

# The Circle



The student newspaper of Marist College

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THURSDAY, SEPTEMBER 10, 2009

## Student Center amenities revamped

By KRISTEN DOMONELL  
News Editor

Marist Health Services got a facelift this summer, and students **campus** can now have their physical and mental health needs taken care of in one place.

The expanded and renovated office, taking up both the old Health Services office and the space that was formerly the billiards room, has expanded to include the Counseling Center, and will operate under a new name – the Health and Wellness Center.

“All those people had been scattered throughout campus and now they’re all under one roof, which certainly helps in terms of coordination of care for students,” said Pat Corder, acting director of the counseling center and assistant dean for student affairs.

Before renovations, doctors, nurses, nutritionists, clinical social workers, psychologists and counselors were scattered in offices in Donnelly, the Byrne House, and the Student Center.

Two exam rooms have been added to the previous four, as well as a blood draw room and a triage space.

Corder said the triage space is very large and is staffed with a

nurse who will help students with critical issues be attended to quickly. She said it can also be used for urgent counseling or for extra space on busy days.

“Not only is it more exam rooms, but we can get more people in,” Corder said. “Sometimes we had providers ready to see students but there was no place to put them so they were waiting in the waiting area.”

Deborah DiCaprio, vice president for student affairs, said with the melding of Health Services and the Counseling Center, a wellness initiative is in the works that will provide outreach and education.

As far as the billiards room is concerned, DiCaprio said a new game room may open when the Hancock Center is finished and there is more space in the student center, but there are no plans set in stone. The pool tables have been spread throughout campus residence areas.

The Cabaret also underwent significant renovations this summer to give it a more “lounge” feel.

DiCaprio said the goal was to provide another option to the library, creating a “warm and friendly” space that is convenient to come to and open for many hours, with a more inviting atmosphere where students can work in small groups



RYAN HUTTON / THE CIRCLE

Health Services and the Counseling Center have combined in the newly renovated Health and Wellness Center on the third floor of the Student Center.

without worrying too much about noise.

The space is now fully carpeted, the acoustics have been enhanced, and sliding doors to the commuter lounge are left open, forming one contiguous space.

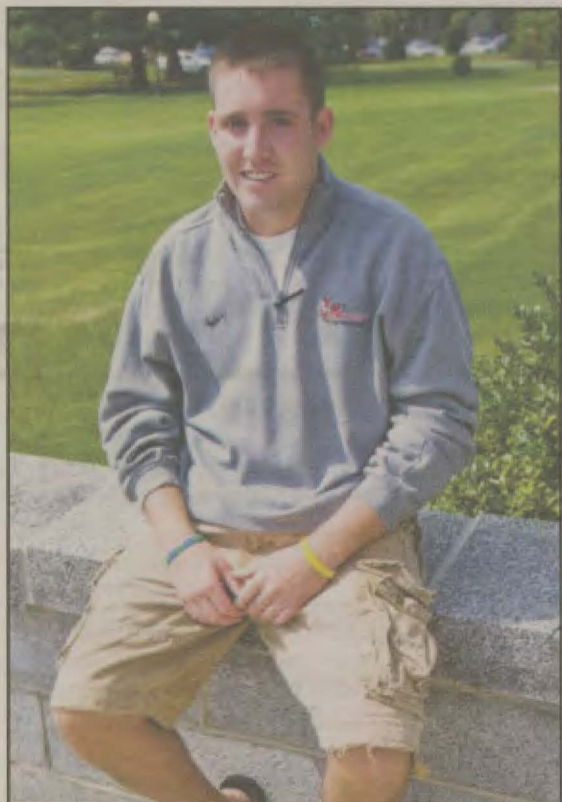
“We don’t want to separate people,” DiCaprio said.

However, the doors provide the option of closing off the commuter lounge for events when a more private space is needed.

Other campus improvements completed this summer include a new parking lot near Gartland Commons, additional “smart classrooms,” and a paint job in the McCann Center, among other maintenance jobs.

The Health and Wellness Center will be holding tours later this month. Specific dates and times will be announced via campus e-mail and fliers.

### ACT OF BRAVERY



RYAN HUTTON / THE CIRCLE

Senior Patrick Massaroni risked his life in July when he entered a burning home in an attempt to save friends.

SEE FIRE, PAGE 3

## Hancock construction disrupts townhouse life

By MONICA SPERANZA  
Staff Writer

The foundation is currently being laid for Marist’s new Hancock Center, leaving some students who live in neighboring Foy and Upper New townhouses feeling disrupted.

Foy residents can no longer park in the Foy lot, as the parking lot closest to Lowell Thomas had to be taken over for the new building, forcing the Foy residents’ parking to be turned into a staff lot.

Some Foy residents are required to park in the Hoop parking lot, which is located near the Gartland Athletic Fields.

Foy C4 resident Michelle Kennedy said it is hard to unload a car from Hoop, and finds the lot “a little sketchy at night.”

While some do not have a problem with parking somewhere else, others, such as Foy C1 resident TJ Grabowy, are “pretty pissed off.”

Another Foy C4 resident, Emily Callahan, said she thinks that parking in front of where she lives is a privilege earned by priority

points and that privilege should not have been taken away.

Another problem caused by the construction is noise pollution. Students in Upper New are most affected by the noise. Kaitlin McMurray, Areliz Palafox and Amie Ortiz of Upper New 11, the closest residence to the construction, said there is no machinery being used early in the morning, but the construction workers are disruptive.

“It affects our daily lives,” Palafox said.

She also said that if she leaves the window open at night, she always wakes up early to close it since the workers are making noise. However, Palafox and Ortiz agree that it could be worse.

Regardless of this current inconvenience for students, the administrators believe the Hancock Center will be an important academic addition to Marist upon its completion in December 2010.

Construction began in June and, come September, steel framework will go up, which will help students and staff visualize the size of

SEE CENTER, PAGE 3



## THIS WEEK

Thursday, 10

### World Film Program

"Camila"

Performing Arts Room  
7 p.m. to 9 p.m.

Friday, 11

### Wellness Fair

Sponsored by Student Affairs  
Gray Gym,

### World Film Program

"Camila"

Performing Arts Room  
7 p.m. to 9 p.m.

### Rachel Feinstein

Sponsored by College Activities  
Free with Marist ID  
Cabaret, 9 p.m.

Saturday, 12

### Football Home Game

Marist vs. Drake

Leonidoff field, 1 p.m. to 3 p.m.

Sunday, 13

### Rock of Ages Broadway Trip

Sponsored by College Activities  
\$25 with Marist ID

Bus leaves Midrise at 9:00 a.m.

Monday, 14

No Events Posted

Tuesday, 15

No Events Posted

Wednesday, 16

### Study Abroad Fair

Sponsored by M.I.P.  
Cabaret, 11 a.m. to 2 p.m.

Marist College



## Security Briefs Freshmen females get cozy with St. Francis

By CHRIS RAIJA

### 8/30 - Champagnat

This is a good place to start. Marist security breaks up an apparent beer pong tournament hosted by a few freshmen boys. Twenty-seven cans of Bud Light were confiscated. Twenty-seven. Three less than 30, which is usually the number these types of parties start with. This party got busted after three beers! That's so awesome. Moving on, though, what I got from this story is this: Freshmen are bold and apparently outgoing this year. Even if I did have the guts to throw a party in my dorm during the first weekend of my first semester at college, I know I definitely didn't have enough friends to pull this stunt off. AND they splurged for Bud Light?! Where are we? I'm confused.

### 8/30 - Lower West Cedar

Our first fire alarm of 2009! The culprit: food left on a stove. There's not much else to say about this, so I'm going to take this opportunity to explain some of the few rules of cooking. Sorry, Lower West Cedar, I'm exploiting your honest mistake to further my own agenda. Students in Leo Hall especially, pay attention to this; we don't want a repeat of last year. Don't try to microwave popcorn for more than 15 minutes. Don't try to microwave cookie dough and hot pockets at the

same time on metal plates. And please don't intentionally set off the fire alarm to flood the building, forcing your classmates to spend the night in the cafeteria. It's inconvenient for everybody.

### 8/30 - Campus Green

A Marist student was caught trying to steal all of the lawn chairs and fold-up chairs from under the event tents on the campus green. This is my favorite story of the week for a few reasons. One, what could this student possibly do with this much outdoor furniture when he lives in a freshmen dorm? I can see stealing one chair; maybe you need a strikezone for a Wiffleball game, or you might think you need a spare desk chair. But more than one just doesn't make sense to me. Second, all I can picture is a man dressed in all black trying to stealthily creep across the biggest open field our campus has, picking up four or five chairs and throwing them over his shoulder, looking both ways to make sure he's in the clear, and tiptoeing away into the darkness. While all this is happening, I'm seeing Marist security watching from a distance, laughing at him and letting him do all of this before they intervene.

Finally, please just imagine being this student's roommate had he gotten away with it. You're adjusting to a new lifestyle and living with a stranger who you're trying to get to know, and you wake up after your first night at college surrounded on all

sides by lawn chairs with your new roommate passed out underneath all of them wearing a mask and all black clothes. That tops all "my freshmen year roommate was a little crazy" stories. I love it.

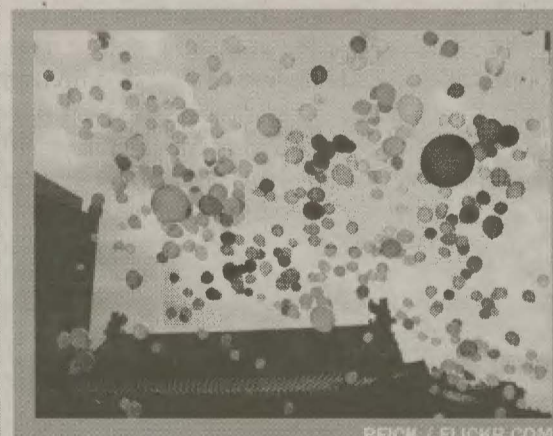
These next few stories are going to be rapid-fire and written in a style similar to choose your own adventure books. The only difference is, no matter which option you choose, you're always a freshmen girl, and you always end up in the hospital.

### 8/30 - South End

(Leo, Champagnat, or Champagnat) - Intoxicated freshmen girl found (vomiting, passed out, asleep) in (Leo Hall's lobby, the grass in front of Champagnat Hall, middle of the hallway in Champagnat Hall). (After admitting to consuming alcohol, Despite vehemently denying any consumption of alcohol) she was escorted to St Francis' Hospital.

Okay. I was actually concerned that I wouldn't have enough material to write about this week. Then I remembered, freshmen girls and alcohol both still exist. As long as college campuses still have these two elements, I'll always be in good shape.

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



It's time to celebrate because The Circle is back! Pick up a copy every Thursday and read us at [www.maristcircle.com](http://www.maristcircle.com)!

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# Fire brought students together

By AMANDA LAVERGNE  
News Editor

Senior Cailyn Kemka had a birthday that she will surely never forget. On the morning of July 19, 2009 after a night of celebrating turning 21, she awoke in the living room to find her family's beach house on fire due to electrical issues.

Through the chaos Kemka's friends and family were able to pull together and help one another out to make sure that everyone got out safely.

Patrick Massaroni, a senior, was woken up soon after the fire started and ran outside.

He went back in the house to help make sure that everyone had escaped. He returned a second time to the flames to help check again that everyone was out. However, people started screaming that no one knew where Kemka's eldest sister Laura was.

"I didn't want to lose a friend," Massaroni said. "I don't know what came over, just adrenaline I guess, but I couldn't make it up the stairs to look for her because of the flames."

Fortunately, Laura had slept at a friend's house and wasn't at the Kemka's beach house.

"We figured out my sister was missing when we all ran out and she wasn't there," Kemka said. "We didn't figure out where she was until my sister Stephanie had ran up the street to a friend's house and woke them up and one of the kids called her and she told us where she was."

Rory Foley, a junior, helped when it came to getting friends and family out of the house.

One of Kemka's good friends, April Buono, a senior, panicked as the fire was spreading and jumped out of her bedroom window and landed on the deck below, breaking her back. Foley found her on the deck and carried her around to the front of the house so that she could be attended to.

Foley went around back again with one of Kemka's male cousins and helped to catch Kemka's mother and one of her sisters as they jumped out of the house to escape the flames.

"Once we knew everyone was safe we were all in a state of shock," Kemka said. "I don't remember anyone panicking that much; we all did really well that morning."

Massaroni's heroic efforts resulted in severe burns to his back, wrists, arms, and shin. In addition, his lungs suffered serious damage from all of the smoke inhalation.

"It has been very tough and frustrating through the healing process, I have had to have so many tests and go to so many doctors," Massaroni said. "But the support from everyone has been great and I just try to stay positive through it all because the outcome could have been much worse."

Massaroni explained that a lot of people try to call him a hero, but all he did was something that felt normal to him.

"I did what I am," Massaroni said. "Obviously a lot of people know on campus, but everyone has just been

really supportive and it's a good feeling to have that people know and care."

Both Massaroni and Kemka agree that this experience was a life changing one.

"The fire that happened on my birthday, I will never forget, it has changed my life and now I am very aware of things that I never was before," Kemka said. "Whenever I go in somewhere I always find out where the exits are and try to have a straight path to them and I am very aware of things plugged into the wall and I always unplug lights when I am not using them."

Massaroni stressed how thankful he was to have the care that he did in the intensive care unit and how he now tries to live every day to the fullest.

"You can never take anything for granted," Massaroni said. "This experience has definitely changed my perspective on life 100 percent."

Although the experience was a scary one, Kemka tries to see the positive light in it all. "I am very lucky that out of 18 people everyone got out and nobody died," she said.

Even though Buono now has to wear a back brace for a few months and Massaroni suffered severe injuries, Kemka said that since those are the worst things that happened, she will take it.

"It's just a house, everything can be replaced, people can't," Kemka said. "That's all I tell myself when I get upset about it, and how lucky we all are and we all know that we had people looking out for us that night."

## From Page One Center will house tech programs

the building in relation to others.

According to President Dennis Murray, this project will cost the college \$35 million and will be "one of the premiere academic buildings in America."

Murray said planning was ongoing for several years, so the funding for the construction is well covered.

Designed by Robert A.M. Stern, the new building will be home to "30 faculty offices, seven classrooms, three computer labs, an executive presentation center, the Marist Institute for Public Opinion, and space for academic administration," as well as home to technology programs and a center for small business incubation, according to the information sheet "Hancock Center At A Glance."

Having such a large building will "free up space in Lowell Thomas, Dyson, and Fontaine" Murray said.

He also said he hopes Marist students will like the café, student lounge, and outdoor patio looking over the Hudson River that will be included in the new building.



RYAN HUTTON / THE CIRCLE  
Construction on the Hancock Center has displaced some faculty parking.

## News Briefs

### Fulbright Scholarship Winners:

Nicki Boisvert, a senior Biomedical Sciences major from Merrimack, NH, has been awarded a Fulbright grant to undertake research in Trinidad and Tobago for the 2009-2010 academic year. With this prestigious grant, she will study how culture influences the delivery of health care to individuals with HIV/AIDS. An aspiring physician, Boisvert chose Trinidad and Tobago because the country is among the most ethnically diverse in the Caribbean and has one of the highest rates of HIV/AIDS.

Karl Minges, a 2007 graduate of Marist College from Madison, CT, has been awarded a prestigious Fulbright Grant to conduct research evaluating Australia's Diabetic Health Promotion Program. Minges became interested in his research topic while at Marist when, during the summer between his junior and senior years, he held an internship at the International Diabetes Institute in Melbourne, Australia.

### Organic food in Cabaret:

Tuesday Sept. 8 was the grand opening of the Organic Cafe serving lunch, continuing every Tuesday, during the hours of 11:30 a.m. until 1:30 p.m. in the Cabaret. All foods are local and organic and Tuesday's menu was prepared by Executive Chef Anthony Legname and featured:

Stuffed Chicken breast and thighs with sautéed baby spinach and mushrooms, roasted red skin potato with sage, tossed arugula with grape tomatoes, spearmint and lemon dressing, bread and butter, and organic cookies.

### Concerns about H1N1:

If public officials want Americans to take the possible dangers of the H1N1 virus commonly known as "swine flu" seriously, more needs to be done. Nearly two-thirds of residents nationwide — 64 percent — are not very concerned or not concerned at all that someone in their household will contract swine flu. This includes 29 percent of the overall population who are not concerned at all. In fact, just 11 percent are very concerned, and 25 percent have

some degree of worry.

Concerns divide along racial lines. More African Americans and Latinos have some degree of worry compared with white residents. Just 30 percent of whites are either concerned or very concerned about the second outbreak affecting their families. This compares with 49 percent of African Americans and 57 percent of Latinos. There is also increased worry among residents 45 and older and women compared with younger Americans and men.

### Professor recognized internationally:

Associate Professor of Communication Dr. Mark Van Dyke received an honorable mention in an international competition showcasing ways to use an open-source technology system called Project Sakai in the classroom. The winners of the second annual Teaching with Sakai Innovation Award were announced recently during the 10th International Sakai Conference in Boston.

Van Dyke was recognized for his spring 2008 Public Relations Case Studies and fall 2008 Communication Capstone courses for which he integrated Sakai into his teaching strategies.

The Sakai Project is a landmark

venture to create open-source course management, collaboration, and online research support tools for the higher education community. Begun through a collaboration involving the University of Michigan, Indiana University, MIT, and Stanford University, it is now in use in more than 160 colleges, universities, and schools around the world, including Marist.

### Marist Poll Reports:

If some GOP leaders want Sarah Palin to fade quickly and quietly from the media scene, she is certainly not being particularly cooperative. With as yet undisclosed electoral plans, Palin packs political clout with rank-and-file Republicans. According to the latest national Marist Poll numbers, 73 percent of GOPers have a favorable view of the former Alaska Governor, and she ranks right up there with Mitt Romney and Mike Huckabee as their morning line pick for the 2012 presidential sweepstakes. This is the case despite a slim majority of Republicans who think her early resignation as governor was a mistake.

## Terrigno's tips *Phil's weekly take on three events in the world of news and professional sports*

By PHILIP TERRIGNO  
Sports Editor

**WORLD EVENTS #1:** Let's take it down a notch, Glenn Beck and Sarah Palin. Every single word that those two have spoken about the Obama Health Care plan has been fear mongering aimed at the uninformed. It's important not to forget the root of the healthcare issue: The many millions of uninsured people in this country end up costing the millions who are insured, in one way or another.

**SPORTS #1:** Don't get your feathers all ruffled up just yet, Eagles fans. Although the arrival of Michael Vick in Philadelphia has caused quite a stir from the city's notoriously unforgiving supporters, there's a reason why head coach Andy Reid and General Manager Tom Heckert chose to bring Vick to the City of "Brotherly Love". A proven scorer and playmaker, Vick crossed the pylons 21 times as a rusher and threw for 71 scores in six seasons

with the Falcons. Vick certainly has his character flaws, but no NFL team is without a troubled player. With none of Vick's one-year, \$1.6 million contract guaranteed, what's not to like?

**WORLD EVENTS #2:** Let's hope the European Union can make a decision about the war in Afghanistan quickly. The Europeans, just like the rest of the world, want to enjoy the international security that fighting terrorism affords. The question is, are they willing to match the United States' military effort?

**SPORTS #2:** Mark Sanchez has been called many things by many people. According to the New York Daily News, he has the new name of "Walking Sex." To others, he is an ambassador to the Latino community because of his Mexican-American heritage. Still, some refer to him as the next big thing in the NFL. If I were a Jet fan, I wouldn't care how many photo shoots he did with *GQ*. I just want to be able to refer to him as the quarterback who

got big road wins for my team in Foxboro, and at Buffalo later this season.

**WORLD EVENTS #3:** Internet giant Google has expressed interest in the past few months of creating a vast digital library in which they will be able to digitize most books published in the U.S. and even books that are out of print. Let's put a red light to this project before it gets out of hand, and Google succeeds in creating a monopoly over the sale of digital books.

**SPORTS #3:** NFL Commissioner Roger Goodell's decision to fine Brett Favre \$10,000 for a chop block on the Minnesota Viking's Eugene Wilson, was questionable at best. Favre made that play numerous times during his glory years with the Packers. If people want to criticize him, do it for the retiring and un-retiring circus he creates yearly and not for playing the game of football.



## Over-achieving Intern mulls life after graduation

By DEANNA GILLEN  
Opinion Editor

It seems like just yesterday that I was an incoming freshman at Marist College, congregating on the campus green in hopes of finding not only friends, but a sense of direction during my seemingly endless college career.

Flash forward three years. I am the Opinion Editor of *The Circle*, interning four days a week as an assistant for Senior Correspondent Gabe Pressman at WNBC in New York City, and juggling an 18-credit course load.

An over-achiever to the core, I evidentially found my niche at Marist. However, as I recently discovered, there is a catch. As a freshman, I was blissfully unaware that my years at Marist would one day come to an end. Sure, I knew that it would come eventually, but never knew just how soon it would come. Now, as an upperclassman, I am acutely aware of just how close graduation is, thanks in large part to the ever-so-subtle electronic signs posted around campus by Career Services.

With the economy still in limbo, inching ever so much closer out of the red, it is clear that there is a long road to recovery. Since the recession began, the nation has lost a whopping 6.7 million jobs. Taking into account the number of graduates that came into the workforce last year; one econo-

mist guessed that "we're probably around nine million jobs short of where we should be."

Such was evident with the graduating class last May, as many went to work at restaurants and in retail, becoming the norm for many post-graduates, who found no jobs were available in their fields. Whatever jobs were left, last year's seniors were forced to compete with completely over-qualified candidates, sometimes as much as twice their age, vying for the same job, with the same pay.

It is with that knowledge that many Marist seniors, like myself, know that the pressure is on to find that one "golden ticket" internship that may just be their saving grace (gulp), come graduation this May.

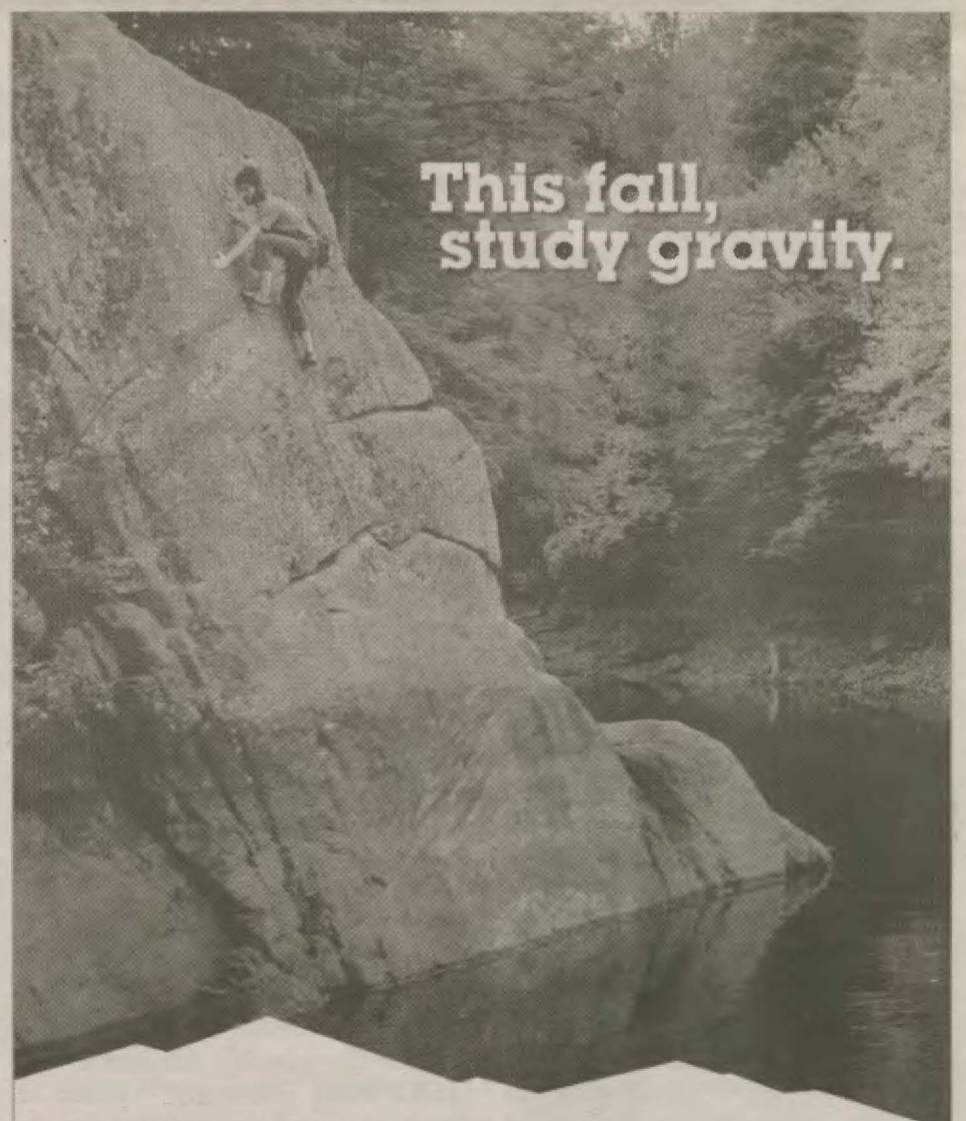
As I am sure every upper-classman would agree, an internship is vital in hopes of landing a job post-graduation. In this economy especially, your internship may be the difference between entering the job market or returning home to your parents' basement.

It is with this knowledge, and slight trepidation, that I embark on my new internship this fall. Though it is true that we have crept out of the great abyss that is an economic depression, we still have an extremely long way to go, so it is my advice to the upper-classmen, grab and hold onto an internship for dear life.

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This fall,  
study gravity.

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## Health care debated

By MARK INSERRA  
Circle Contributor

One of the biggest issues in the 2008 Presidential Election was health care. Both John McCain and Barack Obama tried to convince the public that they had the best plan to ensure that Americans who lacked health care coverage could obtain it.

Close to a year has passed since Barack Obama was elected president, and the attention devoted to the issue of health care has only increased. It has become possibly the most heated debate in America today.

With the massive number of uninsured Americans, both Republicans and Democrats have proposed plans to cover and aid those lacking health. The national health care plan proposed by the president and supported by many Democrats in Congress has sparked debates in many town hall meetings across the country.

The plan proposes to create a government-run public health care option that will be taxpayer funded. It will

cover those who do not have health care. It will also be available to all those who do have coverage from a private insurance company.

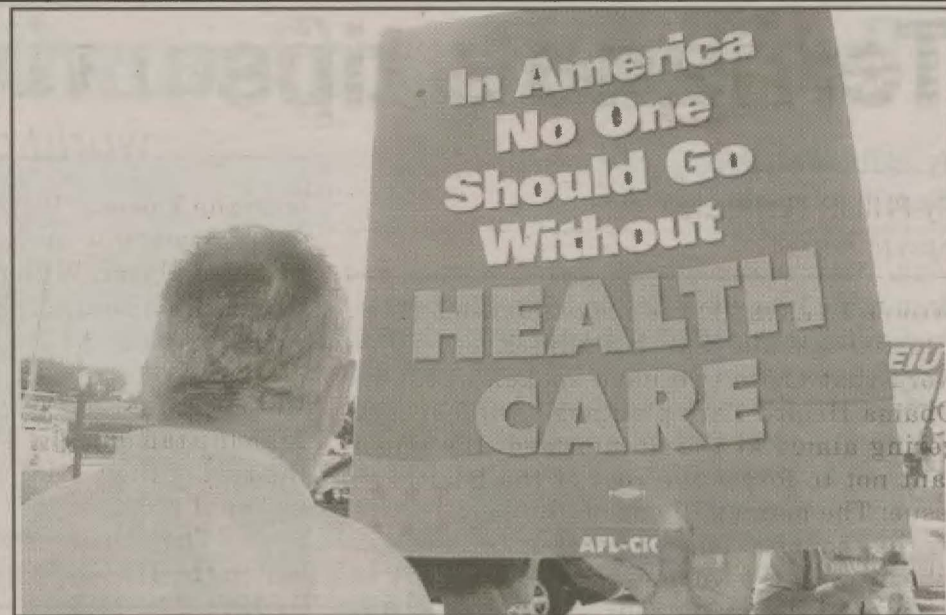
"People who have enough money should have the option to keep their current insurance," said junior Ed Cahill. "Everyone deserves to be healthy and have the opportunity to do so."

Those who do not wish to use this public option will be able to keep their current insurer. Supporters of this plan cite this fact as one of the main reasons why it should be implemented. They also point out that the U.S. is the only world power that doesn't have a national health care system.

"Republicans and conservatives need to realize that having health care for all citizens is not a bad thing," said junior Andrew Clinkman.

While this healthcare proposal certainly has its supporters, there are many who do not believe that a national health care system would be positive.

"I like the way we have it now where people have [private] health care,"



LEONCILLO SABINO / FLICKR.COM

Health care leaves the nation divided as people come out to rally for their cause.

said junior Tom O'Neill. "People aren't going to be turned away and that needs to be protected rather than switching over to a whole new system."

One of the concerns is that illegal immigrants would be covered under the president's health care plan. Another issue that has been raised is that government-run health care would drive private insurance compa-

nies out of business. This would negate the provision that allows Americans to keep their current insurance, and would lead to a single payer system.

The question that people are raising is: how can a private insurance company compete with a government-run system that doesn't have to make a profit or pay taxes?

## Kennedy remembered as "Lion of Democrats"

By MONICA SPERANZA  
Circle Contributor

Sen. Edward Kennedy's life was filled with accomplishments and controversy. Born on Feb. 22, 1932, Sen. Kennedy died from cancer on Aug. 25, 2009. He leaves behind a wife and three children.

Kennedy's political career started when he ran for Massachusetts' representative to the United States Senate in 1962 with no prior experience, and won. He was re-elected nine times, becoming the third-longest serving senator in U.S. history. He served until his death.

According to history professor Dr. David Woolner, Kennedy ran for Senate at the youngest age possible, but had a "considerable ad-

vantage" since he came from a well-known "illustrious family."

Kennedy began moving up in 1969 when he earned the position of United States Senate Majority Whip.

From 1979 on, Kennedy joined, nurtured, and at times, was chairman of countless committees. These included the Senate Committee on Labor and Human Resource, the Congressional Joint Economic Committee, and Senate Health, Education, Labor, and Pensions Committee.

In 1980, Kennedy put in a bid for the presidential campaign. It was after he was dropped from the race that he focused on the state of his career.

"He became one of the most effective senators in American history," Woolner said.

Aside from the titles the senator possessed and the committees he was on, Kennedy proved himself politically

with his unwavering liberal principles.

"For five decades, virtually every major piece of legislation to advance the civil rights, health, and economic well being of the American people bore [Kennedy's] name and resulted from his efforts," said President Obama in a tribute to the recently deceased senator.

Kennedy was ahead of his time and a strong liberal voice in all matters. Practically all issues concerning his health care involved his effort. He was openly against the Vietnam War and was a lonely, but solid voice against the Iraq war. He believed in finding common ground between all political parties. He helped bring civil rights to the forefront. He had liberal views on abortion and gay civil unions.

"He did what he thought was right and had uncompromising liberal values," said

journalism professor Michael Hall.

"Though Kennedy became a highly respected and successful senator," Woolner said, "he won't be immune to his personal failings."

One of the reasons Kennedy was controversial in his earlier years as a politician was due to the Chappaquiddick incident in 1969. Sen. Kennedy left a party with a woman, allegedly drove drunk, crashed, and left the scene with the woman dead.

"Another reason he was controversial was that when he was young he had a reputation for being a playboy" Hall said.

As a Massachusetts politician known for his unwavering liberal principles, Kennedy was either loved or hated, but his legacy as the Lion of Democrats will always be remembered.

## Student Government preps for fall elections

By KELLY GALLUCCI  
Staff Writer

It's that time of year again, Marist students! Amidst the multitude of club meetings, the influx of homework and the sweet sounds of the jackhammer working on the Hancock Center – it's time to dust off your political prowess and settle in for election season.

Unlike the fall of 2008, this election will not be overtaken by speeches on television or a he-said-she-said debate. Instead, all of the voting fun will happen right here on campus with students signing up to be representatives for their class.

Steve Townsend, Student Body President, is looking forward to the turnout from the class of 2013.

"This is always the week that I enjoy the most," said Townsend. "I feel that it brings the freshman class closer as they elect their representatives and set the tone for

their four years here at Marist."

The freshmen class will vote students into the positions of President, Vice President, Secretary, Treasurer and Historian. Two commuter senator seats are also available. These selected officers will be responsible for planning events, listening to students and overseeing their classmates.

Matt Lubrano, Vice President of Student Life, also sees this as a crucial time of year. "Getting freshman involved from the very beginning allows them to grow and develop into prosperous and competent student leaders," said Lubrano.

While some candidates may come from a political background in high school, others may simply be trying to reach out and make a difference. These elections not only give students the chance to get to know their fellow classmates, but they present students with the opportunity to become involved in their col-

lege life.

"Student leaders are some of the most influential individuals on this campus," said Townsend. "Without their drive for excellence and desire to help others, Marist would not be the community that it is today."

While student representatives are well-known for organizing cookouts or field trips, they also strive to push Marist into being the best it can be. Whether it's in making the bathrooms more eco-friendly or listening to students gripe about the current core curriculum, the Student Government Association aims high and looks forward to welcoming a new set of members.

"They are the future of Marist," said Lubrano. "And bringing a fresh set of ideas is always encouraged."

Campaigns will be starting Sept. 13. Don't forget to vote!



ALYKAT / FLICKR.COM

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## The tenets of surviving freshmen year

By **KATIE GRAZIANO**  
Circle Contributor

10. Want to know what Marist campus and Kermit the Frog have in common? They are either green, or at least they try to be. Marist College is committed to being a green campus, meaning faculty and students at Marist are supposed to try their best to be stewards to the environment. During your stay at Marist, be sure to take a walk through the Fern Tor to remember why the environment is worth sustaining.

9. Even Clark Kent needs a break once in awhile. You don't have to be a superhero to change the world. Do community service through Campus Ministry or join Circle K. Both groups focus on serving the community in need outside of campus.

8. The Security Briefs will soon become your favorite read at Marist College. There is something so good about reading things that are so bad.

7. The gym isn't like the third floor corridor in Harry Potter. It's not forbidden territory. What doesn't kill you makes you stronger, so check it out, and spare yourself the freshmen fifteen. Everyone is welcome there. You don't even have to use the equipment; you can go swimming or join the dance club.



CLARE LANGAN / FILE PHOTO

Attention Freshmen: Don't walk across the Marist seal in the Rotunda or you won't graduate on time!

6. Every student should never be without their I.D. and their key. So buy a lanyard, or if that's not fashionable enough for you, cut a piece of string and make your own necklace. Whatever method you choose to keep your identity attached, you'll be especially grateful when you aren't the one standing outside of your room in a towel waiting for an R.A. or security to come to let you back into your room or the one who misplaced their belongings at a party, a club, or in a cab. Trust me, if it hasn't already happened to someone you know, it will.

5. The James A. Cannavino Library should become your new best friend. If you are going to spend hours partying, try to compensate with

hours of bonding with James, so that you don't fall behind and end up on academic probation. He gets lonely now and then, too.

4. Priority points are like chocolates. You don't want just one. Make sure that you join clubs and keep your grades up, so that when housing comes around, you won't be the person who holds your group back from getting into the housing you want.

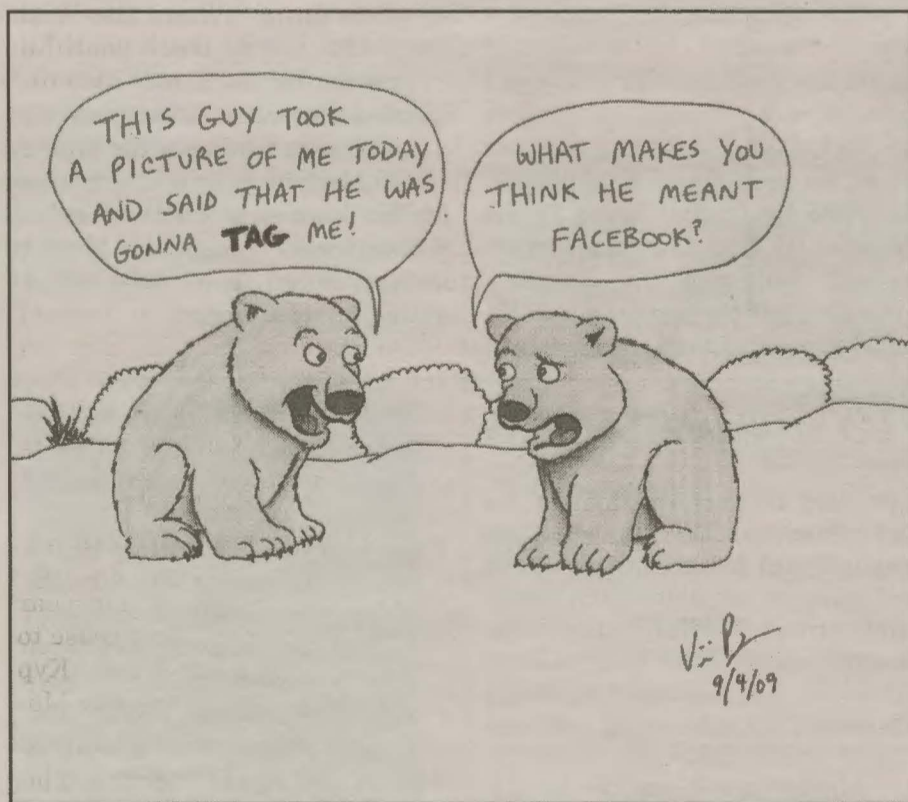
3. Be ridiculous. Don't take yourself too seriously. College is a chance to do anything and try everything. I met some of my closest friends box sledding in the winter. We lined a hill with ripped up cardboard boxes, sat in the leftover ones, and took off down our trail. My point is, try some of the activities the school or your dorm offers. You might be surprised how much fun playing bingo or painting pumpkins can be.

2. Talk and listen. I know it's the second part that is the hardest, but if you do both of these things, you are bound to be inspired by some of the amazing people who trek across the Marist College campus.

1. If you're here, you're lucky. You might not be the child of Daddy Warbucks, and your life probably isn't exactly like a Disney movie, but you're at a great school. You've only got a few years here, so take chances. Make your own opportunities. And laugh. Lots.

### cartoon corner

By VINNIE PAGANO

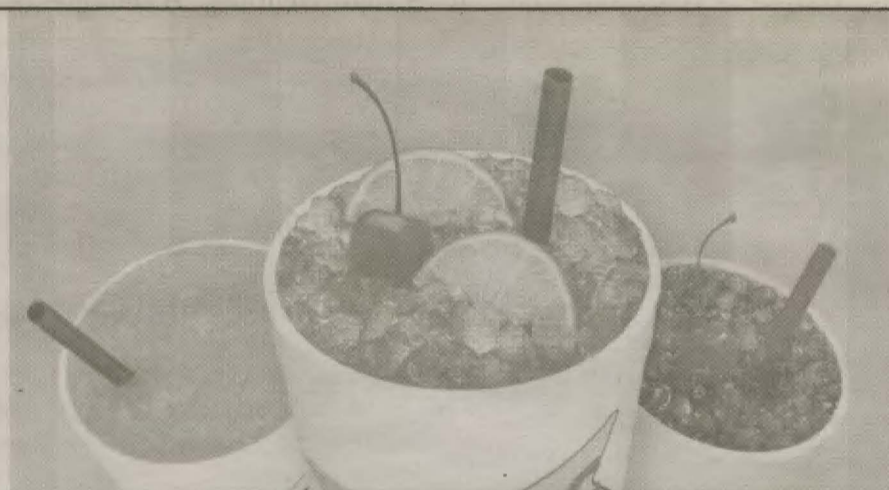


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## If you want to be a Filmaster, you have to review them all

By RYAN RIVARD  
A&E Editor

It doesn't take a rocket scientist to figure out that when you combine two great things, the end result will be something even greater. In this case, the two elements being combined are social networking and films. Filmaster has made it possible for these two things to coexist as one. Think of it as Filmbook, or Facefilms.

Filmaster is made solely for film geeks. It is built from the ground up with movie buffs in mind. An average moviewatcher may be overwhelmed by all the various features that can be a little time consuming.

After you sign up for Filmaster, you can begin to rate movies on a scale (1-10). Each rating can be applied to precise categories such as innovativeness, direction, and screenplay.

In addition to rating a film, users can post short reviews (300 characters max) that other Filmasters can see and read.

Longer reviews can be posted in the blog feature of Filmaster. Each



DGFRANCISCO / FLICKR.COM

Filmaster combines the social networking elements of Facebook, with movie features similar to IMDB.com.

user gets their own space to post lengthy reviews in a blog format, under your distinct URL, based on your Filmaster username.

Once you start exploring the site, and checking out other movies, you begin to read other peoples' reviews. If you like a certain person's opinion on films, you can request him or her to be your "comrade." A comrade is basically a friend in the Filmaster

world. Once you start piling up a decent list of comrades you can actually check out your movie compatibility with other friends, and maybe even trash on their taste. Seeing other people's reviews for films is also a great discovery tool for finding out about films that may have slipped under your radar.

The social networking aspect sinks in after you accumulate a certain number of reviews. Once this number is hit, Filmaster will actually recommend movies for you to watch based on your tastes and ratings. The network of movies is impressive, connecting many related movies.

The site is still in its "pre-premiere" stages, with features being added almost daily; one of the most recent features is the ability to tweet reviews.

Filmaster is certainly not for everyone and is aimed towards a niche of film enthusiasts. However, Twitter did start with a small audience that found its way to the mainstream. Filmaster has a steep uphill battle if it wants to follow in the footsteps of Twitter.

## currently singin'



STYLEMOM/FLICKROOM  
Kid Cudi started accumulating buzz with the popularity of "Day 'N' Nite," and 2008's mixtape "A Kid Named Cudi."

By RYAN RIVARD  
A&E Editor

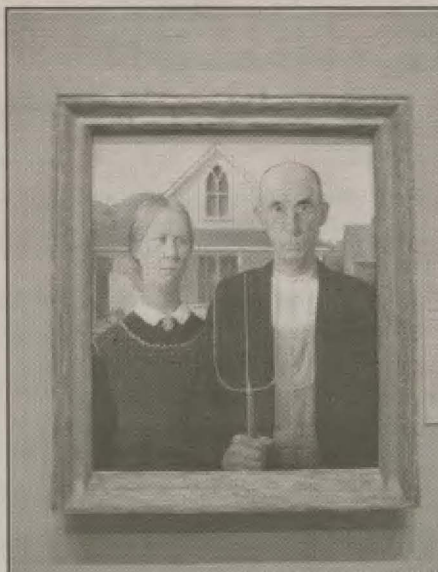
**Kid Cudi f/ MGMT & Ratatat "Pursuit of Happiness"** - The anticipation for Kid Cudi's long-delayed debut LP, "Man on the Moon: The End of the Day," has escalated to incredible heights after the gradual rise of the lonely stoner anthem "Day 'N' Nite." The third single from the debut, dropping on Sept. 15, is a hip-hop loving hipster's wet dream. With production handled by Ratatat, and MGMT providing the chorus hook, the song is a feel-good jam to mark the end of summer.

**Karen O and the Kids "All is Love"** - The single off the soundtrack of Spike Jonze's upcoming film adaption of "Where the Wild Things Are" has as much youthful energy as it should have. With a little help from Karen O's children's choir, the song awakens the young spirit in all of us.

**Muse "Undisclosed Desires"** - Another leaked song from Muse's upcoming album "The Rising." After the undeniably Queen influenced "United States of Eurasia," and the glam rock title track, this song warmly embraces an electro pop feel with a heavy use of strings. There is something more left to be desired with this one.

**Rain Machine "Smiling Black Faces"** - Although TV On the Radio has announced a one year break, that doesn't mean a cease to all TVotR-related material. Kyp Malone's solo project, Rain Machine, has poured out a pair of tracks in the recent months. The latest "Smiling Black Faces" starts off with sparse sounds and vulnerability in Malone's voice. Gradually it builds to an emotionally driven ballad sparked by bells, fuzzy guitars, and layered vocals galore.

**Leona Lewis "Happy"** - Ryan Tedder of OneRepublic wrote this lead single off Lewis' sophomore album, "Echo." The ballad is above average among other pop songs that flood the Top 40 airwaves, and will more than likely be a number one hit. However, the quality doesn't match the pop bliss of "Bleeding Love."



TASSILODEGE / FLICKR.COM

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## Ten ways to conquer the daily grind

By **BRITTANY FIORENZA**  
Lifestyles Editor

While school technically started a week and a half ago, the first week posed as a dreamy preview to fall semester. However, there are several indicators that show school is back in full swing. For instance, this week when you attended classes, you actually carried books. While in class you might have noticed the "X" on the back of your hand not quite scrubbed off after an enthusiastic bout getting reacquainted with the college scene. Still, most sobering of all - the library is beginning to feel a little less foreign while the pool side is becoming a faint recollection.

Yes, the school year most definitely has begun. Although a new semester means a fresh start, it can also sweep you up into a whirlwind of bad habits and stress. I have heard seniors talk of intense capping classes. I have heard freshmen talk of being homesick. I have personally winced once or twice at the electronic count down until graduation. (Really? Is it necessary?) Despite what specifically makes you tick there are ways to take a step back and take a breath. Before we get whipped up into the whirlwind

of the semester let's think of some simple daily tasks we can fit in between hitting the snooze button (seven times), running across campus to class and somehow juggling the many facets of being a college student.

**1. TAKE ADVANTAGE OF THE HUDSON RIVER.** If you are stressed out or feeling overwhelmed take some time to yourself and take in the calm of the river. The weather is still nice and who couldn't appreciate a little R&R while swaying on the floating dock?

**2. IF YOU CAN'T FIND TIME TO GO TO MCCANN OR JAZZMAN'S FOR A SOLID WORKOUT USE YOUR ROOM TO YOUR ADVANTAGE.** No one will see you slip in one of Richard Simmons' videos... go ahead, work it.

**3. DECORATE YOUR ROOM.** Put up pictures from the summer, from home, from your nights here with your friends. They'll remind you of more carefree times and are bound to make you smile.

**4. ENJOY YOUR FRIENDS.** Everyone is going to get busier and busier so try spending as much time as you can together. Your friends are your family away from home. Try and eat together, laugh together, work together and make good memories.

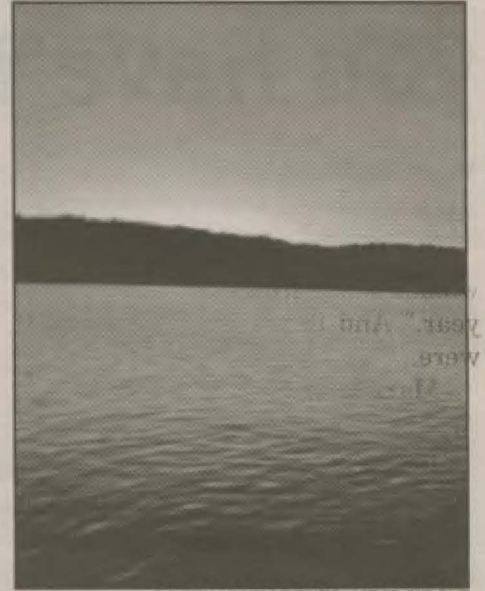
**5. STAY ON TOP OF YOUR WORK.** Only you know what works for you, but either way, do what you need to do to feel confident and in control of your responsibilities.

**6. TRY WRITING FOR THE LIFESTYLES SECTION.** Give a shout out about what you're doing or what is going on around on or off campus. What do you want to read about, what recipes do you want to try, what workouts are you looking for, where do you want to explore? Share your thoughts with the rest of us for having a well-rounded, healthy and happy semester.

**7. BREATHE.** When you're stressed and your neighbors won't stop blasting techno music at 2 p.m., breathe. Relax. (Then promptly pound on the wall and begin the volume wars).

**8. EAT WELL. SLEEP WELL. BE WELL.** Everything in moderation. Try not to go on full on fasting rituals followed by stuffing your face with Pleasant Ridge (I know, I know). On the same note try to avoid all nighters followed by sleeping through Wednesday classes. Get into a routine and remember to take care of yourself. Flu season is brewing.

**9. Try new things.** The new walkway over the Hudson is open-



BRITTANY FIORENZA / THE CIRCLE

Relax by the river for some solo time.

ing in October. Apple picking season is coming up. Throw a theme party. Find a new band to listen to. Switch it up and find something to catch your interest when textbooks aren't doing the trick.

**10. DO WHAT YOU HAVE TO DO.** You know yourself best. Do you need quiet time? Or do you need to be surrounded by your friends? Do you need to make lists or talk out loud to yourself? Do what you have to do to make the most out of your time. Take care of yourself and the rest falls into place.

## Divine dorm delights

By **ROBIN MINITER**  
Staff Writer

Tired of Easy Mac and burnt popcorn? We've got you covered.

### Instant Pad Thai

1 package of ramen  
2 tbs peanut butter  
a few dashes of soy sauce/sesame oil/honey, to taste  
any kind of meaty filler (pork, chicken, tofu) and veggies (cabbage, broccoli, green onion, crushed red pepper, etc.) pilfered from the café

Make ramen in the microwave. While hot, stir in the peanut butter and the sauce and/or oil of your choosing. Toss in the meat and/or veggies (pre-cooked, preferably).



ROBIN MINITER / THE CIRCLE

Some recipes to liven up your kitchen.

### Peanut Butter Fudge

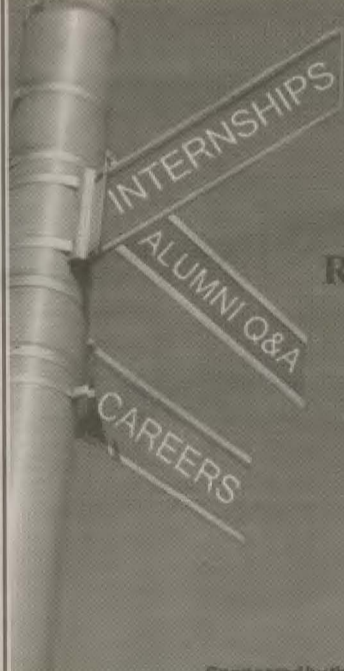
12 oz. semisweet chocolate chips  
12 oz. peanut butter

Combine ingredients and microwave for three minutes. Add a dash of milk, stir and pour into the empty container closest to your desk. Chill in your mini fridge. Toss in some M&Ms, marshmallows, or Butterfinger pieces for an added twist.

### Cupcake

4 tbs flour  
4 tbs white sugar  
1 tbs brown sugar  
1/2 tbs baking powder  
1/2 tbs salt  
1 egg  
2 tbs vanilla extract  
2 tbs oil (or plain yogurt)

Combine in a microwave safe mug (we don't need the Fairview Fire Department rushing down here now, do we?). For a chocolate cake, add 2 tbs of cocoa powder and a handful of chocolate chips (the more the merrier). For an apple cake, slice up an apple with some cinnamon and sugar, microwave, then add to the mix. Try pumpkin pie filling and nutmeg for a nice fall flavor. Frozen berries and pie filling work wonders as well! Microwave for four minutes.




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# Adam Vess leads Foxes at Bowdoin Park

By SCOTT A. ATKINS  
Circle Contributor

The Red Foxes showed major promise on both the men's and women's Cross Country teams as they met up with Rider University and Saint Peter's College on Saturday, Sept. 5 for the season opener.

"It was a great day at Bowdoin Park," Cross Country Director Pete Colaizzo said. "Both teams performed very well; we were especially happy with the improvement on the women's side from last year to this year." And impressive the women were.

Marist runners composed 10 of the top 15 finishers in the Women's 5K Race. Even with Addie

DiFrancesco, last year's leading runner, sidelined with a knee injury, the women did not miss a beat.

Senior captain Brittany Burns took command and finished the race with a time of 19:39, 45 seconds sooner than any Bronc. Rounding out the top three were sophomore Kathryn Sheehan and freshman Katie Messina. Both finished before any opposing runner.

On the men's side, the dominance continued. Sophomore captain Adam Vess lead the way in the Men's 5K. All but one of the top 10 finishers were Red Foxes.

The departure of the number one and two runners from the past four years has left Colaizzo with a need for new leaders to step up.

"It really remains to be seen who's going to emerge as a leader. I think we're going to be a packed team - a pretty tight team," Colaizzo said. "But honestly we're venturing out into uncharted territory. It's a new era."

He was impressed with the improvement of sophomores Matthew Flint and Curtis Jensen, as well as juniors Sam McMullen and Zachary Smetana.

"All of them improved quite a bit, and that was great to see," Colaizzo said.

Perhaps nothing pleased Colaizzo as much as the support of the Marist College faithful.

"We were really gratified to see the excellent support among our ad-

ministration, people across campus... [as well as] many students, and family and friends," Colaizzo said.

Next up for the Red Foxes is the Boston University Invitational, and even with Saturday's decisive win, Colaizzo does not want his team to become overconfident.

"I'm confident in the preparations that both of our teams are doing," Colaizzo said. "But that's really all we're trying to control, making sure that we're preparing as best we can, obviously keeping everybody healthy, and we'll see how it plays out."

Both teams will try to keep their momentum going on Sunday, Sept. 20 in Boston.



JAYEL AHERAM / FLICKR.COM

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# Marist tennis team stays in touch

## MAAC Champions set to begin their quest for second straight title

By JIM URSO  
Staff Writer

This past summer, a student from Massachusetts and another from Munich, Germany visited two fellow students in Switzerland. Tied together by a small, liberal arts college on the opposite side of the Atlantic Ocean and their love of a game and a team, these friends were reunited in a Swiss airport. Together they embody the idealistic qualities of team cohesiveness and harmony that people wish they could always shower on athletes.

These four friends were Loic Sessagesimi, Nicolas Pisecky, Matt Himmelsbach, and Marcus von Nordheim, four teammates on the Marist Men's tennis team. Himmelsbach visited Sessagesimi and Pisecky in June, and von Nordheim visited in July.

"It was great to be able to hit with

the guys on the team," said senior Co-captain Loic Sessagesimi regarding the offseason visit and workout.

The last we heard from these guys, they had just been eliminated from the NCAA Tournament by the Florida Gators, then ranked 10th in the nation. Throughout the 2008-2009 campaign, the Red Foxes dominated the MAAC as handily as any program at Marist.

In mid-April, they captured their second consecutive conference championship, first tearing through opponents Rider and Siena, and then beating their toughest conference opponent, Fairfield, 5-2.

Overall, Marist finished the season with a dual match record of 12-4, and 5-1 conference record.

In August, the Red Foxes were honored for their academic performance with the Intercollegiate Tennis Association All-Academic Team Award. Landon Greene and Matt Himmels-

bach received individual academic awards.

"The first week of practice is always interesting because that's when we can see if the guys worked out over the summer," Sessagesimi said. "After first week of practicing I can tell the guys worked very hard over the summer and I am very pleased with everyone's level of play."

Sessagesimi explained the difficulty in keeping the team on consistent summer workouts, since the close-knit group of players live all over the globe.

"This summer I only took two weeks off and I kept practicing at least three times a week," said junior Nicolas Pisecky. "I also play a couple tournaments to make sure I stay in shape."

This year, players agree that getting some big wins in the tournaments will be a major step forward. Ideally, Marist will get more players into the competitive ITA regional tourna-

ment.

Fortunately, The Red Foxes will return their entire starting lineup to the team this season.

Junior Rhys Hobbs, who isn't one of those starters, worked on improving his backhand and doubles play in hopes of winning a starting spot.

"I hope to get a national doubles ranking," Hobbs said.

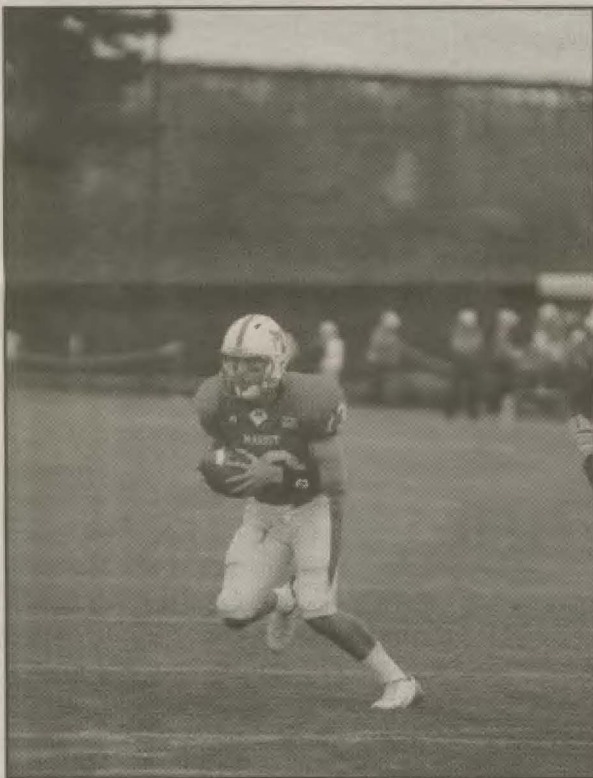
With school now back in a session, you can sense a healthy balance of competition among teammates, and group cohesiveness, and motivation. Staying true to the 'smoke and mirrors' format of Coach Tim Smith, some players found the resources to fly across the ocean just to get together and practice.

With a few new additions to this team, Marist is poised to win the MAAC for the third consecutive year.

The Red Foxes open their season on September 11th at the Annapolis Invitational in Maryland.

From Page 12

# Marist to begin league play in home opener



JAMES REILLY / THE CIRCLE

Following its week one win over the Sacred Heart Pioneers, Marist will begin its inaugural season in the Pioneer Football League when Drake comes to the Hudson Valley on Saturday.

able to make throws in the pocket and scramble when necessary.

"It puts a lot of pressure on a defense when a quarterback can get on out of there," Parady said.

Debowski's favorite target from the 2008 campaign also returns in wide receiver James Lamacchia. The pair connected for 535 yards and four touchdowns last season.

Kicker Kevin Pauly also makes his return to the Red Foxes as the kicking and punting specialist. Pauly tallied 40 points last season and was 22 for 28 on kicking opportunities. He is joined this season by freshmen Jason Myers from Mater Dei Catholic in Chula Vista, CA.

"I have a lot of confidence in Kevin [Pauly] and Jason Myers," Parady said. "I think they stack up with everybody else in the league as far as what they can do on the field."

The Red Foxes will certainly be thrown into the PFL mix early on in the 2009 season as six of their first eight games are against league opponents.

"There's a lot of unknowns going into this league," Parady said. "Six out of the eight conference opponents we have never seen before. No matter who we step on the field with, we feel we can compete with them."

### MARIST V. SACRED HEART

Every position on the field in football has its nuances. Certain linebackers are adept at stuffing the run, most offensive linemen can push or pull their defensive counterparts and talented wide receivers can find spaces in a zone defense.

For the Marist College Red Foxes, one football nuance in particular was crucial in their 31-12 win over the Sacred Heart Pioneers on Sept. 6: watching the opposing quarterback's eyes.

Sophomore cornerback Jaquan Bryant, who was named PFL Defensive Player of the Week, intercepted two passes and returned them both for touchdowns in the Red Foxes first game of the season.

"He looked down at the receivers," Bryant said. "He didn't really throw no-look passes, he looked right at the receiver, so basically I just jumped it [the pass]."

On the Pioneer's first play from scrimmage on their own six-yard line, Bryant intercepted a Dale Fink pass and returned it 11 yards for a touchdown. Kevin Pauly's extra point gave the Red Foxes a 7-0 lead nearly six minutes into the contest.

Marist would extend its lead to 10-0 following a 46-yard field goal from Pauly just under a minute into the second half, which would prove to be very important to the final outcome of the contest.

"It changed their philosophy the rest of the way," Parady said. "They had a couple of opportunities to kick field goals but they did not take them, and our defense really shut them out on fourth down."

Fink, the former 2007 NEC (Northeast Conference) Rookie of the year, would get his team on the board following a 12-yard run with 10 minutes remaining in the second quarter. A missed extra point by the Pioneers made the score 10-6.

With just under a minute remaining before halftime, Debowski found wide receiver Lamacchia on a 43-yard touchdown strike to give Marist a 17-6 lead. Debowski finished 14 for 20 with 217 yards through the air.

"The ball happened to go there based on the [defensive] coverage's that they were facing," Parady said. "Chris did a great job of going through his number one, number two and number three reads."

The Marist defense continued to stifle the Sacred Heart offense as its first four drives in the second half resulted in a punt.

"Defensively it just felt like we molded together and played very well," Coughlin said.

Greg Whipple and Bryant would score the final two touchdowns of the game for Marist. Whipple on a one-yard run just before the closing of the third quarter, and Bryant on his second interception of the game that he returned for a score with under two minutes remaining in the fourth quarter.

Whipple was part of a Marist rushing effort that combined for 138 yards on 39 carries. Senior O'Neil Anderson led the way for

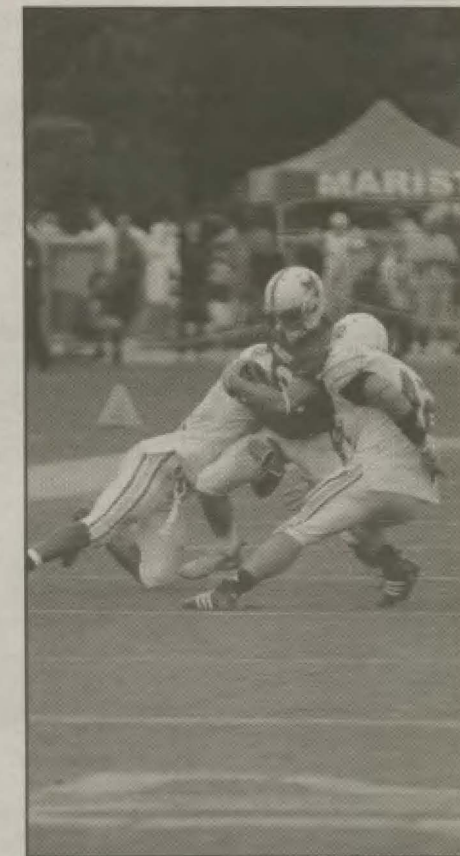
Marist with 81 yards.

"[Anderson] ran the ball very well," Parady said. "And he proved to be durable."

Tight end Brian Friedman was on the receiving end of a four-yard Fink touchdown pass with just three minutes remaining in the game. A 2-point conversion attempt failed, and Sacred Heart did not score for the remainder of the contest.

The Drake Bulldogs will travel to Poughkeepsie on Sept. 12 to battle the Red Foxes as Marist prepares to play its first conference home game of the 2009 campaign.

"We're expecting a very good defense to come in here," Parady said. "They did dominate that game yesterday [against Grand View], so that's a good sign for them coming out of the gate."



JAMES REILLY / THE CIRCLE

Senior wide receiver James Lamacchia recorded 153 receiving yards



# The Fox Trot

## Quick hits on the week in Marist athletics

### POUGHKEEPSIE, N.Y. -

After a season riddled with injuries, the Marist women's soccer team looks to have a healthy and successful 2009 season.

Head Coach Elizabeth Roper believes that if they do stay healthy, they'll triumph over a lot of teams this season.

"We're happy that there's a

### POUGHKEEPSIE, N.Y. -

The Marist women's volleyball team had a perfect weekend on its way to a victory in the 2009 Volley in the Valley Tournament held in Poughkeepsie.

After two losses to start the season in late August, Marist downed Bryant University 3-

number of players returning to health and returning healthy this season so that's important," Roper said. "That was obviously a big obstacle we faced last season so first and foremost we're very fortunate that we had players do what they needed to do to be ready for preseason.

After a victory at Youngstown State at home to

0 and haven't looked back since.

After a win at Hartford, Marist hosted the Volley in the Valley Tournament on Friday, Sept. 5.

The home field advantage proved to benefit the Foxes, as they didn't lose one set all weekend. They downed Buck-

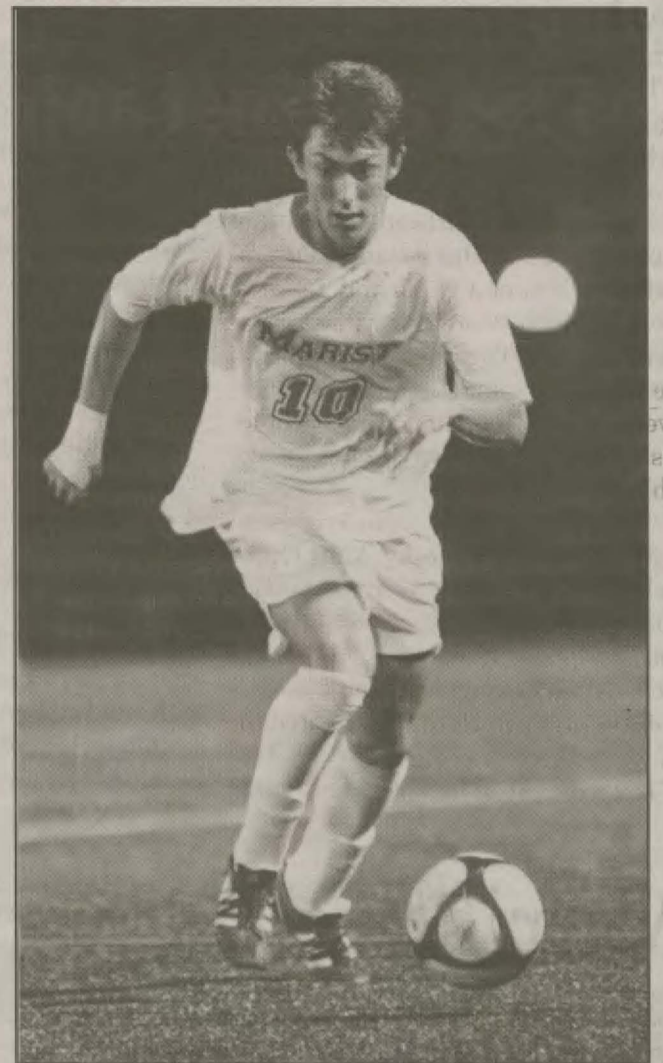
open the season. The team traveled to California and played two great games against two tough teams at San Francisco and UC Davis. They are now preparing for their next challenge- a match against top-ranked Boston College.

-Compiled by Rich Arleo

nell in the opener before toppling Providence and Bryant to clinch the title.

Senior outside hitter Alexandra Schultze was named the tournament's Most Valuable Player.

-Compiled by Rich Arleo



RYAN HUTTON / THE CIRCLE

Sophomore forward Krystian Witkowski drives for Marist over the weekend. Marist tied Hartwick 0-0 on Friday night on Leonidoff Field. Marist is 2-0-1 on the young season.

### POUGHKEEPSIE, N.Y.-

The Marist men's soccer team has begun the 2009 season on a three-game unbeaten streak.

On September 1 the team opened the season with a 1-0 win against Delaware.

Junior Steven Morales scored the only goal of the game in the 78th minute as Marist outshot the Blue Hens 19-4.

Red-shirt junior goalkeeper Joe Pilla began his trek towards being named MAAC co-defensive player of the week

with the shutout.

Pilla began to cement that claim in the Foxes second game of the season by making four saves and shutting out Hartwick.

After officially being named co-defensive player of the week on Tuesday, Pilla went out and got his third-straight shut out to lead Marist to a 1-0 victory at Army.

The Foxes next game is Saturday, Sept. 12 at Drexel.

-Compiled by Rich Arleo



MIKE CAIOLA / THE CIRCLE

Junior outside hitter Joanna Foss helped lead Marist to win the 2009 Volley in the Valley Tournament. Foss was named to the All-Tournament team along with teammates Lindsey Shmid and Leeann Harridsleff.

## Red Hot Fox: Marist's star athlete of the week

By PHILIP TERRIGNO  
Sports Editor

Defined muscles, lightning quick speed, and extreme endurance can all be noticed on a football field, since so many athletes possess them.

Jaquan Bryant, after his two-interception performance against the Sacred Heart Pioneers on Saturday, Sept. 5, will be the first to tell you that it is the less noticeable characteristics of a football player, like studying game tapes, that makes all the difference.

"From looking at the film, he [Dale Fink] throws that pass pretty much the first play of the game, usually a hitch or an out [route]," Bryant said. "I figured that he was going to throw that."

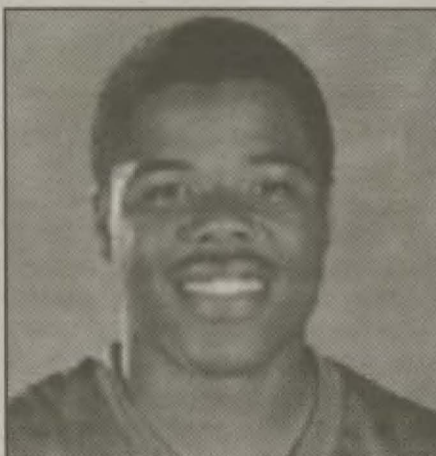
He figured right, and Bryant re-

turned both of his interceptions for touchdowns in Marist's 31-12 victory.

Not intended to start at one of the cornerback positions this season, an injury forced Bryant up on the depth chart and into a starting role in the Red Foxes season opener.

"Kwame Carlor went down [with an injury] in the beginning of camp," the sophomore said. "I figured since he was down, I had to step up and make plays."

Bryant was named this week's Pioneer Football League [PFL] defensive player of the week, and he



From GOREDFOXES.COM

**Jaquan Bryant**  
Sophomore- Football

became the first player on a Football Championship Subdivision [FCS] team to return two interceptions for touchdowns.

"I saw it on the Marist website, but I actually didn't believe it until I saw it on the Pioneer website," Bryant said. "As a sophomore, that's great. It's

an honor."

Competing in their inaugural season as a member of the PFL, the Red Foxes will play football games in seven states this season. This schedule affords the opportunity for

many members of the team to visit new locations.

"Traveling as a sophomore is great," Bryant said. "Going somewhere that you're normally not used to is a great experience for anyone."

A graduate of Holy Cross High School in Flushing, N.Y., Bryant credits much of his academic work ethic and zest for the game of football to attending the school.

"Playing in the Catholic High School [Football] League is great," Bryant said. "You get a good experience, a great education, discipline and tradition."

One tradition the rest of the Pioneer League won't want to develop for as long as Bryant dons the Marist red and white is the tradition of telegraphing passes his way.



## Foxes topple Pioneers to open season

By PHILIP TERRIIGNO  
Sports Editor

With four trips by plane scheduled for this season, there will be ample opportunity for the Marist College football team to sightsee.

Whether it's a visit to the San Diego Zoo during its trip to California or several other destinations along the way, there will be plenty of time for the Red Foxes to take in the local scenery.

After all of the tourist attractions have been visited and souvenirs purchased, the Red Foxes will get back to the task at hand: competing as the newest member of the Pioneer Football League (PFL).

"We're a competitor right off the bat," Marist head coach Jim Parady said. "We're looking to go in and go right to the top of the league."

After spending its 2008 campaign as an Football Championship Sub-division (FCS) independent due to the dissipation of the MAAC Football League in 2007, Marist now begins its first season in the PFL.

Entering its 17th year, the PFL is the nation's only non-scholarship NCAA Football Championship Sub-division conference. It features colleges on each coast and several

other schools that are spread out across the country with 10 total members.

During the 2008 season, Marist squared off against two of its conference mates to be in San Diego and Davidson. The Red Foxes went 1-1 in those two games with a loss to San Diego and a victory over the Davidson Wildcats.

Leading Marist in those two games was its stout defensive unit, a side of the team that is sure to anchor the squad this season.

"We're a little more veteran on that side of the ball [defense]," Parady said. "You kind of lean on them more early in the season."

Captains Rory Foley, Nick Andre, and Kevin Foley are all returning starters that combined for 248 tackles, nine interceptions, and 8.5 sacks last season. Contributions can be expected from every defensive position on Marist's defensive roster as 12 returning players had at least 20 tackles.

"Everyone looking at us is going to know that we are a defensive team," junior linebacker Kees Coughlin said. "We have a lot of upperclassmen starting, and even the lower classmen are all very talented."

One facet of the Marist football

team that could lack explosiveness in the form of a single dominant player is the running game.

The departure of Obozua "Bo" Ehikioya leaves an immense hole to be filled in the Marist offense. Over the course of a five-year career with the Red Foxes, Ehikioya compiled 3,885 rushing yards and 49 touchdowns, making him one of the most prolific offensive players in Marist football history.

Head Coach Jim Parady will have the option to employ a running back by committee system in which several different players will share the total number of carries. O'Neil Anderson, Greg Whipple, Ray Fiumefreddo, Ryan Dinnebeil, and Willis Dendy are all returning rushers



JAMES REILLY / THE CIRCLE

Senior O'Neil Anderson rushed for 81 yards as part of a Marist running game that tallied 138 yards on 39 carries in the victory.

that will receive time at the running back position.

Chris Debowski returns for his senior season under center. The transfer from Orange Coast College threw for over 1,500 yards last season and ran for 576. His dual threat ability is a combination of being

SEE FOOTBALL, PAGE 10

MARIST INTERNATIONAL PROGRAMS

# STUDY ABROAD FAIR



WEDNESDAY, SEPTEMBER 16  
11:00 am - 2:00 pm  
CABARET