

The Circle

The student newspaper of Marist College



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THURSDAY, MARCH 10, 2011

Women's basketball wins sixth consecutive MAAC title

By PHIL TERRIGNO
Managing Editor

In the opening possession of the 2011 MAAC Basketball Championship finals, inside the Webster Bank Arena at Harbor Yard in Bridgeport, Conn., Loyola guard Katie Sheahin lunged at a pass intended for Brandy Gang.

Out of position and off balance, the MAAC Defensive Player of the Year swiped feebly and stumbled forward, grabbing only air.

On the opposite end of the floor during the same series, Marist guard Corielle Yarde aggressively strode into a passing lane and cleanly picked off a Loyola pass.

Like the game's early beginnings, the Marist College women's basketball team avoided the Loyola Greyhounds best attempts to dethrone them, claiming its sixth consecutive MAAC championship with a 63-45 victory on Monday.

With its victory, the Red Foxes receive an automatic bid to the 2011 NCAA Women's Basketball Championship. Marist will learn its opponent during the Selection Show, which will air live on ESPN on Monday, March 14.

Dating back to 2004, Marist has captured seven of the last eight MAAC championships.

"They've all been unique, they've all been special," Marist head coach Brian Giorgis said. "But, to be able to do what we have done this year after graduating the greatest player in the school's history is just phe-



RYAN HUTTON/THE CIRCLE

Seniors Erica Allenspach, Maria Laterza and Elise Caron kiss the MAAC Tournament trophy for a final time after Marist defeated Loyola 63-45 on Monday. The win marked the Red Foxes' sixth consecutive conference title. Marist will find out its NCAA Tournament opponent and destination next Monday, March 14.

"We won it the way we've won all year," Giorgis said. "We've got a great, great player in Erica Allenspach. Starters did their usual solid job and always, somebody coming in off the bench. When we were down 9-3, Maria [Laterza] gave us great energy coming in."

Opening the game on a 4-for-20 shooting clip, the Red Foxes battled

back, closing their deficit to 12-9. The Greyhounds trailed by one basket to start the contest, but led 4-2 after converting two consecutive back-door layups. Loyola extended its lead to 12-3 at the 13:32 mark in the first period.

The Greyhounds trailed by one basket to start the contest, but led 4-2 after converting two consecutive back-door layups.

Marist trailed for nearly the entire first half, from the 18-minute mark until there were 55 seconds remaining in the first period until Leanne Ockenden connected on a three-pointer, giving the Red Foxes a 25-23 lead – an advantage they would hold until halftime.

In the first period, all four starters other than Allenspach combined to shoot 3-for-24, while Allenspach and the Marist bench shot a combined 8-for-13.

"We could go into [the locker room] and say, '[k]ids, we haven't played our best, we haven't thrown the ball

in the ocean and yet, we're up two," Giorgis said. "Again, like we've told our kids from the beginning, our defense will carry us as far as it will."

A two-point Red Fox lead quickly ballooned into a 41-27 advantage at the 10:42 mark in the second half.

"We just had to refocus and regroup," Allenspach said. "There's 40 minutes in the game so you don't win the game in the first five minutes. We went on that run at the end of the [first] half and I think that helped us a lot."

The second-seeded Greyhounds, who finished the season 20-12, committed 13 turnovers in the contest and shot under 30 percent for the game.

"Loyola has been a team that always comes back," Giorgis said. "And to be able to not allow them to come back, it really just put a feather on the MAAC season."

Marist out-rebounded Loyola 50-37 and was aided by junior forward Brandy Gang's 11 boards.

"I knew I had to rebound, they had Katie Sheahin on me," Gang said. "I felt like I could go in there and rebound over her. She's a good defender and stuff and she can jump but I was a little taller so I felt I could jump even farther and get the rebounds."

Loyola's Miriam McKenzie, a guard who averages 14.3 points and 7.4 rebounds, ended the contest with nine points on 2-for-10 shooting and five turnovers.

"[Caron] went up one of the best scorers today **SEE SPORTS, PAGE 15**

Torres defends decision to disqualify Napoli from race

By TOM LOTITO
Editor-in-Chief

Over a week has passed since James Napoli was disqualified from running for student body president, and some have voiced their discontent with the uncontested race for. Protest posters have been posted on Facebook and even a few blog posts have voiced their opinions, but Elections Commissioner, Dan Torres, stands by his decision.

Torres' role as elections commissioner was to make sure that the candidates adhered to the rules of the election. He said that he set to have the petitions handed in by 5 p.m. the day they were due, and that Napoli did not hand them in on time.

"I was very clear that if you were not here at 5 o'clock, you were disqualified," Torres said.

Torres said that the wording of SGA's constitution is notoriously poor. But it did give the elections commissioner to set some of the rules for the election, including setting the time for the petitions to be handed in.

"At the end of the day I made a decision that I know was the right choice and I would do it again," Torres said, "I think that because we all know each other it became very emotional."

Torres is referencing a comment made by Paul DiBlasi that said the election was skewed because of how members of SGA sat in their privileged positions. Last Wednesday, DiBlasi spoke at length about how every member of SGA was to blame for not gathering more interest in the elections as well as the organization.

"I think that we lose a little bit of

touch with everybody else," Torres said. "I think we all lead very busy lives. Obviously it is a club, but there is that family mentality and we lose sight of what's going on around us."

But Torres said that SGA did make efforts to reach out to the student body. This year, they used Twitter and Facebook more than ever.

"There were dozens of opportunities for people to find out about it," he said.

Still, members of the student body have expressed disappointment in the fact that the position of student body president, their supreme representative, is not their choice. Students, as well as members of SGA, had posted a "poster" of sorts on Facebook saying "No Choice, No Voice."

"It's inherently American to let

your voice be heard," Torres said regarding the protests. But he contested, "for me to make those decisions based on our own constitution, and then they were upheld by the chief justice, that is a democratic process. The truth is that democracy is messy."

The results of this semester's elections will be aired live on MCTV Thursday, March 10 at 5 p.m.





THIS WEEK

Thursday, 3/10

Girl Scout Cookie Sale
5 p.m. - 7 p.m.
Student Center
Champagnat Breezeway

Chess Club Meeting
9 p.m. - 11 p.m.
SC 348

BSU Meeting
9:30 p.m. - 10:30 p.m.
SC 348, 348A, 349

Friday, 3/11

Residence Halls close at 5 p.m.

Have a fun and safe Spring Break.

Saturday, 3/12

No events posted.

Sunday, 3/13

No events posted.

Monday, 3/14

No events posted.

Tuesday, 3/15

No events posted.

Wednesday, 3/16

Women's Lacrosse vs. Stony Brook
3 p.m. - 5 p.m.
Free Admission with Marist I.D.
Tenney Stadium

Congratulations to the Lady Red Foxes on another MAAC Championship!

From,
The Marist College Swimming and Diving Alumni



Congratulations to the Marist equestrian team on defeating previously unbeaten Centenary College!

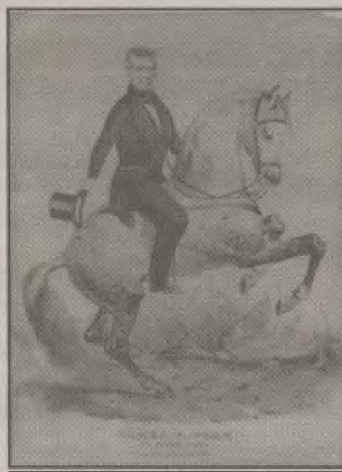
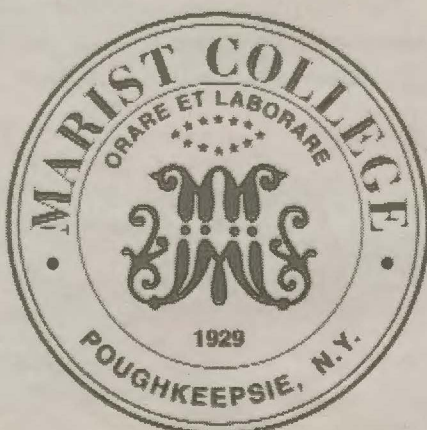


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America is fighting a losing battle against 'winners'

By JOSHUA FAGA
Circle Contributor

As kids we're not taught how to deal with success; we're taught how to deal with failure. If at first you don't succeed, try, try again. If at first you succeed, then what? Who, you may ask, is the voice behind this philosophical thought we haven't heard since the days of Plato and Aristotle? This quote comes to us from the only man on this earth right now that is, and always has been, winning. A man that has only experienced success, and more importantly winning; the proverbial genius behind this quote is none other than actor, drug addict, sex addict and philosopher, Charlie Sheen. I mean Egypt is in ruins, Global Warming is dominating the earth like no other, and Charlie Sheen is just plain winning everywhere in every way.

Literally hours after joining Twitter early last week, Charlie Sheen had over 1,000,000 followers. So what does this say about our society, which seems to shower admiration and attention towards an admitted cocaine addict and sex addict who hangs out on yachts with pornstars and has no idea where his kids are, but "trusts that they are in good hands"? You know what it says? It says that America is addicted to winners. Whether it's Aaron Rodgers, Tim Tebow or Tom Brady, America loves seeing winners do what they do best and just straight up win.

Let's put Charlie Sheen's life into a context we can all understand. The other day I overheard a kid telling his friends how he went to Hatters on a Saturday night, got a little drunk and made out with some girls. Really bro? No way! You're crazy, an absolute animal!! I mean going out is one thing, but drinking, and then going home with some drunk chick, who is most likely a couple weight classes north of being able to fight Brock Lesnar in UFC 131 this summer? What a night! What a story! Do you have time to tell it again? For God's sake the last time Charlie Sheen had a night out he ended up on a yacht engaged in a five-some with two pornstars, his ex-wife and his nanny, and you're bragging about your conquest at Hatters? What are you doing? I will tell you what you're doing, what we're all doing, we are losing and Charlie Sheen is winning. How is this man not winning? No one is on his level right now.

There are two things we as Americans love: one, is train wrecks like Lindsay Lohan. She is not winning, never has been winning, just losing left and right, north and south. Two, we love winners. Right now, no one on Earth is winning like Charlie Sheen, and if you don't seem to be able to understand the gravity of his winning, then I will let the man himself help you understand.

"I don't have time for their judgment and their stupidity and you



FLICKR/SSOOSAY

If Charlie Sheen has tiger's blood, does that qualify him as an endangered species?

know, they lay down with their ugly wives in front of their ugly children and look at their loser lives and then they look at me and they say, 'I can't process it.' Well, no, you never will, stop trying, just sit back and enjoy the show. You know?" Can I get an Amen?

Note: If you can't pick up on the sarcasm in my writing, well then I will put it bluntly. Charlie Sheen is a mess right now. He is a 45-year-old going on 90, has a face of a coke addict, body to match, who is having unprotected sex with pornstars and has no control over his life. However, he seems to think he is "winning", which is why this whole

situation is comical. We as Americans love showering media attention on situations and individuals like this because it is like a car accident about to happen. You know that it's going to happen, you hate that it happens, but you can't look away. Charlie Sheen is about 30 seconds from crashing and America and his nearly two-million Twitter followers want to be there upon impact. Don't worry, Dr. Drew will be there to clean up the mess and Americans will move on to the next train wreck pulling out of the station. My money is on Miley Cyrus. Place your bets.

In the tangible pages of newspapers and books we trust

BY EMILY BERGER
Copy Chief

Trust - finding a relationship where a person can feel secure with what they are putting their time and self into, and feeling enough assurance that they can rely in what they believe in. Every day, people are trusting their schoolwork, hard tasks, personal information, saved creations and so much more space to be put into their technology systems to be saved until necessary. From my own experience, I can only rely on

what I can trust, so saving my 20-page paper onto my flash drive and hoping it will be there in the morning isn't good enough for me. I want to actually hold something, to know that I have it, and I want to have a "satisfaction guaranteed" sticker on everything that I am relying on. I don't want to have my final grades determined by the mood my computer decides to be in that day, because all my pieces of technology seem to have bad days, all the time. Let's just say I don't trust my technology; I will forever

play for Team Old School.

Technology is constantly changing and is supposed to make our lives so much easier. Things are completely accessible on the Internet and technology has drawn us to make ourselves just as accessible via Facebook, Twitter, or any place else, where we tell our life stories for all to see. The idea to have everything you need in one device is genius, until you drop your phone in a puddle, drop your laptop and crash your hard drive, or your iPod from 2002 decides to die on you. I love having all my music on my iPod, all my numbers in my cell and all my hard work dedicated to the years 2004 to the present imprinted into my hard drive in my laptop, but what happens when your technology fails? Maybe it is that I don't trust myself with the technology; if I would forget to turn something on or save it correctly, I just feel like so much could go wrong with leaving all trust in something outside your own hands.

Being a journalism student, there are several things that are reliant on technology, where I can't get away from. To have a true interview, a reporter must quote people properly, so they must use a recorder to hear exactly what the interviewee is saying. Just to be safe when I use a recorder, I put on the recorder and still take notes on

what they say in case something goes wrong. Then there's the debate on whether or not a newspaper should be kept in print, or simply found online. Certain newspapers and magazines have already claimed that they will be completely turning to online publications. The magazine U.S. News & World Report decided to be an online publication starting this past December.

"Our emphasis on rankings and research content is the right path, making us an essential information source," a staff member in a New York Times article said. "We can't sit still. We have to keep improving the existing products while selectively creating new ones."

This magazine is worried about keeping up with the times, where they must rely on technology instead of their own writers and the capabilities of what a newspaper can mean to a consumer. Holding a newspaper and physically being a part of the print, or being able to hold a composed magazine, filled with our favorite celebrities and designers, is an experience that will soon be taken away. It truly is an experience to open up a magazine and be consumed with what is inside. I don't see how it could ever be the same.



FLICKR/ILAMONT

The days of sitting down at the breakfast table, with the morning Times are quickly giving way to all day updates on Blackberry and Android phones.

SEE IN ON PAGE 5

From page 4

TECHNOLOGY

The New York Times is one of the first newspapers who have claimed that they will be moving to become an online publication in the upcoming years.

"Our audiences are very loyal and we believe that our readers will pay for our award-winning digital content and services," New York Times Publisher Arthur Sulzberger on <http://Poynter.org> said.

The newspapers and magazines feel like the readers

won't feel an impact on whether they read their news online or from print.

From my experience, there is a great difference in quality of the articles and being able to hold onto my newspaper and read it wherever I am, without having to squint my eyes and read it on my phone. Sometimes it can be great to accompany a story with a video or a news broadcast of the same story, but if that consumer wants that other experience, they

can find it online, while the others should be able to make their own choice.

The same decisions go into whether someone wants to hold their favorite books or if they want to be holding their Kindle, Nook or eReader. Some people want to flip pages, and others want to simply hit a button. Either way, each user should be able to make a choice. I am proud of what I have in my collection, and what is next, the unneces-

sary use of a bookshelf?

Restricting oneself to just technology will let already dying breeds become extinct. Finding the people who feel like remaining with what has been known for so many years is so much more difficult than you would think. People like reading articles that get straight to the point, and looking at their news from a free publication online. Paying for memberships to newspapers online

is already in process and finding more and more publications going out of business or no longer printing is the next step. Find it in your heart to pay some homage to this wonderful collection of creativity and successful journalistic techniques, for it will soon be an antique.

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* Graduate Program offered at the Florence, Italy Campus

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 - Information Systems Management
- Information Technology Management
- Public Administration (M.P.A.)
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MARIST

Fashionology boutique grows to meet demand

By LISA GLOVER
Staff Writer

On Thursday, March 3, Fashionology officially launched its most exciting semester ever. For years, Fashionology has set up tables and fixtures outside of the Donnelly entrance where the Marist community can choose from a dynamic array of merchandise.

The boutique has grown so tremendously that a kiosk has been ordered which not only allows the boutique to function more professionally, but eliminates the need to set up and break down the tables after each shift. The increasing popularity of Fashionology has forced the student-run boutique to evolve and meet the growing demands of their customers.

I was given the opportunity to be part of what a typical Fashionology class session is like.

The small intimate group of less than 10 girls displayed professionalism as they gathered to perform the actions of a typical business organization.

Under the directorship of Lydia Biskup, each student holds a different position based on their skills and interests: Human Resources, Visual Merchandising, E-Commerce, I.T., Finance and Marketing.

Although they each honor different titles, the students "work cohesively as a team," senior Erica Rosburg said.

Everyone works together to determine prices, which is based off of the concepts that are taught in their

previous classes. The most envied job is buying, which luckily all students are able to contribute to through excursions to the NYC Gift Show and wholesale markets.

The depth of merchandise is exploding. The girls explained that in the beginning of the semester, they had a trend forecasting assignment, which required them to research and predict the trends for the upcoming season.

The students must keep the importance of the customer first; just because the students don't like a particular item doesn't mean that it won't sell. Fashionology students need to evaluate their audience and plan their purchases based on the consumer, which can be a challenging concept to grasp. The students all predicted that the fedora hats were going to be a big seller for the semester. Along with jewelry, accessories and consignment pieces, the merchandise is also filled with colorful scarves, designer sunglasses, chic rain boots, fragrances, bags and watches.

Fashionology is launching a new and exciting feature; a website.

Senior Laura Sherland said that "the website will be mainly for students who don't have the time to make it to Fashionology when it's open on Thursdays from 10:30-5:30. However, anyone with a Marist account will be able to access the website, including not only students, but alumni, faculty and staff."

This feature will allow customers to order the merchandise online and pick it up in the fashion depart-

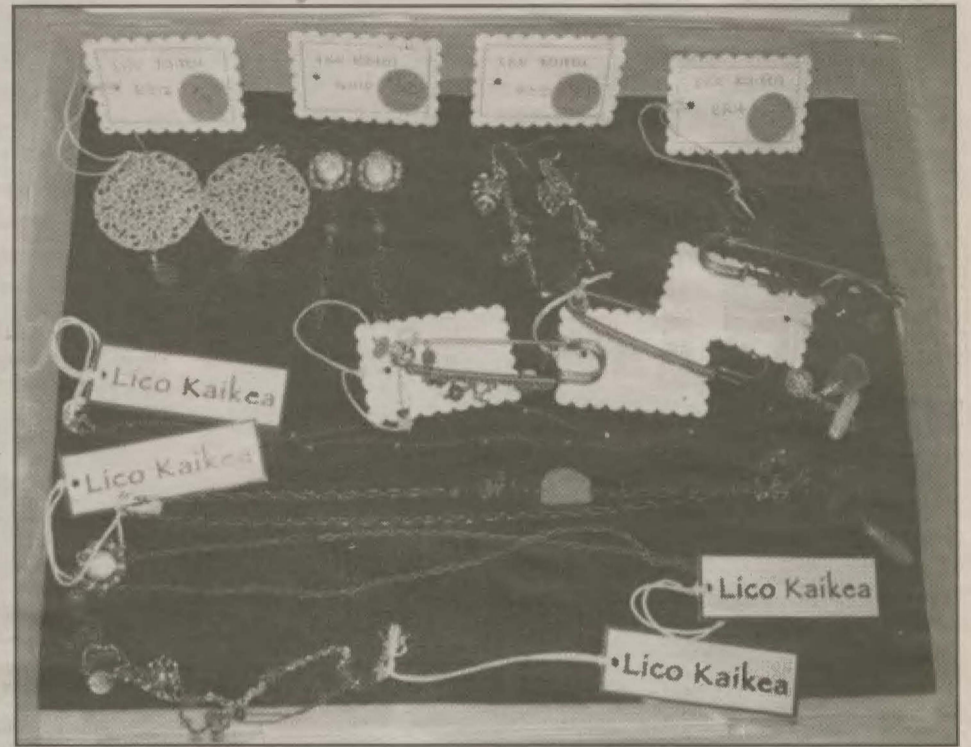


PHOTO COURTESY OF FASHIONOLOGY VIA FACEBOOK

A display showcases different jewelry items that are selling for various prices.

ment. The website address will be released as soon as their PayPal account has been activated.

Along with new changes, Fashionology is now also promoting their boutique through offering students discounts via Facebook and Twitter coupons. For example, a coupon worth 15 percent off an entire purchase could be printed and used on the day of the Grand Opening.

The process of becoming part of the Fashionology class is highly selective. The students apply the concepts that they've been learning through the Fashion curriculum to the real world. The students need to possess the skills of leadership, de-

cision making and most of all, risk taking.

Senior Sara Merriman said that Fashionology has "helped me to become an assistant buyer."

Fashionology is a great speaking point during interviews; employers are extremely impressed with the capabilities and responsibilities that these students possess. They are appreciative that it is so interactive and hands-on and that these students already have experience within the field. Fashionology is an interactive class that functions as a boutique, quite unlike any other class.

Fox news: A talking point amongst students?

By MICHAEL GAROFALO
Staff Writer

The mention of Fox News rarely fails to arouse strong emotions in politically active college students.

But the sharp divide in opinion that one may expect is actually met with some common ground. In fact, students assert that all news should be regarded with a level of skepticism, regardless of political lean.

Multiple students pointed out that sometimes news bias occurs when information is omitted, rather than what is actually reported.

"You get the facts, but it's the facts they want to give you," Anthony Marinaccio, vice president of the Political Science Club, said.

David Zeppieri, webmaster for the Marist Republicans, has no problem with The Daily Show's John Stewart pointing out Republican mistakes. The problem, he says, is when satire programs do not report or emphasize mistakes made by the left.

Major Fox News anchors such as Glenn Beck and Marist alumnus Bill O'Reilly tend to be the basis of much debate.

"I'm into the traditional hard news and the fact that because people like him [Glenn Beck] cater to the kind of

popular demand for sensation and drama there is a lack of hard news," Claire Mooney of the political science club, said.

Students have varying views regarding Fox News.



PHOTO COURTESY OF ARIO_ ON FLICKR

"It goes beyond just a news analysis," Cindy Elliott, republican club treasurer, said.

"They're trying to entertain you a little bit to get you interested and I think that's good; it gets people involved and it sparks emotion."

Sophomore Philip Lopez, member of the Political Science Club, said he lost respect for Glenn Beck when he compared President Obama to Hitler. The same comparison has been made about former President George W. Bush.

"I think that Fox News get a lot of this [criticism] because the network

has conservative commentators. The news itself really isn't much different from CNN News...ABC News..." Zeppieri said.

Sources tend to agree that the hard news facts are not usually the source of bias. The real problem is the interpretation or frame given to the facts, or worse, the omission of relevant information.

"I feel like everyone knows it [Fox News] has a conservative bias, and I'm sure there are biases on both sides," Marinaccio said.

The best way to counter potential biases, he said, is to read "multiple sources from different sides."

This may mean deviating from one's favorite news source, or even watching a program that uses a political frame that one expects to disagree with:

"It kind of gets me a little bit angry when everyone thinks that Fox News is the only source and they're only pushing out conservative views, when there's plenty of other sources doing the same thing going both ways," Ryan Dupont, vice president of the Marist Republicans, said. "That's politics and that's the party system...it's a good and a bad thing," he said.

Despite their varying views of Fox,

students generally agreed that satire programs provide entertainment value, and are not usually a viable source of hard news.

John Stewart "is a comedian - he's not an actual news anchor, so he's allowed to ask questions a normal anchor can't ask," Lopez said.

Zeppieri said that it could be dangerous for some viewers to take the show too seriously; it is meant to be satire.

Students from the Political Science Club and the Marist Republicans agreed that bias can be present anywhere and that the best way to be informed is to read numerous sources.

In fact, the students shared even more common ground: their preference for online media as opposed to television.

"I avoid TV news. I avoid TV in general," Mooney said. She prefers The New York Times or ProPublica, which focuses on investigative journalism.

Zeppieri also said that he does not watch a lot of television.

"I always find it just bizarre how you can have two separate groups of people - we're all people, but we see things so blatantly different; it really blows my mind," Dupont said.

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Sexy, responsible tanning techniques for spring break

By DAYNA VASILIK
Graphics Editor

It's predictable to see many of your classmates sporting tans upon returning from spring break, but you may not have expected to see your colleagues suddenly more bronzed the week before vacation. It's still unmistakably winter in Poughkeepsie, so the pre-break tans we're seeing are obviously results of the base tan approach, put to use before going on a warm vacation. People go to tanning booths – which are known to cause skin cancer – and purchase expensive packages for indoor tanning sessions to “protect” their skin from burning later on the beach. Unfortunately, according to <http://mayoclinic.com>, tanning under this sunlamp gives protection that is equal to a sun protection of SPF 4 or less. Whether you are exposed to UV radiation from the sun or a tanning bed, you're increasing your risk for skin cancer, not to mention premature skin aging.

Research has shown that 90 percent of wrinkles, dullness, uneven pigmentation and sun spots are caused by the sun's UVA rays. Many people, including myself, have stepped out of tanning salons with increased confidence and an enhanced mood. But we must be mindful that the short-lived self-esteem boosts are not worth putting ourselves at risk for the long term side effects. The good news is that getting a sun-kissed glow this spring break doesn't require a tanning bed, or even the sun for that matter. You can easily trick your peers, while protecting your skin in a fashionable, inexpensive way!

Use your head

It's easy to forget about our hair while getting caught up in the moment of the warm weather bliss. We often hear about how harmful the sun is to our skin, but people rarely speak of the horrible damage it does to our hair. The sun makes our hair dry, brittle and

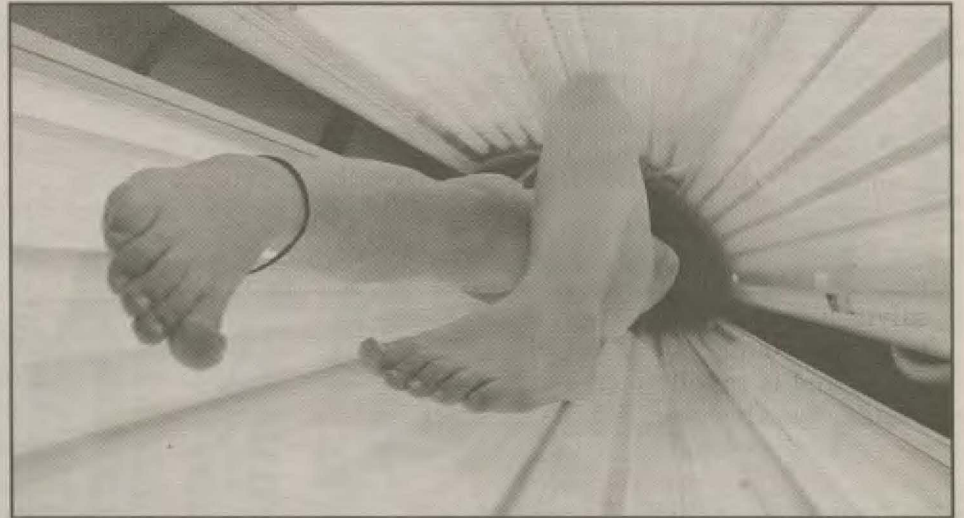
thinned, and it wreaks havoc on color-treated hair. Redken Color Extend Sun Solar Screen SPF 12 is just \$17.38, and not only protects your hair from the sun, but reverses damage as well. Another inexpensive brand is L'Oreal Paris Ever Pure UV Protection Spray. This unique product is vegan and rosemary mint scented. It provides protection to your perfectly polished salon highlights for \$8.99!

It is also important to keep your scalp from burning and peeling. Researchers from the University of North Carolina at Chapel Hill say that melanoma on the scalp is twice as fatal as it is on other sites. Some hats and clothing offer UPF, which is an SPF woven into fabric. The brand Coolibar offers a wide variety of hats and other clothing that provides 98 percent blockage of the sun's harmful rays. Urban Outfitters also has a wide variety of trendy hats of all different colors and sizes to fit your fashion personality. Channel your inner celebrity and rock a stylish hat to protect your luscious locks!

Conceal skin to make up for past damage.

Last summer, my dermatologist suggested that I stay out of direct sunlight between 11:00 a.m. and 3:00 p.m., because that is when you are at the highest risk of burning. Being hit with that depressing fact, I wondered how I was going to avoid getting burned, without hibernating for the summer. However, my fun in the sun summer continued, because I used concealers and makeup to protect my face. My dermatologist recommended Neutrogena, a well-known brand whose products are all dermatologist-tested. The Healthy Skin Compact Makeup SPF 55 comes in eight different shades, won't clog your pores and gives you beautiful, non-greasy coverage. It's UVA-UVB SPF 55 protection and oil-free.

After becoming more aware of the



EVIL ERIN/FLICKR

Simple skin products offer refreshing, non-life-threatening alternatives to this daunting device.

dangers the sun does to our face, I have also become more aware of how pale I am, so I decided to purchase Olay's Total Effects + Touch of Sun. The \$18.52 moisturizer has a hint of sunless tanner, and gives my face a healthy and natural sun-kissed glow. When I used this product, I received many compliments from my friends about how tan I looked. Even my mom mentioned that my skin was glowing, as opposed to the previous remarks she's made about how I should stop tanning because I looked orange; that's how I knew this product was a keeper.

Unlike other self tanners, it gradually gives you summery skin and doesn't fade or flake off in the shower. I used this product for three days underneath my makeup, and the fourth day felt as if I didn't need any makeup because my skin looked that amazing. Although the moisturizer offers seven anti-aging benefits, the product doesn't have SPF, so be sure to mix in your SPF moisturizer or apply your SPF makeup on top. You can steal my secret for \$18.52 at Ulta, and to keep it under wraps, I suggest you apply a touch onto your neck, so that your face and neck aren't two different colors. Don't forget to wash your hands to hide the evidence!

Other Tips before Leaving For Your Vacation:

1) Use new protection while making lasting memories (I'm still talking about sunscreen). Most sunscreens now include an expiration date. If yours doesn't state this important information on its label, you can be sure it is outdated. Toss it and invest in a new one. You don't want to remember this vacation as the time you looked like a well-done lobster.

2) “Don't sweat it” is an understatement when it comes to the SPF in sunscreen.

“Perspiration glistens, so it attracts more light onto skin,” writes Darrell Rigel, M.D., clinical professor of dermatology at New York University Medical Center in New York City at <http://self.com>. “It also washes regular sunscreen off the skin.”

In a study, Dr. Rigel found that golfers who wore water- and sweat-resistant SPF 70 had no burn after four hours, unlike those using a classic SPF 15.

3) Listen up! Ears are apt to burn easily because they have hard-to-reach curves, and may protrude from your headgear. Cover these sun-sensitive spots with Mission Skincare Anti-Sting Sunscreen SPF 30 Facestick for only \$9.

Combat the drowsy days of midterm week

By MELANIE LAMORTE
Staff Writer

Sleep is one of the most important processes that our bodies undergo. Not only does it keep us alert and energized for our daily activities, but it is an essential bodily function. According to the National Sleep Foundation (NSF), sleep contributes to a healthy immune system, regulates weight, repairs muscles, releases hormones and helps memory and concentration. Typically, adolescents and young adults (ages 12-25) need at least 8 ½ to 9 ½ hours of sleep each night. Unfortunately, as time goes on, the hours spent sleeping by the majority of this age group shrinks considerably.

“People are now sleeping 30 percent less than they were in the 1950s,” said Nancy O'Donnell, professor of psychology at Marist.

Though most college students show great adulation for sleep, there are still many ways that they unintentionally sabotage their nightly snooze. With midterm exams underway, now is one

of the most critical times to get great sleep. Take note of some tips for making the most of those restorative hours:

Dunne suggests drinking lemon balm or skullcap herbal teas to relax the body before bed. Avoid taking any vitamins at night.

Wear earplugs.

This simple solution can make a world of difference. Foam earplugs might be a bit uncomfortable at first, but there's no way to better drown out noisy neighbors or night-owl roommates. Most of the easily accessible pairs have a noise reduction rating of 32 decibels – enough to keep you sleeping soundly. Buying a pack of foam earplugs at the drugstore for only a few dollars will make a notable difference if you often find yourself waking up from voices or music. Hearos Foam Earplugs sell for about \$5.00 for a pack of 20 pairs.

Pay attention to nutrition.

Nutrition and sleep are closely related; making the wrong food choices could throw off your sleep schedule.

“Don't eat after 7:00 p.m., since the body is in detox mode, so the extra work will keep it awake,” said biology and nutrition professor, Marguerite Dunne.

Also, it's important to stay away from coffee, some teas or other caffeinated beverages around bedtime. Instead, Dunne suggests drinking lemon balm or skullcap herbal teas to relax the body before bed. Avoid taking any vitamins at night, and instead take them in the morning, as the body is building up energy.

“Otherwise,” Dunne said, “the vitamins could keep you up!”

Say goodbye to the late-night cram session.

In times of high stress, it's easy to neglect healthy sleeping habits. During exam weeks, students often pull

all-nighters to study for their classes, or their sleeping time falls way below the suggested eight or nine hours. Alarming consequences of sleep deprivation have been proven.

“We now know,” O'Donnell said, “that four nights of four hours of sleep leads college students to be pre-diabetic.”

O'Donnell suggests a helpful tip to avoid this health issue, which contributes to the obesity crisis.

“Having a schedule is very important,” she said. She advises students to set a time to stop studying each night, and to spend time doing relaxing activities right before bed. This allows the body to wind down. By going to bed earlier, students can wake up earlier and review their notes in the morning.

“We are what we sleep,” O'Donnell said. Make sure that you're setting aside enough time for at least eight restful hours each night. It will improve cognitive function and memory retention, which are essential for students. Stop stressing and snacking, and get some shut-eye!

Get the scoop on salvia divinorum, a legal hallucinogen

By ANA JEAN HEALY
Staff Writer

If you have a computer or watch any kind of entertainment news, chances are you have seen the video of Disney star Miley Cyrus tripping on salvia. After taking a bong hit of the herb, Cyrus begins laughing uncontrollably and babbling incoherently, while occasionally making comments such as, "Is this me tripping?" The media attacked Cyrus for setting a bad example for her teenage fans, but the truth is that salvia has been popular amongst teens as young as 12 for many years, and is rapidly increasing in popularity. However, while more teens want to jump on the "Magic Mint" bandwagon, many parents and adults are expressing concern for their children's health. So what is salvia? Is it the new weed or LSD of the 21st century, and what effects can it have on you?

Salvia divinorum, more commonly referred to by its genus name, salvia, is a psychoactive plant native to the isolated Sierra Maxareca region of Oaxaca, Mexico. Mazatec shamans originally used it during healing ceremonies to induce visionary states of consciousness. Nowadays, salvia is used worldwide, and has recently caught the attention of many teens and some adults seeking a new kind of high. Unlike marijuana, salvia is legal in

a majority of states in the U.S., despite attempts to make it a controlled substance by state congresses. It can be purchased online, in tobacco or head shops and in certain herbal remedy stores. It is a non-toxic drug that has no serious physical health risks; there is no way to take a fatal overdose and it is non-addictive. The only risks that salvia may pose are mental, since it is a hallucinogenic herb.

For those interested in trying salvia, there are some points that should be taken into account before experimenting. The effects of salvia are very different from alcohol and marijuana. Many people who have not experienced salvia before expect to feel the same type of high experienced when smoking weed; this is a mistake that can cause a non-pleasurable salvia trip.

According to <http://sagewise.org's> "The Salvia Divinorum User's Guide," salvia is not a party drug. It is a "consciousness-changing drug that can be used in a vision quest." The best environment in which to try salvia is a calm and comfortable one, and for first-time users, it is recommended that you have a sitter in the room with you. A sitter is a person with whom you feel comfortable, who remains sober and makes sure that you are safe during your trip. They will also assist in bringing you back to a normal state of reality after your trip.

The most common means of in-

gesting salvia are through smoking the dried leaves or by chewing fresh leaves. Both will induce a mild high that lasts for a brief period of time — usually about five minutes. There are more concentrated forms of the plant, but they are not recommended because their effects are often so powerful that they can cause negative hallucinogenic experiences.



TARAHDAWDY/FLICKR

Salvia induces super-brief but intense trips.

"The Salvia Divinorum User's Guide" explains that there are six levels of consciousness that a person can experience when under the influence of the herb, ranging from a subtle stage, where relaxation is experienced, to an "amnesic" stage,

where consciousness is lost and users are unable to remember their trips. This last level is not desirable, because the point is to be able to remember your experience. Those who are serious about achieving an altered state should take enough to reach a visionary state of consciousness. If a dose is strong enough, it can cause what scientist Dr. Bryan Roth, a biochemist and neuroscientist at Case Western Reserve University, calls "spacio-temporal dislocation," during which the user is taken to another time and place, often memories from the individual's past. Many new users find this experience too intense, disturbing and frightening. This is an example of a "bad trip," which can leave a person with a distorted perception of reality, and, in some rare cases, leads to depression.

While salvia can cause some psychological problems, it is rare. Most people say that after they tried salvia, they felt calm, more concentrated and confident. They also experienced enhanced insight, moods, and connections with the universe and nature. All of these give the herb an allure, and the effects can be very rewarding. Remember that this is not the new weed; its effects are much more intense. If you are thinking of lighting up a pipe full of salvia this weekend before hitting the bar, think twice, because this plant should be handled with care.

Year-round escapades on Mohonk Mountain

By EMILY BERGER
Copy Chief

For Marist students and Poughkeepsie natives alike, planning a weekend excursion that your entire group will enjoy can be a struggle. It entails finding a place that agrees with your funding and something that will be unanimously enjoyed. Within the Hudson River area, New Paltz is the place that best supplies culturally diverse and natural excursions that will please people of all ages and interests.

The extensive complimentary activities make the steep prices seem more feasible, especially if guests seek to take advantage of all the services provided by the hotel.

The town is often pegged as a haven for hippies and spiritual beings, a place where passions for tie-dye, nature, natural foods and anything vintage can thrive. New Paltz is composed of so much more! There is so much to discover in the antique stores, bars, restaurants serving organic and vegan foods, record stores, urban coffee shops and a pizza place serving the best New York pizza outside of the city.

For nature loving students who have money for a few expenses on their excursions, New Paltz is home to Mohonk Mountain. No matter the season, there are activities that would strike the fancy of any environmental enthusiast or anyone who enjoys a scenic trip. Mohonk Mountain houses a his-

toric hotel that is magnificent inside and out. Sitting on a large mountain-top that intrigues guests from all over the country, it is even rumored to have inspired Stephen King to write "The Shining." This creepy but gorgeous hotel is located on Lake Mohonk, and opened in 1870 by the Smiley twins who were inspired by the location. The hotel still holds the same look that was created in the late 1800s, and every addition to the hotel has kept the classic touch.

During the dreary, cold days of winter turning into March, there are usually not many outdoor activities appealing to Marist students, but Mohonk Mountain offers great ideas for the weeks when spring is in the air but has yet to strike. With the miles and miles of land the estate is on, there can be hiking, snowshoeing or cross-country skiing, depending on the weather and season. There are more than 30 miles of trails for those who want to cross-country ski and snowshoe in the winter, and those who like to hike in the warmer weather. Cross-country skiing is complimentary for overnight guests (including the skis), as well as activities like ice skating and snow tubing in the winter, and swimming in the lake and hiking in the spring and summer.

Mohonk's pavilion also offers a "9,375-square-foot refrigerated ice rink," according to the Mohonk website. The rink is open from Thanksgiving through early April, and is also complimentary to guests.

The extensive complimentary activities make the steep prices seem more feasible, especially if guests seek to take advantage of all the services pro-

vided by the hotel. If a group were to share a room or two, the trip would definitely be worth it. Maybe during a family weekend, you can try to make a trip to New Paltz for the magnificent Mohonk Mountain. Also, there are great packages for special weekends like Valentine's Day, weekends dedicated to photography activities and weekends inspired by the holidays in December. Three meals a day and afternoon tea are included in hotel rates.

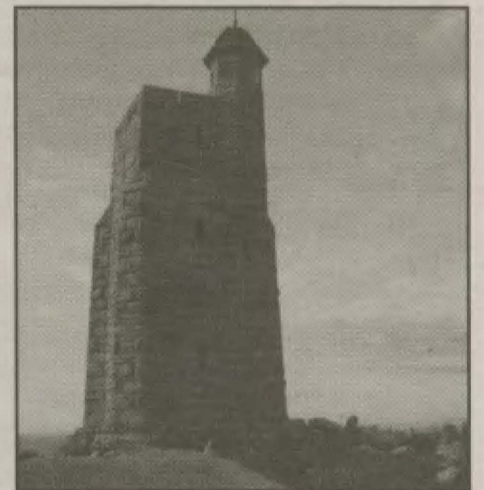
For those of us not willing to pay the high rates for a hotel room, a day pass to cross-country ski is \$20 during the week and \$25 on weekends and holidays. Snowshoeing costs \$16 for adults. In the spring, it is \$25 to go on the premises to hike, go to their gardens, or go swim in Lake Mohonk.

As spring approaches, activities such as nature walks, trail rides, hiking, rock climbing and golfing can be relished on the facilities. Swimming in the half-mile long Lake Mohonk and the indoor heated pool is available from Memorial Day through mid-September. Rowboats, paddleboats and canoes are also available.

After personally spending a day at Mohonk, ice skating and enjoying the scenic spectacle of the hotel itself, I can testify that experiencing the premises through words stands no position against actually viewing its beauty. Each season brings a completely different, scenic experience.

Being in college leaves us with very few funds, so enjoying something like a nature walk is a great way to bypass the fees while still getting a taste of Mohonk. Great for this spring, into next fall, the Wallkill Valley Rail Trail extends 12.2 miles, starting in New

Paltz and extending through the town of Gardiner. The trail is great for walking only a few miles, or for runners and bicyclists who want to venture farther down the pathway. An abundance of nature and animals call the trail home. It passes through the streets of New Paltz, and proves to be a task filled with exercise and adventure, free of charge!



WALKINGGEEK/FLICKR

Here's the elusive mountain tower up close.

While on my trip down the Rail Trail, a deer came right up to the path, which was way too wild for me, but I also found a yard sale at a nearby home — advertised alongside the trail — which was more my speed. No matter the direction of your interests, something like the Rail Trail can create memories that will always be remembered as your years of college dwindle away.

There are so many places that are worth discovering in the surrounding areas, and finding them is the biggest adventure. To check out prices and other popular activities at Mohonk Mountain, visit <http://mohonk.com/index.cfm>.

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Patrick Stump goes solo, Arctic Monkeys return

By RYAN RIVARD
A&E Editor



FROM TRAVIS FAULK.COM

Former Fall Out Boy vocalist makes his solo debut.

Patrick Stump "Love, Selfish Love" –

Patrick Stump's foray into his solo career has been halted with the delay of his "Soul Punk Love," his debut album pushed back to the summer. In order to tide over fans, the former Fall Out Boy star released "Truant Wave." "Love, Self-

ish Love," a cut from the EP, starts with a club-worthy beat that could have been produced by Timbaland. The song is reflective of Stump's solo sound, embracing electronic pop elements, big choruses and harnessing his own personal Michael Jackson style with dashes of Prince. Stump refrains, "I've got nothing to confess," and he does have a point. There's nothing to hide when you wear pop influences as openly as Jackson's white glove or Prince's Purple Rain guitar.



FROM REMIXTHEVIDEO.COM

James Blake releases a new single.

James Blake "What Was It You Said About Luck" & "Half Heat Full (Old Circular)" – The pair of songs are b-sides from James Blake's upcoming single release of "The Wilhelm Scream." "Luck" is a minimal, piano ballad that climaxes with piercing distorted horn synthesizers. "Half Heat" is a brief, two-minute jam more in the style of Blake's set of EPs that featured

mostly altered vocal loops as hooks. The song swallows you whole and puts you in a claustrophobic cave.



FROM SUPERMINN.BLOGSPOT.COM

The Arctic Monkeys recently posted a surprise teaser video on YouTube.

Arctic Monkeys "Brick by Brick" – The Arctic Monkeys surprised fans by posting a video for a new song on their YouTube channel. The band states that it's not a single, but a teaser for an upcoming album. "Brick by Brick" starts with sharp garage rock chords and wanders into psychedelic territory with unpredictable tempo changes and hazy guitar solos. This proves that the band has continued to move in a more experimental direction after the 2009's heavily Doors-influenced album "Humbug."



FROM ELBO.WS

Folk frontman Robin Pecknold pairs up with Grizzly Bear vocalist Ed Droste for a duet.

Robin Pecknold "I'm Losing Myself" w/ Ed Droste from Grizzly Bear – Robin Pecknold, the frontman of the Seattle folk band Fleet Foxes, spontaneously posted downloadable links to a trio of songs on Twitter. Pecknold added that the songs were "pretty mellow jams." "I'm Losing Myself" is a duet with Ed Droste. Droste, the Grizzly Bear vocalist, adds soft, delicate textures to the sonically spare ambiance. The song has an unfinished rawness that firmly asserts its position as a jam, but at the same time, it is also naked and chilling, qualities often absent from the porcelain, chiseled "Teenage Dream."

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ralphbijker

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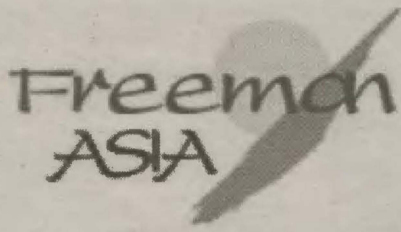
The Circle is seeking photographers for sporting and campus events.

The circle is looking for writers



For the Arts and Entertainment section

MARIST INTERNATIONAL PROGRAMS announces



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- Recipients must agree to fulfill a service project to promote study abroad in Asia upon return from studying abroad

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*Please visit www.marist.edu/international for more information.
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For more information, contact Pat Taylor,
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Men take step forward with play-in win

By JIM URSO
Sports Editor

On Dec. 3, the winless Marist men's basketball team entered a game with the Niagara Purple Eagles after suffering six double-digit losses in six games. Marist jumped out to a 32-14 first half lead, leaving people thinking one thing.

Who is this team?

Throughout Marist's MAAC Tournament play-in game against the same Purple Eagles squad on Friday night, Red Fox fans in attendance at the Webster Bank Arena at Harbor Yard were thinking the same thing.

In a 73-61 win over Niagara, Marist put together its most complete game of the season. The Red Foxes won with a balanced attack of slashing drives, strong perimeter shooting and the low post presence of Menelik Watson; a facet of Marist's game fans have awaited for much of the season. Marist shot over 46 percent for the game, including a scorching 17-for-29 in the second half.

While onlookers may have been astonished, for Marist, the win wasn't so surprising.

"Sometimes, you do good things and you don't get the results that you want," Marist coach Chuck Martin said, "and people dismiss the 38 minutes or the 35 minutes of good basketball. Now that we were able to get over the hump, [people] noticed today. But we have been doing this all year long."

Marist was led by freshman Jay Bowie, who scored 13 points on 6-of-11 shooting. Dorvell Carter added 10 points, seven rebounds, six assists and zero turnovers in 39 minutes.

"I just felt like I had to come through to help my team win the game," said Bowie, who also grabbed eight rebounds. "So if I had the ball, I just knew I had to make a play or find an open teammate."

Bowie's larger impact may lie in his intangibles and verbal leadership on the court.

"It just comes natural to him,"

said Martin of Bowie's basketball IQ.

The story, though, was the collective effort put forth by Marist.

Not only did the Red Foxes avoid their signature slow start, they never trailed in the game. Marist jumped out to an 18-9 lead with guards driving to the basket and Watson setting the tone with two early baskets in the low post.

"We didn't want to go home," said Watson, who scored nine points on 4-for-5 shooting in 20 minutes. "We just knew that we had to put everything on the table today if we wanted to play tomorrow."

Throughout the game, Marist was able to maintain control of the contest despite a number of Niagara runs. Marist's 28-20 cushion in the first half was cut to three at half-time.

Martin's team controlled the tempo early without Sam Prescott, who was sidelined for the first 11 minutes with a sore ankle. Prescott was the only Marist player to hold a double-digit scoring average throughout the regular season, and scored 34 points in a game this season. Although he only scored seven points, his 17 minutes were crucial for Marist.

"I was shocked that he said 'hey, put me in the game' because we were in trouble," Martin said. "Devin Price was out [in foul trouble], and Jay did a great job and Dorvell Carter did a great job, but at some point, you need a ball-handler."

On Feb. 6, Marist lost to Niagara by 17 points during their yearly road swing to Western, N.Y. — a stretch that included two games against Canisius and Niagara in three days.

According to Martin, the three extra days of practice leading up to Friday's contest with the Purple Eagles were critical.

"The three days leading to this game allowed us to spend a lot of time watching film and trying to figure out where we can attack the zone," Martin said.

Marist set the tone early by driv-



RYAN HUTTON/ THE CIRCLE

Ninth-seeded Marist knocked out Niagara in the first round of the MAAC Tournament. The Red Foxes overcame a 28-point performance from Niagara's Anthony Nelson to win 73-61. Marist shot 58.6 percent from the field in the second half.

ing to the hoop and utilizing the low post. The Red Foxes inside attack approach in the first half opened up the perimeter shot in the second half.

"We didn't want to settle for threes," Martin said. "We knew that they would play zone and try to speed us up and try to get us to take quick early shots."

After a layup by Niagara's Anthony Nelson cut Marist's lead to 35-30, Candon Rusin hit a three on the next possession to give the Red Foxes a 38-30 lead with 17:21 to go. Marist never led by less than seven points for the rest of the game. Rusin, who hit two three-pointers in the second half, scored 12 points.

Marist, which ranked ninth in the MAAC in assists this season, tallied 11 assists. Niagara accumulated just five.

Senior Niagara guard Anthony Nelson led all-scorers with 28 points

on 9-for-22 shooting. Collectively, Niagara shot 32 percent.

For two seasons, Martin and his players have echoed the same sentiment: "It's coming; we're going to turn the corner." After roughly 60 games with most of his current squad, getting a win in a MAAC Tournament game was the litmus test for Marist.

"This is your time to really, really show that you're making progress," Martin told his team throughout the night.

Marist passed the test.

And although Marist fell on Saturday night, the program took an important step.

"These guys, they don't know what it feels like, so I can't share my experiences with them," Martin said. "I've tried too, but unless they feel it and understand it, the conversation is limited. Now we can continue that dialogue."

From Page 16

Coach Martin stays positive about future

collegiate tournament games to their postseason games in high school. After the game, it was apparent for younger players such as Anell Alexis that the two aren't comparable. Alexis led Marist on Saturday with 11 points, eight rebounds and four steals.

"You really don't know how much is needed until you start working and realizing just the daily practices and the attention to detail that is needed, and the focus that's needed. It's more than I anticipated, but I am glad I went through it because now I know."

After the game, Martin, who holds a bachelor's degree in communication, talked about the instant gratification tendency of our culture. According to Martin, grooming 18 to 22-year-old men doesn't work that way.

"I wish the process would speed up

a little quicker, but we're getting there," said Martin, who is halfway through his six-year contract with Marist, his first head coaching position. "But you can't leapfrog. You can't go from point A to point D; [you have to go from point] B, C, D, and we're doing it the right way. We're going brick by brick by brick by brick. And again, in today's day and age, people don't want to hear that. They want instant gratification, but that's not how we're doing it."

Even with a 17-79 record over three seasons, Martin is remaining positive.

"It's been more challenging than I ever anticipated, but I enjoy it because this is what I do and I'm going to be coaching for the next 20, 30 years," Martin said. "It's just a part of my journey. I keep saying that; people don't want to hear that, but

it is. I was [an assistant] on a [2007-08 Memphis] team that won 38 games and only lost one, and now I'm on a different journey. And then, in about a year or two, I'm going to be on a different journey."

"Then when it's all said and done, 20 years from now, I'm going to say, 'Hey, I had a year when we were 1-29, and then I was on a team when we were 38-1, and then I had a team with these young guys who were 15-15, and that's just part of it. That's how I look at it; that's how I view it. I just take it on and say, 'Hey, that's who I am right now. That's where I'm at.'"

The Marist portion of Martin's journey will continue next season. The Marist Athletic Department announced Monday that Martin will return.



RYAN HUTTON/ THE CIRCLE

Fairfield's Dereck Needham (No. 3) scored 22 points on Saturday against Marist. The Red Foxes lost 55-31. The 31 points is the lowest total in MAAC Tournament history.

From Cover

Marist to make sixth consecutive NCAA appearance

in Miriam McKenzie and for most of the part really just shut her down," Giorgis said. "Steals are important and Katie [Sheahin] blocked shots too, but so much of what Elise Caron does for us doesn't show up in a stat."

The Red Foxes finished 30-2 overall, including posting an 18-0 mark in conference play and capturing three additional victories during the MAAC Tournament.

"I think we put more pressure on ourselves than anyone else," Allenspach said. "We wanted the target on our back all year because we had a goal to go 18-0 and then 21-0. Unless we beat ourselves, we didn't think we were going to get beat at all."

Marist reached the title game after double-digit wins against the St. Peter's Peahens and Siena Saints.

Last season, Marist faced the Georgetown Hoyas in the first round of the NCAA tournament and dropped a 20-point decision.

Following the 2008-2009 campaign, Marist faced Virginia in the NCAA tournament and was defeated by seven points.

The Red Foxes last captured a non-conference post season victory after the 2007-2008 season, when they defeated DePaul 76-57 before

losing to LSU 68-49.

"Going into the NCAA tournament, we don't have that bullseye on our back," Allenspach said. "We can just go out and play. If we make mistakes, we just gotta keep going. When we're in the NCAA tournament, usually that team is supposed to be better than us."



The Fox Trot

Quick hits of the week in Marist athletics

Baseball

RICHMOND, Va. -

The Marist baseball team traveled to Richmond, Va. last weekend for a three-game set against the Richmond Spiders. The Red Foxes swept the series, improving to 6-3 on the season.

Marist took the first game of the series on Friday 6-1. Sophomore southpaw Dan Zlotnick pitched 5.1 strong innings, giving up one run and striking out seven. Three Marist pitchers preserved the lead combining for a shutout and five more strikeouts over the last 3.2 innings.

The teams played a doubleheader on Saturday. The Red Foxes won the first game 12-3, led by a strong

4-for-5 hitting performance from sophomore shortstop Zach Shank. Marist closed out the sweep with an 8-5 win. Senior left fielder Ricky Pacione went 3-for-5 with four RBIs.

Marist will have a busy spring break, traveling to play eight total games at Delaware State, Towson and George Washington.

Indoor Track & Field

BOSTON, Mass. -

The Marist men's and women's indoor track and field teams concluded their seasons last weekend at the ECAC/IC4A championships in Boston.

On the women's side, the distance medley relay team broke the school record by more than 10 seconds. The

team consisting of sophomore Jackie Gamboli, senior Hayley Harnett, junior Briana Crowe and grad student Brittany Burns finished in 11:54.75, smashing the previous record of 12:05.53. This was good enough for ninth place, the best finish of any MAAC squad in the race.

For the men, junior William Griffin was the team's highest individual finisher. Griffin finished the 3,000-meter run in 11th place. Sophomore Arquimedes Delacruz and freshman Ken Walshak also set personal bests.

Women's Tennis

WEST POINT, N.Y. -

Despite the women's tennis team's three-game win streak being stopped in a 6-1 loss to Quinnipiac,

Marist sophomore Kelsey Raynor was named Metro Atlantic Athletic Conference (MAAC) Women's Tennis Player of the Week.

Raynor won two matches on Saturday, winning the Red Foxes' only point with her singles match victory by a score of 7-6 (7-5), 6-2. Raynor and Joana Sun won a doubles match by a score of 8-5.

Raynor is on a three match win streak, winning all three in straight sets.

The Red Foxes will be traveling to Orlando next to take on Florida A&M and Western Illinois on Sunday, March 13.



A: Team poses with trophy. **B:** Erica Allenspach drives past St. Peter's defense. **C:** Band members show their support. **D:** Coach Brian Giorgis cuts down the net for the seventh time in eight years. **E:** Kate Oliver attempts a shot. **F:** Kristine Best takes her portion of the net. **G:** Starters cheer on players from sideline. **H:** All-Tournament players Allenspach and Elise Caron pose during the post-game ceremony.

Fairfield ousts Foxes in quarterfinal round

By JIM URSO
Sports Editor

"Why can't it be us?" Marist head coach Chuck Martin asked his team after Friday's win over Niagara. Why couldn't the Red Foxes be that team that "did something crazy" in a conference tournament.

On Saturday afternoon, the answer was abundantly clear: Fairfield guard Derek Needham.

In a sloppy game which produced 43 turnovers between both squads, Needham's 22 points and six steals led the top-seeded Stags to a 55-31 win over the ninth-seeded Red Foxes. The win propelled Fairfield into the MAAC semifinals and put a quick halt to any of Marist Cinderella dreams. Marist finished the season 6-27.

"The game was above their heads and they didn't know how to perform in it," Marist coach Chuck Martin said.

Throughout the first half of the Marist men's basketball team's quarterfinal match up with no one seeded with Fairfield, players on each team struggled to find an offensive rhythm; everyone, except Derek Needham.

Needham scored 15 points in the first half. Marist scored 14.



RYAN HUTTON/THE CIRCLE

The Red Foxes were knocked out of the MAAC tournament Saturday afternoon by Fairfield in a 55-31 loss. Marist reached the quarterfinals after defeating Niagara on Friday. The Foxes finished the 2010-11 season with a 6-27 overall record.

The Red Foxes opened the half on a 9-4 run, which cut the lead 32-23 with 12 minutes remaining. The Stags countered with an 11-0 run of their own to extend the advantage of 20 with 6:27 remaining in the game.

In front of its hometown crowd,

Fairfield jumped out to a 14-5 lead, as the Red Foxes struggled to settle into a hostile environment at the Webster Bank Arena at Harbor Yard. Marist managed to keep the game within considerable reach throughout the first half. The Stags led 28-14 at halftime.

Needham wasn't the only reason Marist wasn't able to make headlines with an improbable tournament run. For much of the game, Marist struggled to get out of its own way, committing 26 turnovers and compiling just three assists.

"For as bad as we were offensively, I thought we were that much more dominant defensively," said Fairfield head coach Ed Cooley, whose team had 19 steals. "I thought our ball pressure really bothered them today."

Marist guard Sam Prescott missed his second start in as many games due to a sore ankle. Martin said the absence of one of his primary ball-handlers "absolutely" contributed to the Red Foxes' turnover woes.

After Friday's victory over Niagara, Martin said the experience of winning a tournament game would allow him to continue the "dialogue" with his young players in a manner which was impossible beforehand. He did not promise, though, that the dialogue would all be pleasant.

"We gotta take something away from it other than the loss. And hopefully we take away the experience and really learn something from Fairfield."

Martin said players try to compare

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