



The Circle



The student newspaper of Marist College

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Marist deemed military friendly school

By BRENNA MCKINLEY
News Editor

G.I. Jobs.com has recently listed Marist as a "Military Friendly School" in recognition of the college's services and programs dedicated to supporting veterans and active duty military.

"Marist has a long history of serving veterans and service members, and it is nice to receive this outside validation," Dean of Graduate and Adult Enrollment Sean-Michael Green said. Green is a Marine veteran and also oversees the Marist Veterans Liaison Office and acts as a mentor to the Student Veteran Organization on campus, Fox Company.

"The honor places us in good company amongst institutions that value the maturity, diversity and leadership qualities of those who have served our country," Green said.

G.I. Jobs is a top source for veterans seeking information on

higher education and civilian careers. This year's survey-driven list of military friendly schools includes over 1,700 schools representing the top 15 percent of U.S. higher education institutions doing the most to educate America's veterans and active duty military. The list ranks programs based on various criteria including a school's flexibility in accommodating veterans, veteran student support, academic accreditation, tuition discounts and military spouse policies.

"Some of the advantages that Marist had in the selection process are the fact that we have a Veteran Liaison Office (in Dyson 127), special policies to protect deployed service members, participation in the Yellow Ribbon Program and an active and engaged Student Veteran Organization," Green said. Marist also offers a 25 percent discount on tuition for active duty personnel and their adult dependents.

"We strive to build a rapport with every veteran that expresses an in-

terest in attendance at Marist, and we work hard to make sure that their needs are met during the transition process from Military to Campus life," student veteran liaison Josh Heath said.

To do this, Marist's Veteran services often go beyond the college's military benefit policies through events like Veteran's Orientation and special Veterans Day festivities. This year's Veterans celebration will be held on Nov. 9. Military items will be on display in the Rotunda from 11 a.m. to 3 p.m. and a lunch will be open to veterans and service members who are Marist students and alumni. New this year, all military students and alumni will be invited to come in and enter their names on an official register, from which a plaque will be created to be displayed on campus each year.

"These little things supplement the official things, like the Yellow Ribbon program and they serve to reinforce our dedication to veterans

as they become scholars," Heath said.



COURTESY OF JOSH HEATH

Fox Company, the Student Veteran Organization is just one of the Veteran services Marist offers.

Admissions ups standards as applications increase

By MILENA CARRESE
Circle Contributor

Colleges across the nation are raising their admissions standards. With more students applying to college and a limited number of spots open, schools are forced to become more selective. Marist College is no exception.

According to a study conducted by CBS, approximately 20.4 million students are currently enrolled in college and that number is expected to rise to 23 million by 2020. This same study found that in 2010, 73 percent of colleges and universities experienced an increase in applications from the previous year.

In 2010, Marist received 9,547 applications for approximately 1,000 spots in the freshman class. This past year, Marist received 11,463 applications for the same number of spots. This is an increase of almost 2,000 applications in just two years.

Julio A. Torres Jr., senior assistant director of admissions, believes that the increase in applications is due to the hard work by members of the Marist community.

"Our increase in applications can be attributed to the wonderful work of our alumni, faculty, staff and students on campus and the successes they all have had as they move into other phases of their lives," he said. "Marist has become more diverse geographically and internationally and more and more students are aware of the

Marist name."

Brian Loew, senior assistant director of admissions, says that regardless of the increase in applications Marist wants to remain the same size.

"There is an increase in applications," Loew said, "but we're not look-



FROM [HTTP://MARIST.EDU](http://marist.edu)

Marist is just one of the colleges across the nation forced to raise admission standards due to increased application rates. This past year, Marist received over 11,000 applications for approximately 1,000 spots in the freshman class.

ing to increase the size of the school. This is what is creating the highly selective environment."

The rising number of applications with a static number of spots means that Marist must become more selective each year.

According to CBS, during 2011, the

average university's acceptance rate was 65.5 percent. Marist's rate is well below this national average.

In 2008, Marist received 9,198 applications and accepted 3,450, making their acceptance rate 37.5 percent. In 2012, Marist received 11,463 applica-

of the most selective schools in the nation.

Loew says that the decreased acceptance rate is a good thing for the school.

"The reputation of Marist has grown to such a point where we're getting students from all over the country and all over the world, but we're not looking to change the culture of the school," he said. "We're looking to remain the small, liberal arts, private school that applicants fell in love with."

As schools become more selective, student profiles change. In 2012, the middle 50 percent of accepted students had a recalculated grade point average that fell between an 88 and a 93. In 2009, the average was between an 86 and a 91.

Michelle Stathers, undergraduate admission representative, said that the middle 50 percent is merely a range, not something for applicants to stress over.

"The reason we give the middle 50 percent is to give prospective students an idea of what type of student we are looking for, but we really look at the student as a whole," she said. "The ranges allow us to look at many other things the student has to offer." Marist doesn't judge students solely on the academic numbers they put up. Many more aspects of the student's academic career and extra curricular activities are looked at.

SEE ADMISSIONS, PAGE 3



THIS WEEK

Thursday, 10/18

Guest Lecturer: Bertram Malle of Brown University
FN 101
6:30 p.m. to 8 p.m.

Friday, 10/19

21st Annual Women & Society Conference
All day-Oct 20
HN 2023

Saturday, 10/20

Graduate Programs Open House
Main Campus
10 a.m. to 12 p.m.

Contemporary Catholic Concert: Paul J. Kim
Cabaret
8:30 p.m. to 10 p.m.

Tuesday, 10/23

ELP Workshop: Susan Kochanowski PAR
3:30 p.m. to 6 p.m.

Effron Lecture
Nelly Goletti
7 p.m. to 9 p.m.

Wednesday, 10/24

Voter Registration
Champagnat Breezeway
11 a.m. to 2 p.m.

Graduate School Forum
Cabaret
3 p.m. to 7 p.m.

Thursday, 10/25

Blood Drive
Alcove 1
9 a.m. to 5 p.m.

Handel Lecture
Nelly Goletti
7 p.m. to 8:30 p.m.

CMA Event Series on Inclusion, Social Justice & Multiculturalism
Hancock Boardroom
7 p.m.

The Inaugural Handel-Krom Lecture in Hudson River Valley History
Nelly Goletti
7 p.m. to 8 p.m.

Letter from the Editor

Between midterms, projects, papers and schedule-making, it seems as if the students here at Marist are pretty stressed out. We're making deadlines, trying to dress according to the strange autumn upon us, and napping whenever we have a free twenty minutes. There are also the daunting tasks of costume-making and assuring that we've seen all of our Disney Channel Halloween movies in time for the 31st. In a spooky time such as this, we hope that our readers have time to sit back, relax and open this week's issue to find out what has been happening on the Marist campus.

We find in news that Marist has been named a military-friendly school by <http://GIjobs.com>. Both fortunately and unfortunately,

Marist admissions have become more selective as more and more students apply. Next, we learn about Kevin Lerner, a professor here at Marist who is trying to start a chapter of the Society of Professional Journalists. We also hear from Dan Torres, who has called a press conference in response to a Republican elections commissioner who he claims is trying to repress students' voting rights.

In Features, we learn about the recent popularity of Marist among international students; we also learn about the ever-relevant ways to prevent stress. There is something in Features, however, about which we have only heard folklore: The Gartland Ghost.

A&E previews several important upcoming events, movies and video

games, including Gypsy and Red Noses from MCCTA, The Hobbit and Halo 4.

Lifestyles brings us an article which seems very fitting for the busy student: How can we stay fit...without going to the gym? (Cue oohs and ahhs.) Lifestyles also features a Breast Cancer Awareness article.

We have a little bit of election-timely material, as well; Opinion contains an article which describes why our generation should vote. It also covers the unexpected electives offered this spring at Marist.

Lastly, congratulations to the girls' soccer team which is 5-0 in the MAAC. Go Red Foxes!

Marygrace Navarra
Managing Editor

Security Briefs

Saving the world, one woodchuck at a time

By MICHAEL BERNARDINI
Staff Writer

Considering that mid-semester break was last weekend, Marist security was treated to a nice reprieve from students' usual antics. However, one three-day weekend can't tame you guys. There was still a plethora of strange stories over the past two weeks. I'm neglecting to go into full detail, but a student contacted security to notify them of a bee sting. Yes, that is all. A bee sting. Moving forward, please keep in mind that the security office is not your mother and/or kindergarten teacher. Also keep in mind that your guests will get caught smuggling alcohol into freshman residence halls. They're more thorough than the TSA at JFK airport, so please stop.

10/3 9:52 p.m. Lower West Cedar Street Townhouses

Marist security responded to a fire alarm stemming from burnt food. In the process, they found marijuana in the house. The munchies are meant for Cheetos, Doritos, Fritos and any other processed snacking ending in the letter O. This isn't Top

Chef: Reefer Edition.

10/5 10:35 a.m. Champagnat Hall

A student notified security that there was an injured woodchuck outside of Champagnat. Pest control was contacted, and the animal was trapped humanely and released into the wild. Are we sure the woodchuck was injured and not simply hungover from the Tuesday night before? Regardless, kudos to the student for acting on their inner Pochahontas.

10/5 11:00 p.m. Midrise Hall

A loud noise was heard and security discovered an unauthorized guest and empty beer cans. The guest was escorted off campus but managed to sneak back in. He was caught again and told he would be arrested if he returned. If there's one thing Marist security is known for, it's certainly not their hospitality.

10/7 12:43 a.m. Leo Hall

Security responded to a possible intoxication. When they arrived at the room, the female student refused to

come down from her top bunk. After coaxing her down, security checked her out and she was cleared. Either she was really drunk or there were some really scary monsters under her bed.

10/10 5:02 a.m. Donnelly Hall

An intoxicated male student was found passed out on the couches near the fashion department. When awoken, he appeared disoriented and proceeded to urinate on one of the couches. He was then taken to Saint Francis. Was he that upset with the fall line? What did the fashion department ever do to him?

10/11 5:42 p.m. Midrise Hall

While performing routine room checks before mid-semester break, security discovered a marijuana pipe, half a bottle of Jägermeister, 9 cans of beer and a funnel. I'm secretly hoping the students broke into a jazzy rendition of "It's My Shitshow and I'll Cry If I Want To."

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



The Circle

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Journalism professor to start professional society chapter

By DEANA HASANDJEKAI
Staff Writer

Journalism professor Kevin Lerner is joining students in the process of starting a student chapter of the Society of Professional Journalists at Marist. The first meeting for SPJ will be Wednesday, Oct. 31 at noon in Lowell Thomas 016.

"It is not a club or activity; it is a chapter of nationally recognized society for journalists," Lerner said. Journalism majors or Marist students interested in journalism are encouraged to attend the first meeting.

The Marist chapter of SPJ plans to model itself after PRSSA, the Public Relations Student Society of America.

"Personally, I'm going to look towards PRSSA and the stuff that they've done because they are very successful," said Jeffrey Holmes, a junior who is assisting Lerner to gain student interest in SPJ.

SPJ's student chapter will be based on what the members are interested in doing. There is, however, one mandatory aspect of the society.

"SPJ requires all of its chapters to complete a service component, which works pretty well with Marist's dedication to service," Lerner said. Students can brain-

storm fun and rewarding service options to fulfill the requirement.

Lerner and Holmes also offered suggestions about the chapter's potential activities.

"We could put through speaker series and bring in local journalists to talk on campus," Lerner said. "People from the Poughkeepsie Journal or other newspapers in the area can talk about what it's like to be a professional journalist after graduation."

Holmes suggested that SPJ can "allow students to gain more knowledge and attend conferences."

"I think we could do a lot of good things with it here at Marist," he said.

Attending events, conferences and other networking experiences can increase competitiveness in any student's resume.

The overall mission of SPJ is stated on the official website, <http://spj.org>, which defines the national society as "dedicated to the perpetuation of a free press as the cornerstone of our nation and our liberty."

Lerner has been a member of the society since 1999.

"It's partly an organization that is for the promotion of good journalism," he said. "The SPJ national organization does a lot of fighting for

first amendment rights. The student chapter could do that as well."

It takes two academic years for a chapter to be officially instilled at Marist.

"In the first year, what we're looking to do is to gauge student interest," Lerner said. "We need to gather 10 or 15 members who will publicly declare their interest. At least five must be willing to serve as officers."

In order for this chapter to even become legitimate, enough students at Marist must show interest in it. Once enough students are interested, Lerner explained what occurs next.

"We petition the SPJ national headquarters for the inauguration packet and for a year there would be a provisional chapter here," he said. "After a year, we would apply and if we are accepted, we are official."

Holmes believes that this trial year will prove to be successful.

"It's tough to start up a whole new chapter here, but I think we have enough support to get it started," he said.

Holmes, a journalism major, has a strong interest in pursuing journalism as a future career, but he doesn't know exactly what he wants to do.

"I've always wanted to write," Holmes said. "Journalism is a good



DEANA HASANDJEKAI / THE CIRCLE

Journalism professor Kevin Lerner is taking the reins in starting a student chapter of the Society of Professional Journalists.

way to get your voice out there."

He was introduced to the idea of a student chapter of SPJ by Lerner.

"Professor Lerner taught one of my classes and now he's my advisor this year," Holmes said. "He pitched this idea to me in the first couple of weeks of school. I never even heard of SPJ until he told me about it."

Students interested in learning more about SPJ should attend the meeting on Oct. 31 or contact Kevin Lerner at kevin.lerner@marist.edu or jeffrey.holmes1@marist.edu.

Students take stand to defend voting rights

By ERIC VANDER VOORT
Editor-in-Chief
@EricVanderVoort

At a press conference held in Marist's Performing Arts Room on Friday, Dan Torres called out Dutchess County Republican Elections Commissioner Erik Haight for what Torres called "a clear effort to suppress the right of students to vote."

At the press conference, Torres gave a short presentation followed by a statement from Democratic Elections Commissioner Fran Knapp. Seven Marist students stood behind Torres, the president of the Marist Democrats club and the Northeast Regional Director of the College Democrats of America.

The issue arose last week when Haight deemed voter registrations from Bard College and the Culinary Institute of America students not complete due to the fact that they included the student's campus mailbox number but not their room number.

Upon finding out that the registrations had been rejected, Torres took it upon himself to put together the press conference and investigate further. He discovered documents, which he presented Friday, that show that people living in senior housing with a similar mail set-up to the colleges did not have to submit their room number to be registered to vote.

"I obtained documents from the Dutchess Board of Elections that

show that senior citizens living in senior housing complexes were not required to give the same information as students are being asked to," Torres said. "Mr. Haight has said that the dorm rooms are needed on the forms and not just the mailbox numbers. If this is true, then why are people living in senior complexes not being asked to put in their apartment numbers?"

Knapp told YNN that what Haight is doing is "just plain wrong."

The New York Civil Liberties Union has also taken the side of the students and has, according to Torres, agreed to take the issue to court if need be. The union has said it will pay for court fees and

lawyers for students to challenge their ballot's rejection.

Torres also reported that on Tuesday, the New York State Board of Elections issued an advisory opinion that the ballots should be accepted. However, the Dutchess County board is not limited to that and retains the freedom to make its own decision on the issue. As for Torres, he will continue to fight for the right he believes students are being deprived of.

"We, the students of Dutchess County, take our right to vote very seriously and collectively we will do everything in our power to make sure that whether a student or a senior, everyone is allowed to register and vote fairly," Torres said.

From Page One

Admissions process becomes more selective

"We look at core classes, rigorous course schedule, and the resume," Stathers said. "We want to see a well-rounded student that when we accept them, they will contribute to the community here."

Marist is also now test-optional. This means that students are not required to submit SAT or ACT scores with their application.

"We had seen so many strong applications come through the process, and so many were held back by their test number," Stathers said. "We felt that over the years it was unfair to judge the students by their test score."

Many colleges are moving in this direction because they believe that the SAT or ACT score is not an accurate reflection of how a student would perform in the classroom.

"There are students who have great success in high school," Stathers said. "This could be reflected in their overall GPA or rigor of their coursework. But many felt that the test didn't reflect their potential as a student. Their admission is no longer riding on that one number."

Students applying to Marist do have the option to submit their test scores if they believe that they are a good reflection of themselves academically.

Marist is expanding their student pool geographically. The current freshman class has students from all over the United States and international students as well.

There are students enrolled from the Midwest, west coast, and southern states, along with Hawaii and

Alaska. Internationally, Marist represents over 15 countries including Jordan, China and Singapore.

As evident from the admissions statistics from the past couple of years, Marist is becoming more selective and diverse and is creating a greater outreach to communities beyond the traditional markets.

Loew describes the mindset of the counselors while reviewing applications.

"The admissions committee is majority Marist grads," he said. "From an alumni standpoint, we're very excited about the selectivity and it's a very challenging few months for us trying to make decisions. We want to keep up the culture of the Marist community while looking at the evolving academic and extra

curricular competition among applicants."

The Marist admissions mission statement outlines the college's goals of enrolling a diverse group of men and women, enhancing the educational experience and accepting students who are eager to participate in the academic and social community.

The changes to the admissions process are allowing Marist to reach the goals that have been set for the college.

As the value of a college degree increases, colleges nationwide are facing the inevitable influx of applications and higher quality students. High school students must work harder than ever if they want to attend Marist or another selective college of their choice.

International students bring global vibes

By ANA JEAN HEALY
Circle Contributor

Marist is well-known for being a school with a great study abroad program. In fact, it was ranked seventh on Princeton Review's "Top 20" list for the "most popular study abroad program," and nearly half of Marist's student body studies abroad.

However, what some students may not know is that Marist is also a place where many actual international students come to study abroad.

According to the Institute of International Education's 2012 Open Door Report, the number of international students in the U.S. has increased to 32 percent since 2001 and is at a record high of 723,277 students. 78,888 of those students are studying at colleges and universities in New York, making New York the second most popular state for international students to study in, after California.

The man behind Marist's international recruitment process is Joe Giacalone, the Director of International Admission and Recruitment. Giacalone, travels all over the world, visiting various high schools to talk to students about Marist.

"Joe Giacalone has done an amazing job establishing partnerships with international high schools to help spread the Marist name to parts of the world I never could've imagined," said Kelsey Donohue, a senior and the President of the Ambassador Program. "Everyday Joe is off traveling from the Middle East to Asia to Switzerland to Italy- it's incredible what he has been able to

do since taking over international recruitment."

What draws international students to Marist are many of the same things that draw American student to Marist. Giacalone said that the main reasons are the college's proximity to the city, its internship programs, the class offerings, and most importantly, the community and family atmosphere that the college has.

Parikshit (Pari) Das, a freshman from India, has gone to school in numerous countries before coming to Marist in the fall. While attending high school in Shanghai, he met Joe Giacalone and talked to him about attending Marist.

"Something just clicked and I decided to apply," Das said. "My guidance counselors and my teachers had all heard of Marist and strongly recommended it to me."

For Das, coming to Marist was a chance to start over and experience a new learning environment.

"I came to Marist because I wanted somewhere that no one knew me yet," Das said. "I wanted a fresh start in a small college where my professors would actually get to know me, and somewhere I could really grow into a responsible and mature young adult. Back home in India, the system in China values nothing but grades and that wasn't me."

Das is one of many international students who chose to study at Marist over a school in their native country.

"Although I was offered to go to Sorbonne for free, I had to have a college experience with life on campus," said Lily Masco, a sophomore from Paris, France. "There is no such thing in France. I choose



FROM [HTTP://WWW.MARIST.EDU/COMMARTS/IMAGES/ABROAD1.JPG](http://www.marist.edu/commarts/images/abroad1.jpg)

More international students are choosing to move across the globe to go to Marist College.

Marist for many reasons: huge selection of classes and majors, small classes, great study abroad programs, and I fell in love with the campus."

While the transition from one's native country to Poughkeepsie can be a hard one, most international students find the transition relatively seamless.

"I've moved around so much that Poughkeepsie already feels like home to me," Das said. "I've made incredible friends, and everyone's been so great to me to minimize the difficulty of moving literally across the planet. So I'm having a fantastic time."

Donohue, who works as a tour guide for the school and has given many tours to international families, says that it is Marist's tight-knit community that makes it easy for international students to feel at home here.

"We are a very welcoming and supportive community which helps students transition not only from

local areas but from all over the world," Donohue said. "It is necessary for international students to be reassured that they have the support from students, faculty and on campus offices like First Year Programs and Center for Multicultural Affairs."

Studying in a foreign country has many benefits for the students that come to Marist, but their presence is also very beneficial for the Marist community.

"We want Marist students to be global citizens," Giacalone said. "By having international students in the classroom it gives students the opportunity to have more robust conversations and get a more worldly perspective on different topics."

While the percentage of international students is still quite small compared to American students who attend Marist, the number is rising as Giacalone and other Marist alumni help to spread Marist's mission world-wide.

Helpful tips for preventing stress

By ADAM STIRPE
Circle Contributor

There are a few things that you can do during this midterms week in order to help reduce the amount of stress that you're currently experiencing.

First off, exercise. Sweating releases chemicals in your body and balances out the hormones in your body that cause your mood to shift too rapidly. It also gives you a chance to get away from those books for a little bit, which is definitely a perk.

Also, some people are prone to eating while they're stressed. Going to the gym not only helps you with everything that was stated above, but also helps shed off some of those unwanted calories from the extra food that you mindlessly eat while frantically studying for that exam you're afraid of failing.

For those of you that have never even considered stepping foot into a

gym, consider it.

Additionally, apart from being common knowledge, countless studies have shown that eating the right types of food can make a person feel better physically and emotionally.

Instead of grabbing a bag of Fritos or some other fried potato chip, try to look for Sun Chips, or some form of vegetable chip.

Many brands of chips use vegetables as opposed to the traditional white potato, which will do wonders for your health over time.

Other foods to look for are cereals such as Special K and Kashi, which are both healthier alternatives to some of the mainstream cereals that people love, like Frosted Flakes, Captain Crunch and Fruit Loops.

These mainstream cereals claim to be filled with various vitamins and minerals, and some of them are.

However, these cereals also have many different kinds of preservatives and colorings in them that make them detrimental to your



FROM [HTTP://WWW.FAMILYANATOMY.COM/](http://www.familyanatomy.com/)

Simple activities such as eating right and exercising often can actually levels of stress.

health. Lastly, it is extremely important to catch up on your sleep. Students in college usually need about eight hours of sleep, according to several studies.

These studies have also discovered that most people in the college age

group do not get as much sleep as they should in order to improve the functionality and productivity in their everyday lives.

Following these steps will not only enhance your mood, but will sharpen your senses in a way that will undoubtedly help you do well.

"Gartland Ghost" haunts Gartland residents

By BRITTANY OXLEY
Features Editor

As Halloween approaches, students all over Marist College are getting themselves in the mood for the hauntingly fun holiday by watching scary movies, going on haunted hayrides, visiting haunted houses, etc.

However, according to various students who reside in Gartland, there are some real-life scares that are occurring at Marist College this year.

Multiple people from multiple apartments in Gartland claim that they have taken witness to what they call the "Gartland Ghost."

Students have claimed that this ghost takes many forms and has haunted them in a variety of ways. The ghost has been seen in specific forms, such as the form of a middle-aged man and in the form of a young girl who has been seen wearing a tattered dress.

Sophomore Anthony Graci states that he and his roommates all took notice of the ghost when they would hear strange banging noises, footsteps and see doors open all on their own.

Later on in the year, he claimed to have actually seen the middle-aged man in his closet.

Graci claims that he has always held a belief in ghosts, ever since he had first seen a ghost as a child.

"I believe that there is definitely

an afterworld, but I am not scared of ghosts at all...I also believe that ghosts or spirits can be either friendly or harmful. I wouldn't doubt that they are capable of harming people," he states.

Although he claims to not be scared of the spiritual world, he does state that he does not think that ghosts should be "messed with."

He goes on to say that he believes that it is not a good idea to participate in séances and/or play with Ouija boards because of the chance that "something bad could become attached" to the person or persons who are participating in the séance or playing with the Ouija board.

Like Graci, many other students claim to have seen or heard strange things while residing in Gartland causing stories to spread about dead people from long ago being buried where Gartland is now built.

Sophomore Alex McCahill claims to have seen a ghost-like orb over her roommates bed, and saw an object drop right near by where the orb had been.

She states that she had been both extremely surprised and a little bit frightened when her first experience with the "Gartland Ghost" had occurred. She says that her roommates have also reported hearing strange noises in the house when no one else was home.

Rumor has it that a long time ago,



FROM [HTTP://LIBRARY.MARIST.EDU/ARCHIVES/MHP_NEW/IMAGES/PICTURES/GARTLAND2.JPG](http://LIBRARY.MARIST.EDU/ARCHIVES/MHP_NEW/IMAGES/PICTURES/GARTLAND2.JPG)

Marist College sophomores living on the Gartland campus are experiencing a series of eerie hauntings.

an old women and children shelter was built where Gartland now resides.

Regardless if the "Gartland Ghost" is real or not, the prospect of something haunting the buildings of

Gartland at Marist College is enough to make this year's Halloween just a little bit scarier.

WHAT'S MORE IMPRESSIVE THAN OUR STATS? OUR GRADUATES.

At Quinnipiac University, our students are our main focus. It's why we offer 23 graduate degrees in fields ranging from business to health sciences. It's also why Quinnipiac was ranked a top 10 northern regional university offering a full range of masters-level programs by *U.S. News & World Report* and second in the northern region in *U.S. News' Up-and-Coming Schools* category.

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Teacher Leadership*

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Interactive Media**
Journalism
Public Relations

Law

Health Sciences

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Cardiovascular Perfusion
Nursing
Occupational Therapy (post-professional)*
Pathologists' Assistant
Physician Assistant
Radiologist Assistant

Arts & Sciences

Molecular & Cell Biology

Business

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Pink October for breast cancer awareness

By AMANDA FIORE
Staff Writer

Although the festive colors of orange and red seem to dominate the month of October, the color pink also has significance.

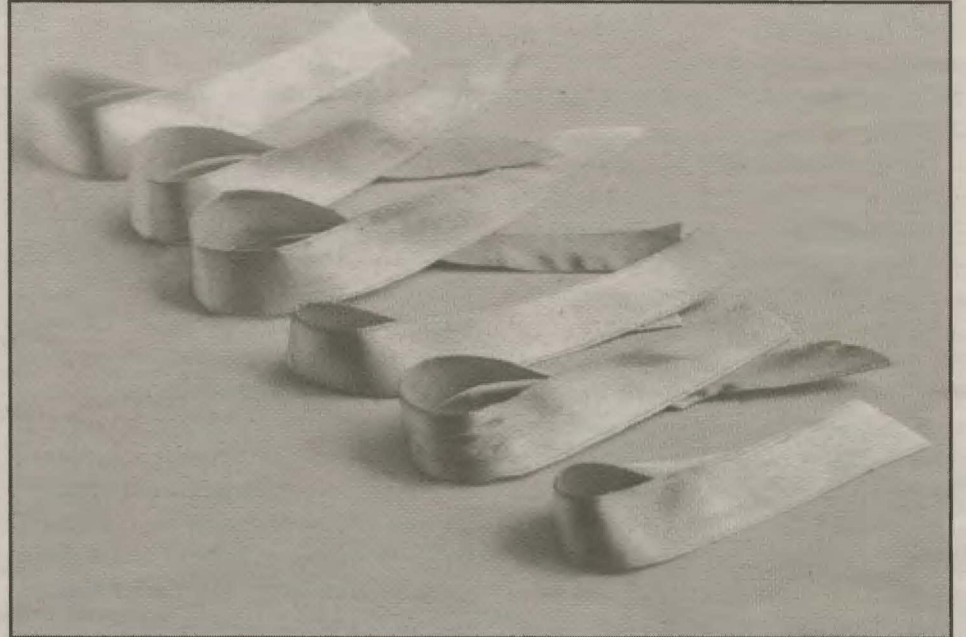
October is Breast Cancer Awareness month, and the color pink is seen everywhere, from pink cupcakes in the grocery store to pink Chi hair straighteners at the beauty supply store. Its presence illustrates the community of support for the strong individuals currently battling the disease and the hope for a future cure. Breast Cancer Awareness month is celebrated from coast to coast to increase the awareness of breast cancer among Americans and raise funds for the prevention, di-

Breast Cancer Awareness month is celebrated from coast to coast to increase awareness of breast cancer among Americans and raise funds for the prevention, diagnosis, treatment and cure of the disease.

agnosis, treatment and cure of the disease.

The Hudson Valley is no stranger to Breast Cancer Awareness month and proudly acknowledges the importance of pink

throughout the month of October. The Hudson Valley is home to the Miles of Hope Breast Cancer Foundation, which is a non-profit charity supporting women with breast cancer since 2004. The Miles of Hope Breast Cancer Foundation is hosting various events throughout this month to raise awareness and funds to help support Hudson Valley breast cancer fighters and survivors. The first annual "Pink Friday in Warwick" will take place Friday, Oct. 19. Local shops and restaurants will be participating in the event providing discounts, promotions, and giveaways for those who attend. "Pink Friday in Warwick" will include street vendors, makeovers, massages, and henna tattoos. A percentage of the proceeds will be donated to the Miles of Hope Foundation. On Saturday, Oct. 20, there will be a craft show at the New Hamburg Fire House in Wappinger Falls. The craft show will take place from 10 a.m. to 4 p.m. and will be selling various gifts, products and food. The proceeds will also go towards the Miles of Hope Foundation. Also, on Saturday, the 20th, Saint Paul's Episcopal Church in Pleasant Valley will be holding a Zumba-thon fundraiser for the Miles of Hope. The Zumba-thon will include a Zumba workout, as well as raffles, T-shirts and refreshments. On Sunday, Oct. 21, the East Coast Salon in Wappinger Falls will be hosting a fundraiser for the Miles of Hope Foundation, where they will be of-



HUMMANNA/FLICKR

October offers various activities this month to raise awareness about breast cancer.

fering haircuts, pink hair extensions, pink manicures and food donated by local restaurants. Lastly, on Thursday, Oct. 25, the Miles of Hope Foundation will be having their "Silhouette of a Woman Fashion Show" at the Bardavon 1869 Opera House in Poughkeepsie. The cost is \$25 per person or \$35 at the door. The cost includes a ticket to the fashion show, a gift bag and various door prizes. For more information on a specific event, or if you are interested in volunteering at an event, visit the the Miles of Hope Breast Cancer Foundation's website at <http://milesofhope.org>.

In addition to the Breast Cancer Awareness within the Hudson Valley region, Marist Col-

lege has taken initiative in raising funds for the cause. For example, the Cabaret is selling pink sweets in honor of Breast Cancer Awareness Month. Also, there are boxes to put Yoplait Yogurt lids, which aid in the "Save Lids to Save Lives" program. Each lid has a redeemable code, that can be entered online. For each redeemable code entered online, General Mills will donate 10 cents to the Susan G. Komen for the Cure foundation.

Whether it is eating yogurt at the Cabaret or buying a pink hair extension at the East Coast Salon, there are countless ways to show your support for breast cancer awareness during the month of October.

Stay fit this winter without hitting the gym

By EMILY SCHLEIDER
Circle Contributor

Staying fit and healthy during the cold months is one of a student's toughest challenges during the semester. Whether it's the lack of available machines at the gym or the cold air preventing you from leaving your warm bed, it's easy to find a reason not to do your daily workout. Solving this issue may have your mind in a scramble. However, there are several simple solutions.

Marist offers a variety of intra-

mural classes that are held indoors year round. Intramural classes available include Zumba, kung fu, aikido, yoga and cardio circuit conditioning. All classes are free and offered to all students.

Although classes are a great way to switch up your workout routine and get away from the gym rush, leaving your dorm in the cold may be your biggest worry. There are many ways to get moving without leaving your room. If you are interested in classes such as Zumba, yoga, Pilates, and aerobics, but are not sure how exactly to get the

workout without an expert, YouTube is a great resource. You can find virtually anything on YouTube today, and what you may have once needed a workout tape for is now available for free straight from your laptop.

Another way to workout without leaving your room is by simply doing some old school, effective gym class moves such as jumping jacks, burpees, push ups, sit ups and crunches, as well as many others. Not only do these moves increase your heart rate, but also they warm you up.

Feeling lazy because you don't want to leave your room for a workout? Try not even having to stand up from your desk chair. According to <http://lifehack.org> there are several heart pumping, body toning exercises available to do right from your desk. For your feet and legs you can do toe raises, tap your feet in place, hip flexions and leg extensions. Moving to your hands and arms, you can do calisthenics such as arm pumps, shoulder raises, wrist stretches, tricep dips, flapping wings and water bottle weights. Highlighting your torso you can do back twists, gluteal squeezes, curls, abdominal

stretches and neck rotations. Although these workouts will be low-impact compared to a five-mile run, it is a simple way to stay active and warm while continuing your studies.

Along with these workouts, there are also day-to-day moves that can influence your activity without even thinking of exercise. Cleaning your room cannot only tidy up your living space, but count as cardio for the day. Many games such as the Wii, Twister, or even dancing around your room with friends can do this as well. Playing Wii games such as Wii Fit, Just Dance or any of the Wii Sports games all provide cardio. Playing games with friends helps distract you from the realization that you are exercising, as well as relieve stress and allow you to have fun at a low cost.

As the temperature is decreasing, your motivation for working out may be as well. Without getting to the gym, there are many other possible ways to workout that don't even involve leaving your dorm room. Whatever your interest is, you can find an efficient workout that will keep you occupied all winter.



VOX EFX/FLICKR

Games like WiiFit can be a great way to stay fit outside of the gym while having fun.

Not our parents' political race anymore

By AMANDA ORZO
Circle Contributor

You're five years old again. Mom's making dinner—meatloaf—gross. You've been playing in the backyard for what feels like hours, and you just need a snack. But five-year-olds can't have a cookie or two before dinner without getting themselves into a serious time-out. And just when you think Mom isn't looking, you try to get into that cookie jar—but to no avail. Now you're stuck spending the rest of your night in the corner thinking about what you did. Sure, you may know better for next time, but life isn't always choc full of second chances. Many of us have realized this the hard way. Even though we're much older and wiser now, some of us are still acting like our stubborn five-year-old selves in more ways than one.

According to a recent Gallup poll, a mere 56% percent of registered voters ages 18-29 intend on voting in the upcoming Presidential Election. The number may not seem alarmingly low until it is compared with the 81% of registered voters ages 50-64 that plan on voting. The substantial gap between our generation's expected voter turnouts and that of our parents reflects the frightening notion that our generation is simply allowing our elders to take control of yet another aspect of our lives. It's difficult to refute this

argument when the crunched numbers are published and circulated throughout America. Not only is our generation losing credibility, we're letting our ideal future slide right past us, and we're not doing a thing about it. Even a five-year-old would know enough to take advantage of opportunities to get what he or she wanted, so why can't more of us step up to the plate?

Maybe it's because college students think their ideas of the future are incongruous with the ideas of the party platforms. Just because you hate both candidates doesn't mean you shouldn't vote. With more

research, you may find that your ideas are in fact expressed in the candidates' plans.

Maybe it's also because many college students feel that their individual votes won't make a monumental impact. Is it true that one person's individual vote alone will determine the outcome of the election? No—however, the combination of individual votes actually can make a difference.

The idea that governmental systems are rigged and corrupt is merely a poor excuse used to justify lack of action. Despite the creatively crafted arguments against voting,

the fact of the matter is this: If voting was truthfully a pointless act, millions of Americans would not continue to waste their time doing so, and elections would no longer exist.

Still think voting just isn't worth the effort? Consider your goals—whatever they may be, and how badly you want to achieve them. Think about your struggle with not only keeping up in class but also exceeding your own expectations. Consider how badly you need a job after graduation and how likely it is that you will get one. The new president will have a large impact on these things. Future policies implemented from the presidential administration will directly affect our generation's lives, no matter what we wish to pursue. If we allow the older generation to make the decisions for us, we're sending a clear message that we couldn't care less.

It's our responsibility to protect what we as a generation have earned thus far. Don't let our parents' generation have more of an impact on our future than we do. We're not five; our future is more than cookies and a time-out, so we shouldn't treat it that way. Do something about what you believe in. Vote for the candidate whom you feel can best shape our future—after all we've worked for, we deserve to have our voices heard.



TEAMSTICKERGIAN/FLICR

Utilizing your newfound ability to vote in the upcoming presidential election is an assertion of our maturation and a right of passage out of passive childhood.

Unexpected electives for spring semester

By DEVON CALLARI
Circle Contributor

As the fall semester reaches its midpoint, we know that registration for spring is around the corner. Now is the time to stalk the self-service banner, flood our advisers with emails and mourn the loss of another college semester.

While there is no way to get around taking exhilarating classes for your prospective major, like corporate finance or organic chemistry, there are some classes that are being offered in the spring 2013 semester that may not force you to set up a cot in Cannavino and cry. Check your Degreeworks to see if you can squeeze in an elective or need to get rid of a core requirement with these interesting classes.

ART 145 - Basic Photography

This course teaches camera usage, different techniques and procedures, darkroom exposure, black and white photos, film development, etc. This is a great way to show off your creative side, and there is no previous experience required. Plus, you can use your new techniques to upload a new, super-classy, super-artsy Facebook profile picture. Your friends will be very impressed. Win-win.

COM 186 - Art of Film

This course is a requirement for all communication majors, but is open to everyone else as well. It is not only an interesting class to take, but it also fulfills the fine arts requirement on your audit. During this class, different techniques and effects cinematographers use to create their films are taught to give deeper meaning to why movies are filmed the way they are. Several good movies are shown as in-class examples to increase your understanding as well. So channel your inner Scorsese, and sign up.

COM 319 - Olympics & the Media

This is one of those "special topic" communication courses that are offered randomly. I'm assuming the title is self-explanatory and will explain how the media is affected by airing an international event such as the Olympics. I'm confident everyone watches the Olympics at some point, even if it's just to see Michael Phelps take his shirt off, so the topics discussed should be engaging. U-S-A!

CRJU 202 - Criminology

This class analyzes different explanations of why people commit crime. It also looks at different theories on the causes of crime and criminal behavior. I think it's im-

possible for this class not to sound cool. And plus, you'll be on top of your game when the next Law and Order marathon is on TBS.

HIS 220 - New York: The Empire State

As opposed to learning the history of another country, stay local and learn about New York. This class looks at the state from its beginning in pre-colonial times to the present day as a leading economic power. New York City is also studied in particular for its cultural and economic importance. It is definitely beneficial to learn about the state you are currently living in, so grab your Billy Joel CD, and get in a New York state of mind.

HIS 292 - History of Baseball

Regardless of your major, everyone has history core requirements. So why not knock out three credits and learn about baseball? This class looks at the sport from its creation in the 19th century to becoming America's favorite pastime in the present day. I'm sure this one appeals to all you Mets/Yanks fans, so check out this special topics course.

HLTH 202 - First Aid/CPR

I think it goes without saying that this class would be very beneficial to take. In this course, you will prac-

tice basic first aid procedures and learn to care for sudden injuries/illnesses and different life-support methods. This class is a foundation for health-science disciplines, but it offered to all other majors as well. Everyone loves the person that knows how to save a life.

PSYC 340 - Attraction and Romantic Relationships

This class tackles the very in depth topic of mating and romance. Why are couples attracted to one another? Why do people become attached? What is romantic love? What should you look for in a mate? I have absolutely no idea. Invest in some roses and scented candles and learn about it in this class.

Need an extra credit or two? Take a look under the physical education section of registration. Classes are offered in different activities such as golf, volleyball, sailing, boxing, yoga, fencing, tennis and dance, so you can shake it for an extra credit. But be quick with it because these classes usually fill up fast.

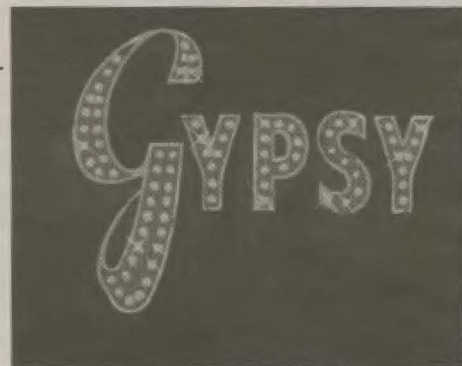
I hope you found a class or two that peaked your interest and could make a nice addition to your spring schedule. Now scribble down those CRN numbers and have fun waking up at an ungodly hour to register!

Not-to-be-missed MCCTA shows: "Gypsy" & "Red Noses"

"Gypsy"

By JENNIFER LASKI
Circle Contributor

This November, Marist College Club of Theatre Arts will be performing the classic musical "Gypsy." The golden-age show will be held in the Nelly Goletti Theater on Nov 1-3 at 8 p.m. and Nov 3-4 at 2 p.m.



FROM WWW.SOUNDGUIDE.COM
A photograph of the iconic "Gypsy" logo

"Gypsy" tells the story of an overbearing stage mother, Rose, and her quest to make her daughter, June, a vaudeville star. However, after June elopes with fellow actor, Tulsa, Rose is left with her other, less-talented daughter, Louise. Rose attempts to make Louise the star she hoped June would be, while dealing

with the decline of vaudeville and the inevitable rise of burlesque.

"I am so excited to see the end result of our months of rehearsal," said co-producer Lauren Marin. "The cast is so talented and they have worked incredibly hard to make this show a success."

Molly Sullivan, a junior, plays Mama Rose and could not be more enthusiastic about the production.

"In my opinion, 'Gypsy' is the greatest show ever written and I could not be happier to be a part of it," said Sullivan. "It's a timeless story that will make you laugh, cry, and leave you wanting more."

"My first show at Marist has been incredible," said freshmen Zach Russo, who is playing Herbie, the love interest of Rose. "I'm so impressed by the upperclassmen and it's been very cool growing alongside all the other freshmen!"

This will be a particularly significant performance for senior Ryan Zaccaro, seeing as this will be his seventh show at Marist. He plays a newsboy, Angie, who is one of the ensemble members of June's act.

"Gypsy" is a huge show for a small college to take on, which makes the entire process even more exciting," said Zaccaro. "Everyone involved puts in so much work and the result

will definitely reflect that."

As the final show MCCTA will put on this semester, you will not want to miss this hilarious and heartfelt musical.

Tickets will be \$5 for students and senior citizens and \$10 for general admission. To reserve tickets, please email mcctaboxoffice@gmail.com.

"Red Noses"

By KATIE DIBELLA
Circle Contributor

This week, the Marist College Club of Theatre Arts will be performing "Red Noses," a main stage comedy that encourages "laughter in the face of plague."

"Red Noses," written by Peter Barnes, tells the story of Father Flote and his red-nosed fools as they try to bring joy to those stricken by the plague. Audiences will laugh their way through the show at the expense of illness, red-nosed misfits, and even the Pope himself. Amongst their laughter, the Floties manage to find the hope that had been lost in the darkness of the plague. Using their comedy as the cure, they manage to bring up the spirits of the downtrodden and ill, and simulta-

neously brighten the dark days of the plague.

"In the face of death and ruin the characters celebrate God's love and choose to revel in the gift of life rather than wallow in the shadow of death," director Jim Steinmeyer said. Steinmeyer has managed to find a balance between clever humor and the realization of hope. He asks that all of you "indulge us and join in their sense of silliness, even if a little profane at times."



FROM WWW.SOUNDGUIDE.COM
The cover to Peter Barnes' "Red Noses."

Performances are at 8:00 PM on October 18-20 and 2:00 PM on October 21st. Tickets are \$5 for students and \$10 general admission. Tickets are available at the door or can be reserved by emailing boxofficemccta@gmail.com.

"The Hobbit: An Unexpected Journey" preview

By ANTO MARTINOVIC
Circle Contributor

The second trailer for the newest addition of Peter Jackson's newest epic from Middle-earth was released on Sept. 19. "The Hobbit: An Unexpected Journey" follows Bilbo Baggins and his adventure with a group of dwarves and the familiar wizard, Gandalf, to conquer long-lost territory. The film will be the first of three in the trilogy to succeed the wildly successful "The Lord of the Rings" series.

As the trailer begins, we are immediately brought back to Middle-earth. Beautiful shots of scenery are the backdrop as Gandalf begins to explain the plot of the newest film. He tells of a place far to the east, over rivers and ranges, wherein a single solitary peak lies. We are then introduced to the party of dwarves that will make up the expedition that takes Bilbo on his adventure. They are led by the legendary warrior, Thorin Oakenshield, and their journey seeks to reclaim the lost Dwarf Kingdom of Erebor, which was conquered long ago by the dragon Smaug.

As we see the dwarves pile into Bilbo's house, Gandalf begins explaining to an unconvinced Thorin that they need a hobbit on the expedition because hobbits can pass by most unseen and are master thieves, which gives them a distinct advantage. Elsewhere, we see familiar faces in Rivendell as Gandalf

is humanized through the admission that he chose Bilbo's company because he is afraid and Bilbo gives him courage.

Although it may be too early to tell, these first scenes suggest that Jackson has incorporated the same, heartwarming charm that the previous films possessed.

The remainder of the trailer, how

the fact that "The Hobbit" takes place decades before "The Lord of the Rings," and thus this version of Gollum is a lot younger and, dare I say it, saner.

A big focus is put on the group's escape from the goblin tunnels, which they must tunnel through to reach the Lonely Mountain. We see excellent camerawork and dynam-

make huge differences. This is best seen during Thorin's dialogue segment.

"I would take each and every one of these dwarves over the mightiest army," Thorin says. "Loyalty. Honor. A willing heart. I can ask no more than that."

Overall, this looks like a great movie. It seems to possess all of the elements that made "The Lord of the Rings" such an amazing series, great camerawork, great dialogue and great character design. Many of "The Lord of the Rings" cast is back as well; Ian McKellen returns as Gandalf, Martin Freeman as an older Bilbo, Andy Serkis as Gollum and Hugo Weaving as Elrond. Last but not least, Peter Jackson is back to direct the whole thing, and the budget for the trilogy is enormous at an estimated \$270 million per movie.

The main criticism of the film thus far has been the means in which it is being filmed. Prior to the first trailer, Jackson announced that he would be filming in 48 frame-per-second, as opposed to the normal 24 fps standard. Many fans have complained that this frame rate makes the new film look fake and cheesy - sort of like a soap opera.

Regardless, fan reaction to the trailer has been generally good and the hype and excitement continues to grow for the Dec. 14 release. After seeing the latest trailer, I know I'm not the only one that can't wait for "The Hobbit."



FROM STEREOGUM.COM
A promotional image for "The Hobbit," the first in a new trilogy of films set in J.R.R. Tolkien's "Middle Earth." Peter Jackson returns to direct the highly anticipated film.

ever, suggests a darker, action-heavy tone.

One of the more notable scenes includes the iconic Gollum. Bilbo challenges Gollum to a game of riddles which sets up Bilbo's "accidental" stealing of Sauron's ring. What is interesting about that scene is the different look and feel of the Gollum character. This can be attributed to

ics during the overhead shot that reveals the detail of the multi-levelled tunnel networks that brings the whole scene to life. It is this level of detail that made "The Lord of the Rings" so involved.

In terms of thematic totality, the trailer suggests that Jackson is continuing with the theme that even small and "weak" creatures can

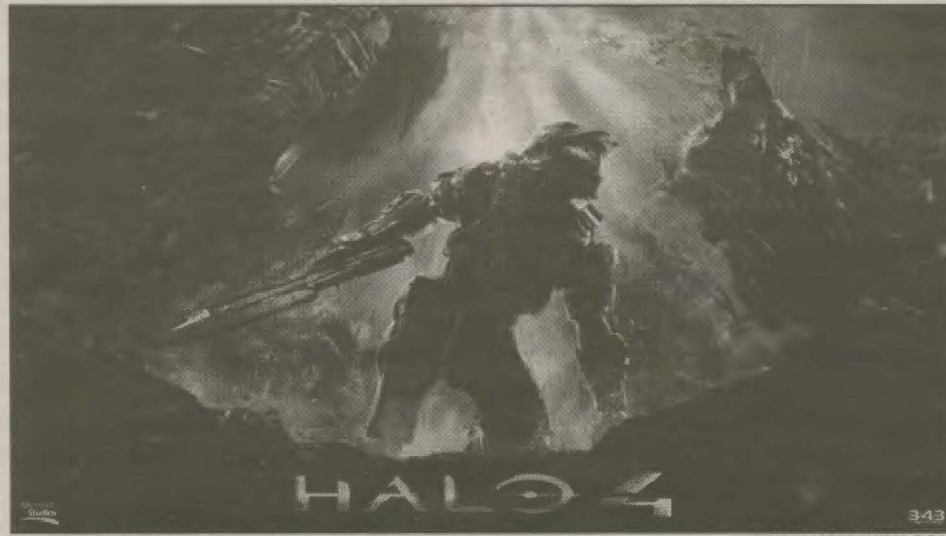
343 Industries to release "Halo 4" this November

By CHRIS POLLACK
Circle Contributor

On November 6, Microsoft Studios and the recently created 343 Industries will release "Halo 4," the seventh entry in the "Halo" franchise and the first entry in a brand new trilogy produced solely by 343. Halo 4 marks the first original title to be released without any input from Bungie, the original developing studio responsible for the first six titles.

In terms of the single-player campaign, "Halo 4" picks up right where the third game left off. Players will be able to continue the story of futuristic super-soldier Master Chief in his quest to protect the human race from ancient intergalactic threats. The last time we saw the Spartan, he was floating adrift on the destroyed UNSC cruiser "Forward Unto Dawn" with nothing but his trusty AI Cortana. With only half a ship, the Chief has no choice but to crash-land on a Forerunner world. With only one place to go, Chief braves the unknown of the ancient world and battles the mysterious home-species known as Prometheans. But he'll soon be battling a force inside his own head, as

Cortana nears the end of her AI life and begins to devolve into rampancy. The game hopes to delve deeper into the lore of the universe by encouraging more exploration and discovery over the usual run-and-gun sections interrupted by occasional cut scenes.



The cover art to "Halo 4," the newest edition to the "Halo" franchise and the first in a new trilogy produced by 343 Industries. The game will be released Nov. 6.

But what about all the multiplayer goodness you really play "Halo" for? Many players will be relieved to hear that Forge mode - an in-game make-your-own-map option - is making a return, so we can expect

plenty of custom maps and game modes available for download. However, all is not the same in terms of online play. Dubbed "Infinity," "Halo 4" allows gamers to customize and rank up their own persistent Spartan-IV in a similar style to the popular "Call Of Duty" franchise.

alien gore with a friend or three? If you're used to bonding over bloodbaths with buddies, you've come to the right place. Along with the return of previous games' co-op mode, "Halo 4" takes another page from "Call of Dutys" book and introduces an objective-based co-op mode where the player and up to three friends can play miniature missions. But where "Call of Duty" just has a troupe of disjointed minigames, "Halo" expands on the main story. With the regular post-release updates to the mode, the developers hope to fully immerse gamers in the lore of the universe, telling a more complete and satisfactory tale.

Many "Halo" fans were concerned about the future of the series when Bungie left, but if trailers and gameplay videos are anything to go by, it looks like 343 Industries has things well in hand. The staples of the series —fast-paced action built on a chilling sci-fi motif— make an appearance along with some interesting new modes that are likely to explode the longevity of this newest episode. "Halo 4" looks like a defiant buy for sci-fi and shooter fans alike.

With 50 levels and eight specializations, all of which offer their own unique upgrades, the multiplayer of "Halo 4" is unlikely to become stale anytime soon.

Want to wade through a river of

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From Page 12

Women's soccer on roll in conference

Rivera would finish with eight saves on the afternoon, as she denied a pair of shots by Panzner in the second half.

On the other side, the Gaels would

muster just two shot attempts in the second half and would finish with just one shot on goal for the match.

The Red Foxes will return to action

on Friday, Oct. 19 at 7 p.m., when they travel to Riverside, NY to take on Manhattan. The Foxes then continue their roadtrip on Sunday when they take on St. Peter's. The

game against the Peahens is scheduled for 2 p.m. Manhattan and St. Peter's are in ninth and tenth in the MAAC, respectively.

Marist athletics are going CODE RED

By ZACH DOOLEY
Sports Editor

"Whether you're on the field or in the stands, we're all Red Foxes."

That's the slogan of the CODE RED initiative, a yearly program run by the Student-Athlete Advisory Committee (SAAC), designed to get athletes and students alike to come out and support the Marist athletic teams. Unlike in years past, the program will focus on just one event this semester, the volleyball match against Iona on Wednesday, Oct. 24.

The SAAC is comprised of students from all of the varsity sports programs at Marist, with two players from each team representing each team. The committee is designed to give students a voice in the athletic department, as well as to connect student-athletes with their classmates in the general student population. SAAC members are also given opportunities to grow as leaders via their time with the program.

The CODE RED initiative is the SAAC's way of connecting with students, encouraging them to come out and support their athletic teams. CODE RED spreads the word of whichever game they are promoting, this semester being women's volleyball, and offers raffles and giveaways at the games, as an incentive for student support.

"We are asking the Student-Athlete Advisory Committee to spread the word to their teammates and to their friends in general, the general student body," Marist Associate Athletic Director Elizabeth Donahue said. "We have some email's the week of to promote the event and on the day of the event we're having T-shirts promoting the event, food and giveaways."

The first 100 students who attend the designated CODE RED event will receive a free t-shirt, as a testament to the support they are showing for the program and their Red Foxes on the court.

One lucky student will even get to be as involved as the players and coaches themselves, as SAAC has organized for a guest coach during

the match, where one student will be on the bench with the team throughout the game.

"When we did [the initiative] last year, people really seemed to enjoy that aspect, because they don't really get to see that side of it," Donohue said. "They get to go in the locker-room, and they usually walk away with a shirt or memento from the team, which is good."

One aspect of the CODE RED program that has been changed for this year was narrowing down the enterprise to just one game for the fall semester. After trying to get the support at multiple games last year, the SAAC felt that targeting one game this fall would be the best way to get student support.

"I think if it's one bigger event, then they're going to hear about it a little bit more and when they come to the event there will be more going on," Donohue said. "As a result the giveaways will be bigger, and the SAAC that runs it, can focus all of their attention on just the one event."

Donohue believes that students are starting to "become more in

tune with the saying CODE RED," and, as a result, this will drive more and more students to games in the spring and into next year.

Similarly, help from the Marist's student booster club, known to most as Red Fox Nation, was a huge part in getting the student turnout they did last year, and will continue to drive those numbers upward.

"Last year the athletes did a good job of supporting other athletes, but now it's taking it a step further," she said. "The student booster club helped us last year to spread the word, a lot of their members were our student coaches, and it's a good collaboration."

So whether you are a booster club member, a student-athlete, or even just a regular student looking to show some school spirit, come out to the women's volleyball match next Wednesday, enjoy some free food, maybe land a T-shirt and support your fellow classmates. Because regardless of what activities you do here, we are all Red Foxes.



Volleyball

Marist volleyball earned a split over the weekend, defeating Rider by a 3-1 scoreline and falling to Loyola by a nailbiting 3-2 scoreline, with both matches being held in Poughkeepsie.

Sophomore Maackenzie Stephens led the charge for the Red Foxes against Rider, putting up a career

high twenty kills, shattering her previous career high of 12.

Following a first set in which the visiting Rider Broncs beat the Foxes by a 25-20 scoreline, the Red Foxes took over winning three straight sets en route to the 3-1 victory. Sophomore Melissa Gilbert was also in double digits for kills, while sophomore Becca Jones had 16 digs, which was good for a match high. Sophomore Brooke Zwyck also chipped in 15 kills, good for second on the Red Foxes.

On Sunday, the Red Foxes squared off against another MAAC foe, Loyola. Unlike their match against Rider, Marist could not come away

with a victory against the Grey Hounds.

The teams traded sets up until the final one, highlighted by big runs from both Marist and Loyola. Stephens led the way for the home team, with 12 kills and five blocks. Hanna Stoiberg, who had missed the last three matches due to injury, had 10 kills, 18 assists, and six blocks in her return.

Cross Country

Both the men's and women's cross country teams turned in strong performances over the weekend, at the Princeton Invitational.

The men's placed ninth overall out of 24 teams at the meet, led by Arquimedes Delacruz (24:58 in the 8K). The women's team, led by Michelle Gaye (22:05 in the 6.2K), finished eighth overall among 25 teams.

Both teams will be back in action this Friday, at a partial squad meet, the CCSU Mini Meet. The next full team meet will be the MAAC Championships on Oct. 27.

The Fox Trot

Quick hits of the week in Marist athletics

Hall Of Fame NBA Writer/Broadcaster Coming To Marist

Peter Vecsey

When: Oct. 24, 7:00 p.m.

Where: Nelly Golletti Theatre

What: Hall of Fame NBA writer Peter Vecsey speaks about covering basketball and the changes through which his industry has gone

Sponsored by the Marist College Center for Sports Communication

Football loses to PFL rival Butler

By GARRIN MARCHETTI
Sports Editor

Last Saturday's football game between Marist and Butler had all the makings of a Pioneer League classic. The Red Foxes were among the leaders in several defensive categories in the conference, while the Bulldogs had the top offense.

When the final whistle was blown Saturday afternoon at Tenney Stadium, the game had certainly lived up to its hype. But it was the home team that came away with a bitter taste in their mouths.

Marist dropped a 17-14 contest to Butler, their second straight PFL loss. The team's conference record is now 1-2, and 2-4 overall.

The game was close throughout its entirety, and the Red Foxes performed well on both sides of the ball, totaling 326 yards of total offense and holding the high-scoring Bulldogs to two touchdowns and a field goal.

But in the end, there were some inconsistencies from both units that could not be overcome.

"It is so hard [to lose a game like that], because the players and the coaches put so much effort into winning football games," head coach Jim Parady said. "The disappointment is there for everybody."

Containing Butler's offense was the focus for Marist entering the game, and the defense would be tested early, with the Bulldogs

striking seven minutes into the first quarter. A 10-play, 96-yard drive ended in a two-yard touchdown run by Trae Heeter, the PFL's leading rusher.

The defense would surrender another touchdown to the Bulldogs before the end of the half, a 35-yard touchdown pass to make the score 14-7. The only other points that the Red Foxes allowed would be on a 20-yard Butler field goal with 56 seconds remaining in the third quarter.

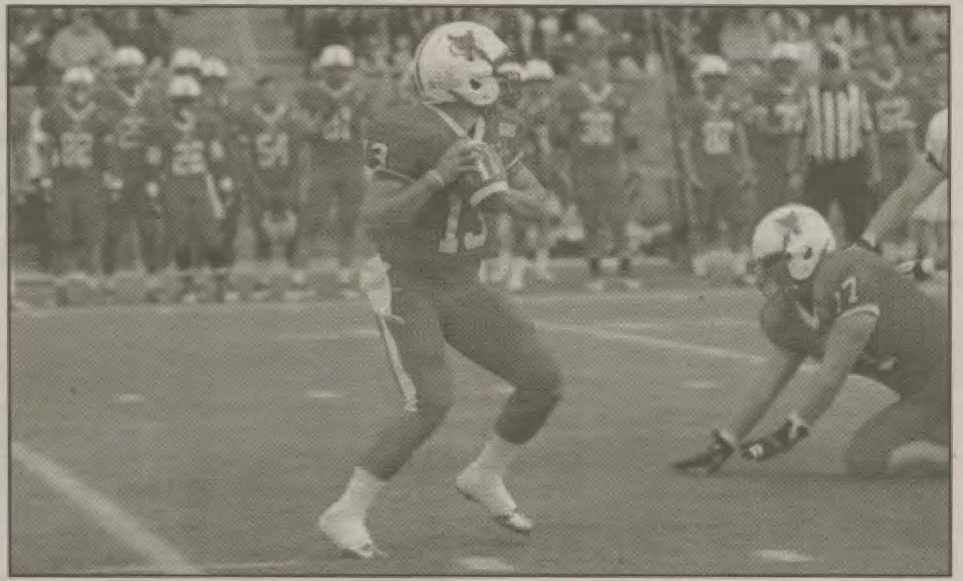
Parady said that the defense, despite allowing several lengthy drives and a high amount of yardage, impressed him with its effort in the game.

"We bent a little bit, but we didn't break. When you give up 17 points to the number one offense in the league, that is a good day," Parady said.

Offensively, Marist had worked on several aspects of its attack during the bye week, and those improvements were shown during this game. However, there were other areas that the unit struggled with, resulting in missed opportunities throughout the game.

"We were cleaner in a lot of the little things of the particular plays that we ran," Parady said. "We moved the ball [well], we had no turnovers. But when we would get down to the 40 and the 30 [yard lines], we could not convert and get ourselves into field goal range. We need to be better in that area."

Marist was within reach of pulling



ERIC VANDER VOORT/THE CIRCLE

The Marist football team dropped a 17-14 contest to Butler on Saturday. The team will be back in action this Saturday, when they go on the road to take on PFL rival Drake.

ahead at the start of the fourth quarter, only down by three points and possession to begin the frame. But Butler would dominate time of possession in the final quarter, maintaining the ball for 10:00 minutes to seal the victory.

Parady said that both the offense and the defense performed well enough in the fourth quarter but gave credit to the Bulldogs for their ability to make big plays when they needed to convert.

"Their [Butler's] kids made some unbelievable plays at the end on third down conversions. At that point, you got to just tip your cap sometimes and say, 'That was a good play.' It is frustrating to watch

that happen, but they made the right plays [when necessary]," Parady said.

It is natural for any team to feel disappointed and discouraged after a tough loss like Marist had on Saturday. But Parady and the rest of the coaching staff remind their players to keep their heads high, and to move forward with the progress that they have made so far.

"You can't sit there and think about the tough losses. It is so easy to get caught up on the record," Parady said. "There are a lot of games left in the season. This team has made so much progress, and we want to move forward, not backward."

Men's soccer suffers tough weekend

By ZACH DOOLEY
Sports Editor

This weekend has been make it or break it for the Marist men's soccer team. Following two losses on the road at Loyola and Rider, Marist is staring at a 1-3 record and their final two home games of the season coming up this Friday and Sunday. With only the top four teams in the standings qualifying for the MAAC Tournament, and the Red Foxes sitting in seventh place, this upcoming weekend is critical for the team.

"It is what it is, we need six points," said Marist head coach Matt Viggiano. "Can we get away with a win and a tie? Maybe, but then you're asking to go on the road for the last three games of the year and probably win them all. If we're being realistic with ourselves, we need six points."

Marist is in this situation after dropping two tough games this past weekend, via a 2-1 overtime loss at Loyola and a 2-0 loss at Rider. Throughout the weekend, the Red Foxes out-shot, out-possessed, and for the most part outplayed their opponents, but they could never find the goals that they needed, while getting no help from the officials along the way.

When the Red Foxes and Greyhounds squared off on Friday night, both teams came out flying offensively. Senior midfielder Anthony Rozmus ripped a shot off the crossbar in the 11th minute in the first real scoring chance of the game, be-

fore Loyola came back with two shots on target of their own, both being denied by junior goalkeeper Anthony Sokalski.

The Red Foxes threatened again in the 23rd minute when sophomore Nick Bramall's header appeared to be headed for the back of the net, but a Loyola defender cleared it off the line, keeping the game scoreless.

Sokalski made one more save on Loyola's only other shot on target of the half, and senior forward Stephan Brossard saw two of his own efforts denied by Greyhounds' goalkeeper Thurman Van Riper. The two teams went to the locker rooms with zeros on the scoreboard.

Marist again came out strong in the second half and was finally rewarded for its efforts in the 70th minute when Brossard netted his seventh goal of the season from outside the box.

However, Loyola came right back and scored the game-tying goal just two minutes later on a header from Jamie Libby.

"Every time we seem to score a goal, we seem to take a deep breath, and by the time we finish taking that breath the other team seems to put one in on us," Viggiano said.

A hard struggle ensued throughout the rest of the game with both teams trading chances, before Loyola came out victorious in overtime, winning the game by the 2-1 score line.

"We probably deserved better. We can't seem to catch a break," Vig-

giano said. "We hit the crossbar in the first half, had a ball cleared off the line, so we probably should have been up 2-0 at halftime, so it was tough."

The Red Foxes looked to rebound in New Jersey on Sunday against Rider, but despite outplaying the Broncs for much of the match, came away with a 2-0 loss. A couple of controversial decisions seemed to do the Red Foxes in, with a handball in the Rider box going uncalled, as well as a penalty kick for Rider in the second half, which resulted in the game's first goal.

"I really feel like we were shafted," Viggiano said. "There was a clear handball in the box in the first half that the referee decided for whatever reason to let go, and in the second half there was a beyond questionable penalty kick call at the beginning of the second half, which changed the entire complexion of the game."

Marist outshot Rider by an 11-5 margin in the first half, including 3-0 shots on goal, but they could not find the back of the net. Sophomore Dylan Lee, junior Evan Southworth and Brossard all tested the Rider net, but each was denied.

Following the controversial penalty kick goal from Rider to open the second half, Marist continued to press but could not find an equalizer before Rider doubled their lead. Southworth had another shot on target denied by Rider goalkeeper Matt Perrella and the Red Foxes could not find the back of the net as

they fell 2-0.

This brings us to Marist's final two home games of the season: this weekend against Canisius and Niagara. Despite Coach Viggiano knowing that his team needs a big weekend, the approach is still contingent on taking it one game at a time.

"Our focus right now is Canisius," Viggiano said. "We knock them off and we get the ball rolling in the right direction. I really feel like we're a break away or a goal away from something happening and the switch going on, and we're riding it out the rest of the year."

The Red Foxes will take on Canisius Friday night at 7 p.m., before hosting Niagara on Sunday at 1 p.m., where it will honor the senior class of Brossard, Rozmus and Josh Faga on Senior Day.



ERIC VANDER VOORT/THE CIRCLE

Women's soccer stays unbeaten in MAAC

By **JOE FITZHENRY**
Staff Writer

The Marist women's soccer team has enjoyed great success over the last few weeks, as they are sitting pretty at 5-0 in the Metro Atlantic Athletic Conference (MAAC).

Over the weekend, a pair of victories over two top challengers, Fairfield and Iona, helped the Red Foxes to get to that perfect record in league play with four games remaining. Marist defeated Fairfield by a score of 4-1 and edged out the Gaels of Iona, 1-0.

"There's definitely a lot of confidence," head coach Kate Lyn said. "We're all realizing that it's possible to go 9-0 if we put our minds to it. Beating Fairfield and Iona in the same weekend shows how much determination we have."

On Friday night, the Stags came into the game sitting on top of the MAAC at 4-0 in league, a half a game ahead of the Red Foxes, who began play at 3-0.

However, any doubt over who the better team was on this night would be quickly erased, as sophomore Marjana Maksuti headed home Samantha Panzner's corner kick just 50 seconds into the match.

The goal would prove to set the



COURTESY MARIST ATHLETICS

Amanda Epstein helped the Red Foxes earn a pair of victories over the weekend

tone for the remainder of the night, as Amanda Epstein was given a penalty kick at the 19-minute mark and put it in the back of the net for an early 2-0 advantage.

Fairfield keeper Kathleen Early was tested early and often in this one, without too much help from her defense early on. Following a restart, junior Rycke Guiney made it 3-0 with a direct kick from 25 yards out at 33 minutes.

At the halfway point of the match, Marist held a 10-4 advantage in

total shots along with a 4-2 edge in shots on goal.

With just 2:39 into the final stanza, Guiney delivered a cross to Epstein, who beat Early for her second goal of the afternoon and opened up a 4-0 lead.

The Stags would put their only goal of the night on the board at the 78-minute mark, as Nikki Stanton booted home a penalty kick to account for the final margin of 4-1.

For the match, Marist outshot Fairfield 14-7, including 7-4 in shots

on goal. Andrea Wicks recorded three saves for the Red Foxes in net.

Hoping to complete the weekend sweep on Sunday afternoon, the Red Foxes rode a goal from Epstein at 23 minutes, with the goaltending duo of Wicks and Caitlin Landsman on their way to a 1-0 victory over Iona.

Iona had a chance early on with a shot by Melissa Frederick, but that would be about it in a first half dominated by the Red Foxes.

Marissa Mertens and Chelsea Botta would each put shots of their own on net in the opening frame, but the Red Foxes couldn't break through until Epstein scored the game-winning goal. She now has 11 game-winning goals in her career.

The Jericho, NY native brought the ball down the left side and released a shot from close in on the end line that would deflect off an Iona defender's foot and slip past oncoming goalie Trista Rivera.

"It's hard to describe what she does mean, beyond just her ability," Lyn said of Epstein. "She's a great teammate. Her teammates respect her and a part of her success is because her teammates are constantly helping her and playing off of her so well."

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