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Montclair State Inches Closer to New Dining Vendor



Students eating in Freeman's dining hall.

Lynise Olivacce | *The Montclarion*

Kamil Santana
Staff Writer

Montclair State University is searching for a new dining vendor.

Vice President for Student Development and Campus Life, Dawn Soufleris, said five vendors will possibly be submitting proposals to the university after a pre-bid meeting that was held on Nov. 18.

"As part of the [Request for Proposal] process, there was an open session prior to the Thanksgiving break," Soufleris said. "This allowed any interested vendors to come, hear a small presentation given by the university and then take a tour of the campus. At that event, we had five interested vendors. Their proposals are not due yet, so we are not sure how many of the five will submit a bid."

The search for a new vendor comes as the campus community has been pushing for a change in the variety of foods offered at the university and where the dining halls are located.

Students like Juan Rizo, a sophomore business administration major, expressed their feelings about the selections of meals on campus, their prices and locations.

"I feel like the Student Cen-

ter food has a good mixture," Rizo said. "There is something a little less healthy like Panda Express. If not, there's California Tortilla instead and sushi here is a good option. I've bought other things. Panda Express is cheap. This bowl and water were eight dollars. It fills you."

Rizo also would like to see more healthy food options at Montclair State.

"The pizza place [in the Rathskeller] downstairs isn't terrible," Rizo said. "It's fast food so it's expected. Blanton could get better food options. I don't think there should be two [Dunkin's]. I don't know about the healthier food prices, but that's probably what I'd like to see more of."

Syed Alam, a senior computer science major, feels there are a few issues that need to be resolved in order to better access food on campus.

"I say the food options here are fine, I eat on campus often," Alam said. "The problem is the accessibility. Everything is all over the place. The closing times should be the same. Some people eat halal and have haram restrictions. The only place open to them is the pizzeria downstairs [in the Rathskeller]. I don't feel [the food] here is worth the true price. You should get a much bigger serving size."

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Men's Basketball Undefeated



After a dominant win against Rosemont College, the Red Hawks returned to Panzer and dominated the Rutgers-Camden Scarlet Raptors.

Dan Dreisbach | *The Montclarion*

Wyatt Lardieri
Staff Writer

Montclair State University men's basketball team opened up a doubleheader against Rutgers University-Camden that featured a men's and women's game. Montclair State would convincingly win both games.

The men's game was particularly impressive as the Red

Hawks won by a powerful score of 94-62. This win continues a four-game win streak against Rutgers-Camden and improves the team's record to a perfect 6-0.

The Red Hawks opened the game energetically and on fire from behind the arc, hitting four straight threes to open up the game. However, Rutgers-Camden was hanging tough through the first five minutes. Montclair State then began to

press full court which saw a giant momentum swing for the Red Hawks.

Rutgers-Camden could not keep up with the press which allowed Montclair State to build a comfortable lead. Senior forward Steven Breeman described the importance of playing like this.

Basketball
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the Montclarion est. 1928

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Vendor
Continued From Page 1

Similarly to Rizo, Alam mentioned that instead of the two Dunkin's, the campus should open a store for its competing coffee chain.

"I would like to see a Starbucks here on campus," Alam said.

Jahdae Drake, a freshman psychology major, said that as a commuter getting food on campus can be a little expensive.

"I think the food options are okay," Drake said. "It's not bad. I think we need a vendor that'll be more inclusive with food [options]. For someone like me, it could get expensive. I don't have a meal plan. I'm here four days out of the week and it could add up."

Drake shared some of the food places they would like to see on campus.

"I would actually like a place that would sell chicken wings like a Wingstop or a Buffalo Wild Wings," Drake said.

Those concerns have been heard. Soufleris said there are many goals to be achieved with

the new dining vendor.

"Our goals include more innovative dining options, more selections, higher-quality offerings, mobile options, dining services closer to Clove Road and options that are affordable for our students, staff and faculty," Soufleris said.

The cost of the contract has yet to be determined as the public bidding process extends into next year and needs state approval in order to be finalized.

"Once the bids have been received, there will be public presentations that anyone on campus can attend," Soufleris said. "We will be gathering feedback from the presentations to help us make the final selection. We will then submit our selection to the state for their approval."

The university's goal is to finalize the process by the upcoming semester.

Our hope is that the state will approve our selection during the spring 2023 semester, with the plan to begin a transition over the summer of 2023 so we can begin the 2023-24 academic year with a vendor in place," Soufleris said



Dawn Soufleris hopes that the new vendor will provide a broader range of food options for students.

Kamil Santana | *The Montclarion*



Syed Alam hopes the university expands accessibility of the dining services campus wide.

Kamil Santana | *The Montclarion*



Jahdae Drake wants more inclusive options on campus and says that as a commuter, the prices of meals can be costly.

Kamil Santana | *The Montclarion*



Juan Rizo, a sophomore business administration major, said the food on campus is affordable but the options could be expanded.

Kamil Santana | *The Montclarion*



Montclair State University students are concerned about flu shots being optional on campus.

Lynise Olivacce | The Montclarion

Should Flu Shots Be Required On Campus?

Erin Lawlor

Assistant News Editor

With flu season in full swing, the controversy of whether or not the flu shot should be required circles back around the Montclair State University campus.

Patricia Ruiz, Director of the University Health Center and University Privacy Officer, explains that the shot has not been required since the fall of 2020.

"The seasonal flu vaccine was only mandated for the fall 2020 when we did not have coronavirus (COVID-19) vaccinations available," Ruiz said. "There was a great concern that many students would experience both the flu and COVID-19 and risk their health and interruptions to their academic success."

Although there has not been a huge spike in sickness, some students are anxious that the shot is not required.

Chibuzor Ezeji, a junior public health major, is one of those students.

"I think it's kind of dangerous," Ezeji said. "With everything going on it doesn't make sense for them to not require it. People have been getting sick recently so I don't really support that."

Lauren Taylor, a junior musical theater major, is concerned for her castmates and theater performances.

"That's messed up," Taylor said. "For a lot of the performances we are required to be vaccinated for COVID-19 and it's kind of the same deal. We have to protect each other and make sure everyone is safe."

Rachelle Vassoler, a junior visual communication design major, is worried for her safety.

"Especially in the fall there is a lot of spreading of the flu," Vassoler said. "Even the past



Lauren Taylor is nervous for shows and her castmates without the flu shot being required.

Erin Lawlor | The Montclarion

year with COVID-19 once we [came] back to school, there [was] a lot of spreading."

Vassoler further explained that she doesn't know if she fully believes if the flu shot should be required but it is a precaution that could help.

"I have already had teachers who had [to] cancel classes because of COVID-19 already," Vassoler said. "With the flu, that's every year. It would definitely help prevent stuff like that because it interferes with professors being in classes."

Although there have not

been a large number of COVID-19 or flu breakouts this semester, Ruiz urges students to be careful over the break.

"Seasonal flu and [COVID-19] vaccination are strong public health tools to keep individuals and their loved ones healthy," Ruiz said. "The University Health Center (UHC) offers free flu vaccines to any student and strongly promotes the flu vaccine whenever a student comes to the UHC for any kind of evaluation."



Chibuzor Ezeji sees people have been getting sick recently and doesn't support the university not requiring the shot.

Erin Lawlor | The Montclarion



Rachelle Vassoler is concerned for her safety and classes.

Erin Lawlor | The Montclarion

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campus or off campus
matters?

Write for Opinion!

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Room 2035, School of Communication and
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Parking
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Fees

Campus
Activities





Silver Stream Studio, located in The Mews alleyway, is a hub for local artists in the area and from Montclair State.

Dani Mazariegos | *The Montclarion*

Silver Stream Studio: A Montclair Hidden Gem

Dani Mazariegos

Assistant Photo Editor

Just two miles from campus on Valley Road in Upper Montclair, hidden inside The Mews courtyard behind Toros Restaurant, is a basement level store named Silver Stream Studio, a creative ultimate playground and a place Montclair State students should take advantage of.

Montclair has an extensive history of having a lively entertainment and creative scene. The town has always been known to have interesting businesses with an immense amount of character, and Silver Stream Studio is no exception to this. Located in the heart of Montclair, Silver Stream Studio recently opened last April. According to the owner, Timmy Kellenyi, Silver Stream Studio is "a podcast studio/ event space/ weird little store." Essentially, this is a creative safe place for artists of all nature. It is truly a hidden gem both figuratively and literally due to its hidden location.

Kellenyi, originally from Maplewood, New Jersey, has always been a creative person and has always had an appreciation for the arts.

"I appreciate creative people, I appreciate eclectic environments and an environment that caters to the [weird] side of people and their self-expression," Kellenyi said.

As a teenager, Kellenyi was an enthusiast of attending and hosting punk rock shows around Maplewood and South Orange. From a young age, he has been

involved in curating events and connecting with other creatives in his community.

After college, Kellenyi moved to California and started working in art galleries and event spaces. After witnessing these creative spaces become a big part of their communities, Kellenyi moved back to New Jersey and decided to create his own space like that in Montclair.

"A really relevant point to why this place started is so that it could [serve as a] home [and] gathering space for a creative community," Kellenyi said. "This place is [my way of] showing appreciation to the creatives."

Just calling Silver Stream Studio a podcast studio is an understatement. For the majority of the time, the space is used for hosting events. Typically, the events they hold include film screenings of local filmmakers. Last spring, the studio hosted a screening of a documentary film "Nice Towns" by local filmmaker Michael Abdul-Qawi.

One of the studio's most popular events was their Super Smash Bros. game tournament hosted by Mapso Entertainment this past October. The tournament was a single-player competition with a cash prize. Kevin Ortiz, better known through his gamertag QueVeen on all socials, won the Super Smash Bros. tournament.

"The event was super fun and welcoming, it felt so comfortable, and the owner of the studio was really kind and stoked about hosting events such as this," Ortiz said.

Last June, Silver Stream Studios hosted a series of intimate comedy shows

headlining Chris Gethard, an American actor, producer, comedian and writer most known for his roles in the films "The Dictator" (2012), "Don't Think Twice" (2016) and "The Heat" (2013).

In addition, Silver Stream Studio also hosts standup comedy shows, art gallery events, live music events, karaoke nights and even yoga classes. Kate Nichols was one of the comedians featured in the most recent standup comedy event this past October. She is also an LCSW psychotherapist who has also hosted a yoga and mental health workshop at Silver Stream Studio along with Doula Varrita Saryon.

"What I really like about Silver Stream is its underground location," Nichols said. "I like the element of having to kind of know where it is to find it. I particularly liked this for hosting a comedy show because it felt a little bit like having a secret location which added a fun element. The space itself is also intimate, which makes for a great community vibe and the decor of the place is really cool."

Nichols also spoke about Kellenyi's role in making the studio what it is.

"The owner [is] super friendly and approachable and helped me execute both events really seamlessly," Nichols said. "He was very helpful with the planning and took over a lot of the marketing and ticket selling which I really appreciated, as that's not my skill set, and made the events themselves very simple to operate by working the door and getting folks settled so I could really focus on running the events themselves."

Although relatively new, Silver Stream Studio has been a great place for inclu-

sive, creative communities in Montclair.

"What I see is that this space's main significance is to be a meeting ground for people involved in the art scene, people involved in the music scene, people who want to harbor a sense of community," Kellenyi said. "The reality is we are a space that supports creatives, and we want people to use our space however they want."

It's also a place where artists, specifically local and Montclair State University artists, can display and sell some of their artwork. They can also go into the store during open hours Thursday to Sunday to lounge in the sitting area and maybe get work done; or try to get inspiration from the captivating artwork hung on the walls and displayed all over the store, made by local New Jersey artists.

Especially with Montclair State having a variety of creative arts programs, Montclair State students should take advantage of this space. Kellenyi even offers a 10% discount to Montclair State students for studio time.

Regardless, the space is intended to be a comfortable place for everyone to be entertained and creative. To find out more about their upcoming events or studio space, you can check out their Instagram: @silverstreamstudionj and contact Kellenyi through their website silverstreamstudionj.com.



D.T. Max talks to his readers at his event at Watchung Booksellers in Montclair.

Roxanne Gribbin | *The Montclarion*

D.T. Max Opens Up About His Latest Book

Roxanne Gribbin
Staff Writer

It's 7:00 p.m. on Tuesday, Nov. 29 at Watchung Booksellers in Montclair. Books titled "Finale" are scattered along the table with The New Yorker writer D.T. Max proudly sitting beside them. Refreshments such as a cheese board are set on a table with various beverages. Max sits next to Peter Flynn, an associate professor of musical theatre at Montclair State University.

Flynn interviewed Max about his latest book, "Finale: Late Conversations With Stephen Sondheim," a profile on the famous composer and lyricist Stephen Sondheim. They spoke thoroughly during the book signing, discussing their own accounts with Sondheim. As they compared and contrasted their experiences, the viewers got to witness firsthand Max's bond and friendship with Sondheim.

Author, father and friend, Max's newest profile got inside the unique mind of Sondheim and provided his readers with a never-before-seen insight. Previous to his passing in November 2021, Max conducted a series of interviews involving Sondheim, talking to him about life, death and everything in between.

Sondheim was a widely renowned composer and lyricist. He is credited for re-inventing the American Musical, best known for his lyrics in "West Side Story" and "Into the Woods". Sondheim has received eight Tony Awards, an Academy Award, eight Grammy Awards, a Pulitzer Prize and has two theaters named after him. With his larger-than-life persona, it is often forgotten that he too was human and had a personal life outside the media's perception of him.

In the past, Max has written countless profiles including on many artists and the founder of Twitter. He stated his interest in Sondheim stemmed from his earliest memories. He brought up how his home lacked furniture, due to his parents' conflicts, but had a walnut paneled KLH Model 20 plus stereo. On

this stereo, he recalls listening to Sondheim's tracks.

"I think I was first interested in him when I was a kid, I was listening to his album and I couldn't believe how brilliant this guy was," Max said.

In his profile "Finale," he stated, "As I got ready for my interview with Sondheim, I realized that, despite decades of admiring his work, I could not recall even the most rudimentary things about him."

Sondheim had accumulated mountains of fame over the years which made his perception in the media waver. Sources have stated that he was quiet and kept to himself often. Max wanted to challenge the idea of who he was and take matters into his own hands.

Max and Sondheim were close acquaintances that shared many similarities. Despite his image in the media, Max revealed that he was very social and enjoyed having people around. Sondheim loved the company of many people, but made sure to always put his work first. He held his music to a high standard by critiquing himself. The profile "Finale" allowed Sondheim to tackle rumors about himself and paint the picture of who he really was, during his cessation.

Max described the writing style as similar to a play. The book is formatted with a prelude and includes script-like text, with the context in between making it interesting to readers. "Finale" includes five interviews that took place over a few years.

"[The interviews] take place in chronological order, but I wrote material between the sections that helped you to understand what had gone on kind of in between," Max said.

During this time of interviewing Sondheim, Max found similarities between the two of them.

"I relate to his cleverness, I relate to the deep feelings he has not always shown, he reminds me a lot of an uncle I have," Max said.

Sondheim had a sense of natural com-



D.T. Max became very close with Sondheim through the course of their interviews for Max's book.

Roxanne Gribbin | *The Montclarion*

petitiveness to his personality. He would jokingly compete with others and had a knack for initiating it, according to Max.

"I think he did the sparring, for me the sparring was part of naturally interacting with him, I thought he enjoyed it," Max said.

Sondheim enjoyed playfully countering opinions. He took pride in taking the other side of whatever Max was arguing for. They did not hold the same viewpoints on everything, but they were able to navigate through their differences and learn greatly from each other.

Max stayed vigilant throughout the process to capture Sondheim's personality on paper. Throughout this process, they were able to be vulnerable and

truthful together.

"I think when we were in Connecticut together and he talked about death, I thought that was a truly intimate moment," Max said. "He thinks about death all the time."

Sondheim held a large amount of trust in Max, and they had mutual respect for one another. Woefully, with his passing in November 2021, the book was cut short but the unique mastermind of Stephen Sondheim will live on in text forever.



Joseph Liatela's artwork "Nothing Under Heaven."

Aidan Ivers | The Montclarion

University Galleries Honors Lost LGBTQIA+ Lives

Aidan Ivers
Staff Writer

The University Galleries hosted an event on Thursday, Dec. 1 for World AIDS Day and Safer Sex Week. The event featured a discussion between students, staff and graduate coordinators about the importance of standing up for others in the LGBTQ+ community and how Montclair State University is a welcoming place of diversity for them.

The art gallery featured a work done by Joseph Liatela titled "Nothing Under Heaven" on display from Sept. 13 until Dec. 9. Liatela is a New York City-based artist whose work has been nominated by organizations such as the Oxford University Press, The Leslie-Lohman Museum Journal and San Francisco MoMA's Open Space according to the university's website.

The website also details how Liatela's work "brings together new commissions and recent works that explore the need for connection, pleasure and agency with oppressive systems" and "invokes a wide range of stories to assess what it means to move together, remember together and repair together."

"Nothing Under Heaven" involves forty-nine lilies in small glass tubes hanging from hooked chains to represent the forty-nine lives lost during the Pulse nightclub shooting which took place in Orlando, Florida in June 2016. Liatela also recently added five separate lilies to represent those killed during the Club Q shooting this past November in Colorado Springs.

The lilies hang above black marble tiles that represent a club dance floor with the words "To Move Is To Remember" engraved in them to memorialize both tragedies.

John Han, a health promotion specialist at the Office of Health Promotion, gave insight into the strategic planning

of student events and why they are great opportunities for students to attend.

"When it comes to our events, we always try to think about how to be inclusive with the whole community," Han said. "This is the start of something where we can get ideas from other students, hear their perspectives and to bring those perspectives into reality hopefully. We want to try and incorporate as many ideas from everyone and try to make future events for everyone in this community."

Han also brought up how being a part of the Office of Health Promotion's specialized staff helps him plan events and communicate thoroughly with students if they choose to attend.

"As a staff member myself, it's always great to learn and hear from students," Han said. "I always learn so much from them and it's something I look forward to. I thought this event was good personally for me too because it gave me the opportunity to learn their perspectives and hear from them."

Arianna Ferrer, a junior business administration major with a concentration in marketing, spoke about her experience at the event.

"You just get a lot more information about all the resources that we have on campus, or how we can better our campus including [for] the LGBTQ+ community," Ferrer said. "You don't really see as many LGBTQ+ events happening compared to others so I think it's really good to have more events like these happening on campus."

Valentina Mejia, a graduate student in public health and a graduate coordinator for the Office of Health Promotion, explained the importance of the exhibition and event from a graduate student's point of view.

"I think this was a powerful event," Mejia said. "Even though Montclair State is a great, progressive, stigma-free campus and it's doing work to make a more in-



(Left to right): Stefanie LoBue, Valentina Mejia and John Han pose for a photo.

Aidan Ivers | The Montclarion

clusive space for our LGBTQ+ students, hearing the students' perspectives, especially from students of color in the community or supporters of it and talking about what we can do to make things more inclusive is really inspiring."

Mejia also mentioned how different organizations across campus coming together to discuss the topic of LGBTQ+ safety and equality is the foundation for building a more secure and promising college experience.

"We all come from different organizations, whether it be student-led organizations or student workers," Mejia said. "It's nice to see we can bridge those gaps working together in the future to make Montclair State ideally as inclusive and safe as it can be as a community and

working to expand a safer space."

Stefanie LoBue, a graduate coordinator for the Office of Health Promotion, also touched upon hearing students' voices around essential topics in order to have a safe collegiate experience.

"I thought the event went really well and it was really nice to hear from the students so open and honestly," LoBue said. "It is most important to hear from students about what needs to change here and not necessarily from the folks who are making the decisions. The students are the most important voices to be heard and I think discussions like this are where these changes can start in order to build the future."



Sweeten up finals week with an Oreo bar.

Chelsea Pujols | The Montclarion

Fill The Void This Finals Week With Oreo Bars

Chelsea Pujols

Assistant Feature Editor

While all the lucky people who aren't college students are still bright-eyed and bushy-tailed, putting up their Christmas trees and singing "It's Beginning To Look A Lot Like Christmas," you and I have lost the light in our eyes as Canvas notifications light up our screens. Here's a recipe to treat yourself and to have a small break from finals chaos. I would say it's out of the kindness of my heart, but I do have to keep my job as assistant feature editor so...

I am so kind that I made this recipe microwave-friendly. If you haven't burnt down your kitchen following my last recipe, maybe you'll get lucky with this one.

This recipe is great to make when the fear of academic failure is keeping you awake at night, or if you just need a pick-me-up after a study session. Whenever you make this recipe is between you and whatever higher power you look up to.

Ingredients, measurements and prices

(This recipe only feeds one because you'll be studying alone anyways.)

- 3 marshmallows (\$0.99)
- 3 Oreos, double-stuffed if you love yourself (\$3.89)
- 2 spoonfuls of spreadable butter (\$2.89)
- Total price: \$7.77, I used Target prices because I will absolutely need a Target trip for serotonin.

Cooking Instructions

I called it "cooking" so you and I can feel a little better about microwaving

Oreos. This recipe is so easy, I'm tempted to leave you with the ingredients so I can take a na- I mean study- while you figure it out yourself.

Step 1

Separate the Oreo cream from the cookie and put it in a bowl with your three marshmallows. Didn't I tell you this was easy?

Step 2

Set the cookies aside, add two spoonfuls of butter to your bowl and microwave everything for one minute and 10 seconds. This is your cue to somehow burn your kitchen down, get back to studying or read my other articles.

Step 3

Now is the time to let out all your frustrations caused by that 100-level class that demands 300-level class work! While your marshmallow mixture is in the microwave, crush your cookies into pieces. The pieces shouldn't be too small, so don't go too crazy. Maybe go to therapy instead.

Step 4

Take your marshmallow recipe out of the microwave and mix it to ensure everything is well incorporated. Add your crushed cookies to your marshmallow mixture and mix again. It will look stringy and spider-webby, bringing back memories of dancing dressed as a cactus on Halloweekend. Good times.

Step 5

Once the mixture has cooled, you can use your hands or a spoon to form it into a rectangle to be reminiscent of said Halloweekend candy, or whatever shape makes you happy. I personally don't have



Add the crushed cookies to the marshmallow mixture.

Chelsea Pujols | The Montclarion

the energy to be artistic, so I'm going with an Oreo blob. Please wait for the mixture to be cool to the touch though, I really don't need to deal with a lawsuit right now.

Step 6

Place your Oreo bar or heart or star or ball or blob in the fridge for about 10 minutes. I have zero patience and self-control, so I waited five. Maybe now is

the time to call Counseling and Psychological Services (CAPS).

And there you have it! A sweet treat to sweeten up your finals week, your regular week or your life if it's really that bad. I can't guarantee that these Oreo bars will fix everything, but again, therapy is an option depending on how this semester ends for you.

Anyways, happy finals! (Even though that sounds like an oxymoron).

HAWK TALK

What's the longest you went without sleep?

By Lynise Olivacce

Photo Editor



“I ended up going to sleep at 4 a.m. because of homework and the other time it's because I get distracted on TikTok.”

Nicole Nieto

Freshman

Visual Communication Design

“It's 14 hours because of my chemistry class.”

Aya Aljanadi

Junior

Biology Pre-Med



“I think I went like maybe 20 hours without sleep. I was working and I had assignments that I had to do. So I didn't sleep at all.”

Alexandria Campbell

Junior

Psychology





“The longest day I went without sleep was I think 24 hours. After shooting a film, work and then I remember having to edit for a long time. And I’m one of those people who likes to finish editing. Then, I told myself let’s see if I can finish it in one day, and then as soon as I knocked out, I kind of did sleep for a good 13.”

Justin Healey
Junior
Film and Television



“The longest I went without sleep was around 17 to 18 hours.”

Arian Araya
Freshman
Music Theory Composition

"So the longest I've ever gone without sleep during the semester was probably during midterms because it's always like back to back, like everything gets on top of one another. And I also think you always have that small little break between it but it's not really a break because then again, you're just preparing for finals and it just feels like a constant cycle. So the longest would be about 18 hours. I was busy just practicing and studying."



Mia Cyler
Freshman
Psychology

Horoscopes

Sofia Acevedo Valencia
Assistant Opinion Editor

Hannah Effinger
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Katie Lawrence
Video Editor

Colin Luderitz
Assistant Opinion Editor

Avery Nixon
Opinion Editor

Capricorn

Dec. 22 – Jan. 19

You've been feeling a bit stressed lately. Maybe because some people in your group project have been lacking or not doing anything at all. Hey, it happens! Take this week to relax and go see "Elf" in theaters and make sure to recite every line in the movie! The kids will love that!

Cancer

Jun. 21 – Jul. 22

Be honest with me - how many days ahead are you on your advent calendar? Because there's still 2 and a half weeks until Christmas and a LOT of empty chocolate wrappers on your desk.

Aquarius

Jan. 20 – Feb. 18

The grass is greener on the other side! Which is good for you, because after your roommates find that moldy clementine you left in that weird bowl for like 4 months in the kitchen, you'll definitely be sleeping outside tonight!

Leo

Jul. 23 – Aug. 22

He lays you down and reaches for a remote. There is a TV facing the throne. "Watch this." He puts on "Dont Worry Darling", it's horrific. "Why! Why are you doing this to me," you scream. He replies, "my favorite thing about the movie is, like, it feels like a movie." You start to weep.

Pisces

Feb. 19 – Mar. 20

Did you get your Christmas cards mailed out? Make sure they say "Happy Holidays" - not for inclusivity's sake, just to annoy your grandmother who thinks there's a grand conspiracy against saying "Merry Christmas".

Virgo

Aug. 23 – Sep. 22

You know how we have another Thursday schedule on the last Tuesday of the semester? You didn't? Neither does your professor. Shhhh don't tell them! It'll be our little secret!

Aries

Mar. 21 – Apr. 19

If your roommate's cat starts walking on its hind legs and talking to you in a thick russian accent this week, maybe it's time to go to bed! Put your laptop away, turn off the Christmas lights in the common area, and throw out the week old shrimp cocktail on your counter - rumor has it expired shrimp may cause hallucinations!

Libra

Sep. 23 – Oct. 22

I know it wasn't necessarily journalistic, but if you had a problem with our cover page headline last week, take it up with the air. A student who works at the Willowbrook Hot Topic said they loved it, and that's all that matters to me.

Taurus

Apr. 20 – May 20

Did your Brother give you a concussion while boxing in your basement? Now you have to write horoscopes for the paper? Hey, don't sweat it, you can write whatever you want and not get in trouble because you're concussed! Look! The Montclarion is a dictatorship secretly run by Nicky Vidal. Help us. See! I'm not in trou-

Scorpio

Oct. 23 – Nov. 21

Listen, I would say your poor life decisions continue to surprise me, but for a person that keeps drinking regular milk despite being lactose intolerant, there's not much surprise there.

Gemini

May 21 – Jun. 20

There might be pressure in your household to wrap your gifts like they're being displayed next to Santa at the mall. But what's more fun? Doing an equation to get the right amount of paper or wrapping it burrito style like it's your first day as a California Tortilla employee?

Sagittarius

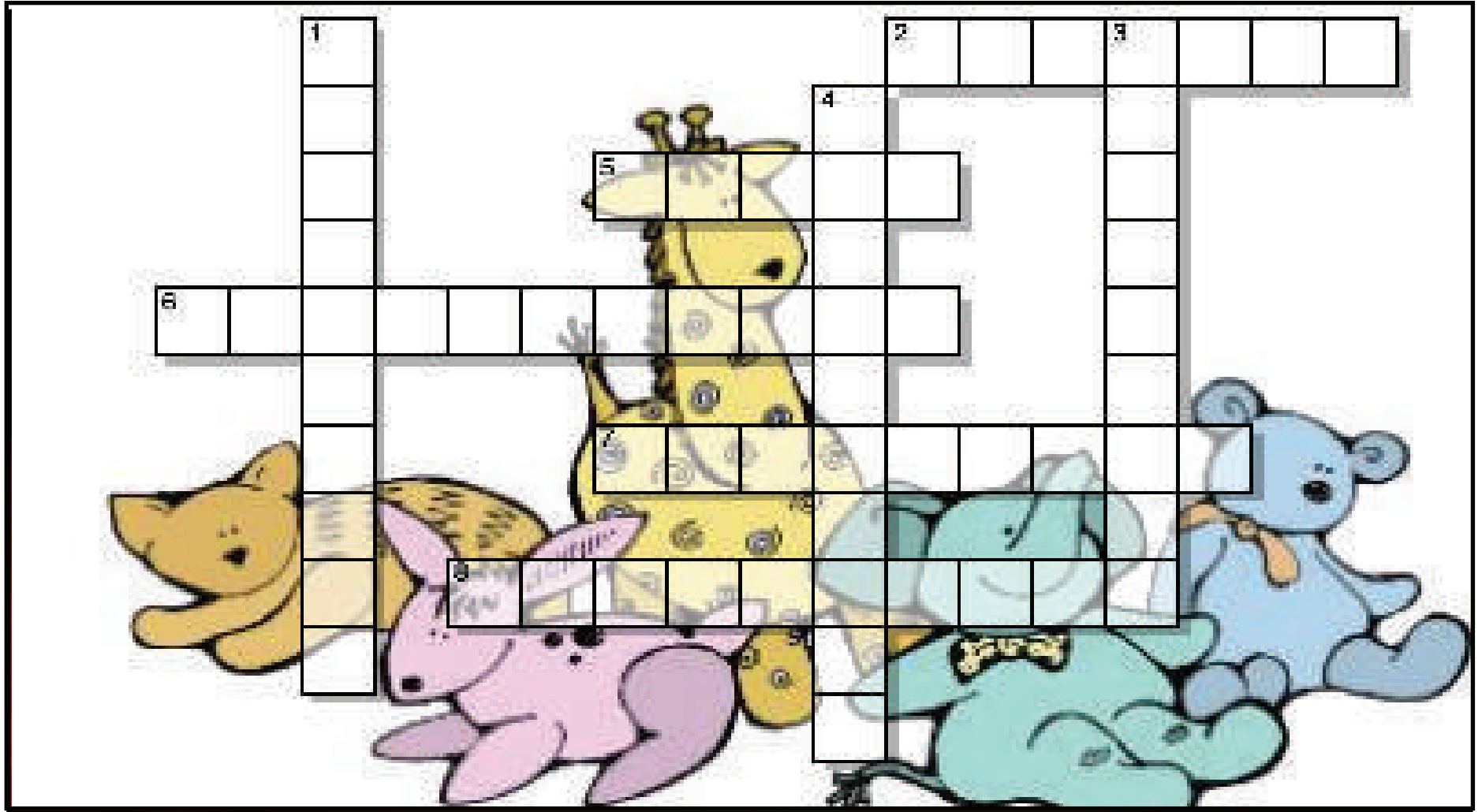
Nov. 22 – Dec. 21

Before trying to construct any gingerbread houses this holiday season, consider this: Do you have an architectural degree? Are you prepared to deal with the guilt that will haunt you for the rest of your life if your sugary masterpiece topples in on itself and crushes its confectionary inhabitants? Do you care about life forms other than yourself? Just some food for thought.

The Montclarion Crossword Puzzle and More!

Nostalgic Toys Edition

By Jenna Sundel



Across

- 2. These stuffed animals included a code to access an on-line game.
- 5. This game tells you to complete commands like “twist it” and “pull it.”
- 6. Target began selling these plush dolls in 2005.
- 7. These battling spinning tops were released by Hasbro in 2002.
- 8. This handheld gaming system was released in 2004.

Down

- 1. This convertible stuffed toy had many options to choose from, including a ladybug, unicorn and dog.
- 3. These collectible pens have unique faces and crazy “hair.”
- 4. These uniquely shaped bracelets were colorful and collectible.

Sudoku

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	9	8		1	3			5
	2					8		6
1					2			
						7	6	
	5	4	6		7	1		
				4	6	5		
3				5		2	4	1
		7	9				8	

Word Search

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

- | | | |
|--------------|----------|------------|
| Wii | iPod | Heelys |
| Bratz | VideoNow | Pixel Chix |
| Polly Pocket | Pokemon | Tamagotchi |
| Nostalgia | Toys | Games |

Classifieds

Seeking a babysitter for an 8 year-old in Little Falls, walking distance from MSU. We would like someone to be with him when he has half-days or days off from school, as well as occasional weekend/date nights. We are looking for someone to play/interact with him (no screens) and manage playdates. If you are interested and available, please contact me at babysitting@talaga.name.

Paid job opportunity! Window painter/artist needed as soon as possible to paint 3-4 windows at a retail store in Morristown. Contact Laura at 973-610-2788 (mobile/text).

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WRITER

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BY MARY HALVORSON

STAGE DESIGN BY AARON COPP

WITH

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JACOB GARCHIK, TROMBONE

PATRICIA BRENNAN, VIBRAPHONE

MARY HALVORSON, GUITAR

NICK DUNSTON, BASS

TOMAS FUJIWARA, DRUMS

AND

THE MIVOS QUARTET

OLIVIA DE PRATO, VIOLIN

MAYA BENNARDO, VIOLIN

VICTOR LOWRIE TAFOYA, VIOLA

TYLER J. BORDEN, CELLO

“THE MOST FORWARD-THINKING GUITARIST WORKING RIGHT NOW”

-LARS GOTRICH, NPR.ORG

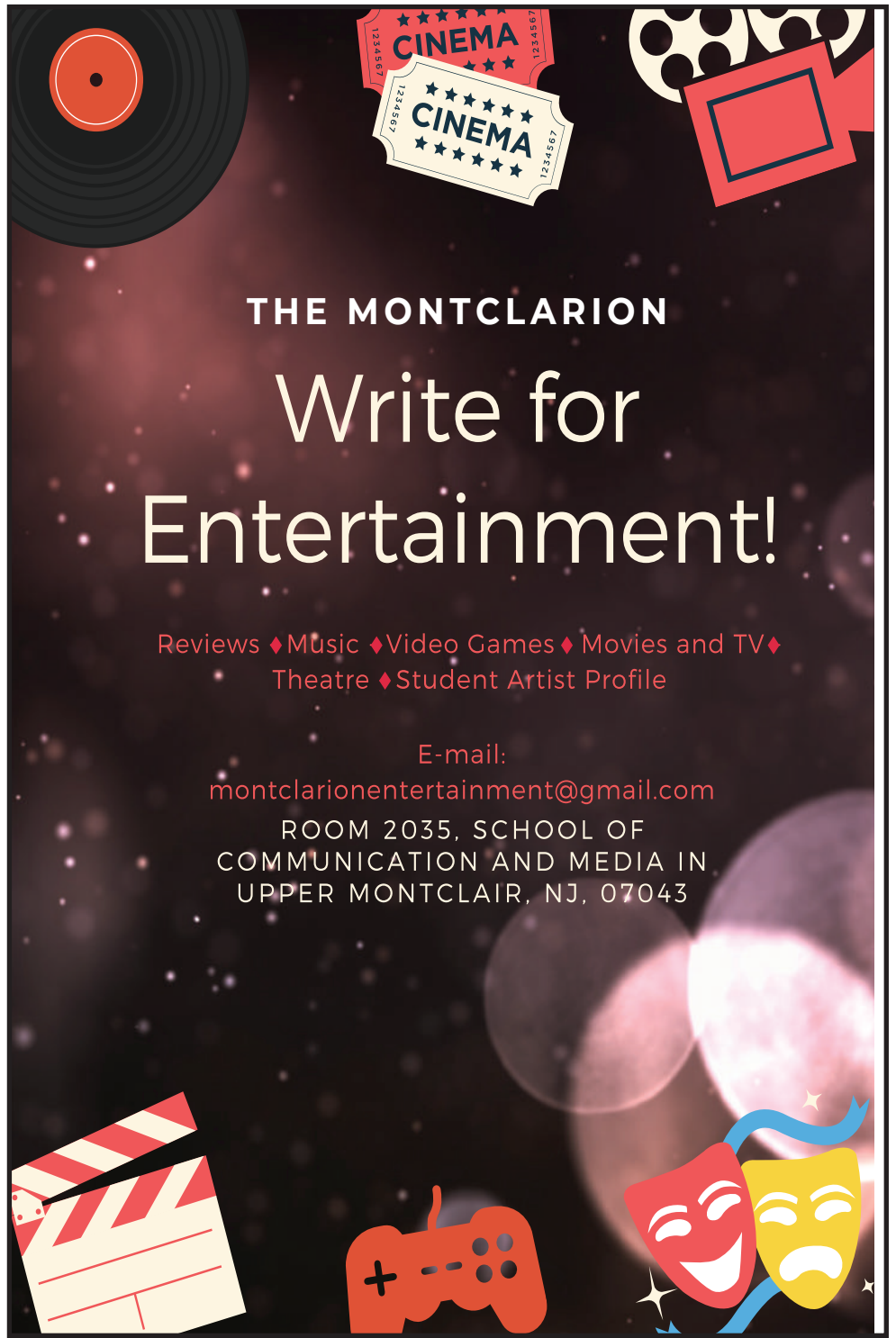
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THE WORLD WITHOUT NEWS WOULD BE...



Photo courtesy of fudkipedia.org

Opinion



Sophia Caparros | The Montclarion

Treat Your Service Workers With Some Respect

EDITORIAL

The majority of our student body can agree that dining services on campus have become more of a controversial topic with every passing year. However, not all is as relaxing as it seems.

Every semester, we hear the same complaints, grievances and struggles from students, but it's time we discuss what actually causes some of these issues in the first place.

We advocate for students' rights and well-being a lot here at The Montclarion, but we must also extend our helping hand to the people who work hard every day to make sure we have meals better than your average cafeteria food.

To many students' pleasure, Montclair State University has

been blessed with one of the great American institutions we call a Panera Bread. Panera Bread is a staple in American culture and has been giving the nation fast-food bakery realness since 1987.

As students at Montclair State, we are lucky to have a Panera right on campus in Susan A. Cole Hall and other American classics such as Dunkin' and Chili's.

All that seems too good to be true, right? Sadly, no. There is still a problem with these dining places and others on campus.

It can't be the excellent food or decent prices. So, what is it?

One might be able to encounter criticism when it comes to the long lines due to the popularity of such locations.

If you've been a student here for a few semesters, you know that Panera has an es-

pecially long wait time during rush hour. Dunkin' can seem like trench warfare at times with the line even going out the door. Waiting for an iced macchiato and a sourdough breakfast sandwich can feel like waiting in the Ticketmaster queue for Taylor Swift's The Eras Tour tickets.

Yes, the lines are extremely annoying, but that's what happens when so many students want food.

You would think every person on campus would blame the annoyance on the abundance of students all trying to get a coffee before class in the morning. However, many students have overheard some chatter that would suggest otherwise.

Too many times students have complained about the dining staff, all three of them, for long wait times instead of the 20 students ordering food one after another. It is

simply not logical and not fair to the people who work so hard to give us what can only be described as one of humanity's greatest creations, the sourdough breakfast sandwich from Dunkin'.

If you have ever worked in food services you know the horrors that occur on a daily basis and have also had the twinkle ripped from your once innocent eyes. People are constantly blaming you for things you have no control over and the amount of dirty looks is almost unbearable.

Projecting and running your mouth is easy when you're not the one carrying the burden of such distasteful treatment. To top it off, food service workers get paid close to nothing compared to the effort they put in every minute of their shift. The average food preparation worker gains about \$13.80 per hour in New Jersey.

It might seem like the workers are slow or forgot about you, but there are just a handful of them and 20 orders coming through. It's a losing battle every time and they try the best they can with the resources they're given. They are human beings, not miracle workers. You're just going to have to wait and have better time management if that's a problem.

Without the food service workers, none of us would be able to have three iced coffees a day, spend all of our Flex Dollars during the first month of school and have to shamefully ask our parents for more.

So please, in the spirit of the holidays coming up and the kindness in your heart, treat our dining services workers with some respect. It's not easy feeding the mouths of hundreds of college students a day and staying sane.

Campus Voices

Do you feel like service workers on campus are treated fairly by students?

By Katie Lawrence & Paige Ryans



"So I have felt the sentiment that a lot of places have long wait times but we have to remember there's a lot of people on this campus and these people [probably aren't getting paid a lot]."

- **Julissa Xajil**
Communications and Spanish
Senior



"In my personal opinion, I think that they don't get enough credit because they do a lot here. There's so many service workers we come in contact with and I definitely think a simple 'Hi' and smile could even suffice but sometimes I see students not even doing that."

- **Kaitlyn Arcede**
General MBA
5th Year



"From what I've seen, yes, I can't say directly because I haven't had full conversations with them but I like to believe so."

- **Lindsey Decavagnac**
Education
Junior

Makeup Is A Drug



Anthony Foster
Staff Writer

Makeup is a drug. A drug sold by companies in a 380-billion-dollar industry who have particularly strong interests in things staying just how they are. There is no other product that makes us so self-conscious without it and self-confident with it.

How do you know what you look like? A mirror, sure — but how do you know if you're pretty or handsome? Does the mirror or your phone or the reflection in a glass pane whisper back to you? No of course not. But you look at other people. You study them.

Isn't that eyeliner just so cute? Look at the way it shapes their eyes! That contour just completes your nose.

We all do it, we create the structure we use to judge others and ourselves.

Imagine someone ugly. Why are they ugly? Would you compliment a hideous person on what you find ugly about them? Maybe if you're feeling generous. But you're much more likely to compliment a pretty person on what you find pretty.

Our societal tango of giving or withholding compliments creates uniformity. Like training a dog by holding the treats. We train each other with treats and sometimes insults to keep the worst offenders in line.

We do it so much that by the time we're picking our own clothes we're

already towing the beauty line. Unless you're a middle school boy, the compliments and insults don't quite get to them until high school.

The gender gap between male and female self-confidence is incredible. Though not entirely surprising. Clearly, our standards of beauty have something to do with it.

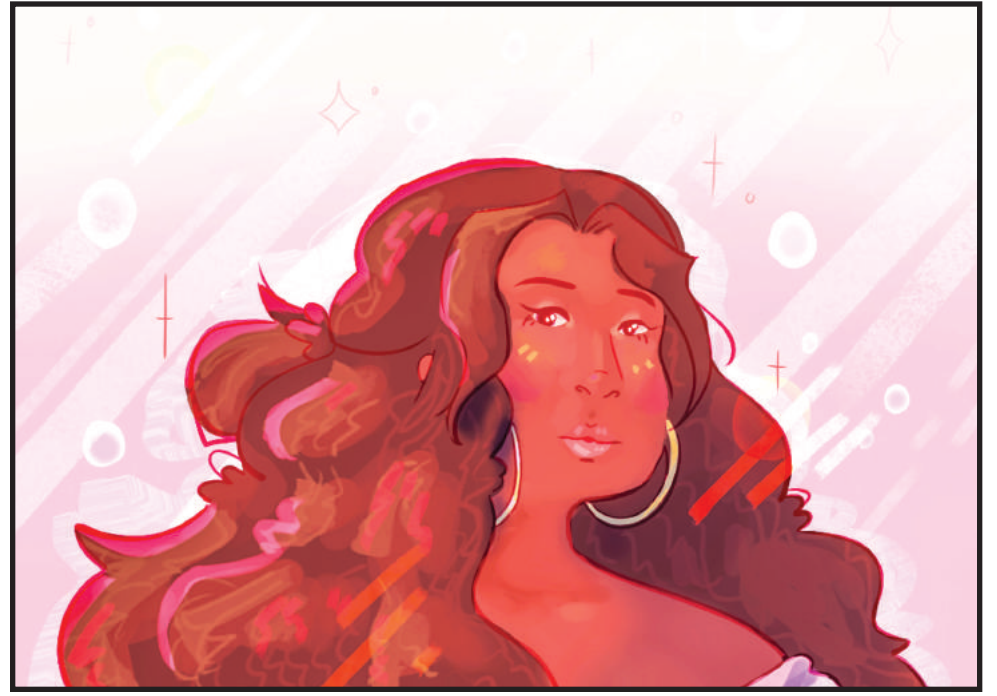
Imagine if we woke up tomorrow and were completely content with our faces. Would we wear that concealer? Do we need that blush? No of course not. We wear them because it looks good.

To be fair, we hang paintings on our walls because they look good. You wear that hat because it looks good.

That's not the problem. Your paintings don't follow you around, and that hat you wore for a day was yesterday. But you can't remove your head. The best you can do is paint over your face or wear that hat. And we sure do. 78 percent of American women use an hour a day on their appearance. And when they don't, only three percent say it makes them more attractive, and nearly half think it makes them less attractive.

Makeup companies are profiting off our self-consciousness. And we're not helping.

Makeup puts people in impossible situations, wear too much and your leadership ability is challenged, wear too little and you're ugly. Wear makeup, and you're paid more — but your female coworkers will be jealous. The gender gap between male and female self-esteem makes much more



Sophia Caparros | *The Montclarion*

sense when you see the absurd hoops makeup makes you jump through.

Though in some senses, we're moving in a positive direction. "Foundation is Dead" proclaims The New York Times. Gone are the days of completely hiding your natural face. Next, we ought to kill concealer. But we shouldn't be so hopeful, with the death of foundation comes the rise of 'natural' makeup.

It's important to distinguish between "natural" makeup (or no-makeup makeup) and "artistic" makeup.

Artistic makeup is used to highlight certain features in a way that is clearly creative, like green eyeshadow or black lipstick. With a glance, it's apparent you're wearing it.

Natural makeup on the other hand obfuscates that, it distorts our perception of reality and what the natural

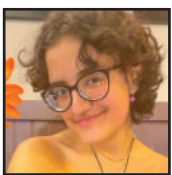
person looks like. It's this shifting in perspective that is dangerous.

This is why social media is so dangerous, everyone else is smiling and having fun, why are you such a loser? Like when celebrities share 'candid,' ostensibly to show off their real life, but produce often their most choreographed performances.

The activists have made their plea, this double standard must stop. We must not shame others for their looks or their body. No one lives the lavish lives celebrities do, touch grass. And in return companies have sicced their influencers back on us, this time a little more covertly. This time with a little less of the gaudy eyelashes but just the amount of blush that's believable. Hey,

Anthony Foster, a freshman public policy major, is in his first year as a staff writer for *The Montclarion*.

Age Gap Relationships Are Not The Flex You Think They Are



Sofia Acevedo Valencia
Assistant Opinion Editor

Billie Eilish's relationship with lead vocalist Jesse Rutherford of The Neighbourhood was a shot heard around the world.

The entirety of the band's fanbase, myself included, were witness to the pathetic decline of Rutherford after he split up from long-term girlfriend Devon Lee Carlson, model and co-founder of Wildflower cases. To top it off, The Neighbourhood has gone on an indefinite hiatus since late February according to *Variety*.

Most people would be upset, lose their cool and eventually attempt to reinvent themselves after such earth-shattering life moments. But we must acknowledge Rutherford went beyond anyone's wildest expectation.

What did the famous artist resort to, you may ask? Date a girl that is not even old enough to be taken out for a drink yet at 31 years old. It seems he has missed the memo going forward, or all the metallic paint he used on The Neighbourhood's "Stargazing" music

video filtrated straight to his brain.

TMZ reported that the couple has been hanging out since August, but they have been friendly since the 20-year-old songwriter was a teenager.

Rutherford and Eilish's age gap has been a major source of controversy ever since they went public with their relationship, as he is 10 years her senior and at a completely different stage of his life than she is.

The couple doesn't care what the public thinks of them or their relationship, going as far as dressing up as a baby and an old man this past Halloween to make a point that failed terribly.

But what really convinced everyone to jump on the Rutherford hate train, which you should really question yourself if you needed any more convincing, was an interview that Eilish did with *Vanity Fair* recently. She has done it for the past six years to reflect on her life.

"Not only was [I] known by a person that I thought was the hottest [man] alive but pulled [Rutherford]. Are you kidding me? Can we just [get a] round of applause for me?" admitted the singer.

Hearing her sound so sure of herself or like this is some sort of prize that she has amounted to is quite sad



Avery Nixon | *The Montclarion*

and worrisome.

As someone that has witnessed this firsthand, it is quite curious how everyone looks on with curious wonder and points fingers, but at the end of the day, they do nothing substantial to condemn age-gap relationships.

Eilish is an adult, there's no doubt that what she or Rutherford do is more than legal. But we have to ask ourselves if what we are used to seeing in our society is morally correct and why it has become so normalized.

I am only a year younger than Eilish and I constantly ask myself what I would do if I was in her shoes. Would I succumb to that type of treatment by someone that much older than me? Not only have I seen it happen, but I have experienced being hit on and seduced by men much older than me.

Eilish is not at fault for what is happening to her. No one that accepts a relationship with that type of power

imbalance knows what they are getting themselves into until they're in the thick of it.

There's nothing in our power that we can do to change the situation that Eilish finds herself in, but we can be more conscious about our loved ones and how we can see the warning signs of someone preying on the naivety of others.

Grooming is not exclusive between a younger woman and an older man and happens in all spectrums. We cannot change anyone's mind, especially when feelings are involved. However, if you or someone you know finds themselves in this situation, that individual years older than you is not pursuing people their age for a reason.

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

“Ernestine”

by Emily Christian | Contributor

Trigger Warning: The following story contains content pertaining to suicide. This story may be sensitive for some readers.

I have an ugly name but a pretty face.

I was named after a woman on my dad’s side of my family. She wasn’t very smart or very cheerful. She sat around in her colonial mansion in upstate New York, probably wishing she had tuberculosis. I think they called it consumption back then.

In the one picture I have of Ernestine, lace collaborated with her olive skin and twisted into a high collar at her neck. Her neck supported her Gibson Girl hair. You can’t tell from the picture I have of her, but it was a crazy mixture of red and brown and blonde according to a journal entry I found in a box in my late teens.

You know the painting of that girl that everyone loves? I think it’s called The Girl with the Pearl Earring. The earrings Ernestine wears look just like the ones in that painting. Maybe a little duller.

Ernestine was a good Catholic. She probably never did drugs. If she had any access to drugs, it would be the kind of cough syrup that was filled with heroin, or whatever they put in that stuff. Ernestine wears a two carat diamond in the picture. She is seated on a couch. One hand holds her chin and the other hand seems placed strategically palm down against her thigh. Her ring, if the photo was in color, would be silver. Her eyes communicate misery and disdain. That makes sense because Ernestine made love to a bottle of arsenic shortly after her 13th birthday. I can’t say I blame her.

Her opulence is obvious. I imagine her seated in rooms full of presents on her birthday and Christmas. I have a hard time receiving gifts. I wonder if she did, too. My boyfriend tries to get me nice things. The most recent time this happened, he pressed a hand to the small of my back and kissed my cheek. “It’s a gift, Ernie. Don’t think about it too hard.”

He is the only person in the entire world who is allowed to call me Ernie.

Sometimes I boil myself in the tub. My arms cross over my chest. They cover what I don’t want to see in the mirror. I look out the window, trying to entertain myself. I watch a woman in Prada push a stroller that holds a little girl adorned in pink. She doesn’t check on the kid even when I can hear the infant crying from the apartment window.

I lay my neck on the edge of the tub. I stare at the ceiling. Then, I begin to slip.

My calves rub against the other side of the lip, chucking my feet into the air. My chin goes into the soapy water. I keep going. My lips are now submerged. My nose goes under.

My lungs struggle as my heart knocks against my ribcage. The feeling reminds me of when I couldn’t quit cigarettes even after joining the track team. Back then I was sucking on air and coughing my brains out. I only quit cold turkey after I met my boyfriend.

I launch myself out of the water fast. I scream for air. The sound of my screams fills the cold, uncaring room. It bounces off of the tiles and land right back into my own ears.

I huff and puff for air. Eventually, I am calmed. The water is not as hot. I unplug the drain. I watch the water leave the tub and circle the drain.

Down and down and down and down.

“The Reminder”

by Jay Garcia | Staff Writer

I’m reminded of you whenever it rains.

You loved the rain.

I hate the rain.

I grew fond of the gloominess by living with your radiance.

You were able to turn the dreary atmosphere into a habitable environment.

I miss that feeling. I crave it.

I wonder if you’re out there watching the droplets kiss against your window.

You would kiss my cheek on days like this and tell me to lighten up.

I tried.

I look outside the blurry window, feeling unsure, looking for your comfort.

“You can’t have a rainbow without rain.”

**“The Burnout Before Finals”**

by Julie Shields | Contributor

’Twas the night before finals, and all through the campus, every student was cramming and crying during sessions.

Pencils were sharpened and prepped with care, in hopes that A’s would soon be there.

Students in hoodies and books on their lap, all settled in for a final review nap.

When out on the campus, rose such a clatter, we rose from our seats to see what was the matter.

Out on the quad, to our blood shot eyes but appear, Rocky The Red Hawk and our President in good cheer.

Walking down the quad, we heard him exclaim, as he called to the incoming freshmen shouting hall names:

“Freeman,

Sams,

University,

Richardson,

Cole,

Bohn,

Blanton,

Dickson!”

Now back to our studies with caffeine running low, time to pack up and get a coffee to go.

Now out to the deck where the cold car awaits. We’ve done all we can to take the finals we hate.

As I drove off campus, and the lights out of sights, Happy Finals to all and to all a goodnight!

**“Passive Observaton”**

by Emma Caughlan | Editor-In-Chief

The life George was living was the life Janine wanted because he loved her. His name is George. He is tall and he walks with strength and height. His hair is gray but stylish, his clothes are simple but high quality. He takes his dog Tasha on a walk every day around Montclair at 2:30 p.m. during his half-hour break from work.

But it is not really a break, he spends the entire walk on the phone talking over some deal or upcoming project. He is high up at work but he is not at the top. He wishes he could just walk the dog, take in the clean crisp air of the neighborhood, smile and make small talk with the people he passes. But that’s not America.

You see, George is from the English country. He grew up in a small quaint town where things moved slowly and kindly. He never dreamed he would work in a big NYC firm and live in one of the wealthiest towns in New Jersey of all places. But he met Janine. An American woman with ambition and strength like him, except she was stronger. The life George was living was the life Janine wanted because he loved her.

Despite this not being what he wanted, George was happy. But with Janine working at the office again, the kids gone off to school, and only Tasha left to keep him company, George wasn’t always so sure. He felt it the most on the tail end of his daily walk with Tasha, when the phone calls stopped and he would pass a house that almost looked like one from his childhood...but it was about five times bigger.

Illustrations
by Alex Pavljuk

“Closer To Heaven (Part 2 of 5)”

by Izzy Love | Contributor

Kristen Swain took in the sight of the statue that joined every edge of her vision. She never understood the appeal of the attraction. Sure, the construction to make it work was an achievement to be praised. But it never should've been put toward something like this. Not something so destructive.

Towering before her was a concrete brachiosaurus. Neon green paint screamed into her field of vision. Kristen felt as though she might develop a knot in her neck as she craned to see the cloud-grazing head. In reality, brachiosauruses reached a maximum of seventy-two feet in height, claimed the informational sign. But this model outweighed the real deal by a hundred times. Kristen observed tourists snap photos of kids standing against trunks of feet, get selfies with the prolonged neck as the Cinderella castle in the back. She wondered how far away someone would have to be to get even most of the figure in frame. Behind it was a gallery of fantastical sights on equal levels of magnitude. Replicas of the Roman colosseum, a lightbulb, The Empire State building, a mouse, La Sagrada Familia, and countless others. All stretching beyond the eye's range. 300 sq miles of nothing but these statues. The tourists surrounding her, as well as the thousands of others throughout the rest of the park, were in nothing short of awe. Kristen would've killed to see it all come crumbling down.

She spotted a wooden wall and a crane obscuring a perimeter around the brachiosaurus' front right foot. Even the happiest parkgoers frowned knowingly at the sight. Kristen cringed at the mental image of the plane; burnt and crushed like a mere toy, each remaining piece being carefully collected to be scrapped. But after today, she was sure, it would never happen again.

That image had resurfaced many of the objections and concerns that had plagued Babylon Wonders since its opening. The gobbling up of vegetation, all the emissions, the perception filter that had caused the crash. Not to mention the sheer energy needed to keep the operation running. The accident had the unfortunate timing of coming days before rumors of a further 400 sq mile expansion were expected to be confirmed. For the first time, light was not shining on Babylon Wonders.

But for the Green Earth Organization, it was nothing short of an opportunity. For years they'd fought for a cleaner planet. And their campaign efforts against Babylon had cost millions over the years without a visible dent in the machine. That's why Kristen was shocked when a secretary suddenly and at last responded to a request for a meeting. “Mr. Brock is willing to sit down with your organization's leader one-on-one to discuss your concerns,” the email read. It was like a dream, only she didn't know where it stopped or started. At last the chance to speak to the founder on an equal level. Reason with him. Hold the evidence of the park's harm inches from his face. At last the opportunity to do what governments had failed to do long ago.

At last, a golf cart carrying a man in the spry year of sixty replaced the dinosaur as the focus of her sight. Silver hair curled at the nape of his neck. He wore a long black trench coat over an expensive looking suit. The cart headed for her intently, people turning heads and murmuring to their children in its wake.

Noah H. Brock dismounted and shook her hand energetically. “Ms. Swain, welcome.” He smiled charmingly, which Kristen returned with a shroud of politeness.

“Thank you for taking the time to speak with me,” she said. “I know you've been busy as of late.” Kristen cast a brief knowing glance over at the white wall.

Brock caught her eye. His expression dropped to solemnity that retained the same shroud of politeness. He cleared his throat. “I have a stockholders' meeting later, so we have to be quick.” He nodded towards the golf cart. “This way.”

She was driven several yards past the dinosaur and La Sagrada Familia. Tourists on foot and golf carts split apart to create a path.

Kristen gently fidgeted with her sleeve, hoping to push the subject. “The news said the pilot couldn't see past the perception filter. I couldn't believe it until I drove up and saw it for myself.” She hoped that would pass as something of a compliment, but after having said it she felt the backhandedness scream out at her.

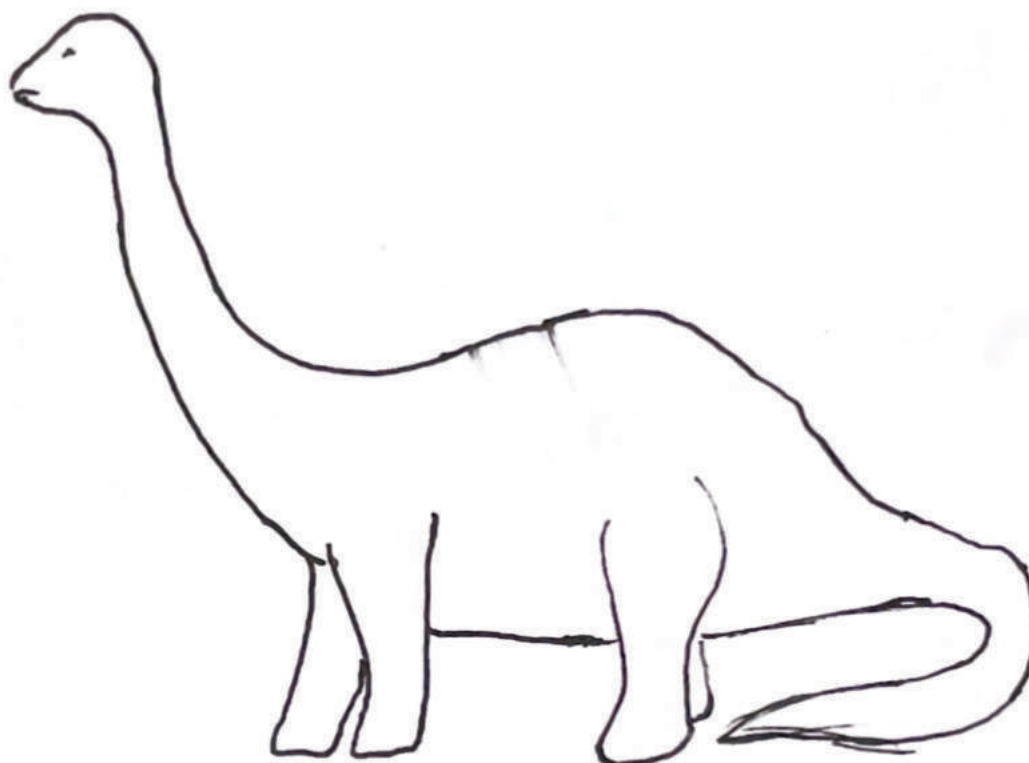
Thankfully, Brock didn't appear to notice. He grumbled through a grin as he waved at passersby. “Anyone could've told him he couldn't see the statues without a ticket. And I can't take responsibility for the ignorance of others. But I know you didn't come here to regurgitate the FBI,” he turned to her inquisitively at her as the cart dipped into an underground garage.

“My people have concerns about your park and its plans to-”

“Yes, I read the email. If I had a nickel for every time that came up, I could become president and have them all locked up,” Brock chuckled until noticing Kristen's perturbed look. He cleared his throat again, though this time it came about very dryly. “But in all sincerity, I do look forward to our talk. I've always been supportive of hearty debate, but that doesn't mean I'm easy to convince.” He arched a vaguely menacing eyebrow at her. “Understood?”

They parked before an elevator. An inscription above it read: OFFICE OF THE CEO. Kristen nodded, keeping a cool exterior as her stomach dropped. One chance to convince Brock of the harm he's caused? She tried to shake it out of her mind. The more it daunted her, the worse she'd perform.

“Well then, onwards and upwards.” Brock smiled as he pressed a button. The elevator doors dinged open. Kristen swallowed her breath as she followed him in. Onwards indeed.



Megan Lim
Entertainment Editor

A packed room of students eagerly volunteered as tribute to watch a weekend of the Montclair State University Players' anticipated event, The Hunger M.I.L.F.S. The Montclair Improv League and Friends came together on Dec. 2 to perform 10 improv games, which other students had the privilege of observing and contributing to as the M.I.L.F.S battled it out for laughs.

Students erupted in applause and cheers as senior theatre studies major Maggie Aube, the show's director, kicked off the event with a "Hunger Games" themed video. She appeared on screen in true Effie Trinket fashion to introduce the participating M.I.L.F.S.

This included junior film and television major Daniel Amorim, senior film-making major Ethan Russo, freshman business administration major with a concentration in finance Ronen Bas, sophomore psychology major Connie Stapleton, senior family science and human development major Angela Rose Massa, sophomore theatre studies major Allie Volltrauer, sophomore illustration major Natalya "Artemys" Kozlovski, freshman theatre studies major Jalen Jones, freshman sports communication major Will Barnes, junior theatre studies major Allie McGowan, sophomore visual arts major Grace La Vergne and senior English major Harry Reiher.

Each time, a different M.I.L.F. would explain the rules of the upcoming game before randomly drawing other M.I.L.F.S' names to participate along with them. These games ranged in rules, from delivering award-worthy monologues in "Go For The Oscar" to singing about an audience member's problems in "Doowop."

But with names being chosen at random, as well as "scene-spiration" being taken from the crowd's wild suggestions, the cast had no way of knowing what character or plot they'd have to work with. This led to amusingly absurd scenes like pretending to be a bar of soap on a dating show, a robot-butterfly in disguise, a person that just consumed an alarming number of Scrub Daddies and many more unimaginable roles.

The M.I.L.F.S showed no trouble stepping up to the plate, though, as they took ludicrous prompts and made them all the more laughable and nonsensical. This is what makes improv successful and fun, according to Stapleton, who runs with whatever pops into her head.

"I find it's really the funniest and most creative when you really try to go big with the scenes," Stapleton said. "When you really just try to make things super crazy and really out of the box."

Though she adores improv itself and the creative process that goes with it, Stapleton loves the people she worked with even more.

"The people that I'm surrounded by constantly are really what make it worth doing," Stapleton said. "And seeing how their comedy differs from mine, seeing what characters they think of and also just forming bonds with these people and getting to know them more."

These relationships are built during the rehearsal process. Despite dialogue and acting being done on the spot, The Hunger M.I.L.F.S still took



An audience member laughs while the M.I.L.F.S finish singing a song about him.

Lynise Olivacce | *The Montclarion*

'The Hunger M.I.L.F.S' Is a Battle for Laughs



(left to right): Allie Volltrauer, a sophomore theatre studies major, and Ronen Bas, a freshman business administration major with a concentration in finance, sing and dance while the audience sings along with them.

Lynise Olivacce | *The Montclarion*

a lot of preparation. This included rehearsal four times a week where the students would repeatedly play the same improv games to develop an understanding of their rules, according to Aube.

"We work on new characters," Aube said. "We work on how to say yes with each other. We work on listening skills, taking risks. And then usually I give one-on-ones to each member of the cast, telling them what I like and what I'd like to see more of in them. Then they implement that as the rest of the rehearsal process goes, and they really just start to bond together."

The close-knit relationships were evident as the M.I.L.F.S seamlessly quipped off one another, highlighting individual talent as well as the dedication they have to learning and having fun with one another.

It was certainly enjoyable to witness for those in the audience who didn't hold back from making themselves more involved in the night, whether that meant shouting out scene ideas, volunteering to be pulled up to the front of the room or simply letting their laughter be heard. For many, like sophomore family science and human development major Courtney Mincoledi, it meant cheering for the cast.

"My favorite part was honestly just seeing my friends in the show," Mincoledi said. "I know M.I.L.F. is something that they really love, and M.I.L.F. is a huge part of Players that a bunch of people come out to see. So it was really nice just seeing it after knowing there were months of work going into it."

McGowan, whose presence in scenes garnered some of the night's

most memorable moments and biggest laughs, hopes the experience gave the audience a lot to walk away with.

"I hope the audience feels like they have just went through a roller coaster of emotions and that they feel content and happy," McGowan said.

Aube shared a similar goal for the audience, but for the M.I.L.F.S themselves, she wanted them to have fun as a group throughout the process.

"It's really nice to see them get the recognition that I think they deserve," Aube said. "I couldn't thank the [Student Government Association (SGA)] and the community of Montclair [State] more for coming out, and it just makes me feel really good. It makes me very proud of not only my M.I.L.F.S but Players as a whole."

‘Dance Nation’ Explores Gap Between Childhood and Adulthood



The cast performs their group Gandhi dance.

Photo courtesy of John J. LaRosa

Sekhena Sembenu

Assistant Entertainment Editor

“Dance Nation,” a dance-theater production directed by Erin Gorski, an adjunct professor in the department, made its debut on Dec. 3 at Montclair State University’s Life Hall Studio Theatre.

Originally created by Clare Barron, “Dance Nation” tells the story of 13-year-old competitive dancers as they prepare to climb their way to the top in Gandhi style at Nationals in Tampa Bay. But it’s more than choreography for these young dancers because, through dance movements, they’re one step closer to uncovering their true selves and recognizing the power they hold.

It’s essentially an unorthodox coming-of-age play that takes on the complexities endured between childhood (specifically girlhood) and adulthood, which Gorski expanded upon.

“It is about the struggle to find and hold onto your voice in a world that often seeks to compartmentalize and break you down,” Gorski said. “It is about devotion to a craft and the pursuit of greatness.”

The almost two-hour performance is saturated with a roller coaster of emotions as the double cast of characters, Lavender cast and Chartreuse cast, wrestle with several topics such as jealousy, self-doubt, sex, masturbation, suicide, menstruation, love (especially “firsts”), cancer and sexual assault.

Through powerful scenes and dance numbers complemented by iconic music like “Sweet Dreams” by Eurythmics and a mix of “Zoo Girl” by M.I.A and Nicki Minaj’s verse from “Monster,” “Dance Nation” is designed

to leave audience members with a sense of joy while recalling the dreams of their own youth.

Heather Alzapiedi, a senior acting major in the Lavender cast, spoke more on the show’s relation to urges and how it felt to be a part of the performance.

“This show has every secret, impulsive desire I think everyone has deep down to just be absolutely uninhibited and it embraces and celebrates those impulses,” Alzapiedi said. “The ‘Zoo Girl/Monster’ number represents the dancers taking control and taking the power back from a toxic leader, and it’s also just everything - I feel like I could conquer the world after I do that number; it’s really exhilarating!”

Arianna Marmol, a sophomore BFA acting major who’s also in the Lavender cast, portrays Zuzu, a girl with quiet desperation who is given a solo by Dance Teacher Pat, played by Louis Bose. But the newfound spotlight becomes her personal tragedy, and she begins to question whether or not she can live up to her own expectations, her mother’s and teammates, especially her friend and star dancer of the team, Amina, portrayed by Alzapiedi.

When taking on this play, Marmol recognized a lot of connected paths between herself and the character of Zuzu.

“She reminds me so much of my younger self that it hurts,” Marmol said. “I see her like I would see a younger sister or even a daughter. I just want to give her a hug and tell her it’s okay and that I know she’s trying her best.”

Marmol further explained that Zuzu is playing a crucial role in her individual growth.

“For me, Zuzu is allowing me to

truly help the inner child in myself heal and be the person I wish I had when I was reaching my teen years,” Marmol said.

Tinged with immersiveness and moments of elation, the minute use of props and dramatic lighting no doubt had the audience in awe as they observed the actors and actresses performing with extremely raw emotion.

From vulnerable monologues to literal bloodthirsty dance numbers, everything was bared.

Samantha Horvath, a freshman acting major, appreciated the beauty and uncomfortableness brought forth.

“There are a lot of moments that the characters talk about that people everywhere can relate to,” Horvath said. “I think embracing your life and who you are but also making sure you can embrace life with others is the biggest lesson of it all.”

And of course, a production like this, not to mention the double cast, would not be possible without all hands on deck, as emphasized by Gorski.

“I was very lucky to have such a talented and committed cast and production, endlessly supportive of one another,” Gorski said. “They approached the situation as a true ensemble with no egos—just pure commitment to storytelling and the needs of the production. I would be honored to work with any and all of them again, and as a cast, I think they can overcome anything.”

With a more than competent cast and crew, “Dance Nation” truly does take the emotional turmoil of adolescence and triumphantly transforms it into something beautiful yet bizarre and profoundly relatable.

Editor’s Choice

‘From Scratch’ on Netflix



Photo courtesy of Netflix

The Netflix series “From Scratch” tells a true life story of an artist that falls in love with a Sicilian chef while studying abroad in Italy. The drama series takes place in Florence during the summer of 2000, as the main character, Amy Wheeler (Zoe Saldana), embarks on a new journey to pursue her passion of becoming an artist. What she never imagined was that she was going to find her soulmate.

During Amy’s first night in the city known for its Renaissance Art and architecture, Lino (Eugenio Mastrandrea) bumps into her and two years later, he moves to Los Angeles to start a new life with her. The film shows the unique cultural challenges the couple has to face and deals with Lino’s traditional family disapproving of his decision of marrying an American woman. The two live their fairy-tale romance until unexpected problems arise, and what begins with a love story ends up becoming a heartbreaking narrative.

The eight-episode drama honors the memoir “From Scratch” by Tembi Locke, which became The New York Times best-seller. It became one of my favorite TV shows as it teaches a lesson on appreciating the little things we have and to live each day as if it were the last.

‘Andrea’ by Bad Bunny and Buscabulla



Photo courtesy of Bad Bunny / YouTube

“Andrea,” one of the iconic songs in the “Un Verano Sin Ti” album (A Summer Without You), released in May 2022 by Puerto Rican artist Benito Ocasio (best known as Bad Bunny), caught the attention of many listeners with its empowering message. The song honors women who have been a victim of femicide. The lyrics describe a woman who wants to be happy, free and live life on her own terms without having to experience any harassment or violence on a daily basis.

The song was a collaboration with the Puerto Rican duo Buscabulla, and in only two weeks, had more than 16 million views on YouTube. “Andrea” is one of my favorite songs of the album as it calls all women to be independent, stand up for themselves, pursue all dreams and be aware of the respect we truly deserve.

- Jennifer Portorreal
News Editor

'Wednesday' Is 'The Addams Family' Spinoff We Didn't Know We Needed



Wednesday raises havoc when she releases two bags filled with piranhas into the pool at school.

Photo courtesy of Netflix

Ashley Martinez
Guest Writer

From the original "The Addams Family" show in 1964, its first movie in 1991 and then "Addams Family Values" in 1993, we now have the perfect modernized spin-off. The new Netflix show "Wednesday," released Nov. 23, broke records with 341.2 million hours viewed in one week.

Just two minutes into the series, Wednesday (Jenna Ortega) is already in her element raising havoc when she releases two bags filled with piranhas into the pool at school on her brother's bullies. This results in her being expelled. She is then forced to attend Nevermore Academy, a private school for outcasts.

Nevermore Academy consists of Fangs (vampires), Furrs (werewolves), Scales (sirens) and Stoners (gorgons). Ironically, Wednesday doesn't seem to fit into any of these groups. So even in a school made for outcasts, she is still the biggest outcast of them all. In addition, she has gained psychic abilities and randomly sees the future and past, which she struggles to control. Wednesday attempts to use this new power to take on the ultimate role of figuring out who or what the monster is that has been killing people in the town of Jericho.

Not much has changed with the Addams Family. Although a different cast, they still carry the same personalities the main characters had in the original movies. The characters Morticia (Catherine Zeta-Jones) and Gomez Addams (Luis Guzman), even 30 years later, never fail to make everyone around them uncomfortable as they show immense forms of PDA around others, especially their children, constantly causing them to roll their eyes or become nauseous. And Pugsley (Issac Ordonez) remains the same helpless



Jenna Ortega learned how to play the cello specifically for her role as Wednesday.

Photo courtesy of Netflix

little brother who looks up to his sister. The only Addams who didn't seem to make the cut was Pubert Addams (the baby from "Addams Family Values" in 1993). Uncle Fester even makes an appearance in episode seven. Last but not least, there is Thing (the hand), who plays a big role as Wednesday's sidekick throughout the series.

A very interesting aspect of the series is when Wednesday is given a roommate who is the complete opposite of her. Wednesday is always quiet, reserved, pessimistic and dark while her roommate, Enid (Emma Myers), is an optimistic, outgoing, colorful werewolf. There are scenes throughout the series of the two in their room, with the

window being colorful for Enid and her side of the room while Wednesday's side is black and gloomy. I appreciate how aesthetically pleasing it is when they stand in the light of their sides, which was shown multiple times.

Wednesday at first is annoyed by Enid, but throughout the series, they create a beautiful friendship. The friendship between them is the most heartwarming part of the show. Instead of just some gooey romance, we are given the chance to watch a friendship bloom, which is much more needed in evolving Wednesday as a character.

In Nevermore Academy, there is only one "normie," the teacher Mrs. Thornhill (Christina Ricci), who funnily

enough is played by the same actress who portrayed Wednesday in the original "Addams Family" movie. Her role as a nice and innocent teacher who wants what is best for her students is a cool aspect of the series that most viewers didn't even notice since Ricci seems almost unidentifiable compared to how she looked as a child actress in 1991.

But the most important part of the development of this series was Ortega's undying devotion to the role of Wednesday. Ortega did countless things to make sure her performance was the best it could be. She went through the entire series without blinking because director and executive producer Tim Burton felt it was dire to her character. The few times she did blink was for dramatic effect as that was the only emotion you'd see from a usually emotionless character.

Ortega also learned how to play the cello specifically for the role, which adds such emotion to the scenes when she plays. The actress also insisted that when she snaps in the series, it would commence "The Addams Family" theme song to play. Finally, Ortega choreographed her own dance, which includes some moves referring to "The Addams Family" show from 1964. These factors show that without Ortega as Wednesday, it wouldn't have been a hit; no one could've played the role better.

In all, this show may be modernized compared to the old Addams Family, but not much has changed with the deranged and gloomy characters. Ortega makes a terrific lead as you watch her fight monsters, start friendships and serve sarcasm as usual. "Wednesday" gave us a fantastic end to 2022, and everyone is dying for a second season.

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Sports

**THIS WEEK IN
RED HAWK
SPORTS**

DEC. 8TH- DEC. 14TH

NO GAMES 8
THU.

M. TRACK AND FIELD 9
TBA @ SEAHAWK SHOOTOUT FRI.

W. TRACK AND FIELD 9
TBA @ SEAHAWK SHOOTOUT FRI.

W. SWIM/DIVE 10
12 PM VS. STATEN ISLAND SAT.

M. SWIM/DIVE 10
12 PM VS. FELICIAN UNIVERSITY SAT.

M. SWIM/DIVE 10
12 PM VS STATEN ISLAND SAT.

M. BASKETBALL 10
1 PM VS. TCNJ SAT.

W. BASKETBALL 10
3 PM VS. TCNJ SAT.

NO GAMES 11
SUN.

NO GAMES 12
MON.

W. BASKETBALL 13
5 PM @ HUNTER COLLEGE TUE.

NO GAMES 14
WED.



Ever since the start of the season, the Red Hawks felt they were on a magical run.

Trevor Giesberg | *The Montclarion*

Women's Soccer Magical Run

Ryan White
Assistant Sports Editor

A season full of magic. 2022 was a remarkable year for the Montclair State University women's soccer team and that's putting it mildly.

The Red Hawks finished the season going 17-3-1 overall and accomplished many amazing achievements throughout the season like winning an NCAA Tournament game or starting off 11-0, but none of these things are what this team or the people who watched closely will truly remember.

It was a team that formed an unbreakable bond and you could see it from the outside. Everyone bought in completely and star junior midfielder Aileen Cahill believes the camaraderie that was formed is what made the season special.

"I think just how much we were all into it and loved it and stuff," Cahill said. "Every practice, every game, everybody on the team was just excited and happy to be there. So I think it was just good camaraderie this season, that made it the best."

Individually, it was also a special season for Cahill as she was the conductor of the state train's attack. The junior scored 16 goals and had nine assists to go along with it, which led the team in both categories.

Her 16 goals ranked first in the New Jersey Athletic Conference (NJAC) and she was named a Second Team All-

American by the United Soccer Coaches Association.

It's the first time since current assistant coach Erin Sullivan notched the third team as a defender in 2016 and it makes Cahill just the sixth player in program history to earn All-American status by a coaches association.

Although Cahill was a huge piece in this Montclair State attack, it wasn't only her. Whether it was freshman forward Kylie Prendergast blazing past defenders and finding openings in the box or players like senior midfielder/forward Kimberly Campbell and junior forward Lauren Ernst getting in behind opposing defenders, the Red Hawks' attack was one of the best in all of division three.

Everywhere you looked the Red Hawks were dangerous. Sometimes it was the defense that showed up in big spots as they were able to get 11 clean sheets on the season.

Freshman defender Ashley DeFrancesco, who was just named First Team All-Region, broke into the team from the beginning but credited her teammates for helping her rise to the challenge.

"It's a really fun group," DeFrancesco said. "There's so much experience on the back line and they are really good role models and when you're playing with great players then it makes you rise up to the challenge."

It was a season where

even veteran head coach Patrick Naughter was at a loss for words numerous times and the game against Ursinus College early in the year was probably the biggest example of that for him.

"There were probably four or five times where I was completely at a loss for words," Naughter said. "And I can remember us beating Ursinus and down one nothing it seemed like the whole day and [senior midfielder Kerri Driscoll] hits a great goal. And then we get a scramble and [Campbell] finishes it and then [senior goalkeeper Haley Martin] makes a save at the buzzer. That's one of the most improbable wins we've ever had since I've been here. And I could just remember looking at these guys, and they're looking at me and I'm like, I don't know what's happening, like there's magic in the air, and let's just enjoy it."

Early on in the season, Naughter and the rest of the coaching staff could feel something different in the air with this bunch. During a four-game stretch in September, the Red Hawks mounted late come-from-behind victories against Endicott College, Vassar College, Ursinus, and DeSales University which really sparked the momentum for the season.

"It was almost like we were in on a secret," Naughter said. "Those early moments where it was like, man, something's happening here."

It seemed like each week,

Montclair State was doing something extraordinary on the pitch and even with Naughter's experience, he never saw anything quite like it.

"13th year, having played my whole life and watching every day, you feel like you've seen it all," Naughter said. "And then with this group, it was like every week it was 'What? What just happened? What did we just do?' It was insane."

Naughter asked a lot of his team in terms of how he wanted them to play tactically and he made it clear that it wasn't going to be easy. According to Naughter, this group's work ethic is what sets them apart.

"The style can work if 99 things go right and the biggest one is you have kids who just want to outwork everybody every day," Naughter said. "That's rare, that's super rare but this group had it and that's why for me this is going to be the group that I'm going to remember forever."

Most teams are defined by their accomplishments but this year's Red Hawks are much more than that. The relationships and moments that were shared among the group are worth more than anything that can be won and they will cherish it all forever.

And with many key players returning, the Montclair State women's soccer team will look to do it all again next season.

RED HAWK RECAP
NOV. 29TH - DEC. 7TH

W 88 - 74
M. BASKETBALL VS. ROSEMONT
WED. NOVEMBER 30TH

W 94 - 62
M. BASKETBALL VS. RUTGERS CAMDEN
SAT. DECEMBER 3RD

W 84 - 67
W. BASKETBALL VS. RUTGERS
SAT. DECEMBER 3RD



Kylinn Kraemer sits down with professor Christopher Donoghue.

Photo courtesy of Mike Peters

Kylinn Kraemer: Giving Wisdom at MSU Soccer Park... And In The Classroom

The graduate student defender is helping teach students about trending topics.

Ryan White
Assistant Sports Editor

Ending on her own terms. It has been quite the career for graduate student Kylinn Kraemer at Montclair State University and it means everything to her to be able to finish how she wanted.

“It’s been awesome,” Kraemer said. “Like I am beyond happy that I came back for my fifth year. I cannot imagine not having come back and it’s just been nice to kind of have my last year ended on my own terms, not from an injury.”

Back in January 2021, Kraemer suffered a torn ACL in her right knee during a pick-up soccer game. The injury would cause her to miss two seasons of soccer — the coronavirus (COVID-19) shortened the spring 2021 season and the normal fall season, which was too quick of a turnaround after having surgery that same year.

Having Kraemer back this season has been amazing according to the head coach of the women’s soccer team, Patrick Naughter.

“It’s amazing,” Naughter said. “It’s like having another coach on the field and she just understands the game really well, understands the game as I see it really well. She is, for me, one of the best players in the conference. On the ball, off the ball, the way she tackles, losing her for two seasons was massive.”

Kraemer over the years has proved to be a staple for the Red Hawks back line, even during the time that she was injured.

Outside of soccer, Kraemer is probably still busier than anyone. She was a psychology major undergraduate student and is cur-



Kylinn Kraemer is not exactly sure of her future, but she is on the right track.

Photo courtesy of Mike Peters

rently pursuing her masters in social research and analysis.

“It’s almost intimidating how much stuff she does in a week,” Naughter said. “And you’re like this is a 21/22-year-old kid. Like what am I doing, you know what I mean?”

This year Kraemer is a graduate assistant for a course at Montclair State called Pop Culture, Celebrities and Social Media, a sociology course that she co-created with her advisor in the spring of 2022.

The class is co-taught by two professors and in Kraemer’s

graduate assistant role, she is responsible for, but not limited to, doing research, supporting students, preparing materials and ideas, teaching students and contributing to discussions among students.

Christopher Donoghue is one of the head professors of the course and he believes Kraemer is a very valuable asset to have.

“[Kraemer] is relentless, she’s very dedicated,” Donoghue said. “That’s probably why she’s such a fantastic athlete and graduate assistant and

graduate student. [Kraemer] just always makes herself available to complete activities and support our work and our research and our teaching whenever something is needed. She always gets the job done, she’s very thorough.”

Donoghue admires the way Kraemer dedicates herself to different challenges and would always want to be on her team.

“I like to say that [Kraemer] is someone that I like to have on my team,” Donoghue said. “Meaning that she always puts forth such a great effort. That’s

why I think it translates both in sports and in research projects and in teaching teams. She puts a lot of herself into everything and she works very hard. So you know, she’s a good teammate to have for any project that I’d be working on.”

Kraemer is able to relate better to the students than the professors because of her age. Because of that, she helps keep the material within the course relevant and more relatable to the students.

According to Kraemer, she’s the Gen Z correspondent for the class.

“I like to kind of keep relevant topics flowing throughout the class because the people in the class are closer to my age than their age,” Kraemer said. “They can kind of relate to it and not get so bored.”

Kraemer isn’t exactly sure what the future holds. However, she’s on the path that she wants.

“I kind of plan on just following that trajectory,” Kraemer said. “Doing research or data analytics at some sort of company. I’m not exactly sure but [I’ll] hopefully get a remote job too.”

In her final season with the Red Hawks, Kraemer started 16 games and appeared in 18. The Montclair State back line collected 11 clean sheets during 2022 en route to their 17-3-1 season and Kraemer was an enormous part of it all.

The graduate student provided stability on and off the pitch throughout her career. Every team needs a Kylinn Kraemer on their side.



The team had four seniors this season, including Lauren Pickul, who had 115 saves.

Trevor Giesberg | *The Montclarion*

Field Hockey Bounced Back From Slow Start To Conference Playoffs

Benjamin Garfinkle
Staff Writer

The Montclair State University's women's field hockey season has officially concluded. Like every season, The Red Hawks were excited and eager to get on the field and play with high levels of skill and enthusiasm while winning as many games as possible.

The Red Hawks, as the No. 4 seed, lost in the semifinals round of the New Jersey Athletic Conference (NJAC) tournament, but the fact that they were seeded so high after the start of their season is more than impressive and a huge accomplishment.

The Red Hawks kicked off their season on Sept. 1. Their opponent, Massachusetts Institute of Technology (MIT), managed to outscore them by 3-1 despite a goal from sophomore forward/midfielder Tori Sutera and seven saves from senior goalkeeper Lauren Pickul.

Although playing with their best foot forward, the Red Hawks did not have much more luck throughout the next game three games to start the season. They ended up being outscored by their opponents by a margin of 7-1 while being shut out in two of those games.

Sophomore defender Kylie Compton explained how the team was able to stay positive during this rough start.

"We all were just kind of like, okay, this isn't Montclair State field hockey," Compton said. "This isn't what we do, we kind of went to practice and really focused on a lot of basic skills and gelling together, working together and just kind of like turning the intensity up at practices. And just working harder to achieve those goals of



The field hockey team had a shaky start, but they rallied back to play in the postseason.

Trevor Giesberg | *The Montclarion*

winning games."

The Red Hawks did eventually turn it around.

After starting with a record of 0-4, the season began to turn in the right direction for the Red Hawks during their fifth game of the season.

The Red Hawks exploded for a dominant shut-out victory against Vassar College by a final score of 4-0. Sutera was able to add two goals. Junior forward/midfielder Carlie Van Tassel and sophomore midfielder/forward Gab Maisto each contributed a goal while also being their firsts of the season. This well-played victory proved to be the Red Hawks' first big win of the season.

After the impressive win against Vassar, Montclair State went on a big winning streak. The Red Hawks won their following five games and soon enough, they were back above .500 with a record of 6-4.

During their streak, Montclair State beat six teams by an impressive margin of 15-3. In fact, three of those games were shut-out wins. The Red Hawks really began to shine including six different players who scored goals including Sutera with three, Van Tassel with five, Maisto with two, junior forward/midfielder Carly Amerman with three, senior forward/midfielder Linsey Champa and Compton.

In addition, Pickul made a

total of 31 saves on the goal.

However, the Red Hawks' winning streak came to an end during their 11th game of the season against Kean University with a final score of 3-2. Despite the loss, Maisto scored two goals for Montclair State.

In total, 38 goals were saved by three different goalkeepers including Pickul, sophomore Sedona Scully and sophomore Paige Santos.

At the conclusion of the regular season, Montclair State had a record of 10-8.

During the NJAC tournament, The Red Hawks gained the No. 4 seed. They were set to square off against Rowan University who had a final regular season

record of 17-1. Thus, they were seeded as the No. 1. Montclair State played as hard as they could but eventually fell to Rowan with a final score of 6-1. However, Maisto scored the lone Red Hawk goal of the game while Pickul made 12 saves.

Despite the loss, the Red Hawks have nothing to be ashamed of while having an overall great season with each and every player playing exceptional field hockey and leaving everything they have out on the field every game.

Van Tassel, Pickul and Compton all made the NFCA All-Region IV Team as well as the all-NJAC team along with Maisto.

Head coach Eileen O'Reilly relayed her message to the team at the season's conclusion.

"We've spent the past few weeks doing end-of-season meetings with each of the members of the team," O'Reilly said. "And taking their feedback and giving them some feedback. And really my message has been that we need to focus on our team goals throughout the off-season. And so many of the girls from the team mentioned in their meetings that preparation for preseason and improving fitness is absolutely something that can make a difference for us. We've already started our offseason lifting and conditioning program with our strength coach and just spent time together and connecting as a group."



After a shaky start to the season, the Red Hawks are surging and now reach an even record.

Dan Dreisbach | *The Montclarion*

Women's Basketball Evens Record With Big Win Against Rutgers-Camden

After a couple losses, the Red Hawks responded in a major way at Panzer

Benjamin Garfinkle
Staff Writer

The Montclair State University women's basketball team won against Rutgers University-Camden on Dec. 3 at the Panzer Athletic Center, a high-scoring matchup with a total score of 84-67.

With this win, the Red Hawks now have a .500 record of 3-3. The Scarlet Raptors fell to a record of 1-6 with this loss.

Every Red Hawk contributed to this success with five different Red Hawks achieving double-digits in points including senior guard Nickie Carter with 22 points, as well as graduate student forward Teresa Wolak, freshman guard Shannon Hughes, sophomore forward/center Olivia Vero and junior guard Mahogany Worsley-Wooten.

Montclair State had the lead for most of the game beginning in the first quarter.

Vero went over how they were able to control the lead for a large portion of the game.

"I think that it was important that we stayed strong on defense and we kind of just stopped them defensively because that translated to our offense which helped us keep the lead throughout the game," Vero said.

The Red Hawks played spectacular defense throughout the entire game. A big factor in this was in terms of the fast break. The Red Hawks had more than triple the number of fast break points than the Scarlet Raptors with a total of 31-10.

Montclair State played terrific basketball in the first half of the game. They had a lead of 48-31 and made numerous shots lead-



Nickie Carter drives into the paint and looks for a scoring opportunity.

Dan Dreisbach | *The Montclarion*

ing to tallies of 7-15 in the first quarter and 11-17 in the second quarter.

During the third quarter, the Scarlet Raptors accumulated an impressive 9-2 run against the Red Hawks.

Hughes discussed what they had to work on and fix within this third quarter.

"We needed to pick up our

energy," Hughes said. "We know we have the skill, we know the intensity, but our energy definitely went down that quarter, and coach [Karin Harvey] called a timeout. She told us we just have to play our game, stop thinking about anything, just play your game and that's what we needed to improve on and going into the

fourth quarter, I think that we did a really good job picking up that intensity."

After this timeout by Harvey, Montclair State had a tremendous fourth quarter.

After the Scarlet Raptors got the lead within single digits, the Red Hawks ended the game strong. Within the final few minutes of the game, Rut-

gers-Camden was outscored 13-5, leading to the Montclair State win.

Vero gave her take on what Montclair State strived for the most.

"I think we did a good job on our defense," Vero said. "I think we were in a zone today, we don't usually do zone. We've been working on it all week at practice so I think that was really good, but we don't usually play that so we kind of stepped up today and played that and did a different thing for our game, for our defense."

The Red Hawks excelled in their defense throughout the game despite only using this type of defense for the first time.

The Montclair State women's basketball team's next game is against William Paterson University on Dec. 7.

Hughes explained how this energy from this game can be carried into this exciting future matchup.

The William Paterson Pioneers have a record of 5-2, so the Red Hawks will be tested in their next game.

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Men's Basketball Now 6-0 Continued From Page 1...



The Red Hawks bench reacts after a layup goes in for the team.

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"It's very important for us to keep playing fast," Breeman said. "We practice playing fast every day. We press each other every single day. What I like to fall back on is the depth of our team. One through 20 we probably have the most depth of any team in the country, so we like to use that to our advantage and play hard every single day. Just a next-man-up mentality. If somebody is tired or somebody needs a break because we're playing so fast, we have a lot of talented guys that can shift in and out, so we use that to our advantage."

By halftime, Montclair State was leading 53-25. The overall team shooting was unbelievably efficient as they shot 63.3% from the field, 56.3% from three scoring 10 on 17 attempts and a perfect 100% from the line.

The defense was just as impressive, forcing turnover after turnover and not allowing Rutgers-Camden to get desirable shots. Montclair State also had an impressive 11 different players score in the first half. Breeman spoke on the importance of the three-ball.

"I think it's really important," Breeman said. "It's also really important for us to share the



Junior guard Kieran Flanagan helps junior forward Amir Williams up after a tough play.

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ball. We share the ball at a high rate and that's what's able to get us good three-pointers. There's a difference between good three-pointers and great three-pointers and today we got a lot of great three-pointers. When we drive and kick out, those are the best threes we can get. Those are the ones we try to get and that's what we work on every single day."

The Red Hawks cruised through the second half, never looking worried about giving up the lead. As the lead held steady and time wore down, some players that typically wouldn't get as many minutes got an opportunity to shine. This allowed a staggering 16 individual players to score throughout the game.

"That's remarkable," Breeman said. "Whenever you can get 16 guys to score in a game it's a great day. I think it's really important for the guys on the bench, who maybe don't get an opportunity as often to get in the score column and get on the stat sheet. We're like a family. We operate like a family, so getting everyone included is very

important. It's our identity and we're going to keep building the same habits every day so even more people can contribute."

Montclair State would win by a score of 94-62—a complete game that saw the Red Hawks play at their best. The win continues the team's perfect start to the season, but the team knows now is not the time to get complacent.

"The mood around the team is that we're still hungry," Breeman said. "We're hungry for more and every day we are coming in with that same hunger. But at the same time, we appreciate that we are 6-0. It's a great start for us and we appreciate every single day. One of our core words is appreciate, so we appreciate everything, but we have to turn the page and focus on our next opponent."

Montclair State's next game was against William Paterson University on Dec. 7.