



JAMES REILLY / THE CIRCLE

Enjoy your break!

Facebook no danger compared to viruses

By CHRISTINE ROCHELLE
Opinion Editor

In the past year, the University of New Mexico blocked access to Facebook due to unsolicited e-mails and a community college in Texas cut off access to the site it took up too much bandwidth on the network.

The popular social networking website has been the center of attention since its birth and now school administrators are considering the option of banning the website altogether. Instead of citing protection against predators, universities say that it takes up too much bandwidth, or frequency, on the campus network.

Justin Bassignani, Network Security Analyst at Marist College, said that it is not Facebook or MySpace that takes up bandwidth but rather file sharing.

The possible banning of Facebook at Marist is "not anywhere in the works," said Bassignani. With the present network configurations, the network is "fully saturated because we're oversubscribing." But

Marist is looking to modify that configuration to improve usage. "Most of the transfers [on the Marist network] are text space," said Bassignani. "The problem is streaming media."

Streaming media, according to the Information Technology site, is "a method of distributing audio or video across the Internet that does not pre-download the whole media file (such as a movie or piece of music). Instead, the file is played as it is being downloaded."

Bassignani personally knows the dangers of not only downloading files, but downloading files that are copyrighted. When he was a student at the Rochester Institute of Technology, he was sued by the Recording Industry Association of America for \$5,000 for illegal downloading.

"People really need to wake up to [the dangers of downloading]," said Bassignani. He said that he feels guilty taking students off the network because of downloading, but it is not only to free up the bandwidth but also to prevent the situation that he had to deal with.

Students should also watch out

for viruses that could infect their computer by using sites such as MySpace.

"It's easy to download a virus," said Bassignani. "It could cripple the entire network."

To avoid a possible virus, make sure you read the terms of agreement when downloading a file or joining a networking site like MySpace which is not as closely monitored as Facebook. The terms that you are agreeing to could mean that you are allowing others to put spyware on your computer.

Foxmail, which has been slow throughout the semester, is not sluggish because of lack of bandwidth but because of memory allocation issues that should be resolved by January 2007 with a virtual memory upgrade.

Overall, Facebook and MySpace won't affect the Marist network so greatly that a possible ban would be in the works. But, it could affect your personal computer so Bassignani said to always be careful.

"Keep your operating system patched and be a safe [Internet] surfer," said Bassignani.

Booster club in process of gaining official recognition

By DAN CARRUTHERS
Circle Contributor

The Marist athletic department and the Student Government Association are collaborating to drum up student attendance and participation at Marist College sports events.

Both organizations are working together in an effort to establish an official booster club for the college. The club will be made up of students whose priority is to boost fan involvement at Marist sporting events. The anticipated formation of the club comes during a Marist men's basketball season full of high expectations.

Travis Tellitocci, assistant athletic director for external affairs at Marist said that the club is still in the early stages of development and the process to receive official recognition.

"We're meeting with SGA to make the boosters a club on campus," Tellitocci said.

Despite being in preliminary planning for club status, however, Tellitocci said that they are trying to get students involved at basketball games, especially with the creation of the new Marist fight song which debuted at Red Fox Tip Off back in October.

"What we've done throughout the year is pass out cards with the fight song," he said. "We really want to try and get fans to stand up and clap during the fight song like at other schools and make it a tradition. Really get the fans involved to enhance the atmosphere at the McCann Center."

Kristen Casamento, Marist

'We really want the group of students to lead the student section. It's a really good idea to promote a fan base because the more people at a game the more exciting it is.'

—Kristin Casamento
unofficial booster club member

games more and get used to it." Expectations of the club do not end with merely learning the fight song, however. Tellitocci also said that he wants students to be comparable to such notable college fans as Duke University's Cameron Crazies.

"We really want the group of students to lead the student section," he said.

In addition to leadership, Casamento said she likes the idea because of the energy that could be created.

"It's a really good idea to promote a fan base because the more people at a game the more exciting it is," she said.

Even though the athletic department is in the midst of basketball season, Tellitocci said the booster club will not concentrate solely on basketball.

"It will be applied to every sport," he said.

Tellitocci said he expects to see more from the club such as tailgating for football and baseball games among other things.

"We're still really early in the planning stages," he said.

Storms sweep through N.Y. state

By JOSEPH GENTILE
Staff Writer

Violent thunderstorms that swept through the Mid-Hudson Valley last Friday left an Ellenville resident dead and zapped electricity from an estimated 25,000 Central Hudson Gas & Electric Corp. customers.

State Investigator Stan O'Dell said a large tree crushed 61-year old Robert Merrihew to death in his bedroom after crashing through his apartment's roof.

Elsewhere, the villages of Rhinebeck and Milan incurred significant damage according to Rhinebeck Fire Department officials.

Chief Kyle Eighmy said no reports of any injuries had surfaced, but described the number of felled trees as "countless."

"It could be in the hundreds," Eighmy said. Falling tree limbs damaged four homes in the village, including a large Victorian on Montgomery Street and the offices of the Gazette Advertiser on Livingston Street. The inclement weather also resulted in the cancellation of the Celebration of Lights in downtown Poughkeepsie.

However, the National Weather Service in Albany has blamed the damage on straight-line winds, gusting to 60 mph, and not on a tornado. Tornado watches had briefly been recommended in Dutchess and Ulster Counties at the height of Friday's thunderstorms.

Freshmen and Leo Hall resident Sam Accurso said her mother called her on Friday night to alert her daughter of the impending thunderstorms, telling her to stay away from the windows and hide under her sheets. In her opinion, the college has "not prepared itself at all," to handle a serious weather emergency, such as a tornado.

"I wish they practiced a drill or told us what to do, especially because the windows are so big, they will definitely shatter," Accurso said.

In his last 5 years as an employee of Housing and Residential Life, Patrick Killitee said that Marist College has experienced high winds, but not an actual tornado to date. "It's unusual to see tornado warnings in December," he said.

"In the event of a tornado, [Housing and Residential Life] would identify areas in each residence hall at the ground or basement floors for residents to seek refuge."

When asked if the college had emergency sirens that could be sounded, he replied "I don't believe so."

So far, the National Weather Service has documented about 50 tornado touchdowns in Dutchess County alone beginning in 1950. Just last June, an F1 tornado, packing winds of 150 mph, tore through LaGrange, near the Town of Poughkeepsie line. Three years ago, a tornado of relatively mild strength, packing winds of 70 to 90 mph, hit East Fishkill before turning into the Town of Poughkeepsie and dissipating.

It's these isolated incidents which defy the traditional logic that areas such as Marist College, near lakes, rivers, or mountains are safe from tornadoes. In the late 1980s, a tornado left a trail of destruction along a 10,000-foot high mountain in Yellowstone National Park.

The intensity of a tornado gets measured on the Fujita Scale, or F-Scale, as developed by T. Theodore Fujita of the University of Chicago. It grades a tornado based upon the velocity of its winds, distance, and sustained damage to buildings and trees.



Campus

THURSDAY, DECEMBER 7, 2006

www.maristcircle.com

PAGE 2

Security Briefs

Potheads, grocery thieves - unlinked? You decide

By **ANDREW MOLL**
Leader in homeland security

Last week, I held a contest to see if anyone could spot the security briefs that were simply copies of older security briefs. I told the readers to e-mail me their answers with the prize of them getting their name in this week's briefs. Well, the public reaction was phenomenal. And by phenomenal, I mean non-existent. Literally zero people e-mailed me. Many people may be dismayed by this, but I actually feel good about the whole thing. No one should be spending their time looking for crap like that. So color me proud, Marist.

11/28 - 8:15 AM

Two employees coming onto campus at the south entrance saw a strange male walking on Route 9. He was wearing a long coat and appeared to be quite disheveled. The police were called, but were unable to find the man. You know, it's been tough times for Rep. Mark Foley, but sir, you won't find what you're looking for here. All of us are probably out of your age range.

11/28 - 12:30 PM

A resident of the Foy Townhouses reported that some jewelry was stolen from their room, and the

police were called to investigate. Kids, make sure to keep an eye your bling. You're spending all this money to look good, and you don't protect your stuff. Kind of a waste if you ask me. Besides, it's not like SNAP has time to go looking for your huge chains. You're not in Run DMC, let them handle that.

11/29 - 2 AM

An extremely intoxicated student was taken from the Campus Deli to St. Francis by Fairview, because, you know, there's always drunk people just laying around in Campus Deli at random times in the early morning. Actually, the more I think about it, that's less a joke and more of an unfortunate truth. An inconvenient truth, if you will.

11/29 - 11 AM

The Donnelly fire alarm by the lower doorway was set off because due to the smoke from a leaf blower that was being used nearby. I mean, really, what else could it have been? The bigger problem here is that a leaf blower is being used on November 29th. Al Gore was right. Global warming is going to kill us all, or at least keep it from snowing for awhile. Which, honestly, is cool with me. Makes it easier for a klutz like me

to get around without slipping and embarrassing myself.

11/29 - 6:15 PM

There was another false fire alarm in Foy, this time due to the mist from a bottle of hairspray. Apparently the Poison Reunion Tour made a stop in Poughkeepsie, and they had to get ready for the show real quick like. "Play 'Every Rose Has It's Thorn!'"

11/29 - 10:50 PM

The RA at Upper West Cedar requested the presence of security after they noticed the odor of marijuana in one of the houses. Three students were found in a room, but the marijuana had all been used up. However, some wrapping paper was confiscated. I'm looking to get my hands on some of that, because I have Christmas gifts to wrap. What's that? That's a different kind of wrapping paper? Well what paper did they have? Oh. Oh my. Never mind then.

11/30 - 10:40 PM

In Marian Hall, a room was left unlocked, and money was taken from a couple pocketbooks. There were \$40 taken from one, and \$50 taken from the other. That's \$90! That's a down payment on a Wii! Zelda, 24/7! I can't wait!

12/1 - 9:20 PM

Security responded to a call box activation in the Fulton parking lot. A student reported that he has been accosted by three other males. According to the student, he was punched in the face by one of them, and then had his groceries kicked out of his hands. Unfortunately, a search of the area did not produce the alleged groceries. Where are the groceries, huh? Broccoli doesn't just up and leave on its own, you know. I smell conspiracy.

12/2 - 10:15 PM

We had a burnt food incident over at Gartland again. I don't have the numbers in front of me, but I'm pretty sure this is number 1,763 for them this semester. So good for them. In fact, John Gildard has awarded them the "Emeril Lagasse Award" for their efforts, and I offer them a heartfelt congratulations.

12/3 - 12:04 AM

In the Donnelly lot, a Leo student was found quite intoxicated and sitting on a bench. This is another residence that has done itself proudly this semester. Good job, kids. If you keep this up, you'll all get a chance to live in Leo again next year, too.

12/3 - 12:26 AM

A Champagnat resident was found in the Lower West Cedar driveway, and they were apparently a little tipsy. They were eventually taken to St. Francis. I want to know what they were doing on our turf! You're coming to our residence, you should get your behind kicked! You don't come to the LWC playing that stuff! You're across Route 9 over there. I was about to go get involved myself! Huzzah!

And that does it for this semester's security briefs, folks. I'll see you all next year, and have a Merry Non-Denominational Secular Holiday and a Happy New Year.

genius-o-meter:

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

Travel with STS to this year's top 10 Spring Break destinations! Best deals guaranteed! Highest rep commissions. Visit www.ststravel.com or call 1-800-648-4849. Great group discounts.

Spring Break 2007 Celebration 20th Anniversary with Sun Splash Tours
Free Trip on every 12 before Nov. 1
Free Meals & Parties, Hottest Deals Ever
Group Discounts on 8+ Hottest Spring Break Destinations
1-800-426-7710
www.sunplishtours.com

Upcoming Campus Events

but first, a special NONcampus event:
Thursday, Dec. 7
RadFax
8 - 11 p.m.
at The Loft
all proceeds benefit the crisis in Darfur

Friday, Dec. 8
MCTV presents
"Stuck in Reverse"
7:30 p.m.
on MCTV

Saturday, Dec. 9
Marist College
Department of Music
and Campus Ministry
present:
"An Ecumenical Service
of Lessons and Carols"
7 p.m.
Our Lady of Mount
Carmel Church
in Poughkeepsie
free & open to public

Sunday, Dec. 10
Giving Tree Ceremony
7 p.m.
in the Chapel

FYI:
- Library hours are from 7:30 a.m. until 2 a.m. daily until December 14 (except for Saturday, when it opens at 10, and Sunday, when it opens at noon).

Have a safe and healthy holiday and winter break.

The Hudson Valley's Premier Unisex Salon Is Just Steps Away from Marist College!

HAIRCUTTERS



THE CUTTERY
Marc is back...

And Debbie Formerly of Making Faces Have Joined the Rest of the Returning Staff!

Look for the following products...

Redken TiGi Goldwell
Mizani Farouk
Paul Mitchell

FREE Hair Consultation on all Weaves & Extensions

Hair Extensions Hair Weaving

Call for appointment • Walk-In Welcome • Offer Location
264 NORTH RD., POUGHKEEPSIE 454-9239
Just past Allhport • Opposite St. Francis Hospital • Near R&D Deli • Free Parking

THE CIRCLE

Kate Giglio
Editor in Chief

Christine Rochelle Opinion Editor	Margeaux Lippman Managing Editor	James Marconi News Editor
Alexander Tingey Health Editor	Andy Alongi Sports Co-Editor	Jessica Bagar A&E Editor
Isabel Cajulis Features Editor	Eric Zedalis Sports Co-Editor	Sarah Shoemaker Copy Editor
Ralph Rienzo Advertising Manager	James Reilly Photography Editor	Chelsea Murray Distribution Manager
	G. Modele Clarke Faculty Advisor	

The Circle is the weekly student newspaper of Marist College. Letters to the editors, announcements, and story ideas are always welcome, but we cannot publish unsigned letters. Opinions expressed in articles are not necessarily those of the editorial board.

The Circle staff can be reached at 575-3000 x2429 or letters to the editor can be sent to writethecircle@gmail.com. The Circle can also be viewed on its web site, www.maristcircle.com.

College students prioritize alcohol over global issues

BY PATRICK NEGRI
Circle Contributor

In most papers, a student must cite their sources and give credit to the people who gave them the ideas presented in the essay. Most of the time, this consists of a simple work cited page or bibliography of sources included with the final draft of the essay. Some students complain about this idea saying that they feel that their opinions do not matter. Some say, if every time you make a claim, you have to cite someone else, how do new ideas come about. The problem with this argument is that, in general, students can not back up their claim. Most students are not concerned with serious issues in society. How can we expect to be respected if many members of our generation simply just do not care about real issues? This carefree attitude can be seen through neglect of global news, choice of entertainment favorites and everyday actions.

For the most part, a student's life is very simple. They go to their classes, do their homework, sometimes hold jobs, and for the rest of the time, they can pretty much choose what they would like to do. It would be very rare to find a student who takes even some of that extra time reading up on politics and world issues. Many of them are devising plans on how to obtain alcohol this upcoming weekend, or who is going out with whom, or talking about what is in and what is out for the winter season. It is not as if the information is unavailable to them, it is just that they simply do not care. News stations are one click away from MTV on the television and at the rate that some students can type it is not even a hop, skip, and a jump to view CNN.com. Modern technology is so advanced and all this information is right at our fingertips, but for some reason we are not taking advantage of it. Too many conversations among ado-

lescents start with "Yo Bro, what are you doin' this weekend."

I have been going to college for about two and a half months now and I have learned that it is not all that it is hyped up to be. Many high school students fear that they will work all the time and always act serious. This is one of the furthest ideas about college from the truth that I have ever heard. It seems like college is a party city 24/7. I have found about two people on campus who I know will talk about topics such as corrupted American values, and the problems in Africa for enjoyment and to broaden their horizons. It scares me that I feel that the only way that I could get an opinion about the war in Iraq is when a teacher asks about it. Then when they finally do say something there is nothing behind their claims. If they do not even want to talk about global issues they are not going to spend the time to research these issues.

How about the idea that America is a massive consumer while China is a massive producer? Over recent decades the consumption of foreign goods in the United States has been increasing, while Chinese countries that make all of these items are reaping the benefits. The growth of the Chinese middle class in recent years is astounding. Many people, specifically students, do not realize that China is on the verge of surpassing America as the number one "superpower" in the world. Sooner or later countries are going to be able to rely on themselves for American products and the source of government revenue will decrease substantially, leaving America a poor country. How many children's action figures can you confidently say have "made in America" inscribed on the bottom? The problem is that nobody knows about this in my generation. We need to take a look at what is really important. We are willing to take advantage of all the benefits that we have in this great country but, we are not

willing to work for them. Too many of us want to be lawyers and CEO's because that is "where the money is," but too few of us want to become engineers and create new American technology.

We need to take a look at what is really important. We are willing to take advantage of all the benefits that we have in this great country but, we are not willing to work for them.

The idea that students do not concern themselves can even be seen through the choice of movies that they watch. If you get a general consensus on the average student's favorite movies you will probably find films such as *Anchorman: the Legend of Ron Burgundy*, *Dude, Where's My Car*, and *Wedding Crashers*. Though funny, none of these movies have any underlying meaning to them and serve no purpose other than to entertain the masses, and draw a large sum of revenue. Students are not watching epic films such as

American Beauty, and *Crash* while thinking about what they are saying about society. Even the comedic movies that appeal to my generation which contain a real purpose, such as *Borat*, are not looked at in the way they should be. After talking to my peers about the film, they would only focus on the comical parts of the movie while overlooking how the producers are telling us that America is generally an ignorant and racist society. The depictions of real people, making racist claims, and degrading women and foreigners, really drives home the point that most students miss because they are not focusing on what is really important.

Although some of this may be true I can see how one can argue that students really do have real

opinions on things and care about our society. This is clearly shown through classroom discussions brought up by a professor which evoke some well thought out opinions from the students. We can also look at the debate clubs, and competitions that are conducted in academia all the time. Those students want to be in that club because they enjoy discussing influential topics in society. Due to the voluntary nature of the club we know the students are joining the group for a reason. Lastly, there are a few members of my generation who really do great things and have very influential opinions about our society. Even though this is the minority, it does exist and they usually ban together and take control of the future.

If we want to become respected members of society with our opinions being considered substantial, we need to affect a change. The main focus of our days can no longer be how to

smuggle alcohol past the security guards on campus. We need to look at what is really important, not only to us, but to the rest of the world as well. I am not saying we can not have any more fun, and we do not need to stop enjoying the movies that we enjoy. What I am saying, is we should take some of the time that we have on our hands to read periodicals such as *The New York Times* and watch CNN every now and again so we can become aware of what is happening around us. It is up to our generation to find cures for things such as cancer and AIDS because by the time it gets to the generations after us these problems may be too severe to be manageable. No one person can save the world, but if everyone put a little effort into making the world a better place, we would effect massive changes.

Letters to the Editor

Marist professor has right to practice prayer at start of class

To the Editor,

I am writing in response to the front-page story about the controversy over Professor Maria Otte's pre-class ritual. While Marist hasn't come down with an "official" ruling, she has been told that her prayers can no longer be heard.

What I am about to say might not be accepted very well, but I'll just go ahead with it. Does anyone not see the extreme hypocrisy in this situation other than me? I'd love to see the administration at Marist sit in on some classes where professors consistently indoctrinate their students. Even in classes not

related to political science (my "major"), I am consistently reminded of the fact that college faculties are completely dominated by liberals. Fortunately, I have had teachers that were obviously of a left-wing ideology, but did a marvelous job of keeping discussions balanced, interesting, and non-partisan. However, there are numerous instances I could highlight where myself, and not to mention plenty of other students I've met, left classes feeling completely looked down upon, shunned, even hurt by the things their professor was spewing.

If Professor Otte's five minutes

of prayer is doing such a disservice to Marist's students then I'd ask those investigating this situation to extend their inquiry into the hour and fifteen minutes plenty of other professors waste with things much more harmful than a prayer asking for nothing but the best for the student body and the world.

This is just another example of the crusade being led against religion these days and it's not even surprising anymore. It is things like this that keep me from being satisfied with this college. Diversity only works when it actually promotes a diverse atmosphere. If

Professor Otte's whopping five minutes is so questionable, then I can think of a few other clubs, activities, guest speakers, etc. (that Marist funds) that might fall under the same category.

Four years at Marist College—four years of preaching about a diverse utopian world that doesn't even exist. Hours of indoctrinational classes. And people wonder why I don't even care anymore. Come May, I might have a bachelor's degree—but the truth it is becoming less meaningful to me by the minute.

Thanks,
Steve Butka, '07

Zoning regulations prevent off-campus housing for Greeks

To the Editor,

I would like to commend The Circle for exposing the discriminatory zoning practices of The City of Poughkeepsie in its November 30th article "Zoning bars Greeks from off-campus living". During my time at Marist College I both participated in Greek Life and lived off-campus. Through Phi Kappa Sigma I met lifelong friends, strengthened bonds with exist-

ing ones, and became a more successful and confident human being. President Dennis Murray himself is a Greek, and has always recognized the importance that Greek experiences played in his own life, and the life of Marist's students.

I moved on-campus at Marist after spending some time in The City of Poughkeepsie, only to move back off after one semester, longing for the complete

independence of off-campus living. Both of these activities had a positive impact on my college experience and life thereafter, and it saddens me that Poughkeepsie robbing those same experiences from current and future Marist students. Zoning regulations that barred any other group of people from equal access to housing based on commonly accepted stereotypes would assuredly illicit

immediate legal action against the local government.

I sincerely hope that Marist College, a school which admittedly does not have enough physical room for all of the students who wish to live on-campus, will stand behind its students in fighting these frightening regulations.

Sincerely,
Thomas E. Harrison '04

The Circle lacks in depth reporting of Marist campus issues

Dear Editor,

I was extremely impressed with *The Circle's* treatment of last week's front pages stories. The paper's coverage of "pre-class prayers," as well as the state of Marist's fraternities and sororities represents a higher level of journalism, unseen in previous editions. It's still, however, simply not enough.

Like many, I've been reading *The Circle* since I was a freshman, and eagerly await its release every Thursday down by the mail room. Every week, I'm driven to near-disappointment with a lack of seriousness of the paper's content. A quick comparison of *Circle* issues of yes-

ter-year reveals a campus newspaper committed with bringing the Marist Community insightful and enlightening articles on pressing student issues. Academics, student life, athletics, Student Government and other areas of concern were covered with rigor and depth.

Today, we are subject to pieces that reduce week-old national news stories to a paragraph, bliviot on and on about the Iraq War, and rely on sources like the ever-accurate Wikipedia about Thanksgiving football traditions. It is difficult to sit here and suggest these stories aren't necessary - they are. *The Circle* allows students of journalism to hone their skills on the issues near and dear to them...

home their skills on the issues near and dear to them...

But what about the issues near and dear to Marist? *The Circle* is the "student newspaper of Marist College." Let's report on things about Marist College. In this sense, I believe *The Circle* has strayed from its charge. We owe it to ourselves, as a Student Body, to have a press that sinks its teeth into issues that affect the trajectory of this institution. Furthermore, *The Circle* owes it to us. I could easily compile a list of unresolved, and upcoming issues of contention that will determine the way Marist operates and is perceived in the coming years. Anyone of us can, if they think hard enough. Trust me - the stories are out there.

The two stories covered in last week's issue represent a divergence from this norm. They are not superficial, rather, they explore what can be done better. This is the primary function of *The Circle*. It should raise the level of discourse on campus, about campus issues. It should facilitate debate, and report ideas about where Marist is heading. It's a tough job, but somebody has to do it.

Yours sincerely,
Michael A. Sterchak '07

LETTERS TO THE EDITOR POLICY:

The Circle welcomes letters from Marist students, faculty and staff as well as the public. Letters may be edited for length and style. Submissions must include the person's full name, status (student, faculty, etc.) and a telephone number or campus extension for verification purposes.

Letters without these requirements will not be published. Letters can be dropped off at *The Circle* office or submitted through the "Letter Submission" link on MaristCircle.com

THE CIRCLE

MaristCircle.com

The Circle is published weekly on Thursdays during the school year. Press run is 2,000 copies distributed throughout the Marist campus.

To request advertising information or to reach the editorial board, call (845)-575-3000 ext. 2429.

Opinions expressed in articles do not necessarily represent those of the editorial board.

Features

THURSDAY, DECEMBER 7, 2006

www.maristcircle.com

PAGE 4

Transforming the historic railroad bridge into a pedestrian walkway

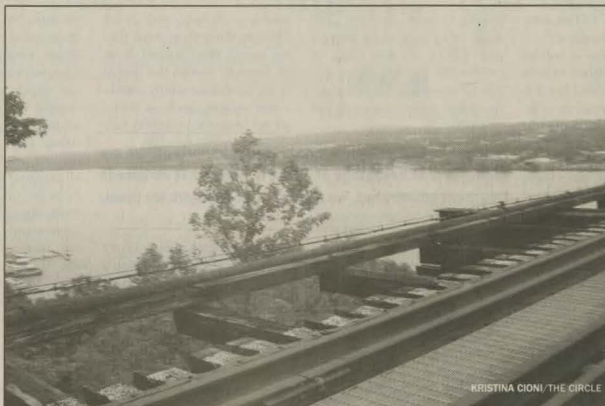
By KRISTINA CIONI
Circle Contributor

Just outside your window is a structure 212 feet above the Hudson River that offers some of the best views of the Mid-Hudson Valley. This spot, spanning over a half mile across the river, can be found on the historic Poughkeepsie-Highland Railroad Bridge.

To most students, this bridge is just an obsolete object in our scenic background. It has not been open to the public, however, some have actually had the opportunity to walk across the bridge and see what it has to offer. I luckily was one of them. Once I got over the creaking wooden planks I was stepping on, and the river rushing 200 feet beneath me - and maybe the screeching from the woman suffering from vertigo five feet in front of me - I was able to take in the most awe inspiring views on the Hudson Valley.

The group that made this possible is the non-profit organization, Walkway Over the Hudson. Walkway is based in Poughkeepsie, New York. Its mission is to convert the relic of the railroad age into a linear park for walkers, hikers, joggers, bicyclists and people with disabilities. The walkway will be an added attraction to the Poughkeepsie waterfront.

Upon completion, the park and walkway will not



The view from the Poughkeepsie-Highland railroad bridge.

only connect Poughkeepsie to Highland, the entire rail trail will start in Hopewell Junction, go through Vassar College, connect Marist College on its way to the Poughkeepsie shores of the river.

Over the bridge to Highland, the rail trail will end in New Paltz, connecting a total of four towns and four colleges. This will be done with the help of the Hudson Valley Rail Trail Association, a non-

profit organization charged with developing and maintaining the trail in Dutchess County.

It may not seem as if any progress has been made, but in the past few years Walkway Over the Hudson has surpassed numerous goals, every year getting closer and closer to its final vision. Last month, divers were sent into the river to inspect the piers holding the bridge up. The reports coming back have been positive, giving Walkway the green light for trekking on. In addition, Walkway has raised more than a million dollars from its growing membership and grants from government and private resources.

The group hopes that the bridge will be completed by 2009 to celebrate the 400th anniversary of Henry Hudson's voyage and discovery of the River. In order to make this happen, Walkway Over the Hudson is turning to the community and asking people to join their efforts by becoming a member and volunteering. This does not necessarily involve money; volunteers can help the organization with community events or simply just spread the word about the organization to others. The more community support Walkway Over the Hudson has, the easier it will be for this project to become a reality.

For more information visit www.walkway.org.

w
a
n
t
e
d

Student
Written
One Act
Plays



The Annual
John P.
Anderson Memorial
Playwriting Competition

Plays by students must be turned in by the end of the fall semester.

Entry forms and guidelines are available in Student Center Room 362 or on www.mccta.com.

Plays designated as finalists will be eligible for staging by the Theater Workshop in April in MCCTA's festival of plays, *The Play's the Thing*.
Email Gerard.Cox@marist.edu if you have any questions.

cartoon corner
By VINNIE PAGANO



Sigma Sigma Sigma sorority takes part in the Linus Project

By TRICIA CARR
Staff Writer

On Christmas Eve in 1995, "Joy to the World," an article featuring a small child going through chemotherapy, was featured in Parade Magazine. In this article, the child said that her

security blanket was there with her for all of her treatments. After reading "Joy to the World," Karen Loucks started providing homemade blankets to the Rocky Mountain Children's Cancer Center in Denver. With this, Project Linus was born. The Linus Project is a national

program that prides itself in providing blankets for severely ill children and teens. The blankets are collected by local Project Linus chapters and distributed to hospitals, shelters, and social service agencies where they are given to young people who need them.

column about nothing

Kate Moss, Paris Hilton, and Marist Girls

By MORGAN NEDERHOOD
Staff Writer

As I walk up the stairs to my floor, I detect a slight beat wafting down the stairwell, and I immediately know that it is either Tuesday, Thursday, Friday, or Saturday night. I open the hall's door, and my senses are assaulted by an overload of noise and commotion. The girls are obviously primping for a night at a club or party.

It is only 8:30 at night, and the music has already begun - usually it will not start until 9:30 or 10:00. As I walk to my room at the end of the hall, my eyes and ears are overwhelmed with the scene: Almost every single door is open, and as I look through each doorway, I see about four girls per dorm room. Girls run from one room, to the bathroom, to another room, and then they dash back to their first room. My eyes are practically bleeding from seeing such an indecent amount of my floor mates' bodies, and the overabundance of sequins, glitter, and jewels is causing me to squint.

I continue down the hall, and my head is invaded by an onslaught of techno and pop beats. Rather than play their favorite mixes to themselves, most of the girls spread the love by opening their doors and blasting some tunes. Walking through four different songs all at once is a disturbing experience that usually renders me confused and overwhelmed. My mind is only able to

handle one song at a time, so the thought of four songs is positively terrifying. These play lists all have the same common ingredients: Ashlee Simpson, N*SYNC, and Justin Timberlake. For some extra flair, a few rap and techno songs can be heard every so often. Nothing is wrong with these artists, as long as they are practiced within moderation. I constantly wonder if the songs are played loud enough to create beats able to make a pace-maker skip. I think it's possible.

Between the bodies everywhere, the glitter, and the mind-numbing beats, walking to my room is a mind-boggling experience, and it is easy for a homebody like me to feel overwhelmed. I imagine it is basically the equivalent of snorting five lines of coke and then attending some underground rave in Amsterdam. All the hall needs is a strobe-light and some black or grey paint on the walls, and we're set.

Most nights, I will flee to the safety of the sixth floor, and then re-emerge once the clubbers have left. Trying to do much of anything with a rave all around you is distracting, to say the least. I once attempted to watch a movie, only to have Ashlee Simpson scream, "I like it better when it hurts," in the middle of a death scene. Yes, it was a bit of a mood-killer. By 11:00 or 11:30, most of the party has left the building, and absolute silence ensues. Now, all I have to do is wait for 2:30 or 3:00 a.m., when the girls come back.



Did you know....the month of December is one of the highest for textbook thefts, so be careful not to leave things lying around for others to take.

If you or someone you know has a textbook, or items stolen contact the Office of Safety and Security immediately to file a report. The bookstore does keep track of book buying/selling and if found with stolen textbooks you will face judicial action.

This message brought to you by the Office of Judicial Affairs.

From Page Four Sorority works with Project Linus

On Nov. 15, Sigma Sigma Sigma, whose philanthropy is "Sigma Serves Children," participated in Project Linus. Spread across the Leo Stone Lounge, sisters put together colorful, fleece blankets. With 29 sisters in attendance, Sigma was able to make 16 large blankets.

Tricia Carr and Kate Kelliher, the community service chairs for Sigma Sigma Sigma ran the event. They said they thought the event went well and were happy that the sisters were excited

about making the blankets.

Liz Dumont, the sisterhood chair of Sigma Sigma Sigma, said she had fun doing Project Linus and thought it was a good community service event.

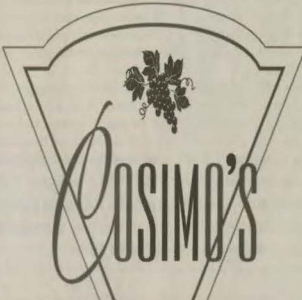
"It was really nice to see everyone working together for our cause," said Dumont.

Project Linus is known for only collecting handmade blankets. According to their website, www.ProjectLinus.org, they receive thousands of letters from children thanking them for their

blankets.

"Over and over they express how touched they are that a stranger would take the time to make something for them," the website says. "They really know the difference. Purchased blankets are nice, but handmade blankets are from the heart."

The blankets that Sigma Sigma Sigma made were dropped off at The Quilt Store in Danbury, Connecticut, a Linus Project chapter headquarters.



845-485-7172

Located at the corner of Rt. 9 & Delafield St. across from campus

EXPRESS LUNCH


Express Lunch served
Monday -- Friday
11:30 to 3:30 pm

We guarantee a complete lunch, from when you sit down to when we drop your check in 45 minutes or less, or your lunch is on us!

Prix Fixe Dinner Weekdays

A three course meal and fountain beverage for 17.95 plus tax. Our Prix Fixe menu is available Monday thru Wednesday from 4:30 to 10:00 PM

A proud partner with
Marist Athletics



On break from a four-year college?
**EARN 4 CREDITS
IN LESS THAN 3 WEEKS!**

Let your credits **SNOWBALL** at RCC's
WINTERSESSION
**Dec. 26, 2006 -
Jan. 12, 2007**



- Over 50 courses available
- Check online for complete listing
- Credits transfer to four-year colleges
- Only \$124 per credit

Register through December 26
in the Technology Center

1-800-RCC-SOON

www.sunyrockland.edu

Click on Web Advisor



Health

THURSDAY, DECEMBER 7, 2006

www.maristcircle.com

PAGE 6

Anorexia still prevalent among young women

By LAURA MIDDLETON
Circle Contributor

Some students' desire to be thin leaves them starving for perfection.

The average woman is 5'4" and weighs 140 pounds while the average model is 5'11" and weighs 117 pounds. This startling statistic from the National Eating Disorders Association reveals the unhealthy standards that many young women are aspiring to meet. Some students at Marist College are feeling the pressure to live up to the emaciated "ideal." Both men and women encounter unrealistic images and their expectations are flawed.

Dr. Mary Dunne, the college physician at Health Services, said that women are vulnerable to unreasonable expectations and that today voluptuous Marilyn Monroe would be considered fat.

"The visual model for women has become more extreme," said Dunne.

Dunne said that most of the students with eating disorders at Marist began battling their illnesses in high school but the

freedoms that come with the college setting can put people at risk.

"Without a support structure they can walk close to the edge when exploring things on their own and it is with those people that early intervention is really important," said Dunne.

Early intervention from friends is vital and they need to understand that eating disorders are a

The average woman is 5'4" and weighs 140 pounds while the average model is 5'11" and weighs 117 pounds. This startling statistic from the National Eating Disorders Association reveals the unhealthy standards that many young women are aspiring to meet

challenge that is managed rather than fixed.

"The less isolated someone is the healthier they will be," said Dunne. "Communication is always important. Peer communication, about pressures for women to conform to stereotypes to be 'perfect,' is especially important in a college."

Dunne said that females become adept to avoiding interface but they are not the only silent victims of eating disorders. "In the professional field we

believe it is under recognized in males," said Dunne.

Gina Barricelli, a senior, said that men are just as concerned about their bodies as women.

"A lot of guys here are overly health conscience and their eating habits are unhealthy," said Barricelli.

Erin Kibble, a senior, said that there are men at Marist suffering from eating disorders and that

they too are striving for unrealistic ideals.

"I think there is just as much pressure for a guy to look good as there is for a girl," said Kibble. "At least on this campus. No one on this campus sees over-exercising as a problem and it is a serious symptom of an eating disorder."

As a concerned resident assistant, Kibble has gained valuable advice from Yvonne Poley from the counseling center who specializes in eating disorders.

"Don't make any reference to weight or appearance because no matter what you say it will trigger more of the behavior," said Kibble.

Resources are available at health services or the counseling center for students who need support on campus. No concern is too small. Anorexia nervosa has the highest premature mortality rate of any psychiatric disorder. According to The Eating Disorder Foundation, 10 million American women and 1 million men suffer from an eating disorder and these numbers are increasing at an alarming rate.

Online resources for information and advice:

- www.something-fishy.org
- www.eatingdisorderfoundation.org
- www.nationaleatingdisorders.org
- eatingdisorderassociates.com



Why choose a graduate school without taking a closer look?

Plan to attend RIT's Graduate Study Open House
Monday, January 8, 2007 (Winter break period for most)
10:00 a.m. - 3:00 p.m. (Lunch will be served)

- Learn about our 70+ graduate programs in high-growth, in-demand fields
- Meet program faculty and hear state-of-the-art facilities
- Hear about exciting research projects
- Get information about the admission process and requirements
- Find out where graduates of our programs are working now
- Learn about the hundreds of companies that recruit RIT students annually
- Enjoy a campus tour

Registration is FREE
By e-mail: gradinfo@rit.edu Toll-free phone: (866) 260-3950

R-I-T
Rochester Institute of Technology
QUALITY EDUCATION FOR DISCOVERING NEW IDEAS

Collector's Realm
Presents an autograph signing with wrestling superstars
"The Phenomenal" AJ STYLES
&
Captain Lou Albano
Saturday December 9th from 1-3pm

Collector's Realm is your place for pop culture merchandise and collectibles. We are located at **44 Raymond Ave.** in Poughkeepsie, one block north of Vassar College. We carry a large selection of action figures, comic books, gaming cards, trading cards, and more!

For information call - **845-473-TOYS (8697)**

Email us at collectorsrealm@verizon.net
On the web visit us at www.collectorsrealm.iwarp.com

Holiday Hours
Tues-Thurs 11-7, Fri 11-9,
Sat 10-9, Sun 12-6 (closed Mon.)

Salads - Wraps - Soups - Hot Dogs

New York Bagel Bistria
OPEN: Mon-Fri. at 6AM
Sat.-Sun. at 7AM
133 Parker Ave. Poughkeepsie
☎ ☎ ☎ 485-6771

with this coupon
"Bring a Buddy"
BUY ONE BAGEL & A DRINK & GET THE 2ND AT HALF PRICE!
*of equal or lesser value
Exp. 9/30/06

WRAP IT UP TUESDAYS!
ALL WRAPS **\$4.99**

OFFICE SPECIAL
4 Bagels & Cream cheese Plus 4 sm Coffee **\$9.99**

Ask About our Amazing Breakfast Specials

We Have Breakfast Pizza!
Toppings: Bacon, Sausage, Monterey Jack Cheese, Pepperoni, Etc.
You Choose! You have to try it!
\$1.50 Slice \$8.95 Whole Pie

Friendly Personalized Service
We Deliver!

Bagel Flavors:
Plain
Onion
Cinnamon/Raisin
Sesame
Blueberry
Poppy
Sun dried Tomato
Salt
Egg
Pumpernickel
Everything
French Toast
Whole Wheat
Energy grain
Garlic

We Make Egg Sandwiches

A&E

THURSDAY, DECEMBER 7, 2006

www.maristcircle.com

PAGE 7

Christmas movie guide: the best and worst holiday flicks

By ALISON JALBERT
Staff Writer

It's the holiday season, so you know what that means—you're constantly being barraged with holiday movies from the second the Macy's Thanksgiving Day Parade ends until the last pine needles have fallen off your Christmas tree.

Some of them are bad, some of them are good, and some of them aren't even worth watching in a post-Christmas dimer stupor. To help you sort out the holiday movie options out there, I give you my personal picks of the best and worst movies of the holiday season.

We'll start out with my favorites, because I really try to be a glass-half-full kind of girl. One recent movie that has become a staple of my holiday viewing is the 2003 comedy "Elf." This movie tells the story of sweet, innocent Buddy the Elf, (Will Ferrell) who finds out as an

and there are plenty of funny moments as Buddy experiences life as a human. And let's be honest, the sight of Will Ferrell in bright yellow tights could make any movie funny.

I don't know about your holiday family gatherings, but mine are far from perfect. Maybe that's why "National Lampoon's Christmas Vacation" is such a refreshing holiday movie. Chevy Chase reprises his role as well intentioned but ill-fated Clark Griswold, who simply wants to have the best Christmas ever. As hard as Clark tries, nothing seems to go right, from a disaster with the Christmas lights to a crazy uncle burning their Christmas tree down.

This movie is a great holiday flick because it's not only hysterical, but it paints a more realistic picture of what the holidays are actually like. We may not all have a Cousin Eddie who empties his motor home's toilet into our sewer, or an Uncle Lewis who burns down our Christmas

tree, but I think "Christmas Vacation" helps us to appreciate our families, despite their quirks.

knows the story of the miserable green Grinch who detests everything about the Whos and Christmas. This movie has been around since our parents were young, but I think that only makes it even more of a good holiday film, enabling different generations to share in this holiday tradition. When the Grinch's heart grows, my heart grows too. I'm not ashamed to admit that I have songs from "How the Grinch Stole Christmas" on my iTunes, or that I know all the words and singing along.

Don't even get me started on Ron Howard's live action version of "The Grinch." I'll take my Grinch animated with a dash of Boris Karloff.

Okay, so maybe I lied. There is actually room in my heart for another animated Christmas movie. "A Charlie Brown Christmas" is the last one, I swear. I have memories of watching this movie every time I visited my grandparents in Massachusetts, no matter the season. I used to watch this every Fourth of July Weekend, much to the chagrin of my family.

There's just something about the simple joy of this movie that always gets to me. I have never been a fan of the "Peanuts" characters, but watching Charlie Brown discover the true meaning of Christmas never fails to make me smile. Not to mention I share his pain in trying to decorate a measly scrap of a Christmas tree.

Oh, and in case you were wondering, yes, I do have the songs from "A Charlie Brown Christmas" on my iTunes.

My final favorite holiday movie is one that I've only recently come to enjoy. I saw "A Christmas Story" on TV a few years ago, and after the movie was over, I found myself setting in for the annual twenty-four hour marathon.

"A Christmas Story" tells the story of young Ralphie Parker, (Peter Billingsley) who really just wants "an official Red Ryder, carbine action, two-hundred shot range model air rifle," but all of the adults around him,

including a department store Santa Claus, tell him he will "shoot his eye out."

Based on short stories written by Jean Shepherd, "A Christmas Story" is a fun, campy look at Christmas through the eyes of a young boy. The movie has become somewhat of a cult classic, with such famous scenes as Ralphie's father winning that infamous lamp in the shape of a woman's leg, or Ralphie's friend being "triple dog dared" to stick his tongue against a frozen pole.

I still find myself tuning in various times during the twenty-four hour marathon on Christmas Eve to catch my favorite scenes of "A Christmas Story." If you've never seen this movie, I recommend you to turn on your TV to TBS at some point on Christmas Eve to add another tradition to your holiday.

Now that I've shared my favorite holiday movies with you, it's time to disclose my least favorite holiday movies. The worst, if you will. I understand that some of the movies I am about to mention are classics, and maybe some of your favorites, but keep in mind that this is my personal opinion. Just a measly little college student

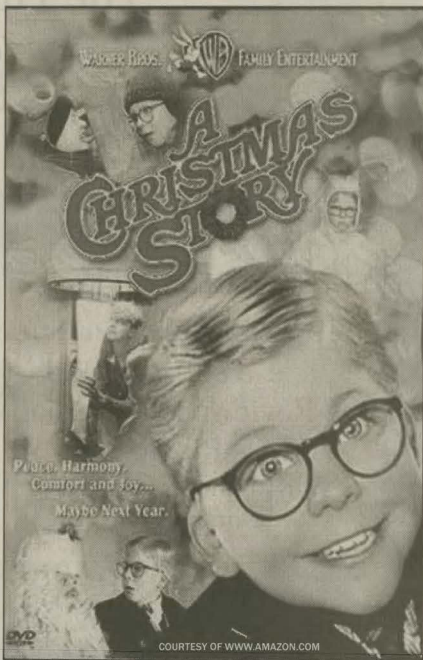
With that being said, let's get on to what I consider the worst holiday movies. If the combination of Arnold Schwarzenegger, Sinbad, and a Christmas movie doesn't turn you away, then I don't know what will. "Jingle All the Way" tells the story of two fathers (Schwarzenegger and Sinbad) desperately searching to find Turbo Man, an action figure as popular as Tickle-Me-Elmo. Hilarity is supposed to ensue.

This movie is about as materialistic as it can get. There is not an ounce of holiday warmth or cheer to be found in this movie, and the so-called jokes are flat and clearly forced. "Jingle All the Way" should be used as Exhibit A in an argument as to how commercialized Christmas

has become. I have already stated my dislike for 2000's "How the Grinch Stole Christmas," so it shouldn't be any surprise that it landed on my list of least favorite holiday movies. Director Ron Howard and star Jim Carrey suck all the fun out of the animated original in this big-budget remake.

Now, I normally love Howard and Carrey, (see "The Da Vinci Code" and "Ace Ventura," respectively) but their version of Dr. Seuss' much-loved Christmas tale left me feeling irritated and ripped-off. Whoville is supposed to be grandiose, but instead looks like a rejected Disney World ride. Carrey turns the Grinch into a spastic buffoon, and his ad-libbed scenes are just too painfully long.

I'm a little afraid to admit what



my least favorite holiday movie

is, because it is one of the world's most treasured holiday movies. Yes, "It's a Wonderful Life" is my least favorite Christmas movie. I know, I know, it's so touching and inspirational and all that, but I just can't stomach the sickeningly sweet plotline.

I assumed that I was simply too immature the first time I watched it, and watched it again last year, but I still didn't like it. I lose interest in the plot and the characters, and it's just so predictable. I still hold out hope that maybe I'll watch "It's a Wonderful Life" in ten or twenty years and finally understand why everyone loves it, but for now, I'll just change the channel and find which channel "A Christmas Story" is on.

I'm a little afraid to admit what

ends of the musical spectrum. The deep crooning voice of Redbone is tempting while Deschanel's voice is innocent enough to make us believe that she 'really can't stay.'

Rufus Wainwright - What Are You Doing New Year's Eve?
Wrapping up the holiday season and hoping for a companion for the New Year, Wainwright vocalizes the worry that he might be alone when the clock strikes twelve. With a warm sound and simple lyrics, this song is perfect to listen to between December 25th and January 1st, 12:00 a.m.

While these carols may not be standard holiday songs that are heard on the radio or in your home, they represent every aspect of the yuletide season. With fun, exciting and unique sounds, these songs can embody any holiday sentiment. Enjoy, be merry, and remember, always download legally.



COURTESY OF WWW.DR-SEUSS.COM

adult that he is not, in fact, an elf, but a human who was adopted after he climbed into Santa's bag as a baby.

Buddy makes the long journey from the North Pole to New York City in search of his biological father, played by James Caan. The story is simple yet sweet,

tree, but I think "Christmas Vacation" helps us to appreciate our families, despite their quirks.

You won't find many animated selections among my favorite holiday movies, but I make a special exception for the 1996 version of "How the Grinch Stole Christmas." Everyone

Update your iPod with the ultimate holiday playlist

By BETHANY BOHLIN
Circle Contributor

It's officially caroling season. With the temperature suddenly dropping to its distinct December chilliness and the Marist Campus Tree finally brightening the dark sky, the spirit of Christmas decorates not only the campus, but also the moods of the students.

Along with the customary campus holiday activities, such as The Giving Tree and The Sno Ball, familiar holiday songs and jingles seem to pop up everywhere the day after Thanksgiving. The traditional carols and classic tunes stay with us each and every year, but here are some new tunes for spreading that holiday cheer. Some you may have heard, some you may dislike, but all represent the cheerfulness of Christmas.

Sufjan Stevens - Come On! Let's Boogie to the Elf Dance!

Straight off his new release, "Songs for Christmas - A Sing-A-Long," this original piece is a fun and quirky carol that is perfect for both children and adults.

Stevens usually takes a soft-spoken approach to his music, so this upbeat song is a refreshing addition to the traditional Christmas classics.

The Blind Boys of Alabama and Mc'Shell Ndegeocello - O Come All Ye Faithful

The raspy deep voice of Ndegeocello speaking the lyrics leads the gospel a cappella background of the Blind Boys of Alabama, making theirs of the most original approaches to a Christmas carol I've ever heard.

John Lennon - Happy Christmas (War is Over)
Not new or revised, this song had to make the list because it is a classic tune written by an iconic singer. Amazingly, decades after it was written, the lyrics still provide hope.

Kate and Anna McGarrigle

(featuring Loudon Wainwright III) - **Counting Stars**

A different approach to looking at the holiday season, this song is from the nostalgic point of view of someone who can't be home for Christmas. The sadness and regret is a harsh reminder that not everyone is lucky enough to have a home, a family and happy memories in the making.

Sarah McLachlan - Song for a Winter's Night

Covering a Gordon Lightfoot hit, McLachlan slows down the original tempo of the song and adds some emotion, making it a romantic and heartfelt piece to listen to when the snow is falling and the wick of the candle burns to its whisper of a close.

Trans-Siberian Orchestra - Christmas Canon Rock

Only this rock-and-roll holiday ensemble could turn Pachelbel's Canon into an extraordinary 1980's-esque Christmas power ballad. All the elements are there - the belting of the lyrics, the

piano leading the emotion and the electric guitar solo combine to create an astounding anthem for all Christmas believers.

Jewel - Winter Wonderland

Twinkling, light and festive in the beginning with bells and harps, this song shifts to a twang of a country hit, and Jewel creates a tempo changing, genre-jumping song complete with a children's choir, making it both inspirational and powerful.

Dave Matthews - Christmas Song

This slow guitar-led Christmas story is perfect to listen to while wrapping gifts for your friends. For that reason, this was one of the most common responses when Marist students were asked to name one of their favorite seasonal tunes.

Barenaked Ladies (featuring Sarah McLachlan) - God Rest Ye Merry Gentlemen/We Three Kings

During this carol, the usual Barenaked Ladies sound is given

another dimension by the sweet sound of Sarah harmonizing along the way. A great sing-along song.

Il Divo - Oh, Holy Night

This is for all those abroad students who have studied in Europe or for those who plan to visit sometime soon. The Italian male-diva group, Il Divo, dominates the airwaves in Europe with their powerful balance of emotion and musical talent. Keeping this Christmas classic close to the original version, Il Divo adds the perfect amount of zest and freshness to make the list.

Leon Redbone and Zooey Deschanel - Baby It's Cold Outside

Yes, this is from *Elf*. Yes, it is the same actress singing. Yes, it's fantastic. Even if this song wasn't used in the college student's favorite holiday movie, it would still be on here for its flirty duet that features two voices from opposite

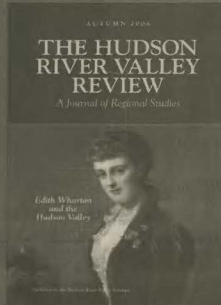
THE HUDSON RIVER VALLEY INSTITUTE

Your Gateway to the Historic Hudson River Valley

The Hudson River Valley Review

a journal of regional studies
the Autumn 2006 issue:
Edith Wharton and the Hudson Valley

to purchase the current issue or a subscription to the Review, call or email
Chris Pryslopski
christopher.pryslopski@marist.edu



located on the 3rd floor
of Fontaine Hall
on the Marist campus

Phone: 845-575-3052
Fax: 845-575-3176



Did you know....engaging in a *Physical Assault* could lead to you loosing your housing and/or be removed from the college community.

Physical Assault is any action directed against an individual or group based on race, religion, ethnicity, gender or sexual orientation. This includes but is not limited to: inflicting bodily harm upon any person, taking any action for the purpose of inflicting harm upon any person, threatened use of force upon any person, and subjecting another person to unwanted physical contact.

This message brought to you by the
Office of Judicial Affairs.

DOUGH BOY'S PIZZA 845-454-4200



GREAT FAMILY COMBOS

1. 1 Large Pizza & 12 Wings	\$13.99
2. 2 Large Pizzas & 24 Wings	\$27.99
3. 3 Large Pizzas & 36 Wings	\$37.99
4. 6 Large Pizzas & 60 Wings	\$71.99
5. 1 Large Pizza, 24 Wings & 2 Liter Soda	\$22.99
6. Bucket of 60 Jumbo Wings	\$29.99

* SEE PIZZA FOR TOPPINGS

GREAT SPECIAL COMBOS

2 Plain Slices & 1 Fountain Soda	\$ 3.75
12 Wings/Curly Fries/Fountain Soda	\$ 8.50
Philly Steak/ Fries/Fountain Soda	\$ 8.50
Chicken Fingers/Fries/Fountain Soda	\$ 8.50

(25 for can of soda)

Pizza Party Special!!

3 Large Pizzas with 4 Total Toppings, 36 Jumbo Wings, 1/2 Tray Salad, Fried Dough, 2-2 Liters of Soda \$49.99

GREAT JUMBO WINGS

Mild, Medium, Hot, After Burner, Ranch, BBQ, Honey BBQ, Smokey BBQ, Buffalo Ranch, Teriyaki, Sweet 'N Sour, Butter Garlic, Honey Mustard
(12) \$5.95 (36) 18.95 (60) 28.99

Cheese Burger Platter	\$ 7.95
Bacon Cheese Burger Platter	\$ 8.95

Served with French Fries or Onion Rings and Pickle

We Cater
All
Occasions!

Entrées w/Spaghetti or Penne

Served with Garlic Bread

Marinara Sauce	\$ 5.95
Meatballs or Sausage	\$ 7.95
Meat Sauce	\$ 8.50
Garlic & Olive Oil	\$ 7.95
Broccoli & Garlic	\$ 8.50
Chicken Parmesan	\$10.95
Chicken Alfredo	\$11.95
Chicken & Broccoli Alfredo	\$12.95
Chicken Marsala	\$13.95
Chicken Francese	\$13.95
Tortellini Alfredo	\$11.95
Fettuccini Alfredo	\$10.95
Penne Ala' Nodda	\$11.95
Eggplant Parmesan	\$ 9.95
Eggplant Rollatini	\$10.95
Veal Parmesan	\$12.95
Veal & Peppers	\$13.95
Grilled Chicken & Spinach Alfredo	\$12.95

Baked Dishes

Served with Garlic Bread

Manicotti	\$ 9.95
Cheese Ravioli	\$ 9.95
Stuffed Shells	\$ 9.95
Honey Baked Meat Lasagna	\$ 9.95
Baked Ziti	\$ 9.95
Chicken Cordon Bleu	\$10.95
Stuffed Fillet of Sole or Fish N' Chips	\$11.95
House Tossed Salad	\$ 4.50
Meatball or Sausage	\$ 3.75

BIG HOT SUBS

- ON GARLIC BREAD ADD \$1

Meatball Hero	\$ 5.95
---------------	---------

Meatball Parmesan

Chicken Cutlet Parmesan	\$ 6.50
Chicken /Broccoli Alfredo Parmesan	\$ 7.95
Buffalo or BBQ Chicken	\$ 6.95
Chicken California (Mild, American, Lettuce, Tomato, Mayo without Hot Sauce)	\$ 6.50
Chicken Sliced Meat or Tuna Sliced Meat	\$ 7.50
Eggplant Parmesan	\$ 6.50
Sausage & Pepper Parmesan	\$ 6.50
Veal Parmesan	\$ 7.50
Veal & Peppers	\$ 7.50
Pepper & Egg	\$ 6.50
Pepperoni Parmesan	\$ 6.50
12/16 Philly Cheese Steak (Lettuce, Tomato or Olive)	\$ 7.50
BBQ Sandwich w/ Smokey BBQ Sauce	\$ 7.50
Chicken Cordon Bleu	\$ 7.50

DOUGH BOY'S GREAT COLD SUBS

Italian or American Combo	ROLL \$ 5.95 SUB \$ 6.95
Turkey - Genoa Salami - Roast Beef - Pepperoni - Cappy	
Cheddar - Mozzarella - Provolone - Swiss - Peperami	
Tuna - American - Ham	
Lettuce, Tomatoes, Onions, Mayo, Honey Mustard, Oil & Vinegar, Mustard, Hot Peppers, Olives, Pickles, Sweet Peppers, Cucumbers. (3-8" Subs Available Also)	

THE SWEET STUFF

Fried Dough	\$ 4.50
Fried Onions	\$ 4.50
Cannoli	\$ 2.50
Box of 6 Cannoli	\$11.95
Novelty Ice Cream Available Seasonal	
NY Style Cheese Cake	\$ 3.95

Beverages

Beer, Soda, Lipton "Cold"	
Isotone, Fountain	
Services, Bud, Bud Light,	
Sam Adams, Amber Back,	
Corona, Heileman,	
Yangling, Killian	
(Beer for Dine in Only)	

Men's swimming and diving program earns 200th win

GREG HRINYA
Staff Writer

The Marist Red Foxes swimming and diving team won the H2Ounds Invitational and earned its 200th win in school history over the weekend in Baltimore.

The Red Foxes beat Delaware, Loyola, and Niagara to push the school win total to 202 all time, and earn an impressive 7-0 (5-0) mark on the season.

Marist rode strong performances from Pat Collins, Greg Jablonski, and Spencer Hartmann to sweep all three matches at the Invitational.

The meet began with Dan Garaffa, Greg Jablonski, Nick Chevalier, and Pat Collins winning the 400-yard medley relay in a time of 3:31.58.

Senior Pat Collins would go on

to win multiple events and anchor three out of four winning relay teams.

Collins won the 100-yard backstroke and the 100-yard freestyle in times of 52.19 and 46.49, respectively. The 46.49 time

Collins posted was a meet and personal best in the 100-yard freestyle.

Spencer Hartmann and Greg Jablonski were also multiple event winners for the Red Foxes. Hartmann won the 500-yard freestyle in 4:40.00 and the 1650-yard freestyle in 16:28.47. Jablonski won the 400-yard individual medley in 4:11.47 and the 100-yard breast-

stroke in 59.53. He would finish out with a win in the 200-yard breaststroke in a time of 2:12.18.

In diving, junior Devon O'Nalty won the one-meter event on Friday and scored a 438.00 on the 3-meter dive to finish second.

The team would officially finish with wins of 2 4 4 - 1 2 6 o v e r Delaware, 2 2 8 - 1 4 0 over Loyola and 272-95 over Niagara.

The team win at the H2Ounds Invitational also marked the 200th win in school history in the 28 years the program has been in existence.

Marist Red Foxes coach Larry Van Wagner said the historic win

was a testament to the team and coaching staff.

"We've come a long way in 28 years, and a lot of that has to do with consistency and coaching," Van Wagner said. "A lot of it is also due to Melanie Bolstad [associate head coach/diving head coach] who has been with the school for 18 years."

Coach Van Wagner also said the team's success has been a credit to the swimmers and their willingness to train and compete day in and day out.

"I'm proud of our kids," Van Wagner said. "I think this is the most demanding sport here at Marist and there's not another team that makes a greater commitment than this one. It is their decision to dedicate themselves, and it has been a wonderful transition over the 28 years."

Diving coach Melanie Bolstad said she is also proud to be part of this winning tradition the school has established.

"It's exciting to do so well when you only swim in ten to eleven meets all season long," Bolstad said. "This means that the team has to go .800 every year to get where we have."

The Red Foxes will begin to prepare for the second half of the season as they will have a short hiatus over this next month. The next month will be full of training and preparation for Seton Hall on January 12, 2007.

"We will train for the last two weeks before taking a trip to Coral Springs, Florida," Van Wagner said. "Our last four weeks will get us ready for the MAAC conference championships."

Mangona and Falco lead women's swimming and diving at H2Ounds

By RICH ARLEO
Staff Writer

Juniors Melissa Mangona and Jamie Falco led the Marist women's swimming and diving team to wins over two of its three opponents in the H2Ounds Invitational at Loyola this past weekend.

Falco won two individual events for Marist, as she bested the field in the 100-yard butterfly and then again in the 100-yard freestyle, posting times of 59.16 and 54.62 seconds respectively; continuing her great season thus far.

Mangona also had another spectacular meet, as she was able to sweep the diving events for the Red Foxes. She placed first in both the one and three-meter diving events on Saturday. The

junior diver posted a winning score of 226.45 in the one meter dive, while also winning the three-meter event with a score of 424.30.

Mangona has had an impressive season off the boards thus far, and when asked about his top diver, coach Larry Van Wagner had nothing but positive things to say.

"Outstanding," Van Wagner said. "Melissa obviously, after being runner up in the [Metro Atlantic Athletic Conference] MAAC for the past two years, is without a doubt the most talented diver in the MAAC."

As for the teams overall performance, Coach Van Wagner was satisfied with defeating MAAC rivals Loyola and Niagara. He knew though, that Delaware would pose some

extremely tough competition.

"We performed well over all," Van Wagner said. "We knew we had tough competition with Delaware. They are ranked, and it was our first time competing with them, so we knew they would be our biggest challenge."

The coach went on to mention freshman Lyndsay Martin's surprising performance.

"We've been without senior Lauren Malski for this first part of the season, so freshman Lyndsay Martin has been filling in for the breaststroke and medley relays, and she had an outstanding weekend," he said. "She posted a season best in the 100-yard butterfly, and personal bests in the 100-yard and 200-yard breaststroke. She's been getting faster and faster, and I am pleasantly surprised."

The Foxes opened Saturday by placing second in the 200-yard freestyle relay with a time of 1:41.97. They also came in second in two other relays on the day, posting a score of 1:51.09 in the 200-yard medley relay, and 3:39.59 in the 400-yard free relay.

After Saturday's events, the Red Foxes move to 5-2 on the season, and remained undefeated in the MAAC with a 5-0 mark. The team will head to the west coast for inter-session training.

Coach Van Wagner said the Red Foxes have two extremely competitive meets coming up

against Seton Hall and the University of Maryland Baltimore County (UMBC).

"The first is against Seton Hall, who we lost to last year. Then

next, against We performed well over all. We knew we had tough competition with Delaware.

Head Coach Larry Van Wagner placed them at the end of our schedule so we're prepared for the championship season."

The Red Foxes next meet is at Seton Hall at 2 pm on January 12, and their final meet before the championship season is at UMBC on January 27.



Roarin' Red Foxes

Marist's male and female star performer for the weekend of Dec. 1-3.

Swimming and Diving Team



The swimming and diving team entered this past weekend's H2Ounds Invitational with 199 wins. With a sweep of its opponents, the Red Foxes earned Coach Van Wagner and the program its 200th all-time victory. This sweep also kept the Foxes perfect for the season, at 7-0, and 5-0 in the MAAC.

On the horizon:

Marist returns to action on January 12 at Seton Hall.

Melissa Mangona, Diving, Junior



Mangona was named MAAC women's diver of the week. This marks the third time she has earned this honor, all three coming in this, her junior season. Mangona was impressive in this past weekend's H2Ounds Invitational, sweeping the diving events. The junior earned the top spot off the one-meter board with a final point total of 226.45, and then she bested the field in the three-meter event totaling 424.30 points.

On the Horizon:

The Red Foxes return to competition on January 12 at Seton Hall.



* Photos courtesy of www.goredfoxes.com

SGA Presents:

INTRAMURAL NIGHT!

*THURSDAY NIGHT

*9:30 - 11:30

*FREE

- * Plenty of space
- * Bring friends and gear
- * Multiple bus departures from McCann lot

*Transportation from McCann at 9:30 to the Hudson Valley Sports Dome, all sports; softball, frisbee, rugby, field hockey, wiffle ball, dodgeball, lacrosse, football, soccer, etc.

Marist overcomes 14-point deficit to defeat Richmond



Senior center James Smith tallied eight points and seven rebounds in the 80-73 overtime victory against the Richmond Spiders. The team game and is on a three game winning streak as they enter MAAC play.

By **JOE FERRARY**
Staff Writer

The Marist men's basketball team extended its winning streak to three games, defeating the University of Richmond Spiders 80-73 in overtime on Saturday night in Richmond, VA.

With the win, the Red Foxes improved their record to 6-2 while Richmond fell to 3-3.

Senior guards Jared Jordan and Will Whittington scored a game-high 30 points a piece for the Red Foxes. Both players finished the game eight-for-18 from the field.

All of Whittington's baskets came via the three-pointer. Jordan led Marist with eight assists and secured seven rebounds to tie senior center James Smith.

Richmond was led by freshman center Dan Geriot who tallied 18 points while red-shirt freshman Ryan Butler tied a career high with 16 points for the Spiders.

In the first half, neither team led by more than five points as good defense and poor shooting were two themes of the first half. The Red Foxes only shot 28.6 per cent from the field while the Spiders shot 35.7 per cent from the floor.

After a see-saw first half, the Red Foxes found themselves down only three points, 27-24,

going into break. At halftime, Jordan led the Red Foxes with 13 points.

Head Coach Matt Brady said he was not concerned with his team's offensive output in the first half.

"Everyone talks about how they are a great offensive team," Brady said. "But they are a great defensive team. At the half I just told the guys to put the ball in the lane, and I knew that both teams would score more points in the second half."

Coming out of half time, the Red Foxes offensive woes continued as the Spiders built a 14-point lead, 53-39, with only 10:08 remaining in the second half.

With his team down 14 points, Coach Brady was not worried about the outcome of the game.

"I thought that we might come back from this deficit," Brady said. "When we watched film on Richmond, we saw that they had a tendency to build big leads and not to put teams away. They are a young team."

The Red Foxes staged a comeback as they went on a 19-4 run over the next eight minutes to cut the lead to just two points, 57-55, on a Shaq McNamara lay-up.

The Spiders continued to add to their lead as Ryan Butler's three pointer extended the lead to 5 points, 63-58, with just 1:05 on

the clock.

After a quick Jordan lay-up and a turnover by Richmond, the Red Foxes found themselves down three points, 63-60, with 18 seconds left in the game.

Jordan described the last possession for the Red Foxes.

"In the timeout we had a play that was for me to drive into the lane and get a quick two points," he said. "As I drove into the lane, the defense collapsed and I saw Will coming off of a flare screen in the corner. I passed him the ball and he made the shot."

Richmond was unable to win the game in regulation as freshman David Gonzalez's shot in the paint rolled out as time expired.

The score was tied at 63 going into overtime.

With the momentum on Marist's side, the Red Foxes hit their first three shots to build a 71-66 lead with 2:21 to go. The Red Foxes would hit their free-throws down the stretch to close out the victory.

Jordan said he was proud of this team as they stole the win a way from Richmond.

"We knew going into this game that we were the better team," Jordan said. "We didn't play well to start off the game and they caught us off guard. We found a way to steal this game

from them. In the past, this is a game that we would have lost."

For the game, Marist held the edge in field goal percentage 41.8 to 40.4 and three point percentage 35.3 to 22.7. The Red Foxes held a slight margin in rebounding 39-37.

After an impressive start to the season against a tough schedule, Coach Brady said it is time to focus on the Metro Atlantic Athletic Conference (MAAC).

"Over the first part of the season, we proved that we could play with most teams in the country, but that is behind us now," he said. "Next week starts the regular season for the MAAC and everyone starts out with the same record, 0-0."

Coach Brady's Red Foxes are back in action Friday, Dec. 8 at 7:30 in the McCann Center to take on up-state rival Canisius. This contest is the second part of a double-header with the Marist women who play Loyola at 5 p.m.

In news off the court, the Red Foxes climbed six spots to number 11 in the collegeinsider.com Mid-Major Poll. Senior guard Jared Jordan claimed his second, consecutive MAAC co-player of the week for finishing the week averaging 28 points, 9 assists, 7.5 rebounds, and 1.5 steals.

Foxes maul Bison while handing them first home loss of season; MAAC play begins this weekend

By **CASEY LANE**
Circle Contributor

The Marist women's basketball team defeated Bucknell 57-38 on Sunday, handing the Bison their first home loss at the Sojka Pavilion this season.

The Red Foxes were led in scoring by red-shirt junior Meg Dahlman and freshman Rachele Fitz, who both had 15 points and six rebounds. Red-shirt sophomore, Julianne Viani, had a career-high seven rebounds and a season-high 13 points, nine of which came via three-pointers.

The Bison shot a season-low 26.9 percent (14-52). Marist coach Brian Giorgis believes his team put forth its best defensive effort of the year.

"We contested [shots] and we didn't give them a lot of open looks," Giorgis said. "I thought that was huge. We contested every shot and forced 17 turnovers, a couple which lead to crucial baskets for us."

Free throws by Kesha Champion gave Bucknell an early lead with the first two points of the game. Marist would never trail again.

The Foxes scored the next 10 points on their way to taking a 16-3 lead as the Bison missed their first 13 field goal attempts.

By the end of the first half, Marist had a 30-15 lead, the kind of start Giorgis said is important for the Red Foxes to have.

"It is really critical for us to get off to a good start against a good team at their place," he said. "It forced them to have to work much harder to get back. Sometimes when you use so much energy to come back, at some point you hit a wall, and I think that's what they did."

The Bison started the second half with a lay-up from Amanda

Brown and a three-point shot by Lauren Schober to cut the lead to 10. But Viani answered for Marist by draining threes on back-to-back possessions.

Lindsey Hollobaugh cut the Red Fox lead to seven by hitting two free throws with 5:15 left in the game. The seven points would be the closest the Bison came the rest of the way.

Coach Giorgis said he never felt that the game was slipping away.

"The people that we had out there had been in those types of games," he said. "We had experienced people out there who did the job."

Marist finished the game on a 12-0 run, featuring eight points from Dahlman. The Foxes shot 41.5 percent for the game.

Senior Alisa Kresge totaled three points, seven assists, seven rebounds, and four steals for the game. The seven rebounds and four steals were season highs. It was the 49th time in her career she recorded two or more steals in a game.

Hope, Foster, and Champion led Bucknell with eight points each. It was the first time in over two years that a Bison player failed to record

double digits in points.

Fitz was named Metro Atlantic Athletic Conference (MAAC) rookie of the week for the second week in a row. She averaged 15.5 points, 4.0 rebounds, and 1.0 assist in the two Marist victories of the week.

Fitz joins Kristen Vilardi as the only players in school history to win MAAC rookie of the week award in consecutive weeks. Vilardi's achieved the honors during the 2002-2003 season.

The Red Foxes next game will be the first MAAC contest of the regular season, as they host Loyola at 5 p.m. at the McCann Center.



Red-shirt junior Meg Dahlman tied for a team high in points with 15 when the Red Foxes defeated the Bison 57-38 on Saturday afternoon at Bucknell.

FAT BUSTER

The Body Wrap

Take Off 10-20 Inches in ONE HOUR
BENEFITS & ADVANTAGES

- ✓ noticeable difference in one visit
- ✓ works for both men and women
- ✓ treats stretch marks
- ✓ no pills or shots
- ✓ no exercise or prescription
- ✓ not a water loss
- ✓ not saran wraps or creams
- ✓ 100% safe & effective
- ✓ skin feels tighter, clearer & silky soft
- ✓ a great maintenance program

Reservations Recommended
And 3 for 1!
We Prove It!
Every Hour Every Day!

UNLIMITED TANNING MEMBERSHIP

\$800

Call Now! 224-9900
A limited time offer available with coupon only 12/7-12/16

CUSTOMER APPRECIATION

\$500 OFF

on any purchase
Must be 18 or older
\$1000 may be required
with coupon only 12/7-12/16

open 7 days

Rt 9 Hyde Park
229-9900