

Marist once again honored by Princeton Review Campus named among top twenty-five most connected campuses across United States

By CASSI MATOS
Co-Editor in Chief

Marist has proven, when it comes to technology, it can compete amongst the biggest and best.

Out of 25 institutions named to the Princeton Reviews third annual "Most Connected Campuses" in America, Marist was the only college amongst 24 universities.

In a memorandum to the community, Dennis Murray, president, Marist College, expressed his gratitude for all those involved in obtaining this distinction.

"This is a tremendous accomplishment for our IT staff, faculty, and Board Technology Committee," said Murray. "Particular thanks must go to Trustee Ross Mauri and our long-time partner, the IBM Corporation."

The list, released Jan. 20, features the results of a Princeton review survey to find the 25 colleges and universities offering the most cutting edge technology. By supporting wireless net-

working, providing ultra-high-speed connections to classrooms, and allowing students to take

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—Dennis Murray
President, Marist College

classes online, Marist has remained competitive with these larger institutions.

According to the memo, this recognition was based on "the breadth of our computer science curriculum; the sophistication of campus technology, including streaming media of classes and extracurricular offerings; availability of school-owned digital cameras and equipment for student use; wireless Internet access on campus; and support for handheld computing."

To identify the schools on the list, The Princeton Review collected responses to a survey on campus technology from col-

leges in its best-selling college guidebook, "The Best 361 Colleges." Criteria included the breadth of the computer science curriculum; the sophistication of campus technology, including streaming media of classes and extracurricular offerings; availability of school-owned digital cameras and equipment for student use; wireless Internet access on campus; and support for handheld computing.

"The schools on our list have demonstrated leadership in preparing and supporting students for life in the digital age. Students who understand the

value of technology to both their career prospects and overall quality of life will want to pay special attention to the schools on our list," commented Rob Franek, vice president and publisher, The Princeton Review.

"All of the 25 campuses on this elite list are all impressively well-connected, and they are all using technology in innovative, thought-provoking ways," says Michael Noer, executive editor, news, at Forbes.com.

The complete list of schools and criteria can be viewed at www.forbes.com/connected.

New student section added to McCann Field House



Seating in the McCann Field House has recently been improved with the addition of a 19-foot high student section along the south baseline of the basketball court. The new section was installed with the purpose of seating the pep band, with built-in drum stage, the dance team and cheerleaders, as well as student spectators. The installment of these new bleachers gives students seats 6 feet from the baseline and creates an imposing and loud student section. In 2005 approval was given for a \$150,000 seating improvement project to enrich the quality of seating along both baselines for Red Fox fans. In addition, new bleachers seating 285 will be installed along the north baseline. An additional improvement slated for this season is the introduction of a 40-foot NBA style scorer's table.

Students avoid bookstore, increasingly begin to buy books online

By ALEX PANAGIOTOPOULOS
Opinion Editor

A popular Broadway play says that the Internet is for porn. Marist students tired of being squeezed at the college bookstore are singing a different tune.

A Government Accounting Office report released in August 2005 found that textbook prices have increased 186 percent nationally since 1986, more than double the rate of consumer products, while Senator Charles Schumer (D-NY) found in 2003 that the average Marist textbook costs \$85.95. This adds up to an almost \$800 cost being incurred annually by Marist students. As a result, many Marist students are eschewing the bookstore and have hit the Internet in search of bargains.

Tom Schiller, a senior, bought

a book online for the first time last semester.

"No lines, no waiting at the [dumb] bookstore, and it's not as much as Marist charges," said Schiller.

Corey Brown, a senior, said that she's been buying books online using campus.com.

"I saved a ton of money," Brown said. "... ICampus will show you which site has the best price, just put in the ISBN."

Despite getting a late start in ordering, Brown said she will get her books by the end of the week.

"I ordered my books last week ... for my classes it is not a problem to not have them yet."

Tom Riedel, a junior, said apathy and ignorance are the main culprits for not buying one's books online.

"I think because [many stu-

dents] don't know how easy it is or they don't have the time to do it, because they don't care all that much."

A common theme among students buying books online is that they are selling them online when they are done with them.

As reported in the September 22, 2005 issue of the Circle, many students are dissatisfied with the Marist bookstore's book buyback policy and have resorted to selling their used textbooks online.

The Marist Bookstore promises a 50 percent return as long as the textbook is needed and has not met its quota

for next semester.

Brown said that she broke even selling her books online last semester, while Schiller said

avoiding the Marist route provided extra satisfaction.

"The buyback sucks, so I like to stick it to the man by giving

my business and cash elsewhere," he said.

| Title | List Price* | M New | M Used | Internet Price** |
|--|-------------|-------|--------|------------------|
| Management Challenges for Tomorrow's Leaders | 137.95 | 98.6 | 73.95 | 68.14 |
| Medonaldization of Society - New Century Edition | 36.95 | 42.5 | 31.9 | 30 |
| Writing for the Mass Media | 55.4 | 55.4 | 41.55 | 51.52 |
| St. Martin's Handbook 2003 | 56.8 | 53.75 | 40.05 | 16.02 |
| Classical Rhetoric for a Modern Student! | 61.95 | 61.95 | 46.5 | 40 |
| Which Side Are You On? | 75.4 | 71.15 | 53.4 | 41.75 |
| Development in Adulthood | 104.2 | 104.2 | 78.15 | 70.34 |

* From ICampus.com

** From Amazon Marketplace, with at least 5 in stock. Better deals were found with low availability.

THE CIRCLE

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HEALTH: FAKE TAN BOASTS REAL CONSEQUENCES

While a debate on the harmful effects of tanning rages on among doctors, pro-tanning lobbyists argue that the adjustable levels of ultraviolet rays make tanning safer.

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FEATURES: MAKING STRIDES TO INCREASE ALUMNI GIVING

The Marist Fund for 2006 adjusts program to make donations by alumni a more common occurrence.

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Campus

Security Briefs: Stupid people are always hilarious

By ANDREW SLAFTA

As a comedic column, it's not very often that Security Briefs gets a chance to truly impact the student body.

More often than not, we poke fun at the girl who tried to swipe her ID on the security guard's lips. Or the guy who tried to gift wrap a handle of Vodka in Saran Wrap and bring it through security.

Sure that's funny, because to be honest, stupid people are hilarious. But, we're not all about the laughs. We're about making a difference. Luckily, at the start of the new semester, we are presented that very opportunity.

For starters, there has been a recent rise in student harassment, especially in the female population. Numerous female students have received threatening or vulgar phone calls, often going beyond a simple phone prank.

What can you do to stop the problem before it starts?

1) Stay aware while on the phone - If the Marist Poll wants to know why you won't love them, the safest answer would be "click".

2) Leave the info for your diary - Keep your voicemail message simple. By no means should it include turn-ons and turn-offs. To potential harassers, that's like a friendship bracelet. With the words "torture me" written on it.

3) Use common sense - Be careful to know when a joke goes too far. When someone sings you N' Sync's "Crazy For You," it's probably a joke. If it's carved into your door with lamb's blood on the frame around it, it's probably something more. Most pranksters can't afford lamb's blood.

When in doubt, play it on the safe side, avoid giving out personal info, and remember, only

you can prevent forest fires. Oh, and avoid harassers too.

Without further delay, or me insulting your intelligence with my brand of "third grade poopie" humor, here are your week's briefs.

January 18th, Noon, Gartland

A student burnt a bagel in the microwave activating the build-

No one lives down burning a bagel in the microwave, unless they're still in pre-kindergarten. Even then, it's still on a case by case basis.

January 18th, 1 PM, Leo

Two students reported that while away, their rooms were entered and property was taken. Items stolen were said to include an I-pod and assorted textbooks.

A fire alarm was activated by a student using a hairdryer in close proximity to a smoke detector.

Security was suspicious as to how a hairdryer baked out the room with marijuana smoke, but let the students go since they didn't say they "burnt a bagel in the microwave."

January 20th, 6 PM, Marian

for the easy "15 pack" joke. As a college student, I would like to congratulate this student on needing to restock alcohol on day four of the semester. You've got heart. Probably not a functioning liver, but you've got heart.

January 21st, 2:05, Campus Green

A fight was reported between two students. One student received a bloody nose, and was later taken to St. Francis.

Although injured, the student was glad that the argument with his fellow student had been resolved. He is indeed a wimp.

January 22nd, 9:30 AM, Sheahan

A security officer on duty found vandalism on a first floor bathroom.

No students were apprehended in relation to the crime, but security is following a lead about a "man from Nantucket."

January 23rd, 9:30 PM, Gartland

A thrown snowball broke an apartment window. No suspects were apprehended in the matter.

Security asks students to begin the lookout for potential suspects. This includes anyone "with arms."

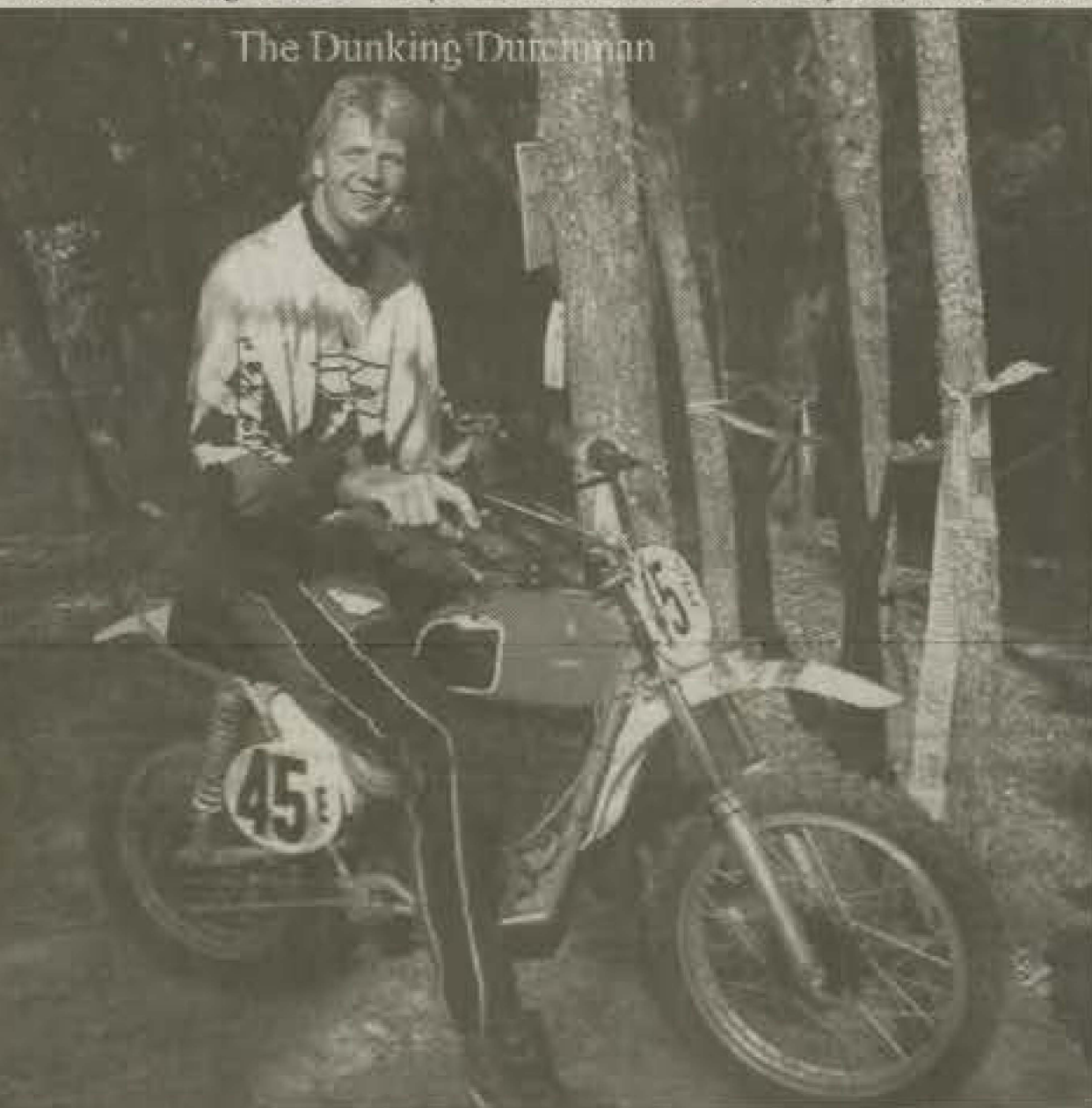
Editor's Note:

Brian Sabella, my candle in the wind and Security Briefs writer, attended an Elton John concert on Monday night and was unable to write his column as usual. In our Circle of Life, Andrew Slafta, a runner-up in last semester's Security Briefs contest, filled in, but Brian will be back next week. Can you feel the love tonight?

Entry Desk

A suspect attempted to carry 15 cans of Miller Light in a backpack through security. The suspect was stopped, and the cans were confiscated.

As an author I'm tempted to go



The Dunking Dutchman

ing's fire alarm. The fire department was called in, but no damage was reported.

That is of course except for the debilitating mental and social damage to follow this student for the rest of their college career.

Students are urged to apprehend anyone on campus with an I-pod, or anything resembling a book. Any means necessary.

January 19th, 10:15 PM, Fulton

High Falutin' Local Media Lessons: Must Love Dogs (A PoJo Romantic Comedy)

By ALEX PANAGIOTOPOULOS
Opinion Editor

After reading newspapers to hold their governments accountable and stay abreast of current events and lifestyle news, puppy owners layer them and make "poop pads" to help housetrain their new pets.

The Poughkeepsie Journal, New York State's oldest newspaper, has taken a hint from this practice and provided the dogs with plenty of woofing good reads of late.

On Sunday, a Michael Woyton article titled "Dogs' warm nuzzle, loving lick help put patients at ease," ran on the front page. Woyton's reportage followed the scent of trained dogs used to provide emotional therapy to local hospital patients.

The article highlighted General Tso Lee, an adorable five year old Jack Russell Shih Tzu mix, who works with Therapy Dogs International.

A cute story, but it was not also out on July 12, 2002, when

Michelle Lee's "Dogs deliver doses of humor, warmth," starring General Tso Lee, ran on B01?

In the newspaper world, where writers constantly rotate through jobs and stressed editors become forgetful from the never-ending media cycle, this is a minor offense.

Maybe the canine retread was intentional, to draw more attention to a worthy cause.

However, on Tuesday, "Beloved pets can pass away in style," was the featured story on the Poughkeepsie Journal website. And in Sunday's health section, "Dogs can sniff out cancer in humans" ran as a wire story.

Using the Marist Library website's News Bank feature, a search of the Journal's archives revealed a disturbing amount of Dutchess County dog coverage. On Christmas Eve's front cover, "Pampering pets is a holiday tradition." Dec. 12, "Book takes amusing look at dog's life," Nov. 14, "LaGrange increases dog-seizing fees," Nov. 4, "Dog

seizure fee will be hearing topic."

A Sept. 29 editorial asking that dogs not be banned in Rhinebeck parks.

"Divvying up the dog," July 1, 2005. The headline suggests the story is a shocking endorsement of Korea's ubiquitous lunchmeat, but fear not: it merely tells of a Dutchess County Supreme Court decision to award dog visitation rights in a divorce case (romantic of the situation in Beethoven's 2nd, where Kevin Dunn's character fights for custody of his St. Bernard, Missy).

A perfect encapsulation of the Journal's four-legged reporting obsession is buried at the bottom of the May 6, 2002 story, "More dogs snuffing out crime."

"It's a lot of work," said LaMonica. "You gotta like dogs."

Substitute "It's" with "Your naive but idealistic dreams about journalism" and "dogs" with "working like a dog while writing about dogs," and it becomes evident that journalism is a hard, sometimes thankless life.



Upcoming Campus Events

Wednesday, January 25, 2006

Auditions for Dan Landa's Student Produced MASQUE

Noon, Fontaine 101
Black Box Theater
Call-backs on Friday,
1/27/06 @ 5 PM

Friday, January 27, 2006

Women's Basketball vs. Rider Broncs

7 PM, McCann Center

Saturday January 28, 2006

Men's & Women's Swimming

Noon, McCann Center

Saturday, January 28, 2006

Marist Men's Basketball Alumni Game

3 PM, McCann Center

Saturday, January 28, 2006

Men's Basketball Team vs. Siena Saints

7:30 PM, McCann Center

Sunday, February 19, 2006

SPC Comedian: Lewis Black

McCann Center
More information to come

2006 SPC Schedule
Unavailable as of press time.

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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The Circle staff can be reached at 575-3000 x2429 or letters to the editor can be sent to writethecircle@hotmail.com

Opinion

THURSDAY, JANUARY 26, 2006

www.maristcircle.com

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Let the voices of the Marist community be heard.

Judicial temperament vital to limit power of Supreme Court

By JAMES MARCONI
Copy Staff

It's a brand new year in politics, and the first item on the agenda is the Supreme Court - specifically, the nomination of Judge Samuel Alito for the position of associate justice. Much like the confirmation hearings for Chief Justice John Roberts, the members of the judiciary committee opposed to Alito proceeded to make a mockery of the process.

The proceedings were excessively belligerent and had very little to do with Alito's actual qualifications. Rather, wildly ludicrous accusations about Alito's character were aired in an attempt to derail the confirmation.

In all likelihood, Alito will be voted into the Supreme Court. This is not the issue with which I am concerned. I do want to dis-

cuss, in light of the recent concerns regarding the Supreme Court and the justices serving on it, my beliefs about the role the court should play in the American federal government.

Throughout the confirmations hearings, the term 'judicial temperament' was liberally bandied about; what it is, and what the proper temperament is for a justice of the Supreme Court. Judicial temperament is, in essence, the personal views that a justice has of their role in the government, and the manner in which they should carry out that role.

Now, I very strongly feel that a justice should be no different from a state court judge or even a municipal judge, in the sense that all who sit in judgment on a court should remain impartial when ruling on the cases before them. When they make a decision, it

should not reflect their personal values concerning the issues of the case. Their decisions should be rooted only in their interpretation of written law, not an application or extension of their own opinions.

The second pillar of judicial temperament concerns the way

The nine men and women of the court have a phenomenal amount of power to alter the most basic and important laws of our nation - the United States Constitution.

in which the Supreme Court interacts with the other two equal branches our federal government; namely, the legislature branch (Congress) and the executive branch (the president). A justice should not feel that their particular power to interpret the Constitution gives them the right to usurp the duties of the other two branches, particularly

Congress. The Supreme Court has the unchallenged privilege of judicial review, but the court's interpretation of the Constitution can (and has) in effect, create new law, a power which, constitutionally speaking, is the sole prerogative of Congress.

It is interesting to note that this power of judicial review was not specifically granted to the court in the Constitution. In 1800, the Republican Party won the presidency from the rival Federalist Party. Before Federalist John Adams stepped down from office, however, he appointed several judges to various courts under the Judiciary Act of 1800. The new administration, howev-

er, also had the majority of votes in Congress, and repealed the act, and President Jefferson refused to deliver the judicial appointments to their intended recipients. One of those, William Marbury, brought this before the Supreme Court, and asked that it issue a writ of mandamus ordering Secretary of State James Madison to deliver his commission as a justice of the peace.

After deliberation, the court under Chief Justice John Marshall, (in the majority opinion) declared the following: first, the Constitution "is either a superior, paramount law, unchangeable by ordinary means, or it is on a level with ordinary legislative acts, and like other acts, is alterable when the legislature shall please to alter it." The court determined that the Constitution, by its very nature,

was superior to ordinary law. Marshall also stated that, "The authority, therefore, given to the supreme court [by the legislature in the Judiciary Act of 1789], to issue writs of mandamus to public officers appears not to be warranted by the constitution..."

In this opinion, Marshall eliminated a power given to the court by Congress. While doing so, however, he essentially gave the court the power to review law and either uphold it or strike it down as contrary to the Constitution. With this power, the great danger of the Supreme Court is threefold. First, there is always the temptation for a justice to pursue their own political agenda, and insert their own ideology into their votes on the cases before them. Couple this with the potential ability to commandeer the legislature's ability

SEE TEMPERAMENT, PAGE 9

Recent Abramoff scandal calls Republican ethics into question

By DANIEL BLACK
Staff Writer

To the surprise of roughly zero of this country's Democrats, the recent emergence of truth on center stage of American current events is resulting in Republicans being hauled off to grand-jury indictments by the busload. It's a good thing they've been budgeting so much more money for prison systems than educational subsidiaries and foreign aid initiatives because it seems many of them will soon be residing there as inmates. Perhaps they had good foresight and figured it prudent to set the table before they sat down to eat, but I digress.

Anyway, in the latest plot developments, something of which I'm sure most of us are aware, Jack Abramoff, a wealthy, successful, and ethically destitute lobbyist will stand trial for illegal lobbying practices. Lobbying, for those that don't know, is synonymous with the word bribery, except lobbying is legal. Because the evidence in Abramoff's case is so overwhelming, it is not so much innocent until proven guilty as it is rot in jail until you give us a

list of names... and the images are coming into focus. A considerable number of Republicans are washing their hands of Abramoff-affiliation, many going so far as donating sizable funds to charity. Less than

the shocking is that these charitable contributions correspond directly to "donations" accepted from Jack, to retain them would reflect poorly on the associated political official.

This sudden influx of humanity seen in corrupt Republicans notwithstanding, investigations ensue; the money is dirty, and you're going in front of the grand jury if your hand-prints are on the cash when it's requisitioned and recovered from Make A Wish Foundation or The United Negro College Fund. Sorry boys, but you're playing in the big leagues where reversing wrong-doings no longer means they never happened. You're not in kindergarten where if you return the toy to the kid from whom you stole it and apologize,

the infraction magically never happened and everybody's happy. You took office and you took an oath. You deflated on your promises, betrayed the people you swore to faithfully represent, put the interests of the

wealthy before the interest of the masses, all for your own greedy pleasures, and now that your despicable conduct is clear to the public's naked eye, you want to give the money away, lie about its origin and your intentions, and leave out in the cold the man who, in the past, was making all your wildest dreams come true: Jack Abramoff.

And guess whose name is likely to adorn Abramoff's list? One George W. Bush. I can almost hear the president's aids giving him advice like, "Run to the ranch, George, they're onto you!" or, "Quick, start another unjustified war to distract the people from our activities." Unfortunately for them, I think an entire flock of red herrings cannot distract us from what's

going on now. This sort of deliciously tangled web of drama and controversy is on a level that soap operas can only dream of. Although Mr. Bush's advisor reported to the press that Abramoff and Bush have no personal relationship, *Washingtonian* and *Time* magazines have a half dozen photos in which the president is clearly seen with the man championed a "Pioneer" for raising \$100,000 for Bush's reelection campaign of 2004: Jack Abramoff. Personal relationship? I never met the man. So reports Bush, but how can you expect anything else from a man who is sustaining a war that has so far lasted almost three years, taken the

lives of 2,224 service-men to date, and whose price tag continues to ascend high into the twelfth figure while he openly expresses it is against "...terrorists...whoever that is?"

To expect he would recall meeting the man who financed his reelection seems unfair. The bottom line is Abramoff belongs

in jail, as do the beneficiaries of his political pseudo-philanthropy. Lets send Bush to a maximum security institution capable of treating his surfeit of mental, social, psychological, and most of all, intellectual deficiencies so as to prevent his continual threat to lives all over this earth. But not to get ahead of ourselves, as events unfold, it's becoming clear these deviants may insulate themselves from exposure by any means necessary. They will stop at nothing to prevent their fall, and what do you suppose the most common medium of protection: confabulating lies in conjunction with more lies melded together by still more lies.

Pile more lies on your lies, those allies you now ostracize, by sunrise

deny three times; take Peter's role to save your hides. There are so many different kinds of lies flowing from the mouths of politicians that one could easily argue dishonesty is D.C.'s most lucrative industry.

But in defense of those who

may inadvertently be less than accurate in recounting their affairs, it is valid that there may be as many variations of the truth as there are people involved plus people who observed. The word-choice of these political leaders, which I will sensitively label "truth conditioning" (a process of rendering details less unforgivable through putting a positive spin on them, sometimes a severe overhaul, occasionally distortion to an extent unrecognizable), has become so pervasively corrupt that Truth is no longer an elusive entity that can be discovered if diligently sought after, but a memory of past days that is found only in the crypts of this country's mythology and folklore.

This brings us to the Eight words of truth. I have heard them spoken by numerous citizens as well as foreigners. Rich and poor, Republican and Democrat, old and young, they come from the mouths of individuals, every make and model. They are beginning to echo through the halls of this country's capitol, spreading like disease. They are, "To impeach the president is America's only

SEE ABRAMOFF, PAGE 8

LETTERS TO THE EDITOR POLICY:

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

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

THE CIRCLE

MaristCircle.com

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THE CIRCLE Health

THURSDAY, JANUARY 26, 2006

www.maristcircle.com

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Fake tan boasts real health consequences Doctors weigh in on hot-bed indoor tanning debate, results published

By ALEXANDER TINGEY
Health Editor

The debate rages on with the indoor tanning industry, a billion dollar a year market, despite what World Health Organizations and dermatologists suggest, that indoor tanning is good for you. There are approximately 50 million indoor tanning salons at the American consumer's disposal, and use of these beds to achieve a year-round glow has become prolific, especially with teenagers. World Health Organizations classify UVA and UVB rays, specific spectrums of radiation which studies suggest, promote cancer. While small doses of this radiation are

essential in the synthesis of vitamin E within skin cells, time spent outdoors every day, even during winter, is generally sufficient for most people.

The pro-tanning lobbyists will have you believe their product is safer because the ratio of UVA to UVB rays is adjustable, and exposure time is controlled. However, dermatologists agree, you don't have to get burned in order to get cancer. While significant data exists linking early childhood sunburn and dermatological complications later in life, little in regards to moderate exposure has been published.

CBS news in conjunction with a WebMD report, spoke with researcher Jody A. Levine, M.D., who is a pediatrician and senior dermatology resident at SUNY Downstate Medical Center in

Brooklyn, N.Y.

Dr. Levine had this to say in regards to the debate, "we know that ultraviolet radiation is a carcinogen just like tobacco, radiation use has been declared a carcinogen by the National Institutes of Health. And the World Health Organization recognizes that no person under 18 should use a sun bed."

'... Despite continual evidence that indoor tanning is harmful to our health, it has been difficult to pass regulations that limit its use among both teens and adults.'

— Dr. Jody A. Levine
Senior Dermatology Resident
at SUNY Downstate Medical Center

The Journal of the American Academy of Dermatology recently published a "narrative" article concerning the use of indoor tanning beds and their effects on the user's skin. A narrative report is selective in the journals it reviews and is commonly thought of as author biased. Spokes woman for the Indoor Tanning Association, a trade representative, Melissa Haynes claims that the narrative report should not have been published by the Journal of American Academy of Dermatology based on its inherent skewed attitude.

Haynes, along with other industry representatives claims that the ADA and other such institutions are merely acting along with their political agenda. While dermatologists insist indoor tanning is harmful, skeptics are plentiful.

Dr. Levine still feels strongly that "despite continual evidence that indoor tanning is harmful to our health, it has been difficult to pass regulations that limit its use among both teens and adults," Levine says.

A separate issue to be considered by both sides of the debate is the newly formed hypothesis that tanning, much like many other physical activities,

including running, releases endorphins in the brain's pleasure center. This release, a naturally occurring reaction to the ultraviolet light could prove potentially addicting.

Reported cases of acute depression, most often collected during the winter months, has, in the past, been attributed to a lack of sunshine and a subsequent chemical imbalance within

the brain.

Although no studies approaching the connection between depression and tanning beds exists, don't rush off to get some color just yet. Check with your local tanning salon for tips to improve

the safety of their services. The FDA recommends SPF lotions of at least 15 times your skin's natural defense, and discourages users from applying tanning accelerators which could be cause for greater damage within your skin.

Science Briefs

By ALEXANDER TINGEY
Health Editor

CHILDREN'S HABITS INFLUENCED BY OLDER SIBLINGS CHOICES

The Journal of Drug Issues published an article last week which detailed the degree which older brothers and sisters play in their younger sibling's choice to consume alcohol or smoke. Miranda Hitti of WebMD followed the article and commented that "Older siblings could prove helpful in efforts to discourage teenage smoking and drinking, the researchers suggest. They note younger kids may copy older siblings or get cigarettes and alcohol from their big brothers and sisters." The study involved approximately 1,400 children and their mothers in Brisbane, Australia. As it turns out, the report found that "If an older sibling reported smoking, their younger brother or sister was four times as likely to report smoking at age 14," a startling prospect. The bottom line, says Hitti, is the involvement of both parents and older siblings in the younger child's life. As convincing as home-life examples may be, the child's peer group tends to have a greater effect on their decision. The solution, a combined community effort, involved sibling's, parents, and influential

adults, such as teachers and coaches.

WRAP IT UP, REDUCE YOUR LOWER BACK PAIN

Each year, one out of every two American workers will experience lower back pain, sometimes so severe that they miss work. The AP estimated a loss of approximately \$20 and \$50 billion each year due to these absences. A study funded by Procter and Gamble, the producers of ThermoCare HeatWraps, suggests that pain may be reduced by wrapping your lower back prior to physical exertion. In a report produced by CBS and the AP in conjunction with WebMD, researcher Edward J. Bernacki, MD, said "The people who used the heat wraps had more mobility with less pain. Bernacki directs the division of occupational medicine at Baltimore's Johns Hopkins School of Medicine." While this may come as no surprise to the athletic community across the nation, those who remain less active may benefit the most from these findings. While ThermoCare HeatWraps come in a variety of sizes, applications and prices, they remain an expendable, onetime use product. There are other reusable and more environmentally friendly options available, such as gel packs capable of serving a dual purpose, both providing heat when placed in a microwave and cold, when placed in the freezer.

Alcohol - beneficial for your heart, in moderation

By ADAM GUARINO
Staff Writer

New studies indicate that alcohol may in fact have positive effects on the health of the men and women who consume it in moderation. Of these studies, one suggests that moderate drinking not only has protective cardiovascular effects for the general population, but that it is also protective for people who already have hypertension.

According to the New York Times, Dr. F. Michael Gaziano, a cardiologist at Brigham and Women's Hospital in Boston and an associate professor at the Harvard Medical School said, "There are plenty of people who seem to have the impression that if they have hypertension they shouldn't be drinking alcohol at all, but that isn't based on any data. It's only beyond two drinks a day that you offset the benefits with the negative effects."

Of the 14,125 men used in the study, those who drank one to six drinks a

week had a 39 percent decreased risk of death from cardiovascular disease compared with those who drank rarely or not at all. Men who drank daily had a 44 percent reduced risk. Moderate amounts

of alcohol are believed to protect against cardiovascular disease in part by increasing levels of high-density lipoprotein, also known as the good cholesterol.

Some concern, however, existed among this study insinuating that the findings might also encourage drinking among people who have more trouble limiting their alcohol intake. Overall, according to the National Heart Association, a combination of diet and healthy exercise are the best steps to prevent cardiovascular disease among

people with or without hypertension.

So what exactly constitutes one drink? According to CBS news, one drink is equivalent to 5 ounces of wine, 12 ounces of beer, or 1.5 ounces of an 80-proof distilled spirit such as vodka.

'An individual on an 1,800-calorie level eating plan only has 195 discretionary calories or the equivalent of a 9-ounce glass of wine or a small dessert ...'

— Theresa Nicklas, PhD
Dietary guidelines advisory committee

The 2005 Dietary Guidelines recommend one drink a day for women and two a day for men. However, this doesn't mean you can save them up for a weekend party and expect to get the same effects.

Theresa Nicklas, PhD, a member of the dietary guidelines advisory committee warns, "An individual on an 1,800-calorie level eating plan only has 195 discretionary calories or the equivalent of a 9-ounce glass of wine or a small dessert. If you want dessert along with

your daily allotment of alcohol, you need to increase physical activity to balance your calories to achieve a healthy weight."

While alcohol does have some redeeming value, it has its obvious pitfalls as well.

According to Fox News, "At the same time, moderate drinking has been linked to a higher risk of hemorrhagic stroke, even accounting for its effects on blood pressure". It is best to remember a little may be good but too much alcohol can lead to serious problems. As the campaigns have told us,

"Please drink responsibly".



Courtesy of GOOGLE.COM

National yoga day around the corner, veterans and new comers prepare

By LORRAINE PEREZ
Circle Contributor

For those who may not know it, January 28 signifies National Yoga Day while on January 29 National Yogurt Day is celebrated. As part of the Health and Wellness Committee, I present to you a brief history of yoga ...

Yoga's history has many places of obscurity and uncertainty due to its oral transmission of sacred texts and the secretive nature of its teachings. The early writings on yoga were transcribed on fragile palm leaves that were easily damaged, destroyed or lost. The development of yoga can be traced back to over 5,000 years ago.

Yoga's long rich history can be

divided into four main periods of innovation and development.

Pre-Classical Period

The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts contained songs and rituals used by Brahmins, the Vedic priests. Yoga was slowly refined and developed by Vedic priests, who documented their practices and beliefs in the Upanishads, a huge work containing over 200 scriptures. The most renowned of these Yogic scriptures is the Bhagavad-Gitā, composed around 500 B.C.E. The

Upanishads took the idea of ritual sacrifice from the Vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, action (karma yoga) and wisdom (jnana yoga).

Classical Period

The first systematic presentation of yoga was Patanjali's Yoga-Sūtras. Written some time in the second century, this text describes the path of Raja Yoga, often called "classical yoga". Patanjali organized the practice of yoga into an "eight limbed path" containing the steps and stages towards obtaining Samadhi or enlightenment. Patanjali is often considered the father of yoga and his Yoga-Sūtras still strongly influence all

styles of modern yoga.

Post-Classical Period

A few centuries after Patanjali, yoga masters created a system of practices designed to rejuvenate the body and prolong life. They rejected the teachings of the ancient Vedas and embraced the physical body as the means to achieve enlightenment. They developed Tantra Yoga, with radical techniques to cleanse the body and mind to break the knots that bind us to our physical existence. This exploration of these physical-spiritual connections and body centered practices led to the creation of Hatha Yoga.

Modern Period

In the late 1800's and early

1900's, yoga masters began to travel to the west, attracting attention and followers. In the 1920's, Hatha Yoga was strongly promoted in India with the life long work of T. Krishnamacharya. Krishnamacharya traveled through India giving demonstrations of yoga poses and opened the first Hatha Yoga school. Krishnamacharya produced three students that would continue his legacy and increase the popularity of Hatha Yoga: B.K.S. Iyengar, T.K.V. Desikachar and Pattabhi Jois.

The importation of yoga to the west still continued at a trickle until Indra Devi opened her yoga studio in Hollywood in 1947.

Since then, many more western and Indian teachers have become pioneers, popularizing hatha yoga and gaining millions of followers. Hatha Yoga now has many different schools or styles, all emphasizing the many different aspects of the practice.

All are welcome to come to a free yoga session sponsored by Housing and Residential Life. Wear comfortable clothing, and mats will be provided if you don't have one. The session will be led by an instructor from Power Yoga on Sunday, January 29 at 3:00 p.m. in the Dance Studio in McCann. After the yoga session, free yogurt will be served to jumpstart healthy eating habits for 2006.

THE CIRCLE Features

THURSDAY, JANUARY 26, 2006

www.maristcircle.com

PAGE 5

Making strides to increase alumni giving

By RACHAEL ROSS
Circle Contributor

With the importance of the participation rate of alums growing across the nation, Marist is making strides with its Alumni Marist Fund for 2006.

In U.S. News & World Report's America's Best Colleges, high alumni participation rates and their annual giving's matter for rankings of the most recognized liberal arts colleges in the country.

Marist is making efforts to increase the Alumni Participation Rate for the school's annual giving campaign. This effort can help move Marist up in the ranks in the "important industry ranking." A higher ranking for Marist gives recognition of being an outstanding liberal arts college, said the Fund's Web site.

Each year the people running the Marist Fund evaluate the previous year's performance and contributions received, and set goals based on that information.

Scheduling was about the same as last year, said Jeanine Thompson, director of annual giving.

"Each year we analyze what worked and what didn't and we make the proper adjustments and add new initiatives where we find necessary," said Thompson. "We have added several additional Phonathon sessions for both the fall and spring semesters. The overall Marist Fund goal is increased over last year. The 2006 Marist Fund goal is \$1.4 million."

Marist wants to increase its ratings, according to the alumni website, in order to "attract even more high-quality students; continue to recruit outstanding faculty; and improve key

programs, while increasing financial support from foundations, corporations, and other donors."

Thompson said Marist's mission is to help students develop the intellect and character required for enlightened, ethical, and productive lives in the global community of the 21st Century.

"To continue to hire the best faculty; providing the highest quality education and tools for learning; attracting the best and brightest students to Marist; and for our students, it's plain and simple," said Thompson. "We need financial support from creating unique opportunities to enhance the 'Marist experience,' Marist alumni, and other constituencies as well."

The Marist Fund is going through a constant schedule in order to contact donors and make their goal a reality, she said.

"We have a complex schedule that includes mailings and phonathons," said Thompson. "We also conduct some on-line giving strategies."

The Marist Fund is open to all alumni, including the families of the alumni. There is not a set minimum or maximum dollar amount that is required to be donated. Jen Cecchi, '04 alum, said it is very smart of Marist to not set a specific dollar amount for donation.

"It's nice, alumni can donate anything they want to, even if they only want to donate \$1 per year, it's accepted," said Cecchi. "Being able to donate whatever they want, people are excited each year to be able to donate."

The College's website said the Marist Fund

encourages the younger alumni to donate, because it is a simple way to contribute to the College's future and a way to give back to the place they were defined and shaped into the adults they became.

Thompson said they keep alumni and parents interested in donating by education and informing them on all that is going on with the college.

While attending Marist, Cecchi worked for the Marist Fund for two years. She said that many of the people asked to donate were very curious about where the donated money went.

"Many parents of alumni were skeptical about where the money went," said Cecchi. "Seeing rising tuition costs, people were worried their money was not being properly used."

According to the Marist Web site, the contributions made are used to help provide financial support and scholarship assistance to students who may not be able to attend Marist College financially. The contributions are also used in funding the Marist Abroad Program, as well as funding student service trips, and enables internships. With these contributions, Marist is also able to hire the best faculty and provide the best tools for higher learning.

Thompson affirmed this information. "The money that is raised through Marist Fund support is unrestricted and is used for valuable internships, scholarships, high-tech computer labs, student services, library resources, top-notch faculty, new technology, abroad opportunities, and much more."

The contributions [made by alumni] are used to help provide financial support and scholarship assistance to students.



Helpful study tips

Begin the semester on the right track. Learn the skills you need to succeed. The following set of tips from studyloft.com can help any student achieve academic success.

1. Determine the material you are required to know for each test.
2. Prior to a test, skim over your notes, readings, and homework assignments—but devote the most time to the material that you don't know well.
3. Allow plenty of time for studying UNTIL YOU UNDERSTAND; do not assign a finite period of time for studying.
4. Get help when you need it.
5. Choose the environment in which you are apt to study the best. Common choices include having total silence or a little background noise like music.
6. Break up the study time into multiple, shorter periods. Most often, study for an hour or two and then take a break to reward yourself with a snack or drink.
7. Consider studying with a partner or group.
8. Recopying notes works well for some students, especially those who need activity to help them concentrate.
9. If you learn best by repetition, you'll want to complete lots of similar problems or use flash cards to help in memorization.
10. If you need to know the "big picture," then you might want to outline class material in a way that makes sense to you.

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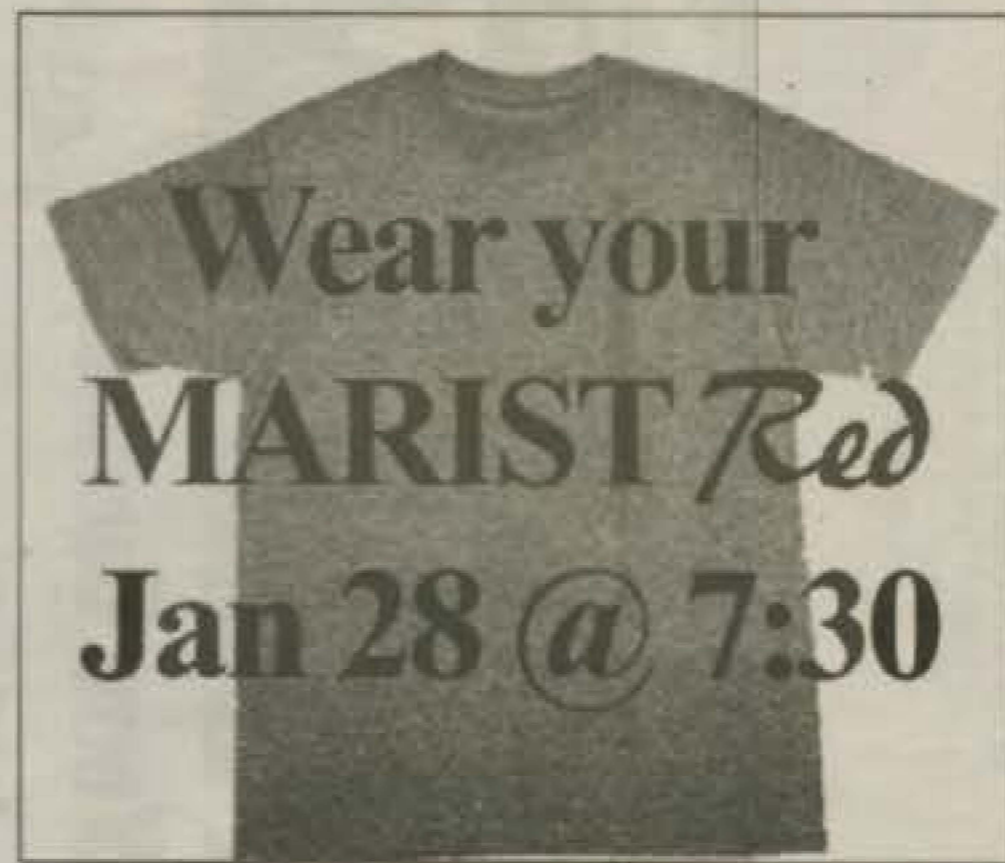
On Saturday, January 28, the Marist Men's Basketball team will be facing off against fellow MAAC conference team Siena. The game tips off at 7:30 PM in the McCann Center Gymnasium. Come early for the Alumni Game at 3:00 PM, where NBA All-Star Rik Smits will be in attendance. Support you RED FOXES by blanketing the new student section of the bleachers in a sea of RED! The Red Foxes (10-6 overall and 4-4 in the MAAC) have won



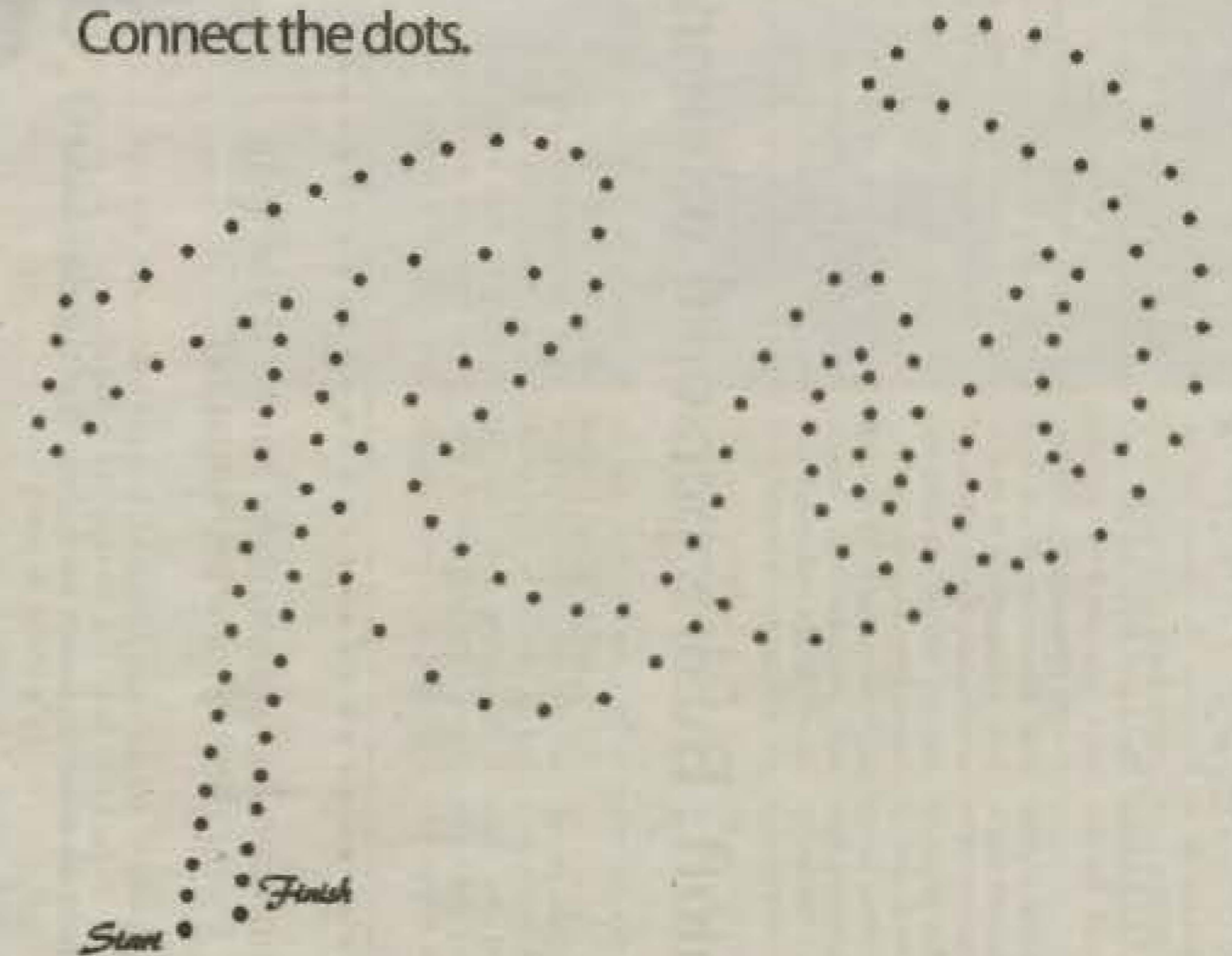
five straight and eight of their last 10. After the last game, Coach Brady said, "I want to thank the students for coming and hope each time they come that they bring another student. I want this to be an impossible ticket to get."



Paint by number.



Connect the dots.



From Page Three

Impartiality: an important trait for Supreme Court judges

to create law, and you can see an unprecedented amount of unchecked power consolidated in the hands of a small and elite group.

The third and final problem with the court is that once they're in, they're in for life (or for as long as they choose to serve). As long as they comport themselves reasonably well, there is no process in place to remove them from their posts. Unlike the president or the members of

Congress, the people of the United States cannot simply vote the justices of the Supreme Court out of their jobs if they feel that they are serving poorly. The nine men and women of the court have a phenomenal amount of power to alter the most basic and important laws of our nation - the United States Constitution.

It is a power that I sincerely and wholeheartedly believe should not rest with so few people who are not accountable in

any way to the president, to Congress, or to the people of the United States. With this stunning lack of accountability or even review, it is easy to uphold not the written Constitution, but one's own personal values and beliefs about the law. That is why conservatives like me so vehemently oppose decisions like Roe v. Wade in 1973. The Supreme Court, in that decision, read into the Constitution something that simply is not there. A

common misunderstanding is that, should Roe v. Wade be struck down, it would make abortions illegal. The elimination of this decision would do no such thing. Rather, it would return the question of abortion to the states, which would then vote on the issue and better reflect the will of the people than the few justices of the Supreme Court.

And that is why the judicial temperament of any justice or nominee to the highest court in

our land is vital. Any and every candidate, in my mind, must leave their own biases and preconceptions behind, concentrating only on the law as it is written in the Constitution. Furthermore, they must remember that their particular power (which is check on bad law enacted by Congress) is not a license to legislate from the bench. Finally, any member of the court must continually bear in mind what Marshall deter-

mined so long ago in Marbury v. Madison; that the Constitution as it is written is the supreme law of the land. It is not something to cavalierly tamper with or undermine, but rather something for Congress, with the consent of the people, to revise only after careful consideration. Even then, mistakes can be made. Just look at the eighteenth amendment.

Abramoff, Bush's personal relationship questioned in light of events

hope." And they are well-reasoned.

With President Bush commandeering of this jet, we've got a large mountain, not clear skies, ahead of us. I don't hold a man responsible for his actions who

probably has his shoes tied for him, his coffee brewed for him, and his Orco cookies divided for him all because he is incapable of performing these tasks for himself. The man should never have been inaugurated and the

fact that he has been twice disgraces this country and her citizenry. Although I won't recount the depressing chain of events that led to these eight Bush years, eight years that the more audacious of Americans will

probably prevent from fully running their course, I will remind everyone that this man was not elected or reelected in the natural senses of the words. He functions like a non-president, but we allow him to sleep in the White


House, wreak havoc and make a fool of himself and subsequently ourselves on TV with his notoriously ill-chosen words, systematically decimate this country's infrastructure and defile its international identity. Why do we

allow this? Everyone's answer is different and our collective answer is anyone's guess. The answer is unknown because the question is unasked and until it is, with conviction, things will not change.

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Red shirt freshman Julianne Viani keeps Siena sophomore guard Melissa Manzer from driving into the lane. Marist's defense held Siena to 39 points, the best defensive effort since Dec. 17, 2005 against Harvard.

12th straight win with strong second half surge for Women's basketball team

By NATE FIELDS
Staff Writer

After managing only twenty first half points while shooting a dismal 30 percent from the field, the Marist women's basketball team outscored visiting Siena College 41-17 in the second half en route to a 61-39 victory last Friday night at the McCann Center.

The win was just Marist's second over the Saints in its last thirteen tries. The Red Foxes have failed to beat Siena at home since 1995.

Senior forward Fil Camara, who earned Metro Atlantic Athletic Conference (MAAC) Player of the Week, struggled in the first half, managing to shoot just 3-of-12 from the field but recovered quickly in the second frame.

Camara, however, scored six of Marist's first 12 second half points. She finished with 22 points and 15 rebounds, both game highs. Her double-double against Siena was her fourth this year and her 19th career double as a Red Fox.

Both teams struggled to score early in the first half. A combination of outstanding defense and sloppy passing led to turnovers by both teams. They traded baskets for more than twelve minutes before the Saints began to pull away.

After the eight-minute media timeout, Siena, already leading 12-9, went on a 6-0 run to open up a nine point lead before red-shirt freshman Julianne Viani drained a deep three-pointer, cutting the Saints lead to 18-12.

The shot invigorated Marist's offense, and the Foxes outscored Siena 8-4 in the closing minutes of the half. Although they found their offensive groove late, the

team was clinging to a two-point deficit.

Head coach Brian Giorgis said that he knew his team could play better than they did in the first half.

"We rushed in the first half, we were out of sync," he said. "We were worried so much about their physicality we just got out of our game."

Leaving their poor first half performance behind them, the Foxes came out swinging in the second half. Sophomore center Meg Dahlman dropped in a pair of layups to open the scoring before Camara spun nimbly around a Siena defender in the lane and laid in the first two of her sixteen second half points. This gave Marist its first lead since the first two minutes of the game.

Giorgis recognized the importance of Dahlman's basket.

"The easy basket to start the second half really set the tone for us for the whole half," he said.

With Camara and Dahlman working hard in the paint, and Viani and sophomore Courtney Kolsar draining back-to-back three pointers, the Foxes mounted a 25-5 run that put the game out of reach for the Saints.

The second half belonged to Marist's front court, with Camara, Dahlman and sophomore Sarah Surdel combining for 32 of the Foxes' 41 points.

Senior Kristen Vilardi put an exclamation point on the win, hitting a three-pointer from the corner to make the final 61-39.

Although Camara and Dahlman had big nights, several other Foxes got into the fray. Surdel scored ten points, and Viani added her pair of triples and a free throw for seven points.

Although she had only two points, junior point guard Alisa

Krege's ten assists pushed her career total to 322, good for fourth place in school history, and just thirty-three shy of third.

The team hosts Rider University this Friday, Jan. 27th at 7 p.m. before their three-game road trip. The road trip begins this Sunday, Jan. 29th against Manhattan College and ends on Sunday, Feb. 12th against Fairfield University.



Upcoming Schedule

Friday, Jan. 27 — vs. Rider, 7 p.m.

Sunday, Jan. 29 — at Manhattan, 2 p.m.

Friday, Feb. 3 — at Siena, 7 p.m.

Sunday, Feb. 5 — at Fairfield, 1 p.m.

Saturday, Feb. 11 — vs. Manhattan, 7 p.m.

Monday, Feb. 13 — vs. Canisius, 7:30 p.m.

Friday, Feb. 17 — at Iona, 7:30 p.m.

From Page Ten

Coach Brady thanks students for support

and playing unselfish.

"I take every game the same way," he said. "But the guys on the team deserve credit. We had balanced scoring and everyone was making shots. Guys on our team want to be unselfish and we are playing unselfish. That's the catalyst of our team right now. That's how we're winning ball games."

The thorough domination on the court led to a wild and loud atmosphere at the McCann Center, a raucous crowd and the new sixth-man section overwhelming the visiting Stags.

Fairfield freshman Jon Han said the energy the Marist fans brought contributed to their inability to overcome the huge deficit.

"It was my first time playing in the McCann Center," he said. "There was definitely a lot of energy in the gym. It might have been the craziest gym we've played in all year. They bring a lot of energy and you could tell they were trying to defend their home court."

The comfortable lead gave Marist the ability to play an exciting brand of basketball by making exciting dunks and shots similar to an AND-1 basketball video. A couple of Hood reverse-dunks and a pair of alley oops highlighted the exciting brand of basketball that brought Fox fans to their feet.

"The crowd likes excitement, and a dunk is one of the most exciting things," Jordan said. "You do that and it's an energy boost. You get going and we enjoy playing in this atmosphere."

Coach Brady said he relished the atmosphere as much as all the Red Fox fans at the McCann Center that night.

After the game ended, Brady did an unusual thing for a head

coach. He walked over to the new sixth man section and thanked the fans.

Brady said he credits the new sixth man for bringing a whole new energy to the McCann Center, and said he hopes tickets only get harder to buy.

"I thanked our students after the game. Students want to root for a winner and we have a team that is learning how to win," he said. "I want to thank the students for coming, and I hope each time they come that they bring another student. I want this to be an impossible ticket to get in Dutchess County. That was a small gesture, I want them to come back and keep following our team."

After snapping Manhattan's ten-game win streak and dismantling the Stags, Marist finds themselves in the thick of the MAAC race.

With a 4-4 record, they are tied for fourth place with Siena and Saint Peter's College.

Brady said he expects each game to bring him a unique closely battled match.

"I say it all the time to our guys and I think they are starting to understand that every MAAC game is a unique new battle," he said. "It was unforeseen that we'd win by this much nor did I expect it at Rider. I prepare the team that we're going to be in close games."

Marist will host Siena College this Saturday, Jan. 28th at 7:30 p.m. Prior to the game, there will be a men's basketball alumni game at 3 p.m. Rik Smith, a former NBA All-Star with the Indiana Pacers, will participate in the alumni game and will be in attendance for the Siena game. Smith, who graduated from Marist in 1988, holds 25 school records.



Junior James Smith had 18 points and 13 rebounds on seven of 10 shooting. Marist defeated Fairfield 91-72 in the McCann Center.

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Peahens sharp-shooting nets Foxes first MAAC loss of year



Red-shirt sophomore Meg Dahlman shot 9-of-14 from the free-throw line while scoring 17 points in an 84-74 loss to St. Peter's last Sunday.

By ERIC ZEDALIS
Staff Writer

Back on December 1, the Marist women's Red Fox basketball team dominated Saint Peter's here in Poughkeepsie at the McCann Center.

This past Sunday, however, was a different story.

Perhaps fueled by their two consecutive big wins over Loyola and Manhattan, the Peahens (7-10, 3-5) continued its own Metro Atlantic Athletic Conference (MAAC) winning streak by beating previously-unbeaten Marist (12-5, 7-1), 84-74, in New Jersey.

With the loss, Marist ended a 12 game winning streak as well as their MAAC unbeaten streak.

Head coach Brian Giorgis said St. Peter's is quite possibly playing its best basketball of the season.

"I think [Saint Peter's] played great. I think right now they're a hot team," he said. "We went into their building after we had pestered them here. They played extremely well in all facets of the game, and it wasn't just one or two people playing well, they almost had six kids in double figures. They did an outstanding job, so they obviously are a force to be reckoned with, and we're

glad we're done with them for the regular season."

Giorgis said, however, the Red Foxes did not get caught "sleeping" as is often times the case when a superior team loses.

"We didn't play poorly or else we wouldn't have scored 74 points," he said. "Even defensively there were some good moments, but they hit a lot of tough shots. They're just a little quicker and more athletic than we are, and that showed."

What had worked for Marist so well in the first meeting with Saint Peter's did not yield the same result this time around, simply, because Saint Peter's made shots.

"One of the things you're going to do is try not to let them beat you off the dribble, make them beat you from the perimeter, which they did ... when they're going 6-for-12 from three, and they're one of the worst three-point shooting teams in the conference, you know you're in trouble," he said. "With six minutes to go at our place here, they had scored 29 points. They got the same shots [on Sunday], it didn't

change at all. The problem was they made them this time when they didn't make them last time."

For most of the game, Marist kept it close, but one crucial stretch left Marist with a deficit it could not overcome.

"We had one short stretch where we were down five where we didn't play well as a team," he said. "We tried to play too fast and get shots off, and kids tried to do it on their own, which isn't our game, and that hurt us. We had two air balls and a couple turnovers and all of a sudden their five-point lead went up to 12. And now you're really scrambling with four minutes to go."

While Giorgis is not ready to call this game a wake-up call since his squad does not "sleep" on anyone in the MAAC, he does think this game will teach an important lesson.

"What this game tells you is, if someone brings their A-game to the court, you're going to be in for a battle," he said. "We have kinda had it too easy lately, winning a lot of games by double figures. Even a team like this, who we beat handily at our

place, if they come in and play extremely well, you'll be in for a battle."

Fifi Camara led Marist again with 21 points and nine rebounds, and was awarded MAAC Player of the Week for the fourth time this year.

Meg Dahlman finished with 17 points and seven boards while Julianne Viani also added 17 points and a game-high five assists.

Nikki Flores added 11 points, three assists and two steals in the losing effort.

The Red Foxes, who remained alone in first place in the MAAC despite the loss, return home to host Rider on Friday, Jan 27 at 7 p.m.



Foxes defeat Stags, win streak at five

By GABE PERNA
Staff Writer

Led by Will Whittington's red hot three-point shooting and a superb overall first half effort, which ended with a 23-5 Marist run, the Red Foxes dismantled the Fairfield Stags this past Friday 91-72 at the McCann Center.

With the win, they evened their Metro Atlantic Athletic Conference (MAAC) record to 4-4.

Whittington's 25 point effort was just one of the many impressive cogs of the Marist 19-point drubbing. Marist's domination from three point land (12-25 as a team) was complimented well with their domination on the boards, as they out-rebounded the Stags 40-29. Most importantly, Marist only committed nine turnovers

Coach Matt Brady said keeping turnovers in single digits was a big deal for his team.

"We overcame their speed shooting 12-25 from three and out rebounding them 40 to 29," he said. "I think those stats are a big deal. I also think single digits turnovers or close to it are a big deal. If we can keep possession of the ball and limit their possessions then we have a bunch of guys who can score."

Contributing to the effort were juniors Jared Jordan and James Smith. Jordan added 17 points and 12 assists while Smith notched 18 points and 13 rebounds. Senior Carl Hood tabbed 11 points while junior Ryan Stilphen scored 13 points, which put all five starters in double digits for the game.

But it was Whittington's remarkable eight, three-pointer performance that captivated a

national audience, the raucous Marist crowd and frustrated Fairfield head coach Tim O'Toole.

"This is relatively straightforward: was anybody even on him?" said O'Toole. "You're guarding the second best three-point shooter in the country and you do not help elsewhere on defense. That was not our game plan. No one was supposed to leave him all night."

Whittington's eight three pointers tied his own record of most three pointers made by a Marist player in a single game. Coincidentally, the other time he dropped eight three-pointers was also on ESPNU two weeks ago against Siena.

Whittington said, however, that he does not see it more than a coincidence, and he credited his teammates for finding him open

SEE BRADY, PAGE 9

Men's S&D sinks Southern Connecticut in final event

By DAVID HOCHMAN
Staff Writer

The men's swimming and diving team needed three points to defeat Southern Connecticut State going into the final race of the meet on Saturday, Jan. 21.

The 400 freestyle relay team of senior Kevin Bobenchik, sophomores Ralph Rienzo and Greg Jablonski, and junior Pat Collins captured that last event and the meet for the Foxes, beating the Owls 130-113 in New Haven, Conn.

This was the squad first meet since the weekend of Dec. 3 and 4, so head coach Larry VanWagner said he was very interested to see how the men would react.

After three weeks of high-intensity training, VanWagner said he was not completely positive about what he was going to

see in the water.

"All the time off definitely adds to the speculation on the coach's part," he said.

Although the entire team came to compete, VanWagner said he counted 20 seasonal best times throughout the competition. According to him, Collins, senior Joe Pilewski, and junior Dan Garaffa especially stood out.

Collins gained wins in three different events, including the time of 46.26 where he swam as the anchor of that meet-winning 400 freestyle relay team.

Collins also swam the fastest time of the year for the conference in the 50 freestyle. He finished the event with a time of 21.00, topping his lifetime best by .6 seconds.

His third victory came in the 100 freestyle where he touched in at 46.50 seconds, the second best time all year in the confer-

ence.

Pilewski won three events as well, including the 200 individual medley, the 200 butterfly, and the 200 breaststroke.

Garaffa swam for the winning 4 x 100 medley relay and won the 200 backstroke.

Marist's next meet will be against the University of Maryland at Baltimore County. UMBC is the best team the Red Foxes face all year from what VanWagner said, and it should breed plenty of competition between the two teams.

"They are the most competitive team on our schedule," he said. "Their coach and I have forged a relation in the last three years since we were always seeing them at the ECAC's. We've never really been close to them, but this year, we have a great chance."

Upcoming Schedule

Women's Basketball: Friday Jan. 27 - vs. Rider 7 p.m.

Men's Basketball: Saturday Jan. 28 - vs. Siena, 7:30 p.m.

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