

**A Silent Plague**  
Marist malaise is spreading  
throughout campus  
-supplement 4

**Wal-Mart Invasion**  
Local businesses prepare  
for the worst  
-supplement 3

**Eating Disorders**  
Stress leads to anorexia and  
bulimia in college students  
-supplement 4

**TV Lockout**  
New V-chip allows viewers  
to screen television violence  
-supplement 2

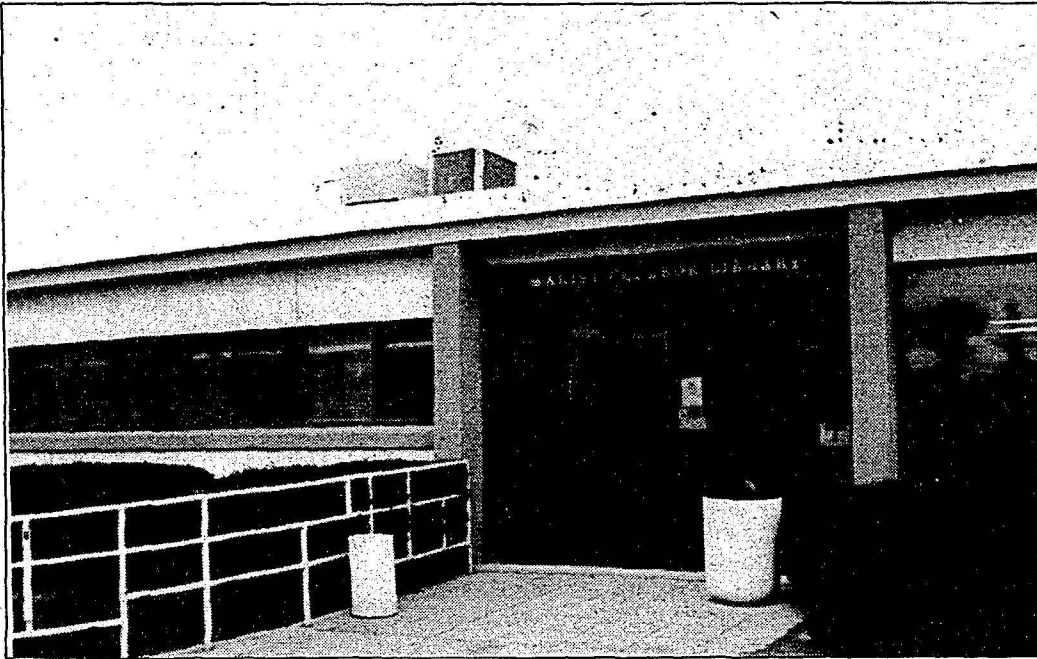
# THE INNER CIRCLE

Volume 3, Number 1

Marist College, Poughkeepsie, N.Y.

April 25, 1996

## Plans for modern library in the works



Preliminary plans are in the works for a more modern library that will replace the existing facility pictured above. The new library is scheduled to open in 1999.

by Michael Goot  
Asst. News Editor

Preliminary sketches of the library have offered a glimpse of what Marist's "library of the future" might be like.

According to Thomas Daly, director of physical plant, the impetus for reform came from a proposal written last year by a committee studying the idea of a library based on technology.

The team consisted of executive vice president Mark Sullivan, academic vice president Marc vanderHeyden, board of trustee member Michael Duff, library director John McGinty, and Daly. From this group, Sullivan wrote a

proposal.

"During part of the joint study with IBM, Mark Sullivan developed a vision paper—developing a library for the twenty-first century," Daly said.

He also said the college has come to the conclusion that a totally new library is necessary.

"We've considered building additions onto our existing library of various sizes," Daly said. "Ultimately, we've come to the decision that the most cost effective...was to build a new 60,000 square foot library."

Many Marist students, including James Robertazzi, have expressed discontent with the condition of the current library.

Robertazzi, a criminal justice major, said he thinks the library

is not very orderly.

"It's not organized," he said. "Things are all over the place. You don't know where anything is, especially downstairs," he said.

According to McGinty, the library staff is currently in the process of deciding how the new library is going to be laid out.

"We basically developed a rough square footage services approach to it—developing stack space, space for staff, service areas," he said. "Now we're trying to translate that into where the space goes."

McGinty said no part of the existing facility will be used

Please see *Library*, supplement 3.

## Marist salary increases parallel national rises

by Kristin Richard  
Asst. News Editor

Salaries for professors and administrators at Marist continue to increase, but they remain comparable to institutions of similar size.

Dennis J. Murray, president of Marist College, received this year's highest salary of \$195,000, an almost \$14,000 increase from last year's salary.

Mark Sullivan, the executive vice president of Marist, received the next highest salary of \$122,675.

These salaries were followed by Professor Donald Calista's salary of \$111,650 and Vice President of Academics Marc vanderHeyden's salary of \$95,899.

Other highly-paid Marist employees this year were Thomas Daly, director of physical plant, who received \$86,850 and Onkar Sharma, head of the computer science department, whose salary was \$85,530.

Basketball Coach David Magarity received \$80,850, and Professor Lee Miringoff received \$72,972.

Murray said he also expects the salaries for next year's executive vice president and academic vice president, who will replace Sullivan and vanderHeyden, to be relatively comparable to the compensation for these positions this year.

"The salaries will be comparable, but they depend on the experience of the individuals," Murray said. "It depends on what their salaries are in their

current positions."

Although the names of professors who do not receive top salaries are confidential, the average salary this year for a full professor was \$57,486. The average compensation including benefits was \$74,925.

For an associate professor, the average salary was \$48,335, with an average compensation of \$64,152. The average salary for assistant professors was \$39,316, with an average compensation of \$51,490.

Instructors and lecturers had an average salary of \$34,742. Including benefits, the average compensation was \$46,020.

According to Murray, none of the administrators or professors at Marist receive exorbitant salaries in comparison to other institutions of comparable size.

"I think all the people working at Marist earn what they're paid," he said. "Our increases have very much paralleled the national increases in compensation."

According to the 1995-96 Administrative Compensation Survey released by the College and University Personnel Association, the salaries of all of Marist's top executives are actually below the median salary for colleges with comparable budgets.

President Murray's salary is \$5,000 below the median, while Sullivan and vanderHeyden's salaries are each more than \$30,000 below the median.

Murray also said that al-

Please see *Salaries*, supplement 2...

## Students take action for condoms on campus

Secret group posts controversial flyers in Mid-Rise

by Stephanie Mercurio  
Asst. News Editor

Although condoms are not available on Marist campus, shot glasses can be bought in the bookstore.

Flyers promoting condom availability on campus were put on all of the Mid-Rise doors on the night of April 14. The flyers, with condoms attached to them, were put on the doors by an unknown group. The group raised the fact that although condoms are not available on campus, students can buy shot glasses in the bookstore.

Tanya Tag, a resident assistant in the Mid-Rise, said that she supported the actions taken.

"It's my personal belief that a lot of students at Marist tend to go along with the populous and just listen to what the college has to say," she said. "I think

it's great that students are actively partaking in their future."

Tag said she had no idea who put the flyers up.

"A few of my residents asked me if I knew who put them up, because it was in the dorm area," she said. "I really didn't even know about it until that afternoon."

Darren Valdes, a sophomore resident of the Mid-Rise, said he supported the message the flyer stated.

"Our flyer is still on our door, so we can keep spreading the message," Valdes said. "After I read the flyer, it really stuck in my mind."

Chris Gilroy, a sophomore Mid-Rise resident, said he felt condoms should be made available on campus.

"It's not as if we're asking the school to have sex, we're already having sex," he said. "It's

an enforcement of responsibility from the school by having condoms on campus. Unprotected sex is not responsible at all."

Gilroy said he thought the flyers brought up a good argument.

"The school doesn't promote drinking, but there are still shot glasses in the bookstore," he said. "This makes the school look hypocritical by not having condoms on campus because they promote promiscuity."

Jennifer Hintze, a junior Mid-Rise resident, said it is the responsibility of the administration and the students to provide condoms on campus.

"This campus is not totally isolated from the rest of the world," Hintze said. "There is AIDS and venereal disease on this campus."



Circle Photo/Chris Berinato

Sophomore Paul Sullivan participates in the Take Back the Night march against sexual violence last Sunday.



# Study reveals advertising encourages youth smoking

by Rebecca Lane  
Staff Writer

Seventeen-year-old Lisa Ostrander bangs the front door of her high school behind her as the last bell rings. Hoisting her bookbag onto one shoulder, she fishes for a cigarette in her pocket, lights it against the wind, inhales deeply and scans the parking lot for her car.

Everything she does in one fluid motion. She's used to it. She's been smoking since she was nine.

Like Ostrander, many smokers began the habit when they were children experimenting with cigarettes, unaware of the health hazards linked to tobacco.

"My dad smoked all the time, everyday," said Ostrander. "I wanted to try (cigarettes), and he never noticed if I stole one or two to do it."

In a 1994 speech against smoking delivered at Indiana University, Dr. Lonnie Bristrow, chair to the American Medical Association, addressed the problem of smoking among children.

"Some 3,000 kids start smoking every day," said Bristrow. "The average age is 12 and a-half years. If we don't get the message to them by sixth grade, it's too late."

Bristrow said there is a definite link between cigarettes and



Sophomore Kelly Bacon, pictured above with senior Winston McKoy, takes a smoke break outside Donnelly Hall. Studies have shown people are beginning to smoke earlier than before.

advertising, which entices children to buy them.

In a poll taken by Advertising Age, 68 percent of Americans believe cigarette ads influence children and teens, while 66 percent believe some cigarette ads are especially designed to appeal to young people.

Gretchen Romp, a registered nurse at Samaritan Hospital in Troy, N.Y., said she feels ads influence young people.

"It's the characters portrayed," said Romp. "They show color-

ful pictures of Joe Cool or people smiling with big, white teeth, and kids want to be a part of that."

Walker Merrymann, vice president of the Tobacco Institute, said there is no link between ads and youth smoking.

"The best evidence that there is no link comes from Europe, where there have been ad bans in effect, and consumption still increases," said Merrymann. "That would seem to refute the argument that advertising causes consumption."

Romp said through cases she has used in her work, she has found that children continue to smoke at an early age.

"We have a lot of people dying in agony of cancer, mainly older (people), but some in their prime, late 30s and 40s," said Romp. "All of them have been admittedly smoking for years. We get 15 year olds hacking with smoker's cough, and they wonder what's wrong and want medicine."

Ostrander said she has current health problems due to eight

years of smoking. "I cough, sometimes a lot," said Ostrander. "Sometimes it wakes me up, I can't sleep. I can't stop smoking, either."

Another link to underage smoking is frequently relaxed administration of smoking laws by distributors. In New York State, the law indicates that a consumer must be 18 years old to buy cigarettes. Bristrow said that stores often ignore this rule.

"In nationwide surveys, minors prove they can get away with buying cigarettes three-quarters of the time," said Bristrow. "The indicators that proclaim they don't want minors to smoke fight tooth and nail against laws that would restrict access in any way."

Ostrander said she has been buying cigarettes for a long time.

"I've been buying at stores everywhere since I've started," said Ostrander. "I don't think I've ever been given a real problem, and if I did, I lied. I would tell the cashier they were for my dad. They just let me buy them. Easy."

Bristrow said people should fight against this easy access through her speeches.

"If we gather together, we can become a tilde wave that can sweep away this boulder, and save the lives of our kids," said Bristrow.

## \$\$ Marist's Top Salaries \$\$

1. Dr. Dennis J. Murray (President)
2. Dr. Mark Sullivan (Executive VP)
3. Dr. Donald Calista (Professor)
4. Dr. Marc vanderHeyden (Academic VP)
5. Thomas Daly (Director of Physical Plant)
6. Dr. Onkar Sharma (Department Head)
7. David Magarity (Basketball Coach)
8. Dr. Lee Miringoff (Professor and Director of MIPO)

## Salary increases continue to remain below tuition increases

...continued from supplement 1.

though the highest salaries at the college may seem difficult to justify, they have not even been sufficiently adjusted to reflect tuition increases.

"Our salary increases institutionally have been below the level of tuition increases," Murray said. "That is because the biggest item that has increased in the Marist College budget in the last five years has been financial aid."

Although next year's budget has not yet been completed, Marist's Chief Financial Officer Anthony V. Campilli said he expects the tuition increase to be between four and five percent.

"We've been trying to prepare

the budget with as low of a tuition increase as possible," Campilli said. "We're hoping to keep it low, but I can't guarantee the percent of increase right now."

The collective tuition increase for the 1995-96 school year was 4.65 percent, with a tuition increase of 5.06 percent and a room and board increase of 3.93 percent.

Campilli said next year's merit scholarships should keep pace with the tuition increase, but he would like to see more stringent requirements for these awards.

"I would love to see the amount be higher for students who are truly qualified for them," he said.

## V-Chip may initiate television censorship

by Julie Yuen  
Staff Writer

The violence chip may act as a form of censorship towards television writers.

Commonly known as the V-chip, it is part of the Telecommunications Act of 1996, which was signed early February by President Bill Clinton.

The act requires television manufacturers to install the V-chip in new TV models. This enables parents to block certain violent shows or programs which they believe may be damaging to their children.

This raises the question of whether there is a correlation between violence on TV and violence in society.

This correlation may have been demonstrated when a subway token booth was set on fire by teenagers early this year. The event mirrored a segment from the movie Money Train.

Margot Hardenbergh, Assistant Professor of Communications at Marist, said that television writers will feel the effects of the V-chip. However, it is within the writer's power to determine how to cope with the effects.

"It is up to the writers not to let it influence them negatively," Hardenbergh said.

Anastasia Filak, a junior at Marist taking a course, Writing for Radio and Television, taught by Hardenbergh, said she feels the V-chip will have no effect on the way she writes.

"I write what I want to write,"

Filak said. "[Censoring] is not the writer's responsibility, it's the parent's responsibility."

Tim Collings, a professor of electrical engineering and robotics at Simon Fraser University in Vancouver, Canada, created the V-chip. He also had the same intention of putting the responsibility of censorship on the parents as the idea for the chip surfaced.

Collings said in a New York Times article that it did not take too long to figure out the mechanics of the chip.

"I wanted something that parents could use as a tool but that would not affect the creative freedoms of the production and artistic community," Collings said.

This ability to control has won support for the V-chip.

Luz Maldonado, a former resident of the Bronx and mother of a 7 year-old boy, said that the V-chip would be very helpful for her.

"There are a lot of shows I'd like to block," Maldonado said. "I'd pay to have [v-chip] installed."

For an extra \$1.00 to \$2.00 on her cable bill, she could activate the V-chip—if she lived in Canada.

Testing of the V-chip has been ongoing in Canada since last year. The program has won approval with Canadian parents.

Mechanical problems, however, have limited the success

of the Canadian V-chip. Channels over 12 are not subject to V-chip blocking. In addition, American programs are not susceptible to the Canadian V-chip. The American programs may be blocked only if it is transmitted by a local channel.

In the United States, Clinton ordered the media groups to devise a violence rating system that would work with the V-chip. The four major networks ABC, NBC, CBS, and FOX along with 30 other media executives, promised Clinton early this month to have a ratings system implemented by 1997.

The TV manufacturers, however, have up to two years to comply with the requirement to install the chip in new television models.

**THE CIRCLE NEEDS YOU!!!**

Next year's Circle staff is looking for:

- Writers
- Copy Editors
- Fact Checkers
- Photographers
- Graphic Artists
- Columnists

Everyone is welcome to attend the 1996-97 staff meeting on May 1st 9:30pm (Location to be announced)



# Local businesses fear emergence of new Wal-Mart

by Charlie Melichar  
Staff Writer

You push the jeans aside to make room for the gallon of milk you just picked up from the refrigerator case. In doing so, you knock over the lava lamp, which falls over and dents the box containing your new semi-automatic machine gun.

This could be a routine shopping trip for the residents of Poughkeepsie as early as next August. Wal-Mart is moving this summer directly across from Marist, and it is sure to draw hordes of wide-eyed shoppers marveling at the convenience of having groceries, hosiery and ammunition all available in one place.

However, those same eyes may be shedding tears a few months down the line if this new Wal-Mart brings with it the same luck it has for area business across the nation.

It is hard find a case in which the community held a ticker tape parade for the new Wal-Mart being constructed in town. One could even venture to say it has never happened. Vermont was the last of the 50 states to have a Wal-Mart go up, and they put up quite a struggle. They fought the case to the bitter end, taking Wal-Mart to court and finally scoring only a moral victory. In 1995, a small scale Wal-Mart was constructed in Burlington.

According to Josephine Deyger, the manager of the Poughkeepsie Plaza Mall, people seem threatened by the name Wal-Mart.

"Some of the store owners are very worried. The luggage people, the collectible dealers are all nervous because Wal-Mart offers the same product," Deyger said.

Deyger is in charge of all the stores in the mall, and she said some of the store owners have already expressed concern about the move-in.

Small businesses that have established themselves in the community, often family-owned shops, simply cannot compete with the huge Wal-Mart.

According to Glen Repko, the manager of the Dutchess Mall in Fishkill, said that when a Wal-Mart Superstore moved in during the summer of 1994, the community experienced several negative effects.

"Small businesses just seem to...go away," Repko said. "Bill's Best and about 5 other 'mom and pop' stores went out of business."

Wal-Mart, the leading retail store in the nation, manages to offer more products at cheaper prices. Many people throughout the country are trading in the specialty store atmosphere for one that has a few large stores that sell everything.

This is downsizing on the retail level. There is a trend of bigger businesses dominating the market, and pushing the "little guy" out of the picture, and the scene is set for this to happen in Poughkeepsie too.

There is an overabundance of small shops in the Poughkeepsie/Hyde Park area that could meet their end with the move in.

The Roosevelt movie theater may also be in trouble when the new Wal-Mart opens. The theater depends heavily on the business of students from both Marist College and The Culinary Institute, but part of the Wal-Mart plan includes a Multiplex cinema.

Many Marist students, including junior John Seifert, are sure to go to the bigger theater, even if the prices are higher, because of its convenient location and more modern atmosphere.

"I go to the Roosevelt theater now, but if there was a theater right across the street, I would definitely go there instead," Seifert said.

The Wal-Mart Corporation owns well over 2,500 stores in the United States alone. They pulled in over \$82 Billion in net sales in 1995, and the numbers continue to grow as the number of stores do. These stores include a pharmacy, grocery store, stationary, and clothing store.

The stores absolutely define the term "super-store." But, according to Arnel Richardson, a small business owner, the Super-Stores are not going to save the day for small business owners.

"They're big and greedy. They have no compassion for the community or the individual," Richardson said.

In some areas, more than half of the local businesses have had to close their doors due to a Wal-Mart.

According to Deyger, many people are on edge about what Wal-Mart will do to the community.

"Wal-Mart moves in, under-sells and consequently destroys some of the business. Then they pull out and the small businesses can't recover," Deyger said.

However, many Marist students, including Willow Lanpher, said they are excited about the opening of Wal-Mart.

"I am definitely psyched. Movies, a huge Wal-Mart everything is within walking distance. I don't have a car so that is definitely good news," Lanpher said.

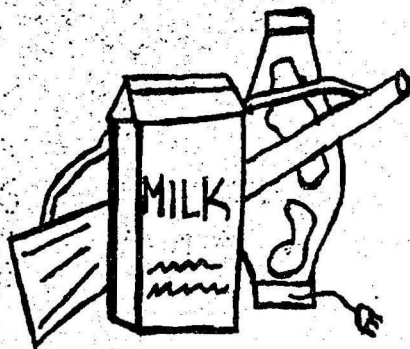
Senior Lynn Russo also said Wal-Mart will be beneficial for students who do not have cars on campus.

"I wish I had this when I was a freshman. They don't know how lucky they are," Russo said.

These students have one thing in common, they are also excited about the move-in of Wal-Mart. So, is Wal-Mart a nightmare for small businesses and a dream for consumers?

Only time will tell. Is Poughkeepsie just like all of the other towns that suffered when Wal-Mart moved in, or will they be the exception? The bricks are being carted in and the local business owners are preparing.

Every day, the Poughkeepsie Wal-Mart becomes more of a reality. We will just have to wait and see if that reality is the end of the small business in Poughkeepsie.



## Three-level library will facilitate information access

...continued from supplement 1.

to construct the new library. The new facility will occupy 60,000 square feet of space, as opposed to the current space of 27,000 square feet.

The entrance of the new library will face the campus green. The first floor will contain a foyer, a combined circulation and reference desk area, reference shelves, reading areas and some administrative offices.

McGinty said centralizing the reference and circulation services will be a more efficient way of operating.

"Right now, you have a circulation and reference desk that are virtually separate," he said.

McGinty also said that a goal of the new library is to make it easier for students to access information more quickly.

"The concern is to get as much in-and-out use of service on the ground level," he said.

The second floor of the library will house the main periodical stack area and circulating book collection. There will also be more computer terminals and places for study.

The third floor will contain the archival book collection, more offices, meeting space and more computer access terminals.

McGinty said the third floor will contain materials that are not in demand as much.

"Least likely to be used material should be on your highest floor," he said.

McGinty said all floors will have large windows that face out to the green. They will be constructed so as to prevent excessive sunlight from coming in. Even the terminals would be specially designed.

"They would be protected so that there's no glare coming in," he said.

One of the complaints by students has been the lack of resources in the current library.

Freshmen Donna Maddalena, a communications major, said the library resources are inadequate.

"I think it lacks a lot of periodicals," she said.

She also said that the technology available in the library is helpful, but the materials are too out of date.

"I think the technology in the library is good, so I would keep that," she said. "I would just get more periodicals and update all the books."

Senior Shannon Kennedy, a business major, said the library services and assistance are not sufficient.

"Things aren't available," she said. "There's pages ripped out of books. It's not easy to find a lot of things. There's not that much help in the library."

McGinty said the new library will attempt to address these problems.

He said Marist has doubled its periodical collection in the past eight years, but space limitations will prevent it from continuing that trend, even with the new library.

"To double it again would be almost impossible," he said.

McGinty said the "library of the future" is going to take some work to make a reality.

"The plan is that we would start construction in May of 1998 and have it ready to go by September '99," he said.

### Inner Circle Staff

The Inner Circle is an annual supplement for some of the incoming staff members to gain experience in producing a newspaper. Look for these people and many more on next year's Circle staff. These are the people who contributed to this year's Inner Circle:

- |                    |                  |
|--------------------|------------------|
| Kristin Richard    | Julie Yuen       |
| Michael Goot       | Rebecca Lane     |
| Stephanie Mercurio | Gyna Slomcinsky  |
| Christian Bladt    | Charlie Melichar |

Photos by Diane Kolod

## Stalwart Wal-Mart

A commentary by Christian Bladt, Assr. Opinion Editor

From the perspective of small shop owners, the advent of a Wal-Mart Superstore is an idea that is as easy to stomach as all of the fact that their store rooms are still packed with World Cup merchandise. For Marist students, however, every day will be like Christmas.

Imagine being able to saunter across Route 9 and do your grocery shopping. Not any ordinary grocery shopping, either.

Wal-Mart, and its country club offshoot, Sam's Club, specialize in offering consumers products in such bulk that the word "jumbo" doesn't do them justice. How would you like to buy a galaxy of Uncle Ben's rice or a gaggle of frozen carrot cubes?

Of course, even better than oversized goods that could never possibly fit into a dorm room, there will be the convenience of having a shopping center within spitting distance of the campus.

Suppose you don't want to spend \$3.50 for a box of fifty envelopes. Or maybe you don't want to pay luxury hotel prices for a 10 oz. bottle of Pepto Bismol. And just how many times can you really eat a Nathan's hot dog?

All of these things will change with a Wal-Mart across the street, not to mention the potential for Marist students to buy condoms without having to devote an entire day to the task. Also, what better way to procrastinate than to run over to the proposed movie theater?

To some members of the Marist community, all of these things are already a short car ride away. But, what about the numerous Marist students who do not have access to cars? For these people, particularly freshmen, a day at the store may be an overly difficult task.

There are those nay-sayers who view the Wal-Mart corporation as a faceless, unfeeling corporation hell-bent on running small businesses out of town. They do appear to be in the business of under-selling all of the stores in the areas they pop up in.

However, many times, these stores' prices are as over-inflated as Michael Stipe's ego. If giving my patronage to a store where nobody knows my name will leave some extra cash in my pocket, then so be it.

Wal-Mart would not even take much away from Marist. All that lies across that multi-lane highway is a parking lot and a bar that has been closed since the summer.

You do not have to be a mathematician to understand that a Wal-Mart opening is no great loss.



## Silent plague hits Marist

*'Marist malaise' most prevalent in core classes*

by Tim Manson  
Staff Writer

A professor asks a question. No one responds. A student whispers the answer to his neighbor, but does not raise his hand. Moments later the professor says the same answer the student said.

Why didn't he raise his hand? Was it because he was afraid that he would be wrong? Maybe it is because he just doesn't care at all. Or is it because that student was in a core class as opposed to a class for that person's major?

Maureen Kilgour, a 1985 graduate of Marist College who is now the director of Alumni Affairs, said she remembers her core classes not talking much.

"I remember a philosophy class where no one ever asked any questions, then immediately after the class ended, the students would all be asking each other what the teacher was talking about," she said.

Kathy Gazzillo, a freshman at Marist College, said she feels the reason for a lack in participation is due to students not really caring about the classes they do not like.

"All you do is just sit there because you have no interest in the classes at all," she said.

Jean Krokus, a 1991 graduate of Marist, said many teachers that she had were as much at fault for the lack of participation as were the students.

"I don't think the teachers pro-

moted it (participation) enough," she said. "Everything is team building (in the work force) especially in the business world."

Krokus did say, though, that the level of participation rose noticeably when she started taking upper level major courses.

"The later years, when I was more in my major, I had to know what was going on because it was for my career," Krokus said. "You couldn't just sit there and zone out like before."

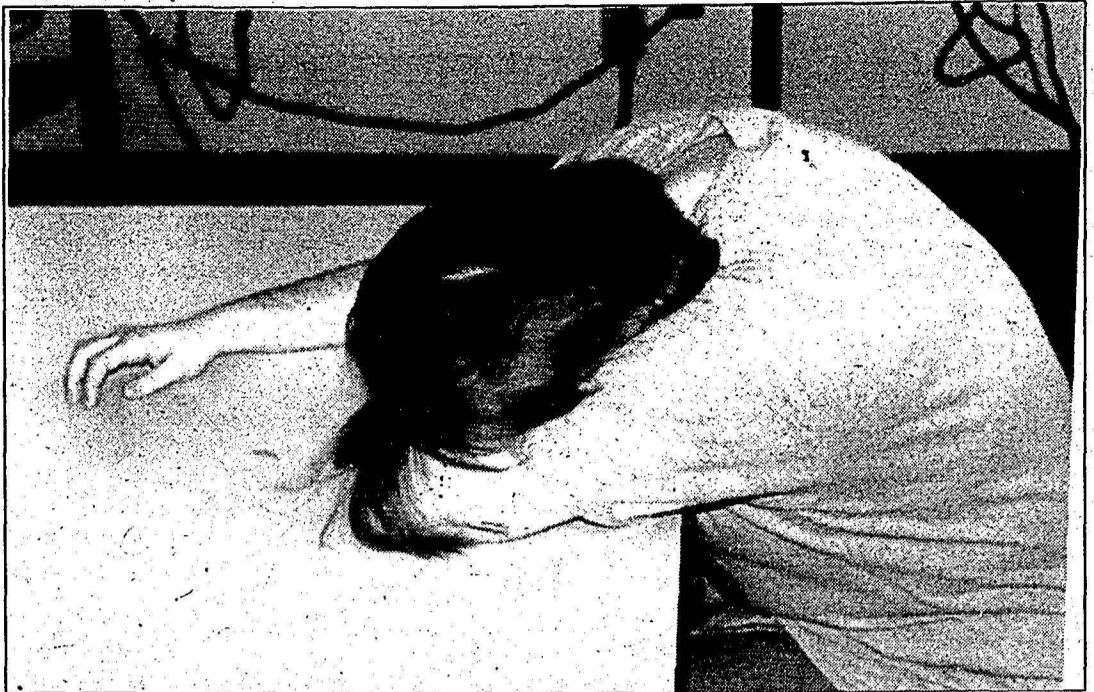
Amy Coppola, a junior at Marist, said she feels that part of the reason students participate more in their major courses is that the upper level classes involve more student opinion.

She also said she felt the reason students talk less in core courses is a matter of intimidation, which she said got better for her as she got to know more people.

"The longer kids are in a school, the more people they know and the more comfortable they are to speak in front of their classmates," Coppola said.

Richard Grinnell, an assistant professor at Marist, said he agrees that younger students are more intimidated and he can understand why.

"My intro classes with a lot of freshmen are often bad (in terms of participation) because it seems like they are intimidated. It seems like they just want to figure out what is going on around them," he said.



A student snoozes in class. Marist malaise is on the rise, especially in core classes.

Grinnell said freshmen are having a hard enough time learning a new environment and meeting new people. While he was not pointing any fingers, Grinnell would concede it is possible that in some situations it could be the teacher's fault. He said he makes it a point to try to split the students up into small groups as much as possible.

"It gets the students more involved, not just in terms of people answering questions, but it also keeps the class conversation from being limited to four or five people," Grinnell said. "It's important to get the students talking because it can help them to get to know each other better and at the same time students are more likely to remember things from group situations."

## Eating disorders result from desire to fit in

by Gyna Slomcinsky  
Staff Writer

Eating disorders are prevalent on college campuses, and Marist is no exception.

Yvonne Poley, a counselor at the Byrne Center on Marist college campus, said that eating disorders, such as Bulimia and Anorexia Nervosa, are a big problem on all college campuses.

"It's definitely on all campuses. College is a big time for transition," she said.

Donna Nastasi, a sophomore at Marist college, said there are a lot of pressures leaving home and coming to college.

"It is a big step for freshmen. There are so many new things going on and some of them you have to watch out for and pick out the bad things," she said.

Poley said there are a lot of pressures coming to college.

"Breaking away can be very overwhelming. Some people aren't ready for it," she said.

Bulimia is prevalent on campuses because it is easy to fall into. A person is able to eat just about anything he or she wants and is basically able to get rid of it and not feel guilty.

Poley said it isn't all what people think it is.

"It is a lot more than regurgitating. It ruins the inside of your body," she said.

According to an informational packet from the Marist College Counseling Center, some indicators of a person suffering from Bulimia include bingeing, secretive eating, several bathroom visits after meals, and fear of being fat, regardless of weight.

Tracey Solomson, a sophomore, said that one of her friends is surviving from Bulimia.

"She used to always complain about her weight. Right after we would eat dinner or something, she would excuse herself from the table and go into the bathroom alone," she said.

Melissa Ruot, a sophomore, said that having an eating disorder while living in the dorms can be more threatening.

*"It is a big step for freshmen. There are so many new things going on, and some of them you have to watch out for and pick out the bad things" - Donna Nastasi, sophomore*

"It seems like it would be more serious to have an eating disorder while living on campus because you would have to be more secretive about it so that no one would know," said Ruot. "You would have to be more careful because in the dorms you have to share bathrooms and its easy for someone to come in and possibly see you in the bathroom."

Poley said it is expensive to have an eating disorder.

"Having an eating disorder is very expensive. For people on the meal plan here on campus, it is easier because you can go up to the food several times," she said.

According to Poley, another popular way of "getting rid of" the consumed food on college campuses is the use of laxatives. This way a person doesn't have to regurgitate their food, but is still able to eat whatever he or she wants and is able to get it out of their system.

Anorexia Nervosa is another common eating disorder. People with this disorder deliberately attempt to lose weight through starvation. They see themselves as fat even if they have an ideal body weight.

According to that same informational packet, some characteristics of a person suffering from Anorexia Nervosa include some of the following: odd food rituals, rigid exercise regimes, dressing in layers to hide weight loss, and intense diets or fasting.

Poley said that the body responds to the disease as protection.

"As a response, the body begins to grow light body hair around the body to help keep warmth. It is almost like an animal growing hair to keep warm," she said.

## Marist adjunct finds inspiration in heritage

by Ellen Quinn  
Staff Writer

Leena Karkala's first memories were of the sounds of sirens and bombs.

The adjunct professor was born in Helsinki, Finland in 1939, only a few years before the invasion of Russia during World War II.

"What's going on?" Karkala asked.

"War!" her father shouted.

Fifty years later, Karkala is a 61-year-old college writing teacher with many years of life left in her. She said she runs every morning and also enjoys cross country skiing, cycling, and yoga.

It is surprising to learn the strength contained in such a small frame. Karkala, with her quiet soothing voice and almost frail body, overcame many challenges throughout her life.

But, she said her greatest challenge was surviving World War II.

As a child, Karkala said there was a constant fear of the Russians. She had to cover herself with a white sheet to go out to play. This camouflaged her with the snow.

"The war took care of my childhood," Karkala said.

Karkala's father, Eino Hakalehto, died when she was only seven years old.

In her late teens, Karkala said she assumed the responsibili-

ties of the household, because her mother, Siiri, became ill. Karkala's twin brother, Jukka, made the money while Karkala ran the home.

"He always complained about food costing so much," Karkala said.

Karkala said she did not know what to do when it was time for her to go to the university. In Finland, the educated are expected to enter the medical field. She said she knew she did not want to go into medicine.

Instead, she studied language at the University of Helsinki. She majored in English and German, but she also studied Latin, French and Russian.

Karkala said she excelled in her education, finishing a six-year program in only four and a half years.

After teaching in Finland for four years, Karkala continued her studies in language and education. She studied in France, Germany and England.

In the library at the University of London, she literally ran into her future husband, John.

John, from India, is also an educator. Karkala said they became friends and remained friends for 10 years before she agreed to marry him, with a few conditions.

"He had to get my mother's permission and promise to move back to India," she said.

They married in New York

City in 1964 and moved to India.

Karkala said her husband was unable to find a job in India, so they returned to the United States.

"I got stuck in the U.S.," Karkala said.

They moved to the village of New Paltz 31 years ago.

Karkala and her husband started teaching at the State University of New York in New Paltz. She taught German and he taught comparative literature.

Twenty-three years later she obtained her driver's license.

Karkala said she never needed it before then. She and her children walked everywhere they needed to go, including school and the grocery store.

"The winters started getting tough, but then my son, Krishna, started driving me around," she said.

When Krishna, 26, left for school, Karkala said it was time to learn how to drive. Karkala's daughters, Siita and Uma, are 28 and 14, respectively.

Karkala went on to receive her masters degree from Columbia University, and she soon began teaching writing. She now teaches writing at SUNY New Paltz and Marist College.

"I have been teaching for 40 years, and I love it," she said.