



The Circle



The student newspaper of Marist College

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CNN's Jake Tapper gives insight behind his bestselling book

By ERIC VANDER VOORT
Editor-in-Chief

Jake Tapper says he became a journalist to write the stories that he wanted to read, but other people were not writing. The new CNN Chief Washington Correspondent's latest example of that motivation is in his book, "The Outpost: An Untold Story of American Valor," which details the tragic yet inspirational story of an attack Combat Outpost Keating in the Nuristan province of Afghanistan, close to the Pakistan border.

Tapper spoke about his book and his journalism career in the Nelly Goletti Theatre on Monday night in front of an audience of over 200, including students, faculty, administration and members of the outside community. He spoke for the first half of his presentation, including a reading of the story told in the first couple pages of his book, then took several questions from the audience.

"If Americans wanted to hear stories about Afghanistan on television every day, the capitalist media system would give it to them," Tapper said, but the truth is, most Americans would rather click on a story about Beyonce lip-synching the national anthem ("which she did do," Tapper added).

On Oct. 3, 2009, Tapper told the au-



MARIA GIRONAS/ THE CIRCLE

Recently-appointed CNN Chief Washington Correspondent Jake Tapper spoke Monday in the Nelly Goletti Theatre about his book, detailing an inspirational story of the Afghanistan War.

dience, he was in a hospital holding his day-old son when he saw something on the news about eight American troops being killed at the army outpost. The news report said that the

outpost was in a vulnerable position, but didn't answer the question of why it was there. Tapper, who was working for ABC at the time, decided to look into that question.

As Tapper investigated the story, he found several smaller stories about the people involved, from people involved in building the outpost in 2006 despite what seems to be the clear strategic disadvantage of it being in a valley surrounded by three mountains, to the soldiers who were killed or wounded in the 2009 attack from Taliban insurgents and their families. Tapper said he interviewed over 225 people for the book, which included two men who were on the Taliban side.

On Monday night, Tapper spoke of why he felt this was an important story to tell and report, as much of the war in Afghanistan has gone under-reported.

"The one conclusion I came to was that our troops deserve better from you, from us, from the media," Tapper said. "We as a society are not giving them that."

Marist journalism professor Kevin Lerner said that the reason a story like the one Tapper tells went untold was that living through the 2000s in the United States, it was easy to forget that the war was even going on.

"If you visited the United States, it was hard to know we were in two wars," Lerner said. "For the most part, life here was the same."

Tapper discussed a disconnect he has observed between American

SEE CNN, PAGE 3

Marist commemorates anniversary of tragic fire

By JENNA GRANDE
News Editor

The spring semester is a new beginning in many ways. However, upon returning from the recent winter break, students and faculty alike were reminded of a tragedy that occurred one year earlier on January 21, 2012.

Just over one year ago an off-campus fire claimed the lives of three Marist students: Eva Block, Kerry Fitzsimons and Kevin Johnson. The devastating start to the spring 2012 semester shook the Marist community to its core. Students lit candles and held vigils in honor of the lives lost. Students changed profile pictures on social networking sites to a red ribbon with a fox in the middle to show their support for the victims' families and friends. There was a service held in the gymnasium, one of the only places big enough on campus to hold the overwhelming amount of students.

The school, encouraging students that lived off campus to practice safe habits in their homes, took action immediately. Local businesses

teamed up with the college and helped distribute free smoke detectors to students and showed them how to install them properly. Scholarships were requested in the students' honor and were set up by the school and the victims' families. The Marist community vowed to never forget and throughout the semester, events in Block's, Fitzsimons' and Johnson's honor were held.

Now one year later, students returned from winter break to an e-mail from President Dr. Dennis Murray, reminding them to be mindful of the one year anniversary of the tragedy and sharing details for events that would be held in the students' honor. The chapel was open late and Murray encouraged students to light a candle in memory of Block, Fitzsimons and Johnson. The campus flag was also flown at half-staff, and the Counseling Center was open on standby.

On Wednesday, Jan. 23, a special mass was held in the chapel to honor and pay tribute those who lost their lives in the fire, and to pray for their families, friends and

the survivors of the fire. In addition to the service at the chapel, there was also a nondenominational memorial service in front of Donnelly Hall to dedicate benches in memory of Block, Fitzsimons and Johnson.

"In this way, they will become a permanent physical part of campus, just as their spirits will al-

ways live on in our hearts," Murray said. "I hope that you will take a moment to remember the tragedy that took place one year ago and the talented young adults we lost."

The events held on campus were done in a traditional manner according to Brother Frank Kelly.

SEE LOST LIVES, PAGE 3



PHOTO BY NICOLETTE COAN

In a memorial service on Jan. 23, Father Richard LaMorte spoke in honor of the victims of last year's fire at the bench dedication ceremony in front of Donnelly Hall.



THIS WEEK

Thursday, 1/31

SPC Broadway Ticket Sales: Wicked
9:30 p.m. to 10:30 p.m.
College Activities Office

Saturday, 2/2

SPC Ski/Snowboarding Trip: Hunter Mountain
7 a.m. to 5 p.m.
Off campus

Graduate Programs Open House
10 a.m.
Lowell Thomas

SPC Coffeehouse: Herra Terra
8 p.m. to 9:30 p.m.
PAR

Sunday, 2/3

Super Bowl XLVII Party
5:30 p.m. to 10:59 p.m.
Cabaret

Monday, 2/4

Graduation Cap and Gown Orders
12 p.m. to March 22
Online

Tuesday, 2/5

NSLS Telecast
7:30 a.m. to 9:30 p.m.
Nelly Goletti Theatre

Wednesday, 2/6

SPC Broadway Ticket Sales: Annie
12 p.m. to 1 p.m.
College Activities Office

Emerging Leaders Workshop: In the Black: Fox Finances to Keep You Out of the Red
2 p.m. to 3:30 p.m.
PAR

Center for Sports Communication Lecture Series: Chris Mannix of Sports Illustrated
7 p.m. to 9 p.m.
Nelly Goletti

SPC Coffeehouse: Preston Pugmire
9 p.m. to 10:30 p.m.
PAR



Letter from the Editor

Welcome back! The Circle staff hopes all of our readers had a happy and healthy holiday and New Year. As we kick off the spring semester, we are visited both by strange weather patterns and our friends who were abroad last semester. Hopefully the snow stops, and we can enjoy the beautiful thing that is spring at Marist.

News this week describes Jake Tapper's visit to Marist. Tapper, CNN News Anchor and Chief Washington Correspondent, held a book signing for his new book, *The Outpost: An Untold Story of American Valor*.

One year after the devastating off-campus fire on Fairview Ave., News gives us an update on Marist's response, including the anniversary mass and three benches that were dedicated to the memories of Ava Block, Kevin Johnson and Kerry Fitzsimons. One year later, we remember Ava, Kevin, and Kerry and give our thoughts and prayers to their families and friends.

Features describes a frightening new innovation: smartphone-glasses, a Google product.

In *Lifestyles* this week, we learn how to keep our New Year's resolutions, how dating and relationships have changed over the years, about the intimidating Paleo diet, and how students especially can deal

with seasonal depression.

A&E this week features five overlooked albums of 2012. It also bursts with award season updates, reviewing the Golden Globes and previewing the Oscars.

Opinion explores fashion and politics: Are the Obama girls the next Mary Kate and Ashley? It also includes a piece of Bang with Friends, the new Facebook app – Valentine's Day just got better.

We hope you enjoy reading this week, and congratulations to women's basketball, who was undefeated during conference. Go Red Foxes!

Marygrace Navarra
Managing Editor

Prank calls, Pryce and pipes

By MICHAEL BERNARDINI
Staff Writer
@mrBERNARDINI

Welcome back for another exciting semester! While I was saddened that you all abandoned me and took your drunken antics home, it's good to see all of your beautiful, dilated pupils once again. Snow wasn't the only thing we received this week, as vomit has practically blanketed our campus. Either you're really excited to be back, or you're turning to alcohol to cope with seasonal depression.

1/27 9:15 p.m.

A student reported a call from an unidentified male who claimed to be from a towing company. He informed the student that John Gildard, Director of Safety & Security, had requested that her car be moved. Security found the student's car to be in its designated spot; she had been the victim of a prank phone call. As if the security office gives warnings before administering parking tickets.

1/27 1:50 a.m. Midrise Hall

A student had two guests visiting, one of which had vomited in the

hallway. The second guest was sober. Both were escorted off campus, leaving the second guest to drive home. The idea of a "sober guest" is quite the oxymoron. Kudos for taking one for the team!

1/26 11:30 p.m. Leo Hall

An intoxicated female student was with her boyfriend in the lobby of Leo. She vomited and was later taken to Saint Francis. Nothing like blowing chunks across the lobby to remind your boyfriend why he shouldn't get you a gift for Valentine's Day. A simple card, box of chocolates and membership to Alcoholics Anonymous should do the job!

1/26 10:30 p.m. Midrise Hall

An 18-pack of Natural Ice, a bottle of raspberry Svedka, a bottle of Southern Comfort Lime and a bottle of Jim Bean Black Cherry were confiscated from students on the first floor of Midrise. I didn't know the men of Sterling Cooper Draper Pryce went to Marist! Seriously, unless you're Don Draper serving cocktails to disgruntled clients and over-sexed mistresses, there is no need for all of that alcohol.

1/26 12:34 a.m. Champagnat Hall

An intoxicated female student was reported after allegedly consuming 10 shots. Ambulances responded, and she was taken to Saint Francis. Excursions in Mathematics is a really hard class for freshmen, so they resort to counting shots to better learn their numbers, apparently.

1/26 12:23 a.m. Softball Park at Gartland Athletic Field

Two students were found smoking a bong in one of the dugouts. The bong was confiscated, and the students were sent on their way. The students weren't singing "buy me some peanuts and Cracker Jacks" to show their love of the game; they just had the munchies.

1/21 10 p.m.

A male student tried entering his dorm with a noticeable bulge in his pants. He had been concealing a 20 oz. can of Keystone Light. Is that a bad decision in your pocket, or are you just happy to see me?

Disclaimer: The Security Briefs are intended as satire and fully protected free speech under the First Amendment of the Constitution.

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SGA Update: New Fox Photography club welcomed

By KATHLEEN O'BRIEN
SGA Reporter

As the student body returned to Marist last Monday, the members of SGA had already been settled on campus for two days. From Saturday, Jan. 19 to Sunday, Jan. 20, SGA held their winter session. Over the weekend, the members worked in groups to discuss upcoming SGA events and activities including Senior Week, elections, student involvement and the transition dinner, which celebrates the transition from one SGA administration to the next.

Executive Vice President Brian Gelok considers the weekend to be a success. The group was able to discuss a wide range of topics and grow as a team.

"I believe that many changes came about from these meetings," Gelok said. "Members of SGA are planning together more than as individuals. Also, one of our working groups has come up with numerous ideas and suggestions to make club lives easier through technology."

Last week, SGA welcomed two new

members to the Junior Senate: freshmen John DiBella and Joe Theall. To become a Junior Senator, one must be recommended by administrators and current SGA members. The candidates are then chosen after going through an application process.

In addition, a new club, Fox Photography, was chartered on Wednesday, Jan. 23. President Cara Mooney, Vice President Ashley Davis, Treasurer Sarah Greenberg, Webmaster Anthony Barranco and Public Relations head Eva Prior comprise the executive board of the club, and Wayne Lempka is the advisor. The group approached SGA last October with the idea for their club. Over the past year, Fox Photography went through a rigorous start-up process that included recruiting members and an advisor, writing by-laws and presenting to the vice-president of clubs, the Club Affairs Board and finally SGA.

Luis Castillo Jr. is the vice president of clubs and worked with Fox Photography to bring the club to fruition.

"The Fox Photography Club worked throughout the span of a year to ful-

fill their goal of becoming a club," Castillo said. "Many reasons for the process being so rigorous are priority points, which are given for housing purposes and money the school allows clubs to use."

Fox Photography is open to members of all majors and minors, and no prior experience is needed. The only requirement is that every member must have their own camera, excluding phones, iPads, etc. The club's mission is to provide an outlet for all students interested in photography. They will offer critiques of photos as well as lessons on different forms of photography, such as portraits and landscapes. The club will hold workshops led by either the executive board or professionals to educate members. Through these activities, the club plans to provide the opportunity for students to meet new people, improve their skills and have their photos displayed professionally. In addition, they will also print and display club members' photographs in local Poughkeepsie galleries.

"Everyone is welcome in this club," Davis said. "No matter age, gender, experience, we want everyone to feel

welcome."

The club also plans to hold Photo Day fundraisers on campus. For a small fee, Marist students and faculty can have their photographs taken by the members of the club. The photos can be used for resumes, headshots or any other need that participants may have.

"This club has been a long time coming," Mooney said. "We are going to start the semester with a bang and keep the ball rolling."

The gyms on campus received some new additions over the break; all of the treadmills and exercise bicycles in the McCann Center were replaced with updated models that include touch screen televisions. The new bikes include various programs and virtual courses that students can traverse. Jazzman's gym received three new treadmills as well.

On Sunday, Feb. 3 the freshman and junior classes will host a Super Bowl event in the Cabaret at 6 p.m. Kickoff begins at 6:30 p.m., and the game will be shown on a large screen projector. Food, including wings and desserts, will also be provided. All students are welcome to attend.

From page 1

CNN correspondent gives lecture and book signing

civilians and American troops, which has developed, he said, because of a change in America's culture, such as the lack of a draft. The book attempts to bridge the gap, telling what he said are *inspiring stories despite their tragic nature.*

"[The soldiers and families] were the most selfless people that I

have ever met," Tapper said.

Tapper came to Marist less than a week after he made his debut on CNN. He worked at ABC since 2003, appearing on shows like *This Week*. His own show at CNN is currently in the works.

"Of the people who do what he does in Washington, he's the best," said Nate Giuletti, a student who

attended the lecture.

Tapper stayed outside the theater for over a half an hour after the lecture, signing copies of his book and taking pictures with attendees. The *Outpost* debuted at No. 10 on the New York Times Hardcover Nonfiction list the week of Dec. 2, 2012.

"It was nice to have someone

come at such an important part in his career," Lerner said. "He gave a good picture, recounting a chaotic event without having been a part of it. It was a good example to journalism students of going beyond as a reporter."

Lost lives commemorated at anniversary of tragic fire

"We traditionally wait for a mourning time and then figure out a way that the college might honor the memory of its deceased," he said. "We chose to honor these students by marking benches in their memory on or near the first anniversary of their passing."

The location of the benches on campus also carried significance.

"They are outside of Donnelly near the Fashion entrance," Kelly said. "This space was chosen because all three people had connections to Donnelly."

Two scholarships have also been set up so far for Block and Johnson. These scholarships were available for the 2012-2013 academic school year. The Eva Block Memorial Scholarship provides financial assistance to incoming freshmen majoring in fashion. The Kevin Johnson Memorial Scholarship will be awarded to a full-time undergraduate student majoring in communication.

In addition to the benches and scholarships, housing has stepped up testing for safety features in all on-campus housing. Housing director Sarah English explained that all dorms and residence areas are equipped with sprinklers and working smoke detectors. All buildings more than three floors high are enforced with a sprinkler system. This principle will be playing a role in the current renovations on campus. Additionally, all residence life staff members are trained by the Fairview fire department and the New York

fire marshal for fire safety and emergency training.

Despite last year's tragedy, English said that there has been no market change for off-campus housing. Students have not let fear hinder them from moving off campus. In fact, because of this, housing has begun to increase its presence in students' lives off campus.

"We still continue to hold the off-campus housing fair, where we give students a list of criteria they should have when picking a place to live," English said. "We discuss with them what are good things to have in a house."

English also said that plans for more on-campus housing have been discussed, but not in extreme detail. She said that students have expressed a preference to be on campus.

"We have a great community, school spirit and amenities that students are looking for and that keeps them on campus," English said. "We have a high desire amongst our students to stay on campus."

TOP: The bench dedicated to the memory of Kevin Johnson, one of the three now outside of Donnelly Hall that were recently dedicated to the students whose lives were lost in the Fairview Avenue house fire in January 2012.

BOTTOM LEFT: 112 Fairview Avenue shortly after the tragic fire on Jan. 21, 2012.

BOTTOM RIGHT: 112 Fairview Avenue as it stands today, rebuilt.



PHOTO BY NICOLETTE COAN



PHILIP TERRIGNO/THE CIRCLE



BRENNNA MCKINLEY/THE CIRCLE

Google executives to release new high tech glasses

By BRITTANY OXLEY
Features Editor

With each passing year, our world becomes increasingly more technologically-advanced. Recently, we have seen the introduction of smart phones, a series of Apple products, and countless other inventions.

According to Google executives, there is about to be a new type of technology that will be released to the public very soon. This new invention will be called the Google Glass, a new type of high-technology glasses that will be extremely similar to smartphones.

These glasses will look very similar to regular eyeglasses, but they are far from normal glasses. Aside from being a new fashion statement, these glasses will be able to do a lot of the same things that a smart phone can do.

They will be able to take pictures and videos in addition to having many other advanced features. There are even rumors that these new smartphone glasses will be able to tell the wearer exactly where they are, acting as a sort of GPS device.

What is also interesting about these glasses is that, while the glasses have many capabilities, no one but the wearer can tell that the glasses are doing all of these things.

For example, if the wearer of the glasses decides to take a picture of someone while wearing the glasses, no one around them will be able to notice.

According to Google executives, the only way to tell what the wearer is doing while wearing the glasses is



FROM [HTTP://RACK.1.MSHCDN.COM/](http://RACK.1.MSHCDN.COM/)

Google executives recently released information about new high-tech glasses that will be known as Google Glass. These glasses will not only be a new fashion statement, but also will have similar capabilities as those of a smart phone.

to go up really, really close to them.

So this means if someone is wearing the glasses, they can actually record the people around them without even noticing! This is both extremely interesting and slightly creepy at that same time.

With the invention of these glasses, the wearer will be able to record their life experiences whenever they want. They will be able to constantly document whatever events they want from their own point of view.

However, although the thought of these new high-tech glasses seems really cool, it also seems a little

frightening. Since the wearer can take pictures and videos of people without anyone else noticing, who knows just what the wearer may be capable of capturing?

Because not many people even know what these new glasses look like, that makes it that much easier for the wearer to take videos and pictures of other people without anyone taking notice.

However, despite this, the prospect of these glasses is still pretty amazing and makes you think just what people will come up with next.

One of the only lucky people who

currently owns a pair of these high-tech glasses is the co-founder of Google himself, Sergey Brin. He was last seen wearing them on a subway in New York City.

Not surprisingly, these glasses will not come cheap. They will be available for a minimum of \$1,500.

With the arrival of these types of glasses, we can only imagine what new technology will be like in the future, or what other cool gadgets are already in the beginning stages of production.

From A&E

“Broken City”: A fresh winter thriller

BY GEOFFREY MAGLIOCCHETTI
Staff Writer

Looking for the perfect blockbuster protagonist these days? Enter Mark Wahlberg. Whether he's playing the stereotypical action protagonist (“Contraband”), the dark antihero (“Shooter”) or just a plain funny guy (“Ted”), Wahlberg can take utter cinematic excrement (“The Happening”) and at least make it somewhat enjoyable. This trend continues with “Broken City,” a slow moving drama that relies on Wahlberg's wit and charm to make it through its 109-minute runtime.

Wahlberg portrays Billy Taggart, a disgraced NYPD officer turned private eye detective. We've seen movies like this before, but Taggart's story gets interesting when he's called upon by the Mayor of New York himself (Russell Crowe) to find out if his wife (Catherine Zeta-Jones) is having an affair. While Wahlberg is again cast into his likeable-protagonist-with-a-dark secret role, Crowe goes against his type as the corrupt mayor. As the

relationship between the cop and the mayor deteriorates throughout the film, the scenes between the veteran actors become almost electrifying. Watching each one trying to one-up the other makes for great, edge-of-your-seat cinema.

Unfortunately, this pulse does not continue through the entire film, and the pace somewhat diminishes once a weak subplot about a demolition business, and property disputes comes into play. Crowe disappears for the most part during these segments, maintaining an off-screen presence as Wahlberg goes around following leads and dodging threats. The film also includes a great number of familiar supporting actors like Jeffrey Wright of “Casino Royale,” Barry Pepper of “The Green Mile's” and Kyle Chandler of the “Friday Night Lights” television series. The film also dumps a seemingly endless number of minor characters into the plot, convoluting an otherwise simple and enjoyable plot.

Wahlberg has been chided for being nothing but a blockbuster action star, with little to no acting

chops. The fact is, he keeps the film afloat. Going back and forth and learning the same information from different characters can make for a lackluster film (that's the script's fault, and coming from a writing team with no previous experience, that isn't much of a shock), but it's Wahlberg's performance that keeps you invested. When not focusing on the mayoral plots, Wahlberg's character is smoothly developed to the point where you sympathize with his less than flattering reveal at the end of the film. While private investigators are rarely labeled heroes in the world of Hollywood, the charm of Billy Taggart is enough to win audiences over and keep them seated to the conclusion. He's more of a wise guy than an antihero, but it's the wise guy persona that Wahlberg's mastered so well and transferred into a big-budget career. As for his co-star Crowe, it's interesting to see the guy who fought against a corrupt authority figure in Gladiator succumb to the same disease here. Cast against his usual role of the brilliant protagonist,

Crowe portrays a cunning villain, and it's very enjoyable to hear Crowe, a native Australian, master a New York accent. He certainly won't be gaining any big awards, but he still manages to pull off an interesting villain.

Overall, despite its sometimes tedious and repetitive sequences, “Broken City” is an enjoyable political thriller set in the local confines of New York. While it's the quick paced action most have come to expect from Wahlberg, it's still a great flick to perk up the dullness of winter films. And for those that are disappointed with “Broken City”'s lack of action Wahlberg scenes don't worry - he's doing not one, but two films with Michael Bay this year, the first of which, “Pain and Gain” will be out this March, and the other being the untitled “Transformers” sequel. For everyone else, Wahlberg's charm should be more than enough to keep you watching until the end.

Methods to maintain resolutions

By AMANDA FIORE
Staff Writer

Ring in the new year is a favorite holiday for most. With champagne in your hand and great family and friends by your side, there is nothing better than celebrating the past year and preparing for an even better future. Along with traditions like the iconic Times Square ball drop and use of noisemakers to welcome the new year, comes the tradition of making New Year's resolutions. New Year's resolutions allow people to reflect on the past, while they look ahead toward a brighter future. No matter what your resolution is, year after year, many people have difficulty keeping it. New Year's resolutions are challenging because many include a change in habit or the adoption of a new lifestyle, but if you stick with it, resolutions can help you to kick off the new year right.

First and foremost, in order to keep a resolution, you must actually want to change or adopt the certain behavior. In other words, make your New Year's resolution something you really want, not something that you are forced into doing by friends, family or the media. Your resolution should fit with your individual beliefs and values, because if you are passionate about your resolution, you will have a greater motivation to keep it. According to Richard O'Connor, author of the book "Happy at Last: The Thinking Person's Guide to Finding Joy," people should "save [resolutions] for

something meaningful." The closer your resolution is to your heart, the better you will feel about it, which increases your chances of keeping it stronger throughout the new year.

Next, remember to start small. Limit the number of resolutions you plan on making throughout the upcoming year. If you make too many resolutions at once, chances are you will do a poor job in keeping all of them, if you keep any at all. There are increased chances that if you make a few solid New Year's resolutions in 2013, you are bound to follow through with them because the limited number allows you to focus in on each one. It is better to do one thing well than to fail at doing many. Keeping your number of intended New Year's resolutions down will allow them to be attainable to you, and odds are you will be successful in following them throughout the upcoming year!

Also, make specific goals. Many New Year's resolutions are too vague. For example, many people want to become more healthy or happy throughout the upcoming year. Although these resolutions seem bound for success, they are too broad and people often become overwhelmed and unsure of how to actually go about being more healthy or happy. Transform the larger resolution into more specific mini-goals. For example, if your resolution is to become healthier throughout the new year, schedule a time and place for exercise. By vowing to exercise at a cer-

tain time and place you are making your resolution small and attainable. Once you conquer the mini-goal, you will feel confident in your ability to continue your New Year's resolution. The increased confidence when completing a specific goal is enough to keep you motivated throughout the entire year.

When it comes to making and keeping a New Year's resolution, think addition, not-subtraction. The whole point of making a resolution is to enrich your life by bettering yourself in the future. Don't deprive or take something away from your life, as that will make the keeping up with your New Year's resolution a negative experience. Instead of eliminating certain things to keep your resolution, try to create new, positive habits. For instance, if your resolution is to be healthier this upcoming year, don't rule out cookies from your diet. Instead, just add more fruits and vegetables. If you continue to take things away from your life to keep up with a resolution, it soon becomes a burden, and, chances are, you will give up on it. On the other hand, if you add specific behaviors to your life, you will be more motivated and begin to see the positive effects of your New Year's resolution in your own life.

We've all heard the saying "great minds think alike," but who knew it could have such an important role in sticking with a New Year's resolution. To increase your chances of keeping with a New Year's resolu-

tion, surround yourself with like-minded people. By just being near these people, you will find yourself picking up their positive, healthy habits, which can in turn put you on the path to successfully sticking with your resolution. Enlist a friend that shares the same goal. With a supportive partner by your side you will be kept accountable for your actions, as well as encouraged to keep up the good work. Whether it is going to the gym or trimming your budget, New Year's resolutions can be a lot more enjoyable with a friend at your side.



OKCHOMESSELLER/FICKR

When making a New Year's resolution, try to make a goal, or create a new positive habit to improve your overall lifestyle.

From old-fashioned dating to relaxed relationships

By ALLISON BOLCH
Circle Contributor

It is impossible to deny that, in this day and age, dating has changed immensely from the time when our parents were in college. Back then, two people who had romantic feelings for each other would ask each other out on a date, continue dating for a while and then eventually became a couple. We see this traditional presentation of dating in TV, movies and literature, but one can't deny that the traditional method of dating has changed. Many relationships now start from a simple hookup at a night out at a bar.

The fairytale way of dating, where boy meets girl, girl likes boy, boy and girl fall in love is, in fact, not the typical way that boy meets girl in college. Many people know what I'm talking about and have had experience with this new method of dating. Is it a good thing or a bad thing? Is it easier than the traditional way of dating, or does it allow the participants to rush into things too quickly?

"I think it's more often than it used to be," said sophomore Sophia Todeasa. "I think hookups become relationships more often than they used to be because times are changing."

"This is absolutely true," said sophomore Kristina Garcia. "People usu-

ally meet when they're on a night out and get to know each other. Dating is not as formal as it used to be."

"My current relationship started out by meeting my boyfriend in a club one night with my friends and it has turned into one of the longest and most meaningful relationships I've ever had," Garcia said. "We've been together for over a year now and, despite the way we met, it has turned into something very serious."

Other students disagree. "Every year of high school I was in a relationship, and when I came to college I thought it would be a good idea to be single for a while," said sophomore Rosemarie Martens. "I've been single my entire time at college thus far and I've hooked up with many people, embracing the college life, but, to be honest, it's not as fun as dating."

There is evidence amongst students' relationships that this new way of dating has proven to be successful in the long run for some, but has proved to be unsuccessful and somewhat dissatisfying for others. However, students agreed that it should be up to the people involved whether this way of dating is good or bad.

"I think it depends on the person and personal preference," Todeasa said. "Women as a gender have moved beyond sexual repression and

I think that if you decide that hooking up with people is the best way to live your life that's fine, but if not that's fine too."

Meeting someone in a bar one night in a more relaxed setting may be easier than asking someone out on an actual date.

"I think that this 'new' method of dating has its pros and cons," sophomore Stephanie Dibble said. "I think that it's a pro because it eliminates the first date jitters that often occur. Once you've 'hooked up,' it's easier because you know that the person is physically attracted to you. It's definitely a con because many hookups are just a one-night stand and nothing else. Whereas with traditional dating, it's much more clear that both people are interested in a long-term relationship."

Starting a relationship with a hookup is slowly replacing the traditional way of dating. Some students prefer the new way of dating and others favor more traditional dating.

"I'd rather go out on a date because I'm old-fashioned, but there's nothing wrong with hooking up with someone," Dibble said.

Other students have tried both methods of dating, the traditional and the "new" method.

"I attempted this 'new' method of dating multiple times and it has never worked out for me, unfortu-

nately," Martens said. "When I used to do the old-fashioned way of going out on dates and getting to know the person before jumping into a hookup, it always worked out for me."

"Well, usually I would start out as friends with a guy and would be asked out, but those never ended well for me," Garcia said. "So I think, with my current relationship in mind, this new method of dating worked better for me. It was fun meeting him in a social setting where you don't have to worry as much about being awkward or being formal."

While this new method of dating by hooking up has its obvious flaws, such as not knowing what the other person wants or where exactly it will go, it has its benefits.

Meeting someone in a more laid-back, relaxed and fun setting definitely has its perks, as you don't need to worry about what the other person thinks about you once you know they find you physically attractive.

Although our parents were on to something with the old-fashioned, conventional way of dating and finding a relationship, perhaps this new way of meeting someone is something to be considered. Meeting a future boyfriend or girlfriend through a hookup may not seem like a fairytale, but that one hookup may end up being your princess or prince charming.

Dealing with depression this winter

By KYLE HANNAFIN
Circle Contributor

The winter months are a common time for college students to become depressed. Sunny days are few and far between with most days being draped with a gloomy, grey sky. Students are in for the long haul through the brisk, cold winter of the Hudson Valley.

With spring break far away, it is important to take necessary steps such as: eating nutritiously, becoming engaged in campus activities, and exercising on a regular basis will help students to raise low levels of serotonin and dopamine in the body, which plays a role in the state of depression you may be experiencing.

However, before going to the supermarket or sporting goods store, there are some quick and easy steps that you can take to fight the winter blues. According to "Go Global: 15 Natural Remedies From Around the World" by Brenda Kearns, Harvard scientists have found that drinking two cups of coffee a day reduces "blue moods" by 34%. Another simple method to combat depression is to be conscious of sunlight exposure.

According to Dr. Joel Fuhrman, who has published New York Times best sellers such as "Eat to Live: The Amazing Nutrient Rich Program for Fast and Sustained Weight Loss," deprivation of sunlight inhibits natural production of

Vitamin D by the skin. Low levels of Vitamin D, similar to serotonin and dopamine, are linked to depression.

The importance of a high-nutrient diet cannot be stressed enough, not only for the prevention of depression and stress, but also to maintain a healthy lifestyle. The repetitive lesson preached to children about eating their vegetables prior to delving into dessert rings true. Since we are now older and understand the truth value behind this, we realize that our parents were right, yet again.

According to Dr. Joel Fuhrman, low intake of omega-3 fatty acids can cause oxidative stress within the brain. Research has found that oxidative stress is linked to depression.

Food sources that contain levels of omega-3 fatty acids that can be relied upon are walnuts, green vegetables, and flax. While these three options do not sound too appealing they are easy to implement into your daily diet. Flax can be sprinkled over your morning cereal and while rather tasteless, it will fill your dietary needs without displeasing your taste buds. Walnuts go very well with oatmeal in the morning. They can also be combined with raisins to make a grab-and-go snack. The cafeteria provides multiple green vegetables at the salad bar as well.

Partnered with a high-nutrient diet, becoming engaged in Marist sponsored activities brings with it a sense of belonging and newfound re-



DARCYDELAIDE/Flickr

Feeling depressed during the long, winter months is common for many students.

lationships that can help rid the funk of depression. Marist's Student Programming Council (SPC) plans numerous events in which students can participate from which they can and benefit. They include: featured movies in the Performing Arts Room (PAR) on a weekly basis; Skiing and Snowboard trips scheduled for Feb. 2, 9, 16, and 23; SPC Broadway trips scheduled for "Annie" and "Wicked" with more to come in the following months. Keep an eye out for advertisements in the Champagnat breezeway! Yoga and Zumba class schedules can also be found on <http://goredfoxes.com> under "Intermural and Club Sports."

Along with Yoga and Zumba, other forms of cardiovascular exercise have been found to help depression. According to a New York Times article by Gretchen Reynolds titled "Prescribing Exercise to Treat Depression," a 29.5% remission rate was found in patients who volunteered to exercise for four months while on their antidepressant medication. The body, in a post-exercise state, releases serotonin and dopamine, which help fight depression.

Exercising regularly, eating the right foods, and becoming active on campus can help you make it through the snowy days until spring break.

Eating like hunter-gatherers: The paleo diet

By ALEX SPEISS
Circle Contributor

We tend to get bored with the food that we eat. We are constantly bombarded with thumbnail advertisements for the "NEW" diet, the one that will change our lives forever. Well, maybe the diet we were looking for all along has existed since the dawn of time. The Paleo diet is, as of late "all the rage." The truth is, this diet underscores the biology of man's existence. The idea behind the Paleo diet is to consume foods that fit our genetic makeup as humans. It is based on eating foods that our hunter-gatherer ancestors would have eaten during the Paleolithic era.

The Paleo diet consists of foods that essentially only a caveman would have available to them. It is a strict high-protein, low-carbohydrate diet consisting of fresh meats, fish, seafood, vegetables, fruit, eggs, nuts, seeds and healthy oils (olive, walnut, flaxseed, macadamia and avocado). Cereal grains, legumes, dairy, refined sugar, potatoes, salt, refined vegetable oils and any type of processed food are not allowed.

The biology behind the diet aims at making your metabolism as efficient as possible. The Paleo diet has garnered recent attention because of its many health benefits that aid in reducing the amount of chronic illness and diseases that are common in

today's western world.

Eastern cultures eat less processed foods than western cultures do and, as a result, have significantly less health problems. The Paleo diet preaches a reduced risk of heart disease, type two diabetes, chronic degenerative diseases, weight problems and athletic performance. Many question if this extreme diet is possible.

The Paleo diet significantly improves skin complexion and acne, increase your libido, improve sleep, and promotes overall health awareness. The logistics of maintaining this diet in a college setting, with cafeteria food options that are for the most part out of your hands, make students weary.

The diet allows three non-Paleo meals a week, which I would recommend using for your late night Pleasant Ridge runs on the weekend. If you live off campus, it is even easier. Living off campus allows you to cook your own meals and monitor what you are eating. Cooking lots of fresh meats with olive oil and herbs is an easy way to get your protein, and large mixed salads with olive oil and lemon dressing will soon become your best friend. For students on campus, there are still options. The salad/fruit bar will be your go-to, as well any meat that is not fried or battered.

The cafeteria situation may sound a little bleak, but it is possible. I gave

the Paleo diet a test run at the end of spring semester 2012 going into the summer. When you start the diet, the program tells you to drink a whole cup of water every morning upon waking up. The trick to beginning any diet where you feel like you are eating less is over-hydration. Meat takes twice as much water to digest than most foods, so it is important to

The Paleo diet has garnered recent attention because of its many health benefits that aid in reducing the amount of chronic illness and diseases that are common in the western world.

drink a lot of water to keep up with the increased meat that you will be eating.

My experience with the Paleo diet was very good. I ate only lean meats, mixed greens salads, fruits and lots of trail mix as a snack. The diet is difficult at first, and you will have a lot of craving for salty things, bread and cheese, or at least I did.

After about two weeks, however, I began to feel the effects. The smaller-sized meals slimmed me down while also maintaining my muscle mass. I felt fuller longer and

sustained energy without as many calories. By the time I was about a month in, my endurance was like one of those Aztecs from the movie, *Apocalypse*, who runs through the jungle during the entire movie. My skin cleared up, and I felt healthier and more in tune with my body.

The downside to the diet comes if you are an athlete with a rigorous training schedule. The beginning of the regimen calls for fasting during the day and large meals every night. This means that if you are exercising regularly, the workouts will feel as though you're going to pass out any minute.

Fortunately, after about a week, you begin to eat regularly, and your energy comes back. The only reason I ended the diet is because I needed to gain bulk and more body mass for sports. The Paleo diet does a great job of making you lean and healthy.

You grow to fit the frame of your body well, and your body becomes a metabolizing machine. Unfortunately, my love for contact sport sent me back down the road to eating massive American meals and fulfilling my lust for breaded chicken sandwiches with cheese and processed sauce.

So take this as it is, but what this phenomenon really boils down to is returning back to the essentials. If there is one diet to rule them all, this is the one.

First family fashion on the forefront

By EMILY HOUSTON
Circle Contributor

The colors red, white and blue have been receiving a lot of press lately, but not for the role that we may think they play in politics.

Rather than celebrating President Obama's second Inauguration into office, the hues of red, white and blue now evoke a sense of wonder in the ever-growing role of fashion in politics. During the ceremonies, it seemed as though the question of the hour was what Michelle Obama was wearing - not what Obama's plans are for his second term.

Ever since the days of Jackie O, fashion, especially of the first ladies, has been important. But since the sixties, no other first lady has had such an impact on presidential fashion as Michelle Obama.

This is because Michelle Obama, as well as her kids, wear clothes that are respectable while also being relatable that citizens gravitate towards and care about political fashion.

Fashion speaks toward our personality and morals without saying a word. Consciously and even subconsciously, we tend to judge people based off of what they wear. So with a family as powerful as the Obamas who are constantly in the media spotlight, it is almost impossible not to have their fashion hold some level of importance.

It is where this importance lies and how much weight it holds that is taken too far.

"Although I am a fashion enthusiast and find what other people wear [to be] interesting, I think that too much of an emphasis is placed on fashion in politics,"

freshman Melissa Conlon said. "Should a First Lady be dressed properly? Yes, of course. However, politics is not about what to wear or what not to wear, it's about how best to 'present and dress' our country to the rest of the world. And the focus should be on the legislative and lawful matters, not on whether the First Lady decided to cut her bangs."

While fashion does play an important role in modern-day politics, it is not more important than the issues at hand. What designer dress or shoes Michelle Obama is wearing should not affect what her husband has done with his time in office. While it may affect how people perceive his family, it should not be a representation of what Obama, or any other politician, has or has not accomplished while in office.

How one looks, speaks and carries him or herself in the public eye all adds to how citizens view them. While the bulk of politics is and should be about politicians' views, the rest of the package holds a level of importance that varies from person to person. Political fashion should matter, but just not in terms of someone's ability to carry out his or her job.

Fashion plays a large and significant role on an international scale. People all over the world look up to our government, and at the top of this political pyramid are the Obamas. When other people look at the U.S. we want them to see us in a positive light. Since the Obamas are, many times, what other coun-



DOSE OF VITAMIN F/FLICKR

Michelle's A-line stylish winter wear at the Inauguration warmed the hearts of Americans bearing the bitter cold. tries initially see in the U.S, their fashion should represent and send a positive message to everyone in the world, and Michelle Obama has done a great job with this.

Fashion has the ability to create a good first impression in politics, but fashion should be a supplement to politics - not a crutch for it.

While the roles of fashion and politics tend to bleed together, it is our responsibility to make sure we keep the two worlds as separate as we can, on a national and global scale. But they should not compensate for or take away from one another.



DOSE OF VITAMIN F/FLICKR

The Obama ladies are impeccably dressed in tasteful attire for every event, never revealing too much and always leaving Americans wanting more of their style.

Screw your friends over social media

By CASEY FISK
Opinion Editor

A college campus is a cess pool of sexual tension. You reach for the same bagel as an attractive boy freshman year in the dining hall and make eyes, laughing nervously and exchanging excessively insistent pleas for one another to, "just have it, it's the last cinnamon raisin, please no I don't even want it!" The exchange seems trivial, even inconsequential to an outside observer.

The moment you make it back to your table with your friends you gush and giggle about the encounter, retelling and re-enacting it over and over again. Within minutes one of your friends has managed, through vague details, a series of six degrees of separation realizations and cyber stalking skills that are seemingly engrained in our generation, to locate bagel boy's name on Facebook. He is a biomedical science major and you are public relations; alas, your paths may never cross again. How will you ever express to him the lusting in your loins that erupted

the moment your hands brushed his as they entered the suggestive hole in that dense bread roll? Well, there's an app for that now.

As of last week, now all you need to hook up with hot local singles in your area is a friend request on Facebook and the potentially revolutionary sex application Bang With Friends. That's right, we've Hung with Friends and played Words with Friends, but now it's time to Bang With Friends. The Facebook app that launched last week, courtesy of three anonymous twenty-something aged programmers who allegedly made the platform in 2 hours fueled by RedBull and vodka, already has over 20,000 users. The app's purpose is simple: to generate a hook up for the night based off of your Facebook friends.

Users of Bang With Friends sign up with their Facebook, pick from their list of friends who they would want to bang, an alert is sent to you if a match is made among your selections, and the climax is presumably that you, well, climax, with the assistance of your interested and consenting new kind of friend.

Now bagel boy will make no mis-

take what you meant when your Freudian slip occurred and left you exclaiming "take me!" instead of "take it" next to a shocked and appalled Sodexo worker.

Bang With Friends takes the guesswork out of the lingering glances you exchange with classmates, mutual friends, neighbors and notable characters you frequently spot around campus. No longer will you wonder "wait, was that smile their subtle way of flirting with me?" you will know thanks to a push notification on your iPhone that they very explicitly have a desire to engage in intercourse with you as you have already indicated it is an activity for which you would totally be down.

Hypothetically, Bang With Friends should lead to steamy hook ups and even lasting relationships, but I foresee the unfortunate and inevitable dark flip side to the flirty ultimate wingman of an app. What happens if your friends hack your Facebook, and, rather than setting your status to a public announcement of your "coming out" or changing your profile picture to Nicholas Cage, they begin adding less than

desireable matches to your "bang" list? Or worse, what if people find themselves on the receiving end of a prank "bang?" Even a perfect match could foster mounting uncomfortable tension in class and the Cabaret until the realization that the mutual desire to get down is acknowledged or acted upon. The implications are facilitated by the application but the specifics are still left up to you to orchestrate.

Ultimately this app is a testament to the often frivolous nature of sexual relationships in college but also a refreshing take on the reality of how blunt attraction and desire usually are. Our primal instincts are not always so eloquently expressed through fleeting encounters or even with close friends whose relationship we fear we will jeopardize by bringing up the topic of sexual attraction.

Bang With Friends is certainly not poetic, romantic or remotely subtle, but it isn't pretending to be. The only people pretending are those who conceal what is apparently a very real desire to bang their virtual friends.

Five overlooked albums of 2012: A brief review

By MATTHEW CASTAGNA
A&E Editor

“Recomposed by Max Richter: Vivaldi, The Four Seasons” - Max Richter: Max Richter is one of the few modern classical artists that sound, well, modern. His first two albums, “Memoryhouse” and “The Blue Notebooks,” combined conventional orchestrations with spoken-word poetry, ambient loops and electronic filtering, setting the raw, mournful tones that would break from the restraints of traditional pieces and come to define future neo-classical artists such as Ólafur Arnalds and Nils Frahm.

His new album, as the title suggests, sees Richter taking on Vivaldi’s baroque classic, “The Four Seasons,” a work that anyone with functioning cochlea is at least peripherally familiar with. Needless to say, the man was faced with an incredible challenge: stray too far from the source material and you run the risk of devaluing key compositional thematic, while playing it too safe is uninspired and unnecessary. Luckily, Richter hits an excellent balance between the two, creating a concerto that allows for unexpected creative ventures while still remaining respectful to the original piece.

The most notable additions are the “chase segments” where Richter isolates a single segment from “The Four Season” and drives it off course – chasing familiar blurbs out on wild tangents until the entire piece becomes lost in its own collapse. It’s a strange stylistic treatment, but it works marvelous effects.

“Black Radio” - The Robert Glasper Experiment: Like Bad-

NotGood’s numerous releases this year, “Black Radio” is an attempt at recirculating Jazz back into the modern music populace. Using a slew of various recording artists including Erykah Badu, Lupe Fiasco, Stokley and Mos Def, The Robert Glasper Experiment siphon contemporary jazz through various mediums such as R&B, hip hop and even alternative rock (see cover of “Smells Like Teen Spirit”).



FROM WWW.KIMNUNLEY.COM

Oddisee, the indie hip-hop artist from D.C promoting “People Hear What They See.”

The greatest achievement here, however, is how seamlessly the album flows together. Although individual songs are definitive enough to stand on their own, each track builds on the last – the hooks go deeper, the rhythms more sophisticated, the production more firmly layered – accumulating in one of the most impressive continuous strings of original jazz material put to tape in the past decade. **“R.I.P.” - Actress:** Darren Cunningham, working under the moniker Actress, is an England-based techno producer known for

creating intricate instrumental arrangements that offer more than just a couple of lazy dance beats to hum to. “R.I.P.” is an excellent example of how far modern experimental electronica can go while still remaining interactive and widely appreciable.

The greatest strength of “R.I.P.” is its incredible variety in sonic construction. “Caves of Paradise” peels frizzy clouds of tropical

soundscape into puddles of mutaing scatter-beats. “Jardin” acts as a contemplative break point that builds off wandering piano noodles and non-rhythmical bursts of static. “The Lords Graffiti” is your safer post-dub cut that will be sure to hit the smaller European dance outlets.

“People Hear What They See” - Oddisee: A below-the-radar release, “People” is the debut album of Oddisee, the DC based hip-hop artist who has been working as part of multiple collaborations for more than a decade. And like most

independent rap albums, “People”’s greatest strength is its homemade feel that adheres to its specific vision. From the opening horns of “Ready to Rock” to the Herbie Hancock like foundation of “Set You Free,” Oddisee makes his style as clear as day: bending mature themes off live instrumentation.

Unlike “got-money” rap, Oddisee opts to engage in more adult topics such as the state of America, ignored desperation and his own naivety, combining these themes with live guitar solos, hard-bop rhythms and zany 60s R&B. The result is an intelligent, warm record that is breath of fresh air when compared to some of the more inflexible, corporate-rap with which we are all-too familiar.

“Galloping Blasphemy” - Satan’s Wrath: Between the fire-red inverted crucifix spanning the album cover, the roll-your-eyes group name and the endless lighting-speed guitar solos, “Blasphemy” just oozes 80s excess metal. But sometimes shameless throwbacks can be a good thing, case in point. Satan’s Wrath, the black metal group from Greece, do their best at emulating NWOBHM legends such as Venom and Iron Maiden and successfully combine these influences without sounding too gimmicky.

The action is straightforward and nostalgic: sub-human vocal ranges, plowing drum patterns and those unmistakable smooth tornado solos that can make even the prudest of music fans head-bash awkwardly in their room. It may not lead you on to any new metal trends, but it’s a great piece to simply sit back and enjoy some kick-ass guitar.

Award season kick-off: Golden Globes and Oscars peak

By AMBER CASE
Staff Writer

The 70th annual Golden Globe Awards were broadcast live on Jan. 13, 2013 from the Beverly Hilton Hotel with first-time hosts Tina Fey and Amy Poehler. After walking the red carpet together, the comedy duo took the stage to open the show with a few jokes. From Daniel-Day Lewis to Meryl Streep, no celebrity was safe from the hosts’ playful jabs. “Zero Dark Thirty” director Kathryn Bigelow was mocked for her marriage to famously torturous director James Cameron, while Taylor Swift was warned to stay away from Michael J. Fox’s oldest son. Fey and Poehler, who have worked together on “Saturday Night Live” and in movies such as “Mean Girls” and “Baby Mama,” made hosting look easy!

The awards kicked off with presenting the Globe for Best Supporting Actor in a Drama to Christoph Waltz for Quentin Tarantino’s “Django Unchained.” This was the second win for Waltz who won in the same category for his role in an-

other Tarantino film, “Inglorious Basterds” in 2010. Another predicted award winner was “Game Change,” the TV movie about Sarah Palin, which won for Best Miniseries or TV Movie and Actress in a Miniseries or TV Movie for Julianne Moore. Best Actor in a Miniseries or TV Movie went to Kevin Costner for his work in “Hatfields and McCoys.”

The fight for Best TV Drama was settled when the rapidly popular Showtime series “Homeland” took home the trophy. Lead actor and actress awards were also won for “Homeland” by Damian Lewis and Claire Danes. The surprise television winners were in the comedy category with first-time nominee “Girls” beating out “Modern Family” for Best TV Comedy and Best Actress in a Comedy for creator Lena Dunham. Another unexpected win was Don Cheadle for Best Actor in a Comedy for “House of Lies.” The frontrunner and favorite to win in this category was Jim Parsons from “The Big Bang Theory.”

When Jennifer Lawrence won the Globe for Best Actress in a Comedy or Musical for “Silver Linings Play-

book,” it seemed meant to be that her costar Bradley Cooper would win on the men’s side. However, the “Hangover” star was beat out by Hugh Jackman for his portrayal of Jean Valjean in “Les Miserables.” The musical film also took home the awards for Best Picture Comedy or Musical and Best Supporting Actress for three-time nominee Anne Hathaway.

As expected, Daniel Day-Lewis and Jessica Chastain won for Best Actor and Actress in a Motion Picture Drama, respectively. However, it was neither “Lincoln” nor “Zero Dark Thirty” that took home the Golden Globe for Best Picture. That honor went to “Argo,” the Affleck-Clooney-produced film about the 1979 Iran hostage crisis. The film also received the honor of Best Director for Ben Affleck who, shockingly, did not receive an Academy Award nomination in the directing category.

Looking ahead to the Oscars, which will air Feb. 24 with first-time host Seth MacFarlane, it will be interesting to see what the Best Picture and Director outcomes will

be. History of the awards season has shown that the Best Picture honor has not been won without at least a nomination for directing, and usually results in a win for both. While the biggest snub of the Oscars is definitely Ben Affleck, who, as his “Argo” team has said, made the film possible, other snubs include Leonardo DiCaprio for “Django Unchained” and Kathryn Bigelow for “Zero Dark Thirty.” With nominations in multiple acting categories, the frontrunners for Best Director look to be Steven Spielberg for “Lincoln” and David O. Russell for “Silver Linings Playbook.” This year’s ceremony will be the first to feature both the youngest and oldest nominees in Oscar history. Emmanuelle Riva of “Amour” is 85, while Quvenzhané Wallis of “Beasts of the Southern Wild” is nine, and was only six when the movie was filmed! Despite this new record, the lead and supporting actors and actresses from the Globes expect to win once again at the Academy Awards. Tune in to ABC at 8 p.m. on Sunday, Feb. 24 to find out if they do!

“American Horror Story: Asylum” review

BY ALLISON BOLCH
Circle Contributor

Another season of FX's famed TV show “American Horror Story” has come to an end, and somehow we will have to survive a long seven months until season three. However, until then, we can certainly discuss this season's many twisted storylines and analyze the crazy, terrifying things that came out of Ryan Murphy's head.

The theme of this season, as the subtitle suggests, involved an asylum called Briarcliff Manor, which was a former tuberculosis ward before it was purchased by the Catholic Church in 1962. It was run by Monsignor Timothy Howard and directed by Sister Jude, played by Jessica Lange. Lange was on the previous season of “American Horror Story” as Constance Langdon, a mother to three children who was an evil presence on the show. This season, Lange has gone above and beyond in her acting abilities. Lange started out in the season as the strict, somewhat evil director of the asylum and was feared by the patients as well as others on the outside. However, throughout the course of the season Lange's character started to appeal more and more to the audience as she morphed into the heroine of the season.

Many other actors and actresses are back from the first season including Sarah Paulson who plays Lana Winters and Evan Peters who plays Kit Walker. Paulson's character is a lesbian reporter who desperately wanted an inside look into Briarcliff to see the famed serial killer, Bloodyface. Peters' character, Kit, is incorrectly accused of being said serial killer and is brought to Briarcliff to await the decision of whether or not he is mentally sane and responsible for his crimes. Winters' character certainly gets her wish to get an inside look of the asylum when she is imprisoned in the first episode in Briarcliff and admitted as a patient by Sister Jude for being a lesbian. In this time, being gay was considered to be the result of a mental imbalance and many tried ridiculous methods to cure it.

Zachary Quinto is also a returning actor in season two and portrays Dr. Oliver Thredson, a psychologist by day and the famed Bloodyface by night. Thredson seems to be one of the heroes in the first few episodes, as he rescues Lana from the asylum but is soon revealed to be the real Bloodyface. Quinto may have

and Dr. Arthur Arden, a former Nazi, now working as a doctor at Briarcliff with evil, ulterior motives. This season's central horror storylines were surrounding demonic nuns, zombies, aliens, deranged Nazi doctors, a psychopathic serial killer, and more. But, which of these do Marist students believe were the overall best storylines throughout

sponded that these deeper themes helped flesh out season two.

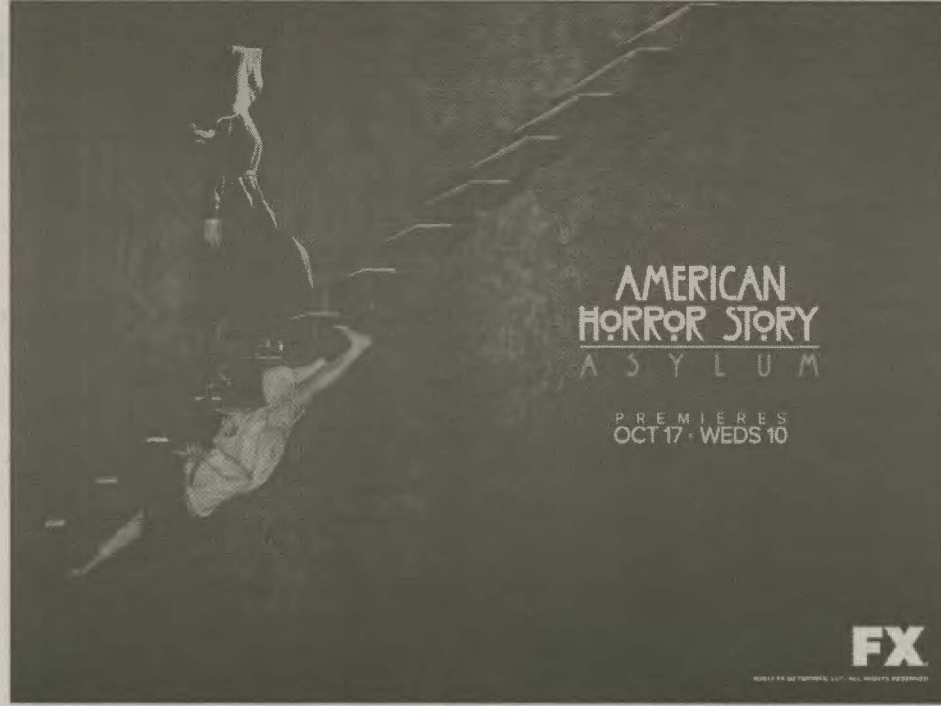
“I believe these themes are what ultimately gave the second season an edge over the first season,” Sommer said. “While the show took place in 1964, I also feel as though it also gave thinly veiled analogies to many issues that are still going on today. I think the main deeper theme was the concept of how mental illness was treated back in 1964. For example, a homosexual still meant you had a mental illness. This proved to be one of the main catalysts of this season because it was the sole reason why brought Lana into the institution.”

However, this season has not gone without criticism. Some critics are not taking well to the twisted nature of this season and do not think the storylines had a way of tying all together.

While basically all of the episodes throughout season two were action-packed with some truly chilling moments, the last episode left some viewers disappointed and let down. This was due to the fact that it was more of a wrap-up episode, which showed how some of the characters' storylines ended, and provided some explanations as to where the future of these characters' lives would lie. The creator, Ryan Murphy, reported that the first season's last episode left viewers with many questions and many unfinished plot lines. This season, Murphy wanted to strive to give viewers a sense of closure on this season.

“While I feel there could have been more action, the heartwarming moments just did it for me,” Sommer said on the conclusion of the show. “After seeing all the pain and struggle all of these characters went through it felt really good to see them get relatively happy resolutions.”

To wrap up, season two of American Horror Story: Asylum was a definite hit in the hearts and minds of the majority of viewers. It included both heartwarming and heart-wrenching moments, and of course, moments of sheer terror. This was definitely a brilliant follow-up season, and I'm sure fans are pumped for next season.



One of many promotive posters for “American Horror Story: Asylum,” the second season of FX's new hit series. The season finale was aired last Wednesday night.

been a secondary character last season, but this season he is a front-runner and depicts an absolute evil in his portrayal of Thredson. Lana eventually escapes from Thredson's house, but only to be brought back to the asylum and notified that she is pregnant with his baby. In a flash to the present, the viewer sees that Dylan McDermott plays Johnny Morgan, Bloodyface's son. Morgan goes on to wreak more death and destruction in attempts to finish his father's work.

Other returning faces include Lily Rabe, who plays Sister Mary Eunice, a innocent nun who is invaded by a demonic force early on in the season, and Frances Conroy, who plays the Angel of Death who earns a place in the storyline in the mid-season. New faces include Joseph Fiennes who plays Monsignor Timothy Howard, who is in charge of Briarcliff Manor, Lizzie Brocheré, who plays Grace Bertrand, an axe-murderer imprisoned in Briarcliff,

the season?

Maria Sommer commented that her favorites included “the story lines that involved character depth.”

“I thought the story of Mary Eunice was both incredibly creepy but also provided some dark humor throughout the season,” Sommer said. “Dr. Arden's arc was also enjoyable to watch. As for story lines that just completely terrified me, I would have to say the zombies.”

“I liked Sister Mary Eunice's demonic possession storyline along with the plot surrounding Dr. Arden,” Caroline Brenneis said. “There was always a twist with what happened next, and I couldn't wait to see how the story would unfold.”

Although this show is obviously of the horror variety, it still manages to have some deeper themes such as racism, homophobia, sexism and the negative light of the Catholic church twisted into the story. Sommer re-

“Django Unchained”: Something to sleep on

BY BRIAN TABB
Staff Writer

Sometimes it's not the actors, nor the plot, nor the outcome that ruins a movie; it's the execution, which, in the case of “Django Unchained,” holds it back from being one of the best films of 2012. Released on Christmas day, “Django Unchained,” written and directed by the great Quentin Tarantino, fails to live up to its expectations but still provides an entertainment and shows how far someone will go to save the person they love.

Django, played by Jamie Foxx, is an escaped slave that teams up with Dr. King Schultz, played immaculately by Christoph Waltz, to help track down his former slave owners and furthermore rescue his wife

from capture. Leonardo DiCaprio acts as the villain in the movie, playing Calvin Candie, owner of Candieland, and captor of Broomhilda, Django's wife. Now that we got that out of the way, I can safely say that it's the actors that successfully hold this movie up. Performances throughout are great, including Jamie Foxx, about whom I had second thoughts. The standouts, and I do mean standouts, are Christoph Waltz and Leonardo DiCaprio who both do an incredible job at portraying their characters. Both were nominated for Best Supporting Actor at the People's Choice Awards, with Waltz taking the win.

However there are some clear flaws in Tarantino's execution that prevent it from being a standout film. First and foremost, it's long.

Now, normally I don't have problems with long movies, but in this case the seemingly main motive of the movie, that being killing Django's owners, is over within an hour. This forces the viewer to change his or her perspective, but for those five minutes of confusion, I was completely lost and felt the movie was about to end. It makes the rest of the film feel arduous, and it doesn't help that in most cases it actually is, save for some great scenes littered between.

That, I feel, is the main issue with “Django Unchained.” The first half, when they're hunting down bandits, is entertainment at its finest. It featured comedy, shootouts, and a genuinely interesting plot. I was fully invested in the movie, loving almost every scene, until they focused on

Broomhilda, which turned the movie into a typical romantic “get the girl” plot, with a 19th century slave cover. It also didn't help that this was the most drawn out portion of the movie, with the finale seemingly ending multiple times before the screen actually went black. Although, admittedly so, the ending was great!

Django Unchained, however, is a movie that must be seen twice to fully appreciate. I still haven't convinced myself to dislike the movie because I'm still intrigued by it. It keeps me coming back. The performances are phenomenal, the soundtrack is epic, and the plot, regardless of my feelings on it, is still inventive. On first watch, I wasn't a fan; on the second, I could very well love it.

From Page 12

Women's basketball continued

a staple of this team all season. Against Manhattan, it was O'Connor. Against Niagara, it was Beynon. Against Rider, it was Leanne Ockenden.

Despite getting what Giorgis called the "best shot" from Siena, the Red

Foxes were able to sustain the blow and once again come out on top.

"We've had three games in a row now, where we got punched and we've responded," Giorgis said. "We know that we have to get better, because we know that these other

teams are going to get better and they're going to do different things to stop us."

There's been a lot of talk about the team's best shots in this article. And at some point down the stretch this season, Marist will deliver

what Giorgis considers to be his team's best shot, and I personally cannot wait to see what that looks like.

Hockey team ranked first in region

By **JOE CALABRESE**
Staff Writer

After this past weekend's set of games, the Marist club hockey team improved to 13-1-3-2 overall this season. The team is ranked number one in the Northeast region.

The Red Foxes are continuing to build on what is already considered one of the best seasons in the history of the college. One by one, the Red Foxes keep achieving personal goals they made for themselves before the season started, but their most important goal is still an ongoing work in progress.

"We know that at the end of the season, the top two teams get an au-

tomatic bid to Nationals," Captain Pat Erstling said.

The primary goal for the team remains getting to Nationals and proving that the steps forward they have taken this season have been no fluke. They continued to take steps toward achieving that goal, going 2-0-1-1 in a span of 10 days to start the second part of their season.

The team returned to practice on Jan. 9 in preparation for the first game of the second-half stretch, a rivalry game on the road against Siena College. On Thursday Jan. 17, Marist defeated Siena for the second time this season by a score of 6-2, earning them the 2012-2013 87 Challenge Cup victory by virtue of already winning the season series

(2-0), with a game in hand remaining between the two rivals.

The following game, Sunday, Jan. 20, on the road against Erie Community College, resulted in a 7-5 loss, which was the team's first regular season defeat of the season. Despite the loss, the team has yet to lose a game at home this season.

The team followed up the defeat to Erie Community College by defeating Rider University in a non-division game, on the road by a score of 6-4 this past Saturday. The team completed their road trip by tying NYU, 4-4, this past Sunday.

For now, under the leadership of the team's upperclassmen and leading scorers Mike Chiacchia (41 points, 25 goals), Chris Cerbino (39

points, 16 goals) and Patrick Erstling (33 points, 16 goals) as well stellar play from starting goalie Zach Gomiela (six wins, two ties, two overtime losses), the team will continue to take a slow and steady approach for every upcoming opponent.

"We are just trying to take each game, one at a time," Erstling said. "Hopefully we can finish on top."

The Red Foxes return home to the McCann Ice Arena for the first time this semester this Saturday against Montclair State University, where the team will host their annual "Pink Game" for breast cancer charity and awareness.



The Fox Trot

Quick hits of the week in Marist athletics

Track and Field

Both the men's and women's indoor track and field teams traveled to Boston University over the weekend to compete in the Terrier Invitational. The meet saw several Red Fox runners qualify for national meets later in the season.

David Marthy set a new school record for the men's team in the 1,000-meter race. Marthy ran the race in 2:28.3, finishing first in his heat and 11th overall, and breaking the program record set by Bryan Quinn in 2006.

The sophomore's record-setting finish qualified him for a spot in the Intercollegiate Association of Amateur Athletes of America (IC4A) In-

door Track and Field Championships, held in March at BU.

Two other male runners also qualified for the IC4As: William Griffin and Arquimedes Delacruz finished the 5,000-meters in 14:29.43 and 14:39.54, respectively. Griffin came in fourth place, the highest individual finish of the day for a Marist runner.

On the women's side, Kristen Traub and Michelle Gaye earned spots in the Eastern Collegiate Athletic Conference (ECAC) Championships, which will take place in March, also at BU.

Traub finished fourth in the 1,000-meters with a time of 2:56.00, the highest finish for the Red Foxes in the meet. It was the first time that Traub, a freshman, had run the event.

Gaye ran the 3,000-meters in 9:53.25, coming in 16th and easily surpassed the ECAC qualifying time of 9:58.94. It is the second time

that Gaye, the school record holder in the event, will compete in the ECAC meet.

The teams will be competing in the New Balance Collegiate Invitational this weekend.

Men's Tennis

Competing in the Army Challenge at West Point, N.Y., the Marist men's tennis team finished its weekend tournament appearance with a 2-1 record, with wins over Army and Gardner Webb University (NC).

Friday marked the first day of play, and the Red Foxes went 5-5 on the afternoon. Dalen Klassen, Joris Van Eck, and Joseph Dube earned the singles victories, while the duos of Trym Nagelstad/Will Reznick and Matteo Giudici/Van Eck won in doubles play.

On Saturday, Klassen, Van Eck, Dube, Bishop, Giudici all won singles matches for Marist in an im-

pressive 4-3 victory over Army. The team concluded its play on Sunday with another victory, this time over Gardner Webb, 4-3. Marist fell behind early in the match, but rallied to win two singles matches in the deciding third set.

For the Red Foxes, Dube is now 7-0 on the spring season and 18-4 in singles action in his career. The team now has several weeks off before facing Army again at West Point, on Feb. 24.

Water Polo

The Marist water polo team lost its first game of the 2013 season last Saturday, a 13-4 loss to Hartwick College at the McCann Natatorium.

Sophomore Jessica Hamby scored two goals to lead the Red Foxes. Yuriria Chavez and Robyn Crabtree also scored, while Rebecca Thomas made 12 saves in net.

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Men's basketball looks for intensity

By GARRIN MARCHETTI
Sports Editor

There have been 10 losses in the last 11 games, a losing stretch that has resulted in a 5-16 overall record, and a 2-8 mark within the conference.

This record was not what the Marist men's basketball team had in mind at the beginning of the season, especially with all five starters returning from the previous year.

Yet, the Red Foxes lie at the bottom of the Metro Atlantic Athletic Conference (MAAC) standings, with nine games to play before the conference tournament begins on March 8.

In the team's most recent game, a disappointing 79-75 loss to its arch rival Siena, head coach Chuck Martin explained that a lack of intensity has been his team's biggest weakness this year. Martin even explained that he and his coaching staff may need to reevaluate how they get that intensity across to the team.

"If we [Marist] don't play with intensity for 40 minutes, we are not going to beat anyone. Our record reflects that. Our guys right now do not understand intensity; their [the team's] and my definitions of intensity are completely different," Martin said last Sunday. "Maybe we [the staff] are doing a poor job, and maybe I am doing a poor job getting that message across to them."

Those can be tough words to hear

as a player, but the Red Foxes hear the message loud and clear. They understand that high intensity begins not at tipoff, but in the practices leading up to game time.

"The most important thing for us [the team] is to be competitive in practice," forward Anell Alexis said. "If we are competitive in practice, it will lead to people playing harder, and with more passion, in games. If you do anything [in life] with passion, you are going to be successful."

Senior captain Dorvell Carter said that he expects practices to be tougher moving forward.

"Coach [Martin] has said that we have not been working hard enough in practice, and we [the team] need to push ourselves to work harder. We only have nine games left, so we expect to have some intense practices over the next couple of weeks," Carter said.

Alexis went on to say that everyone on the team must bring focus and hard work to every practice and game. He said that practices need to have more of a competitive feel, and the players are responsible for bringing that competition.

"For every drill that we run in practice, the losers run, and the winners watch. That is the best way to go about it [finding intensity] because that brings out the best in people, and you find out who wants to win and who doesn't," Alexis said. "That carries over into games, because games are decided by who wins and who loses. That is impor-



JON O'SULLIVAN/THE CIRCLE

Chavaughn Lewis and the Marist Red Foxes will look to find their intensity tonight when they travel on the road to take on MAAC rival Saint Peter's at 7:00 p.m.

tant for us to understand."

Marist hopefully picked up the intensity quickly, as it goes on the road to take on MAAC rival Saint Peter's tonight at 7:00 p.m. The Red Foxes defeated the Peacocks back on Jan. 19, 59-48, at the McCann Arena. In that game, Marist held its opponent to just .259 shooting for the game, and also held a 43-30 rebounding advantage.

The message has been sent and received: toughness, hard work and

intensity translate into wins. If the Red Foxes do not find those qualities within themselves, the losses will continue to pile on.

"We [the team] need to keep pushing each other to work harder. Like I said, we only have nine games left," Carter said. "Obviously, the way that we have been playing has not been working, so we need to change how we play. We need to work harder."

Swimming and diving races onward

By JOE FITZHENRY
Staff Writer

With the MAAC Championships just a few weeks away, the Marist Red Foxes men's and women's swimming and diving teams continue to prepare with a series of dual meets against programs from outside the conference.

Over the winter vacation, the women defeated Southern Connecticut State and Boston College by scores of 166-123 and 172-126, respectively. On the men's side of

things, the team handled Southern Connecticut State, 168-118, before they dropped a close decision to the Eagles of Boston College by a count of 165-135.

In their most recent meet, both teams headed south to New Jersey to take on Seton Hall University in another non-conference dual meet.

The women edged out the Pirates 157.5-142.5, led by a pair of victories from Maddie Arciello and Kimberly Tobias. Arciello, a junior, captured wins in the 50-yd race and the 100-meter freestyle. Meanwhile, Tobias cleaned house on the diving

boards with victories in both the one and three-meter events. The Red Foxes finished first, second and fourth in the three-meter competition.

"Kimberly Tobias came out strong and competed very well on both boards," diving coach Melanie Bolstad said.

The Red Foxes also took home the 200-yd IM and the 200-yd backstroke, won by freshman Bethany Powhida with a time of 2:07.64.

Despite the aforementioned victories, the outcome wasn't decided until the 400-yd freestyle relay team comprised of Powhida, Bonnie Orr, Bridget Curley and Emily Miles held off the Seton Hall entry for the meet-deciding victory.

"After Seton Hall put up their best athlete for the first three events, and she won all three, for us to come back and win the 100-yd freestyle, 200-yd backstroke, 200-yd breaststroke, three-meter dive, the 200-yd IM and the last relay, six out of the next eight events was a great comeback," head coach Larry VanWagner said.

For the men, Jason Ruddy led the way with two wins and a second-place finish on the day, as he was edged out by a split second in the 100-yd breaststroke. The sophomore from Lake Katrine, N.Y., captured his victories in the 100- and 200-yd butterfly events. Ruddy also teamed with Dylan Cummings, John Spitzer and Brian Shannon to win the 200-yd medley in a time of 1:37.50.

Cummings and Spitzer also captured individual victories in the 100-yd backstroke and 50-yd freestyle, respectively. Nick Spinella won the 200-yd backstroke for the final individual victory of the day.

On the diving board, Jacob Baker placed second in the one-meter while Sean Molloy placed second in the three-meter.

Up next for the Red Foxes is their final, non-conference dual meet against Binghamton this Saturday at 1 p.m. in the McCann Natatorium.

"We've got to get them thinking about what it takes to go faster and start visualizing those championship performances," VanWagner said, referencing the upcoming MAAC Championships.

Team Notes

Senior Erica Vitale was named the MAAC Swimmer of the Week on Tuesday, after her impressive performance against Seton Hall last weekend.

Vitale finished first in the 200-yard butterfly, completing the race in 2:08.65, and second in the 200-yard IM, with a time of 2:13.01. Her finish in the 200-IM helped Marist earn a 1,2,3 finish in the event, earning a critical 16 points that helped the Red Foxes defeat the previously unbeaten Pirates.

It was the first MAAC award for Vitale in her four-year career as a member of the Red Foxes.



JOSEPH MILLER/THE CIRCLE

The Marist swimming and diving teams, shown here at a meet against Rider, will compete in their final non-conference meet on Saturday against Binghamton.



Women's basketball rolls along in MAAC

By ZACH DOOLEY
Sports Editor

I think it might be about time to give the MAAC a call about the name of this conference. At least for women's basketball.

In the time that I've been a student here at Marist, we have seen records of 16-2, 18-0 and 17-1, all of which resulted in MAAC Championships. And not to mention, there were four more before that.

And now we have this year's team, sitting pretty at 8-0, with seven of those wins being by ten or more points, including Monday's 75-64 win over Siena at the McCann Arena. And this was the team that was supposed to be the first Marist team that wouldn't be dominant without a superstar. Oh, and did I mention that this is the team whose head coach says they still haven't given their best game yet?

"We have yet to play our best basketball," said Marist head coach Brian Giorgis. And he made sure to emphasize "by far."

That brings me back to the name change. MAAC stands for Metro Atlantic Athletic Conference, but I think it should probably stand for something else when women's basketball is concerned. Marist Above



JON O'SULLIVAN/THE CIRCLE

Emma O'Connor (above) and Marist women's basketball off to an undefeated 8-0 start in conference play this season.

All Competition.

"We've got to do a better job at both ends of the floor like I said, but I can't complain," Giorgis said. "Seven out of eight wins in the conference have been by double digits."

That's actually fairly high praise coming from Brian Giorgis.

Giorgis attributes his team's successes in conference play to the difficult non-conference schedule that Marist had this year, as it seems to have every year. The Red Foxes

played against three teams ranked in the Top 15 this season, as well as another team in the Top 25. Marist also has a win over SEC foe Wake Forest, and has played two of the Top 10 mid-major programs, winning one.

Despite going 0-4 in those games against ranked opposition, the Red Foxes were competitive in all but one, and the experience they gained is invaluable against the current competition.

"I really look back to that non-conference schedule, where we played against those kinds of teams," Giorgis said, when asked about how difficult games will help down the stretch.

Fact of the matter is Marist is rolling right now in conference play, and they're doing so behind the teamwork philosophy. Every night it seems to be someone different stepping up and carrying the load. Only senior forward Elle Beynon averages in double figures on the season, but four other Red Foxes average between 8.9 and 9.9 points per game.

Monday evening against Siena, it was reserve forward Kristina Danella who carried the load offensively. With starter Emma O'Connor on the bench under three minutes into the game with two early fouls, Danella played 27 minutes and netted a team high 17 points.

"I know I just have to step up and do what she would do," Danella said of having to come on so early. "Just take over the middle of our zone offense and do the job on the kid that she's guarding."

Scoring by committee has been a

SEE WOMEN'S, PAGE 10

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