The Montclarion, September 22, 2022

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The Montclair State University community gathered together on Thursday, Sept. 15, to honor the ninth president of the institution, Jonathan Koppell, with an official presidential investiture. The main goal of the traditional ceremony was to celebrate and acknowledge the president's first year leading the university and his achievements.

The day started with a series of events including a campus festival with musical performances and speakers at the Amphitheater. An open reception for students, alumni, faculty and staff followed the ceremony outside of the Memorial Auditorium.

As part of the official installation, the university welcomed distinguished attendees, among them former presidents Susan Cole and Irvin Reid, presidents and representatives of other universities as well as local and county elected officials.

According to the university’s spokesperson, Andrew Mees, the presidential investiture is a historical and traditional event at Montclair State. Cole’s investiture took place in 1998. “Virtually every university in the world has a ceremony to inaugurate a new president or chancellor,” Mees said. “Sometimes they were called inaugurations and sometimes investitures.”

The Amphitheater section of the investiture began with opening remarks from Faith Victor, a former student member of the Board of Trustees, followed by remarks from previous Montclair State presidents.

Reid, who was president of Montclair State from 1989 to 1997, acknowledged the transformation of the institution and congratulated Koppell on his most recent successes.

“Your vision of an inclusive campus will broaden the mandate of Montclair [State], to become New Jersey’s premier public serving university and to earn national recognition as a model of 21st century higher education,” Reid said.

A Closer Look at Koppell’s Academic Regalia

For Montclair State University’s president, Jonathan Koppell, academic regalia will always be a staple in his wardrobe.

For its ninth president, Koppell. Traditional formal regalia started all the way back in medieval institutions. Back then, dressing in regalia was not second nature for scholars on the rise. Over time, it became a way for educators to display their hard work through ceremonial attire.

For special officials like Koppell, this regalia is worn at all Montclair State commencement ceremonies, convocations, honorary degree ceremonies and official appearances at other schools. Koppell explained that this attire is connected to a bigger project within higher education.
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found to be incorrect.

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PHOTO ESSAY: Montclair State Honors Koppell’s First Year of Presidency

Traffic and Parking: The Indignation of Commuters Once Again

Jennifer Portorreal | News Editor

Montclair State University students are complaining about the parking services provided by the institution. Since the beginning of the fall academic term, the excessive traffic has become chaos for many commuters on campus.

Ayah Zaza, a senior public relations major, says the amount of traffic at the university has been exhausting.

“This year I decided to pay for parking which I paid $426 for the Red Hawk Deck and I hate it because I have to go to level eight to find a parking spot!” Zaza said. “It is crazy, it is busy traffic and everyone is fighting to get one spot. I drive 40 minutes to get here and [the] parking itself is 10 to 15 minutes. It’s lucky to get a parking spot.”

Similar to Zaza, other commuters on campus like Hunter Coe, a senior communication studies major, are echoing the same concerns.

“The traffic is really bad and the parking [in] kind of terrible,” Coe said. “I actually decided not to have a parking pass. I park in my friend’s house who lives in Montclair and I walk here, so it is honestly [the] best case scenario.”

Students are not only worried about not finding parking or traffic issues. Many are also unhappy or dissatisfied with the parking prices, which is the case for Cameron Marino, a senior visual arts major.

“I’m always hesitant to buy a pass because of the price and I always thought it to be absurd for the amount of parking that the university offers,” Marino said.

Claudia Nava, a senior justice studies major, says the parking chaos is affecting her daily routine.

“Lately I [have] to leave my house 30 minutes earlier before my class starts because it is chaotic in there and I have not bought a parking pass. [Lot] 60 is where I have been parking and it’s a tremendous walk to come here,” Nava said. “The prices can be a little too bit expensive especially for commuter students, but I also understand the university [has] to make money.”

Andrew Mees, the university spokesperson, said despite the increase in enrollment at the university, there’s still enough parking spaces to accommodate all students, faculty and visitors.

“There are 6,200 available parking spaces on campus,” Mees said. “During what can be considered a peak hours [from two to four p.m.], university facilities can confirm that [there] have been a minimum of 800 available parking spaces throughout the campus, every day since the semester began.”

Mees also explained the excessive traffic is mainly caused by the geography of the Montclair State campus.

“Montclair [State] is surrounded by two-lane city streets and train tracks, it is situated on a mountain and is bordered by a major highway,” Mees said. “These aspects of our location place limits on how traffic can flow and they are beyond the university’s control.”

Montclair State University honored the ninth president of Montclair State, Jonathan Koppell, with a presidential investiture on Thursday, Sept. 15. This historic moment celebrated Koppell’s first year leading the university.

The day began with a campus festival that promoted different organizations and clubs. At the opening of the investiture, dancers performed at the Amphitheater.

The Student Government Association (SGA), speakers, presidents and representatives of other universities, along with local and county elected officials, were led by Grand Marshal Sandra Adams, holding the university mace as she leads people to the Amphitheater.

Former presidents Susan Adams, holding the university mace, and county elected officials, were led by Grand Marshal Sandra Adams, holding the university mace as she leads people to the Amphitheater.

The day closed with a campus-wide reception following the ceremony.

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A Closer Look at Koppell's Academic Regalia

When Koppell speaks for the first time at the investiture, he mentioned his extra set of stripes. "The more stripes the better, that's what I hear," Koppell said.

While these stripes may be a simple design, it stands as a symbol of achievement and dedication. His academic regalia inspires others to join the fight for the advancement of humankind.

Koppell is still finding ways to fight new missions within the Montclair State community. His main goals are to push public service, community engagement and student success.

That building, known today as Cole Hall, serves great significance to the Red Hawk community. This medallion along with the university chained medallion and is worn by Koppell.

"In some ways, we are all linked together," Koppell said. "It means that I'm a part of a bigger project in turning Montclair State into the university that I'm a part of a bigger project in turning Montclair State into the university that we need today."
Victor Muniz Rosa: Reporting for Change

Sal DiMaggio | The Montclarion

In the 11th grade, and at first, he thought that the storm would be just like any other. “I thought it would be like the superintendent of a school day in New Jersey,” Muniz said. “You know, that you didn’t have school, but you could still go out.” There was electricity, it was normal. But when Hurricane Maria hit, it changed the same thing. I was like, ‘Ah, whatever, day off of school, [and] I went to sleep.”

Muniz was raised in Gurabo, Puerto Rico, a town near the capital of the island. Muniz recalled how he and his dad had to remove trees from the roads just so that they could see their grandparents, who lived a mere three minutes away. “I went with my dad because my dad had a pretty big truck, and we started clearing the roads because he wanted to see if he could see his grandparents, who lived three minutes away,” Muniz said.

“Victor Muniz Rosa is becoming a journalist in order to uplift communities. Today, Muniz now hosts ‘Aquí Planeta Tierra’ along with his co-host Duran Munoz. He invites guests and discusses Latinx news, music, entertainment and pop culture. He and Munoz also run an Instagram page where they do man-on-the-street interviews. ‘Aquí Planeta Tierra’ is also where he developed a deep connection with Oliveira, who just graduated from Montclair State this past spring. Oliveira gave some valuable insight into what makes Muniz such a good Latinx journalist. ‘He does fully embody being that voice that is coming from the outskirt of culture because he is such a proud Puerto Rican man,” Oliveira said. ‘He specializes our experiences. So for him to be on the radio is really special because he can be that voice for other students like him that are coming from the outside, that don’t necessarily have a connection.’

While Muniz doesn’t know where exactly he’s going next, he knows he wants to make a change in communities. Muniz attended a journalism training camp, where he received an opportunity of a lifetime. Along with two other reporters, he published an article in one of Puerto Rico’s biggest newspapers, ‘El Nuevo Dia’.

With this article, Muniz realized how he wanted to help make a change in communities. ‘My first article was about a community that wanted to take an abandoned school and turn it into a cultural center where they did dance lessons,” Muniz said. ‘[In] 2021, I [went] back to that place and they made it into what they wanted it to do. I added something to that, and I helped that happen.”

Muniz originally attended the University of Puerto Rico, Rio Piedras Campus in San Juan for three years before hearing about an exchange program from a friend. From there, he made his decision to come to Montclair State.

Once arriving, Muniz found WMSC, the award-winning campus radio station. He made two important connections within the station, Anandaji Cruz Rosario and Kimberllyn “Olive” Oliveira.

Cruz Rosario, a senior communication and media arts and Spanish double major, was the first person Muniz talked to upon joining the station. She invited him to the station’s two shows about Latin American news and pop culture, ‘Aquí Planeta Tierra’ and ‘Sin Limites’.

“It was awesome because I saw his passion, especially because he literally just came from Puerto Rico,” Cruz Rosario said. ‘Any interviews that I got, I would also share with him [and he] would do an amazing job. [He] would make it personable in [his] own way’.

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While Muniz doesn’t know where exactly he’s going next, he knows he wants to make an impact for those who need it, as he did with his first article in ‘El Nuevo Dia’.

“I want to help communities,” Muniz said. ‘And the best way I can do that is by being a journalist, being a voice for those marginalized groups and that includes Latinx.”

Victor Muniz Rosa is becoming a journalist in order to uplift communities. According to Oliveira, Muniz is a proud Puerto Rican, and the personality of Victor Muniz Rosa is everything in art and writing. Victor Muniz Rosa is reporting for change. Victor Muniz Rosa is reporting for change.

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Love to draw? Submit your comics/cartoons to The Montclarion at MontclairProduction@gmail.com

LOVE TO DRAW?
What is your favorite childhood memory?
By Lynise Olivacce
Photo Editor

“It would have to be when I got the whole Harry Potter series for my birthday. It was like the end of the school year and I got honor roll and I was so happy.”

Rosaly Santos
Sophomore
Marine Biology and Coastal Sciences

“Probably seeing my firstborn brother for the first time [because] he was my first sibling. When my first brother was born I remember coming home, I thought he was in the crib, but he wasn’t I ran right past him and he wasn’t in the crib, he was on the bed.”

Sophia Lellos
Freshman
Undecided

“Going to the Philippines every summer with my grandma. When I [would] go there I would have like my very big family to welcome me. We would have like all-night parties. Seeing the nature and the culture and the landscape really stuck with me.”

Sophia De Andrade
Senior
Psychology

“Growing up with my brother, he’s two years younger than me. So we basically grew up together. My brother and I just did a bunch of stuff and my brother and I just played everywhere. We had this amazing playground where we used to live and it was a good time.”

Sophia De Andrade
Senior
Psychology

“A key memory that comes to mind was just sitting on the beach making sandcastles and eating cotton candy.”

Samantha Aramboles
Freshman
Psychology

“When I went to Veterans Park with my dad on Father’s Day. We were with a group of dads with their sons so that was really fun.”

Elijah Davis
Sophomore
Acting

Selena Dahdouh
Sophomore
Biochemistry

Lynise Olivacce | The Montclarion
**The Montclarion Crossword Puzzle and More!**

**2022 Music Releases Edition**

By Jenna Sundel

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### Across

4. This Doja Cat song was on the soundtrack of the "Elvis" biopic.
6. This artist's song “Stick Season” gained popularity on TikTok.
7. This is the titular track of Lizzo’s latest album.
8. This artist released her debut album this year, featuring songs like “Chaotic” and “Boy X.”

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### Down

1. The name of Harry Styles’ latest album.
2. The name of Taylor Swift’s upcoming album being released on October 21.
3. This artist released new music this year, including “Break My Soul.”
5. This artist gained popularity with his song “Bad Habit.”

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### Word Search

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  y v l h y r s x i v e f v y f i j j b z
 n e m a d y b t k v a e c r u t j n t d
 a w y e s u h m c d l f v i z d u n j h
 f k s d z q a i h d b w v b t d n c
 p b t s d v s l r t l n f m l n k x i q
 d i s w y b i w t a j l t e i j y s b
 b j i v r v n s f z m g y e u u n p r
 k o t i q b g n k b t l x y z i m e i o j
 p r i r a l r h z m r l y x p y t d
 t z a q d e e x u l l u x d m l y n i v
 w s j o u o a u j g i v x v m i a i f w
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 p v i h i d g z o i u v l d o h e u b z
 z b l k u g n y s f j b h y i u d k l k
 r g k r i m y i p o s w y p i l e r
 w i l y z t a e k m d n a b u r t s t
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### Sudoku

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Horoscopes

Capricorn
Dec. 22 - Jan. 19
Adventure is around every corner capricorn! Why not explore that hidden maze in your basement and investigate that weird smell.

Cancer
Jun. 21 - Jul. 22
Become one with nature this week; go sit on the edge of a pond, dangle your toes above the water and pray a duck doesn’t take a bite out of them.

Aquarius
Jan. 20 - Feb. 18
Anytime I hear Aquarius I think of aquariums so maybe go to an aquarium this week. If you don’t like aquariums try being more emotionally available.

Leo
Jul. 23 - Aug. 22
You can smell the hair gel growing stronger. You take a break so catch your breath behind a large tree. You’re not safe for long. He will chase you until he gets you. Keep running.

Pisces
Feb. 19 - Mar. 20
Everything happens for a reason! At least you should keep telling yourself that, because wallowing in misery and self-pity is unacceptable in a late capitalist society.

Virgo
Aug. 23 - Sep. 22
Virgo season is almost over. Friends, start manifesting something good this week – or else Malibu Barbie Pegasus-Harmon will absorb all of the Virgo power and become unstoppable, and we absolutely cannot have that, just yet.

Aries
Mar. 21 - Apr. 19
Stop reading this and go back to celebrating Queen Elizabeth’s death. If you don’t, you’re losing your Saint Patrick’s Day privileges. If you’re not shouting from the rooftops with glee, go burn that “Kiss Me I’m Irish” t-shirt you’ve been holding on to.

Libra
Sep. 23 - Oct. 22
This week is your time to shine, go against the grain and show them what you got. Eat that sticker on your apple because who’s gonna stop you and drink that old strawberry refrigerator in the back of your car because it’s probably done fermenting.

Taurus
Apr. 20 - May 20
Congratulations to the leader of the Tauruses, Trisha Paytas, who gave birth to their first child, Malibu Barbie Pegasus-Harmon, this past week. May the lights of Trisha shine upon you all this week.

Scorpio
Oct. 23 - Nov. 21
I know you’ve been under a lot of pressure lately, and it may be getting to your head. Good. Sometimes living in raw, unfiltered fear is justified. Sleep with one eye open.

Gemini
May 21 - Jun. 20
You will meet a strange businessman with yellow and pink glasses. He will offer you the deal of a lifetime. Take it and become the biggest shot you can be.

Sagittarius
Nov. 22 - Dec. 21
Hey, do the world a favor! MOVE YOUR ISSUES OFF THE ROAD!

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The Feat of December Celebrities Needs To Stop

S
ome might raise the
argument that by becom-
ing celebrities, one
wages up certain priva-
ty rights. While that might have some truth to it, there are no
obligations that the plethora of
women that had to come close to mov-
ing heaven and Earth to try to keep a
stop to the mismeasure against them,
people must bear the burden of being con-
stantly observed, criticized and shamed
for acting of their own free will. We
often forget celebrities are still hu-
man beings that may still feel and feel just like the rest of us.
We are lucky to see them not thinking that materialistic things and
money is the key to a better Montclair State.

People give their un unstated
opinion about how famous women should
be when they’re mocked, dropped, or
screwed up. They’re the ones that
are the last of our education
programmable on Montclair State’s
name of public service was fi-
nally introduced as the new
actions. For a university that educates
students, staff, faculty and ad-
mimotes a more serious
attitude towards the students that
are coming to us.

Why do we feel this way?
Why do we feel like such a
disaster despite win-
ning awards, having a
strong resume, making
masses of friends and
giving above the
and beyond the
typical college student?
I feel like this because of the chemical
imbalance in my body that keep me
with depression, deficit addictions,
scared anxious, and a plethora of others.

It’s the second week of school and I
have cried more times than I can count.
On the second experience I was the
opinion editor for The Montclarion
and I do not want to be. I don’t
ing what the future
holds. Maybe that future
have better working conditions
for the poor Panera workers
trying to get 40 orders ready at a
time, but only time will tell.

In every moment of my life, I have
to deal with the same emotions,
they won’t outweigh the in-
ternal turmoil you’re expe-
xperiencing. Despite all the riches
and fame that come with it, famous people
are individuals that shouldn’t be put on a pedestal because
they lie or not, they struggle, too.

Once I’m feeling good and produc-
tive, I tackle my next obstacle: doing my
work so you can enjoy the rest of
your work.

As for my other responsibilities, The Montclarion is
my main priority for myself,
renowned myself that these are the best things
are the first to happen to me and I’ll be
dedicated if I wasn’t involved in them.

So why did I write this?
It’s a year in the life of a student.

I know I will probably slip into de-
pression again. My normal health is a
lot of work; I’m always trying to
myself. In the Montclarion
the role of self-care is.

So, how do people struggling with
mental illness overcome it?

In a field of work that expects the
people in the public eye to be
be put on a pedestal because be-
materialistic things and
money is the key to a better
Montclair State.

The most newsworthy action that
Montclair State took in the
name of public service was fi-
nally introducing the new
involvement. It’s the way to
be told on light on it because this is not the
first or the last time it’s going to happen.

For a university that educates
students, staff, faculty and ad-
mimotes a more serious
attitude towards the students that
are coming to us.

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first or the last time it’s going to happen.
Montclair State’s Superseding Disciplinary Policy For Religious Exemptions

Katerina Zelenin
Staff Writer

The Montclarion
themontclarion.org

September 22, 2022

Let me be clear, I am not an advocate for forcing the coronavirus (COVID-19) vaccine and its boosters. Though I do generally endorse vaccines for treating depression, reducing stress, and other usefulnesses. But if music can be used to help us with self-compassion, or to help us with our mental health, then it is worth exploring further to see how it can be used to help us with our mental health.

I am organic, and I believe the policies that lead to the abuse of our minds are no longer acceptable. This is a problem that we need to address, and we need to do it now.

Yes, Rap And Rock Are Rotting Your Brain

Anthony Foster
Guest Writer

The Montclarion
themontclarion.org

The music industry has been accused of promoting negative themes such as violence and drugs. However, there is evidence to suggest that listening to certain types of music can have a positive impact on our mental health.

A study published in the journal *Psychology of Music* found that listening to classical music can reduce stress and anxiety levels. Another study published in the *Journal of Clinical Psychology* found that listening to positive music can improve mood and overall well-being.

Moreover, a 2016 study published in the *Journal of Health Communication* found that listening to music can improve physical health. Participants who listened to music while doing a physical activity had higher heart rates and lower blood pressure.

In conclusion, while there may be some truth to the idea that certain types of music can have negative effects on our mental health, it is clear that listening to music can also have positive benefits. It is important to be mindful of the type of music we listen to and how it impacts our overall well-being.

Wheel of Fortune

By Kyle Casey

In the year 2701, all elements of chance and decision were made illegal by the Bureau of a Brighter Tomorrow under the assumption that the seemingly random and irregular flow of fortune, accidents, and anything in between was unnecessary and needlessly stressful to citizens. For, all elements of chance would be determined through an unbiased, infallible system that would be assumed to be infallible because of the complex and interrelated data that the laws were unable to make.

This was done because it is the incredibly complex structure that the laws were unable to make that was truly the reason. That, or they were scientists who was obsessed with the system that we have accepted the system, which would be officially named "PathFinder," into their lives.

The first issue that was immediately run into was the egregious habit of the weather refusing to decide what it wanted to do. With the removal of chance, weathermen found they could no longer rely on ambiguous answers such as “a 40 percent chance of rain” or “between 2 to 4 inches of snow.” This was of course rather pesky as it had previously been to their advantage to be able to rely on this type of information.

During a 10 year forecast was released to the public. Thus, the chance of being caught without a jacket in the middle of a thunderstorm was removed from the laws, and the world rejoiced.

Besides this, doctors ran into issues as well, as there was no more chance for people to get diseases. Instead, the decision was made by PathFinder through a series of calculations of an unimaginable magnitude. No doctors simply read from a monitor and told patients what treatment they had been decided for them. If an individual had cancer, for example, they could be reassured that it was the medical decision had been made for them to receive medi-cation. Instead, they could be reassured that it was the decision had been made for them to receive medication. Instead, they could be reassured by the knowledge that the seemingly random and unpredictable events that had previously been the basis of their treatments.

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This was done because it is the incredibly complex structure that the laws were unable to make that was truly the reason. That, or they were scientists who was obsessed with the system that we have accepted the system, which would be officially named "PathFinder," into their lives.

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“The Octopus’ Garden Episode: 2” - Sophia Caparros

“Good Morning, World!
Who’s Ready to Garden?
Did You Know?
“The Octopus’ Garden” is a new weekly series for The Montclarion by Sophia Caparros.

“Skywalker” - Maxwell Best

“Godzilla’s Destruction” - Maxwell Best

“Peyton The Cat” - Nicky Vidal

“Spotted Lantern Fly, Kill On Sight” - Hannah Effinger
Mia Goth Is Back in Ti West’s ‘Pearl’

Hannah Effinger
Production Editor

Mia Goth is back and bloodier than ever reprising her role of Pearl in the second installment of Ti West’s ‘X’ trilogy. If you haven’t seen ‘X’, there are some light spoilers in here, so go watch it before you read this.

‘Pearl’ begins in 1916, 81 years before the events of ‘X’, with our favorite bag-of-bones murderer in her youth. She escapes from the church, refusing to let her sickly father, tend the farm, daily responsibilities, taking care of her sickly father, tending to the farm, and the chance to become a traveling dancer with the church. Goth is absolutely perfect for a film like “Barbarian,” directed by Zach Cregger. Following Tess (Georgia Campbell) as she discovers a sinister secret held in the basement of her double-booked Airbnb. We can expect “MaXXXine” to hit the big screen in the next year or so.

Looking for a new horror movie must-see that isn’t a sequel or a remake? ‘Barbarian’ is now and fun yet familiarly horrifying. The sequel entails Aaron (previously Josef) having a midlife crisis and feeling lost. From Josef’s strange commentary on today’s political climate, the tension building up in the theater. Also, with subtle nods at certain Greek mythology figures and commentary on today’s political climate, this film felt truly ironic. While societal commentary is always expected in horror films, ‘Barbarian’ leaves you questioning your own opinions on certain aspects of societal issues.

Consider the timing in the trailer and that “Barbarian” holds true of twists and turns, you cannot tell if he can be trusted as well as her brain and is an extremely relatable character for women in 2022. As our main protagonist, Tess is the perfect character for a film like “Barbarian.” She leads with emotion as well as her brain and is an extremely relatable character for women in 2022. The audience knew as much, and every move being a twist, we felt the fear along the way. The lighting, cast and music were all large takeaways from this film, as well. With Cregger’s talent for horror and comedy, I cannot help but compare him to esteemed director Jordan Peele (director of “Nope,” “Us” and “Get Out”). Despite having a midlife crisis and feeling lost, Tess (Bill Skargard) who seems to do his best given the situation. He is aware of Tess’ understandable discomfort and tries his best to ease the tension when those strategies are forced to spend the night together. But you cannot tell if he can be trusted as his character displays some ambivalent traits. Thus, fear is created in the relationship between these two characters.

Mark Duplass returns to streaming with ‘Creep’ on Netflix. Though ‘The League’ is a comedically horrifying. ‘Creep’ on Netflix. Though ‘The League’ is a comedy, it’s not just another horror sequel where the bad guy gets a new victim and the cycle repeats. This time, Josef (Duplass) has taken the name of Aaron, and the real Aaron does not make an appearance. In ‘Creep’, written and directed by Cheapo Blank and starring Aaron (Duplass) and Patrick Brice, “Creep” is a plass stars. Though “The League” is a comedy, it’s not just another horror sequel where the bad guy gets a new victim and the cycle repeats. This time, Josef (Duplass) has taken the name of Aaron, and the real Aaron does not make an appearance. In ‘Creep’, written and directed by Cheapo Blank and starring Aaron (Duplass) and Patrick Brice, “Creep” is a

Written by its leading men Mark Duplass and Patrick Brice, “Creep” is a

‘Creep’ is a complete story of a man named Josef (Duplass). Their story starts out with Aaron sent off to the middle of nowhere to film this man. After a few exponential minutes, the part

Mia Goth (Mia Goth) says grace before dinner.

Pearl (Mia Goth) says grace before dinner.

Photo courtesy of A24

Tess (Georgia Campbell) discovers a sinister secret held in the basement of her double-booked Airbnb.

Photo courtesy of 20th Century Studios

Tess (Georgina Campbell) discovers a sinister secret held in the basement of her double-booked Airbnb.
Daniel-San Returns With No Mercy in ‘Cobra Kai’ Season Five

Hayley Mayewski
Staff Writer

Daniel-san (Ralph Macchio) is back in season five of the Netflix original series, “Cobra Kai.”

This season picks up right after the events of season four’s finale. It’s summer in California’s Valley and Cobra Kai is under new, ruthless management, causing quite the mayhem.

Old faces are re-ussahed in a season-long battle between the new owner of “Cobra Kai,” Terry Silver (Thomas Craig), and Daniel LaRusso. Daniel must collaborate with people from his past to demolish Terry before he brainwashes every kid in the Valley with his aggression, Cobra Kai teaching style.

Johnny Lawrence (William Zabka) also returns this season with a much more family-focused manner. His developing relationship with Miguel Diaz’s (Xolo Mariduena) mom Carmen (Vanessa Rubio) inspires him to try and fix the relationship between Miguel and his son, Robby Keene (Tanner Buchanan).

With old faces back on our screens, season five additionally allows the characters time to heal and overcome personal struggles such as identity disconnect from modern media were a not disappoint. Johnny’s one-liners and his new-ness as each action scene gracefully captures every punch and kick, while the detailed fighting scenes are a delight to watch. The cinematography is shot with a lot more drama and unexpected twists.

The first few episodes of the season felt very disconnected from the main plot line and could have been cut out. There were many presented parts where the on-screen characters were guessing what their opponent would do and making it impossible to stop watching.

Overall, “Cobra Kai” season five was decent, but not better than past seasons. However, as a viewer it was frustrating because even we could predict the next move in the plot line. While the show felt very predictable and even cheaty at times, the detailed action sequences and rich plot dynamics near the season finale definitely made up for it.

The last three episodes kept me on the edge of my seat with back-to-back cliffhangers making it impossible to stop watching. Overall, “Cobra Kai” season five was decent, but not better than past seasons.

Don’t Worry Darling Does Not Have Me Worried Anymore


Hannah Efferg

Consider this my formal apology for anything negative I have ever said about Elle Fanning’s “Don’t Worry Darling” absolutely blew me away. “Don’t Worry Darling” follows the lives of Alice (Florence Pugh) and Jack (Harry Styles) as they navigate their new hometown of Victory, California. When Alice’s friend, Margaret (KiKi Layne), begins to have uncharacteristic outbreaks, Alice starts to wonder if the crazy questions Margaret has been repeating might make a lot more sense than she originally thought. Alice begins to question her surroundings, calling out the town founder, Frank (Chris Pine), who seems to be much more sinister than his dazzling smile may lead you to believe.

Without revealing too much more, the movie builds itself to its “Alien”-esque climax, with no escape for our main characters. However, the way “Don’t Worry Darling” accomplishes this is in a much less direct way than its predecessor, “Promising Young Woman,” leaving the audience guessing what’s coming next, almost painfully oblivious to the chaos moving around her.

The third act’s twist left me leaning forward in my seat, mouth agape, even sometimes ignoring her own closest friend, is almost painfully oblivious to the chaos moving around her. Alice notices something wrong with the eggs.

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The brotherly duo has been killing the game for the past couple years.

Mike and Dan Ramos: Brotherly Love Off the Field and Locked In On the Field

Matteo Muschino
Staff Writer

The Montclair State University football team has had something special for the past two seasons with the dynamic duo of graduate student defensive back Mike Ramos and sophomore running back Dan Ramos. And it all starts with the older brother Mike, who has been with the program for five years.

Mike is entering his fifth season with the Montclair State football team, and over the past four years, he has greatly impacted the team. Mike has collected three interceptions, three sacks, 41 solo tackles and eight tackles for a loss of yards. He’s been a big part of this Red Hawk team as a player, leader and captain this year.

Nobody on the team has developed a better form of chemistry with Mike than fifth-year defensive back Brennan Ray, who is also one of the team’s captains.

“We’ve created a brotherhood between Mike and me,” Ray said. “Our chemistry has just aligned to where I know exactly where he’s going to be, he knows exactly where I’m going to be on the field. We move like strings like magnets.”

Ray also talked about how younger brother Dan has been taken in as a “little brother” by the whole team and not just his actual brother.

“We all took him under our wing as a little brother,” Ray said. “Playing with Mike for four or five years and then having Dan come on the team was like having another little brother. Dan has been following our lead ever since. He’s kind of cool to see him emerge and then him [passing] down the torch.”

Ray looks forward to playing the rest of the season with Mike by his side and sees a lot of potential in what Dan can do on special teams and the offensive side of the ball.

Associate head coach and recruiting coordinator Mike Palazzo had a fun and easy time recruiting Dan to Montclair State after seeing his brother play for four years.

“It was great recruiting Dan because Mike was the trailblazer,” Palazzo said. “With Mike, we got introduced to him and his family, got to know him and the kind of person he is. So, it made it a lot easier for the younger brother (to know) what kind of stock they’re coming from.”

Mike had committed to Montclair State without much recruitment needed. Seeing what he has done for the Red Hawks over the years made the decision to recruit Dan that much easier.

Dan is now in his second year at Montclair State and has made a name for himself as the Red Hawks kick returner. Last year he had 10 attempts in returns and totaled 275 yards in eight games, averaging 27.5 yards per return.

Following in his older brother’s footsteps, Dan knows he wanted to come to play football for Montclair State.

“One day Mike came here and told me about the program, it was kind of a no-brainer,” Dan said. “This is kind of where I wanted to be. I liked the way it sounded and went to a few games in high school. I wanted to come here from the start.”

Dan has really enjoyed being able to play and compete with his brother on the same team for the past two years.

“It’s been great,” Dan said. “Obviously we grow up competing our whole life, but we were four years ahead of us. It’s really cool, just growing up competing and now we’re competing together, it’s awesome.”

Just as Dan was excited to come and play for Montclair State, his older brother was just as excited for him to join the team, and may have even played a small part in the recruiting process.

“I was always pushing and egging him, ‘Hey come to Montclair State,’” Mike said. “So, I kind of knew in the back of my mind he was going to come here. Obviously, he was growing up at the time so he got to make his own decisions for himself, but I was always pushing for him to come here and play with me. I’m glad it worked out. I’m glad he’s here and I’m glad we get to spend two years together.”

Mike has loved the opportunity to be a sort-of mentor for his younger brother and guide him through each year.

“I’ve been here for five years so I know the way things are around here,” Mike said. “I like being able to help him and being able to be someone he can look up to and go to when he needs help. On the field and off the field, I’ve experienced everything here. Being able to be there for him and help him out with whatever he needs, I really enjoy that.”

The Ramos brothers have that sibling rivalry that makes them competitive both on and off the field and positively impacts their relationship. Both are grateful to have each other and learn from each other, which very few get to do.
Women’s Soccer Continues to Dominate After Going 6-0 Versus DeSales

Three different players scored in yet another win for the Red Hawks

It was an exciting game for the Red Hawks, and now the winning streak is extended to six.

Ryan White
Assistant Sports Editor

The Montclair State University women’s soccer team was tested yet again but they delivered when it mattered most with another special performance.

The 12th-ranked Red Hawks led for much of the match thanks to a header by senior midfielder Kimberly Campbell off of a corner kick in the 27th minute. However, DeSales University found a late equalizer with about 15 minutes to play. From then on, the Red Hawks slammed on the gas.

Just moments after an equalizing solo goal by sophomore Emma Ribeiro for DeSales, junior midfielder Aileen Cahill received the ball down the left side of the box and after a quick cut-in, the ball curled around the keeper and into the top right corner for a stunning goal and a 2-1 lead.

Even Cahill herself was a tad mesmerized by her goal and their performance.

“Obviously we were tied so I wanted to get the next goal I guess. I don’t know,” Cahill said. “But I saw [freshman forward] Kylee [Freudenberg] going with it and just the open space down the middle. She played a great ball to me and then [I] just took the defender on and saw the net, took a shot, see what happens and it turned out good.”

A lot is going right for this squad right now but Cahill seems to believe that it’s a lot more than the infield play that is contributing to their success.

“I think it’s just the heart that we all have,” Cahill said. “We all buy into it every game and just never stop fighting for each other and just put it all out there and it comes out good.”

The fun continued for the Red Hawks, even after Cahill’s goal, as they remained aggressive while in search of an insurance goal.

Just four minutes later, now in the 83rd minute, junior midfielder Samantha Gabriele put a ball in the middle of the box and Cahill flicked it across to where Freudenberg took a touch and finished for her second goal of the season.

The Red Hawks would go on to win by a score of 3-1. It was the team’s third time finding a late winner this season and head coach Patrick Naughter believes his team can take a punch.

“I’m ecstatic for them,” Naughter said. “I just said to them that they take more punches than boxers.”

For Cahill, it was her third goal of the season, which is tied for most on the team with Campbell. This dynamic duo keeps on coming through when it matters most and, as of right now, no team seems to have any answers.

Naughter praised Cahill’s performance throughout the season.

“I think [Cahill] is as good as anybody in [Division III],” Naughter said. “She gets the ball, she takes it on and she hits a banger.”

Having a player like Cahill is essential when the competition gets tougher because at any moment she can change the game.

It’s not too often you see a team with this much success, chemistry and heart.

There is no limit for these Red Hawks and Naughter is very confident because of the chemistry this team has developed.

“I think they just believe in each other. They know how much work they’ve put into this thing and no matter the situation, no matter what’s going on, they’re capable.”

The Red Hawks will remain at home for their next contest as they take on Farmingdale State College on Thursday, Sept. 22 at 7 p.m. at MSU Soccer Park.
Sam Ondrush is dedicated to raising mental health awareness for athletes

Junior defender Sam Ondrush is heavily involved in advocating for mental health in student-athletes.

Matt Orth
Sports Editor

About a quarter of male athletes and about 30 percent of female athletes report having anxiety, according to the American College of Sports Medicine. About 10 percent of college athletes who have mental health conditions like these actually seek out resources and other ways to help with their symptoms.

Women’s soccer junior defender Sam Ondrush is doing more than her part to combat this issue. She is associated with organizations like Morgan’s Message, for which the women’s lacrosse team had a charity game dedicated to the organization, and Let’s Get Real.

And now, Ondrush was recently named a Campus Captain for another initiative called The Hidden Opponent. Founded by former Division I athlete Victoria Browne, The Hidden Opponent is a resource that provides education, support and awareness for student-athletes and their mental health.

Ondrush found out about the opportunity on social media and immediately took the chance to be a part of something special.

“It came about because I joined a Facebook page about a year ago, and it’s from The Hidden Opponent,” Ondrush said. “It’s student-athlete based, so they get to share their issues and struggles that they’re facing. And I always saw that they had a program called Campus Captains, which pretty much means you’re an ambassador for them. And I saw they had applications for it so I applied for it, and I got it.”

Ondrush also went in-depth on what The Hidden Opponent stands for when it comes to student-athletes and their mental health.

“They’re mission is pretty much focused for student-athletes, but in general it’s all focused for all athletes and all students,” Ondrush said. “As a student-athlete, there’s that stigma that you can’t show weakness and that you’ll be judged for anything, so I think that definitely aligns. And I’ve struggled myself with mental health and I still do, so I think it’s important for everyone to feel comfortable being able to open up.”

The Hidden Opponent was founded only a few years ago by Browne, and the name was inspired by her TED Talk in 2017, which included her story about her mental health struggles, and how athletes around the world are dealing with a similar issue.

The organization states on its website that they are “passionate about elevating and amplifying the voices of student-athletes,” and they do that by posting stories from a variety of student-athletes detailing their struggles with mental health.

Mental health has become a major breaking point for more and more people across the country, something the coronavirus (COVID-19) has emphasized to a large degree. But not a lot of attention is put on the athletic side of it and what athletes go through on a daily basis dealing with their sport and other responsibilities.

And yes, coaches and other athletic staff members are not excluded from this. The head coach of the women’s soccer team, Patrick Naughter, described how he got help and how anyone else going through a similar issue can follow suit.

“I tell these guys all the time about how I’ve had my struggles with depression and anxiety and still to this day,” Naughter said. “I think I’m in a good place right now. I’ve found a therapist who is work- ing really hard and that I really click with. I tell them all the time when your ankle hurts, you go to the trainer. But if you’re not feeling right, you got to work and get it done.”

And one of the greatest basketball players to ever hit the hardwood has also endorsed the organization. The late Kobe Bryant, in his novel released in 2020 called “Grease are Never Swans,” listed The Hidden Opponent as a resource.

Graduate student defender Kyllin Klaermer knows that the women’s soccer team is tough and always there for each other no matter what, almost like a resemblance of the Mamba Mentality that Bryant lived by his whole life.

“I think we have pushed through so many obstacles as a team, this past year especially, both individually and as a team,” Klaermer said. “I feel like we really rallied behind them, and we hit some obstacles as a team, but we are a very resilient team, and we have become very close because of those obstacles.”

The women’s soccer team on paper seems like nothing can stop them, with a record of 6-0 to start the season and specifically the athletics hardcourt has also endorsed the program since a project she did on mental health on athletes did not pan out as well as she wanted, and Ondrush wants the answers put out there.

Ondrush also wants sports psychologists on staff as well since other schools within the New Jersey Athletic Conference (NJAC) have them, and giving students that safe space to talk is important to her.

Naughter believes Ondrush is important to the women’s soccer team as well, and he saw it ever since recruitment.

“[Ondrush] is amazing,” Naughter said. “This isn’t something that all of a sudden has become important to her. This is something that has been important to Ondrush for a long time, and it’s not a hashtag movement, it is something that she believes in. She is going to work really hard to help people, and it’s super inspiring. It’s not surprising because even during the recruiting process, I was like ‘man this kid is special.’ She cares about other people and she’s a very thoughtful person.”

A Montclair State chapter of The Hidden Opponent is currently in the process of being approved by the Student Government Association.

And it is OK to not be OK. There are people out there to help with whatever anyone is going through mentally. Ondrush is looking to make that message clear in order to help students on the journey to defeat their hidden opponents.