Montclair State University held the first of a series of safety drills on March 8. The drill took place in Webster Hall and it mimicked a real life emergency. Montclair State University held the first of a series of safety drills on March 8. The drill took place in Webster Hall and it mimicked a real life emergency.

The drill utilized actors and officials from the "command center," a room located within Science Hall. Kieran Barrett, chief of Montclair State Police, explained the reasoning behind the drill. "While we want our community to also be educated on what they should do, we have to start with our first responders, because if they don't know where to go, if they don't know what to do in the event of an emergency, we have a breakdown," Barrett said.

Barrett explained that the recent Michigan State University shooting is something the university is keeping in mind, but the drill was planned far in advance. "A lot of people said 'Well, did you just plan this because of Michigan State?' And that's actually not the case," Barrett said. "We started planning this back in November." Even in the case of an unexpected emergency, Barrett said there are steps people can take to ensure their safety. "We want to make sure that people know how to be safe, how they can be safe, what they can do for us and what they can do for themselves in the event of an emergency," Barrett said. This is not the first time the university has conducted a drill, but it has been a while since the last one. Barrett said the coronavirus (COVID-19) is one of the reasons why drills have not been conducted in recent history. "This is the first time we are having a drill, it is in recent history because of [COVID-19]," Barrett said. "First of all, we didn't have a community here, and then [people] got bridged in a little bit slowly but surely. So it's well past time that we got back to this." Barrett monitored the response along with other officials from the "command center," a room located within Science Hall. He communicated with first responders on the scene and strategized with others in the command center.

Dawn Soufleris, vice president for student development and campus life, was in the command center as well. She explained what she hopes to gain from this drill. "I see this as a real learning opportunity today so we can see what we did well, and what maybe we need to work on and focus upon," Soufleris said. "I think these things are incredibly important because we have to practice. We have to practice and know what we need, how we need it, where it needs to be." Another person in the command center was Gena Coffey, assistant director of environmental health and safety. "I'm on the safety team, [so] the goal is to just to watch and make sure that nobody gets hurt physically, but also to see what happened and what we need to do to be better prepared," Coffey said.

While the drill took place during spring break, some students and faculty were still on campus and observed the drill as they passed by. Stephen Conte, a senior mathematics major, shared his reaction to the drill. "It definitely caught my attention," Conte said. "My first assumption is that it was a police exercise, I thought it was for an active shooter, and I think it is a good test to definitely run." Justin Savage, a research assistant and reference librarian at the university, said he supports the university conducting this drill but wonders how prepared they can be in the case of an emergency. "I don't know how well you can prepare for something that crazy, but I'd like to hope they are prepared," Savage said.

Barrett explained that it is too soon to share the results of the drill. "We will be reviewing all components from communications, law enforcement, EMS and others," Barrett said. "It is too soon to say what would need improvement." Barrett shared his overall impression of the drill. "Overall, this was a tremendous exercise for us to learn and adapt," Barrett said. "It was carefully planned by our Director for Emergency Planning Rich McAuliffe. The hope is that we realistically try to demonstrate an actual incident and that responding agencies are tested." According to Barrett, another safety drill will be held next month and more will follow in the near future.

"I'm on the safety team, [so] the goal is to just to watch and make sure that nobody gets hurt physically, but also to see what happened and what we need to do to be better prepared," Coffey said.

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Check out our Newsletter!
The training was held on March 7 at the Student Center and was organized by Counseling and Psychological Services Associate Director Melissa Zarin and staff psychologist Jude Uy. Over 50 students and alumni had the opportunity to attend Mental Health First Aid training taught by certified mental health first aiders. Faculty and staff were also able to attend MHFA training on March 6, 9 and 10. Throughout the eight-hour course, students participated in discussions, activities and knowledge checks. Some of the material covered was recognizing signs and symptoms of someone’s declining mental health, how to reach out to someone with those signs, the role of a mental health first aider and what exactly mental health, mental health disorders and substance abuse disorders are.

The material also touched upon culture’s effect on how mental health is treated, the importance of a mental health first aider’s focus on their well-being and how paramount it is to not delay in aiding someone to seek the professional help they need. Mental health first aiders do not diagnose or treat, they make sure themselves and others are safe before engaging with someone facing a crisis and when helping someone they can follow ALGEE. ALGEE is an acronym for steps mental first aiders can take when addressing a mental health situation. ALGEE stands for assess/approach, listen, give, encourage and encourage. Students attending were provided with an instructional manual to take home as a guide for any future situations they may encounter.

Those who attended the training and completed an online exam following the training hold a certification in Mental Health First Aid that is valid for three years. Jasmine Jackson is a senior and family science and human development major. She attended the training with her mother Laura Jackson. They’ll both be graduating this spring. Jasmine said attending the training was important as it relates to her future career. “I’ve also been interested in learning about mental illnesses,” Jasmine said. “I work closely with teenagers and also want to work with adults in the future so I just wanted to know the basics first to get a better understanding.” Jasmine was open about her mental health struggles and said it is her motivation to help others. “I struggle with it on a daily basis,” Jasmine said. “That’s one of the major reasons why I’m so interested in mental health because I know how it feels—overwhelming feeling, the anxiety, the low self-esteem, all of [the] self-doubting, all of those things. It’s a constant, daily struggle. That’s what pushes me to be so involved, especially in today’s society with young people and adults. You see it a lot. I always say it’s ‘me fighting me’ daily.” Laura Jackson is a graduate student and higher education major. She found the training beneficial as she works with many people through her non-profit organization.

“I have a nonprofit to provide services to families, women and children and I just basically wanted to identify the signs and symptoms of mental illness [if] they have it and how to refer them to the appropriate assistance,” Laura said. As a community leader, she is now aware of how to help those she comes across who need aid. “I am a pastor,” Laura said. “In that capacity, you deal with people from all walks of life. So being part of this mental health first aid class gives me the added tools and added security so when I do encounter mental illnesses or issues, I can understand what they’re going through. I can offer compassion and empathy in a way that they are able to be more freely able to communicate and express how they feel. I think this course is excellent for anyone to take. I can offer compassion and empathy in a way that they are able to be more freely able to communicate and express how they feel. I think this course is excellent for anyone to have the opportunity to take. I know I am so appreciative of it.” Lukensson Francois is a senior public health major. He recognized that mental health could be overlooked, but being aware of the signs of mental health deterioration could be life-saving. “I have a background in medical studies,” Francois said. “When I saw this training, I said ‘Let me jump on to refresh my memory about the mental health aspect.’ We know that health is the sum of physical, social and mental well-being. This part of health tends to be neglected. As a public health major, I think that it is good to have those backgrounds. You never know in our society if we encounter someone that really needs help, being able to identify those needs and connect that person with appropriate support is really important and can save lives.”

Francois thanked CAPS for their support with his mental health.

“I have experienced mental health challenges as an international student coming here to the U.S.,” Francois said. “In my community back home [we’re] used to [having] a lot of social support but arriving here I was isolated. And as a black guy who [didn’t] speak English fluently, I felt really alone. I reached out to CAPS. I asked for help to make me feel more comfortable and confident when I speak with my foreign accent to people. This sometimes prevents me [from engaging] in conversation. They are helping me with this and I think that I can also help other people, mostly immigrants in the same situation as me.”
New CAPS Courses

Aliza Rhein
Staff Writer

ew classes are being provided by Counseling and Psychological Services to help students. At the start of the spring semester, Counseling and Psychological Services (CAPS), sent out multiple emails about their new programming offered for the spring 2023 semester. Included in these emails was information regarding their new series “So You Think You Have...” a series exploring mental health diagnoses, as well as “Koru,” a meditation experience to alleviate stress and anxiety and a “Meaning After Loss” group, where students can connect and heal with other grieving students. These emails also reminded students of the myriad of other programming CAPS has to offer.

Many students have not heard about these programs.

Brittany Lugo, a senior public relations major, is one of these students.

“I have not heard about these programs,” Lugo said. “That’s interesting and useful. [This] is something I would like to see as well. It’s really hard to attend school, especially after losing a loved one.”

Kevin Estrada, a sophomore computer science major, may have heard of some but not all of the new offerings.

“I think I’ve heard of that one [Koru], it sounds familiar,” Estrada said. “I think I’ve seen an email.”

Katherine De La Cruz, a junior visual communication design major, said she didn’t even know about CAPS, never mind their programs.

“I haven’t heard about [CAPS],” De La Cruz said. “It’s a good idea, we are in school, we get stressed, we get anxiety. It’s good to have that here.”

CAPS Associate Director Melissa Zarín, who will be leading these sessions, has high hopes for their success.

“I hope students will leave with new skills to take care of themselves,” Zarín said. “They will have the ability to sit with uncomfortable feelings, understand them and then be able to move forward from them. They [will] learn ways to calm their anxiety and feel more in control of their thoughts and emotions.”

Despite their information gap regarding the CAPS services, all three students agree that these are important programs to have.

“For me it’s my first time hearing about it I would definitely use that, just so I don’t like, feel alone,” Estrada said.

She was also impressed with previously offered services.

“I’ve looked into their TAO [online services], which is helpful,” Lugo said. “It’s an amazing start.”

“De La Cruz agreed.

“It’s good to know where to go for help,” De La Cruz said.

Estrada felt strongly about the use of the new programs.

“For people who might have ADHD, I think that’s great,” Estrada said. “Honestly, I would have attended ‘So You Think You Have...’ because of the fact that I don’t know if I have ADHD. I don’t really show signs, but I’d like to know. For the grief and loss [group], honestly, that’s great as well. It’s really hard to attend school, especially after losing a loved one.”

This sentiment is shared by Zarín, who sees a big need for grief counseling on campus.

“(Meaning After Loss) was offered several years ago by two of my colleagues,” Zarín said. “We thought it was time to offer it again due to the high number of students we were meeting in CAPS that had lost a parent, sibling, family member and/or close friend.”

Zarin expanded on the challenges college students face and their need for support.

“There is a constant need for grief support,” Zarín said.

“Many years working with young adults, I have yet to have a semester when I was not working with someone around a loss. I think many of my colleagues would share the same experience. Students come to college with historic losses they have never grieved as well as current losses that occur while in school. There will always be a need to help navigate this.”

Lugo wishes that CAPS had better publicity.

“I think they should publicize those programs and make them more announced, so everyone on campus knows about them,” Lugo said.

This is something De La Cruz would like to see as well.

“They should [publicize] on Instagram, maybe like put more posters [up],” De La Cruz said.

De La Cruz added that she wants to see more of an exploration of what anxiety is.

“I will say [they should do a] ‘So You Think You Have Anxiety,’” De La Cruz said. “Because not a lot of people talk about anxiety. A lot of people just think it’s more ‘I’m anxious, so I’m eating a lot.’ It’s not just about eating a lot. I would go to [Koru]. I feel like I would get help there. I don’t [know] where to go if I’m feeling anxious or whatever it is [right now].”

For more information, see Engage or the CAPS website.
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
These chocolatey, minty pancakes will have you on the other side of the rainbow looking for more.

Sal DiMaggio | The Montclarion

Celebrate St. Patrick’s Day With These Mint Oreo Pancakes

Sal DiMaggio
Feature Editor

With St. Patrick’s Day coming up, what better way to celebrate than with a green treat? With these Shamrock Shake-themed pancakes, you’ll feel like you’ve struck gold!

This treat will satisfy your sweet tooth, with crushed mint Oreos in the pancakes and served with mint chip ice cream. These pancakes will have you looking at the other end of the rainbow for more!

First, here are the ingredients you’ll need:

- 2 cups of pancake mix
- 2 large eggs
- Honey (optional)
- 1 cup of milk
- Green food dye
- 10 mint-flavored Oreos
- 1 container of mint chip ice cream
- Chocolate syrup

Begin by combining your mix, eggs and milk in a large bowl. Mix until combined. I like to add a drizzle of honey here for a little extra sweetness, but what you do with your pancakes is up to you.

Once combined, then add your green food dye. The amount of drops you add depends on how green you want your pancakes to be, but in order to make my entire mix my preferred shade I added around 40 drops.

Then put your mint Oreos in a Ziploc bag. Grab a rolling pin or other blunt instrument and smash your Oreos into pieces. Then add to your pancake batter and mix the pieces in. This will give your pancakes a nice hint of mint, just like the green mint shakes that fast food restaurants serve around St. Patrick’s Day. Think of what you are making as the pancake version of an Oreo Shamrock McFlurry.

Now your batter is complete. If you have the art skills and tools at your disposal, you can make your pancakes into shapes like clovers and leprechauns. I, for one, have the art skills of a preschooler, so I just made regular old pancakes. Although they aren’t as visually exciting, they still taste just as great.

As your pancakes begin to cook, grab your mint chip ice cream out of the freezer so that it begins to soften just enough so you can scoop it out of the container. Nothing is more frustrating than trying to scrape frozen solid ice cream - if you’re lucky, you’ll get a few sad shavings, so make sure to let your ice cream defrost a little bit.

A good rule for knowing when to flip your pancakes is to look for bubbles rising to the top. Once you see the bubbles consistently popping up, grab your spatula and flip.

Wait for the same amount of time on the other side of the pancake before taking it off of the pan.

Once all of your pancakes are done, plate them. Grab your ice cream and place a few scoops next to your pancakes. Drizzle the chocolate syrup over your pancakes and serve.

Hopefully, this minty green festive treat will get you in a festive mood for this St. Patrick’s Day. Now go wear your favorite green item of clothing and have fun. Go to a parade or celebrate with your friends.
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ROOM 2035, SCHOOL OF COMMUNICATION AND MEDIA IN UPPER MONTCLAIR, NJ, 07043
For a novel that was recommended by 92% of Google users, I expected that “Ugly Love” by Colleen Hoover would absolutely blow me away. My efforts to get back into reading brought me to Barnes and Noble ambitiously searching for this novel that was recommended to me by the app Tik Tok.

Unfortunately throughout the novel, I was grasping at straws, trying to desperately paint a background for characters that were poorly set up. Although the story was told from two different first-hand perspectives, the plot lacked depth.

Tate is a college student, hoping to achieve her master’s degree in nursing. She recently moved in with her older and overprotective brother in San Francisco, California. Upon meeting her brother’s friend, Miles Archer, she is instantly infatuated and consumed by him.

The novel starts with Miles drunkenly sprawled outside Tate’s brother’s, Corbin’s, apartment, right as Tate is moving in for the first time. Even though Tate is terrified of the stranger, her brother expects her to help him because they are friends, as if moving to a new city isn’t intimidating enough. This scene is the first indicator that Tate’s feelings will go ignored throughout the novel.

When Miles goes home with Tate and her brother for Thanksgiving they share a kiss secretly late at night. Their connection only seems to be built off their attraction, not loving Miles just felt like we were going back to the 1950s. It portrayed the wrong message to Hoover’s audience, due to the genre being labeled “romance.”

Roxanne Gribbin wasn’t impressed with Colleen Hoover’s “Ugly Love.”

Even if Tate was just not that interesting, her character’s only prevailing trait being loving Miles just felt like we were going back to the 1950s. It portrayed the wrong message to Hoover’s audience, due to the genre being labeled “romance.” Topics of emotional abuse should be written about but labeled as what they are.

Hoover is one of the largest authors (thanks to Tik Tok, not Hoover) it is important that the nuance of the toxicity of her novels does not go unaddressed or normalized.
Get ready for summer with “House of Salt and Sorrow.”

Olivia Yayla | The Montclarion

'House of Salt and Sorrows' Combines Fantasy, Romance and Suspense

Olivia Yayla  
Staff Writer

Summer is closer than you know, and in light of the amazing weather we’ve been having, I decided to dedicate this week’s book review to a beautifully detailed, suspenseful beach read which will have everyone itching for sun-baked sands and shimmering ball gowns.

“House of Salt and Sorrows” by Erin A. Craig follows the story of Annaleigh and her 11 sisters, four of whom had recently died under mysterious circumstances. The 12 once lived in harmony within Highmoor Manor. Once a beautiful mansion, it is now a haunted reminder of their past and how life will never be the same for the remaining eight. The plot trails after Annaleigh as she finds undeniably suspicious clues regarding her latest sister’s death, convincing her and her only that it was not a suicide, but a murder.

As Annaleigh and her sisters sneak off to glamorous balls to escape the rumors of the cursed sisters of Highmoor, they encounter mysterious masked characters who distract both the characters and the reader, dragging us farther away from the serious tasks Annaleigh must face in order to find the truth. Between the gory visions of ghosts roaming Highmoor’s halls, and the untrustworthy suitors who lurk around every corner, Annaleigh is determined to find the source of the dark cloud that reigns over her family before it rains over her head as well.

“House of Salt and Sorrows” falls into many genres, starting with fantasy fiction and ending in paranormal mystery and mild horror. And in truth, it was better than I originally expected. As someone who has read many “nautical” themed fantasy books, I find that the oceanic details can get a bit repetitive if the author runs out of descriptive words which fall into that category. The words “pearl” and “abalone” can only be used so many times before the reader rolls their eyes as they gloss over it and onto the next paragraph.

But Craig managed to steer the story around and away from the sea sickness by dropping subtle hints at Highmoor’s Octopus emblems and sea glass tiled floors.

To start, I would have to describe this book as complex in terms of the character names, as there are way too many to recall off the top of my head. But don’t worry about the minor confusion you may feel in the book’s beginning chapters, as they do fade due to their uniqueness. Even though the story is told solely through Annaleigh’s point of view, we still get an accurate representation of each sister’s personality. And since the love interest in the story is a part of the mystery, I can’t say much without spoiling an exciting aspect of the plot. All I can say is that it is exactly that—exciting.

My personal favorite touches Craig sprinkled over the plot would have to be how each sister had specific color schemes, personalized scents and talents. For example, by mentioning something as simple as the scent of lavender, we, as the reader, recognize that the scent belongs to a specific character, dead or alive, and I applaud Craig for thinking about the subtle clues that most authors would skim over. Each bell ringing detail had me racing to the end of the page, flipping as fast as I could to reach the next clue.

I genuinely didn’t expect this book to be as gruesome as it was, but some chapters deserve trigger warnings due to their blunt depictions of how the sisters died. As someone who has sisters, and strictly reads at night, I have to admit that I checked their rooms hourly out of pure paranoia, jumping at each creak in the floorboards down the hall. But if gore doesn’t bother you, then the “jump scares” are actually well written, as if seeing them from your very own eyes.

If you’re familiar with the story of the 12 dancing princesses, then you’ll love Erin A. Craig’s grim “who-did-it” twist with the tale. This story is a standalone novel, meaning that, unlike the late Highmoor sister, you won’t be hanging off a cliff at its end. However, in July of this year, Craig is set to release a new book following the sisters of Highmoor, “House of Roots and Ruin.” I will definitely be first in line to grab it.
What women in your life or in the world inspires you and why?

By Lynise Olivacce and Karsten Englander

“İ’d probably say, my mom, she’s very giving and kind. And she has always been there to take care of me. So I’d say her.”

Madeline Crane
Freshman
Undeclared

“I would also say my mom because she’s never let anyone push her to the side or walk all over her. She’s very independent.”

Kimberly Cooney
Freshman
Communication and Media Arts

“I would say my cousin’s mother. Because she has endured so much with her son not really having a father figure.”

Nicolas Acua
Freshman
Film and Television
"I would probably say my mom and my grandma, just because they're really hard working and have always done things on their own, so that's really inspiring to me."

Janaisia Brewer
Junior
Sociology

"My mom inspires me because she is the strongest woman I've ever known."

Roberto Ramirez
Senior
Biology

"I would say Greta Gerwig because she’s the first female director whose work I’ve ever watched."

Ella Duffy
Freshman
Filmmaking
**Horoscopes**

**Capricorn**
Dec. 22 – Jan. 19

Capricorn! I'm seeing a lot of good things in your future this week. If your significant other had a weird dream about the two of you adopting a three-legged talking parakeet and having to live in an abandoned sugar factory in the Hard Rock Casino in Atlantic City for an unspecified amount of days - or anything else, ignore it! I'm sure they're just suffering from green-dye induced fever dreams.

**Aquarius**
Jan. 20 – Feb. 18

Kevin please take me back. I am so sorry for everything I did. I miss you so much.

**Pisces**
Feb. 19 – Mar. 20

Hey Pisces! Get excited because this is going to be a great week for you! But also be full of rage that Stephnie Hsu got snubbed at the Oscars.

**Aries**
Mar. 21 – Apr. 19

Aries! I know it's the most awarded movie of the year, but please stop watching Everything Everywhere All At Once over and over again! It's a phenomenal film, but your therapist is tired of hearing about it every week!

**Taurus**
Apr. 20 – May 20

Don't be afraid to be yourself. Don't be afraid to follow your dreams, love who you love, be a fan of Ben Affleck, dress the way you want to dress or do musical theater.

**Gemini**
May 21 – Jun. 20

Needed a longer Spring Break? Tough booties. You won't get any Spring breaks when you head off into the real world. Grow up.

**Cancer**
Jun. 21 – Jul. 22

Hey Cancer, I know you think your apartment kitchen is a little dirty, right now, but please research the combinations of chemicals you’re using to clean it before you start. It won’t matter how spotless the burners are if you’ve created mustard gas in the sink and made the entire apartment uninhabitable for the next 23 business days.

**Leo**
Jul. 23 – Aug. 22

Didn’t have a Valentine’s date? Don’t fret! St. Patrick’s Day is just as romantic! What could be more romantic than former fraternity dudes wearing green morphe uniforms and running around drunk while you’re just trying to have a good time with your friends? Nothing!

**Virgo**
Aug. 23 – Sep. 22

Have your eye on a special someone? Well, that’s gross. Your earring should never be pressed up against someone’s skin. That’s super unsanitary.

**Libra**
Sep. 23 – Oct. 22

Were you one of those kids who always had to have costume birthday parties because your birthday was close to Halloween? If so, I’m so sorry your identity and celebrations were taken over by a commercial holiday.

**Scorpio**
Oct. 23 – Nov. 21

Planning your trip to Swift City (formerly Glendale, Arizona) this week? Great! What's your Ticketmaster login? Just kidding. No I'm not. For if over or face bad horoscopes for the rest of the semester, I'm serious.

**Sagittarius**
Nov. 22 – Dec. 21

Happy St. Patrick’s Day Sagittarius! I know your partner is Irish, but please do not dye your entire body green as a surprise for them. It’s offensive, inappropriate and the people at Sally Beauty and Hobby Lobby legally cannot sell you any more dye.
The Montclarion Crossword Puzzle and More!

Everything Everywhere All At Once Edition

By Hannah Effinger

**Across**
4. What type of business do Evelyn and Waymond own?
6. What was the name of the first universe that connected to the others?
7. How many Oscars did the film win at the 95th Academy Awards?

**Down**
1. In the multiverse, what is the name of the evil that is actually Evelyn’s daughter Joy in other dimensions?
2. Who is the (now Oscar winning) star who plays Evelyn?
3. What objects do Joy and her mother Evelyn have a conversation as in one of the dimensions of the multiverse?
5. What did the ‘evil’ Joy put everything in the multiverse into because she got bored one day?

**Sudoku**

**Word Search**

<table>
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<tr>
<th>Bagel</th>
<th>GooglyEyes</th>
<th>EvelynWang</th>
<th>GongGong</th>
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E-Mail: montclarionsports@gmail.com

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Family is looking for a driver and companion for a young man with ASD in West Caldwell. He would need to be picked up in East Hanover at 2:30 and driven home to West Caldwell. He is fairly independent at home he just needs someone to be in the home with him. There would be plenty of time to get homework done until a family member gets home by 5:30. Flexible on days and rate is negotiable. Please call or text Colette Perrothers 973-610-9489 or email cperrothers@gmail.com.
No, Chat GPT Cannot Get You an A+

Whether you heard about it from a classmate, the news, or one of the latest episodes of “South Park,” you’ve probably heard of Chat GPT.

If you haven’t heard of Chat GPT, their website describes it as “a conversational AI model developed by OpenAI, a research organization founded in 2015 with the goal of promoting and developing friendly AI that benefits humanity.”

Taking the world by storm, Chat GPT has grown in popularity due to its ability to create different kinds of writing such as essays, scripts and stories. It even has the ability to write HTML code.

“The possibilities aren’t endless, but they are extensive when it comes to artificial intelligence (AI). With growing popularity comes growing controversy. If you decide to use Chat GPT for anything other than fun, there are some factors you should weigh in,” By Katie Lawrence & Paige Ryans

For starters, using Chat GPT in an academic setting will constitute as cheating and academic dishonesty. Is it really worth risking your grade and the consequences of plagiarism to save yourself an hour or two? No, it isn’t.

Chat GPT states, “It’s important to note that ChatGPT is not a fully-fledged AI system and can sometimes generate biased or offensive responses, especially if it has been trained on biased data. It is recommended to use the model with caution and to implement appropriate filtering and moderation strategies to ensure the quality of its outputs.”

It’s incredibly difficult and maybe impossible to replicate the work of a real person using AI. Especially since essays and papers in college need sources and most of the time, materials and concepts went over in class. It would be a lot more work to make it seem like a real paper rather than a generalized and glorified Wikipedia page.

Academic dishonesty and accuracy aren’t the only issues that come along with Chat GPT.

On a global level, Chat GPT raises the chances of hurting people over the Internet. Funmi Looi Somoye for PC Guide wrote a piece on Chat GPT.

“Chat GPT has the potential to be used by attackers to trick and target you and your computer,” Looi Somoye said. “For example, fraudsters could use Chat GPT to quickly create spam and phishing emails. Due to the vast amount of data, the model is trained on, it now has become easier than ever to create scarily convincing emails even in the style of the company they’re trying to pose as.”

The risks don’t stop at phony emails. Chat GPT is already being used by hackers. Axios reported, “Researchers at Check Point Research have access to that great power and we should probably keep it under control. The 19-year-olds who still live with their parents probably shouldn’t have access to that great power and we should probably keep it under control.”

Lastly, Chat GPT being used can ultimately steal jobs away from real-life people. Software engineers, writers, artists and more are at risk of being beaten out by AI.

The New York Post reported, “So promising are the tool’s capabilities that Microsoft — amid laying off 10,000 people — has announced a ‘multiyear, multibillion-dollar investment’ in the revolutionary technology, which is growing smarter by the day.”

It would be amazing if we lived in a world where we could have these types of things and have them only be used for good, but we don’t. With great power comes great responsibility. The 19-year-olds who still live with their parents probably shouldn’t have access to that great power and we should probably keep it under control.

This technology truly is amazing, but when it is used for the wrong reasons, it poses a threat to our world.
Stephanie Hsu Got Robbed At The Oscars

Sofia Acevedo Valencia
Assistant Opinion Editor

I imagine you are Stephanie Hsu for a moment. You put your heart and soul into a role, to put it plainly, because there are no words that can describe the impact her craft has left on this world and the Asian community. You do so well and exceed everyone’s expectations to the point that your breakout role gets you an Academy Award nomination for Best Supporting Actress. You sit at the Oscars with your film crew, who proceed to win a total of seven Academy Awards, the most out of any film ever.

With your own two eyes, you have to watch a white woman, your co-star Jamie Lee Curtis, win your Academy Award nomination for a role that you could easily do in your sleep. Well, you don’t have to imagine, because that’s exactly what happened to Hsu herself.

Don’t get me wrong. I’ve been a fan of Curtis since Freaky Friday and there’s no one that loves that woman more than a former Disney channel kid, but her role in “Everything Everywhere All At Once” can’t even compare to Hsu herself.

For those not familiar with it, the New York Times describes the film being “about a family of Asian immigrants who travel through a multiverse in their quest to find one another.” Hsu plays the role of Joy, the queer daughter of Chinese immigrant parents, who in the multiverse has become evil and seeks to destroy everything in her path, her alias being Jobu Tupaki.

As a queer woman of immigrant parents myself, I’ve never seen myself so well-portrayed and represented in media, from my conflicting relationship with my identity and the change of adjusting to American culture that strides away from tradition. Hsu made me feel seen and that I’m not alone in this struggle to be myself while staying true to where I come from.

Aside from the emotional factor that made me and so many others feel connected to Joy, Hsu’s acting technique and range for displaying who her characters were at their very core were short of incredible. The fact that she didn’t win doesn’t hurt because fans of the film are sore losers, it is because people of color have to work twice as hard to be acknowledged and they can rarely outsell their white counterparts.

The majority of people on social media agree that Curtis was only given the Oscar as a legacy award. Because of her long career and not having received one thus far, she was awarded instead of Hsu and even Angela Bassett, who’s getting dragged online for looking disappointed at the results of the winner of Best Supporting Actress. Bassett, who was nominated for the same category, did a remarkable and impeccable job in her role as Queen Ramonda in “Black Panther: Wakanda Forever”. It drew me to tears, and if there was anymore else more deserving of an Oscar than Hsu, it has to be Bassett.

It is true that the academy has been making strides in terms of representation, as Michelle Yeoh is the first Asian woman to win Best Actress, but it’s also very upsetting that it’s taken this long for minorities to have a seat at the table.

Yeoh is only the second woman of color to do so, the first one being Halle Berry for Monster’s Ball (2001). Hsu’s situation is the one that I find to be the most exemplary of the academy’s lack of tact with people of color. If they wanted to recognize Curtis for her career, they could have easily done so during the ceremony. Many people in the industry were celebrating that night, as the entire point of the Oscars is to recognize all people in film and those behind the scenes involved in it.

Curtis deserves to feel seen for her accomplishments, but in a film whose cast is mainly actors of Asian descent, it is not fair that Hsu got snubbed because the Academy wanted to give out a career award.

It is about time people of color in the industry are supported and honored to the same extent as anyone else.

Sofia Acevedo Valencia, a sophomore political science major, is in their first year as assistant Opinion editor for The Montclarion.

Barnes & Noble’s New “Premium” Membership Is An Insult To Readers

Tyler Ventura
Guest Writer

Popular book retailer Barnes & Noble has always evoked mixed emotions within the reading community, whether it be their take-over of local bookshops or their lack of lesser-known authors on shelves. Recently, they’ve just added another reason for customers to shop elsewhere.

Barnes & Noble CEO, James Daunt, announced a few weeks ago that the retail chain would be phasing out the company’s current membership plan in favor of a newer one. Members of the current plan are now being informed that their membership for years.

In the past, memberships could be purchased in-store with cash so customers wouldn’t have to worry about the looming automatic billing that came with using a credit card. Now they’ve completely taken out this option, hoping that customers forget they’re paying for it so Barnes & Noble can rack up more membership numbers.

The exclusion of keeping the two memberships running parallel and letting customers pick between a tier is the real nail in the coffin. The basis of consumerism hinges on choice and to take that away in favor of forcing a more expensive fee with pitiful rewards don’t even have cafes, rendering that aspect of the new membership useless.

As if being required to fully “upgrade” to the $40 membership as opposed to having an option wasn’t enough, getting it now demands credit card information.

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“Bar”
by Rosemary Rodriguez | Staff Writer

Drink and dance
Drink and dance
You said you like me better when I drink
So I do
Drink and dance
The night was
Lackluster full
Of chewed ice and fire shots
Well no
The night was
Full of lust
My head hot
From all the awful techno
Dead bar and sleepy girls
Seeing double through my curls
You said you like me better when I drink
So I do

“Divine Perspectives”
by Kiara Oelkers | Guest Writer

Am I the drips of blood in my own nightmares?
Am I the one breath underwater?
Am I the key to the unhinged latch?
Am I the tingling sensation that ceases to last?

Like a mime, I climb the translucent barrier.
Like a mime, my broken faucet of a throat squeaks.
Intertwined in the loose ends frayed with age.
Intertwined with reality sinking and pressure rising.

Trying to find meanings for meaningless reactions,
Trying to treasure what is now imagination,
Trying to give life to a tethered bulldog.
Trying to seek pleasure out of sediment.

Feeling the pluck of your red, beating petals is mother nature’s kiss.
Feeling the timpani trump in your chest is The Father’s rhythm of triumph.
Feeling the wet glands on your fingers is evidence of proper self turmoil.
Your decision with these elements is the true crime.

How many experiments are presented unmeasurable?
How many rainbows are predicted the night before?
How many boulders are proven impenetrable?
How many mourning doves must pass your window until hope is recognizable?

It is you who controls the mourning doves.
It is you who sits underneath the rainbow.
It is you that remains a tethered bulldog.
It is you that listens to the timpani rather than God’s rhythm.

“The Kingslayer”
by Jay Garcia | Staff Writer

I am the exile son, hollow body yet filled with purpose.
Remember me?
Reincarnated to fill the void,
Like gold filling in a broken dish.
The same gold that you wore on your ego-inflated head
You may have made the crown,
But royalty looks better on me.

I was a soda can opened for too long
After being with you my entire existence
The life lingered til it was lost
For years, I was searching for it,
But life left me so far that I couldn’t find the last traces.

Death captured me and I laughed at its face,
Laughing at the thought of this moment.
The glee I feel, the fizz finally finding its way back inside my corpse.
All those years searching for what was right in front of me.
The king who ruined me.

And now, I ruin the king.

“Young Endeaver”
by Danielle Lingger | Guest Writer

They grow in the unlikeliest
of places where a rainstorm
seems to have ravaged
every inch of the garden
Under the ruins of
demolished leaves
the tiniest of sprouts flourish
into a thicket of inflorescence
New florets rise afresh from the nadir
prancing their way out of previously
fallow earth toward the warmth
of the sun’s gilded rays
Newborn petals reflect
the rainbow’s iridescence
as memories of the brutal storm
drift distant into the clouds above

Illustrations
by Alex Pavljuk
“Mama”  
by Olivia Yayla | Staff Writer

You can never truly escape from family. My mother, God bless her soul, always said that there is no ball and chain thicker than the umbilical cord. And while I agree with her on some level, my wife, Stella, has undoubtedly felt the opposite ever since the first time I invited her to meet the family.

And as we drive past the mossy tombstones on the way to the cemetery for her burial, I can’t help but feel like my wife’s despair is as thickly painted as my mother’s caked face in the hearse in front of us. They’ve never gotten along, and although I assumed Stella could put that aside now that she’s gone, I find myself regretting the open bar at last night’s traditional send-off. In my family, every death is celebrated the night before the burial with toasts of memories and promises of how we will cherish life now that they are gone. I was too busy greeting relatives and accepting condolences to notice Stella had gotten on a first-name basis with the bartender. I assumed it was hard for her, as her mother had died a week before our wedding, and now mine has joined hers. So when the microphone was passed into her clammy hands and up to her tequila-kissed lips, I thought it would be best for her to speak her mind, to get it all off her chest–to feel more like family than she ever has. Then she opened her mouth, and I knew I made a grave mistake.

“...Mama is, everyone’s mama, I guess,” she paused, hiccupping as she gulped. “And if you know me, you would understand that I have very bad luck with mothers. I remember,” hiccup.

“Oh, I remember our first family dinner. I remember how there wasn’t a table setting for me upon my arrival. I remember how the seat next to my husband was taken by his childhood ex-girlfriend who Mama always hoped would worm her way back into his life. Yea, Nadine I’m talking about you,” she cackled, making her way to the center of the room, twirling the microphone wire around her pointer finger.

“Oh, but let’s not forget my wedding day,” light laughter echoed in the crowd, bringing everyone back to that unforgettable day.

“...the day when everyone in this room found out about my severe allergy to almonds. But mama? She knew that. And as a parting gift, she sent three trays of cookies up to the bridal suite. All with sugar-coated almonds in the center, hidden beneath the dough.”

Whispers chased each other around the room from ear to ear, but Stella was in her own drunken world of memories. Though it may not have looked like it, her maniacal giggles were steeped in something other than remorse. Guilt. Anger?

“...Stuff your face, she said. My son doesn’t need a malnourished bride, she said,” Her hand reached up to her forehead, feeling the warmth of stress before wiping the single stray tear. Unaware of the awkward silence that dwindled around her.

“We exchanged our vows in a hospital bed. Unable to share our first kiss as husband and wife until the swelling wore off and the pain subsided. But hey, I guess we are alike in that way. My Achilles Heel being almonds, and hers being peanuts.”

I tried to reach her in time, recognizing her shrill voice, and how close she was to a breakdown. Then the words left her lips. And I froze amongst my relatives.

“I’m just glad I was able to return the favor. May God bless her and supply her with bottomless glasses of wine, Lord knows she needs it down there...”

I don’t think anyone understood what she meant, but I did. My mother’s allergy was a secret to all, except me. And I told Stella. For all this time, I had assumed it was an accident, even though my mother was always adamant about checking her candy for peanuts. The events of last night faded into the deafening silence of our car as it came to a screeching halt. The entire family was waiting on the eerily green grass, all draped in ribboning black shawls and stark black velvet suits, waiting for Stella and me to join them.

I took my wife’s hand and led her out onto the grass before the empty grave, kissing her hand before facing my family.

“I was 23 when I met Stella, and when I saw her on campus, I knew she would be my wife. My mother, on the other hand, insisted that I was mistaken. That no woman could ever be as good to me as she was,” I said bluntly, peering over at Stella’s slightly furrowed eyebrows and confused expression. “I always said she couldn’t see what I saw in Stella and that no matter what she thought, I would spend the rest of my life with this woman. But alas, I was wrong.”

Stella whipped her head to face me, noticing how the coffin had yet to be unloaded from the hearse, and how close I had positioned her in front of the freshly dug grave.

“How’s going on? Who’s this grave for?” I asked, unable to face her.


Illustrations  
by Alex Pavljuk
“Skyline” - Avery Nixon

“Palm Tree Silhouette” - Danielle Linggar

“Luna Bella” - Alex Pavljuk
“In America, the President reigns for four years, but Journalism governs forever.” – Oscar Wilde

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How many different dance numbers can be used to portray a serial killer murdering someone? The question is answered in Players: A Programming Board of the SGA’s production, “Camp Little Falls.”

Being performed March 17 to 19 in the Student Center Nest, “Camp Little Falls” is a 1980s slasher film-themed dance show that follows about 20 teenage camp counselors, who after an intoxicated night, find the number of their staff quickly dwindling at the hands of a killer.

Audience members sit along for the ride as they wait to see which characters make it out alive, reminiscent of how it feels to watch a classic, old-school thriller, complete with all the known tropes, from a promiscuous girl with nothing but boys on her mind to the camp sweetheart everyone likes.

The story comes from the minds of co-directors Cole Vitelli, a sophomore psychology major, and Jordan Fiorentino, a sophomore family science and human development major. Together, using what Fiorentino calls “the same brain cell,” the duo created a student-run performance consisting of electric original choreography.

Different from dance shows in the past, Vitelli and Fiorentino decided to leave their creative mark this year by also adding very short scenes of dialogue between each dance number. This was to help the audience not only understand how the plot is moving forward, but the dynamic dances are truly the heart of the production. With a variety of songs that allow for a range of dances, whether that be tap, jazz, lyrical, hip-hop or finger tutting, viewers can expect a roller-coaster of emotions as they watch “Camp Little Falls” unfold. They’ll be partying with the camp counselors to Wham!’s “Wake Me Up Before You Go-Go” in one scene then holding their breath to Rich Boy’s “Your Favorite Scary Movie” the next, creating an addicting back-and-forth of anticipation, fear and elation that stays until you leave the show.

Freshman social media and public relations major Sofia Salerno, who plays counselor Brandy, also known as “The Prep,” hoped audience members would walk away with just that.

“Hopefully they’ll be a little scared,” Salerno said. “That would be pretty cool - as well as have a new appreciation for dance in the way that it can be [used to tell] stories.”

The characters themselves are also essential to the show’s storyline and level of enjoyment. Many cast members were given the opportunity to choose their on-stage persona, including their character’s name and distinctive personality traits to be maintained throughout the performance. Each performer held their own, as a quick scan across each person in a scene revealed dramatic facial expressions and consistent mannerisms that force the audience’s eyes to stay glued to the action.

“You’re meant to get invested in all the characters,” Fiorentino said. “And I hope [people make] a connection to one of the characters because all of them are so different in their own way.”

Though all have very individual quirks, the cast comes together to create an immersive experience that brings the audience into the fun and terror of the killing spree. Viewers are kept engaged as actors move about the Nest, in some scenes taking time to interact with those watching, effectively keeping them on their toes and making them feel a part of the show.

The crowd is also visually roped into the 1980s glam that adorns the cast. The simple set design allows for greater focus on the dances as well as the costumes, hair and makeup. Everyone is neat and tidy in their camp t-shirts and tube socks but accessorized with 80’s memorabilia, from multi-colored scrunchies and suspenders to bright eyeshadow and voluminous hair, painting back to the vibrancy of the decade.

Stage manager and dance captain Nathalia Daza, a senior theatre studies major, worked to bring Vitelli and Fiorentino’s vision of paying homage to 1980s slashers to life, a task she said she enjoyed.

“The [1980s were] a great time,” Daza said. “It was a great era. You know, I’m such an oldie myself, even though I was born in 2000. I enjoy history, so I think we need to bring back poofy hairstyles and mismatched color outfits. Maybe with this show, we can create a comeback soon.”

With its intoxicating energy and gripping choreography, it’s likely that “Camp Little Falls” will leave the audience nostalgic for a decade they may not have even been alive for.
The lead single, “Flowers,” sets the tone perfectly as the first song of the album. It brings us into the world of Cyrus loving herself and moving on from a widely known mermaid vibe. It’s a dance-pop song she has released and is one of the biggest songs of the year so far and sets the tone perfectly as the first song on the tracklist. It brings us into the world of Cyrus loving herself and moving on from a widely known mermaid vibe. It’s a dance-pop song she has released and is one of the biggest songs of the year.

The second single, “River,” is somewhat interesting. Cyrus has surprisingly never done before. It feels like the most dance-pop song she has released and the closest she has leaned into that sound since her third album “Can’t Be Tamed.” The song makes you want to go right into a club, start dancing with people all around you and just lose your mind to the music. When the pre-chorus comes in, it feels like you’re about to get drenched by the beat. “Heart beats so loud that it’s drownin’ me out / Livin’ in an April shower / You’re pourin’ down, baby, drown me out (Ooh, ooh, ooh),” Cyrus sings. There are two collaborations on the album, “Thousand Miles” with Brandi Carlile and “Muddy Feet” with Sia. Both are very light collaborations. Carlile only harmonizes in the background with Cyrus on their track while Sia sings.

Miley Cyrus, a superstar of the 21st century, has released her eighth studio album, titled “Endless Summer Vacation.” The album is her first since 2020’s “Plastic Hearts,” a rock-heavy studio album, titled “Endless Summer Vacation” is split into two parts; the first six tracks are the A.M. side of the album and the last six are the P.M. side. The A.M. side is to resemble the feeling of morning energy and a brand new day ahead of you while the P.M. side is to resemble the fun, wild, glitz and glamour of a mermaid vibe. The lead single, “Flowers,” is arguably the biggest song of the year so far and sets the tone perfectly as the first song on the tracklist. It brings us into the world of Cyrus loving herself and moving on from a widely known mermaid vibe, and by the end of it, you’re wanting to know more about her journey. A career highlight, “Jaded,” shows Cyrus is starting over for the first time since she knows there is nothing more she can do. “Oh, isn’t it a shame that it ended like that? / Said goodbye forever, but you never unpacked / We went to Hell, but we never came back,” Cyrus sings. She’s looking back on how things could have been but knows she has to keep moving on. This is one of the clear moments on the record where we see the vulnerability and relatability of Cyrus accepting what this breakup has done. However, it is the three-song run of “Handstand,” “River” and “Violet Chemistry” that feels like the biggest and best gut punch you can ever receive while listening to an album. “Handstand” is the first track of the P.M. side, bringing us into a night on the town in L.A. You can feel the shift that the whole work would mostly just be her. Cyrus has continued to be one of the most provocative, intriguing and genuine artists of our generation, and this album just proves that. In her most mature album to date, Cyrus has entered her 30s more sure of herself than ever, and we love her even more for that.

My personal favorites are “Jaded,” “River,” “Violet Chemistry” and “Wild-card,” but I’m sure I will be playing this whole album for many endless summer vacations.

Kevin Olivieri
Staff Writer

Miley Cyrus Cements Her Icon Status With ‘Endless Summer Vacation’
Don Toliver Drops an Album That’s Easy to Love And Hard to Get Sick Of

Matt Orth
Sports Editor

It has been almost five years since the general public first heard the voice of Don Toliver on a major album. Travis Scott’s last album, “Astroworld,” first broke the airwaves in the summer of 2018, and not only was it one of the best rap albums in recent memory, but it also carried a newly signed voice on “CAN’T SAY.”

Now, after a couple of successful albums and features with artists like SZA, Skrillex and Lil Uzi Vert, the Cactus Jack Records artist is back after a decent break with a new album called “Love Sick.” Not even a week after its release, Toliver dropped a deluxe version of the album with four new songs.

The strategy has become popular among rap artists in the era of streaming in order to boost sales, especially since artists like Yeat and Key Glock outperformed the album within the same first week of sales. But don’t let the numbers fool you; Toliver dropped yet another dope album and is proving his consistency and that he’s not just an artist associated with Scott.

Sure, Toliver had to include the Houston-based artist on the deluxe album with the song “Embarrassed,” produced by megaproducer Wheezy. Their collaborations never miss and always hit, and this one may be one of, if not the, best collaboration they have had.

The iconic producer tag hits right away, the calming guitar under the 808 drum beats set the tone, and once Wheezy is outta here, Scott feels wearing his jewelry has him embarrassed while with a woman out in Paris.

Looking at the main album that dropped before the deluxe, it starts off with a less than two-minute intro that’s mainly a groovy beat and gets listeners locked into what album they are about to hear. Toliver does throw in some vocals later on, but the scene is ultimately set.

The album has a nice mix of more hard-hitting rap and R&B songs, like the song “Leave the Club” featuring two mega-stars Lil Durk and GloRilla, transitioning right to the strictly slow-paced R&B tune with Kali Uchis called “4 Me.”

The hook couldn’t be catchier.

“You’re the only girl for me / You’re the only girl I need, yeah,” Toliver sings.

But the two most streamed songs from the album on Spotify do not include the third part of his ever-popular song “Company” or any of the songs that feature artists like James Blake or Brent Faiyaz. Rather, the top-streamed song on the platform, with 23 million plays, is “Do It Right,” which is carried by the vocal sample behind the beat from Jahaan Sweet and reminiscent of The S.O.S. Band’s debut single called “Take Your Time (Do It Right).”

Many people thought the second most streamed song, “Private Landing,” would feature Scott, as well as Justin Bieber and Future since the Cactus Jack Record owner played it at a recent event. But in the end, Toliver took the lead with only the Canadian singer and the Atlanta rapper alongside him. Cardo, along with a few other producers, create a beat that makes hitting one key on a piano sound as fire as possible.

Future does what he does on almost every single song he’s on and flows immaculately with the beat. And the duo of Toliver and what many people call “Bugatti Biebz” (Bieber on rap and R&B songs) is something I never thought I needed but I now want more of.

It may not have been Toliver’s best work and he did drop on a loaded weekend with other great albums, but the singer is proving to himself and the world that he is here to stay with the elite of the game. And “Love Sick” proves that Toliver needs to be on Scott’s next album, “Utopia,” with a vengeance.
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PHOTO ESSAY: Women's Lacrosse Finally Heads to Sprague and Drops Home Opener

Matt Orth
Sports Editor

After a tough road trip to start the season for the Montclair State University women's lacrosse team, with them allowing over 60 goals and only scoring 25 goals, the squad had their first game at home for the season. And with Misericordia University on a three-game losing streak prior to this matchup, this game looked to be a good chance for the Red Hawks to find their footing again.

To start off the game, the Cougars started red hot, taking a 5-1 lead to start the first quarter, but the Red Hawks did not back down. They eventually tied it at five in the second quarter, with three of those goals solely coming from freshman midfielder Norah Monaghan. After that stretch for Montclair State, Misericordia could not be stopped for the majority of the rest of the game, scoring eight of the next nine goals. Goals did come in again from Monaghan and players like sophomore attacker Chelsea Stack and sophomore midfielder Joelle D'Angelo, but it was not nearly enough to stop the offensive from the Cougars.

The Red Hawks would lose the home opener 16-9, bringing their record down to 1-4 on the season. The team also started last season off with a 1-4 record but was able to even it out at the end of the season. Time will tell if these Red Hawks are able to do the same, and it starts with their next matchup against Morrisville State College at Sprague Field.
ALYSSA BOROZAN IS RED HOT FOR THE RED HAWKS TO START THE SEASON

.833 IN 24 AT-BATS BOROZAN’S BATTING AVERAGE, THE TOP IN MSU AND THE NJAC.

2.016 OPS, MEANING HER SLUGGING PERCENTAGE IS OVER 1.200 AND HER ON BASE PERCENTAGE IS OVER 0.800.

16 HOMERUNS THE TOP IN THE NJAC AS WELL AS 5 RBIS.

1 HOW MANY TIMES BOROZAN HAS WALKED AND STRUCK-OUT.

BECAUSE OF THIS OFFENSIVE EXPLOSION, THE RED HAWKS ARE NEAR THE TOP OF THE CONFERENCE WITH A 5-1 RECORD.

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PHOTO ESSAY: Men's Basketball Travels To Maryland And Loses To Hamilton In First Round

Matt Orth
Sports Editor

All the way down in Maryland at Johns Hopkins University, the Montclair State University men’s basketball team was set to begin their run in the 2023 NCAA Division III Tournament against a great team, the Hamilton College Continentals.

In the first half, you couldn’t ask for more of an offensive spectacle from both teams. Each team ended the half with an over 60% field goal rate and over 40% from beyond the arc. Senior guard Keyon Pryce was flying down the lane early on, and no Continental player was able to stop him.

Even with the number of points Montclair State was able to put up, Hamilton would respond after almost every possession and would end the first half with a slight advantage up three.

Going into the second half, the start of it felt like the first half played on a loop. Both sides could not miss no matter where the ball was shot from the floor, and the game looked destined for a classic finish. Unfortunately for the Red Hawks, the Continentals went on a 7-0 run, giving them a sizable lead for the rest of the game.

Because of that run and the Red Hawks going cold later in the second half, shooting below 45% from the floor and exactly 30% from beyond the arc, the Continentals would win by nine and move on to the second round of the NCAA tournament.

But everyone knows that the men’s basketball team will be back with a vengeance next season, ready to build off the success of this season.