

## The



## Circle

The student newspaper of Marist College

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FOUNDED IN 1965

Thursday, April 14, 2011

# Marist hosts annual Holocaust ceremony

By JENNA GRANDE  
News Editor

On Wednesday, April 6, Marist hosted its 21st Annual Holocaust Remembrance assembly. Mrs. Jean Malkischer gave a survivor's account of her time growing up in Vienna, Austria during the years leading up to World War II and her time in the Theresienstadt concentration camp and Auschwitz death camp during the actual war.

The program, which started promptly at 7 p.m., was held in the Student Center. The room was overflowing with people, and the office of college activities was forced to bring in extra seating to seat the crowd. People began lining up outside the room as early as 6:30 p.m. in order to get prime seating for the event. College activities reported 300 people in attendance.

The ceremony began with a welcoming address from President Dr. Dennis Murray. Students Joanna Weiss and Jenna Finn, both of whom recited selected readings that pertained to the Holocaust, preceded Murray. The readings flowed nicely into the Chamber Singers' two-song performance. They performed Frank Ticheli's "Earth Song" and Christopher Tin's "Baba Yeta".

Steve Sansola, the associate dean for student affairs, gave a quick introduction and spoke about prejudice. He encouraged Marist students to make fighting prejudice and hatred their mission, and to make sure that the crimes committed by the Nazis are never repeated in our history.

Malkischer, accompanied by her husband, son, daughter-in-law and grandchildren, came to the podium and began her eloquent speech about her journey. She spoke about "bearing witness" to the true horrors and crimes she witnessed in Europe during the 1930s and 1940s.

Her story began in Vienna, Austria, where she lived a normal middle class life. In March 1938, however, her life was turned upside down as Hitler's forces invaded her homeland. Realizing they were in danger, Malkischer and her family tried to flee to Switzerland but were denied access at the border and sent home.

Malkischer described how people were actually excited and "jubilant" about Hitler's arrival in Austria. She did not understand how people could be happy about having a ruler that openly discriminated against her people. She clearly remembered the pain she

# High hopes for Marist's first TweetUp event

By ABBEY SCALIA  
Circle Contributor

Marissa DeAngelis has experienced her first social media outbreak, and she's not planning to slow down anytime soon. Her proposed TweetUp for the Marist community, set for April 19 in the Student Center 349, has gotten the attention of Tim Massie, chief public affairs officer at Marist and the Dean of Admission, Kent Rinehart.

A TweetUp is a new type of networking event that is created through social media. A TweetUp occurs when students that use Twitter in the same community gather together to discuss social media. For an hour or so, students have the opportunity to discuss Twitter face-to-face with others who use it. Massie said that people are usually first given the opportunity to socialize with others in the Twitter community to dis-

cuss social media applications.

"It's an opportunity to meet the people behind the Tweets," Massie said.

Not surprisingly, the attention of the TweetUp was generated from Twitter itself. DeAngelis said she sent a Tweet to Tim Massie, letting him know she had created a strategic plan for the TweetUp. Almost immediately, she was contacted by Kent Rinehart and Brian Apfel from the admissions office.

"I was so excited about how quickly it was catching on," DeAngelis said.

Apfel was excited, too. As Associate Director of Admission, Apfel oversees the official Marist Twitter page, and asked DeAngelis to send him a copy of her strategic plan.

"Using social media like Twitter is essential in order to prove that [Marist] is ahead of the times. You can't just talk the talk. You have

felt when her local townspeople insulted her for being Jewish.

Malkischer illustrated for the audience the hardships of being forced from her home, leaving behind her most prized possessions and being torn away from her family. She watched, painfully, as people were separated and sent to different parts of the concentration camp and death camps.

SEE SHE DID NOTE, PAGE 3

## CAN'T STOP HIS SHINE



RYAN RIVARD/ THE CIRCLE

On Tuesday, April 5, Jason Derulo made his scheduled appearance at the McCann Center for the spring concert. Because of the tentative weather of early April, the concert was held in the McCann Center, a first in a number of years. Before Derulo took the stage at 10 p.m., pop singer Samuel Adams opened for the show. Close to 1,000 tickets were sold for the event. Students danced on as Derulo performed a number of his current songs and remixes. His repertoire included an acoustic version of "Ridin' Solo" and his more famous songs, like "Whatcha Say" and "In my Head."

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and being torn away from her family. She watched, painfully, as people were separated and sent to different parts of the concentration camp and death camps.

SEE SHE DID NOTE, PAGE 3

to walk the walk," Apfel said, referring to Marist's application of social media.

DeAngelis said she would like her TweetUp to include guest speakers and a Q&A panel discussion. She also hopes to secure speakers that are active in the Marist Twitter community like Danielle DeZao and Alyssa Bronander to discuss their personal and professional experiences with Twitter and social media. DeZao has used the social media to make a larger impact with the domestic violence club she started on campus, h<3art1. Bronander has recently used Twitter as a professional vehicle for her blog, Karma Waffle.

DeAngelis said she recalled first hearing about a TweetUp while interning at the Providence-Warwick Convention and Visitors Bureau this past summer. While TweetUps are more common in the professional world, DeAngelis

said she thought having one on campus would be beneficial.

Professor Mark Van Dyke assigned students in his public relations class to come up with their own strategic plan. DeAngelis said she knew she wanted to propose a TweetUp. While students from Van Dyke's class could make their plans hypothetical, DeAngelis said she always expected the TweetUp to actually occur.

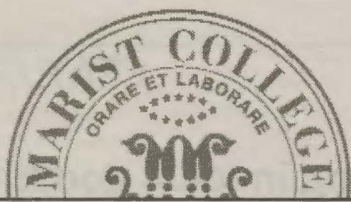
"It's not a project at this point," DeAngelis said. "I want to start a social media movement."

Massie said he is prepared to promote the TweetUp through both traditional forms of media and social media.

"It's a real opportunity to build on a 'community,'" Massie said. "I think you'll be surprised by the number and diversity of people who attend."

SEE AT THE UNIVERSITY, PAGE 3





## THIS WEEK

Thursday, 4/14

**SPC Speaker: Barry Drake**  
**"80s Rock Music in the Video Age"**  
9 p.m. - 10:30 p.m.  
PAR 346

**Chess Club Meeting**  
9 p.m. to 11 p.m.  
Student Center  
SC 348, 348A, 349

**BSU Meeting**  
9:30 p.m. to 10:30 p.m.  
Student Center  
SC 349

Friday, 4/15

**Women's Lacrosse vs. Iona**  
4 p.m. - 6 p.m.  
Tenney Stadium

**SPC Movie: "Dilemma"**  
10 p.m. to 11:30 p.m.  
Student Center  
PAR 346

**Hope for Japan Fundraiser**  
11 p.m.  
Student Center  
Champagnat Breezeway

Saturday, 4/16

**Marist Music Presents: A Night in Vienna**  
8 p.m. - 10 p.m.  
Bardavon Opera House

**SPC Movie: "Dilemma"**  
10 p.m. to 11:30 p.m.  
Student Center  
PAR 346

**Men's Lacrosse vs. Jacksonville**  
3 p.m. - 5 p.m.  
Tenney Stadium

Sunday, 4/17

**Women's Lacrosse vs. Manhattan**  
5:30 p.m. - 7:30 p.m.  
Tenney Stadium

Monday, 4/18

**Marcellin Champagnat Lecture**  
7 p.m. - 9 p.m.  
Nelly Goletti Theatre

Tuesday, 4/19

**Game Society Meeting**  
9:30 p.m. - 11 p.m.  
SC 348

Wednesday, 4/20

**Student Employee Appreciation Day**  
11 a.m. - 1:30 p.m.  
Nelly Goletti Theatre

### Letter from the Editor

How ironic it is that Marist College's Fourth Annual Campus Sustainability Day falls on Thursday, the day we distribute 2,000 newspapers across campus. We plan to trim our carbon footprint in the future, but if you are looking for inspiration to adopt greener water usage habits, flip over to Lifestyles.

In honor of water activist Maude Barlow's recent appearance on campus, The Circle's News Editor Jenna Grande documented one week's worth of personal water usage and

shares her experiences in "Working sustainability to give Mother Nature a water break." Find out how she used 231.5 gallons of water in seven days.

On a sweeter note, how about a story on cupcakes? In features, read about how 21-year-old Alyssa DeMarco has created CuteCakes NY, a small independent bakery striving to become the "Hudson Valley's premiere cupcake company."

If there's one Marist student who has been eating cupcakes in moderation, it's Luke Shane. In our Sports

section, Sports Editor Jim Urso features Shane (Class of 2012) as he prepares to run the Boston Marathon next Monday, April 18.

Last but not least, on behalf of The Circle, even though we kill lots of trees by printing our beloved newspaper, we ask you, please, be kind to the environment: Recycle after reading.

Stay green.

**Ryan Rivard**  
Managing Editor

## Security Briefs

### Pirates, lacrosse balls, and Four Loko

By CHRIS RAIA  
Staff Writer

Last year on Housing Day, a friend of mine, a senior at the time, said he was going to sit in a lawn chair outside of the McCann Center and, quote, "watch friendships get ruined." Genius idea, I'll give him that, but it's sort of sad. I understand that housing is important, and nobody wants to settle for anything less than their dream house; however, try to remember what's really important. If you really think that the room you're sleeping in next year is going to make or break your experience at Marist, you either have the wrong mindset or you're surrounding yourself with the wrong group of people. If you got the house you were hoping for, fantastic. If you didn't, don't take it personally. With all of the obstacles life throws at us, college friendships have enough adversity to overcome; don't let something as petty as a house get in the way of your home here at school. Whether you're in the archway house at Fulton or tripling up in Marian, here's to the housing process being over. Now that we can stop calculating and recalculating priority points, let's make fun of drunk people.

4/5 Leo

A freshman student went to sleep at midnight with her laptop sitting on her desk. She went to class at 8 a.m. with her laptop still sitting on her desk, but she forgot to lock her door. When she got home, it was gone. In movies, some villains do bad things and then eventually are forced by protagonists to go back on their evil ways and find redemption. Look at Cindy Lou-Who. She showed the Grinch the meaning of Christmas, and he found the good in himself and returned all the presents he stole. If anybody knows who stole this laptop, I urge you to go Cindy Lou-Who on him. Until that happens, my laptop is available to the victim of this theft. Come find me.

4/8 Leo

A student was stopped at the entry desk, and his backpack was searched. Four cans of Four Loko were spotted, as well as a seven cans of Natural Ice. I thought Four Loko was banned from collegiate society the same way Pogs and Pokemon cards were banned from elementary schools back in the day. Apparently, I was wrong. **15 points.**

4/9 St. Ann's

First of all, I had no idea St. Ann's was a building on this campus. Oh well. Anyway, an ROTC student

was spotted climbing to the second floor window of the building. His sergeant told him they needed supplies in that building, and the student felt that he couldn't wait for security to arrive with the key. I like the initiative a lot. He's Army Strong.

4/9 Leonidoff Field

During lacrosse practice, an errant lacrosse ball left the field's premises and slammed into the windshield of a security vehicle. This seemed to happen a lot last year, and that begs the question, are the lacrosse players incredibly inaccurate in that they send balls flying through windows when they're aiming at the goal? Or are the lacrosse players incredibly accurate and just rude to nearby vehicles?

4/10 Campus Deli

An assumedly homeless man was found sleeping outside of Campus Deli, dressed as a pirate. There's a Somali pirate joke in here somewhere. There's probably a Johnny Depp joke. But, you know what? I'm just going to leave it exactly how it happened.

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

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## From Page 1

She did note, however, that there were a few workers in the camps who would try to give her advice on how to survive and be spared from the gas chambers and ovens.

Working 16 hours a day and given practically no food, Malkischer discussed how fortunate she was that she and her sister, who was constantly by her side, were lucky to survive.

People were hoarded onto buses that cattle were transported on and were constantly dropping dead around her. After being separated from her parents in Theresienstadt and working in Auschwitz, Malkischer returned to Theresienstadt and her mother did not even recognize her own children.

Malkischer gave thoughtful reflections on the whole ordeal. She was seven years old when the

Nazis first came to Vienna and was 16 years old when she returned. She was able to graduate high school at age 18 and went on to medical school. She still keeps in contact with people she met in the camps.

One point Malkischer stressed was that while people may travel to the camps and study this horrific part of history, no one can truly grasp and understand the horrors that happened there because there are no more people there.

Follow us on Twitter!  
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Check us out on the web!  
www.maristcircle.com



TESCOKAREN/Flickr.COM

Above is a photo taken at the Auschwitz death camp in Poland. Prisoners were subjected to inhumane treatment, starvation, disease and undesirable working conditions. Experts estimate 1.25 to 1.5 million people were killed at Auschwitz.

## From Page 1

At the University of North Carolina Chapel Hill, students involved in the campus paper, the Daily Tar Heel, held a TweetUp of their own in September 2009.

"It was a good chance for us to interact with readers," Sara Gregory, who acts as community manager at the Daily Tar Heel, said.

Though the turnout for UNC's

TweetUp wasn't huge, Gregory said in the future she would suggest promising food to attract people to the event.

DeAngelis said food and refreshments will be served during part of the night. DeAngelis also plans to offer evaluation sheets about the TweetUp to those who attend, in an effort to make future Tweet-

Ups even more successful.

For DeAngelis, what started as a class project has quickly exploded into a campus-wide event.

People are encouraged to sign up on Twitter for the event via Twitvite. The Twitvite can be accessed at <http://twitvite.com/57njns>.

Relay for Life is Friday, April 15, 12 p.m. until 12 a.m. Please register at <http://relayforlife.org/-maristcollege> to help us get closer to the \$60,000 goal. Driving cars to the riverfront on Friday is prohibited.

# GRADUATING? WHAT'S NEXT?

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  - Information Technology Management
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- Public Administration (M.P.A.)
- School Psychology (M.A.)

\* Graduate Program offered at the Florence, Italy Campus

## Online Graduate Programs

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# MARIST



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## The tantalizing tastes of Terrapin, a true Rhinebeck gem

By **BEN BRUCKENTHAL**  
Circle Contributor

Depending on how you look at it, ending or starting the week off with a delicious meal is a great way to transition yourself from one day to another.

In this case, a pleasant 20 minute drive north on Route 9 into Rhinebeck, ending my journey at the ever popular Terrapin Restaurant and Bistro Sunday night, was a great, stomach-filling treat. Having heard about Terrapin through a friend assured me that the menu is unique and mouth watering. I thought it would be a perfect opportunity to explore the local fare of the Hudson River Valley.

Terrapin, situated in the town square of Rhinebeck, N.Y., was once a church. With peaked ceilings and arched windows, this former House of God was transformed into a warm and elegant restaurant. After walking into the main entrance, patrons have the option of dining on either side of the eatery. My girlfriend and I chose the bistro. The

prices were reasonable and the menu looked superb.

After waiting a short 15 minutes for a table, the experience began. We were welcomed by the server, escorted to our table, presented menus and asked what beverages we would like to start off with. Such service is typical, but while looking through the menu, we knew this joint was anything but. Items such as tapas, tiny portioned appetizers, including duck quesadilla wedges, chorizo and green olive crostini, macademia-nut calamari, goat cheese filled wontons, a grilled lamb chop with chimichuri and warm brie with mango crostini were amongst the most popularly ordered dishes.

After considering all the choices, we ordered the macademia nut tempura calamari and warm brie with mango crostini. The calamari was light and delicious, paired with a sweet pineapple dipping sauce. The brie and mango crostini was also delightful. The sweet mango complimented the rich and buttery brie that was placed ever so gently on the toasted crostini oval.

The main course, or in my case the create-your-own sandwich, was an even tougher decision. This one aspect of the bistro caught my attention. When creating your own custom made sandwich, diners have the option of choosing from nine different starter meats, seafood and vegetarian bases. Starters including a hefty half pound beef burger, sliced steak, shredded duck confit, free ranged chicken, beer-battered fried cod, ahi tuna salad and veggie burgers were amongst those that were offered. I know, overwhelming but if you thought this process was over the variety of breads, sauces, cheeses and miscellaneous extras would cause any OCD person to have a mental breakdown. To alle-



BEN BRUCKENTHAL/ THE CIRCLE

A totally customized, scrumptious and filling Terrapin sandwich with a side of salad.

viate the space that would be required for me to list all these toppings, I'll stick with describing the items I chose to complete my tantalizing concoction. I selected the half pound burger to be served on a ciabatta hard roll. It was dressed with the siracha hot sauce, roasted red peppers, smoked onions and fresh mozzarella cheese. The siracha hot sauce gave the burger a nice tang and the roasted red peppers introduced a smoky and element. The smoked onions, on top of being smoky, were caramelized perfectly. Finally, the fresh mozzarella brought the entire sandwich together, unifying each component to form an excellently crafted culinary creation.

Barely breathing after consuming nearly a pound of burger and appetizers, my only thought was to throw in the towel. Of course every girl loves her sweets, especially my girlfriend. On the brink of a food coma, I called our waiter over and requested a dessert menu. Sure

enough, after looking at the dessert choices, we found one that would please both of us. We chose the mini chocolate chip cookie ice cream sandwiches. Four freshly baked chocolate chip cookies were sandwiches between a two whopping scoops of creamy vanilla ice cream and drizzled with chocolate syrup; sinful and delish. Check, please!

From appetizers to dessert, the bistro experience at Terrapin was amazing. The food was on point, the service was excellent and the prices were reasonable. Granted we went all out and tried to sample at least one item from every part of the menu, but if you are looking for a relatively inexpensive lunch or dinner, Terrapin is the place go. I highly recommend it, because I am certainly going back to tackle the rest of the menu.



BEN BRUCKENTHAL/ THE CIRCLE

Savor these quick before they melt.

## It's "Times" for a change at Marist College

By **WILLIAM SCHANZ**  
Circle Contributor

There it was, staring back at me, this past Sunday. It read "this is your last free article for the month." No longer would I have access to my beloved New York Times for the remainder of the month. And this is where I grew angry — and not at the New York Times, as you may think, but at Marist College.

This past fall, The USA Today, The Poughkeepsie Journal and The New York Times were pulled from their little white carts around campus, and were no longer freely available to the Marist community. I was upset about this, because I liked to pick up a New York Times on most days, and enjoyed reading the paper on a daily basis. But I was not deterred entirely, because I knew that the Times was offered online for free. And although it was not the hard copy of the paper — which I prefer — I was still getting the same

news and information, whether I had the hard copy or read the news online.

I even understood and had some sympathy for why it was a struggle for SGA to still provide us free newspapers when it costs them roughly \$20,000 a semester, and they simply do not have the money in their budget to fund that kind of initiative, especially since they are only a club.

But now that the New York Times has a pay wall up on their website — which by the way, I do not even disagree with since the newspaper industry has to come up with a way to make money somehow — I am resentful and upset that Marist does not offer any kind of newspaper, especially the New York Times.

I believe that the college is doing a grave disservice to the community, by neither providing us free newspapers, like they were for much of 2010, or giving us a way to freely access them.

There are so many reasons Marist needs to provide the campus some free access to the New York Times, and has absolutely no viable excuses about why they cannot make this happen.

First off, it is a huge win-win for the college to provide free copies of New York Times. Students would be happy with the administration, Marist tour guides can proudly boast that they provide the community with free New York Times, which makes the school look better and impresses prospective students and their parents, and finally Marist students come out as more engaged citizens who are cognizant of crucial national and world affairs.

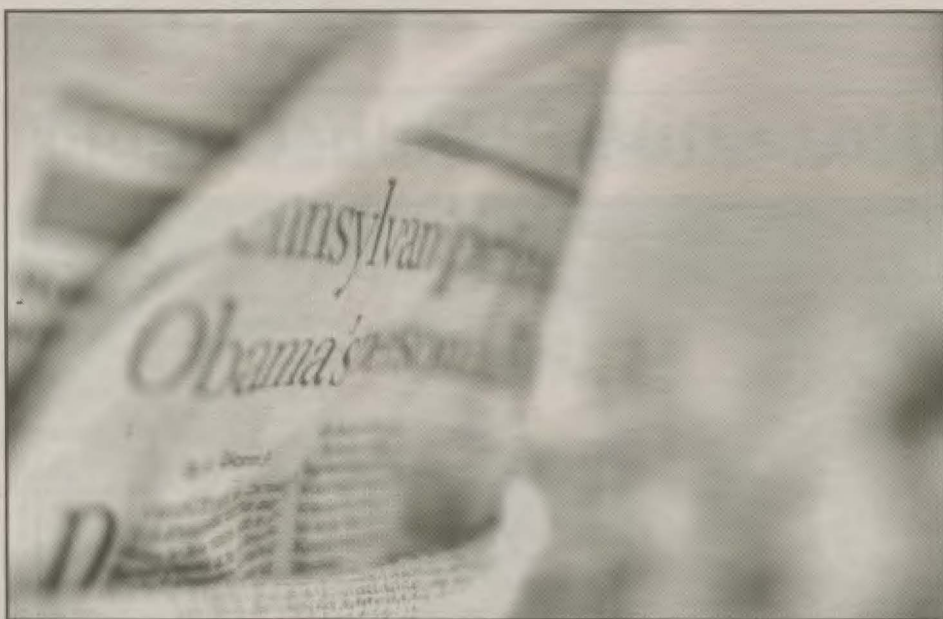
In a time where there is so much misinformation out there, the New York Times continually outshines all other news organizations. As a community that is committed to good, honest, quality work and the pursuit to continually educate ourselves, we must then show an obligation to support one of the last

truly great independent news organizations. If we stay put, our "news" is that of which you see on the TV, which at this point I'm not sure any person with any intellectual integrity could even call news anymore.

I think most importantly, we are at the precipice of a world that is ready to change; some may argue that it already has. As a student body that will soon be the leaders and thinkers of this country, we must be the agents of change for the better in this country and in this world. But that is more difficult for students when it is more difficult for them to find easy access to quality content and information. As the student body, we have an obligation to make sure we continue to read the news and to stay involved



## from Page 5



FLICKR/IRREZOLUT

Marist has put the idea of distributing the Times weekly on campus in the can.

## From Page 12

for with insatiable work ethic. "He's doing all the work and I'm taking care of the little stuff."

The little things include monitoring diet, sleep, and most recently, helping Shane taper off his workouts. As a race of such length approaches, athletes must decrease their amount of training.

"I really knew nothing about running before talking to coach," Shane said. "[Colaizzo] has taught me that every run can't be a long run. You have to mix short runs with long runs to ensure that your body is absorbing the gains from the long runs."

Shane first began running to train for soccer, basketball and baseball during his senior year of high school.

"I'm a walking cliché," Shane said. "I was overweight in high school. I started running four miles five days per week. I really liked the way I felt."

The Glens Falls native ran his

first marathon in 2:57. Shane then cut his time by 15 minutes in the 2010 Philadelphia Marathon, where he finished 53rd out of more than 9,000 runners.

"That's when I realized, 'hey, I am pretty good at this,'" Shane said.

Even though he enjoys being 'good,' the Bolton Landing high school graduate admits that he's even questioned his commitment to the race. Aside from the constant laughs from his housemates about his salad and blueberry filled diet, emerging into the snow and sleet of the brutal Poughkeepsie winter also had its impact.

"I remember this one Saturday morning," Shane said. "It was like 10 degrees and I thought: 'what the heck am I doing out here?'"

While being nestled in front of the television in his Fulton Townhouse may have crossed Shane's mind as he trotted through an icy campus on that frigid day,

in world affairs, so we come out into this increasingly global society as thoughtful, engaged adults.

Marist must back up their ideals on this issue. On the college website, Marist claims it wants to "help students to develop the intellect and character required for enlightened, ethical and productive lives in the global community of the 21st century."

This is a clear instance where a simple act of providing a rich, educational resource would confirm those statements.

I refuse to believe that there are too many things that get in the way of getting this done. I don't want to hear the excuse that there are concerns that parents or professors are taking the paper. Is this really that big of a deal? We are all smart people here; I'm sure some kind of a solution can be figured out. And in regards to funding this initiative,

I'm sure some kind of solution can be concocted. This can be something that is backed by several different organizations on campus.

Regardless of how this is funded, this is an investment that must be made. There is absolutely no downside to providing us free New York Times. This kind of investment would only add to the great strategy that Marist already has in place to making this an exciting, engaging institution of learning. This is an important decision now that Marist has in their hands. The college claims it is a progressive institution, committed to providing the student body all of the resources possible to lead in a 21st global society. Now it is time for Marist to back up those words with an investment that will only strengthen Marist's commitment to their ideals.

his resilience has bred an appreciation for what a true commitment is, a lesson which rings true in and outside the realm of sport.

As far as beating his goal of 2:40, Colaizzo thinks Shane has put in the work to do so. However, in a 26.2 mile trek, so many variables exist, including weather and the steep hills toward the end of the race.

While Shane said he has great respect for anyone who undertakes a marathon, he does not approach his goal lightly. For this reason, those little variables will remain entrenched in Shane's mind until the gun goes off.

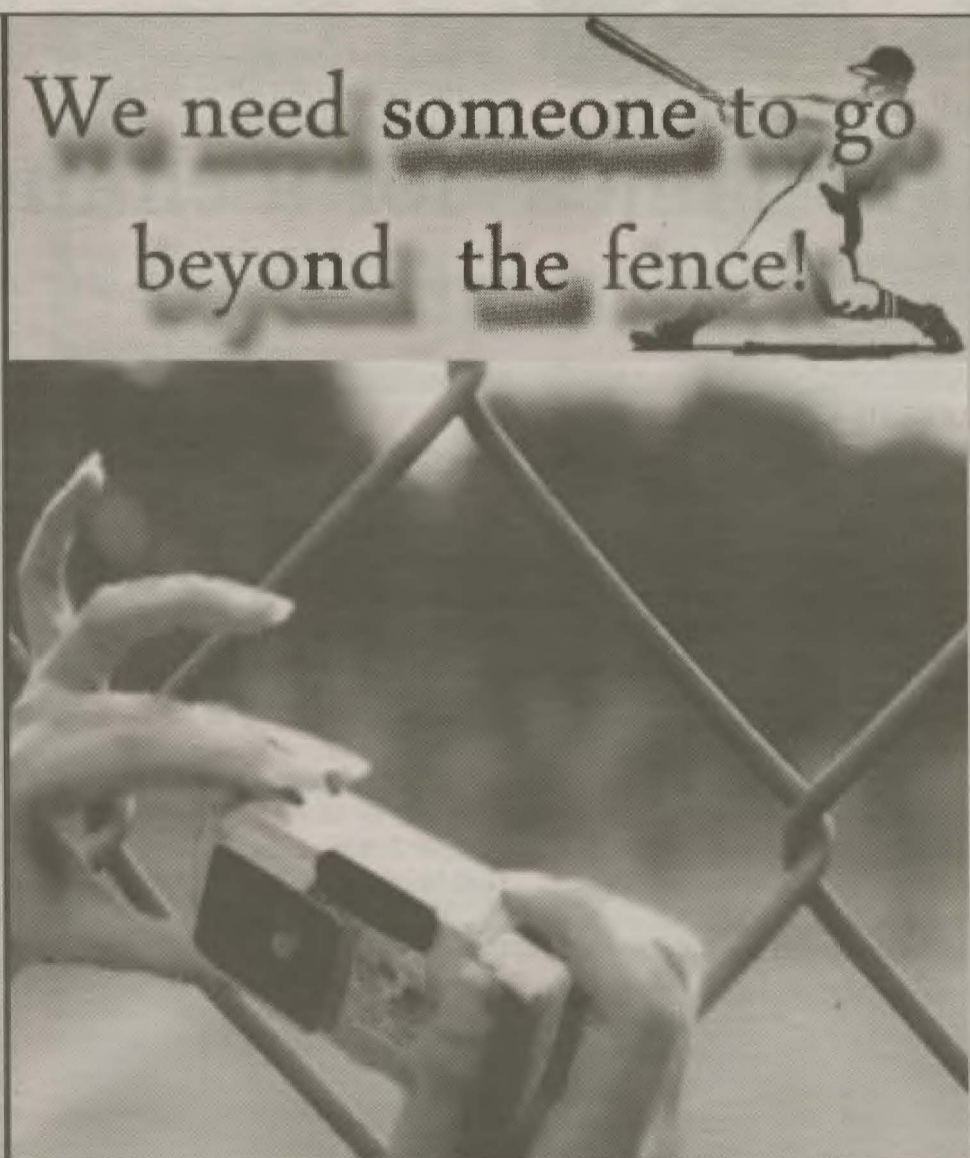
As the gloomy weather turns to sunshine, students flood the campus greens to enjoy the weather. Shane jogs by.

The sacrifice is well worth the result.



COURTESY OF LUKE SHANE

Shane, who did not run competitively in high school, began running to condition himself for other sports.





## Think local first: Student runs cupcake business

By **MAGGIE KOLB**  
Circle Contributor

Snickerdoodle, cannoli, blueberry, Nutella and champagne.

These are all unique cupcake flavors with flair, baked by the small independent bakery CuteCakes New York, located in the Hudson Valley.

Owner and self-professed cupcake connoisseur Alyssa DeMarco, 21 years-old, who recently celebrated her company's one-year anniversary, has dreams of making her company "the Hudson Valley's premiere cupcakery."

With an innovative product line, a strong social media presence on Facebook and Twitter and advanced marketing and advertising knowledge, it is hard to believe that DeMarco is only minoring in business administration at Marist.

That's right – the cupcake queen is a successful entrepreneur and a full-time student. As a junior and fashion merchandising major, DeMarco says that last January she noticed a big "cupcake trend" arising in New York City and wanted to bring the excitement surrounding the pretty little cakes to the Hudson Valley.

"My aunt and uncle have owned a local business for over 25 years in Marlboro, N.Y. and were thrilled when I asked them if they would carry my CuteCakes in their café," DeMarco said. "I started by baking a few batches a week to be featured on the lunch menu as the 'cupcake of the day.' It didn't take long for my brand to gain local recognition, and before I knew it, people were asking 'when is the next batch coming?', 'what new flavor will you create next?', and 'can we order these for special events?'"

From there, the company grew, providing even more flavors of cupcakes for birthday parties, weddings

and other events, including the Relay for Life Paint the Campus Purple awareness campaign, which took place at Marist early this April.

"This year we are really pushing to incorporate and utilize the community into the campaign as much as we can," said Nicole Dopp, chair of Relay for Life at Marist.

DeMarco's pint-sized products went on sale at Fashionology on Thursday, April 7 from 10:30 a.m. to 5:30 p.m. as a part of the visibility campaign to raise awareness for Relay for Life on April 15.

"Besides being a fundraising event, Relay for Life is a way to honor those affected by cancer," said Sarah Parsloe, co-coordinator for Relay's PTCP campaign. "People really connect to it," she said.

And that is something DeMarco believes in as well.

"Cupcakes are something that everyone loves, no matter what age they are," she said. "I believe that making people happy and enhancing the important memories and celebrations in their life goes hand-in-hand with Relay for Life's message to save more lives, to lengthen more lives and to celebrate the lives of those who lost their battles."

DeMarco has also worked with another Marist-based organization, h<3rt1, by putting on a "Cupcake for a Cause" event this past December at Café Bocca, raising awareness about dating and domestic abuse. This cause is very personal for DeMarco.

Danielle DeZao, founder of this non-profit organization, said that, "Alyssa is heavily involved in h<3rt1 to teach bystanders and friends how important it is to know the signs of abuse, as she wishes she did in the past." DeZao is a good friend of DeMarco.

"We made \$1,000 in the two hours that we sold her cupcakes, all of

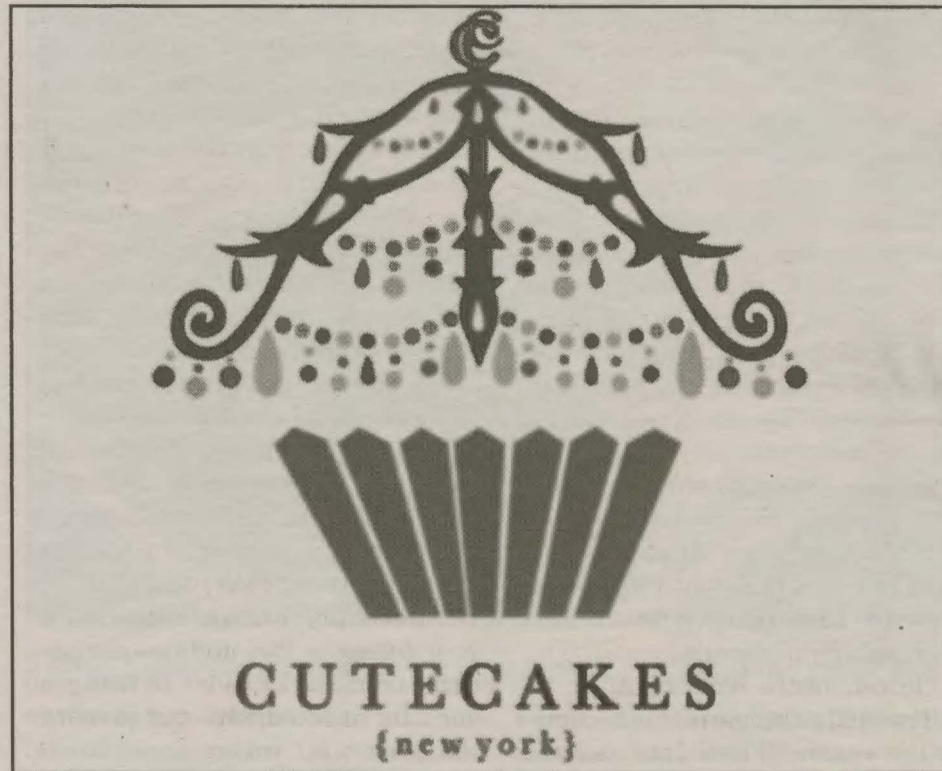


PHOTO COURTESY OF WWW.CUTECAKESNEWYORK.COM

Alyssa DeMarco uses social media and community presence to promote her brand.

which was donated to the h<3rt1 fund, benefiting battered women's shelters," she said.

DeMarco has been supplying Poughkeepsie's Café Bocca with her unique baked goods since December.

Café Bocca owner Erik Morabito has a passion for creating a venue that blends many aspects of the local culture, including the artwork, music and food. The walls are adorned with the paintings of local artists for sale and local bands play in the tight space in front of the window that now boasts a display of local pottery, complete with a stack of business cards.

The Poughkeepsie native is being honored on April 20 by the Dutchess County Chamber of Commerce for best exemplifying the "Think Local First" approach.

An award earned through his commitment to "buying from, employing and supporting local businesses,"

Morabito said, it is evident that he makes every effort to use local products in his cooking and showcase the local talent.

He "depends on local people," not only to supply him with music and talent enriching the Café Bocca experience, but as his customers and livelihood.

"The small farmers in the area are very dependent on others supporting them...I like to do what I can to help them," he said.

And just as Café Bocca places emphasis on local agricultural products, so does CuteCakes by using local seasonal ingredients in the highly coveted recipes according to DeMarco, also a Hudson Valley native.

"I have always loved the support that local businesses have given me in various communities throughout the area," she said.

## Prospective fraternity to send aid to Ghana

By **MARK BOYLE AND BENJAMIN BRUCKENTHAL**  
Circle Contributors

The Delta Nu chapter of Zeta Psi, once recognized as a fraternity at Marist College, has taken the initial step to become the volunteer driven and social welfare promoting brotherhood it was viewed as seven years ago.

This summer, the Marist Zeta Psi Fraternity Interest Group will be creating care packages for families in the city of Tamale, Ghana, West Africa. Ghana has a total population of 24,791,000 but its gross domestic product is only \$1,600.

Eddie Summers, assistant to the President at Marist, is working closely with involved students and is in charge of mailing the packages.

Involved students plan to address childhood hunger, one of most

prominent and life threatening travesties of the 21st century. Many would agree that while our world is faced with terrorism, civil unrest and an uncontrollable increase in oil prices, it seems almost unfathomable that millions of people are living each day without the proper nutritional and hygienic resources. Whatever happened to universal rights?

Human beings continue to be denied the most basic necessities, to which all people are entitled. This issue becomes even more disheartening when children, the leaders of the future, become the victims of malnutrition and inadequate physical care.

Tamale is now one of the fastest developing cities in West Africa due to its industrial advancements and developing economy. But despite its economic developments, Tamale is

suffering from increased social depravity. Issues of hunger and insufficient hygienic resources are amongst the most deprived resources of the people of Tamale.

The city of Tamale is considered one of the poorest cities in Africa, and this is reflected in its ever increasing poverty level of 20.5 percent. An alarming 1 in 5 children are underweight and 1 in 10 children dies before their 5th birthday.

Furthermore, Tamale is still in great need of major improvements in their economic and social infrastructure in comparison to their more developed capital city, Accre.

The Marist Zeta Psi Fraternity Interest Group hopes to fulfill their civil duties while being conscious of the unjust practices of foreign nations. They aim to confront and eventually subdue the threats which have victimized all those who

find themselves in the middle of this social crossfire.

With assistance and generous donations, the Marist community can help to make an important difference by alleviating the overwhelming hardships that these mothers and children experience every day. For every good deed we do, there is a positive impact that slowly follows, changing the lives of the world today as well as those in the immediate future.

Those who wish to donate can contact the active president, Jesus Ramos at [jesus.ramos1@marist.edu](mailto:jesus.ramos1@marist.edu).

The Marist Zeta Psi Fraternity Interest Group hopes to get a care package ready by the end of the week. They are not yet recognized as an official fraternity, but hope to achieve recognition.



## The green film guide: Must-see environmental movies

By MELANIE LAMORTE  
A&E Editor

Each year, Marist's Sustainability Day offers students the opportunity to view a variety of films and documentaries to raise awareness about environmental issues. On Thursday, April 14, the following films will be played in the Nelly Goletti theatre: "Hydrofracking," "Gasland," "Economics of Happiness," "We Feed the World" and "Bloom: The Plight of Lake Champlain."

In case you miss the films, or if they spark your interest, there are plenty more "green" films that have been released in recent years, offering tons of information for the environmentally conscious.

**"Food, Inc.":** Walking down the aisles of a supermarket will never be the same. "Food, Inc." delivers disturbing insights into the business of corporate agriculture, spotlighting the mistreatment of workers and the alarming components of our beloved processed food. While it's unsettling and shocking, "Food, Inc." provides alternatives and solutions, encouraging viewers

to invest in local and organic foods for the sake of their health and the environment. "Food, Inc." is gripping for each of its 91 minutes, making all those who see it question each and every grocery store decision he or she makes. The film also directs audiences to the "Food, Inc." website, <http://foodincmovie.com>, which supports the mantra, "Hungry for Change." The website provides ways to get involved in local initiatives and stay informed.

**"The 11th Hour":** Created and narrated by Leonardo DiCaprio, "The 11th Hour" informs audiences about the dangers of our increasingly unsustainable lifestyles. The earth simply cannot support the way humans live today—changes must be made in order to decrease our carbon footprints and preserve the planet for future generations. With beautiful panoramic views of the earth's natural wonders, "The 11th Hour" is visually stunning and captivating. The film encourages conservation of resources and spreads awareness about global climate change. This cautionary documentary is convincing, entertaining

and richly informative—without the sensationalism and doomsday forecasting many would expect from such a serious film.



FROM COMMONS.WIKIMEDIA.ORG/SUBWIC

**"An Inconvenient Truth":** This Academy Award-winning film documents former Vice President Al Gore's famous presentation about global warming. Chock-full of information and statistics, "An Inconvenient Truth" has a dire tone, urging people to take the crisis more seriously. Though the film is a bit dry at times, Gore does an effective job at conveying environmental concerns and suggesting solutions. By highlighting consequences of environmentally destructive actions, Gore calls for a change in policy and

the current human lifestyle.

**"Erin Brokovich":** Though "Erin Brokovich," starring Julia Roberts, is not a documentary, it does tell a true story of environmental advocacy and how just one person can make a significant change. The real Brokovich, an uneducated legal clerk, stumbled upon evidence that the Pacific Gas and Electric Company was releasing contaminants into drinking water and compromising the health of those who drank it. "Erin Brokovich" is heart wrenching and dramatic, but the great story and excellent acting performances make it a must-see. It promotes environmental advocacy without preaching—the perfect balance between information and entertainment.

Learning about environmental issues doesn't have to be boring. Both serious environmental activists and average people can benefit from these movies and documentaries, which pair entertainment with valuable facts. Keep Sustainability Day alive each day with an interesting film!

## New music from Arctic Monkeys and more



By RYAN RIVARD  
Managing Editor

**My Morning Jacket "Circuital"** – Anchoring their campaign of free music downloads, offering five songs weekly from each live show at their one-week stay at Terminal 5 in NYC during October 2010, My Morning Jacket released "Circuital," the title track from their sixth album, due out May 31. "Circuital" is a gargantuan track with over a seven minute runtime that slowly builds on a simple bass kick and hoppy guitar lick. At its climax, with acoustic guitar flutters, country-rock twang and a danceable bohemian, hippie nature, the song sounds much larger than the Louisville church gymnasium that the album was recorded in.

**Cults "Abducted"** – "Abducted" premiered on NPR's "All Things Considered" and is further proof that their upcoming debut album will be a strong contender for summer album and even one of the best of the year. The song starts lo-fi before bursting into the bubbly, 60s pop the duo has become notorious for, and pairing this sound with dark lyrics on abduction is another feat in itself. Look out for Cults; their sound will abduct you.

**Arctic Monkeys "Don't Sit Down, 'Cause I've Moved Your Chair"** – Besides the hokey title, the Arctic Monkeys' latest flexes more southern country muscles, yet

also employs more hard-nosed rock than fans of the indie rockers might expect.

**Beastie Boys "Make Some Noise"** – The first single from the Beastie Boys comeback album "Hot Sauce Committee, Pt. 2," (which will be released at a future date) "Make Some Noise," tickles our "Check Your Head" era funky bone, making the Brooklyn boys return as comforting as riding the Schwinn that's been sitting in the garage for the last four years or seven, if you exclude 2007's instrumental album "The Mix-Up."

**LCD Soundsystem "Live Alone" (Franz Ferdinand Cover)** – LCD Soundsystem may not be performing anymore after their farewell show at Madison Square Garden on April 2, but it doesn't signify the end of new music from the New York-based dance punk band. Their cover of "Live Alone" appears on Franz Ferdinand's Record Day release, a compilation of artists covering tracks from their 2009 album "Tonight." The original already faithfully lends itself to LCD's signature sound: tight, repetitive bass lines appropriate for a dance floor or a CBGBs-styled punk club, staccato, almost robotic vocal delivery, electronic blips and bleeps, and sweeping strings. LCD's rendition travels the unexpected route, and in a way, the Franz version sounds more LCD than LCD's. James Murphy and company strip away the embellishments, reinterpreting the song into a minimalist, dark, slow-burner over seven minutes long.

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## Working sustainably to give Mother Nature a water break

By JENNA GRANDE  
News Editor

Marist's fourth annual Campus Sustainability Day, dedicated to promoting sustainable living among the college community, provides us with the information we need to make environmentally conscious decisions. Water activist Maude Barlow's presence on the campus during this important week had me thinking: How much water do I use? What is my water consumption's environmental impact and how can I change it?

I decided that the best way to change my behavior was to keep track of the amount of water I used. I emailed my old environmental teacher, and he provided me with the average amount of water used in everyday activities: A sink uses about 1.5 gallons per minute, a shower uses about 2.5 gallons per minute and a toilet uses about two gallons per flush. With my new knowledge, I kept track from Monday to Sunday of how much water I used per day in Marian.

### Monday

I never really have much time to myself on Mondays, which means little time for me to actually consume or do much of anything. I had two eight-ounce glasses of water while in the cafeteria to start off my water consumption tracking. Then, after a whole day of water tracking and barely time to breathe, I went to the bathroom twice and used the sink for a total of five minutes. So, if I did my math correctly, my water total should be at 7.5 gallons for the sink, four gallons for the toilet and 16 ounces for the cups of water.

**Total: 11.5 gallons**

**If I always had this same routine, with a total usage of 231.5 gallons per week, then I would use 12,038 gallons of water per year!**

### Tuesday

Tuesdays are just as busy as Mondays. After staying up late on Monday night to accidentally write a six-page paper and skipping my 8 a.m. class, I did three loads of laundry. After doing some research on front-loading washing machines, it said the average washer used about 10-24 gallons of water per load; it all depended on the size. Given that information and using my estimation skills, the small washers in Marian Hall probably use about 15 gallons of water. I also took a 10-minute shower today and a six-minute shower, which was unusual for me. I normally take about seven-minute showers and I don't shower more than once a day, but I think showering after going to the gym was for the best. Add this water usage to the 16 ounces of water I had today, the five minutes I left the sink on, and the three toilet flushes, and I am at a high water usage for the day.

**Total: 98.5 gallons**

### Wednesday

Ah, Wednesdays. Physical activity, once again, caused me to use more water. After going to a Zumba class Wednesday morning, a shower was in order, and my sore muscles enjoyed a nice 10-minute shower. I also filled up my 12-ounce water bottle twice since I was so thirsty from working out. Drinking a lot of water also means a lot of trips to the bathroom. So three toilet flushes and seven minutes of sink action later, I am still using high amounts of water. It's actually rather infuriating that I keep using this much water. I promote my image as environmentally conscious and yet, I use so much water!

**Total: 41.5 gallons**

### Thursday

Thursday was one of the best days of the week, not only because it was my birthday, but also it was just an overall great day for water usage: There were three toilet flushes and the sink was on for seven minutes. I also filled up my water bottle and two glasses of water while at the dining hall. Yoga makes you a little dehydrated, because you are removing toxins from your body; naturally, I had to replace my lost toxins with pure water. I am relatively proud of the water used today.

**Total: 16.5 gallons**

### Friday

It's Friday, Friday, Friday! This was a night of celebrations. Because of the amounts of other liquids I was consuming, water usage was a little high today. Five toilet flushes and 15 minutes of leaving the sink on meant a whole lot of water. I also drank a lot of water, but how much, I cannot exactly remember...

**Total: 32.5 gallons**

### Saturday

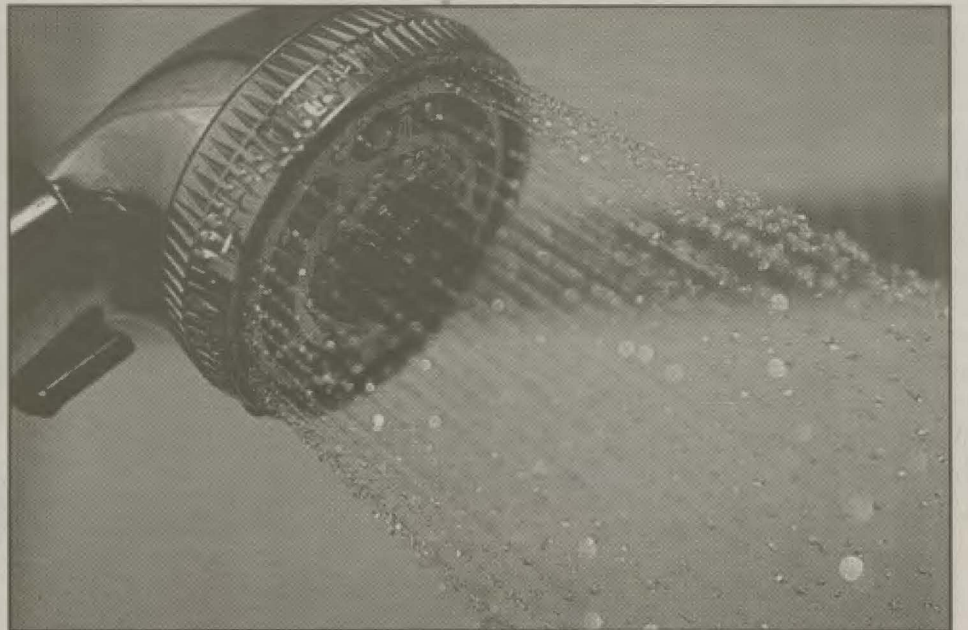
Feeling the effects of the previous night called for a 12-minute shower. The entire time though, I kept thinking about how much water I was using. Environmental guilt will always come back to haunt you once you are informed—there is no way around that. As for other personal uses, there were three toilet flushes and I left the sink on for eight minutes during my morning and evening routines. I also drank three water bottles, but they were all different sizes, so I have to use my best judgment in totaling their amounts.

**Total: 18 gallons**

### Sunday

Sunday was a much slower paced day, and there were only two sources of water usage: two toilet flushes and six minutes of using the sink. That was really it...a nice way to end the week: on the low side!

**Total: 13 gallons**



STEVENDEPOLO/FICKR

Even your speedy, seemingly sustainable 10-minute shower gobbles up about 25 gallons.

**Total for the week: 231.5 gallons of water used.**

This tally, as much as I hope it is pretty accurate, does not take into account certain factors. I did not include the amount of water used in the production of the foods I ate, and I estimated the water usage of the washing machines. However, it was pretty shocking to actually see the totals at the end of each day. I always thought I was a water conscious person, but it appears that I use more water than I

realized. I am going to try and make changes to the amount of water I use. If I always had this same routine, with a total usage of 231.5 gallons per week, then I would use 12,038 gallons of water per year! These realizations make it necessary for people like Maude Barlow to come and discuss the global water crisis we are in, and will continue to face if we do not make necessary lifestyle changes. For tips and advice on how to live sustainably, the Marist homepage has a list of suggestions under their housing and residential life sections.

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# The Fox Trot

## Quick hits of the week in Marist athletics

### Men's Tennis

Over the past week, the Marist men's tennis team has assembled a five-match winning streak, beating Fairfield, Hofstra, St. Peter's, Hartford and Army.

The Red Foxes' annual match with Army has become such an important date on the schedule that head coach Tim Smith rested some of his players in preparation during a doubleheader on Saturday.

On Monday afternoon, the Red Foxes defeated the Cadets 6-1 to run their winning streak to five matches as they improved to 13-3 overall.

"This is one of the few times we have swept the doubles against any team," Smith said, "let alone a good team such as Army."

Over the last week, senior Rhys Hobbs has become a fixture in the doubles' lineup. Hobbs is frequently paired with fellow senior Nicolas Pisecky which forms a doubles team with significant experience heading towards the MAAC tournament. Hobbs and Pisecky won first doubles, 8-5. In the second slot, junior Matt Himmelsbach and senior Landon Greene teamed up to handily win 8-2. At third doubles, the freshman duo of Lorenzo Rossi and Will Reznek recorded the victory by a score of 8-5.

At first singles, Rossi won 6-3, 4-6, 10-6. This time slotted at second singles, Pisecky continued his trend of comeback victories. After losing the first set narrowly, Pisecky dominated the second set and fought through an ultra-competitive breaker to win 5-7, 6-0, 14-12.

At third, fourth and fifth singles, the Red Foxes beat the Cadets convincingly. Himmelsbach cruised 6-1, 6-0, Greene won 6-1, 6-1, and Reznek claimed a 6-2, 6-3 victory. In the final slot, senior Marcus von Nordheim dropped a close match 4-6, 7-6 (3), 10-7.

"I was very proud of the high level of performance by the entire team," Smith said.

Lorenzo Rossi was awarded the MAAC Men's Tennis Player of the Week.

Marist returns to action on Thursday in Poughkeepsie against MAAC foe Rider. The match was originally scheduled for Tuesday, but has been postponed due to the forecast of inclement weather. First serve at Marist's Tennis Pavilion is set for 3:30 p.m.

### Men's Lacrosse

The Marist men's lacrosse team won in thrilling fashion on Saturday in front of a crowd that included New England Patriots coach Bill Belichick. The Red Foxes defeated out-of-conference foe Rutgers 10-9 at Tenney Stadium. Sophomores Jack Doherty and Connor Rice each recorded five points in the game.

Marist started the scoring when Rice assisted senior Corey Zindel 3:19 into the game. Doherty and Rice each scored to make the score 3-2 at the end of the first quarter.

The Red Foxes started the second period with three goals in the first four minutes by Zindel, Doherty, and freshman Kenny Tomeno. Marist went into the locker room with a 7-4 lead after Doherty's third

goal.

A goal from graduate student Bob von Hoffman in addition to Doherty's fourth and fifth goals rounded out the scoring for Marist, as they were able to hold off a late charge from the Scarlet Knights to win 10-9.

Stephen Belichick, Rutgers senior defenseman and the son of Bill, played but did not register a stat.

Rice was awarded MAAC Player of the week for his one goal, four assists and good defensive play, picking up four ground balls.

Marist improved 4-6 on the season. The Red Foxes will travel to Jacksonville to take on the Dolphins in a MAAC matchup on Saturday at 1:00 p.m.

### Women's Basketball

Marist announced last week that sophomore Kate Oliver has left the women's basketball team and will transfer at the end of the semester.

Oliver averaged 12 points and 4.3 rebounds during this past season, and was a big key for the Red Foxes in their NCAA Tournament win against Iowa State, scoring 16 points.

Despite losing the 6-foot-4-inch forward, Marist will still have plenty of size in the middle. Junior Brandy Gang, whose emergence this season earned her a third-team all-MAAC selection, is 6-2. Sophomore Kelsey Beynon is also 6-2, and transfer Kristina Danella is 6-1.

In other Marist women's basketball news, all-time leading scorer and rebounder Rachele Fitz signed a training camp contract with the

Connecticut Suns of the WNBA.

Fitz had been playing for Basket Esch in Luxembourg. Through 15 games, she averaged 26.5 points and 16.1 rebounds.

Connecticut's season begins on Saturday, June 4.

### Women's Lacrosse

The Marist women's lacrosse team's offense exploded for a season-high of 19 goals on Sunday, as they snapped a five-game losing streak by defeating Niagara 19-7.

The Red Foxes led 13-4 after the first half. Juniors Kelly Condon and Ariel Kramer each scored seven points, Condon with three goals and four assists while Kramer had two goals and five assists.

Ten different Red Foxes netted goals in the game, including sophomore Ashley Miller and junior Shannon Haas who had three each. Sophomore goalie Ashley Casiano recorded seven saves.

Marist will return to action on Friday at 4 p.m. when they host Iona, attempting to improve to .500 in the MAAC.



## Marist softball extends win streak to nine

By ERIC VANDER VOORT  
Sports Editor

The Marist softball team is off to a fast start in the conference season, going 6-0 in Metro Atlantic Athletic Conference games so far. Last weekend, the Red Foxes went 4-0 in doubleheader sweeps against Rider and Iona at Softball Park at Gartland Field. Marist's pitchers threw four complete games, giving up only seven runs the entire weekend.

On Saturday, Marist defeated Rider 3-1 and 9-0. Freshman pitcher Paige Lewis won game one, giving up one run on six hits. Sophomore Emily Osterhaus continued Marist's dominating pitching performance with a complete game shutout in game two, giving up only three hits. Junior Ashley Corris led the way offensively, recording six RBIs on three hits on the day.

Osterhaus and Lewis pitched again on Sunday as the Red Foxes faced Iona in a doubleheader. In game one, Osterhaus earned the win against Iona pitcher Sarah Jackson, last year's MAAC Pitcher of the Year.

"For these girls to believe that they can beat [Jackson], it's huge for their confidence," head coach Joe Ausanio said.

The game ended on a walk-off home run by sophomore Danielle Koltz in the eighth inning.

"It was funny; right before coach told me to hit the first one over. It wasn't on the first pitch, but yeah, it was exciting," Koltz said.

In game two, the Red Fox offense exploded for a 13-5 win. Behind an RBI walk, a grand slam from freshman Haley Birnbaum and another home run from Koltz, Marist led 6-3 after the first inning. Several players added RBI hits to round out the scoring in the game, which was called after five innings.

On Monday, Birnbaum was awarded the MAAC Rookie of the Week award, having gone 4-10 over the weekend with five RBIs.

With the sweep, Osterhaus and Lewis each improved their season record to 9-5. Osterhaus was awarded MAAC Pitcher of the Week.

"We played [Iona] last year, and they swept us," Osterhaus said. "They beat up on us pretty bad. It was kind of like revenge, we had nothing to lose. We were the un-

derdogs so it was nice, I could just stay controlled and pitch my game."

Marist improved their overall record to 21-14 overall and have won nine consecutive games.

Ausanio says that the Foxes' success can be attributed the whole team effort, performing well offensively and defensively (Marist committed only two errors over the weekend), as well as great pitching.

"It really helps when the team is firing on all cylinders," Ausanio said. "It's been fun to come to the park knowing that we have a chance to win every game."

Despite the pitching staff dealing with an injury, Osterhaus and Lewis haven't missed a beat.

"I can't say enough about our pitching," Ausanio said. "Both Emily and Paige have done a great job. It's unfortunate that we lost Haley Shelton to injury, but the other two, both Paige and Emily have done a great job stepping in and pretty much being our go-to for the rest of the year."

Marist's winning ways are a major step up from last year, when the Foxes finished ninth in the MAAC with a conference record of

4-12. Ausanio says that confidence is a main reason for the improvement.

"I think the big thing is the girls believe they can win," Ausanio said. "When they come to the park thinking they can win, you just see a better attitude on the field."

The players also attribute the success to the togetherness of the team.

"I think overall this year everyone's just so much closer, we're just having a lot more fun than we did last year, so that definitely helps," Koltz said.

"We're more of a team, we're unified, and we all enjoy being out here, so we're playing a lot better."

Things are looking good going forward for the team, as they only need four more conference wins to qualify for the MAAC Tournament, which Marist is hosting. Next for the Red Foxes is a home non-conference doubleheader against Hartford, and away doubleheaders over the weekend at Manhattan and St. Peter's.

"We're having fun out here," Osterhaus said. "We're realizing we're better than we think we are."



## Marist junior takes on Boston Marathon

By JIM URSO  
Sports Editor

As I walked over to the Donnelly Café on a gloomy Friday morning, I couldn't help but think, "man, this weather is miserable." Ten minutes later, I was engulfed in a full-fledged conversation with junior Luke Shane and realized later that day he'd probably be spending nearly three hours running in the 'miserable' weather. Obviously, I avoided any mention of the annoying dampness.

This week, Shane, a member of Marist's cross country team, will conclude his training for the Boston Marathon, which will be held on Monday, April 18 in Boston, Mass. If Shane meets his goal of 2:40, he will most assuredly rank among the top 250-300 runners out of 28,000 who will lace up their shoes that day.

Shane has been training for over six months for the marathon by running 75-80 miles per week, as well as abiding to strict nutritional and sleep regimens. Along with an intense training schedule has come a subset of other challenges, most notably the temptation to just have fun.

For example, the 21-year-old re-



COURTESY OF LUKE SHANE

Marist junior Luke Shane poses after finishing the Philadelphia Marathon on Nov. 21, 2010. Shane, who finished that race in 2:42, hopes to crack 2:40 this Monday at the Boston Marathon.

cently decided to spend a night out with his friends. The result: a hospital visit. As Shane bent down to pick up a piece of a bottle near his foot in a local pub, the glass suddenly shattered on his hand. A few days later, Shane had surgery at St.

Francis Hospital to repair nerve damage in his hand. Although the injury should not affect Shane in the race, the unlikely events were emblematic of Shane's frustration with trying to mend a normal college life with such rigorous training.

"I don't think anyone really can understand what I'm going through," Shane said. "I really care about and want to be able to hang out with my friends. But I also have to remember I set a goal, and so much of my life revolves around that goal."

According to Marist Track and Field coach Pete Colaizzo, it is unusual for a college student to take up competitive running.

"It isn't unusual for an adult runner out of college to become a decent runner," Colaizzo said, "but for someone to start in college when arguably you are at your most social time in life, it's extremely unusual."

Colaizzo has been a close mentor to Shane throughout training, teaching him how to run and train for a race of such immense distance. Throughout the winter, Shane trained outside with the men's Track and Field distance runners. After roughly 10-13 mile runs with the team, Shane would often continue for another eight to 10 miles.

"Luke is so highly motivated that I'm just steering the ship," said Colaizzo, who admits what Shane lacks in pure talent, he compensates

SEE FOR, PAGE 6

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