

THE CIRCLE



The student newspaper of Marist College

www.MaristCircle.com

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THURSDAY, MARCH 13, 2008

Women win MAAC; will go dancing in NCAA tourney

FULL STORY, PAGE 3



JAMES REILLY/THE CIRCLE

Campus

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Security Briefs

Big parties, small rooms and Flo Rida

By TYLER THURSON
John Gildard in Training

03/04 – Gartland

Oh, some things never change. To begin, all I can say is...thank God that spring break is in the imminent horizon. Once again, the Fairview fire department received a rousing test of their abilities due to a student burning food on the stove. Nope, not even anything exciting, like an electrical fire or an outlet boasting too many appliances. Nope, just more burnt food. There's got to be a limit on this, there's only so much one campus can take. Piece of advice, word to the wise? How about we all take this spring break to catch up on how to actually cook? Maybe buy a book with lots of pictures. It can even be pop-up if that makes things easier. Turn on Rachael or Giada every once and while, just keep it on in the background while you're flat-ironing your hair. Or, if none of this tickles your fancy, you could, you know, just not come back. It's really up to you, completely your call.

03/04 – Gartland

Later that day, the fire department was called back to duty for, once again, more food burnt on the stove. Yeah, so you know those tips for spring break I pointed out just a few quick lines ago? You may want to consider option "C." It really works out best for all parties involved.

03/05 – Lower West Cedar

A noise complaint alerted security to a party in Lower West Cedar, where 19 people were found getting down like there's no tomorrow, as well as many cans of beer being apprehended. Fortunately, the majority of the party was 21, so at least they're partying as responsible adults. Really, though, 19 people? That's a lot of people in one room. One minute, you're all having fun, probably jamming about how shorty had apple bot-

tom jeans, boots with the fur (and pretending that you'd ever listen to that with the windows down) and the next, your formerly fun-loving night turns into "who just breathed creepily on my neck" and "why did I just unintentionally go to 2nd base with half of my roommates?"

03/05 – Lower West Cedar

It never fails. The fire department was once again called to their civic duty when a student frying steaks on the stove set off the blaring alarm. Well, you have to give credit where credit is due, at least they tried. This wasn't Ramen gone oh-so wrong or pancakes never becoming what they were meant to be, this kid was going big or going home. In hindsight, though, you may just want to choose one of those options. And considering the circumstances, I'm going to suggest the latter.

03/05 – Marian Hall

Marian Hall substituted quite nicely for the local fight club last week, with security being forced to break up a surely well-intentioned brawl between two female students. I would continue down this path, probably making some crude reference to a cage match and two trapped animals fighting for their lives, but if there's one thing I've learned in life, it is hell hath no fury like a woman scorned, and trust me, these women must be scorned. That, and they could probably tear me limb from limb. So good luck, Godspeed, best wishes, peace and love – don't hurt me.

03/06 – Campus

Hey, remember that time you walked out into the parking lot, probably gearing up for a midnight cruise in your sweet ride, and your car wasn't there? Also, remember that time you got 7 tickets, had your car booted, and still didn't think you should do something before Marist tows your only form of transportation away? Yeah, good times. In the

past week, Marist has booted up to 8 vehicles, all with over 4 previously unpaid tickets. Park in the right lot, because as it turns out, life is a highway, and you're not gonna ride it all night long.

03/06 – Beck

Two students apparently felt the best way to make new friends on campus was to literally crash into one another in Beck Place, with both vehicles suffering damages and both leaving with each other's phone numbers. Well, insurance company phone numbers, but something tells me they'll be seeing more of one another. See, there are great ways to meet people on campus. Screw Match.com, just pedal to the metal.

03/07 – Upper Townhouses

Seriously...people, come on. Another fire was started on the stove, this time due to burnt remnants of previous meals cooked once again catching on fire, this time while a student was minding their own business, merely boiling water. Literally boiling water. I'm not even going to touch upon that part, but at least, in this case the student decided it didn't have to end like this, grabbing the nearest fire extinguisher and escaping with the small amount of dignity they had left. Well, we're talking shreds, but still, we're making progress.

03/07 – Leo

A student in Leo Hall was turned away upon attempting to enter the building by, nope, not swiping their ID card...why would someone do that? Yeah, swiping your license? That can't be a good sign. Well, hopefully it was at least your real ID. Imagine swiping your fake ID? That would seriously suck. In fact, next time you even feel the least bit down about your day or like there's a proverbial rain cloud above your head, Charlie Brown, just imagine having your fake ID crumble in the sturdy swipe machines right in front of securi-

ty. Oh yeah, I feel better already.

03/07 – Midrise

Security once again stopped students from getting shmasted (smashed/wasted...learn it, love it) by stopping it right before it starts, at the entry desk. Upon attempting to enter Midrise, a guest's bag was searched, prompting the discovery of 8 cans of Bud Light and a liter of Smirnoff Vanilla. Well, at least you tried. I don't know why security is onto the whole bag thing, one would think that would work wonders. So what if you had a suitcase, a small overnight bag, and a bag for your booze? Some people are just high maintenance...for a week-end stay.

03/08 – Midrise

Well, these briefs just took a turn to the sick side. A student was escorted to St. Francis, the place I go to when I just want to get away from it all, after believing they had food poisoning. Okay, so I actually know who this person is, and ate with them that night, so this is a warning. I'm not going to name the place of where we ate, but let's just say if you go to a restaurant with a type of jewel or day of the week in the name, you may want to rethink your choice. Hey, I just imply it, you have to infer it. You can't sue me.

03/09 – Champagnat

Making their first dent into security's records this week, Champagnat students had alcohol confiscated (shockingly), with security taking away what they saw as a half-full bottle of Skyy vodka. See, what they see as half-full, I see as half-empty. Subtle difference, but when all you want is your vodka, it's everything.

03/09 – Midrise

Students were literally walking on broken glass during the week-end, thanks to a presumably rowdy student deciding that breaking the window on a hall-

way door was the best avenue to proving how big and tough they are. Seriously, try and be a little more dramatic please. Just grab Mischa Barton and go sit on the pier somewhere, so you two can talk about how Daddy always pressured you, and in the end you found out you just don't want his life. She's probably not doing anything. In fact, I'm sure you two could compare police records.

03/09 – Champagnat

A male student was found asleep in the ladies' room of a Champagnat floor, before being evaluated by security and asked to return to their room. Sure, buddy, you just fell asleep. This cannot lead anywhere good. Next, you just happen to take a nap in the thong section of Victoria's Secret. Then, who knew an all-female yoga class would be where the first signs of your narcolepsy would show? It's a slippery slope. Plus, there are better ways to meet people. It's called crashing into them, duh. Have you not been reading?

03/09 – Leo

Huh? Pudding was recently thrown at a Leo Hall dorm room, with this being the second incident in recent memory (the first being nacho cheese, of course) and no possible assailant being apprehended. As I'm writing this, the 90's classic U2 song "I Still Haven't Found What I'm Looking For," just came on my iTunes shuffle. If only I had known that song was about maturity on the Marist College campus. If only.

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

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Spring Break (n.):

Break that students get in the spring semester. Ideally, this should occur after March 21. Sadly, at Marist, this isn't the case - thanks, college administration.

See also: "Wait, what do you mean it's 30 degrees? I'm on spring break.", too cold to go ANYWHERE other than the Equator, no Circle for two weeks

[[Ed. Note: That's right. No newspaper for two weeks. Have a safe and healthy spring break! //mbl]]

News

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Marist women's basketball wins MAAC tournament for third straight year

By ERIC ZEDALIS
Media Editor

Iona's "unfinished business" remains just that – unfinished.

Top-seeded Marist again beat Iona in the Metro Atlantic Athletic Conference (MAAC) finals, this time in dominating fashion, 83-63.

It is Marist's third straight MAAC championship, and culminates a perfect 19-0 season in the conference.

Iona fans underneath the hoop waved signs that said "Fox Hunt," and jeered at Marist players all game, but to no avail. Marist peaked in the tournament at the right time, according to head coach Brian Giorgis.

"We saved our best for last," Giorgis said. "I'm so proud of the kids. We basically played a perfect game today, and what a fitting ending to a perfect season."

Marist used a balanced scoring attack as five players, Rachele Fitz, Julianne Viani, Erica Allenspach, Nikki Flores, and tournament most valuable

player, Sarah Smrdel were all in double-figures.

Smrdel, normally a role player for the Foxes who comes in to give Meg Dahlman and Fitz a rest, was a big part of Marist's championship run. In Marist's three games, she averaged 10.7 ppg, 5.7 rpg, and 2.7 blocks per game.

The award was nice, Smrdel said, but winning the tournament and advancing to another NCAA tournament was what mattered to her most.

"You don't wake up thinking about [getting awards]," she said. "All that's important to you is getting your team to win."

Playing in front of a sea of red at the Times Union Arena, Marist got off to a good start, unlike in the first two games.

"We came out and executed as good a first half as we could possibly execute, and sustained it throughout the second half," Giorgis said.

A big reason for Marist's crisp execution was that point guard Nikki Flores bounced back from her 10-turnover perform-

ance Saturday against Saint Peter's to deliver a nearly flawless game Sunday.

Turning the ball over just once, Flores scored 11 and dished out four assists. Flores, who was named to the all-tournament team, played "180 degrees" different than yesterday, according to Iona Head Coach Anthony Bozzella.

"We couldn't control her," Bozzella said. "She got into the lane, she made some tough shots. She played very well, and I give her a lot of credit. She is their catalyst.

When she plays well, they're not going to lose."

But it was not just Flores who turned things around. Marist as a team played much better, Bozzella said.

"If they had played like [how they played against us today] in the first two games of the tournament, they would have won by 40 and 50 points, there's no doubt in my mind," he said.

"We did not play well the last two regular season games, but we're a good team, so we stepped it up and played good

the next two games. They didn't play that well the first two games here, and then they stepped it up and played good [today]."

Part of how the Foxes stepped up their game was by playing smarter. Dahlman and Fitz did a good job staying out of foul trouble after having issues the first two games.

"We knew that we needed to stay out of foul trouble," Giorgis said. "[Iona] led the MAAC in free-throws attempted. If they were going to beat us, they were going to have to hit a bunch of threes, and just have an outstanding shooting game."

Since Fitz was able to stay out of foul trouble, she saw thirty minutes of action and cashed in.

The MAAC player of the year scored 20 points and added five rebounds and four blocks. She too was named to the all-tournament team.

Meanwhile, Iona was led by its two senior guards Tiara Headen and Lauren DeFalco. Both were all-tournament

selections, and they scored 15 and 11, respectively.

Although they were not able to revenge last year's loss, DeFalco said the Gaels still accomplished a lot.

"It was really nice to get back and play Marist, the ones who knocked us out last year. But it was unfinished business in a lot of different ways. Just to get back on top. Being picked sixth, we knew we were better than that," DeFalco said.

"We knew the league didn't give us any credit. What this group went through to get back to the top, nobody can take that away from us."

Marist will represent the MAAC in the NCAA tournament for the third straight year. Last year they defeated Ohio State and Middle Tennessee State to advance to the Sweet 16 where they lost to eventual NCAA champion Tennessee.

The Red Foxes will know where they are seeded come "Selection Sunday," a week from today.

Related Stories:

WOMEN'S BASKETBALL:
NCAA seeding is fast approaching, Marist to find out seed this weekend

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MEN'S BASKETBALL:
Marist men denied spot in MAAC Finals by Rider

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For full recaps of the games you missed, visit our full MAAC tournament coverage at www.MaristCircle.com

Wage Project workshop aims to bridge gender gap

By ALLISON DUFFY
Staff Writer

Women are getting even. A woman makes only 77 cents for every dollar a man earns because of the current wage gap in the United States. That adds up to a loss of \$17,600 for each year, \$528,000 for thirty years, and \$1.2 million over the course of a career. The WAGE Project was created to change that.

"I'm counting on you all to begin your careers at the highest possible salary," said Annie Houle, National Director of Campus and Community Initiatives for the WAGE Project, to the approximately 65 students in attendance at Marist's first Start Smart Campus Workshop.

The WAGE Project and its Start Smart workshops are the design of Dr. Evelyn Murphy, author of *Getting Even: Why Women Don't Get Paid Like Men & What to Do About It*. Marist is one of the first campuses in the country to hold a Start Smart workshop.

The workshops began this past fall as a way to address college women about the salary difference they face when entering the workforce.

Irene Keyes, President of the Poughkeepsie chapter of the American Association of University Women, partnered with Houle to bring a workshop to Poughkeepsie. Students from Vassar College, Mount St. Mary College, The Culinary Institute of America, and Marist participated in the event, which was held on March 5 in the Student

Center.

"For women to be starting their careers at a financial disadvantage is unacceptable to Marist College," said Deidre Sepp, Marist's career development director.

According to Houle, the pay gap exists because women are more likely to accept a starting salary while men are more likely to negotiate. Her suggestions for women who are searching for jobs include:

- Determine a job title.
- Find a benchmark salary.
- Adjust this target salary to market conditions and demographic information about the job.
- Factor-in standard benefits, including tuition reimbursement and continuing education.
- Make a budget and calculate a minimally acceptable salary.
- Negotiate based on this salary.

Participants in the workshop calculated a theoretical budget for a career as a Meeting/Event Planner in New York City. Using the WAGE Project Salary Wizard, it was determined that the net monthly paycheck of about \$3,500 was not enough to support a monthly budget of over \$4,000.

This is why, according to Keyes, it is important to negotiate with companies.

"Their job is to get the best employee they can for the best price possible," said Keyes during the presentation.

"Making a budget made you think," said Marist senior Cassie Swartwout. "I learned how to be positive without being demanding."

Participants were also encouraged to evaluate their resumes

and determine their worth before beginning the job search. Women should also realize that their needs cost just as much as men's needs.

"Most of us would like to believe we're working for altruistic reasons," said Sepp, adding that it is not always possible.

Every year that women continue to work for lower wages than men sees an increase in the pay gap. Decreasing this inequality in pay should be especially important to Marist students because Marist's population is 60 percent female.

"It's as important as you make it," said Dr. JoAnne Myers, director of women's studies at Marist. "[The wage gap] also affects social security and pension for when you retire."

Students who attended the workshop found the information about the benefit package to be the most helpful information offered.

The workshop will also help seniors in their post-graduation job search.

"I'll be able to have a better idea of what I can expect," said Swartwout.

Since their inception last fall, there have been about 25 Start Smart College Workshops at schools throughout Maine, Massachusetts, and New York. Wyoming is the next state on the list.

Women interested in this project can start their own WAGE club as a way to counteract the inequalities in pay. Donations can also be made to www.wageproject.org to keep the WAGE Project alive.

New and improved Internet access to come after break

By KRISTEN DOMONELL
Staff Writer

The days of long wait times and pre-registering computers before getting online will gone come the end of spring break. The Information Technology (IT) department has been working on implementing a new network registration system called Cisco Clean Access to ensure up-to-date virus protection among the network.

According to Eric Kenny, an IT faculty member, the major difference between the current network registration system that Marist uses, called AutoReg, and Cisco Clean Access Agent is that computers will no longer have to be pre-registered to gain access to the network.

The software will be downloaded the first time a computer is plugged in and will ensure that McAfee antivirus is installed and computers are safe to join the network.

"As long as your computer is up to date, you will get on the

network instantly," Kenny said. "No more waiting for 15-20 minutes, rebooting, doing a rain dance and hoping your computer gets back online."

According to the IT website, by March 20 the new network registration system will be installed in all residence halls, the Rotunda, the library, and East Campus. The McCann Center and Leonidoff Stadium had the agent installed during a successful trial in February.

The new Cisco Clean Access is part of what IT calls "network access control."

According to the department's Web site, network access controls ensures that the network is able to stay up and running despite viruses or worms that may be on the Internet.

"During a time where other campus networks were brought down by Slammer, Sasser, Nimda, and other such worms and viruses, the Marist campus network remained fully operational. In order to keep up with this track record, our institution must evolve with the technology," according to the Web site.

Throughout April, the classroom buildings, along with Admissions and any other buildings on campus will be updated to use the new agent. According to Kenny, in late May or early June Cisco Clean Access will be implemented on the wireless network. Cisco VPN client, the program currently used to access wireless Internet will still be used and nothing will be significantly different.

Kenny said IT also hopes to have a system in place by Fall 2008 for students who wish to register their own appliances such as Xbox, Wii or Tivo on the network.

"Once [students] enter the MAC address into the Web site, their appliance will be on the network within a minute. This means you can get your appliance online on holidays, weekends, or at 2 a.m.," Kenny said. "In the meantime, they should continue to contact the Helpdesk or Resnet in order to get these connected."

The Hunt is On!

NRHH to Hold 12 hour Campus Wide Scavenger Hunt

Marist College chapter of NRHH, National Residence Hall Honorary which is made up of the top 1% of student leaders on campus, is planning a 12 hour scavenger hunt that is open to all students. Twenty teams of five students will be tested mentally and physically for 12 hours in the hopes of winning GREAT prizes (TBA) and contributing to our local community. Think you can handle the hunt? To find out more info join the facebook group "Marist College FoxHunt...Get in the Hunt!" The HUNT is ON April 5th from 9am-9pm. To Find out how to register visit our facebook group for more information.



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Opinion

Let the voices of the Marist community be heard.

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SGA race reveals poor student voting habits

By HALEY NEDDERMANN
Staff Writer

In the past couple of weeks, the campus bulletin boards have seen activity with the posting of flyers advertising candidates and their hopeful positions for the imminent Student Government Association (SGA) elections.

The posters vary in the amount of information they display – some make grand claims about what goals they hope to accomplish, others simply sport the name of the candidate and the position they are running for, and then there are the ones who went a step beyond and added a clever catchphrase.

It seems that when it comes down to it, most Marist students, if they vote, will be basing their decision on these posters.

In that case, it makes more sense to choose the candidate

who has created a poster that's organized, with an official looking picture, a list of goals and promises and no sloppy fonts, as opposed to the candidate whose poster involves a picture that appears to be cleverly cropped so that their other friends have been omitted from the frame. Amidst this sea of posters, only a select few – those who claim 'experience' – seem to be truly committed, dedicated, and serious about winning their position.

If students themselves do not care about any specific issues or bring them to the attention of the Student Government Association, then these elections are pointless, because those elected will only be serving their own interests.

The rest, with their Facebook-style portraits and carelessly crafted slogans, seem to be taking the whole election as a joke, a social experiment to see how many people like them enough to elect them.

This also brings up the fact that there seems to be a wave of 'whys' crashing over the election uproar. SGA seems to be shrouded in intrigue and mystery, which may be a result of the student body's apathy.

Student Government encourages students to attend general meetings on Wednesdays, but what kind of issues are discussed and resolved? Prior to elections, many students don't even know what issues SGA has already dealt with, or what issues are likely to be on the agenda next year. Because these issues aren't widely known or discussed, students aren't likely to care who they vote for or who wins because members of SGA are wrapped up in their own little world, and no one seems to be going in or out.

Those who have been elected

before are likely to be elected again, for unless one directly knows the candidate, it's difficult to keep track of who's who and who is running for what position. If students themselves don't care about any specific issues or bring them to the

attention of the Student Government Association, then these elections are pointless, because those elected will only be serving their own interests.

While there is a small group of students striving to make changes at Marist—some of whom are running for various SGA positions—the majority of the student body remains frustratingly apathetic. For many, a Dum-Dum lollipop will be the deciding factor in who they elect, because there are no other issues that they are concerned with. And there are certainly

issues at Marist that students should be concerning themselves with, whether they only directly affect students or

ing presidential election?

The upcoming presidential election will determine the leader of millions and millions of individuals, who in turn will determine policies that will affect those who live beyond the boundaries of the United States. If people do not care

whether they symbolize a larger issue.

The bottom line is that the SGA elections serve as an example of democratic involvement, and the responsibility that is placed on each individual to make their voices heard and contribute to the democratic process that they may take for granted. If students can't follow this election, which focuses on an isolated and specific institution whose policies and regulations will spill over little into the outside world, how can there be any hope for student involvement in the upcoming

about an election which involves people of their own age, background and interest, someone who they pass in the hallway or on the way to class, how can they fully appreciate the implications of the presidential elections, the power they hold as they step into the voting booth?

Let us hope that amidst the posters, the free lollipops, and the less than serious attempts at becoming elected, Marist students realize the importance of voting and the power they possess to affect change.

Obama makes politics 'cool' again

By AFORME AGAWU-KAKRABA
Circle Contributor

Gone are the days when men like Abraham Lincoln commanded the trust of his constituents. They called him Honest Abe because, as the legend goes, he never told a lie. He represents what politics should be. I hate to make such a weighty comparison, but upon reading *The Audacity of Hope* by Sen. Barack Hussein Obama, I could not help but prostrate at the feet of this articulate, intelligent man.

Some hold the belief that men like Obama are surreal, and that their lofty words will sink in the rocky shallows of "real politics." I have overheard, time and again, students assign Obama to the ranks of motivational speaker whilst applauding Sen. Hillary Clinton's mundane honesty. To where did our dreams of honest politics depart? When will we realize that words containing real meaning, not just empty promises, have been uttered once more?

It seems, for as long as I can remember, politics have been characterized by double-talk and the resulting cynicism. Though unsettling, this has come to represent the status quo. It is, thus, expected that when change beckons once more, the starved eyes of the American people recoil from the light, begging for the darkness that represents normalcy.

In a past publication of *The Circle*, I came across an article written by Dan Pearles that troubled me greatly. It read: "Barack has run a campaign on nothing but rhetoric and it is pathetic that the American people, especially college students, have let him get this far." Can college students fault their hearts for hoping? Can they truly condemn the words of a self-proclaimed, "hope monger" as nothing but empty rhetoric? The real question is: can they afford to do this at the risk of completely giving in to skepticism? Obama has made extremely clear his policy on all

the important issues; he explicitly states his views several times over in his book *The Audacity of Hope*.

For those of you who are just too swamped with work to read, a quick search on *Google.com* will reveal his opinion and stance on several important political issues. Just because it is not covered by the media does not mean that it does not exist.

The skeptic in me yearns to, annoyingly, chime "I told you so" at the slightest misstep by Obama, but I will not give in. I will dare to hope once more so that perhaps many years down the road I may turn to my son and tell him about honest Obama—the presidential candidate who said what he meant and meant what he said. The man who brought America to its feet in a deafening chorus of change, the man who made politics "cool" again.

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THE CIRCLE Features

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Campus Ministry Passover Seder to take place on campus during first week of April

By WHITFIELD MORRIS
Circle Contributor

Every spring, Marist hosts a Seder dinner to bring Christians, Jews and others together at the same table. Seder is the traditional Jewish Passover meal. Although Passover is late in April, the meal will take place early in the month. The celebration involves food, educational information, and fun games. Passover is an eight day festival which begins on the 15th day of the Jewish month Nissan.

The Seder, which is a Hebrew word that means "order," will be take place on April 9. The table seats 32 and guest get reservations on a first come first serve basis. Students can be placed on the list by calling Campus Ministry at extension 2275. The Seder celebration has been consistent with all the activities that take place every year, said Brother Frank Kelly, director of Campus Ministry. "We have certain rituals and rituals never change, they are established," said Brother Frank. He also mentioned like always, they try to get more students involved. This is even advertised and pro-

moted through religious study classes so both students on and off-campus are invited.

"It's wonderful for other religions and beliefs to experience Passover," said Brother Frank. The Passover Celebration is open to faculty, staff, and students.

"We as a college can celebrate all holidays and religion," said Steve Sansola who is the associate dean for student affairs. He teaches a course on Jewish history and ethics. He also plays a big role in preparing the Seder celebration.

Sansola said the foods on the menu serve as representations. For example, eggs represent life, salt water represents tears shed, and bitter herbs which represent sorrow and lost.

Along with the all the food and educational experience a game is integrated in this celebration. A piece of matzah also known as Afikoman is hidden and whoever finds it receives a prize. The story of Haggadah is also told during the Seder.

"It is important to raise awareness," said Sansola in reference to celebrating this Jewish holiday on a Catholic campus.

it Girl: tech & web culture from a net-savvy chick

Hack Your Audit

By LISA BRASS
Managing Editor

If there's one thing that I've learned here at Marist, it's this: most advisers aren't what you'd call "deeply motivated" to help you graduate on time. It's not entirely their fault. For one thing, they have a lot of students on their plate. For another, they're not required to know the fine-tuned details of what class counts for what and how to not take a useless elective that could be used to fulfill some other purpose. They're simply there to help you out with your major, which is usually pretty straight-forward. It's only when you pick up a minor (or two, in my case) that things get complex.

Although it's not as tech-related as a lot of my articles, I feel it's important for Marist students to learn how to take their future into their own hands so that when they meet with their advisers this week, they don't blindly follow suggestions. Also, keep in mind that I'm an English major with minors in Informational Systems and Business so much of my own experience is limited.

The first thing you should do, no matter what year you are, is check out your online audit. To find this helpful item, log in to Online Student Self-Service and click on 'Degree Audit' under Student Records. Click submit, and an imposing block of text will be revealed. Don't worry. It's easier than it looks. Part number one is a summary of who you are and what you've brought with you. If you have AP scores that you've transferred here for credit (smart move, my friend), they'll show up here. Note: make sure that you tell your adviser you have these credits and ask what classes you can get out

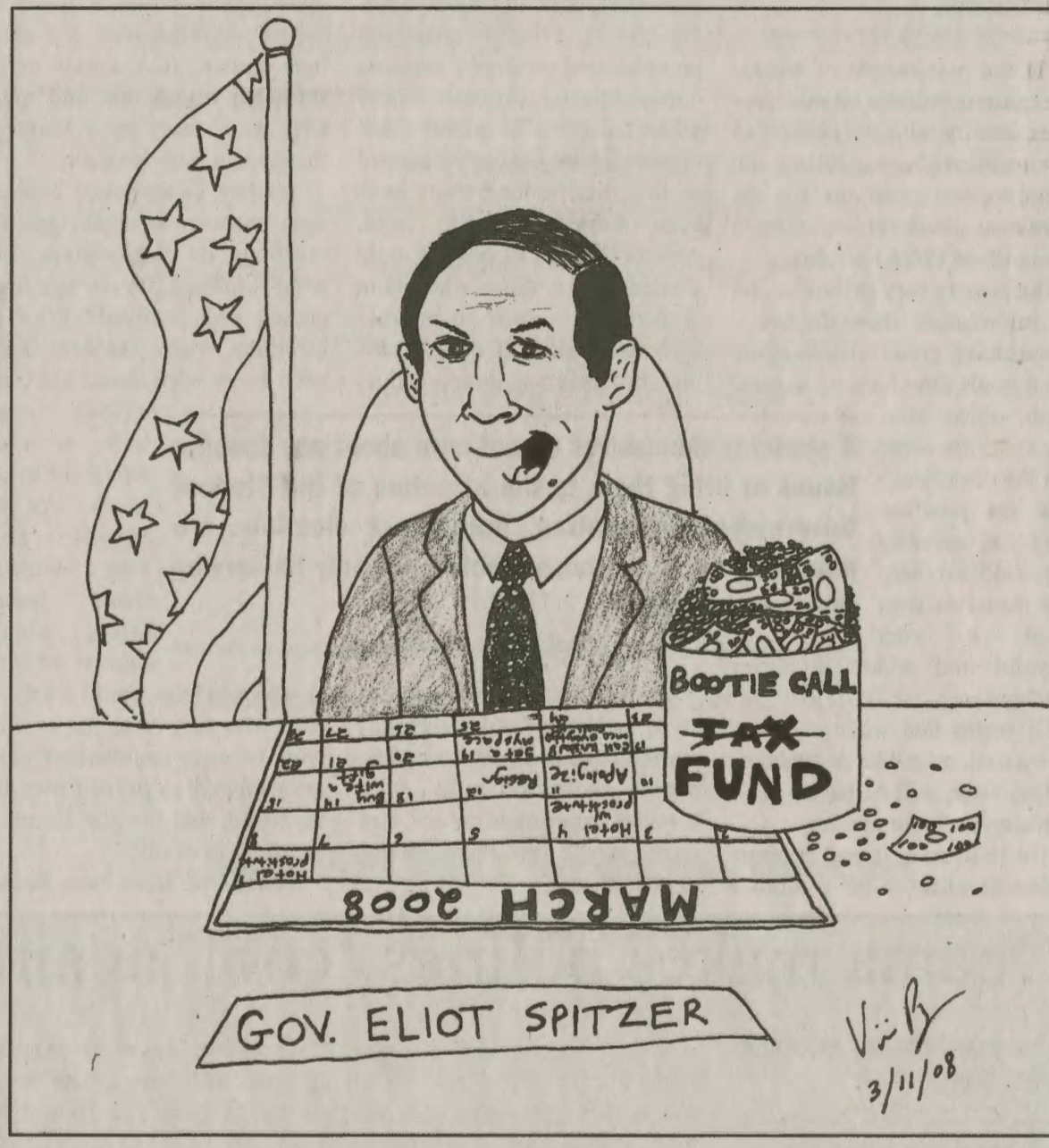
of now that you have them. For example, I didn't know that my AP English score could get me out of Writing as a Discipline, so I took Writing as a Discipline. Go me.

The second part details everything you have remaining. If you only have a major registered, it'll be made up of two sections: your major's individual requirements and those of the Marist core. Make sure you'll be able to get these out of the way. If you're going abroad, save the easy stuff for while you're there. If you have minor(s), for the love of god, make use of the flexibility of the core stuff. For instance, if you're an English major and need to satisfy foreign language requirement, you can get rid of a history requirement at the same time. If you have a Business minor, you can take an Economics course and fulfill the Social Science part of your core at the same time. These shortcuts can make the difference between graduating on time and staying another semester—especially if you switch majors in sophomore year (hey, me, what's up?).

After you scroll (and continue to scroll) through this long and terrifying section, you'll get to the third section, comprised of what you've accomplished. This is the most relaxing part, in my opinion. There's nothing like seeing what you've reaped out on the page in front of you.

Although it might seem an extreme measure right now, freshman, you might want to try to map out your schedule for the next four years in a way that's as clear-cut as possible. Don't let that extra math

cartoon corner
By VINNIE PAGANO



course rear its ugly head in your senior year and don't let the requirement of a cultural diversity class hold you back from graduating. (Try taking Global Business & Society. That counts for the requirement and it's essential for Business majors.)

If you do find that you're running out of time, don't panic. Check out the winter and summer break courses and take a course overload of 18 credits if you need to. When you know you have to take six classes at once, find a class you need to take that is conducted online so that your block schedule doesn't become busier by itself—it's just like having more homework to do.

In addition, take some pen and paper (or use a site like Collegeruled.com) and figure out what time slots work best for you. If you have early morning sport practices, it's probably a good idea to schedule nothing before 9:30 so that you have time to shower. If you're nocturnal, try the 5:00 slots and night classes. Remember that the weekends will allow you to get a lot of homework done, which makes it easier to deal with a heavy Monday classload than a heavy Thursday one. It's not always easy to schedule classes at the times you want, but it's worth it to try.

So, in conclusion to this incredibly tech-related column... good luck with pre-registration here at Marist. It's, uh, on the Internetz.

Hookups and Breakups: Cheating and heartbreaks

By MORGAN NEDERHOOD
Staff Writer

Cheating.

Synonymous with broken hearts, betrayal, and forsaken trust, cheating is the most despicable act that can be committed by a significant other.

Sadly, it's also a surprisingly common theme in relationships today. I've seen all levels of cheating: actually sleeping around, making out with randoms at house parties, cheating with one continuous person, etc.

I've also known all people of the spectrum: the cheater, the poor soul who's broken by the betrayal, the third party in the triangle, the list goes on.

As the outsider and confidant to both cheaters and cheated, I'm equally disturbed and baffled by one question that haunts me.

What makes us cheat?

Obviously, this is something that varies from person to person, case to case. However, there are some constants that are common reasons for many people to cheat.

Let's say that you've been going out with this girl. She's a great girlfriend and has never been anything but good to you.

You say you're in love with her and you've been a couple for so long that you can't even imagine life without her. You know everything about her and all of her deepest secrets and she knows almost everything about you.

Only, there's a catch. I said she knows almost

everything about you. Unfortunately, that little bit she doesn't know is actually a big bit.

What your girlfriend doesn't know is that she's one third of a triangle involving you, her, and another woman.

Why do you do it? Why is your amazing girlfriend not enough for you? What does that other girl have that your girlfriend doesn't?

According to Curt Smith of *AskMen.com*, people tend to cheat for two reasons: physical and emotional.

Well, I'm pretty sure anyone could have figured that out, but what do they actually mean?

For millions of years, man has exercised polygamy. The idea of one partner, or monogamy has only existed for the last ten or so thousand years.

Obviously, the primal drive for polygamy is more ingrained than the need for an emotional connection with one significant other.

On the other end of the spectrum is the drive for an emotional connection. Maybe you don't feel like your significant other loves you or cares about you enough. Or, maybe you're feeling insecure about yourself, and the only way so alleviate this insecurity is to seek the emotional comfort of someone else. Finding this connection with another person can leave you tempted to further that connection to a point where the line becomes blurred and you're at risk for cheating.

In fact, most affairs don't begin with physical cheating at all. Rather, they begin with emotional connections to someone else such as a friend or

coworker.

Basically, you need to cheat is driven either by an instinctual call for multiple partners, or some sort of emotional disconnect.

So, how do you keep from straying? Well, you could go with the classic practice: just don't cheat. Don't let your sense of lacking drive you to hurt someone else.

Often times, another relationship seems easier that your actual relationship.

Honestly? It probably is easier.

Relationships aren't easy, nor should you expect them to be. You've got a million problems to balance, and you're going to fight every now and then (or more.)

Sleeping around with someone else (or multiple 'someones') seems easier because you probably don't have to juggle all of the complex issues that come with a boyfriend or girlfriend.

Sure, it's easier to deal with someone else instead of your girlfriend or boyfriend, but are you seriously going to cheat just because that someone doesn't get mad when you don't call?

In the end, cheating comes down to a very black-and-white fact: you either do or you don't cheat.

Anyone can be tempted and everyone has dealt, or will deal, with a temptation.

What will be your choice? Will you succumb and betray that person who trusts you?

Or, will you simply resist and be the stronger person?

Hopefully, your choice will be the latter.

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Local eatery Daily Planet offers unique diner experience

By TRICIA CARR
A&E Editor

The Daily Planet may look like your average American diner, but the Superman theme, '50s inspired décor and one-of-a-kind menu set it apart from other diners in Dutchess County. While it is affiliated with the Palace Diner, guests will experience an entirely different dining experience, while still enjoying low prices and an extensive menu—the perks of diner eating.

Upon entering Daily Planet, customers immediately notice the retro bar and booths as well as phrases about popular menu items written on the ceiling such as "Coffee is as coffee does." At each booth is a jukebox and from any seat there are tons of 1950s era posters to look at on the walls. The Daily Planet, named after the fictional newspaper in the Superman comics, also displays Superman memorabilia like a phone booth Clark Kent could have used to transform into Superman.

The menu is extensive, reminiscent of the popular Palace menu, but with quirky entrée names and original recipes. There's something for everyone, including vegetarian and low-carb options. The menu is easy to read and you will most likely find plenty of items you'd enjoy.

"It's a bird, it's a plane, it's Appetizers" reads the first page of the menu. The Kryptonite Mozzarella Sticks were a safe pick—perfectly crunchy with an attractive presentation. Unusual appetizers include the Milton Berle Eggplant Rollatini, battered eggplant filled with mozzarella and ricotta cheese, and Buffalo Bill Chicken Eggrolls, fried rolls filled with chicken, cheese and spicy buffalo sauce. Also to start, or as an entrée, are four types of quesadillas and 14 salads.

For a budget-friendly entrée, the Daily Planet has 10 burgers,



The retro Espresso bar at the entrance of the Daily Planet diner in Lagrangeville offers 14 original drinks.

four Paninis, 14 original sandwiches, six wraps, and other standard diner sandwiches like grilled cheese and the BLT. The Grilled Portabella & Brie Panini was average; it was more like a sandwich than a Panini. But the combination of portabella mushrooms and brie was appealing as most of the other sandwich combinations are. Substituting sides for sweet potato fries is recommended for any sandwich.

For larger dinner entrées, there are pasta, meat and fish dishes. The menu's variety is remarkable, from The Huxtable Pasta, rigatoni with meat sauce, mushrooms, peas, ricotta, mozzarella, Parmigiana and cream, garlic and basil, to the classic Grandma's Meatloaf with garlic mashed potatoes. (And if you can pass for under 12 years old, try something from the kid's menu served in a red cardboard car.)

Dessert seems to be popular at the Daily Planet when looking at the array of choices and the number of ice cream sundaes waiters carried on their trays. The Rocket Sundae, vanilla ice cream topped with melted peanut butter, fudge and Reese's candy, could easily feed four people, and it's only \$4.50.

Other delicious-sounding desserts include the Snugglepuss Sundae, ice cream topped with fudge, caramel and Snicker's, the Eddie Haskell Sundae, ice cream topped with fudge, marshmallow and M&Ms, and the Classic Banana Split, three scoops of ice cream on a banana topped with marshmallow, strawberry topping, chocolate syrup, pineapple and nuts.

Also for after dinner are 11 choices from the Espresso Bar, 4 smoothies and 6 shakes like the "soon-to-be world-famous"

Elvis shake and the Rocking Root Beer Float.

One thing's for sure: you will not leave the Daily Planet hungry. Like most diners, you get what you ordered and more. Most dishes come with fries or a salad. And you can always add a side, like Garlic Bread or Potato Pancakes for under \$5.

Most diners have specialty dishes, variety and great hours, but the Daily Planet is something different to try. The service is fast and the atmosphere is great for hanging out with friends at any time of day.

The Daily Planet diner is located about 20 minutes from Marist at 1202 Route 55 in Lagrangeville and is open Sunday through Thursday until midnight and Friday and Saturday until 1 a.m. This unique dining experience is tasty and budget friendly and definitely worth the short drive.

Spring break style

By COURTNEY SAVOIA
Staff Writer

Spring break is the time of year when busy college students take time to relax. Whether you are going somewhere warm or staying at home, this is the time to show off your spring look.

If your spring break plans take you to Cancun or a tropical beach, having a cute bathing suit is a must. Try some of spring's hottest trends, such as florals, bright stripes and nautical patterns. Charlotte Russe and American Eagle have a wide variety of swimwear in different styles, such as bikinis and one pieces at great prices.

To go along with your bathing suit, a fashionable cover up will make you stand out on the beach. A traditional sarong is one of the options to wear. Victoria's Secret Pink collection offers cute dresses in bright colors and stripes that are both comfortable and stylish. They also feature long, light hoodies to wear over your suit so you can go straight from the beach to the boardwalk.

Flip flops are a necessity that will never go out of fashion no matter where your spring break takes you. Comfortable and lightweight, they can be worn casually on the beach or can dress up an outfit. Old Navy is my go-to store for basic flip flops, because they come in every color and are reasonably priced, usually two pairs for \$5!

I also like the flip flops that have more elaborate designs, such as polka dots or beads. They can be worn with jeans or a little dress and complement almost every outfit with their versatility.

One of my favorite spring break must-haves is a pair of sunglasses. Sunglasses can take any outfit and add a bit of elegance. Coming in many styles, such as aviator, oversized, round, and rectangular, sunglasses complement any face shape.

Sunglasses are one item that I feel is worth splurging on. You are going to get a lot of use out of them, for the whole spring and summer, possibly even early fall. For spring and summer 2008, aviators are still popular and colored lenses are big this spring. Coach makes a great pair in shades of light green and gray, which retail for \$168.

Chanel and Christian Dior are two of my favorite designers and their sunglasses always look sophisticated and elegant. They are definitely a bit pricier, ranging from \$150 to over \$400, but will last you for years because of the superior quality of the metal used for the lenses.

Solstice Sunglass boutique is the perfect store to shop in for sunglasses. They feature a ton of brands such as Chanel, Dior, Versace, Dolce and Gabbana, Juicy Couture and Giorgio Armani. You can find any pair of sunglasses in whatever style and color you desire. The employees at Solstice are experts and will give you advice about what model looks best on your face. They also offer free cleanings and repair for your sunglasses for no charge at any time after your purchase.

Tank tops and shorts are always necessities when the weather gets warm. Jean shorts are one of the basics and come in different styles that have cuffs or are designed with detail on the pockets. Light or faded denim is one of the biggest spring trends and are a nice change from the dark denim worn in the fall and winter. American Eagle has a great selection of jean, Bermuda and khaki shorts at reasonable prices. Stock up before you hit the beach!

As I mentioned in my last article, gladiator sandals are another big trend for spring and can be dressed either up or down. Worn casually, with jean shorts or capri pants, or dressed up with a skirt or dress, they are both comfortable and chic.

Every fashionista knows that an outfit is not complete without accessories. Bold, brightly-colored hoop earrings are big this spring. Chunky necklaces, bracelets, and rings complete the layered look that has remained popular for the past few seasons.

Stop by Marist's very own Fashionology boutique to pick up the latest accessories. With new merchandise each week, Fashionology offers a wide selection of accessories, nail polish, scarves, headbands, and more to complete your spring look.

Remember to have fun this spring break while flaunting your new wardrobe. Even if you are not going to a tropical destination, you can still look like you are with all these clothing choices. Enjoy the break!

BAT BOY FOUND IN NELLY GOLETTI



BRIDGET SULLIVAN/THE CIRCLE

The play, that is.

The cast and crew of Marist College Council on Theatre Arts' (MCCTA) production of "Bat Boy: The Musical" get into character before a performance of the show in the Nelly Goletti Theatre.

The musical, which ran from March 7 to March 9, garnered generally positive reviews from students and faculty alike. Sophomore Brian Rehm filled the title role.

Raisin in the Sun captures family, race relations

By KELLY LAUTURNER
Staff Writer

Last week, Lorraine Hansbury's "A Raisin in the Sun" was broadcast on ABC. The movie version of this beloved 1959 play starred Phylicia Rashad ("The Cosby Show"), Audra McDonald ("Private Practice"), Saana Lathan ("Nip/Tuck"), Justin Martin (Simba in the Broadway production of "The Lion King"), John Stamos ("Full House"), and music mogul Sean "P. Diddy" Combs.

This made-for-television movie is based on the Broadway revival of "A Raisin in the Sun" from 2004, starring the same actors from the play as the Younger family. This revival was even more successful than the original run of "A Raisin in the Sun" in 1959, which ABC got the rights to produce as a television version of the play.

In 1961, the original movie version came out, starring Sidney Poitier ("Guess Who's Coming to Dinner") as Walter and Ruby Dee ("Roots") as Mama.

There was also a 1989 movie version starring Danny Glover ("Lethal Weapon") as Walter Lee and Esther Rolle ("Good Times") as Mama.

The story of "A Raisin in the Sun" is about the Youngers, an African-American family living in the south side of Chicago in the late 1950s. The Youngers are stuck waiting for the life insurance check of \$10,000 from Mama's husband.

Mama (Rashad) wants to use the money to buy a house in the suburbs and move out of the city. Mama's daughter, Benetha

(Lathan), wants money to finance her medical school tuition. Mama's son Walter Lee (Combs) wants to use the money to invest in a liquor store his friend assures will make them all rich.

Walter Lee's wife Ruth (McDonald) wants to use the money to buy the house in the suburbs and support the baby she is expecting. Ruth and Walter Lee's 11-year-old son Travis (Martin) wants the money so his family will be able to buy luxuries.

The reason this play still resonates today is because of the theme it addresses; "A Raisin in the Sun" emphasizes family. Characters in this play are willing to sacrifice their happiness for each other because that is what a family does.

"A Raisin in the Sun" also reflects many cultural and social movements of the time. Benetha, a college student, is exposed to the back-to-Africa movement by an exchange student Asagai, who comes from Nigeria. She also dates George (Sean Patrick Thomas, "Save the Last Dance"), an upper class African-American boy who is trying to assimilate into white culture and dismisses her ideas of being a doctor. By the end of the play, Benetha clearly has no intention of marrying the stuffy George, instead intending to marry Asagai and move back to Africa with him to be a doctor. Ruth and Walter come to expect a child during the play, which they cannot afford, causing Ruth to almost terminate her pregnancy.

The movie version followed more of Ruth's personal journey, showing her changing her mind and wanting to keep her baby.

Walter is also closely examined, showing his growing boredom with his job as a driver, his meetings with his friends to plan schemes to make money, and his eventual loss of the family's remaining \$6,000 from his life insurance check. Although Walter is 35, he grows up and learns to become a man. He takes his mother's place as head of the household, allowing her to retire.

The Younger family is also faced with racial oppression. When they decide to purchase a house in Clybourne Park, a white suburb, they are met with resistance from the neighborhood improvement association, represented by Mr. Linder (Stamos). The Youngers consider not moving into the neighborhood, but soon decide to bravely move as a family, united and strong.

I enjoyed seeing the movie version of "A Raisin in the Sun" after seeing the original movie and reading the play. Hansbury found a way to capture a family where race doesn't matter. Everyone can find a way to relate to the Youngers in some capacity and this is why the story has survived for almost 50 years.



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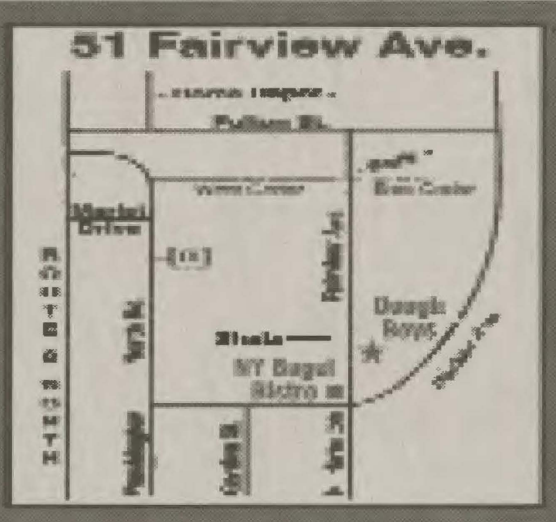
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PAGE 10

Genetic modification: what is organic?

By **CHELSEA RICH**
Circle Contributor

Genetic Modification (GM) is a special set of technologies that alters the genetic makeup of living organisms such as animals, plants or bacteria. GM products (available now or soon) include medicines, vaccines, foods and food ingredients, feeds and fibers. In 2006, 252 million acres of transgenic crops were planted in 22 countries by 10.3 million farmers.

The majority of these crops were herbicide- and insect-resistant soybeans, corn, cotton, canola and alfalfa. Other crops grown commercially or field-tested included a sweet potato resistant to a virus that could decimate most of the African harvest. Additionally crops including rice with iron and vitamins that may alleviate chronic malnutrition in Asian countries were produced along with a variety of plants able to survive weather extremes. Soon there may be bananas that produce human vaccines against infectious diseases such as hepatitis B, fish that mature more quickly, cows resistant to mad cow disease, fruit and nut trees that

yield much earlier and plants that produce plastics with unique properties.

All these have the potential for a lot of good in our society; that being said, there are also many risks that are taken to make this happen. I feel that as long as we are careful and take responsibility, this type of knowledge should be embraced; however, I am not advocating for unrestricted use of genetically modified foods and products. I think that this type of research is important for our society to move forward.

In 2006, the top countries that grew such crops were the US (53%), Argentina (17%), Brazil (11%) and Canada (6%). Growth of such products is expected to slow in industrialized countries and increase in developing countries. I am not too sure why this may be, but I have some theories. For instance, developing countries may benefit more from increasing rates of industrial production and may need more protection against drought and other disease. In the US, we may face less difficulty with growing products.

As opposed to breeding, Genetic Engineering can create plants with the exact desired trait

very rapidly and with great accuracy. For example: plant geneticists can isolate a gene responsible for drought tolerance and insert it into a different plant. New genetic modified foods will gain drought tolerance as well.

The advantages to all this? With a world population of 6 billion (expected to double in the next 50 years), ensuring adequate food supply is going to be a major challenge. GM foods

"The advantages to all this? With a world population of 6 billion (expected to double in the next 50 years), ensuring adequate food supply is going to be a major challenge. GM foods can help meet these needs in the following ways: pest resistance, herbicide tolerance, disease resistance, cold tolerance, drought tolerance, nutrition and pharmaceuticals."

can help meet these needs in the following ways: pest resistance, herbicide tolerance, disease resistance, cold tolerance, drought tolerance, nutrition and pharmaceuticals.

According to the USDA, over 40 plant varieties have completed all of the federal requirements for commercialization. Examples of this include tomatoes and cantaloupes that have modified ripening characteristics, and soybeans and sugar-

beets that are resistant to herbicides

The presence of GM foods in US grocery stores is more widespread than is commonly thought.

There are very few GM whole fruits and vegetables available but highly processed foods such as vegetable oils or breakfast cereals most likely contain some tiny percent of GM ingredients. Like all technologies, there are

risks, some known and unknown. Controversies surrounding GM foods and crops commonly focus on human and environmental safety, labeling and consumer choice, intellectual property rights, ethics, food security, poverty reduction and environmental conservation. One noted case I found was a negative effect from GM corn pollen on monarch butterfly caterpillars.

The US FDA has held open

meetings to solicit public opinions and has established a regulatory procedure for governmental approval of GM foods (as of 2000).

Now, for the big question. How are GM foods regulated and what is the government's role in this process?

In the US, regulatory processes are confused due to the fact that there are three different government agencies that have jurisdiction over GM foods: EPA evaluates plants for environmental safety, ISDA evaluates whether plants are safe to grow and FDA evaluates if a plant is safe enough to eat.

As of 2000, FDA policy was the same as it was developed in 1992 (Federal Register Docket No. 92N-0139) and states that agri-biotech companies may voluntarily ask the FDA for consultation. Companies working to create new GM foods are not required to consult the FDA, nor are they required to follow the FDA's recommendations after the consultation.

The FDA contends that GM foods are substantially equivalent to non-GM foods and therefore not subject to more stringent labeling ("Genetically Modified Foods: Harmful or

Helpful" by Deborah Whitman 2000). Granted, this information is from 2000. I only found conflicting information as to today's standards. I am very curious to see if they have changed.

In my personal opinion, it should be mandatory to note on labels if any part of a food/product has been GM. People have a right to know what they are putting in their bodies.

The FDA should put restrictions and standards on this as well. I think the development of such technology should be embraced and is a sign of our society moving forward, but this should only be done with responsibility and care. I absolutely see where this poses controversy as well. For those who may be religious or believe in the natural processes of fate and destiny, these come into conflict.

Although personally I do not share such views, one may see this as messing with God's plan or the way of nature.

There are so many potential benefits from this that I feel it is necessary to do as much research as we can to improve our knowledge about the risks.



Go Green Foxes: remember to recycle & do your part in helping the environment

Stress-less spring break

By **BRITTANY FIORENZA**
Health Editor

With half of spring semester under our belts, you may be feeling one of two things: like you're on top of the world, or completely out of steam. You're either completely on track with your grades and running on full throttle, or completely frustrated with school and in serious need of a chance to refuel. Thankfully spring break is just a day away; it's a blissful week free of classes; a welcome change of pace.

For all of you energizer bunnies, you can treat spring break as a well-needed chance to let off some energy on activities other than navigating your way across campus in a blizzard. Also, the time away from classes will most likely save you from completely burning yourself out after living on overdrive for six weeks at a time.

For all of you chugging Red Bull just to look alive, you can spend next week as a well deserved break. Here is the chance you have been waiting for to recoup enough energy to handle the last six weeks of the semester with your game face on.

Either way, spring break is a chance to reflect, refresh and revive; it's a time to refocus your mindset and reflect on what has been and what is yet to come.

Furthermore, your body is most likely drained from lack of sleep and an overload of stress. Now is the time to balance these aspects of your health and remove yourself from any stressful situations in order to more effectively cope with them upon your return. Giving yourself space from classes, professors and friends with whom you are experiencing stress will in itself better whatever situation you are in and help you to avoid confrontation.

Focusing on your mental and physical health will allow you to ultimately feel better as a whole and to gain some perspective on your school work and your social life.

Indulge and return yourself to a happier, healthier state than you have been in.

Reflect on your grades: what classes are you

struggling in? How are you going to improve your grades/ studying habits once classes resume? What major projects are coming up? How can you prepare and manage your time effectively in order to do the best you can on them?

Although none of us like to think of these stressful, sometimes overbearing obligations while away from school, doing so can make them all less threatening and allow you to really get a handle on your plan of action, ultimately making you feel more capable of achieving your goals.

Reflect on your social life: has there been a strain on any relationships recently? Without placing blame on anyone, try and pinpoint what the underlying issue is and muse over ways to compromise and repair your relationships. If the relationship in jeopardy is with someone at Marist, the distance from that person should alleviate some of the tension between you. In your time apart, you will feel less threatened by the conflict and you will be able to calmly prepare for your reconciliation. If the relationship in jeopardy is with someone at home, then now is the time to reconnect and re-evaluate what has been putting a strain on your relationship while you've been apart. Sit down with one another and really focus on the aspects of your relationship that need more attention while you are apart. If there have been misunderstandings, talking face to face will relieve these communication issues.

Reflect on yourself: what is it that you need to be a better student, a better person, a happier person - a healthier person? What steps do you need to take to bring yourself to a better place?

Spring break is the welcoming of a new time in our year. Embrace spring fever and the time to come as the final stretch of the school year approaches. With a week away from our usual surroundings, the onset of spring and time to reflect ultimately leads to spring fever: an epidemic Marist College can appreciate.

See adjoining column for stress busters that might arise on spring break.

Fun in the sun:

Wherever this spring break finds you, hopefully it is sunnier and warmer than the frozen tundra that Marist College has been all winter.

*Wear sunblock:

As much as you would like to deny it, the lack of sun has probably taken a toll on your formerly bronze skin. Instead of shocking your system and scorching your skin, just put on a little sunblock to protect from painful burns.

*Remember, beaches are not equal to tanning salons:

One benefit to tanning salons is the fact that they have a set exposure time. Sunny beaches do not. With this in mind, avoid falling asleep on your stomach and ending up horribly two toned.

*Don't drink and fry:

Another shock to the system: going from drinking indoors to drinking under the sun. Remember that being out in the sun will dehydrate you naturally. Add heavy drinking to that and you are in for some trouble.

Road trip etiquette:

If you are taking a road trip (I'm jealous), remember these tips to make the road less rough.

*Pack snacks and drinks:

Self explanatory; you're going to need some sort of nourishment.

*Remember the reason you love/hate Red Bull:

As much as this sweet, sweet, sweet beverage perks you up, it is just as quick to wind you down and make you crash (hopefully no pun intended).

Some more random things to keep in the back of your head:

Repetitive? Yes. Necessary? Yes. Should be second knowledge? Yes. Harm in reminding? No.

*Don't put your drink down, and if you do, don't drink out of it again.

*Be aware of your surroundings, whether it's your usual haunts around home or a new hot spot.

*Rest up.

*Eat good food.

All in all, these are some of the things to keep in mind in order to have a healthful, pleasant spring break. Live it up, let go of the stress and enjoy.

Marist prepares for NCAA seed selections

They represent the entire country, from Idaho and Washington to Louisiana and North Carolina.

In picking the seedings, geography plays a more crucial role in the women's game than it does in the men's, according to committee member Heather Gores.

"Location is key in the women's game because of attendance," Gores told the St. Petersburg Times. "Over on the men's side, that's not an issue."

The opening round is split into eight sites: Albuquerque, New Mexico; Baton Rouge, Louisiana; Bridgeport, Connecticut; College Park, Maryland; Des Moines, Iowa; Norfolk, Virginia; Stanford, California; and West Lafayette, Indiana.

Seeing as how last year Marist was picked a no. 13 seed and placed in the Stanford Regional, there is no telling where the Foxes will be seeded or where they'll be playing this year.

As a mid-major school, Marist has won the Metro Atlantic Athletic Conference (MAAC) three times in a row, and this year, the Red Foxes

have won more games than any women's basketball team in the country with 31.

They currently sit at 21st in the AP poll released on Monday and are also 21st in the ESPN/USA Today poll released on Tuesday.

Marist dominated the MAAC en-route to a perfect 19-0 season and won all but two games of its competitive non-conference schedule.

The Red Foxes lost to previously 16th ranked Ohio State in the season opener on Nov. 11, and Hartford on Dec. 12, but did win the Oahu Classic in Honolulu with wins over Utah (currently 12th in the AP poll), Nebraska and Eastern Washington.

To add to its 2008 NCAA Tournament resume, Marist advanced to the Sweet 16 of the NCAA tournament last year as a 13 seed with consecutive upsets over no. 4 Ohio State and no. 5 Middle Tennessee State.

In years past, it was fairly obvious where the selection committee would seed Marist, but not this year, according to Sports Information Director Mike Ferraro.

"The last couple times, you could pin it down to two numbers," Ferraro said. "Like last year I thought we'd get either the 12 or 13, and we got the 13. But this year it's a unique situation. It's definitely the hardest year to pin it down."

Wherever they do get seeded, the Red Foxes' tournament experience and competitive non-conference schedule continues to give them confidence, senior co-captain Meg Dahlman said.

"I think [last year's run] made us a better team and a stronger team," Dahlman said. "It gives us the ability to go play teams

like Maryland and Duke."

In addition to being a stronger team after last year's tournament run, Dahlman told the Poughkeepsie Journal that the Foxes are now better able to handle the media attention.

As the media-darlings of last year's tournament, Marist's Nikki Flores was on the cover of USA Today and head coach Brian Giorgis was interviewed on WFAN's "Mike & the Mad Dog" show. Dahlman said she cannot see the Foxes getting more attention than last year.

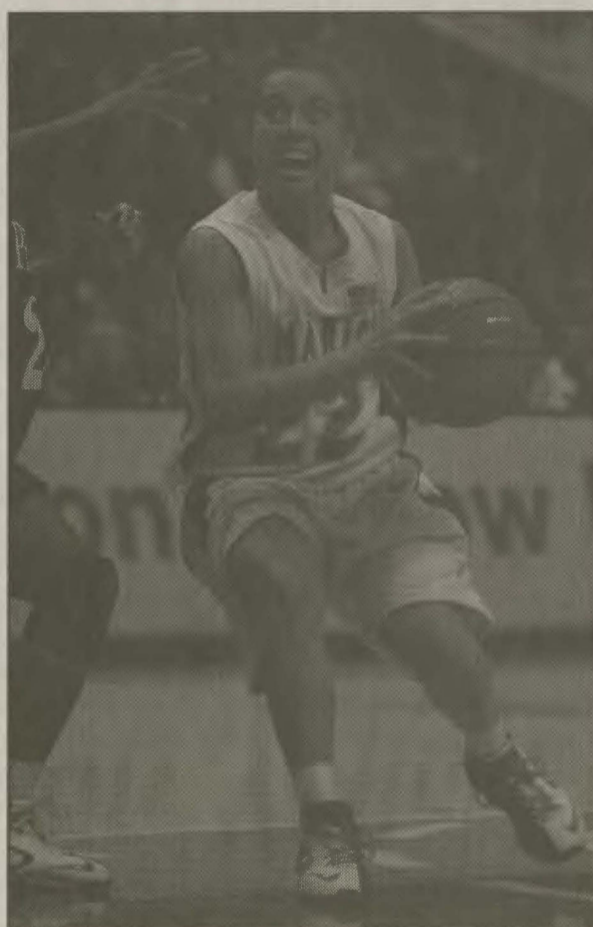
"I don't think it could get any more hectic than it did last year," Dahlman said. "All this is a piece of cake."

But with this added confidence comes the realization that this year the Foxes aren't the only ones who consider Marist a contender.

Senior co-captain Nikki Flores said that after all of last year's exposure, Marist does not have quite the same anonymity this year.

"We certainly know that we can't crawl up and bite someone like we did last year," Flores said in the press conference following Marist's MAAC championship win. "Last year they didn't really know too much about us."

The Red Foxes have almost two weeks before their opening round game,



JAMES REILLY/ THE CIRCLE

Senior Nikki Flores drives in the paint for Marist this weekend in the MAAC Tournament. Flores had 11 points and four assists in the Championship game.

including a few days once they have found out their first opponent. MAAC player of the year Rachele Fitz said in the press conference that the NCAA tournament is a different level of play than the Foxes are used to, but it doesn't concern her.

"Everyone's bigger, everyone's better, and you just gotta adjust your game more and be smart in what you do and the decisions you make," Fitz said. "We'll be prepared, like always, no matter what happens."

ESPN is airing an NCAA Women's Basketball Selection Show Monday night, Mar. 17 at 7 p.m.

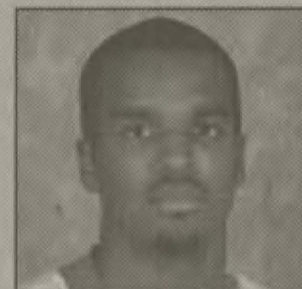
The Red Foxes will be holding a gathering at Shadows on the Hudson at 7 p.m. that night to watch the show.



Roarin' Red Foxes

Marist's male and female star performer for the weekend of Mar. 7-9.

Jay Gavin
Basketball, Freshman



The freshman guard dropped 11 points in a win against Niagara, and another 21 points for Marist in the semi-finals. Gavin was 5-16 from beyond the arc in the losing effort against the No. 2 seed Rider. He was named to the MAAC All Rookie team for his freshman year efforts.

On the horizon:

The Foxes' 2008 season came to an end in a loss against Rider this past Sunday. They will look forward to next season.

Sarah Smrdel
Basketball, Senior



Smrdel came up huge off the bench for the Foxes all tournament long. She averaged 10.7 points, 5.7 rebounds, and 2.7 blocks per game while shooting 73.3% from the field. She was named Tournament MVP for her performance, and will try to continue to help the team as they head into the NCAA Tournament later this month.

On the Horizon:

The women will find out what seed they are in the tournament Sunday, Mar. 16, Selection Sunday.



* Photos courtesy of
www.goredfoxes.com

By ERIC ZEDALIS
Media Editor

The NCAA women's basketball tournament selection committee will gather today in Indianapolis to begin the process of choosing the best 64 basketball teams in the country and seeding them.

The selection committee is comprised of seven women and three men.

There is one conference commissioner (the MAAC's Richard Ensor), an associate commissioner, three athletic directors and five associate athletic directors, all nominated by their conferences and chosen for their expertise.

Women's lacrosse rebounds with two big wins

By MATT SPILLANE
News Co-Editor

Marist and Sacred Heart traded scoring runs throughout the game, but the Red Foxes put together their biggest string of goals when it mattered most.

The Red Foxes scored the last three goals of the contest to upend the Pioneers, 9-8, in Fairfield on Sunday, Mar. 9, improving to 2-1 on the season. Senior midfielder Jessica O'Brien scored twice for Marist, including the game-winner with 3:05 left in the game.

Senior attack Ali Carnabuci and junior midfielder Stephanie Garland had two goals apiece as well, while senior midfielder Lindsey Diener led the Red

Foxes with two assists. Senior goalkeeper Liz Burkhard made eight saves while also leading the team with three groundballs.

It was a back-and-forth contest that featured four different ties and six lead changes. Marist found itself down by two with less than 18:00 to play, but senior attack Ali Carnabuci cut the deficit to one with 17:33 remaining on a pass from senior midfielder Lindsey Diener.

Sacred Heart's lead remained at one for the next 11:00 until junior attack Kate Noftsker took a feed from sophomore midfielder Lindsay Rinefierd and tied the game at 8-8 with 5:55 to go. O'Brien gave the Red Foxes their third and final lead of the game when she notched her sec-

ond goal of the game off an assist from junior midfielder Cristin Begley.

Head coach Tanya Kotowicz said that her team was able to thwart a potential Sacred Heart comeback by working together and giving more of a team effort as a game went on. She also said her team was able to win the battle of draw controls.

"It was one of our team goals," Kotowicz said. "We realized the game is run through draws, and we capitalized on them."

Kotowicz also credited her defense with shutting out the Pioneers over the last 18:38.

"We started to play some 'D' and our man-to-man press was good," she said. "They didn't have as many shooting opportu-

nities and the fast breaks weren't there."

Marist held a 12-7 advantage in draw controls over Sacred Heart, which was a problem in the team's season-opening loss to Albany. However, the Red Foxes improved in that category in their second game, a 24-20 victory over St. Bonaventure in their home opener.

Marist outworked St. Bonaventure, earning a 25-18 advantage in draw controls. The Red Foxes' 24 goals were a program record for most goals scored in a game. Diener and Garland each recorded four goals and one assist in the contest, while sophomore midfielder Liz Falco tallied three goals and four assists. Burkhard made 14 saves,

Foxes split doubleheader with Army Black Knights

By JUSTINE DECOTIS
Staff Writer

Marist women's softball traveled down the river over the weekend to take on Army in a doubleheader.

The Red Foxes split the doubleheader with the Black Knights in two nail-biting contests. Marist took the first game, 2-1, and Army prevailed in the nightcap, 2-0.

In the first game, Megan Rigos got the start for Marist and she did not disappoint. She pitched a complete game, allowing only one run on three hits with ten strikeouts. Rigos was matched almost inning for inning by Black Knights' starter Veronica Barth who also threw a complete game. She allowed

two runs on six hits with six strikeouts.

The game was scoreless until the top of the sixth when the Red Foxes were able to push a run across the plate. Pamela De La Llave led off the inning with a single to right and the next batter of the game, Melissa Giordiano, brought her home with a double to left.

The Black Knights answered with a run in the bottom of the sixth. Laura Baranek led off the inning with a walk and advanced to second on a wild pitch. She advanced to third on a sacrifice bunt by Barth and then scored on another wild pitch.

The game remained tied in the top of the seventh until Heather Viola scored on a Heather

Young RBI single. Rigos struck out two in the bottom of the seventh to complete the win for the Red Foxes. Giordiano was the only player on either team to notch more than one hit as she went 2-for-3 leading the Red Foxes with one RBI.

For Giordiano and Rigos, this game was just a continuation of a strong season so far. Both were honored by the MAAC as player and pitcher of the week, respectively. Giordiano extended her hitting streak to seven games. Before the games Saturday, Giordiano led the Foxes with a .429 batting average to go along with seven runs scored and three RBIs from her spot atop the Red Foxes' batting order. Saturday's game was the fourth win of the sea-

son for Rigos who owns a 1.29 ERA.

Caitlin Carpentier got the start for Marist in the second game and went 3.2 innings, allowing two runs on eight hits. Marist collected six hits and two walks in the contest, but were unable to push a run across the plate. The big hit just kept eluding the team as three Army pitchers combined on the shutout.

Marist was scheduled to play a doubleheader against Drexel on Monday, but the games were canceled due to the intense weekend rain. Marist travels to Dover, Del. on Friday for the Delaware State tournament which includes games against Delaware, Delaware State, St. Francis, and Central Connecticut State.

Softball Upcoming Schedule

Delaware State Tournament:		
	3/14/08	
vs. Delaware		2p.m.
vs. Delaware St.		4p.m.
	3/15/08	
vs. Saint Francis		3:30p.m.
	3/16/08	
vs. Drexel		9:30a.m.
	3/18/08	
vs. Longwood		2p.m.
vs. Longwood		4p.m.

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Rider, Jason Thompson deny Marist a trip to the finals

By GREG HRINYA
Sports Co-Editor

The Rider Broncos lost starters Ryan Thompson and Justin Robinson for their game against the Red Foxes, but the one starter they have relied on all season was just enough.

Metro Atlantic Athletic Conference (MAAC) player of the year Jason Thompson proved too much to handle, and the senior carried the Broncos on his back as Rider ended Marist's postseason run with a 76-71 victory.

Thompson shot 12-for-19 from the field and collected 32 of Rider's 76 points. The nation's second-leading rebounder also grabbed 18 boards in his team's semifinal win.

Although Marist head coach Matt Brady wanted to contain Thompson, he also did not want to allow Rider to shoot as well from three-point range as it did when the two teams met on Jan. 30. Rider shot 50 percent on three-point field-goals in its 79-65 win in Poughkeepsie.

"You have to guard the three-point line against Rider and it was a little bit of a roll of the dice," Brady said. "I was willing to allow Jason Thompson to catch the ball, not necessarily so deep and so close, [but I did not] think he would be so physical.

He had a hell of a game and I think they did well all game long."

Rider head coach Tommy Dempsey told Thompson that with the injuries, he would have to emerge as the difference maker.

"I told him earlier today that he's going to earn his player of the year tonight," Dempsey said. "We knew we were shorthanded and he had to dominate. He wasn't only an NBA player, he was an NBA all-star tonight."

Despite Thompson's noticeable presence on both the offensive and defensive ends of the floor, the Red Foxes held a seven-point lead at halftime. Senior Ryan Schneider drained a corner jumper as the first half expired to give Marist a 39-32 lead. Schneider came off the bench to score 18 points in 25 minutes of action. The lead was short-lived, however.

Rider opened the second half with a 9-0 run that concluded with freshman Matt Griffin's three-pointer with 16:53 remaining in the game. Rider grabbed a 41-39 lead, its first lead since the 4:29 mark of the first half.

The second half continued to be a horror show for the Red Foxes. Marist shot just 28.6 percent from the field in the second half, including 4-for-18 on three-point attempts.

Brady thought his team could create opportunities by driving to the rim in the second half, but the opportunities did not present themselves and the Marist field-goals stopped falling.

"That was not a good second-half performance from the three-point line," Brady said. "We missed a lot of open shots in the second half. If we had made three or four more threes, the game's different."

Marist finished the game attempting 41 three-pointers and connecting on only 12 of them. Freshman Jay Gavin led the team with five three-pointers and 21 points in the game.

Senior Louie McCroskey also scored 16 points and pulled down nine rebounds.

The loss not only ended Marist's season but the collegiate careers of Ryan Stilphen and Ben Farmer. For the last four seasons, these two captains have been the face of Marist basketball and Stilphen was grateful for the opportunity.

"I was just happy to get an



JAMES REILLY/THE CIRCLE

Senior Ryan Stilphen is rejected while attempting a dunk against Rider in the MAAC semifinals. Stilphen is one of seven seniors that finished their careers in the game.

opportunity to play college basketball, and I think I've tried to make the most of it," Stilphen said. "I'll definitely miss it."

Although the team will lose six seniors, Farmer believes he and his fellow classmates have left the team in good hands. David

Devezin, a redshirt sophomore, and Jay Gavin will lead a talented backcourt next season along with freshman Dejuan Goodwin.

"I thought in the beginning of the year we were going to struggle a little bit and keep getting better and we did that," Farmer said. "I'm proud of those young guys. They got a lot better from the beginning of the year until now. It was a pleasure to be with them and to play with them."

Siena goes dancing

Siena earned a berth in the NCAA tournament after manhandling the Rider Broncos in the MAAC final. Minus Ryan Thompson, the Broncos struggled and Siena cruised to a 74-53 victory.

Jason Thompson posted 22 points and 12 rebounds, but the effort proved futile. Thompson, a likely NBA first round pick, notched his 23rd double-double of the season and the 53rd of his career. With the loss, Rider still has a chance to gain entrance into the NIT after finishing second in both the MAAC regular season and tournament.

Siena, on the other hand, will make its way to the big dance. Kenny Hasbrouck carried the Saints in the last two games of the tournament and earned MVP for his efforts. Fellow Saints Alex Franklin, Edwin Ubiles,

and Tay Fisher made the all-tournament team.

Tay Fisher also enjoyed one of the happiest days of his career. The guard celebrated his birthday on the day of the final game and then scored a career-high 21 points in the win.

Siena held onto a 23-22 lead late in the first half, but Fisher drained three three-pointers to break the game open. Siena went on a 14-4 run and led 41-30 at the half. The Saints never looked back.

2008 MAAC All-tournament team

Harris Mansell
Rider

Jason Thompson
Rider

Tay Fisher
Siena

Alex Franklin
Siena

Edwin Ubiles
Siena

Tournament MVP

Kenny Hasbrouck
Siena

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