie franchises. One that particularly stands out is 2013's "The Conjuring," directed by James Wan. The film is in the franchise, "The Conjuring" was highly praised for its strong performances and terrifying atmosphere.

Freshman English major Sierra Schiff explained why this movie is so important to the horror genre.

"I feel like it’s one of the most realistic and relatable horror movies released in the last decade," Schiff said. "Most horror movies nowadays are so predictable and cheesy, but this one establishes an average family’s struggle without all of the extra, unnecessary details that most horror movies have."

2014
Directed by Dan Gilroy and starring Jake Gyllenhaal, "Nightcrawler" uses Los Angeles as a backdrop and is a grisly and visceral look into the world of crime, journalism, consumerism and mental illness.

Focused on Gyllenhaal’s character Louis Bloom, a desperate cameraman who films violent crime and sells the footage, "Nightcrawler" treats both Lou-is and Los Angeles as equally important characters. The performances are stel- lar, the cinematography is excellent and the script is quite possibly the strongest of the decade.

2015
The writer’s choice for the best movie of the decade would be "Mad Max: Fury Road," starring Tom Hardy and Charlize Theron. A scenic, heart-pounding tour through a post-apocalyptic wasteland, "Fury Road" goes from 0 to 100 within the first 30 seconds and doesn’t slow down for two hours. Hardy and Theron give fascinating and nuanced performances as Max Rockatansky and Imperator Furiosa, and they cement themselves as incredibly skilled action stars.

The diverse use of color throughout the film’s landscapes make "Fury Road" both beautiful and unrelenting.

2016
One of this decade’s major movie movements is the Marvel Cinematic Universe, which began in 2008 with "Iron Man" and has consistently dominated the box office for the last decade, culminating in this year’s "Avengers: Endgame."

One standout Marvel film is "Doctor Strange," released in 2016 and starring Benedict Cumberbatch as the eponymous character.

Sophomore history major Matthew Baker cited "Doctor Strange" as his favorite movie of the decade. "Benedict Cumberbatch is amazing, and so are Mads Mikkelson, Tilda Swin- ton and Chiwetel Ejiofor," Baker said. "All of the characters are so well-written. The effects are also stellar, probably the best out of any Marvel movie that I have seen."

2017
"Get Out," directed by Jordan Peele and starring Daniel Kaluuya, was an amazing release from a first-time director. The film is equal parts horror, comedy, fantasy and social commentary. Racial tensions and prejudices are ex- plored, dissected and inverted throughout this exciting thriller, offering audi- ences a number of exciting surprises and twists.

Senior communication and media arts major Mitchell Layne shared their thoughts on why "Get Out" was so im- portant.

“It’s a huge metaphor for society, and issues that have really defined this decade," Layne said. "Equal rights, and equal treat- ment for everyone, is such an important issue. ‘Get Out’ does an excellent job of addressing those issues in such a natural way."

2018
Another excellent horror movie, and another directorial debut, came from Ari Aster’s "Hereditary." With a highly praised performance from Toni Collette, the movie tells the story of a family that is torn apart by a tragic event. However, not all is as it seems, and it seems that a curse may run in the family.

Hernandez mentioned "Hereditary" as one of his favorites, alongside "Wreck-It Ralph."

“It’s so unsettling and atmospheric," Hernandez said. "Instead of jump scares, they scare you using imagery and sus- pense to keep you on the edge."

2019
This year was full of many excellent and exciting releases, many of them reviewed by our very own Montclarion staff. One recent release was "Joker," based on the Batman comic book villain and starring Joaquin Phoenix.

"Joker," directed by Todd Phillips, stood apart from other comic book movies by embracing an R rating and taking inspira- tion from Martin Scorsese films such as "Taxi Driver" and "The King of Comedy."

Faria commented on why "Joker" was so fascinating.

"It was so intense and engaging," Faria said. "Phoenix is amazing, and the charac- ter’s deteriorating mental state makes you question whether every scene is real or just a fantasy. It’s brutal."

These are just a few of the best films released in the past 10 years. Now that we have looked back and appreciated these works of art, it is also exciting to look to- ward the future. There will be plenty of amazing films coming in the 2020s, and Montclarion will be here to review them over the next 10 years.
Montclair State University has been overrun with Disney+ ever since the release of their new streaming service in November. Disney+ seems to have something for all ages, such as classic movies, nostalgic old shows and exciting new ones. Almost everyone has found themselves discussing the new streaming service. Kyle Cashin, a junior history major, enjoys the platform.

“I like that I can watch all of my favorite Marvel movies, Star Wars movies and childhood tv shows,” Cashin said. Although Cashin likes the streaming service, he did admit that it has its downsides.

“I think it has plenty of content, but I think it only appeals to a certain age demographic. That demographic isn’t the one paying for it at the end of the day,” Cashin said. Cashin is not the only one to notice problems with Disney+. Edward DuCoin, a junior film major, has other problems with the streaming service’s content.

“You’re not really getting any original content,” DuCoin said. “All of the content is based off of [Disney’s] properties and all the shows announced are based off of different franchises and characters.”

However, public opinion about Disney+ is not entirely negative. Zoe Gleason, a journalism major, does not have a Disney+ account but has heard positive things.

“Young kids love it,” Gleason said. “I’ve heard people who aren’t kids saying they love it, but overall, the content is geared towards younger audiences.”

Regardless of these suggestions, Disney+ seems to be soaring in popularity among the masses. The streaming service has over 10 million subscribers and is likely to rise the longer it exists.

With the mixed reviews from both users and prospects, it is hard to tell whether Disney+ is a nightmare or a dream come true. It seems that the answer will have to come to us someday, like Cinderella’s prince, when the streaming service has had a longer life span.
The Future Is Bright for ‘Steven Universe’

After “Steven Universe: The Movie,” it felt like the franchise had finally come to an end. However, the new limited series, “Steven Universe Future,” acts as an epilogue and has brought up more questions and problems.

“Steven Universe Future” feels like the past seasons, but with a more mature tone than before. Just when it was thought the show couldn’t get any darker and more emotionally draining, it did.

The hour-long special “Steven Universe Future” features four brand new episodes titled “Little Homeschool,” “Guidance,” “Rose Buds” and “Volleyball.”

“Little Homeschool”
In the first episode, everything is back to normal and Steven and the Crystal Gems have taken in some of the Corrupted Gems that are now healed to live on Earth. These new Gems are learning how to move on from the past and trying to assimilate into this new world, since there is no longer a war and almost everyone is at peace.

However, not everyone is at peace. Jasper is still stuck in the past and holds many grudges. After being away so long from my favorite antagonist, Jasper is back and I couldn’t contain my excitement when she came on the screen.

As Steven tries to make things right with Jasper, they get into a fight and Steven awakens a new power that he did not have before. This power shows a darker side to Steven and he must come face-to-face with his inner demons.

The first episode provides a great overlook of what to expect for the rest of the season, and it is exciting to see what this power is and how Steven will face this problem.

“Guidance”
In episode two, Amethyst introduces Steven to the Gem Human Excellence Mentorship (GHEM), where a Gem is teamed up with a human to put their skills to work. The Gems perform a job based on their natural skills, but Steven raises the point that Gems shouldn’t be forced to do what they are “meant to do,” but instead should be free to discover new hidden talents. Steven tries to fix this situation, which leads to a disaster that both Steven and Amethyst have to fix.

This episode was entertaining to watch because new Gems were introduced, along with their personalities and powers. This episode teaches the audience the moral lesson that one can’t control everything, and maybe that’s what’s best. Amethyst finally found her calling and purpose on Earth with GHEM, and now she can help find Steven’s true purpose in life.

“Rose Buds”
Episode three is where things start to intensify and get awkward. Steven meets a trio of Rose Quartzes who have been bubbled away due to the fact that Steven’s mom, Pink Diamond, changed her identity to a Rose Quartz and was a criminal. Steven feels awkward around the Rose Quartzes and is reminded that deep down he still hasn’t forgiven his mother after all the things she did.

Steven, Amethyst, Pearl, Garnet and even Steven’s dad, Greg, feel uncomfortable around the trio of Rose Quartzes because they look just like Steven’s late mother. This episode was uncomfortable to watch. I felt like I was a part of this family and I wasn’t ready to meet another Rose Quartz after the last one caused so much controversy. This episode sparks the question of whether or not Steven will ever forgive his mom.

“Volleyball”
The last episode of this limited series is the best one. Pink Pearl, nicknamed Volleyball, reaches out to Steven to heal her eye that was cracked by Pink Diamond. Even Steven’s healing power can’t help her. Steven, Pearl and Volleyball then go to The Reef, where pearls are made, to fix her, but this just ends in chaos. Volleyball was Pink Diamond’s original pearl before the Pearl that fans know and love. The crack on Volleyball’s eye is due to the abuse caused by Pink Diamond.

This episode made Steven and Pearl realize that Pink Diamond was just as horrible as the other Diamonds. Pink Diamond brought so much pain to both Pearls, emotionally and physically, that it caused them to fuse together and understand each other. This episode is a tearjerker because it showed the audience that it’s okay to hurt and that there are people out there who relate to the same problems and can help each other.

I really don’t know how the creators of “Steven Universe” catch me off guard every time. I was not expecting “Steven Universe Future” to be even more emotional than in the past seasons. I can’t wait to see what the rest of the epilogue has in store for the fans.
‘The Good Place’ Has Answered Our Prayers for Great TV

Alexa Spear
Feature Editor

If you don’t watch “The Good Place,” you’re definitely going to the bad place. The series that tackles the question of quantifying morality is in its final season, and the stakes are higher than ever. This story started out in what was supposed to be a waiting room in heaven. Michael, played by Ted Danson, explained that the afterlife uses a scoring system to determine where to place souls. Good choices in life earn points and bad choices take them away.

Michael said he was the architect of the neighborhood responsible for keeping its residents happy, but we soon find out that’s not exactly the truth. As tension builds throughout the first season there are several revelations about what is really happening, and where intentions truly lie.

Eleanor Shellstrop, played by the irresistible lovable Kristen Bell, is not supposed to be in the good place. She is a crass narcissist hell-bent on doing what she wants, despite the consequences. Although she encounters some obstacles along the way, especially a few bad place imposters in disguise, her quick thinking always seems to save herself.

Eleanor’s philosophy, hoping to show her “soulmate” in love, have their memories erased (again) and plan their own funerals. After 300 years and thousands of timelines, everyone has adopted a new outlook on life.

Eleanor has come a long way from the selfish troublemaker we saw in season one. She’s now the pseudo-architect of the reimagined “good place,” and she’s working hard to help others become the best version of themselves. Although she encounters some obstacles along the way, especially a few bad place imposters in disguise, her quick thinking always seems to save the day.

The comedic packaging may fool you, but this show is so meaningful beneath the surface. “The Good Place” is a human show about what it means to be an imperfect person with a finite amount of time to do better. Despite the show’s heavy subject matter, it maintains levity through its playful sense of humor in the face of total damnation.

Whatever happens in the last few episodes, I’m hoping the show continues to offer its usual brand of hopeful but cautionary optimism. We’ve been shown that nothing is perfect, but for once I hope the group can find their own version of a happy ending. I’m truly rooting for these characters like I’ve never rooted before.

Eleanor has come a long way from the selfish troublemaker we saw in season one. She’s now the pseudo-architect of the reimagined “good place,” and she’s working hard to help others become the best version of themselves. Although she encounters some obstacles along the way, especially a few bad place imposters in disguise, her quick thinking always seems to save the day. At the beginning of season four she also had to sacrifice the relationship that has been keeping her on track, something old Eleanor wouldn’t be capable of.

Chidi has transformed from the resident “nutty” professor who couldn’t make his own decisions, to a strong-willed leader who sacrifices everything to save his friends. His trajectory has been one of the most impressive character arcs I’ve had the pleasure of watching.

Janet, played by D’Arcy Carden, is one of the funniest characters throughout the show. Self-described as “not a robot” but also “not a girl,” she is a lifelike encyclopedia of the universe. Although it seems like she has all the answers, she’s tested on her humanity and has to learn what it means to be a “person.”

A human show about what it means to be an imperfect person with a finite amount of time to do better. Despite the show’s heavy subject matter, it maintains levity through its playful sense of humor in the face of total damnation.

The comedic packaging may fool you, but this show is so meaningful beneath the surface. “The Good Place” will make you laugh and cry, occasionally at the same time, and you might learn something about yourself along the way too. As Michael has said, “What matters isn’t if people are good or bad. What matters is if they’re trying to be better today than they were yesterday.”
Tempering out the affluence of the family are maid Fran (Edi Patterson) and kindly nurse Marta (Ana de Armas). In true whodunit fashion, everyone has both a potential motive and a secret. The plot is satisfyingly twisty, convoluted enough to keep the audience guessing without being confusing. Like most movies with a large ensemble cast, it takes the audience some time to puzzle out character relationships and remember who's who. But once that's out of the way, what follows is an entertaining series of murder mystery tropes played out in unexpected ways.

One might expect the film to focus on detective Benoit Blanc, played by Daniel Craig, whose ridiculous southern accent alone justifies the existence of his character. However, the film finds a completely different route, and a wholly unexpected protagonist.

"Knives Out" looks and feels like the platonic ideal of a mystery movie. Autumnal sepia colors create a feel of old money New England. The house that forms the setting for most of the movie is a sprawling gothic mansion, filled with an assortment of appropriately gothic oddities. Any given shot looks like it could become a publicity still, and there's plenty of visual humor and satisfying detail in the background.

Even the film's logo is reminiscent of that of the 1985 cult classic "Clue." The dialogue is sharp and witty, and the characters are thoroughly entertaining, if not fully fleshed out.

However, there is also a contemporary edge to this classic mystery. The family members are all over the political spectrum, ranging from an alt-right tweeter to a left-wing campus activist and everything in between. In one particularly tense encounter, a family member asks a South American employee to weigh in on a debate about immigration.

There's also a subtle political undercurrent to the whole situation: most of the family hasn't made much of their economic advantage, and they cling to their status by the skin of their teeth. The political aspect of the film isn't necessarily at the forefront all the time, but it's crucial in understanding who the characters are and why they make certain choices.

In this way, "Knives Out" is not only thoroughly entertaining, but unexpectedly insightful. On one level, it is a solidly entertaining classic murder mystery. On another, it has a surprising amount to say about the ultra-rich in contemporary America. Either way audiences choose to watch it, they should find much to enjoy in this fun and solidly made whodunit.

Gotta Put Another Season of ‘The Marvelous Mrs. Maisel’ on Your Plate

Rachel Brosnahan reprises her role as the hilarious Midge Maisel in Amazon's award-winning series, “The Marvelous Mrs. Maisel.”

Rebecca Serviss
Opinion Editor

It's been a year since viewers got another bite of Amazon's award-winning comedy series, "The Marvelous Mrs. Maisel," leaving dedicated fans starving for more. On Dec. 6, viewers prayers were finally answered with the release of the highly anticipated third season of the show; many of whom were able to finish all eight hilarious episodes within its first weekend. While this season was short, director and producer Amy Sherman-Palladino did not disappoint as everyone's favorite characters and cast have come back.

The season takes off with Midge, played by Rachel Brosnahan, getting ready to perform a benefit for United Service Organizations (USO) troops, but is told last minute that she will be participating in a finale performance of “White Christmas” with the other acts. As an outgoing Jewish housewife, Midge completely improves having not memorized the words and pulls off a memorable performance of moshing and lip-syncing.

The benefit sets the next step in Midge’s career into motion as she gets ready to hit the road with jazz musician, Shy Baldwin, played by Leroy McClain, and his band. While Midge was only the opening act, she easily stole the show on and off the stage. Midge travels from places like Las Vegas and Miami, opening every hotel door to an unnecessarily large amount of yellow teddy bears waiting there for her.

Viewers are also engaged by the endless humor; like when Midge’s mom, Rose Weissman, played by Marin Hinkle, travels to Providence, Oklahoma, to beg her family for money after her husband Abraham, played by Tony Shalhoub, loses his job as a math professor at Columbia University.

There are also the many encounters between Midge’s husband Joel, played by Michael Zegen, and the owners of an overcrowded illegal casino in the basement of his newly owned club in Chiniatown. Another component that makes this season jammed packed with more comedy than before is that viewers get to see more of Jane Lynch as Midge’s rival Sophie Lennon.

Susie Myerson, Midge’s manager, played by Alex Bronstein, takes on Sophie as another client and gets her a gig in a serious Broadway production of “Miss Julie,” which is a real-life play. Throughout the rehearsal process, viewers get to see more of Sophie’s outrageous requests and method acting, as well as how poorly she treats her staff. For what is supposed to be the villain of the series, viewers can’t get enough of her.

So, the surprise cameo from none other than George Costanza himself, Jason Alexander, is sure to put a smile on viewers faces.

Overall, the season is very short-lived for all of the action-packed stories to tell. The majority of the story follows Midge on tour, which does bring a lot of surprises, but all of the side journeys feel rushed to only to get back to Midge.

With two Golden Globe nominations for “Best Television Series - Musical or Comedy” and Brosnahan for “Best Actress Musical or Comedy,” “The Marvelous Mrs. Maisel” is a series that will continue to make fans fall over laughing on the couch. Just be sure to properly space out the binge-watching because with enough dedication and focus, this season is one that can be finished within 24 hours.
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E-mail:
montclarionentertainment@gmail.com

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There was a lot of energy at Panzer Athletic Center on Saturday as the Montclair State University Red Hawks men’s basketball team took on the Kean University Cougars in their first home game of the season.

Montclair State played a full-court from start to finish. Kean had a hard time adjusting as Montclair State scored the first nine points of the game. Kean eventually got back in to the game, but as the first half progressed, Montclair State’s lead became steadily larger.

Head Coach Justin Potts commented on the game.

“It was nice to play in Panzer. I’m sure for the guys obviously it’s a little more comfortable when you’re playing at home,” Coach Potts said. “I thought we did a good job preparing. I thought practice was great. There was a lot of energy, so it was nice to finally get a home game and put the white uniforms on for the first time this season.”

The game was capped off by a 24-9 run in a 6 1/2 minute stretch. By the end of the first half, the score was 50-34 in favor of the Red Hawks.

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Junior forward Irving Callender IV talked about his team’s play.

“That’s what we do for every game,” Callender said. “The key to our success is playing good defense, playing fast [and] playing hard on the defensive end [which] will give us easy buckets on the offensive end.”

The second half was more of the same. Montclair State started the first 7 1/2 minutes of the second half on a 26-9 run. Their largest lead of the game reached a point margin of 34.

Kean had a good run late in the game to get the differential under 20, but it did not matter as Montclair State won, 96-79.

With Montclair State’s defensive intensity throughout the game, they forced Kean into 23 turnovers, had 17 steals and 28 points off turnovers.

Senior forward Justin Porter commented on the way Potts coaches his team.

“We actually love it,” Porter said. “We feel as though Coach Potts lets us play with freedom and we just hone in on the defensive end. So as long as we stick to our principles and fly around, play with energy and effort it works out and it shows on the scoreboard.”

Montclair State had balanced scoring, with five players scoring in the double figures range. Both Callender and senior forward Jalen Purham had over 15 points with 17 and 16 respectively.

“Besides the scoring, I thought we played well as a team,” Purham said. “I saw a lot of people score easily, I thought that we were focused today. We all played with energy so that kept us all energized the whole time and everyone fed off of it, so it became easy to score.”

Kean had no lead almost the entire game. Montclair State kept the lead in 37-56 minutes of the 40 minutes played. Potts shared his thoughts on how he thinks the team is doing.

“I think we’re doing a really good job,” Coach Potts said. “It’s obviously new for them but they’re learning how to make some adjustments through the course of the game.”

Potts discussed what worked the best for the team in their home opener.

“Today we got a little bit from everybody, the pressure generated some easy baskets and we got some stuff out in transition,” Potts said. “Guys could get to the front of the rim, we take a lot of threes so you know we shot the ball pretty well too day too which helps.”

Senior guard/forward Justin Porter looks to score points for the Red Hawks. (Chris Krusberg | The Montclarion)
Women’s Basketball Loses in a NJAC Playoff Rematch

Corey Annan
Assistant Sports Editor

The Montclair State University women’s basketball team’s loss to the Kean Cougars could be described in one word: turnovers.

The Red Hawks committed 24 turnovers en route to a 71-60 loss to Kean in a packed house in Panzer Athletic Center on Saturday, Dec. 7. The loss drops the Red Hawks to a 4-3 (2-1 New Jersey Athletic Conference (NJAC)), while the win brings the Cougars to the top spot in the NJAC with a 5-1 record (3-0 NJAC).

The biggest storyline heading into this matchup was if the Red Hawks could avenge last season’s NJAC playoff loss to the Cougars, who broke the Red Hawks streak of six consecutive NJAC championships and national tournament appearances. Coach Karin Harvey was adamant that her squad treated this game like any other NJAC game.

Early in the game, the Cougars would establish their brand of basketball by getting out in transition and forcing turnovers. They would jump out to an early lead thanks in part to Kean’s duo guards sophomore Shannon McCoy and senior Payce Lange. The Cougars took an early 19-10 lead at the end of the first quarter.

The Red Hawks would begin to settle into their offense more in the second quarter as they began with a 16-7 run to bring them right back in the game. Senior guard Cerys MacLelland would nail a huge jump shot to narrow Kean’s lead to 26-24. She finished with 15 points, leading the team in scoring for the game.

Costly turnovers would doom the Red Hawks in the last five minutes of the quarter, leading a Cougar run of the ball, [especially] when we would reverse it and they would jump the passing lane or we wouldn’t meet the pass,” Coach Harvey said. “But they were more aggressive and physical during the game and we didn’t match their intensity.”

The third quarter would continue to see the Cougars push the ball at a very fast pace, keeping the Red Hawk defense off balance. Kean would again stretch their lead to double digits when junior guard Ashley Hunt would nail a jumper with 3:38 remaining in the quarter to make it a 48-37 Kean lead. The Red Hawks refused to lay down. Freshman guard Nickie Carter, who is averaging a team-leading 12.7 points per game, would drop nine of her 14 points in the last 3:30 of the quarter to bring the Red Hawks back in the game. Carter would cap off her sensational quarter with a huge three-pointer to make it 52-46 with 58 seconds left.

“Coach Harvey was impressed with the way Carter stepped up as a scoring weapon for the Red Hawks in this game with star forward Alex McKisin (six points, 3-10 field goals) struggling for most of the game.

“She was a little bit more aggressive in the second half and I thought she did an amazing job today,” Coach Harvey said. “Every game is a learning opportunity for her, but she’s super talented with the way she can shoot the three and get to the rim.”

The Cougars would maintain a 54-47 lead heading into the fourth quarter, but the Red Hawks continued to fight. Carter would dish a beautiful pass to sophomore guard Rylee Muligan for a huge three-pointer to bring the Cougar lead down to 58-56.

Carter detailed what led to the Red Hawks fourth-quarter surge.

“We realized we could’ve been in this game the entire time if we just worked harder,” Carter said. “We began to match their pace and not [allow] them to control us.”

This surge was short-lived, as the Cougars would make one final run to seal the game. A 12-4 game-winning run was capped off by a great pass from McCoy would set up an easy layup for Olivero to make it a 68-60 game with 48 seconds remaining in the game, clinching a Cougar victory.

The Red Hawks have started off slow in their last few games, but have found ways to win them. Despite the Red Hawks resilience in playing until the final whistle, this game may serve as a reminder to this team that they will have to play all four quarters to win against tougher NJAC opponents.

“We need to start the way we finish,” Carter said. “The last two games we’ve been getting away with slow starts, but it’s not going to cut it for these tougher NJAC teams.”
Meet Justin Potts, the New Red Hawks Men’s Basketball Coach

“First you make your habits, then your habits make you.”

Having heart, appreciation, brotherhood, being invested, showing toughness and sacrifice (HABITS) is the motto that first year Montclair State University men’s basketball coach Justin Potts looks to instill in all his players on and off the court. The terms used in HABITS are important to Potts and how he gets his players to buy into his coaching style.

This acronym is what Potts repeatedly tells his players to live by throughout life and basketball.

For Potts, becoming the new head coach was a homecoming. He was born and raised in Sparta, New Jersey where he began his basketball journey. He fell in love with the game at a young age, coming from an athletic family with his brother and sister being great athletes in high school, as well as college. Potts was fortunate to be around Sparta basketball great John Deeb and his high school head coach, Dennis Toban, who were influential during Potts’ high school days.

Potts went on to play college basketball at Moravian College.

“I wasn’t a very good player, but I did play,” Potts said.

After his four years of playing at Moravian, Potts transitioned right into coaching at only 22 years old. It was difficult for him at first as he stayed at his alma mater coaching players he was friends with when he was a player.

After two years of coaching the team, he landed his first assistant job at East Stroudsburg University (ESU), where he met the most influential person in his professional career. Jeff Wilson, the head coach at ESU, took a shot on 24-year-old Potts, where he picked up the philosophy of press defense and up-tempo basketball. Potts uses this in his coaching today, giving credit to Wilson for teaching him.

Potts returned to Moravian where he stayed the last four years building the program from a five-win team to winning consistently. Potts led Moravian to 20 wins in each of the last two seasons, the only 20-win campaigns in 84 years of the program.

Potts talked about his decision to leave his alma mater and make the change to Montclair State.

“It was the toughest decision I have made professionally,” Potts said.

Potts detailed his opportunity to get back to New Jersey and how Montclair State, as a whole, swayed him.

“I think Montclair State offered a really good opportunity,” Potts said.

Potts looks at goals and success in a different sense that is important to Montclair State basketball.

“By the time the journey ends, did we max ourselves out?” Potts said.

Those three questions will have to be answered at the end of the season, but gives motivation to players and coaching staff to stay true to who they are and play to what they are capable of playing.

Potts knows it took a lot more than being a decent basketball player to get to where he is today. He credits his family, especially his parents and wife that have supported him through the journey of becoming a coach. He talked about how understanding his wife is, sacrificing time throughout the season.

“ar to a coach’s wife is probably one of the toughest things there is,” Potts said.

When Potts has free time he enjoys watching basketball and playing golf, as well as raising his two young girls. He spends time at the Jersey shore during the summer just like many other New Jersey residents.

The future of Montclair State basketball is bright with Potts at the helm, being more than a coach on and off the court.
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Once a Red Hawk, Always a Red Hawk

Student Athlete Profile: Alex McKinnon

At one point in Alex McKinnon’s life, playing college basketball did not even cross her mind. Fast forward a few years and she is now captain of the Montclair State University women’s basketball team and has been an essential part of it since stepping foot in Panzer gym.

McKinnon started playing basketball as soon as she could, joining her first recreational team at just five years old. She continued playing whenever and wherever it was available to her, playing competitively in middle school and high school.

In high school, McKinnon also played on a very successful volleyball team, but when it came down to it there was no doubt that if she played a sport in college it would be basketball. It was not until the end of her sophomore year in high school that McKinnon started seriously thinking about playing basketball in college when she saw that other players on her team were showing interest in college basketball.

After a basketball event, Coach Karin Harvey, the Montclair State head women’s basketball coach, reached out to McKinnon. The rest is history.

“I’m from Connecticut, so I never heard of Montclair State before,” McKinnon said. “I started to look to play basketball in college and Coach Harvey reached out to me after an event and started the recruiting process from there.”

McKinnon talked about how visiting Montclair State was when she realized she was where she was supposed to be.

“Just when I saw what Montclair State was, when she realized she was it was her she was supposed to be.”

McKinnon said.

It has been evident since McKinnon’s freshman year at Montclair State that she has been a perfect fit for the program.

Her freshman year she was named New Jersey Athletic Conference (NJAC) Rookie of the Week and played in almost every game. McKinnon’s great start continued to skyrocket as she played every game in her sophomore year.

Her junior year she was selected to the All NJAC Second team and led the team with a scoring average of 12.7 points and 5.6 rebounds per game.

Entering her senior year as a Montclair State player, McKinnon has continued to show her importance and value to the team, already having a 22-point-high game early in the season.

Behind her success lies hard work, 14 other amazing players and a phenomenal coaching staff. McKinnon’s favorite part about basketball is no doubt her team.

“Absolutely love being a part of the team,” McKinnon said. “I love all the girls, getting to know them as people off the court, as well as players on the court, has just been a great experience. I’ve met so many great people in my four years because of basketball.”

To McKinnon, basketball is much more than a sport and has helped her grow off the court as well. Being on the team has made her become a better communicator as they often talk about “open communication,” and has helped her become accountable in all aspects of life.

As captain, McKinnon has to be a leader, and that position is building her into a better leader every day. Basketball has given her skills that she will use for the rest of her life.

What makes a great team is not only the players but also a great coach. Coach Harvey is someone who has inspired McKinnon since her beginning at Montclair State and was one of her reasons for coming here.

“We have a great relationship, it’s gotten stronger every year since I’ve been here,” McKinnon said. “She’s always looking out for the best interest in us as players, but also [looking out for our best interest as] people. We have great communication between the two of us and she’s someone I really trust.”

Like all happy stories, they all must come to an end. However, this chapter of McKinnon’s life is not over yet.

Evelyn Lavitola
Staff Writer

McKinnon fights off Kean defenders to try and score for the Red Hawks on Dec. 7.

Chris Krusberg | The Montclarion

McKinnon holds a basketball on her senior day.

Evelyn Lavitola | The Montclarion

She still has things she would love to accomplish with the team such as winning the NJAC, but what is most important to her is enjoying every day of her senior year, just having fun and making the best of her experience.

McKinnon has truly been an integral part of the Red Hawk family.
"In America, the President reigns for four years, but Journalism governs forever." – Oscar Wilde

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Student Athlete Profile: Ryan Martinez

Men’s ice hockey defenseman is determined to help his team succeed

Ryan Martinez is among the 14 returners on the Montclair State University men's ice hockey team this season. The sophomore defensemen is also apart of the core group of players that looks to bring the team to new heights.

Coming off of a shaky season last year, the team has five wins in their current season, Martinez has transitioned from playing forward to defense this season in order to improve the team. The switch has worked out quite well; he has five goals and six assists after about three quarters of the season.

The men's ice hockey head coach is Robert Martinez, who happens to be Ryan Martinez's uncle and a Montclair State men's ice hockey alumnu. Robert Martinez talked about why he decided on the position change.

"We moved [Ryan Martinez] from forward to defense this season because we needed to add a little more size and presence on the back end," Robert Martinez said. "He also has a pretty good shot, so adding him back there gives us a threat at the point when he is on the ice and on our power play."

One of his five goals was a game winner in an intense game against Siena College. Martinez scored in the first period on a power play to put the Red Hawks up 1-0. This gave the team a momentum shifting win and sophomore goaltender Danny Porth, who is Martinez's best friend, a 39 save shutout.

Porth has an especially close connection with Ryan Martinez.

"I think a good word to describe [Martinez] would be underrated, both as a player and a person," Porth said. "As a player, his game isn’t necessarily the flashiest and he doesn’t have the most points, but there is few players at our level as well rounded both offensively and defensively as [Martinez] is."

Porth went on to talk about Martinez as a person.

"As a person, he comes off to new people as very quiet and often even comes off as cold. But after living with him freshman year, I have yet to meet a more loyal or caring human," Porth said. "I legitimately cannot imagine my life at Montclair State without him and I will forever owe his uncle, Coach Rob Martinez, for bringing us together."

Another important goal from Martinez came in a game against Sacred Heart University, where he scored late in the third period to tie up a 2-1 game. The team went on to tie the Pioneers, avoiding a loss and giving the Red Hawks momentum.

Martinez has always had a passion for ice hockey and he started playing at a very young age. He was practically born into the sport, both his father Victor Martinez and uncle Robert Martinez played and coached ice hockey.

Martinez talked about how he developed his love for ice hockey.

"I started skating when I was around the age of three," Martinez said. "As soon as I got a little older I fell in love with it, and have been playing ever since."

Martinez has played in four different towns during his life — Paterson, Clifton, Rutherford and he now resides in Denville. He went on to play ice hockey for Morris Knolls High School.

"Now in his second year with the Red Hawks, he is loving every minute of it. Martinez spoke about his experience as a Red Hawk.

"I love it," Martinez said. "The team is a special atmosphere and most will be friends for life. The school itself is a great education as well. I am fortunate enough to where I can continue my hockey career and get an education at the same time."

Being on the team has created bonds for Martinez that he will cherish for the rest of his life. He has become close with many members of the team, especially the group of freshman players Robert Martinez brought in last year, like Porth and defensemen Steve Ramos and Will Prinz.

Martinez elaborated on the connection he has with his teammates.

"Some of them I actually grew up playing with like [junior forward] Shawn Meneghin and Will Prinz," Martinez said. "I'd say I'm very close with Danny Porth, he is like an older brother to me, as well as my roommate. I'm also close with Steve Ramos, who is just a great individual and will always have my back."

These bonds have created memorable team experiences for Martinez. The team is like a second family to him.

"It's a great time being with the guys," Martinez said. "Taking long bus trips together and playing the game we all love along with a lot of us having the same interests makes us bond even more."

Robert Martinez also commented on the bond this created between him and his nephew as his coach.

"He is a very dedicated teammate and a pretty hard worker as well," Robert Martinez said. "I am happy he is here playing, as it is a tradition in our family that I hope continues with his brother, and even maybe their children some day."

Robert Martinez talked about how his nephew has been a part of his hockey life since he was young.

"Ryan [Martinez] was 1-1/2 years old when I watched him play here and was present when we won a championship in 2001," Robert Martinez said. "I hope that he has the same experience here that I did as a player and student as Montclair State has given me so much."

Although the men's ice hockey team is done for the semester, Martinez is looking forward to getting back on the ice for the Red Hawks in January to continue his successful season.

The team will be back in action on Jan. 12 at Army, where they look to steal some wins and pursue their goal of making the playoffs. Martinez will be a significant contributor to this playoff pursuit.

When it comes to inspiration, Martinez has a general view, but credits most to pro players along with his father and uncle. For him, it depends on who you work well with.

"To me when you play a sport you develop a bond with different people, which is another reason why the game is so great," Martinez said.