EDITORIAL: SAVE US, STUDENT JOURNALISM, YOU’RE OUR ONLY HOPE

With the coronavirus (COVID-19) pandemic continuing on without a concrete timeline for a vaccine, and most colleges now more than a month into their fall semesters, there have been many instances of health-threatening misconduct within university administrations across the country.

While Montclair State University’s administration has dealt with the pandemic in the midst of reopening quite well, room for improvements remains to be made. As a matter of fact, they will be changed due to an article published by your very own student newspaper, The Montclarion.

The effectiveness of Hawk Check, a procedure implemented by university officials to ensure that students who are traveling to campus are not experiencing any COVID-19 symptoms before arriving, was called into question by Casey Master- son, the feature editor for The Montclarion. Masterson recently wrote an opinion article about how students who fail to fill out the Hawk Check survey before coming to campus are never held accountable, due to the fact that there is currently no screening system in place to do so.

In a recent meeting, Joseph Brennan, the vice president for communications and marketing at Montclair State, told The Montclarion editorial staff how they plan to re-evaluate Hawk Check and extend its measures in order to keep both residential and off-campus members of the Montclair State community protected.

Unfortunately, the leadership of many universities across the nation are not as attentive and diligent. Despite this widespread lack of mindfulness, student journalism is doing its part in exposing the holes in their respective systems and calling for the necessary improvements to be made.

“The Daily Tar Heel,” the student newspaper of the University of North Carolina at Chapel Hill (UNC), exposed their university’s administration for allowing in-person classes, despite being advised otherwise by the Orange County Health Department. Since the reopening of school, UNC has tested nearly 1000 students, placed 349 students in quarantine and 177 students into isolation.

Following the student newspaper’s expression of discontent with their administration’s blaming of the students for a cluster of cases and how it is the university’s fault for failing to encourage caution, in-person classes have since been canceled.

At the University of Notre Dame, Father Jenkins, the university’s president, tested positive for coronavirus. Notre Dame’s student newspaper, “The Observer,” followed the diagnosis with a front page editorial titled “Don’t make us write obituaries.” Then, over 200 Notre Dame students called for the resignation of Jenkins, citing the hypocrisy of blaming students for the spike in on-campus cases, while not being diligent enough to remain safe himself. Since then, Jenkins issued a public apology for his lackluster and dangerous approach to dealing with COVID-19 and promised to do better.

For the past few decades, local news has taken a beating. Subscriptions in community-based newspapers have sharply declined, causing many to shut down, leaving countless people to gather their news from mainstream media outlets whose priorities lie with national topics and TV ratings.

Within college communities, student newspapers are what keep members of the community informed on developments that are directly affecting them. This is because there is no one better to inform you of your community than a fellow member of your community.

Frank LoMonte, director of the Brechner Center for Freedom of Information at the University of Florida, spoke about the importance of college communities being informed on developments.

“If News12, CNN or Fox News isn’t going to report on the matter in order to keep members of Montclair State’s governing body in check? Probably not.

Instead, it will be the students enduring that added financial hardship, serving as the watchdogs to make certain that the burden does not go to waste.

The health of Montclair State students, faculty and staff remains, and will remain, at risk until a point in time is made clear by health officials. The safety of the Montclair State community has been prioritized by the administration thus far and it is up to us, the students, to keep it that way.
Choudhry, Nicole Comly, Kevin Dolan, Tatiana Gaddy, Leslie Gallagher, Sharif Hasan, Denise Jugo, John LaRosa, Jesse Liptzin, Kelvin Jimenez Michaca, Bernice Ndegwa, Zoe Nolz, Matt Orth, Charlie Reiff, Jen Losos,

For all of the blood, sweat and tears, sleepless nights and stressful mornings, and the heart and soul that you have poured into our organization, we will make you proud.

We look up to you, we miss you and we love you,

The Montclarion Staff

Vice President Dr. Karen Pennington Announces Her Retirement Plan

Dr. Karen Pennington, Vice President for Student Development and Campus Life, has announced her plan to retire from Montclair State University effective Jan. 1, 2021.

President Susan A. Cole informed the university of Pennington’s announcement in an email on the morning of Wednesday, Sept. 23, where she also addresses Pennington’s contributions to the university as well as her accomplishments throughout her years of service.

“I have served with Karen [Pennington] by my side for the past 22 years, and I can say with absolute certainty that the university and generations of thousands of students have been the beneficiary of her knowledge, her integrity, her excellent judgment, and her consistent desire always to do the right thing,” Cole stated in the email.

Just like Cole, Pennington has been at Montclair State since 1998. Pennington served the role as a mentor for many students and staff. She also has been an advocate for the university and students while simultaneously working on the growth and development of Montclair State over the years.

In January 2020, Pennington was awarded the Scott Goodnight Award for Outstanding Performance as a Dean from the National Association of Student Personnel Administrators (NASPA) which she has earned from students, faculty and fellow administrators for the significant contributions she has made in higher education.

Pennington’s plan to retire was not a new decision and had been discussed before the COVID-19 pandemic forced Montclair State to switch to virtual classes half-way through the 2020 spring semester.

“I originally planned to retire in June of 2020 and changed my plans to retire in December of this year. That decision was made last spring, pre-COVID,” Pennington said. “However, the announcement and plans were put on hold until after we got

Letter to the Editor-in-Chief: On Oct. 13, 2020, our Editor-in-Chief was involved in a devastating motor vehicle accident. Remarkably, she survived with few injuries; however, the injuries sustained are very serious and continue to negatively impact her day-to-day life.

For the time being, while she recovers, The Montclarion will fight forward.

Jen Losos,
The Montclarion • October 28, 2020 • PAGE 3

#FOCUSDEMCOCRACY: Montclair State Clubs and Organizations Encourage Red Hawks To Vote

Jenna Sundel
Assistant News Editor

The 2020 presidential election is steadily approaching, and several Montclair State University clubs and organizations are trying to increase student voter turnout.

The Student Government Association is encouraging clubs to provide their members with the information they need to vote for the Nov. 3 election.

Sierra Craig, a senior journalism major and member of the president’s advisory team, says students learn better from their peers.

“Seeing familiar faces talking about issues that affect not only our campus community but our livelhoods will give students no choice but to pay attention,” Craig said.

“We hope to continue to be a vessel of resources and a support system to our students during this pivotal time in history.”

The Political Science Club, which was established in 2015 to promote political awareness, has started providing its members with information on how to make their voices heard.

The club’s social media manager Alma Cats, a senior public relations major, says the club is trying to encourage students to get registered to vote.

“As a club, we are sending out emails and posting links to make sure people are registered for the election,” Cats said.

Students for Social Justice is an organization of northern New Jersey students seeking social justice for all.

The organization’s vice president Sara Fischer, a senior political science major, is planning events to help educate students on how to vote by mail.

Voting by mail is expected to increase this year due to the coronavirus pandemic.

“I’ve been planning an event for late October that...will give students and community a greater understanding of vote by mail,” Fischer said.

Fischer says Students for Social Justice will also be hosting an informational social media campaign for the whole month of October and fundraising for the U.S. Postal Service.

Omega Phi Chi Multicultural Sorority hosted an event called “Every Vote Counts” on Oct. 1. Their vice president and alumni relations, Elizabeth Moyeno, a senior television and digital media major, explained the purpose of the event.

“Our organization aspires to have our students leave the event with the knowledge that is necessary for them to be successful and gain the urgency to vote in such a transformative time in history,” Moyeno said. “Simply putting, utilizing our voices for the greater good is absolutely essential to the betterment of our future generations.”

Old College Hall Has Some Shiny New Features

Bernice Ndegwa
Contributing Writer

The wait for the reopening of College Hall will soon be over for the Montclair State University community. For nearly three years, many have wondered what is to come of the more than century-old building as it has endured renovations since closing in June of 2017.

College Hall was the school’s first building when it opened in 1908. It was home to a plethora of offices and classrooms, including a gym and a modern school library. The building also included study halls, locker rooms and lunchrooms. After its 109-year run, university officials decided that it was time for a makeover.

Belinda Bohrman, a sophomore English major, is eager to see what the new College Hall will look like and offer for students.

“I’m really eager to see what all of this time and construction and money have gone toward,” Bohrman said. “I’m really hoping that it’s something the entire student body can get at least some sort of use out of.”

The new and improved College Hall will house all of the school’s academic offices, including the Red Hawk Central (RHC) one-stop shop, which...will serve to assist students with common problems or questions, like with financial aid and registration.

In addition to RHC, the building will house the departments of Student Development and Campus Life, the Center for Leadership and Engagement, University College, the Dean of Students and many others.

Montclair State President Susan A. Cole has emphasized that College Hall will be a space for students.

“All the students’ services are going to be centralized in this building and there’s a terrific student lounge space,” Cole said. “There is such great space for students in this building.”

Although the shiny new additions may be the first thing to catch the eye of a passerby, there still remain lingering hints of the building’s history. Throughout the hall, there are traces of exposed brick, wide hallways and some of the original stained glass. The 200-year-old mission bell also remains at the top of the hall.

The renovated College Hall will also feature a gender-neutral bathroom, lounge areas for students and a nursing room.

Bohrman enjoys the fact that the some of the original architecture remains.

“I think the old architecture adds a sense of authenticity to a lot of the buildings,” Bohrman said. “It’s part of the reason I decided to come to Montclair State in the first place.”

In addition to offices and lounges, College Hall will also welcome a brand new Panera Bread to campus. The eatery is bringing new dining choices for the students and staff, as it features vegan and gluten-free options for people with varying lifestyles and dietary preferences.

The Panera Bread is not set to open until January, since the grand reveal of the College Hall is set to close too close to the end of the current semester. It will come one year after the introduction of Jersey Mike’s in Blanton Hall.

Karen Pennington, vice president for student development and campus life, stated that they plan on turning the old Au Bon Pain in Sprague Library into a new and improved study lounge.

“We are not going to replace [Au Bon Pain] right now. The idea is that we will turn that space into more of a high-end study lounge area for students, with some high-end vending machines,” Pennington said.

“There are all new, different kinds of vending machine possibilities, with salads, fresh foods and all kinds of things...so [we are] exploring what possibilities are [available] for different types of vending that we didn’t have in the past. Again, for something different for students, a different menu, a different opportunity.”

Ciara Collins, a sophomore visual communication design major, is also ready for the reopening of College Hall.

“I feel pretty excited about it,” Collins said. “I think it’s a nice change and it looks like a great new facility.

While there is no official opening date for College Hall, university officials plan to have its doors open by the end of the month.
PHOTO ESSAY: Rocky Was Red Hawk Ready to Celebrate his 19th Birthday

The coronavirus (COVID-19) pandemic was not stopping Rocky the Red Hawk from celebrating his 19th birthday this October. The mascot’s birthday was celebrated on Monday, Oct. 5 and was filled with fun activities for Montclair State University students to attend both in-person and virtually.

The first event of the day was breakfast in the Student Center Ballrooms. Rocky and his sister, Roxy, were available in the morning to take some pictures and dance with guests as they ate bagels.

This event happened in two shifts, from 9 a.m. to 10:30 a.m. and from 10:30 a.m. to 12 p.m. Students could sign up for one of these two time slots in order to celebrate with Rocky, while keeping the number of people in the room low to follow safety precautions due to the COVID-19 pandemic.

Next was Rocky’s birthday parade. Several student organizations joined Rocky in his march around campus and handed out goodies to the students who cheered Rocky on. The parade route went all around campus, starting at the Student Center and ending at the Montclair State Ice Arena.

At the arena, Rocky was greeted by Spongebob Squarepants and Patrick Star for a photo-op. There were plenty of fun activities for students outside of the ice rink, like the RecBoard wheel to win a free shirt and a soup tasting table.

Everyone sang happy birthday to Rocky. Cake with Rocky’s face on it was served to all of the guests in attendance.

To finish off the in-person events was an ice skating lesson with Rocky. Roxy watched as Rocky tried his best to follow along with the rest of the students. After the lesson, everyone was able to free skate with Rocky.

In order to participate in the ice skating event, students had to RSVP as the ice rink time to thank everyone involved only allows a certain amount volved throughout the day, of people in the rink at a time. such as all the student organizations and the Student Communications department.

People were able to take photos with Rocky after he was done skating on the ice. In spite of the pandemic, it was a busy day celebrating a happy birthday, ask him ques-
A Montclair State student wafts a bubble wand through the air near Dickson Hall to create bubbles during Rocky’s birthday parade.

Senior psychology major Diamond Jordan, a member of the Montclair State University Rec Board, dressed up to help at Rocky’s birthday celebration.

Michelle Lee, a freshman business administration major, gifts a piece of art she painted for Rocky in front of the Student Center.

Junior Destany Armani George, freshman Ellie Grossman and junior Sammi Gerbrick pose with Rocky in the Student Center Ballroom.

Junior Komal Bains works behind a prize table in front of Montclair State University Ice Arena.

Photo courtesy of Tatiana Gaddy

Sunah Choudhry | The Montclarion

Photo courtesy of Nicole Comly

Photo courtesy of John LaRosa

Photo courtesy of John LaRosa
Montclair State University’s Campus Life Amid the COVID-19 Pandemic

The mindset is still the same: coming in [and] showing unity. Our objectives are the same as if it was a regular year. The only difference is we aren’t all together in the same room.

-Ernst Lozin, SGA President

Casey Masterson
Feature Editor

With the first full month of school behind them, it seems Montclair State University students have regained their footing amidst the changes in campus life. There is still the divide between virtual and in-person learning, and coronavirus (COVID-19) regulations remain in the air, but it is clear that the university is doing its best to make sure students feel welcomed and comfortable.

The best way to gauge the campus community’s pulse is through the Student Government Organization (SGA). Ernst Lozin, the SGA president, has overseen the transition of the student organizations into COVID-19 safe spaces.

“I think the SGA has done a tremendous job with trying to make sure that students at least have a chance and have the capabilities to be able to still host events virtually or in person. Although it is not what it was last year, I believe that in hopes of a better tomorrow, we have to prepare for today,” Lozin said.

In spite of these rough times, the SGA is doing its best to continue with what they have always done: speaking for their fellow students.

“We’re just trying our best to make sure the students still have a voice, still a part of meeting with the school administration, still hearing their concerns,” Lozin said. “The mindset is still the same: coming in [and] showing unity. Our objectives are the same as if it was a regular year. The only difference is we aren’t all together in the same room.”

Student organizations are still in full throttle with regulations to keep participants safe. Lozin pointed out that organizations are doing their best given the circumstances and are working to push events through for the students. There has also been a recent upsurge of students on campus at night. People are often seen among their group of friends enjoying the fresh air in the far less populated time of day.

Alysa Robinson, a freshman acting major, is taking advantage of the late night atmosphere.

“It is definitely a lot cooler during the night. There’s also not a lot of people around, so you can be as free as you want to be. I feel as if being around people in the daytime could be a little uncomfortable especially with all the conditions going on in the world, [with] the pandemic. I just feel like it is better to be outside during the night,” Robinson said.

Justin Goldberg, a sophomore marketing major, likes to relax with his friends outside after a long day of sports practice.

“We are both athletes and we both have other priorities during the day, so nighttime is a great time to relax and do homework,” Goldberg said.

Athletes are having a rough time this semester. Some are able to practice while others are not.

Morgan Connon, a senior justice studies and psychology major, is on the women’s lacrosse team. Connon explained how practices have been progressing throughout the semester.

“The first few days of practice were very different. We had to be in small groups and had to be on opposite sides of the field. After about a week or so,
The Montclarions • October 28, 2020 • PAGE 7

Jo-El Gordon prepares for an online class. Photo courtesy of Nicole Comly

Casey Masterson | The Montclarion

Professor Michael Koch addresses students in his Introduction to Communication and Media Arts class from the stage of Memorial Hall.

we were able to practice all together as a team, which was exciting. Things also started off very different because we weren’t allowed to play with any contact at all, but after a week of prac-
tice we were able to practice normally with contact and be all together,” Con-
on said.

Connon’s coaches have to wear a mask whenever they go near the team and the time allowed for practice has been restricted to an hour and a half. Although there have been many chang-
es, Connon believes that the athletic department is doing its best for the ath-
etes.

“Overall though, I think the athletic department is doing a very good job of keeping everyone safe and healthy and I’m very grateful that we’re having a fall ball season. Many schools weren’t giving the opportunity to have one, so we’re all very lucky and grateful for that,” Connon said.

The athletes are not the only students who need to practice. Elise Kohler, a junior music therapy major and flute player, gave insight into how the performing arts department is functioning.

“Coming back to campus as a performing arts major has been a lot different. It’s definitely difficult to get used to not being able to see everyone and in some cases, not being able to perform in person,” Kohler said. “All of [my classes] except for band are online. But it’s nice to be able to have hand, where we can all safely gather together and still play music, which is something I thought totally wouldn’t happen.”

Fortunately, the performing arts students will still get to perform. This performance will be happening over Zoom and Kohler is quite excited.

“It will be different and definitely a new experience for everybody and [it is] cool that we can still do it,” Kohler said.

Other institutions have also adapted in order to benefit the Montclair State community. Dining Services and Residence Life are crucial organizations for on-campus students and have been doing their part to keep students safe and involved.

Marketing manager for Montclair State Dining Services, LindseyAnderson, ensures that the Dining Services staff is taking the pandemic seriously and are doing all they can to keep students safe while they get their meals.

“We want our guests to know that we have comprehensive measures in place to ensure we effectively manage the spread of illnesses such as COVID-19,” Anderson said. “We are taking every step to ensure a safe food service environment and to reinforce our stringent health and hygiene standards.”

Dining Services also boasts new food-focused events and promotions for this semester, such as food festivals and a “Do It Yourself” series, to keep students engaged in their dining experiences.

Residence Life is also doing its best to engage with their community. Jeanine Stroh, executive director of the Office of Residence Life, stated that Residence Life has hosted more than 25 events for students, both virtual and in person.

“[Resident assistants] are currently meeting with every resident for check-ins and we are getting ready to add a series of workshops for our students. Each building is finding opportunities to connect with its students, from sidewalk chalk, to weekly community meetings, to arts and crafts and cooking demos, our staff aims to provide safe, fun and developmental opportunities for all of our residents,” Stroh said.

The university is doing all that it can to keep students both safe and engaged. This then raises the question of how the students feel the university is doing.

Jo-El Gordon, a senior film major, feels that Montclair State has done some positive things for the students.

“I’ve noticed while walking around campus a couple of times [that] they definitely held true to their word about the fact that there are hand sanitizer stations, virtually everywhere,” Gordon said.

There are some things, however, that some feel the university could improve. Patrick Lynch, a junior English major, feels Montclair State needs to correct its internet problems.

“I think that with the online classes they could have figured something out for students on campus. Especially with the Wi-Fi. It’s very iffy and that makes taking classes online extremely difficult,” Lynch said.

There are some negatives that are out of the university’s control. Gordon lamented over how badly he felt for the freshmen.

“I feel like [freshmen] are never going to be able to experience that Red Hawk pride you get to experience that first month where everyone’s getting to know each other. Since you’re a new face on campus, since everything is virtual, unfortunately, it’s also much more distant. There’s not as much of a necessity to meet new people,” Gordon said.

Not all students are able to be on campus to experience what students like Gordon or Lynch do. Many have elected to stay home for fear of their health. While some may be immunocompromised, others simply find it pointless to come to campus with no face-to-face classes on their schedule.

Meghly Tutunjian, a graduate student in counseling in student affairs/higher education, has all online classes. Like many students, Tutunjian is frustrated.

“Now I’m taking two classes and they are both asynchronous. I feel like I am just teaching myself. The fact that classes are asynchronous and we are paying full tuition, it’s not fair. If I am going to sit down and teach myself, why am I paying full tuition?” Tutunjian said.

Regardless of how hard online classes can be for some, it seems this is going to be the direction the university holds for a while. Even though 50% of classes next semester will be in-person, the rest will continue online. Next semester, if things start to shift toward the direction of normalcy, it is safe to say that the university will continue to prioritize and value the needs of its students before anything else.

Introduction to Communication and Media Arts class

Professor Michael Koch addresses students in his Introduction to Communication and Media Arts class from the stage of Memorial Hall.
Pour Yourself a Cold One at Bar Academy 101

Kevin Doyle | Staff Writer

Many Montclair State University students are stuck attending online classes from their dorm rooms or homes due to COVID-19 this fall. As a result, students have ended up with a lot of free time on their hands. Some have picked up new hobbies or started exercising more, but many would never think of learning a new skill such as bartending.

Bar Academy 101 is a bartending school located at 5 S. Willow St. in downtown Montclair, New Jersey. Roberto Troisi has owned the establishment for over nine years and has mastered the art of great customer service and, of course, making drinks.

Before opening his business, Troisi was working in downtown Manhattan and bartended on the weekends. Shortly after 9/11, he realized he wanted to escape the stress of corporate America and pursue something he truly enjoyed: making people happy.

“It was working in downtown Manhattan and bartending on the weekends. Shortly after 9/11, he realized he wanted to escape the stress of corporate America and pursue something he truly enjoyed: making people happy.”

String lights, pennants, high-top tables and model bars are scattered around the main room. With music blasting in the background, the room resembles a real bar atmosphere. The only “fake” thing about it is the water and food dye mixed in the liquor bottles on the shelves.

Bar Academy 101 offers several types of classes at reasonable prices, such as craft beer tasting, a sangria-making class and bartending certification courses. Occasionally, there are special events like champagne and chocolate tasting, wine and cheese pairing and events like champagne and chocolate tasting, wine and cheese pairing and more. There is something for everyone to enjoy.

Unfortunately, these classes came to a halt in early March when COVID-19 forced Troisi to temporarily shut his doors. He was not sure he would reopen because of all the uncertainties surrounding the situation.

“I remember the first weekend of March, the weekend before I shut down. I had 27 people in my room for a sangria-making class and I was on top of the world,” Troisi said. “And then boom, life just changed.”

According to Troisi, the most valuable skill to have to become a great bartender is patience. He said that patience is what was needed the most when bartending, but also is important to have in a COVID-19 world.

When Bar Academy 101 eventually reopened, Troisi was greeted with an overwhelming amount of support from his local community.

“It's all affected me in a positive way because I realized how much I'm appreciated and loved by the people that come in,” Troisi said.

Elaine Rizzo participated in the sangria-making class and appreciated how accommodating and flexible Bar Academy 101 was. Rizzo and her husband made about 10 different sangrias and said they enjoyed learning how to pour the wine bottles, sometimes even two bottles at once.

“It's nice to know these places exist. Everyone knows that bartenders can go to ‘bartending school' but you don't really know what it is,” Rizzo said. “They offer so many different classes and it makes a great gift.”

Montclair State alumnus Jack Rizzo and I attended the four hour bartending certification course.

Troisi was reasonable and worked with our schedules to set up a date for the class. With COVID-19 regulations still in effect, Bar Academy 101 requires face masks upon entry and limits the class sizes to around seven people.

During our certification course, we learned basic knowledge about bartending from proper pouring techniques to learning how to mix margaritas and green tea shots. Troisi taught us how to make around 50 old and new school drinks. Jack Rizzo and I were stationed behind our own individual bars and Troisi watched us from afar giving us advice when necessary.

“I liked using the food coloring and water mixture to make different drinks because you don't have to worry about messing up,” Jack Rizzo said. “You can keep going until you get it right every time.”

Bar Academy 101 also offers a two-day bartending certification course almost entirely hands-on where clients can learn extensive knowledge about the art of bartending and receive help with job placement afterwards.

“Now, when some people leave they tell me, 'Rob, thank you because you made me feel normal again doing something like this,'” Troisi said.

Montclair State students looking to escape the stress of being a college student and monotonous Zoom calls can look no further than Bar Academy 101.

In the era of COVID-19, this a safe and socially distanced activity where you can learn a valuable skill and still have fun doing it with your friends.
Just a Bite: With @Gourmetbailey

Dairy-Free Crepes

You can top your crepes however you want or devour them immediately; the choice is yours.

Samantha Bailey | The Montclarion

Who doesn’t love a good crepe? These French delicacies are a delicious, thin pancake-like pastry that can be filled with sweet and salty things alike. The one we’ll be making for this particular crepe recipe is dairy-free, but you can hardly taste the difference. Bon appetit!

For these crepes you will need:

- 2 cups all-purpose flour
- 2 tablespoons white sugar
- Pinch of salt
- 3 eggs
- 1 tablespoon vanilla extract
- 1 tablespoon oil (I recommend vegetable)
- 2 cups almond milk (or oat milk if allergic to nuts)

Toppings and fillings

- Strawberries
- Bananas
- Apples
- Nutella
- Peanut butter
- Hot fudge
- Ice cream
- Chopped nuts
- Whipped cream
- Powdered sugar

In a large mixing bowl, sift the flour, sugar and salt. Then, add eggs, oil and vanilla extract into the same bowl. Gradually add the almond milk and continue to whisk until smooth. Once you’ve added all of your milk and have a smooth, lump-free batter, set your bowl to the side.

Now that the batter is complete, it’s time to heat up the pan. I used a stainless steel pan with about an 8-inch diameter, but any size works fine.

While some people opt out of greasing the pan, this is a very important step in the recipe. Regardless of whether the pans are nonstick or not, you still have to grease them to avoid having any residue stuck at the bottom. I did this by spraying my pan with cooking oil right before pouring the batter in and again, if I needed to add more batter in later on.

It’s also important that the pan be kept at a low heat to avoid having the crepes cook too quickly and eventually burn. With that being said, the flame also needs to be hot enough so that the batter can effectively coat the bottom and cook properly.

Now, it’s time for the hard part: cooking the crepe.

Add just enough batter to coat the bottom of the pan in a thin layer, after swirling the batter around in a circular motion. It used up about ⅓ cup of batter for me, but it could be more or less depending on the size pan you’re using. Let the batter cook until the sides of the crepes are cooked all the way through and are able to be lifted from the pan.

That’s when you know it’s time to flip.

When flipping the crepe, it’s important to find the biggest spatula available to flip it in one motion. Even if you’re not the handiest when it comes to flipping, crepes tend to be forgiving in that you can move them back into place on the pan after they are flipped.

Cooking times also vary depending on how hot the pan is, how big it is and how thick the crepe is. But no matter the time, when you flip your crepe over, look for some golden brown spotting or even some deep brown spots on the side. That’s means it’s perfectly cooked. Keep flipping the crepe until both sides have that desired brown color.

Now onto the best part: building your own crepe!

Crepes can be made with a variety of toppings and fillings. After you fill your crepe, fold it in half and then in half again. It should make a tiny quarter of a circle, almost like a triangle.

As for the toppings, I recommend a PB&J crepe for anyone who is dairy-free. This crepe consists of crunchy peanut butter, strawberries and bananas.

If you enjoy Nutella, however, you can aim for a classic crepe that is filled with Nutella and fruit and is topped with whipped cream, powdered sugar and chocolate sauce. I’d even recommend some roasted, chopped hazelnuts for a topping as well.

Now that wasn’t so hard, was it? Crepes are an easy way to impress friends, family and even yourself. They are a great pick-me-up snack after a hard exam or a celebratory treat after you ace a presentation. However you enjoy these crepes, you’ll love them even more knowing you made them yourself.

Until the next bite.
The Montclarion 2020 Endorsement: Let’s Hit the Reset Button

In less than three weeks, Montclair State University students, faculty, staff and millions of other New Jerseyans will cast their votes in what has been called the most important presidential election of our lifetime.

While the election is receiving attention everywhere from newsrooms to classrooms, the decisions made on one’s ballot regarding local government and state policy are just as important, if not more.

The past four years have undoubtedly been the most politically polarizing in decades. Not only that, but four more years of a Trump administration would certainly extend this era of hatred amongst the American people, whereas an election of former Vice President Joseph R. Biden would create an opportunity to turn a page and begin a reunification of the United States.

It is clear to The Montclarion, to those across the nation, that Joe Biden is not at all our first choice to take presidential office.

However, as unpleased as we may be with his too-moderate agenda, including a problematic career in the Senate and being out of touch with our demographic, we must recognize how detrimental a continued Trump administration would be in regards to the Black Lives Matter movement losing traction, continued incarceration in the climate change crisis and an unnecessarily politicized response, or lack thereof, to the coronavirus (COVID-19) pandemic.

Even putting policy aside, it would be difficult to admit changes that do not need to be made. Politically charged American-on-American crime has ignited between radical political groups like Antifa, the Proud Boys and other hate groups. Many common citizens feel uneasy attending family gatherings because of the political arguments that too often break out.

While President Trump has continually added fuel to the fire, a common talking point for Biden over the past several months has been how he will be a president who governs on behalf of all Americans, not just those who voted for him. We believe him and for that, The Montclarion endorses him.

Subsequently, The Montclarion endorses the reelection of Cory Booker to Senate, who has been senator for seven years now. He has been the primary sponsor of nine different enacted bills, including the Fair Chance to Compete for Jobs Act of 2019 and a bill to grant state rights to reallocate funds to support clean drinking water.

Booker has been an active lawmaker in support of combatting the climate change crisis, protecting women’s reproductive rights and establishing support systems for the racially disfavored.

While these accolades may not be commendable and we, The Montclarion, support Booker’s reelection, a portion of the ballot that every eligible New Jerseyan votes with is more important than any local, senate or presidential election.

On the back of each New Jersey ballot there are three public-lic “yes” or “no” questions. The first question is for the approval to amend the Constitution to legalize marijuana, the second to amend the Constitution to provide tax breaks to peacetime military veterans and the third to amend the Constitution to allow redistricting when a census is delayed.

In order to finally put an end to the counterproductive and grossly unjust incarceration of millions of Americans for non-violent “crime,” which in reality has actually been proven to aid those suffering from physical and mental illness, the legalization of marijuana must be passed.

In order to protect those who willfully risk their lives, regardless of the current standing of American military conflict, tax breaks must be given to military veterans and their spouses.

In order to make sure that districts are drawn in such a way to provide fair governmental aid to the most impoverished and underprivileged areas of the state and country, a census must be required to redraw districts so those who rely on governmental aid do not go overlooked, and their emergence out of economic strife may not be delayed any longer.

These three questions give each New Jersey voter the power to directly change law-making. We can elect politicians to office and hope they follow through with the promises they make, but too many times, they do not. These three questions provide us with the rare opportunity to take matters into our own hands.

Just how Vice President Biden has recognized the reponsibility of the president to govern on behalf of all Americans, we hold our own obligation, that is, to vote on behalf of all Americans.

We are in dire need of healing and voting with compassion is our best medicine.
Chips and Candy Are No Meal

A Montclair staple is missing in action. Let’s hope it will be found

If you have gone outside in the past few months, there’s a good chance you’ve seen a group of teenagers walking around without masks on. Living near a high school and two middle schools, I’ve seen plenty.

There’s also a chance that you’ve seen stories about parties getting busted by police. There were many of those parties around the country throughout the summer including some right here on campus. With Panera Bread on the way to the student center, it was given a farewell by the students who had grown fond of it. The Au Bon Pain paper bags and cups were retrofitted at Sam’s Place in August, as if Cafe Diem was nothing but a dream.

The question now is not what will happen next, but will this space remain unoccupied. As the frigid winds of Montclair barrel down the pathways, it is up in the air whether or not we can see more indoor events.

It would make sense to add a place like Cafe Diem to a list of places that can host indoor events, or perhaps as a study lounge. After all, there are plenty of places for students to study. In fact, there is a whole page on the Montclair website dedicated to quiet places for students to utilize. However, the options for a hot beverage or even a meal in between classes becomes slim-to-none. A vending machine cannot give a student a sandwich and soup, or at least the satisfaction that either meal option would.

Whether or not the space will be occupied will depend on safety protocols put into place by the government and the school. But, there is a certain sadness one feels when cruising by the emptied space in the evenings, mixed in with the neon-red cursive 'Z' Didn’t Start The Fire

I f you have gone outside in the past few months, there’s a good chance you’ve seen a group of teenagers walking around without masks on. Living near a high school and two middle schools, I’ve seen plenty.

There’s also a chance that you’ve seen stories about parties getting busted by police. There were many of those parties around the country throughout the summer including some right here in Essex County.

The first few times I saw these things occurring, my immediate reaction was, “What are they thinking? Don’t they know what’s happening?” Now I can’t help but feel there is a reason for this nonchalance beyond the tired trope of “kids being kids.” People find it easy to blame adolescent apathy for the spread of the coronavirus (CO-VID-19) pandemic in the United States, without wanting to know why kids don’t seem to care in the first place. Simply dismissing it as the reckless nature of youth is ignorant.

As of today, there are over 7 million cases of COVID-19 in the United States alone. If immediate federal action had been taken in response to the virus, it is entirely possible the United States could have avoided what is quickly becoming the worst public health crisis in a century.

Instead, President Donald Trump attempted to minimize the threat posed by COVID-19 to preserve his image and avoid causing a public panic, according to journalist Bob Woodward in his book “ Rage.”

“I wanted to always play it down,” Trump told Woodward in March when the pandemic became a serious health risk in the United States. “I still like thoughtless leadership is a plausible motivator for flopping the coronavirus. The situation doesn’t seem to be getting better, so what’s the point of caring? Young people today are more socially and politically conscious than ever before. With the internet and social media at their fingertips, there’s plenty of material to inform their opinions in the world around them. Those among Gen Z who can vote at least have some semblance of control. They want leaders who can guide them through the woods and speak on their behalf, not over them. Those who are not yet of voting age may feel voicing their discontent is all they can do.

I am not excusing young people for their behavior, nor am I encouraging it. It would make sense to place a burden of blame solely on their shoulders when all they can do is hope for the best as the world around them crumbles.

The last thing that anyone expected to see next to Sprague Library is an empty Cafe Diem. The neon-red cursive sign is still there, as is the building itself.

However, it would not take long for someone to notice the obvious change. There are no baked goods within a case waiting to be purchased. The smell of coffee is all but a faint memory from semesters past. There are students, albeit few, Cafe Diem, or as it is known by its former occupant, Au Bon Pain, is not a cafe as much as it is a new place to host Zoom calls. The door of the former occupant is a ghost of its former self. The only food it serves now comes via vending machines.

The cafe is a casualty in the budgetary cuts of the university in a post-coronavirus (COVID-19) world. Other victims, like the Red Hawk Diner, for example are closed. Only thing is, their shutdown is just a temporary inconvenience. Cafe Diem’s demise is permanent.

With Panera Bread on the way to the student center, it was given a farewell by the students who had grown fond of it. The Au Bon Pain paper bags and cups were retrofitted at Sam’s Place in August, as if Cafe Diem was nothing but a dream. The question now is not what will happen next, but will this space remain unoccupied. As the frigid winds of Montclair barrel down the pathways, it is up in the air whether or not we can see more indoor events.

It would make sense to add a place like Cafe Diem to a list of places that can host indoor events, or perhaps as a study lounge. After all, there are plenty of places for students to study. In fact, there is a whole page on the Montclair website dedicated to quiet places for students to utilize. However, the options for a hot beverage or even a meal in between classes becomes slim-to-none. A vending machine cannot give a student a sandwich and soup, or at least the satisfaction that either meal option would.

Sure, there is always going to be Dunkin’, the cafeterias and the food court in the Student Center, as well as the numerous vending machines that are scattered across campus, but not everyone has the luxury of walking to those places in between classes.

The first few times I saw these things occurring, my immediate reaction was, “What are they thinking? Don’t they know what’s happening?” Now I can’t help but feel there is a reason for this nonchalance beyond the tired trope of “kids being kids.” People find it easy to blame adolescent apathy for the spread of the coronavirus (CO-VID-19) pandemic in the United States, without wanting to know why kids don’t seem to care in the first place. Simply dismissing it as the reckless nature of youth is ignorant.

As of today, there are over 7 million cases of COVID-19 in the United States alone. If immediate federal action had been taken in response to the virus, it is entirely possible the United States could have avoided what is quickly becoming the worst public health crisis in a century.

Instead, President Donald Trump attempted to minimize the threat posed by COVID-19 to preserve his image and avoid causing a public panic, according to journalist Bob Woodward in his book “Rage.”

“I wanted to always play it down,” Trump told Woodward in March when the pandemic became a serious health risk in the United States. “I still like thoughtless leadership is a plausible motivator for flopping the coronavirus. The situation doesn’t seem to be getting better, so what’s the point of caring? Young people today are more socially and politically conscious than ever before. With the internet and social media at their fingertips, there’s plenty of material to inform their opinions in the world around them. Those among Gen Z who can vote at least have some semblance of control. They want leaders who can guide them through the woods and speak on their behalf, not over them. Those who are not yet of voting age may feel voicing their discontent is all they can do.

I am not excusing young people for their behavior, nor am I encouraging it. It would make sense to place a burden of blame solely on their shoulders when all they can do is hope for the best as the world around them crumbles.
**STAND BACK AND STAND BY**: TRUMP’S RESPONSE TO WHITE SUPREMACY

President Donald Trump was asked to respond to the violent white nationalist rally held in Charlottesville, Virginia on Aug. 12, 2017. This should have been a simple request for the leader of our great nation. Any competent president would denounce these neo-Nazis and tell the American people that we cannot tolerate this racist ideology.

So why didn’t he? Because that would have been a lie for Trump. Instead of condemning them, Trump decided to point out how there were, “fine people on both sides.”

This was more than three years ago and it’s apparent our president has not learned a single thing since.

During the first presidential debate on Sept. 29, Trump was asked repeatedly by moderator Chris Wallace to condemn white supremacists and other groups.

The president, unsure of which groups Wallace was referring to, asked Wallace to give him a name. Former Vice President Joe Biden suggested the “Proud Boys,” a far-right hate organization, as one group that the president should publicly condemn.

Trump has had practice with this before, so it should have been an easy one, but just like his response to Charlottesville, the president refused to do the right thing.

“Proud Boys, stand back and stand by! But I’ll tell you what, somebody’s got to do something about Antifa and the left,” Trump said.

After facing criticism for not condemning the Proud Boys, a reporter asked Trump to clarify his remarks the following day.

“I don’t know who the Proud Boys are. I mean, you’ll have to give me a definition because I don’t really know who they are. I can only say they have to stand down, let law enforcement do their work,” Trump said.

The president continued to say he always denounced white supremacy and then pushed the blame to Joe Biden, urging him to denounce Antifa.

Now to some, this might seem like the perfect condemnation of the group, but it is highly unlikely that Trump does not know who the Proud Boys are. The FBI identifies the Proud Boys as an extremist hate organization, and many of them are even frequent attendees of the president’s rallies.

So even after being spoon-fed information about the Proud Boys, Trump still did not explicitly denounce them.

I guess the president is “zero for two” in terms of condemning racist hate groups. I am sure he will figure it out next time.

That’s the thing with this election. We cannot afford there to be a next time.

I have heard countless reasons why people do not want to vote for either one of these candidates. Now, although I agree that Biden is not the perfect candidate, it comes down to him not being Trump.

That is what really solidifies my vote.

It is Trump’s dangerous rhetoric that puts minorities at risk. Let’s take the president’s favorite North American country as an example. Trump has called Mexican immigrants “rapists,” repeatedly tweeted and preached about an “invasion” at the southern border and has said that migrants “rapists,” repeatedly tweeted and preached about an “invasion” at the southern border and has said that Mexico “abuses” the United States.

In the past four years, Trump has attacked Muslims, the disabled, journalists, democrats, Asians and many others. I know we tend to brush these remarks off and say, “well, that’s just Trump for you,” but as he has proved to us before, his words hold weight to those who actually listen to him.

I agree that choosing the lesser of two evils should not be the way for Americans to vote in an election, but what the greater of the two evils has shown us, time and time again, is that he will not only refuse to condemn the violence of white supremacists, but he will encourage it. It is therefore our duty to make sure he is no longer in office.

Sharif Hasan, a senior communication & media arts major, is in his third year as a staff writer for The Montclarion.

---

**Thumbs Up**

- Montclair State University opens the newly renovated and highly anticipated College Hall
- NASA lands spacecraft on asteroid for the first time ever
- Roman Catholic Pope Francis I voices support of same-sex civil union in interview for a new documentary

**Thumbs Down**

- COVID-19 U.S. confirmed cases exceed 8 million, including another rise in New Jersey
- Updated face covering policy in The Heights sparks controversy amongst Montclair State residents
- Oil tanker containing 1.3 million barrels of oil sinking off coast of Venezuela and Trinidad & Tobago

---

**PAGE 12 • October 28, 2020 • The Montclarion**

---

**Sharif Hasan Staff Writer**

---

**The Montclarion Staff | The Montclarion**

---

**The Montclarion Staff | The Montclarion**
Have a thought about on campus or off campus matters?
Write for Opinion!
Email: montclarionopinion@gmail.com

Room 2035, School of Communication and Media in Upper Montclair, NJ, 07043
‘I’m Thinking Of Ending Things’ Is Director Charlie Kaufman At His Most Kaufman

Charlie Kaufman, long-time collaborator with Spike Jonze and screenwriter of “Eternal Sunshine of the Spotless Mind,” cements his importance as a director with his new film “I’m Thinking Of Ending Things.”

Charlie Kaufman’s latest film, “I’m Thinking of Ending Things,” based on a novel of the same name by Iain Reid, is his most Kaufman yet, a feat which bears both consequence and triumph. The film, which premiered on Netflix Sept. 4, requires a predisposition to Kaufman’s cinematic language to view it and the patience of a kindergarten teacher, but, the payoff is fantastic.

Kaufman is fascinated by the concept of the miserable man and his perceptions of femininity. His career exploitation of the lonely male psyche reaches its most intense and obscure in “I’m Thinking of Ending Things,” which centers around a theme that is equal parts condemning and lauding of women. The film is most potent in its consequences of musing and the point at which the manic pixie dream girl becomes a moral opponent.

The story begins with Jake and “Lucy,” a young couple on a snowy drive to visit Jake’s parents. Lucy’s omniscient voice narrates her inhibitions about the relationship with Jake. Upon arrival at the home, the family dinner descends into dream logic, cerebral madness and quantum distortion.

Lucy and Jake’s story is intercut with a second, more sporadic linear thread which follows the mundane routine of a high school janitor, but, the payoff is fantastic. Despite the constant shifting of her own identity, Buckley commands with a craftsmanship that eases any precariousness. Her performance is seamless and natural, lending a sense of stability in a film locked by nostalgia. The distinct quality of memory, which festers in the senses, is captured by the film’s successful rendering of sensory perception.

Imaginative dialogue, cinematography and production design work in conjunction to create the atmosphere essential to the film’s success. Kaufman’s ability to create sensation is especially evident in the constant battle between warm and cool tones that dominates the screen: the smell of a steaming hot plate of turkey dinner against the bitter cold of a milkshake sliding down your throat on a snowy day.

“I’m Thinking of Ending Things” translates the best qualities of every art-form (theater, painting, etc.) for the screen, culminating in a beautiful triumphant for visual storytelling. Jesse Buckley dominates in the role of the unnamed young woman and offers an outstretched hand up the rocky path of Kaufman’s narrative obscurity. Her performance is seamless and natural, lending a sense of stability in a film entirely void of such.

Despite the constant shifting of her own identity, Buckley commands with a craftsmanship that eases any precariousness. She is joined in the commitment to Kaufman’s lunacy by an equally impressive ensemble cast, including most notably, “Hereditary” star, Toni Collette.

Kaufman cannibalizes a variety of popular culture references into the conversations, plot and aesthetics of his film, commenting on the ways in which media shapes our consciousness. His exploitation of references may be perceived as a pseudo-intellectual barri-}

The story begins with Jake, played by Jesse Plemons, and Lucy, played by Jesse Buckley, going to meet Jake’s parents. Photo courtesy of Netflix.

vertisment in response to abstract art. Generally, today’s audiences seem disenchanted by Hollywood’s formulaic writing and while “I’m Thinking of Ending Things” may have missed for many, it is indicative of a hunger for something new.

The great resolve of Kaufman’s latest film is whether we fall on the side of fascination of ingenuity or deprecation of pretension. Generally, today’s audiences seem disillusioned by Hollywood’s formulaic writing and while “I’m Thinking of Ending Things” may have missed for many, it is indicative of a hunger for something new.

With the advent of streaming services and the increasing accessibility of production, the opportunity for a new wave of filmmaking, with lunatics like Kaufman at the forefront, is both imminent and exciting.
Aluna Proves She’s A Force To Be Reckoned With On ‘Renaissance’

Kelvin Jimenez-Michaca
Staff Writer

Aluna has released her first solo album since separating from the British musical duo, AlunaGeorge. Aluna’s solo album, “Renaissance,” was released on Aug. 28. Aluna has released her first solo album since separating from the British musical duo, AlunaGeorge.

Aluna turns a new leaf with her debut solo album “Renaissance” and proves she can throw her own tea party with a record fit for all the seasons. Aluna began her musical career as part of the British musical duo, AlunaGeorge, an amalgam of Aluna Francis and George Reid. During their career, they have successfully published two albums, EPs and many collaborations with other popular electronic and dance music artists such as Disclosure, DJ Snake, KAYTRANADA and ZHU.

“I did feel a little bit self-conscious trying to drag George through my process of self-discovery,” Aluna told British music magazine, NME. “I wrote a song before we put out the last EP which was about my mum and my grandma, and George is obviously supportive, but it’s just a bit weird, like ‘Hey, do you want to finish off this Black women’s anthem with me?’”

Despite deciding to explore their solo paths just a few years back, Aluna-George still work together. The duo collaborated on the tracks “Warrior” and “Get Paid” of George’s solo album “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

The sound is extraterrestrial, the music is seductive and the song has the overall power to make one feel as though they are on their way to the Meatpacking District’s Tao Downtown Buddha, while riding in a Tesla cybertruck.

The introduction to “Sneak” is characteristic of Aluna’s modus operandi. She begins by attracting the audience with light vocals and then graces our ears with an irresistible dance beat.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration.

“Don’t hit my line / Don’t waste my time,“ she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.

To keep the audience on their toes, she does the exact opposite in the track “Don’t Hit My Line,” where she waits for 17 seconds before singing. The pace of the song coincides with the theme, where Aluna celebrates fierce independence.

“Don’t hit my line / Don’t waste my time,” she sings. “When I got nothing to do, I think of you / It don’t mean nothing more than / An excuse.” Aluna gave listeners a visual and sonic taste of “Renaissance” on Aug. 20, when she released the official music video for the track “Envious.” The video, directed by Hamadou Frédéric Balde, could easily double as part music video and part haute couture visual look book. Aluna is in wonderland in this music video, with each costume change chicer than the next and with the magnificent naturalistic background.

Much like fall, “Renaissance” holds a feel-good vibe and a much-needed celebration of life given the truly unfortunate nature of the times.
Veronika Hammond is a junior illustration major at Montclair State University. She designed the cover and interior artwork for the book "Outgrowing: Stories From the LGBTQ+ Community," through the Writing Wrongs literary journalism program. Hammond spoke with The Montclarion staff writer Zoe Nolz to talk more about her artwork.

Q: How did you get into making art?
A: You [generally] start drawing when you're really young, so you just kind of [learn to] draw all the time. Because in kindergarten, you don't really know about math and stuff so [instead] they just give you crayons. So, you just start drawing when you're very small.

I guess I got more serious about it toward the end of middle school [since] I was reading a lot of comics. This is embarrassing, but I'm a huge My Chemical Romance fan, so I was reading all the comics and I tried to draw the different art in the comic books. So just [from] trying to mimic different styles. I learned how things work and how anatomy works, and I took a bunch of art classes in high school from the very beginning because I wanted to get better at it, and it turned out to be not so bad. So yeah, [it] just kind of went from there.

Q: You said you are an illustration major. Would you say that type of art is your specialty, or are there other types of art that you like to make too?
A: I probably do regular drawing [and] illustration the most, just because I think it's really accessible and [because] you can just do it whenever. But I like all kinds of art. I do video editing, I do animation, I do sculpture and painting. For class last year, we had to do performance art, which I've never done before and I might not do it again, but it was really fun and interesting. So I do illustration the most but I like to try new stuff.

Q: Can you tell us about the book that you designed the cover and interior artwork for and about what the process was like?
A: The book is called "Outgrowing: Stories From the LGBTQ+ Community." I actually found out about the whole internship-volunteer thing because I'm in the Honors Program and they send out emails every so often that are like, "Hey you should apply to this." So I applied to it.

I applied to be a print designer, and I didn't have the skills to be a print designer at the time, but I just thought it sounded interesting because it [included] three days [that] you get to stay in a hotel, you get food, you get to meet cool people, and talk to people and just make this really cool book. So I figured I'd apply, even though I was not qualified, and I got in. Then I showed up and they wanted us to do things like [Adobe] InDesign and Illustrator. I know a little bit of that, but I didn't know the ins and outs of print design, so they [were] like "You can just draw stuff and go crazy with illustrating." So I just kind of did that.

And then I stayed up, all of us [actually] stayed up until 3 a.m. each day to finish the work for the next day so that we could actually have the book done. But it was really fun and crazy and a lot of work, and we got to talk to the people who [were] volunteering and people who were just kind of part of the whole volunteer process. It was really interesting and I learned a lot from them. The whole organization is called Writing Wrongs and it's all led by Dawn Heinbach, and she's super cool [and] super smart.

Q: From who, what or where do you usually get artistic inspiration from?
A: I get a lot of inspiration from history, I guess I like to look into niche historical things or just other art movements. I'm half Russian so I learned a lot about Russian culture. Portraits of Russian royalty or famous people from Russian history like [Alexander] Pushkin is very fun.

I guess I [also] do a lot of nature type paintings. The front cover of the book is a pansy, which is kind of a play on the LGBTQ+ community with flowers. That's where they called gay people a pansy, so it's a play on that, but making it look really pretty and nice. I get a lot of inspiration [from] nature. I like going on hikes and I'll take pictures of pretty flowers and plants and try to draw them when I get home. I [also] do a lot of portraiture. I think people have a lot of nice faces, [and] I try to draw their faces sometimes. And yeah, I like looking at things and looking at the past and trying to recreate it.

Q: Where do you see yourself 10 years after you graduate?
A: I'm trying to get into art therapy. I'm studying psychology as a minor because I think it's really cool, but I think I'd like to do art therapy and get a master's in it. That way it's combining art, which I'm really passionate about, and also helping people. I really like people, so I think that'd be fun, and combining these things that I care a lot about.

Veronika Hammond designed the cover for the book "Outgrowing: Stories From the LGBTQ+ Community."
Montclair State Film Series Presents Heartbreaking Family Stories with ‘Torn Apart: Separated at the Border’

Directed by Ellen Goosenberg Kent, “Torn Apart: Separated at the Border” is a documentary that highlights the harsh and terrifying reality that hundreds of thousands of immigrants face when trying to cross the border into the United States.

The documentary follows the stories of two single mothers who tried to flee the gruesome violence that threatened their lives in their home country. In the process of seeking asylum in the United States, both women were detained and separated from their children for months.

This film documents these heartbreaking stories, while also showing the decisions made by politicians and judges that perpetuate this situation even further. Montclair State University’s Film Forum class had a chance to attend a virtual Q&A session with Kent herself.

“I’ve done films about a lot of things,” Kent said. “I mostly do films about things I don’t know.”

Kent had to do a lot of research on asylum seeking. She made sure that her crew was made up of people with a Latinx background so that she could get a better understanding of the culture and have help communicating with the two families.

“Everybody on my team was a Spanish speaker,” Kent said. “A native Spanish speaker. Everybody. And that made a massive difference.”

The two mothers, María and Vilma, express their longing to reunite with their children who are miles away from them, as any parent would. Vilma reunites with her 11-year-old daughter, Yeisvi, the two share a profoundly emotional moment.

Sierra Craig, a senior journalism major, asked Kent how decisions were made on which intimate moments were appropriate to capture as to not ruin or impede on the reunion.

Kent explained that capturing these scenes presented a challenge to her team.

“We want to capture those emotional, unguarded moments,” Kent said. “And you know sometimes it’s the wrong thing to do, to be there, unless you really believe that you can stay out of the way and let people have that moment together and not interrupt it in some way.”

Kent revealed that she was unable to film one family’s reunion because the shelter that kept the child did not want journalists inside the facility.

“I found that unacceptable,” Kent said. “I believe they didn’t want us to capture the reunions because the kids were crying and terrified and terrorized.”

Kent strategically takes an authentic and humanistic approach when interviewing the families. In one part of the film, Yeisvi is seen coloring on the floor of her bedroom in her foster family’s home. It is in this natural and calm environment that she recalls the horrific things she witnessed her mother endure back in Guatemala.

There are many shots of the crowded, utilitarian facilities and detention centers in which immigrants are detained. Adults and children are seen clinging to the fences they are trapped behind with fear and sadness in their eyes.

Most documentaries are a mix of journalism and storytelling and focus on providing facts over opinions. While Kent does provide plenty of credible facts and statistics, her thoughts on how the United States government handles immigration are evident.

Deyra Bana, a senior political science major, expressed her concern about keeping biases in check, asking how Kent is able to keep her beliefs separate from the story.

Kent explained that whether or not she wants to keep her opinions to herself can vary depending on the film. With this film, however, she wanted to convey one chief idea to viewers.

“I think this [the United States government’s handling of immigration] is an atrocity and I want to document it so that this doesn’t happen again,” Kent said. “And no one can pretend like it didn’t happen, or it’s fake news or something like that.”

A 39-minute cap was met by Kent for HBO to accept and produce the film. The price of a limited runtime was paid with an obviously rushed storyline. Had Kent gone for an expanded runtime, the pacing would have been much smoother.

A longer film-cut could have also presented another experience from a different family, providing a variation of stories instead of just two. The stories themselves were enough to keep me watching, but I was left wanting more.

“Torn Apart: Separated at the Border” can be eye-opening for those who are unfamiliar with how immigrants at the border are cruelly treated by government officials. For those who can personally relate to this, it can be emotionally excruciating to watch.

Offering a visceral sense of hope and anticipation for the two families to be safe together from beginning to end, this film is a heartbreaking watch for any viewer.
From the creator of "American Horror Story," Ryan Murphy brings unbelievable twists and turns in the new Netflix original series, "Ratched." "Ratched" is an eight-episode prequel to "One Flew Over the Cuckoo’s Nest," a film released in 1975, based on Ken Kesey’s 1962 novel of the same title. Nurse Mildred Ratched, played by Sarah Paulson in the Netflix show, is a manipulative woman who works in a mental hospital. This new series, released in late September, gives fans insight into what her life was like before the time of the film.

Regarding the 45-year-old question of why Nurse Ratched is the way she is, the show gives hints throughout the early episodes, leading up to the one that explains it all.

Going into this series, it seems that the entirety of the season would follow Nurse Ratched, from her childhood to her education and teenage years, and eventually to her career. However, the writers took a very different route than expected. Instead of merely focusing on Nurse Ratched, there are multiple main characters who each have their own personal dilemmas. For almost all of the characters in this show, Nurse Ratched forcibly inserts herself into their lives, just to mentally destroy them. Like a manipulative, sticky web, her goals and motives are woven into the lives around her.

Nurse Ratched’s number one goal throughout the show is to save her brother, the only family she has left, even if it means murdering and tormenting others to do so. Despite this cold-hearted side, mercy lies beneath. She has sympathy for patients who are wrongly mistreated and helps them to escape, while at the same time, letting other people burn to death.

Nurse Ratched does everything in her power to manipulate situations and control the end result. As the viewer watches the series, they will realize that whenever Ratched formulates a big plan, someone comes in to do the exact opposite, whether it is to her disadvantage or benefit. This show is full of twists and the outcomes are unpredictable.

Paulson’s character is vibrant, confusing and indecisive. Her morals are all over the place, which is what makes her a well-written character. No human possesses completely perfect or imperfect morals, and the fact that she is so split makes her character likable and relatable.

While viewers grow to enjoy Nurse Ratched and her eventual honesty, “Ratched” is the most disturbing show I have ever watched. Those with weak stomachs may be better off looking away during gory scenes. On the bright side, it does answer a lot of questions leftover from the film.

Speaking to the writing of the show, there are many layers to this plot, making it interesting, but unrealistic. Some of the plot lines are so extreme and intertwined that it feels fake, yet the writing does a fantastic job of keeping viewers interested.

Some things may not make sense as the viewer watches them, but by the end of the season, every subplot fits into the main plot, which is essential for any show or film.

Trigger warning: Above all, this show is intense and disturbing. It opens up in the 1940s and reflects the attitudes and prejudices of the time period. Certain scenes could be triggering to racial minorities, women and members of the LGBTQ community, due to certain language and actions used in the show’s script.

Not to spoil too much, but at the end of episode one, there is one scene that could be triggering to those with mental health struggles, specifically those with suicidal ideation or suicide survivors. Victims of sexual or physical abuse may also be triggered by the scenes in episode six, where viewers learn about Nurse Ratched’s childhood.

The show definitely nods to a second season, and I know I am not the only one on the edge of my seat, wanting to know what happens next.
"In America, the President reigns for four years, but Journalism governs forever." – Oscar Wilde

**WRITERS WANTED FOR:**

- NEWS
- FEATURE
- ENTERTAINMENT
- OPINION
- SPORTS

**Come Help Us Out!**

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

Phone 973.655.5230
Fax 973.655.7804
E-mail Montclarionchief@gmail.com
**These updates are as of October 15, 2020**

Midway through October, Major League Baseball (MLB) 2020 postseason has been a fun one. Just last week, 16 teams began their journeys into the postseason. A week later, only four teams remain alive with hopes of bringing home the trophy.

The MLB scheduled the postseason to be played with no off days. This led to the best of five series being played in consecutive days. Previous postseasons had set schedules where off days were included for travel, giving players a day or two to rest in between performances.

Since the 2020 postseason is being played at four neutral sites, travel days have purposely been excluded from the schedule, as they are not needed. This change has impacted each team’s management strategies, especially with pitching use and how they are setting their lineups for each game. After a week of nonstop baseball the league finally has conference championships set up.

In the National League Championship Series, the Los Angeles Dodgers met the Atlanta Braves, with the Dodgers make up for it with big plays and excitement on the diamond. Players like first baseman Freddie Freeman, outfielder Ronald Acuna Jr., and second baseman Oscar Alives can change the outlook of a game with one swing of the bat. After games one and two, the Braves have shown just how capable they are of holding their ground against the mighty Dodgers.

The series will ultimately come down to the Dodgers’ pitching staff and how they manage to handle the Braves’ lineup. Will Los Angeles’ rotation come up big? Will Atlanta’s pitchers be able to handle the Dodgers’ deep lineup? Either way, this series will be a great one.

In the American League Championship Series, the number one seed Tampa Bay Rays are facing off against the Houston Astros. Tampa Bay is coming off of a stellar regular season, led by their exceptional pitching rotation. Will the Rays’ pitching staff be able to handle the Dodgers’ deep lineup? Either way, this series will be a great one.

The series will ultimately come down to the Dodgers’ pitching staff and how they manage to handle the Braves’ lineup. Will Los Angeles’ rotation come up big? Will Atlanta’s pitchers be able to handle the Dodgers’ deep lineup? Either way, this series will be a great one.

The 2020 World Series is set to begin on Tuesday, Oct. 20.

Ryan Contino
Assistant Sports Editor

**NYC Metro Sports Recap Oct. 18-22**

**New York Red Bulls vs. New England Revolution** 7 p.m.

**Philadelphia Union vs. Chicago Fire FC** 7:30 p.m.

**New York City FC vs. Toronto FC** 7:30 p.m.

**THU 10/29**

No games

**FRI 10/30**

No games

**SAT 10/31**

No games

**SUN 11/1**

**New York Jets vs. Kansas City Chiefs** 1 p.m.

**Philadelphia Union vs. Columbus Crew SC** 3:30 p.m.

**New York City FC vs. New York Red Bulls** 7 p.m.

**Philadelphia Eagles vs. Dallas Cowboys** 8:20 p.m.

**MON 11/2**

**New York Giants vs. Tampa Bay Buccaneers** 8:15 p.m.

**TUE 11/3**

No games

---

**NYC Metro Sports Recap Oct. 18-22**

**New York City FC: 1**

Columbus Crew SC: 3

**Philadelphia Eagles: 28**

Baltimore Ravens: 30

**Philadelphia Union: 1**

New England Revolution: 2

**New York Giants: 21**

Philadelphia Eagles: 22

**New York Jets: 6**

Miami Dolphins: 24

**Philadelphia Phillies: 7**

Washington Nationals: 8

**New York Giants: 20**

Washington Football Team: 19

---

**Ben Kaplan | The Montclarion**

---

**Tampa Bay faces Houston, Los Angeles takes on Atlanta**

---

**NYC Metro Sports Recap Oct. 18-22**
The Montclarion • October 28, 2020 • PAGE 21

Sticking Together Safely:
How The Red Hawks Men’s Basketball Team Bonded and Grew During a Global Pandemic

The Red Hawks are having a productive offseason and they cannot wait to get back out on the court.

Matt Orth
Staff Writer

On March 18, the New Jersey Athletic Conference (NJAC) made one of the toughest decisions in its history. All athletic competitions for the remainder of the 2019-20 academic year would be canceled due to the rising coronavirus (COVID-19) pandemic. This did not stop Montclair State University men’s basketball head coach Justin Potts and his squad from getting work in and learning new strategies in preparation for a season unlike any other. Led by Potts, along with assistant coaches Sean Rossi, O’Neil Holder and Will Bishop, the team took it as an advantage.

Even with being stuck at home and with a majority of things being done virtually, junior forward Steve Breeman, mentioned that they made a group chat with the other players to show off what individual workouts they were doing to stay fit.

“We had a point system, where you post a video, you get ‘x’ amount of points,” Breeman said. “At the end of each week, we had a winner, and throughout the quarantine, one person would win a prize.”

A little prize every week is not the main message of these “quarantine workouts” though. Devon Cooper, a junior guard who was unfortunately injured last season, said these workouts accomplished a lot more in terms of themes and team chemistry.

“One of the big things that came out of this was holding everyone accountable during the quarantine,” Cooper said. “It was really difficult to get into the gym to workout, but with the group chat, we were helping to reflect on the younger upperclassmen who are not as experienced with the process.”

Not only has doing physical workouts Enlightened the entire team during the peak of the pandemic, but other types of engagement were also part of the main gist that the coaching staff wanted to work on with the players via weekly meetings on Zoom.

“We tried to direct it up with the coaching staff and filter it through the players, and we did things like asking them one thing they liked during the quarantine or something they learned,” Potts said. “We also did some stuff on social justice and the current climate of the world that these young men are growing up in, and we had some enlightening conversations about certain things that we can do to make the world a little bit of a better place.”

Through these important discussions is where the players really opened up and showed their vulnerability, as well as giving each other support, which is key in developing relationships with all of the players. Something that Potts emphasizes about his team is building that chemistry and developing a team culture. His hopes with this are that on the court they can create connections that last a lifetime.

“I give credit to the players because they handled things well and they were responsible, and I think we grew and bonded as a team and we are continuing to grow the culture that I think is important to us,” Potts said.

Another thing that helps with getting back to work is the recent restart of in-person practices at Panzer Athletic Center. Cooper could not wait to get back onto the court with his friends and his teammates, especially after being on the sideline last season.

“Personally, I was really excited because of the new gym and the guys wanted to see what it looked like, but just being on a basketball court again and being around the guys again [is exciting],” Cooper said. “The energy that we give off to each other is simply unmatchable, and that’s one of my favorite things about being on this team.”

The team did not have the best of runs last season, even though they poured their hearts out on the court every game. They did have a better first half than second half throughout. Ending on an 11-14 record, a straight .500 winning percentage in the NJAC and a positive record at home, the team along with Potts learned a lot about how they can improve going into more of these practices in the midst of the pandemic.

“We wanted as coaches was to lay a foundation, and when you take over a program and implement your culture, sometimes there will be bumps in the road,” Potts said. “I think the thing we did really well was that we stayed on the course; we got tough and we stayed positive, we just did not get the result we wanted.”

Breeman looks to the bright side of the world and offers what he thinks can help with next season looming around.

“Our philosophy is that we want to get better every single day,” Breeman said. “Looking at the second half of the Rutgers Camden game last season, that was the best basketball that we played all season. Sometimes we took some steps back, but we were able to regain that ground and make up for the previous mistakes.”

Looking ahead to next season, Cooper says this will be a time to hone in on the skills learned last season and a chance to take their playing style to the next level.

“That gap of where we really had to learn and pick up our new press and play-style will not be a factor this year,” Cooper said. “We want to run right into our defense and not have a hiccup during those plays, along with the upperclassmen helping the underclassmen get into a smoother process of running the plays coach calls out.”

Potts wanted to make it clear that even though he has not been with this team for that long, he wants to implement his character and his personality into this bright squad of guys, who are anxious and ready to get back into play and shoot the ball into the hoop once again. They seem ready to face an opportunity that is unlike anything seen in Division III college basketball; all they have to do is run and get into position.
Women’s Basketball Guard
Julia Sutton Prepares For Comeback

After ACL tear, her college basketball career is only up from here

Corey Annan
Assistant Sports Editor

Montclair State University women’s basketball junior guard, Julia Sutton, had high expectations for herself coming into the 2019-2020 season. After primarily coming off the bench last year, Sutton earned a starting role on the team and was looking forward to a breakout season.

In the second game of the season, the chances of Sutton, a sophomore communication and media arts major at Montclair State, continuing to play quickly evaporated. Sutton would suffer from a freak injury during the game.

“We were in Connecticut for the Trinity College Tip-Off Tournament, and it was our first game of the tournament,” Sutton said. “Two minutes into the game, I was running sideways and some girl just hit me straight onto my knee, and I heard my ACL pop and I fell to the floor. Everyone kept saying it was going to be okay; but I looked over to our assistant coach Katie Sire and I was like, ‘I just tore my ACL.’”

The injury was so bad that Sutton was not able to walk off the court. Although the trainers at the team never gave her the official diagnosis, Sutton believes that they knew the extent of the injury.

Head coach Karin Harvey drove Sutton to the doctor after the team had returned from Connecticut to get the official word on the injury. The results were just what she expected: a torn ACL.

Just like that, Sutton’s season was done. Even as the Red Hawks would go on to win 21 games and reach both the New Jersey Athletic Conference (NJAC) Championship Game and NCAA Tournament, Sutton would have to support her team from the sideline.

“For her entire basketball career, Sutton had remained relatively healthy, as the worst injury she had suffered thus far in her career was a broken finger. She had never torn a ligament or broken a major bone, let alone torn her ACL. Being injured and not having the ability to help her team on the court was a painful reality for Sutton.

“The mental barrier was the hardest part,” Sutton said. “My team had such a great season and I wanted to help them on the court as much as possible but I just couldn’t. I didn’t get my surgery until a month after the injury, so I was sitting in this constant mindset that I couldn’t really do anything.”

Sutton would eventually undergo surgery and begin her rehab soon after. Not long after, her perspective on the injury changed. The mental barrier that she was fighting was gone.

“I learned the game from a completely different perspective, more from the coaching side of things,” Sutton said. “I would encourage my teammates and help them with whatever they needed, but also go to them if they were struggling in a different way than what the coach could’ve because I am still a player and they look at me differently.”

Seeing the game from a coach’s perspective could be a huge bonus for Sutton this upcoming season. Her expanded knowledge of the game could potentially make her a players’ coach on the court.

Typically, you would not see this type of player at the collegiate level often, but Sutton may be a rare case. Understanding the adjustments and game strategies that the coaches are pointing out during a game and clarifying it even more so that her teammates understand is a very underrated skill.

Harvey was extremely impressed with the way Sutton stayed involved with the team after her injury and believes she was a huge help for last season.

“She continued to support the team and continued to be involved in practices and games [all season],” Harvey said. “She wanted what was best for the team as a whole even though she couldn’t participate. Mentally, it can be challenging but she showed a lot of strength and courage. This showed what a team player she was.”

Throughout the rehab process, Sutton kept her Instagram followers updated with her progress, from Instagram stories of her going through physical therapy to videos of her back on the court practicing.

Rehabbing from any major ligament tear takes an extreme amount of commitment and work ethic, and Sutton’s situation is no different. She even had to re-learn basic things in life.

“The first two weeks of rehab was just learning how to walk again,” Sutton said. “[Along with] running and walking, I also had to learn how to do the same [exercises] that I tore my ACL doing. The biggest thing for me is pivoting and running sideways, and I’m still not 100%, so I’m still working on that. I’m also learning how to jump up and land again so you don’t wobble your knee, along with hand strength.”

An important part of her recovery has been strengthening the ACL in her other leg, which could be at risk this season.

“My trainer [Tara Temple] definitely told me to work on both knees,” Sutton said. “It’s not just one knee, you have to train both knees for nine months. A re-injury can happen because your right knee will be good, then you go out and tear your left ACL because it’s not as strong.”

Recently, Sutton was cleared to compete in the upcoming 2020-2021 season, despite the coronavirus pandemic putting their season at risk. Despite all the unknown facing this team, Sutton believes that their goals are still the same.

“We definitely want the NJAC,” Sutton said. “It’s been a tradition at Montclair [State] for a while, and we’ve been building up to this point. Players like Taylor Brown and Kayla Bush have played with some of the best players in [school history]. Nickie Carter had an amazing freshman season and I’m so grateful to have been able to see it. We are all so good and comfortable with each other, and whatever we get out of this season we’ll make the best out of it.”

Sutton’s individual goals also lineup more with her team goals.

“I definitely just want to help the team out as much as possible and win the NJAC Championship,” Sutton said. “I’ve wanted that for our team since freshman year so I’m excited to be able to get that.”

Harvey is confident that Sutton will contribute in a big way this season, just as much as she contributed off the court last season.

 “[Sutton] is an integral part of our program and she will be an integral part of everything that we do this season,” Harvey said.
Over the summer, one of Montclair State University's baseball greats was recognized, as John Deutsch was inducted into the College Baseball Hall of Fame. He is the first Montclair State athlete to be inducted in school history.

“That is the Mount Rushmore, that is the Everest of the baseball world for college baseball,” Red Hawks baseball head coach David Lorber said. “He rightfully deserves it.”

Lorber also introduced Deutsch at the induction ceremony.

Deutsch played at Montclair State from 1986-1989, and his honors included a Division III National Championship in 1987. His accolades are endless, including being a three-time All-American and being named to the All-New Jersey Athletic Conference First Team two times.

When he arrived in 1986, Deutsch made an immediate impact helping the team, which was then called the Indians and not the Red Hawks. He helped the team capture their third consecutive NCAA Mid-Atlantic championship. This was earned along with regional player of the year.

Deutsch was at home when he heard the news of his induction, so he was able to share the moment with his family right away.

“I was at home, obviously during COVID, and I was very excited to hear that I was elected in,” Deutsch said. “I was with my brother at the time so I told him, then right after, I told my daughter of the news.”

Deutsch said he consistently batted over .300 as a Red Hawk, hitting over .400 in his final two seasons. His bat did the talking for him as he belted 29 home runs combined during his junior and senior years.

“He [Deutsch] told me about his first batting practice where he hit these balls to the old business school which was a pretty good shot,” Lorber said. “His coach at the time said something like ‘oh it looks like you can hit too.’ Well, fast forward a short time and he turns out to be a constant power hitter in the middle of that championship lineup.”

In his college days, Deutsch struck out just 54 times and collected a total of 58 home runs. When he left, he was leading the program in so many categories such as slugging percentage, on-base percentage, runs, hits, doubles, home runs, RBIs and walks.

“I wouldn’t have done it though without my great coaches and players throughout the years,” Deutsch said. “We had a great team, we had great camaraderie and of course my family, they have been with me every step of the way. So I am going to accept it on behalf of all of them.”

Deutsch is in the Montclair State athletics hall of fame, after being inducted in 1999. Twenty-one years later, he was finally cemented into college baseball history with this new honor.

“I was 18 and 19 years old when I played and I’m 54 now, so it was nice to hear about something I did in the past,” Deutsch said. His abilities on the field got him drafted in the fifth round of the MLB draft by the Los Angeles Dodgers, where he played ball for five years. He also played for the Chicago Cubs during his professional career. Now, you can find him as the vice principal of North Hunterdon High School in New Jersey. This came after a short period of being the athletic director there.

“All those experiences and my time at Montclair [State], earning my degree, all that stuff helped me after baseball to get a great job,” Deutsch said. “All those experiences and my time at Montclair [State], earning my degree, all that stuff helped me after baseball to get a great job.”

“[Lorber] told me about his first batting practice where he hit these balls to the old business school which was a pretty good shot,” Lorber said. “His coach at the time said something like ‘oh it looks like you can hit too.’ Well, fast forward a short time and he turns out to be a constant power hitter in the middle of that championship lineup.”

In his college days, Deutsch struck out just 54 times and collected a total of 58 home runs. When he left, he was leading the program in so many categories such as slugging percentage, on-base percentage, runs, hits, doubles, home runs, RBIs and walks.

“I wouldn’t have done it though without my great coaches and players throughout the years,” Deutsch said. “We had a great team, we had great camaraderie and of course my family, they have been with me every step of the way. So I am going to accept it on behalf of all of them.”

He is the first Montclair State athlete to be given this honor.
Montclair State University’s co-ed cheerleading team was officially started in the 2018-19 school year, and they qualified for National Cheer Association (NCA) national championships in their first season. During their time at the competition in Daytona Beach, Florida, they accomplished a feat that has inspired them to go to nationals again and perform even better. Now, in their third season, they are looking to improve as the team continues to grow.

“We went to [nationals] in April of 2019, our co-ed team’s first time going to Daytona,” senior base Melissa Oakes said. “We got top five in our division, which is really good.”

There are two cheersleading teams at Montclair State, co-ed and all-girl. However, both teams are usually together for most events, including practices, football games and other events, except for competition. They separate into two different teams due to the various divisions for co-ed and all-girl cheer.

A big part of the cheerleading program’s success has been the team’s former head coach of 14 years, Jane Shalkowski, also known as “Mrs. S.” Unfortunately, she passed away in May of 2019, at the age of 61.

However, the team has been working even harder to try to honor her memory and build upon the incredible legacy she left behind.

“She was a really great coach and really pushed all of us, so her passing was really hard on all of us,” senior base Vicky MacAllister said. “It really made us all come together and want to do great for the next season in her honor.”

Shalkowski’s daughter, Stacia, has taken on the challenge of coaching both the all-girls and co-ed cheer teams after her mother’s death. The cheerleaders feel strongly about the job she has been doing.

“There was a lot of pressure on her being by herself (and) doing all of this,” MacAllister said. “She’s been doing a really good job of handling both teams.”

Unlike some club sports teams, the co-ed cheer team does host tryouts. However, each year a limited number of new cheerleaders are selected. This season, tryouts were virtual because of the pandemic. The team now has nearly 50 cheerleaders on the team, but not all of them will be competing at nationals.

MacAllister discussed the heavy competition that came out for tryouts this year.

“For tryouts, there’s usually a two-to-three day process,” MacAllister discussed. “This season, there were a lot of people who tried out, I think over 100.”

MacAllister elaborated on what it takes to be a Montclair State cheerleader.

“Not everyone makes the team,” MacAllister said. “You have to have certain skills and kind of fit the part of a competitive cheerleader.”

With the amount of work and effort required, the team is extremely competitive. Practices are three days a week, as cheerleaders have to work on various skills: tumbling, jumps, stunts and conditioning. All members on the team have to stay in great shape throughout the year in preparation for nationals.

Things have been even more difficult during the coronavirus (COVID-19) pandemic, as the team has to adhere to protocols put forth by the state of New Jersey, the university and the department of campus recreation.

“We normally practice with 8 or 9 [cheer] mats together, but since we have to social distance, we now do one [cheer mat] for five or six people,” senior base Allison Gonnella said. “We also have to wear masks.”

Gonnella is comfortable with the regulations set in place, as it still allows for the team to run practices without any significant shortcomings.

“It’s definitely different, but I think the protocols that have been set in place by the [university] and what our coach is having us do is working,” Gonnella said. “We are still able to work on our skills and progress as a team.”

Despite all of the challenges facing the Red Hawks co-ed cheerleading team, their primary goal is to win nationals.

“We only have one main competition which is [nationals] at Daytona,” Gonnella said. “Even though [nationals] is still up in the air, we are still practicing thinking that we are going to go out and compete. We aren’t just going to practice thinking that we don’t have to work to get better skills. We still have that mentality that we are going to Daytona and winning that first place trophy.”

The team will continue to practice and work toward their goal of placing even higher at Daytona when they arrive there again.