

Weekend rape shocks campus

By ANDREW OVERTON
News Co-Editor

The alleged rape of a Marist student near the East Campus bridge has sparked concern and change among the community.

At approximately 3:30 AM on Saturday, Feb. 2 a female student was forced to the ground and allegedly raped by a man with a ski mask, according to the *Poughkeepsie Journal*.

Marist Security, Student Affairs, and the Town of Poughkeepsie Police were notified and responded, according to a memo from the Director of Safety and Security John Gildard.

"The College is cooperating fully with the investigation by town police," Director of Public Relations Tim Massie said. "We ask anyone who may have any information to please contact security or the town police. As the facts of this case become available to the College, we will make them available to the campus community."

Marist has taken some steps since the incident to increase security on campus.

"Patrols in that area had already been increased and there will be even more patrols after midnight," Massie said.

Marist will evaluate their campus

employment, deployment of security officers, and campus lighting issues, Gildard said.

Currently, Safety & Security is working with Justin Butwell, Officer of Physical Plants, to examine the lighting issues on campus.

"Crime responsibility is under several parts of campus," Gildard said.

In his memo to the Marist community, John Gildard referred to the incident as sexual assault, leading some students to believe that a lesser crime occurred.

"I just heard about the rape, but I thought it was just an unconfirmed report," senior Nico Grasso said.

Massie offered an explanation for this turn of events.

"When Mr. Gildard issued his memo to the campus community, it was not known what type of attack actually took place," Massie said.

"The student asked to speak with a female town police officer. Rather than wait for the outcome of that discussion, Mr. Gildard rightfully believed he should get a memo to students, faculty and staff as quickly as possible," he added.

Town of Poughkeepsie Police did not respond to *The Circle's* requests for reports on the incident.

Security to examine lighting issues, patrols



JAMES REILLY/THE CIRCLE

Marist students cross East Campus bridge where a female student was raped nearby early Saturday morning. The suspect has yet to be apprehended by Town of Poughkeepsie Police, who are investigating the incident. Students with information regarding the incident are strongly urged to contact the police at 1-(845)-485-3666.

Students react to rape; lament lack of information

By DEANNA GILLEN
Features Co-Editor

The campus awoke Saturday with more than the seasonal chill in the February morning air. There was a chill more insidious - a female Marist student had allegedly been raped in the pre-dawn hours on a campus where the rest of the students were still comfortably asleep.

On a campus where it appears people have generally felt secure, the consensus at Marist is now not so clear, with some students are questioning campus security's practices.

"I feel like I see [security] on [the main] campus all the time, but on the other side of Route 9, I don't usually see them," sophomore Joe Walsh said. "That is, unless they are parked between Fulton and Upper West."

Some females on campus expressed that they now feel especially threatened.

"It's not fair that as a girl you can't just walk from one house to another at night without your life or safety being threatened," said Molly Costello, sophomore.

Student Government Association representatives said they believe action must be taken.

Matthew Reiman, Speaker of the Senate, said "people are very concerned, because they don't expect that to happen. I was personally shocked. The general consensus is that something has to be done about it."

Senator Chris Waters warned that students have to be careful regardless of security measures.

"No matter how much security there is on campus, given our location, there is always a risk. What we hope to do is to target certain areas, and call for more of a security presence," Waters said.

Ashley Asquino, a junior and resident of Fulton, expressed the same sentiment.

"I could see how something like that could happen because it's always a scary thing walking in that area, especially at night when it's pretty much deserted."

Students have also voiced concern that the memorandum sent to the community via e-mail was vague and mischaracterized the incident.

"When the students were [informed via e-mail], it was listed as a sexual assault," Waters said. "It wasn't until it ran in the *Poughkeepsie Journal* that it was listed as rape. Rape is definitive, something brutal,

something terrible, and something wrong. It is a hell of a lot different from sexual assault."

Asquino also voiced her displeasure with the lack of information.

"I feel less safe because I do not think that we were informed well enough about the incident. This is the first I am hearing that it actually was rape," Asquino reiterated.

"I'm living in Fulton now and I have always complained about the lack of security around that area and since the incident I do not believe that I have seen any security in the Fulton area," she added.

Sophomore Janie Sheehan also expressed concern involving the general misinformation and lack of awareness around campus.

"I didn't realize it was rape at first," Sheehan explained, "because the email said sexual assault. I found out yesterday from a friend that it was rape, and I was shocked. I didn't think that something like that could happen here. I think they really should have told us that."

SGA will meet on Wednesday to discuss Sunday's incident and address the concerns of students as well as call for an increase in security on campus.

An open letter to Marist

A Marist woman is allegedly raped early Saturday morning - and much of the campus still thinks it was just a sexual assault, a mere "inappropriate touching" on the East Campus bridge.

Five forcible sexual offenses were reported at Marist in 2006 - four of which in residence halls - and the only notice to the community is buried deep within the Marist Office of Safety and Security's website in compliance with a federal act that requires the publication of campus crime statistics on a yearly basis.

Somehow, days after Saturday's incident, it's still hard to get anyone to talk about what's gone on. While it's well-known that there are certain things that can't be disclosed during an open investigation, dissemination of news and vital information to the student body (such as a comparison of pre- and post-incident patrols in Fulton) should not be impeded.

In a world where Marist's own website says that after a threatening crime "notice would be given to the community through the Marist radio station, television station, and the campus newspaper," it's hard to understand why so many students will remain concerned about their welfare and misinformed after this issue goes to press.

Although *The Circle* is appreciative of all those who commented during our interviews over the past few days, we remain disconcerted at the lack of transparency about our safety on campus as well as the steps being taken to avoid an incident like this in the future.

Several questions still remain in our newsroom at this midnight hour, as we put together our weekly publication. Why hasn't the general population been updated via e-mail that a rape occurred, not just a sexual assault? Why are there no cameras or security guards stationed at a bridge on campus near what is essentially an open construction site? The more overarching question, however, is if we're really safe at Marist.

Needless to say, reporting on the state of our safety and security as a community in light of recent events will be one of the top priorities for *The Circle* in coming weeks. It remains every student's right to know what goes on within our campus of 4,000 in order to protect ourselves and to be aware of our surroundings.

This letter serves two purposes. First, *The Circle* issues this letter as a call for more consistency and transparency regarding incidents on campus and the actions taken by Security to ensure our safety as students. A learning and community-driven environment plagued by fear is far from a healthy or productive one.

Secondly, *The Circle* urges all members of the student body to take care of themselves and each other. Sadly, this incident serves as a wake-up call for young adults who would like to think that they're invincible. Marist is far from a safe little bubble - and we need to treat it as such. Look around and travel without an iPod attached to your ears. Walk in groups late at night or call Security for an escort. Be responsible when going to and from parties. As people who leave Lowell Thomas in the early morning hours, we know that being aware of your surroundings and trusting your instincts is often the best thing that you can do to protect yourself.

As a campus, we've all been affected in different ways by this situation. It is our sincerest hope that increased information coupled with responsible action can prevent incidents like Saturday's from occurring in the future.

If you or someone you know have been sexually assaulted, contact the Rape Crisis Hotline at 1(845)452-7272, Town of Poughkeepsie Police or campus security. Additionally, Marist offers counseling services in Donnelly Hall for victims of sexual assault or abuse.

Regards, *The Circle* editorial board



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Security Briefs

Giants win Super Bowl; Marist loses at life

By TYLER THURSON
John Gildard in Training

1/28 - Champagnat

Residents of Champagnat bonded with the chilly air during a recent fire alarm, which was found to have been set off due to someone smoking a cigarette in the stairwell. Yeah, because that won't set the fire alarm off or anything. This does, however, bring new meaning to the phrase "stepping outside for a cigarette." Seriously, isn't that part of the deal? If you need your nicotine goodness that badly, shouldn't you have to suck it up and go stand outside in the cold, with only the burning ember of your trusty cigarette to warm you? There's addiction, and then there is just laziness. You can't have both. Choose carefully.

1/28 - Talmadge

Across campus, another fire alarm was echoing with the sounds of burnt pizza. My heart wants to believe that this was fresh, brick-oven pizza you had spent all day preparing. Rolled-out dough, fresh mozzarella, finely chopped basil - you know, Mario Batali style. But, underneath it all, this only rings of warmed-up delivery taken way too far. It's not your fault, microwaves are hard. They have buttons, and doors, and when they're on all you want to do is place your face right against the glass and grab a front-row seat. In fact, try it sometime. Let me know how it works out for you.

1/30 - Gartland

A noise complaint was lodged against the residents of one Gartland apartment, with the clamor in question stemming

from a loud television. Wow, Marist kids really are as crazy as they seem. First, playing dangerous games with the volume on televisions, then, who knows? Maybe holding hands, and driving up to Lovers' Lane? My Golly, Mary Sue!

1/30 - Fulton

In the Fulton parking lot, two cars collided, most likely making unlikely friends out of the drivers. I smell a sitcom! On second thought, though, considering one car belonged to a student and the other was a Poughkeepsie cab, maybe not. In the cab driver's defense, however, when he asked his passenger where to, "directly into that Ford Escort side door," was his answer. Can't say they aren't reliable.

1/30 - Lower Townhouses/Champagnat

Two students, residing in the above-mentioned housing reported obscene phone calls at strange hours of the night. Well, that's not creepy or anything. Even creepier, both phone calls were around midnight to 2:00 AM, because if anything helps people go to sleep, it's not warm milk or freshly brewed tea, it's a deep-voiced man breathing heavily into a receiver. Mmm, I'm tired just thinking about it. How does one even get selected for this? Is it just luck of the draw? The closest I get to obscene phone calls is obscenity-laced ones asking how I managed to drain my bank account in less than a week. In hindsight, I'd probably trade one of those for some heavy breathing. At least then I can tell him I already checked the children, and I'd really rather them go first than me. That'll freak him out.

2/1 - Champagnat

On top of their game as always, security confiscated a college student staple (read: Busch Light) over the weekend and allowed the students to carry on like the wayward sons they are. Damn, not only did security take your party buzz, but there goes almost \$20. Totally not cool. That's like, 8 days at the lemonade stand for you.

2/3 - Upper West Cedar

Broken bottles were found littered across the Upper West courtyard, although upon further inspection, no one seemed to determine what they were from. My take? Because, well, I know you want it so badly. Two renegade Marist students decided to take a fight outside, thought they would be badass and break some bottles for easy weaponry. Then, in a stunning fit of sobriety, they realized they, well, weren't. Come on, you go to Marist. You're surrounded by Poughkeepsie; you aren't going to be badass. That's like saying you can throw a punch and having Chuck Liddell in the next room. It can only end in tears!

2/3 - Midrise

Speaking of tears, there were bound to be some this weekend. With the dream ending for the New England Patriots and another one beginning for the New York Giants, it is only natural for the campus to be torn. Although most sided with the Giants, considering, well, we're in New York and even people who are part of New England somehow hate the Patriots (what's up, Connecticut?), I've got to say it sucked to see the Patriots attempt at history end like that. Two students apparently also saw both sides,

although taking it to the next level in the Midrise parking lot, having a heated verbal argument before security took notice. Best part: this was before the game was even over, we're taking halftime. In the end, though, you can definitely see both sides. I mean, the Giants are Superbowl champions, and I'm just dreading the day where Eli and Peyton compare rings. And cows. And barrels of hay. And IQ's.

2/4 - Champagnat

To go along with last week's theme of breakfast gone haywire, security found an empty carton of eggs in Champagnat, prompting them to put two and two together and find a student throwing eggs out the window. When questioned, the student responded that he/she just wanted the rest of campus to have a hearty breakfast. And by hearty, he/she meant hit them in the heart after being thrown out a elevated window.

Now, on a serious note, it would be remiss to have a weekly security update and not mention the rape that recently occurred on campus. I know this column may have it seem like all that occurs is fire alarms and noise complaints, but the reality is, bad things do happen, so be careful. Don't walk alone at night, carry your cell phone, and don't talk to strangers. Also, security offers an escort program to walk you home, S.N.A.P., so take full advantage of that. No, not that kind of escort program. Sickos.

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

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The Circle is the weekly student newspaper of Marist College. Letters to the editors, announcements, and story ideas are always welcome, but we cannot publish unsigned letters. Opinions expressed in articles are not necessarily those of the editorial board.

The Circle staff can be reached at (845) 575-3000 x2429 or letters to the editor can be sent to writethecircle@gmail.com. The Circle can also be viewed on its web site, www.maristcircle.com.

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College Activities

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about on-campus events!

News

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Focus the Nation educates Marist community about climate change *Faculty and students address take a practical look at the global warming issue*

By SHANNON LECOMTE
Staff Writer

No other word but successful could describe the outcome of last Thursday's events. Focus the Nation came to Marist on January 31 and opened the eyes of students, faculty and staff all across campus.

Steve Sansola, Associate Dean for Student Affairs/Co-Chair Campus Sustainability Advisory Committee, said he was satisfied with the participations at the event.

"Many of our students had the opportunity to hear from faculty and guest speakers to learn more about climate change perspectives and solutions for a sustainable lifestyle," he stated.

Presentations by Marist facul-

ty members were given to address issues regarding global warming and the role of various disciplines on climate change solutions. These issues will affect students of all disciplines.

Dr. Richard Feldman, Chair of Environmental Science & Policy, noted that climate change has brought together people that normally wouldn't associate under other circumstances.

"There was a tremendous diversity of interest areas," he said speaking of the day's events.

"There was very few from the sciences and more from the social sciences."

The concluding event consisted of distinguished keynote speakers as well as a variety of locally grown foods. Apples, cheeses and organic assortments

were offered to guests, enforcing the main points of the discussion.

President Murray led the keynote address by using his advice to educate, as a way of informing the audience about Marist's role in making a difference.

"Marist is a strong supporter of the Green Way movement," he said. "Marist started Longview Park as well as helped establish Quiet Cove."

Issues regarding energy and water conservation were among the many compelling topics. Plans for a nature conservancy and turning Steward International Airport into the greenest airport in the world are in the horizon.

Keynote speaker Dr. Sharon L. Nunes, Vice President Strategic



COURTESY OF STEVE SANSOLA

Some students get involved during one of the many Focus the Nation presentations. Focus the Nation is an unprecedented educational initiative on global warming solutions for America

Growth Initiatives, Big Green Innovations, IBM Systems & Technology Group, magnified the importance of making a difference by revealing an inevitable predicament.

"According to the International Water Management Institute, all of Africa, the Middle East, Central and South America and Asia will be without water within the next 20-25 years," she said.

"My team is working on how we can look at the impact of changes along the Hudson River."

Ned Sullivan, president of Scenic Hudson, stressed making a difference by being more conscious. He made aware the fact that there have been fewer snow days, thus a close-to-home effect of global warming.

"In terms of fast-food, the typical American meal travels 1,200 miles to get to your plate," he stated. "Be more conscious of the things you're using in your life and you can make a difference."

Not only did the speakers provide ample amounts of information and statistics, but they also opened up the panel for various questions.

Nunes and Sullivan shared

their opinions on bottled water and locally grown foods, and provided advice on how to make a difference.

"There are simple things everyone can do to help," said Nunes. "These ways of helping include: getting rid of incandescent lights, using an automatic thermostat, running the washing machine on cold water, buying energy efficient appliances and turning off power strips when not in use."

Sullivan urged people to act and get involved locally.

"You can make a difference!" he said. "The most important thing you can do is choose to vote for leaders who will make this issue central to their policies and the benefits will ripple through."

Various disciplines were represented at Focus the Nation events earlier in the day. Professors from the Communications Department made a critical connection between climate change and the role of this field.

Carol Pauli, Assistant Professor in Communications, emphasized the important components to a global warming news story, including timeliness, impact, prominence, proximity

and conflict.

"Sources are important," she said. "You must look at where funding is coming from."

Gerry McNulty, Director of Communication Internship Program, pinpointed the Hudson River area as a unique place to examine environmental issues.

"It is a journalist's job to prioritize," he said. "That is ultimately the journalist's task: to get that discussion going."

Pauli and McNulty entertained questions involving the role of columnists, how to get truth, the role of electronics and how entertainment affects the way the public views news.

Focus the Nation opened the eyes of students to many different environmental issues.

"I am certainly going to try and change some of my daily habits," Freshman John Signorello said. "I learned that doing the little things really makes for a big change, so I will try things like recycling more and shutting lights, computers and TV's off to conserve power... The more people spread the word on what can be done the more influence they can have on the people around them, and I hope to be a part of this."



COURTESY OF RICHARD FELDMAN

Communications professors Carol Pauli and Gerry McNulty spoke and fielded questions about the role of journalism and media in addressing the climate change issue.

Students receive free flu shots to keep statewide outbreak off campus

By KRISTEN DOMONELL
Staff Writer

Bad weather did not stand in the way of students filing into the Student Center to receive the free flu shots offered by Health Services, and the Dutchess County Department of Health.

"These are the only healthy students left on campus," one Health Services employee said.

Last Wednesday, Marist Health Services sent an e-mail to students, faculty and staff confirming that it had identified cases of the flu on campus.

The flu is not only a campus problem. According to the New York State Department of Health Web site, the illness is spreading through New York and other states, and, "to date, influenza has been reported in 34 New York State counties and in the five boroughs of New York City."

Availability and cost are major factors in the decision to get the flu shot, some students said. Sophomore Amanda DeJourdan was one of more than 300 students who came out to the Student Center Friday, Feb. 11 for the clinic.

"I didn't have the money last time; it was right before Christmas, I think," DeJourdan said. "I get sick easily and decided to get the shot now since it's free."

Sophomore Jenn Ruegnitz said she was abroad in London last semester and that her doctor did not have any available shots when she came home.

"I have allergies, so I'm considered high risk," Ruegnitz said. "I'm supposed to get the shot every year."

The clinic gave students the opportunity to protect themselves, and Health Services reported that 300 shots were

given out in the last hour of the clinic.

"I didn't think so many college students would be so proactive and come get the shot," Ruegnitz said.

According to Susan Strauss, a Health Services employee, the office had 350 shots to give out, but was forced to call the Dutchess County Department of Health for more shots based on the high turnout.

Although many students are now vaccinated, there are still many at risk for catching the flu. According to the New York State Department of Health Web site, getting vaccinated is the best way to prevent getting the flu.

"You can also reduce your risk by washing your hands regularly and disinfecting surfaces, such as desktops and telephones. Eating healthy foods, getting enough rest, and exercise can also help protect against influenza."

For tips on illness prevention and flu symptoms, see the Health section on page 9.

White out the McCann Center!

Come wearing white to the men's basketball game on Friday, February 8th to white out ESPN and cheer on your Foxes as they take on the Siena Saints at 7 pm.



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THE CIRCLE Opinion

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Let the voices of the Marist community be heard.

Students lack interest in Focus the Nation

By **HALEY NEDDERMANN**
Staff Writer

Focus the Nation, an environmental teach-in held at various colleges and universities across the country, proved to be mostly inspiring at Marist this past Thursday. Professors from almost every department weighed in on how climate change relates to their area of study, with enlightening and stimulating results.

Perhaps the only pitfall was that many of them focused on small, individual solutions rather than the importance of a large governmental role or international cooperation. Although the event managed to touch on the importance of environmental consciousness, it did not fully address the consequences of what will happen should inaction from the government be maintained.

When it came time for the audience to ask questions and offer feedback, the silence was initially deafening until a brave soul would walk up to the microphone and hesitantly ask a question. Although for the most part the student contribution was

It's a shame that, for the most part, the speakers and student contributors seemed only to scratch the superficial surface of the crisis.

stimulating, some questions seemed to take the whole discussion a mental step backwards. Several people challenged the speakers about whether climate change is really as big a deal as everyone is making it out to be, and whether we really need to make a lot of changes, or if we can continue at the same rate of consuming resources.

These students should have realized that the purpose of

Focus the Nation was not to debate the existence or threat of climate change, but rather to come up with reasonable solutions to the problem, which is now generally accepted to be real and imminent.

In order to partially make up for this, however, a few students brought up points that made the speakers give pause and look at the issue at hand from another angle. This line of questioning also exposed the reality that the government or other organizations that are currently unwilling to take action are using the same strategy to bring into play every last little mind-numbing detail. It's a shame that, for the most part, the

There were several people in the audience who could not resist text messaging for a few minutes while people spoke to them about an issue which is still dismissed by so many people as being off in the distant future.

tors seemed only to scratch the superficial surface of the crisis.

Although many of the attendees last Thursday were individuals who wished to contribute to the debate about solutions, there were far too many there who are still a part of the problem. Few people showed up to the events entirely willingly, without being threatened with a class assignment or taunted by extra credit papers. There were several people in the audience who could not resist text messaging for a few minutes while people spoke to them about an issue which is still dismissed by so many people as being off in the distant future.

At one point, a girl walked through the Cabaret, talking loudly on her cell phone, a bowl of ice cream in one hand, completely oblivious of what was occurring in the same room she was in.

Occasionally, a group of two or three people would come down the sidewalk outside, only to turn away embarrassed or intimidated by the group of people gathered. Instead of coming in and contributing to the brainstorm, they laughed self-consciously and went the other way.

With the mixture of optimism

and pessimism that can be gleaned from the audience composition and student reactions, one has to wonder if environmental consciousness is here to stay on Marist Campus, or if like the biodegradable cups and napkins provided for the event, the good intentions will crumble to dust.



Courtesy of Bob Lynch

A Marist student browses the information displayed at last Thursday's Focus The Nation teach-in event.

Campus renovations not tailored to student body needs

By **AMANDA LAVERGNE**
Circle Contributor

Marist College is considered a school on the rise, gaining more and more recognition each year. With that comes a lot of renovating and transition. As many students have heard, Benoit and Gregory will be knocked down this summer to make room for a new academic building. Across the street, Lower Fulton is in the process of being built which is also causing a lot of commo-

tion among this year's freshman class since they may now be given the opportunity to live in Foy next year. While this is all good news, I can't help but wonder—is this really what the Marist campus needs?

I feel that Marist should look into a new dining hall or another cabaret styled spot to eat. Although the dining hall is improving, it is still not enough to keep Marist students satisfied. Sure, there is the cabaret, but it is pricey and all that seems to be offered is junk food. I feel that another spot on campus with some healthier food choices would be a good idea. Since Marist is also increasingly becoming harder to get

into, and more students are applying each year, a new spot for food would ultimately benefit all current and potential students.

More freshman dorms would also be beneficial to the Marist campus. Every year Marist becomes more highly recognized across the country and more students out of state apply.

With these numbers rising, housing has become a bit more crowded. Plenty of freshman this year and in years past have had to triple up in double sized rooms because of the amount of students living on campus. Who knows how bad it will become in the coming years if this trend continues?

In the end, all of the new renovating that is currently happening is exciting. The campus certainly needs to expand. However, Marist should prioritize and think about what addition the campus really needs in order to thrive.



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LETTERS TO THE EDITOR POLICY:

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

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

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Opinions expressed in articles do not necessarily represent those of the editorial board.

Edit like it's going out of AP Style.



Join The Circle.

Tuesday nights in LT211 @ 7pm.

Letters

To Whom it May Concern:

I am currently enrolled as a sophomore at Marist College. Resulting from the discovery of a table in my dorm room, declared to be a mechanism for harboring and facilitating underage alcohol consumption, I have been ordered by the Resident Director of northern campus to elaborate on the Marist College "drinking" policy along with describing the apparent link between drinking games and binge drinking.

Before I began my beer drinking investigation, I thought it to be paramount in my quest for knowledge to first evaluate the question at hand: Do drinking games facilitate binge drinking?

Interestingly enough, subsequent to my research on the topic of binge drinking, I discovered that there is no conclusive or convincing evidence that scientifically links drinking games to binge drinking. I was astonished, to say the least, when I discovered that Milgram, Darwin, Freud, Carson, Kocher and Rohmer had not published anything that could possibly shed light on this beer game and binge drinking anomaly. I believe the British Medical Association described this concept most accurately by exerting that, "there is no consensus on the definition of binge drinking." How is an individual expected to link something to a concept that is left up to interpretation?

Furthermore, every source that gave a definition of binge drinking claimed that it is the result of genetics, depression or a self created dependency. The National Institute on Alcohol Abuse and Alcoholism along with other Web sites dedicated to alcoholism failed to indicate "beer pong" as a major concern.

Following this research, I began to evaluate why I was deemed to be a wrongdoer in the first place. Apparently, the table in the dorm room implied that I not only participated in the consumption of alcohol, but I am in fact a binge drinker. I find it to be contradictory that while a Marist Brother living in a freshman residence building owns a "beer pong" table allocated to play "water pong", a student who has possession of a similar table, without beer, liquor or drugs, is said to possess illegal paraphernalia. Who knew that a table or an item purchased in the bookstore (such as beer mugs, shot glasses and ping pong balls) has the capability of magically transforming into illegal paraphernalia when it passes through the doors of authority figures and into the dorms of students who acquired them through the same means.

My intention in writing this paper isn't to generate controversy; rather I am merely trying to make a point. I am a hardworking student who does not deserve to be told that I lead an unhealthy life. Perhaps Resident Directors should conduct a crusade that deals with analyzing how many cigarette and fast food packages students clutter their garbage cans with. Why not? Cholesterol and tobacco cause nearly a million deaths each year while my research deciphers that drinking games have only been said to be an accessory to about a thousand deaths.

However, I cannot dispute or disagree with our college's alcohol policy. Although beer pong may not be in the top categories for American's leading killers, anything that threatens the health and safety of a student should be taken seriously; in other words, underage alcohol consumption should not be taken lightly. I truly believe that alcohol abuse is a very dangerous thing and that preventative measures need be in place in order to save lives. I am merely suggesting that students be reprimanded for underage drinking if they are in fact caught drinking while underage. If a student is inebriated or clearly intoxicated they should be subject to alcohol education and other things of that nature in order to lay a foundation for their rehabilitation process. I am confident that I have never been in possession of alcohol and that I am not a binge drinker, therefore I politely decline the task of demonstrating how the two interact.

Sincerely,
Justin Michael Sanders

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Features

THURSDAY, FEBRUARY 7, 2008

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Hookups and Breakups: Your Valentine's Day gift guide

By MORGAN NEDERHOOD
Staff Writer

With Valentine's Day next week, it's crunch time in regards to finding the right gift these days.

Luckily, the search is a little easier today, as magazines offer gift-giving guides and entire websites are categorized into gifts for "him," "her," and "teens."

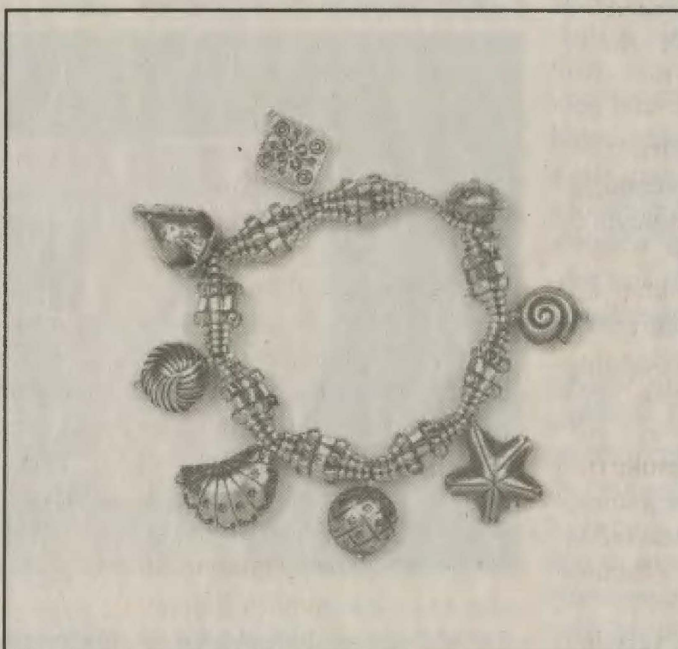
Whether a timeless gift like the ever-popular bouquet or something more creative like customized M&M's, there's something out there for every taste.

So, if you happen to be at a loss this year, hopefully this guide of some fun gifts for men or women makes gift-giving just a little less stressful.

Homemade CD: Yeah, I know, it's pretty old-school. Too many people underestimate the appeal of a CD that's been burned by your significant other. A CD takes a lot more time to create than ordering something online, and most boyfriends or girlfriends will carefully select each song to match what they think you will like. A good CD will show just how well they know you, and this is one gift where it really is more about the personal message than the price tag.

If you're worried that a CD isn't up to par,

try giving it along with something else, like jewelry. This idea still adds a personal touch to the gift, and you don't have to worry about buying only a blank disk while your significant other bought you the latest season of your favorite show. If you really want make it personal, make a jacket for the CD with pictures of you and your beau (or belle).



Personalized M&M's: This one is pretty cool, as long as you like spending \$47 on candy-covered chocolates. You can choose two colors and create two messages that will appear on the M&M's. Packaging ranges from seven ounce bags to small glass boxes. If you can manage to have them delivered by next

Thursday, then these would be a great choice and a nice surprise for any chocolate lover.

Build-a-Bear: As much as it pains to me to do so, I have to give props to my roomie for thinking of this one. Your significant other plays baseball or softball? Make him/her a bear with a jersey, baseball bat, and some sports paraphernalia. You can make a bear to match literally anything these days.

Retro Candy Basket: As a total candy-junky, I thought this one was especially interesting. Online, you can order gift baskets that come with an array of old-time candies that

you can no longer buy in most stores. You can either order a pre-made gift basket, or create your own basket tailored to your significant other. Either way, this is definitely a gift that's original and creative, especially if you choose the basket's contents yourself.

Charm Bracelet: Okay, maybe this is just me projecting my own romantic sentiments into the article, but I think that charm bracelets are a great twist on the traditional gift of jewelry. Instead of buying a ready-made bracelet, buy the chain and a single charm that represents either your significant other, or the two of you as a couple. In the card, tell her that as you stay together, more charms will be added to signify your relationship (or say that to her as you place the bracelet on her wrist.) It may seem too sentimental, but trust me, your girlfriend will appreciate it.

Sports or Concert Tickets: Here's another gift that, if you're willing to spend the money, can be tailored to anyone with any tastes. Dating a sports fan? Get them tickets to a game when their favorite team is in town. Duh. Buy tickets to their favorite band's new tour, and not only have you found your

boyfriend or girlfriend a great gift, but they might just take you with them. If you want to be really creative, try to find an interesting way to present the tickets. For tickets to a sports game (for this example, we'll use baseball,) get a Build-a-Bear, dress him or her



like a baseball player, and put the tickets in the bear's hands.

Magazine Subscription: It's not the most creative gift, but a magazine subscription is the gift that literally keeps giving. In fact, it gives for an entire year, usually once or twice a month. With anything from Maxim Magazine to Hybrid Mom, I'm more than certain there's a magazine for absolutely everyone. If you're at a loss, just check out magazines.com, which has over 1,500 magazines.

If you don't know how to present a subscription as a gift, try being creative. Here's where I'd use the suggestion from the tickets idea again, only replace the tickets with a card that tells your significant other to be expecting a Cosmopolitan or PC Magazine in their mailbox soon. Or make them a CD, and slip a gift certificate for a magazine subscription in the case jacket. However you present it, just be creative.

Parlez-vous français?:

A day in the life of a student abroad

By SARAH BRIGGS
Staff Writer

I've been in France for over three weeks now, and already I've had several of my friends and family members ask me the same questions: What's it like speaking French in Besançon? Is it easy or is it difficult?

Well, to tackle the first question, French in Besançon is not the same as, say, French in Paris.

Then again, in Paris, if they detect a slight American accent in your voice, you're going to get spoken back to in English. That's not the case in Besançon, since very few of the

Bisontins/Bisontines (what the native residents of Besançon are called) actually know English well enough to carry on a full conversation.

Thus, unless you're speaking to someone you know who speaks English well, you're automatically forced to speak the language. On average, I end up spending 70% of the day speaking French, while the rest is spent speaking English with friends from the States and the U.K.

This can be quite troublesome in times of urgency, when a person typically resorts to their native tongue.

Which leads me to the second question.

To be blunt, speaking French in

Besançon is a challenge. If you speak too fast, you're not going to be understood. On the other hand, if you speak really slow or pause to think, you just gave yourself away as a clueless exchange student.

Also, because Besançon has a lot of people from diverse backgrounds, everyone's accent seems so different, making it harder to understand people in general. In turn, the American

To be blunt, speaking French in Besançon is a challenge. If you speak too fast, you're not going to be understood. On the other hand, if you speak really slow or pause to think you just gave yourself away as a clueless exchange student.

accent is often hard to understand, which can make any conversation difficult.

Furthermore, it is hard to know when certain tenses should be used, since they don't really have an English equivalent. Probably the best example of this is the subjunctive form, which I know is not something I've ever really thought about using in English.

Knowing how to pronounce certain letters and combinations of letters is also a bit tedious. Having to roll words with an "r" in it is something that I'm definitely still learning to get used to.

Additionally, if you mispronounce certain words, you can easily confuse someone you're

talking to, and what your saying can be completely different from what you think you're actually saying. For example, if you're not careful, you can end up saying "dessous", which means underneath, instead of "dessus", which translates to "above."

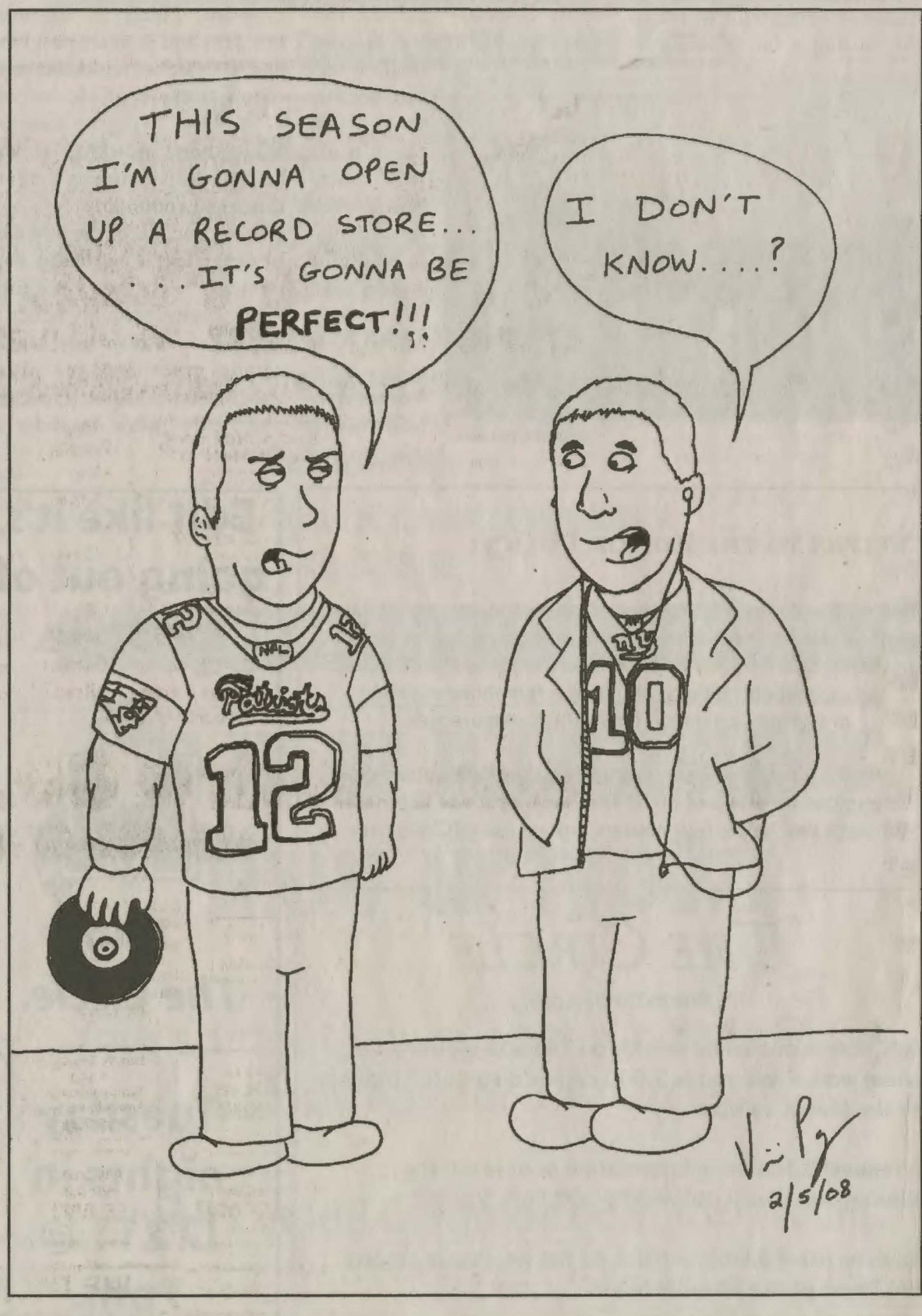
Total opposites of each other! The trickiest part is the random words or actions that come up in conversation.

As a result, you often end up having to improvise and come up with something that relates to what you're talking about. For instance, I was telling a friend once about how, rather than tan, my skin gets freckles.

Unfortunately, I couldn't remember the word for freckles and ended up explaining in French that I become covered with lots of spots in the sun. In the end, it got my message across, even though it wasn't what I directly wanted to say.

It's hard not busting out the little portable French/English dictionary every time I have a problem expressing myself. It can also be frustrating not getting my message across the first time I say something. In the end, though, speaking French in Besançon, like speaking a foreign language anywhere, is something that requires patience, confidence, and a little rolling of the tongue for your "r".

cartoon corner
By VINNIE PAGANO



Features

A Day in the Life of a College Bartender

By **STEPHANIE ESPINA**
Circle Contributor

Next time you are out at a bar, be sure to "take care of your bartenders" because we really do work hard for you. Yes, you, the intoxicated customers we have to deal with. We are masters of mixology, or at least convince you that we are. We are your bartenders and our main responsibility is to serve you and to make you feel welcome and appreciated at our bar. (Insert Cheers theme song).

We're the ones who supply you with the "goods" and also the ones who have the power to cut you off. On a busy night of work, we are taking multiple orders, counting change, cleaning up, and hearing our name being called on opposite ends of the bar. We bear witness to the poise that leads to sloppiness, and we catch a glimpse at the unexpected hook ups and other dramas that unfold. We also remember people who don't tip, and on bad nights, testosterone (and estrogen) will reach their peak and someone usually gets hurt.

Bartending is probably one of the best ways to earn a substantial and steady income as a college student, especially if you have a busy schedule during the week and weekends. Sure, you sacrifice a big night out with your friends, but when you leave the bar with a pocket full of cash and crazy stories, you leave satisfied. You are associated with that bar, and when you go in on your night off you can expect to enjoy the privileges of working there. This, of course, depends on where you actually bartend. I'm talking about a major college bar, the kind that

you can count on to be packed and sweaty with a line formed outside and down the street.

From my year and a half of experience I can say that bartending never fails to entertain me. Over time, the "regulars" call you by your first name and trust that all they have to do is shine their pearly whites and instantly you know to start making their signature drink. Bravo! You have proven yourself to be a fabulous bartender and have earned your tip. On the other hand, you have people come in who are blatantly rude and don't know how to say "thank you", or people who are too drunk to make any sense. Needless to say, a little patience is required for the job.

When you have the power to charge people for drinks some people find it charming to try to get away with a discounts. You don't know these people, but they usually place an expensive order and throw in an, "I think we should get some free beers" and a wink. I usually shake my head and wink right back at them. I also enjoy getting asked for drinks with "no ice" or getting asked for a "cranberry vodka, more vodka than cranberry."

It's a completely different experience on the other side of the bar, and it's safe to say that there is never a dull moment. There are many things to rant about but it's a good feeling when people look forward to seeing you when they pay a visit. It also feels good to be able to provide for yourself and not mooch off your parents for spending money. After all the drunken episodes I've witnessed, the "Jag-uh-bawms!" I've served and long nights I've endured... I can say still say that I love my job.

it Girl: Web culture from a net-savvy chick

The Aged Invasion: time to abandon the internetz?

By **LISA BRASS**
Managing Editor

There's a new trend on the Internet these days: old people. They've been trickling in since about 1996. Twelve years later, however, they're streaming in with as much enthusiasm as they first showed when cheap and easy automobiles were introduced back in the early 1900's. The elderly's journey to the new world is being aided by things like senior citizen computer classes, a new level of ease and simplicity when it comes to both computers and the Internet, and the need for communication with loved ones—and especially with grandchildren.

I can remember back ten years ago when my maternal grandparents first became interested in computers. They bought their first desktop and used it to play solitaire. For four years. I'm not kidding. The breakthrough came when they bought their second desktop after the first one broke (too much solitaire can be damaging, apparently) and hooked up a modem for first-class Prodigy dial-up service.

My grandfather was very into online banking (this is before the year 2000—I'd call him as progressive as they come) but my grandmother wouldn't touch the computer, let alone surf the slow-paced online world. She didn't feel the need, she would announce at least three times a visit, "to use that confounded machine."

Grandpop, on the other hand, was beginning to have a blast. He moved from online banking to visiting those terrible should-have-died-in-1996 web sites. You know, the ones with midi files that began to play automatically when you visit the page. The ones with three rows of animated dancing hamsters and an animated "Email me!" mailbox for good meas-

ure. The ones with unique, flashing color combinations that match up purple, orange, and yellow all in one healthy dollop. My grandpa was absolutely hooked. He showed the sites to my grandmom and, lo and behold, she liked them too. I then made the mistake of walking them through sending an email and giving them my own address.

Worst decision ever. Suddenly I was getting twenty messages a day from my grandparents alone. Typical contents included overdone blonde jokes, animated grandmas dancing to Elvis music, Yiddish fables, and badly drawn flash games. And I don't mind quoting Kevin Rose of Digg.com and Diggnation when I affirm that free personalized greeting cards are like crack to old people; they just can't get enough of them!

Over the past few years though, my grandparents have matured quite a bit, technologically speaking. My grandpop uses the Netflix service to rent DVDs. Then he and my grandmom will watch them before he uses his brand new laptop to rip a copy. Every Sunday, they go to a weekly flea market with all their old friends and sell the copies for a few bucks each. My grandpop describes it as his "hobby." The rest of us describe it as "illegal".

My grandmom doesn't mind. She's busy, too. Fact is that she now has her very own laptop, which she doesn't allow my grandpop to touch unless it's to "fix the damn thing." She also has a high-end printer/scanner and quality photo paper that she uses to make large, impressive prints of everything, whether it's a photo of her grandchildren or a photo of her parents that's been blown-up, colored, and sharpened for quality. Every now and then she'll print out a photo that's clearly not hers and sell it next to my

grandfather at the flea market. It's not illegal, she reasons, if it's just to bring in a little extra Pinocchio money.

It's nice to be able to keep in touch with them more easily through email. I hate talking on the phone with them because they're both deaf as posts—you need to scream every sentence to get it communicated well. It's also a good thing that they haven't been left behind. Computers are in use everywhere nowadays, and the knowledge they get using the laptops in their own home makes life easier for them elsewhere.

But... do we really want old people on the Internet in general? I personally get really creeped out when someone over the age of 40 tries to friend me on Facebook. I don't like having to sit and read a comment on my Livejournal that's been written by my grandmom. (About that: second worst decision ever.) Right now sites are springing up all over that cater to people over the age of 50. Most of them are stupid. Take cRANKy, for instance, the search engine that brings age-relevant information up first. Who wants this? Don't you just want relevant information, period? If it's age-related, the results are sure to be diluted.

I don't mean to bust on the idea of elderly web sites being profitable, because they probably will be as soon as someone figures out a way to make them useful. I guess my problem with the idea is that it means more old people on the web. After all, we've had enough trouble with the pre-teens and their MySpace predators. Imagine having to worry about your parents and grandparents cycling through your "Party Pics" album on Facebook. Likely a few years ago? No. Likely tomorrow? Well... let's just say you should hide the pron while you're at it.

Featured photographer



By
Michelle Morgan

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Midrise RSC sponsors 'The Vagina Monologues' after dropped by MCCTA

By JOSEPH GENTILE
Staff Writer

When the playwright Sophocles said, "Silence gives the proper grace to women," almost 2,500 years ago, he didn't anticipate author Eve Ensler's "The Vagina Monologues," or her unconventional narrator.

Performing the day after Valentine's Day, "The Vagina Monologues," sponsored by Midrise RSC, is an episodic play that debuted in New York City 12 years ago and has been staged in more than 120 countries. From Feb. 1 to March 8 (International Women's Day), "The Vagina Monologues" are read by thousands of female actors to bring attention to the pleasures, and plights of their sexuality.

Beginning as a solo act in October 1996 for off-Broadway, Ensler's first draft of the monologues has been reedited each year, bringing light to dilemmas affecting women around the world. In February 2004, Ensler paired up with Jane Fonda and Deep Stealth Productions to direct three, brand-new monologues, read by 18 male-to-

female transgender participants, for "LA V-Day until the Violence Stops" to combat transphobia, the irrational fear of transgender people.

To celebrate the V-Day movement, "The Vagina Monologues" made their V-Day debut on Valentine's Day in 1998, and had the proceeds donated to women's shelters. The "V" in V-Day represents "the Vagina, Valentine and Victory," according to the group, in an attempt to correlate female empowerment with the issue of domestic abuse.

In 2000, Ensler cited singer Tina Turner as her inspiration in a Random House Publishing interview, describing Turner as somebody who completely "inhabits their vagina."

Yet, it was not until 1998 when Ensler instigated a shift in "The Vagina Monologues" message from rejoicing about vaginas and femininity to protesting violence against her gender. She also credited her fascination with vaginas to Random House Publishing as resulting from "growing up in a violent society." In her mind, "Women's empowerment is deeply connected to their sexuality."

However, as controversial as its title suggests, "The Vagina Monologues" has attracted ire from the Network of Enlightened Women and other agents of conservatism, but also from feminists. Betty Dodson, a feminist author of books about female sexuality, criticized "The Vagina Monologues" on her Web site for its superficial "anti-male" bias,

To celebrate the V-Day movement, "The Vagina Monologues" made their V-Day debut on Valentine's Day in 1998, and had the proceeds donated to women's shelters. The "V" in V-Day represents "the Vagina, Valentine and Victory," according to the group, in an attempt to correlate female empowerment with the issue of domestic abuse.

and disparaged the play as "a blast of hatred at men and heterosexuality."

Elsewhere, in 2004, 16 Catholic colleges abandoned "The Vagina Monologues" after the American Society for the Defense of Tradition, Family and Property demonstrated. Last year, Saint Louis University decided against endorsing "The Vagina Monologues," saying the

annual event had become "redundant," and forced the production off-campus. Simultaneously, in March that year, three female students from John Jay High School in Cross River, New York were suspended for one day after defying their principal and saying "vagina" onstage.

Due to its "Monologues" spon-

ship, Marist College, according to the Archdiocese of New York, is considered "no longer Catholic" for violating the Vatican's apostolic charter, Ex Corde Ecclesiae, issued in 1990 to mandate Catholic higher education.

Not only are "The Vagina Monologues" condemned by the Catholic church, but were described as "offensive to women" and "antithetical to Catholic teaching on the beautiful gift of human sexuality," by Bishop John D'Arcy from the Diocese of Fort Wayne - South Bend, Indiana.

Former Catholic colleges, Nazareth College and St. John Fisher College from the Rochester, New York area, join Marist in the distinction of being the only three, traditional Catholic campuses to be secularized in the United States.

"It is true that several of the monologues deal with stories of abuse or neglect from men," said "The Vagina Monologues" co-director Maureen Betz, but "these monologues however, are first and foremost about the strength of women."

Sophomores Betz and Stephen Echeverri, who both directed and produced "The Vagina Monologues," resumed the play after it had been dropped from the Marist College Council on Theatre Arts cycle.

"I thought it was too good of a show to let go of," said Echeverri after persuading members on the Midrise RSC executive board, of which he is Vice President, to sponsor the event. With support

from the Department of Housing and Residential Life and the Lesbian, Gay, and Straight Alliance, these organizations are helping to supply funding for fliers and other advertisements.

"It's a lot of responsibility, but our passion for the show masks any apprehension we might feel," said Betz. There weren't many changes that needed to be made for this "one-of-a-kind script" according to Betz, but additions were made so "the audience can feel a sense of pride when they hear their town and school spoken by the characters of the show."

When asked about the sensitivity of "The Vagina Monologues," Betz asserted that the cast has acted "as professionally as any other cast I've worked with, despite the graphic subject matter."

"We talk about the issues at hand with the monologues such as orgasms, rape, vaginal mutilation, child birth and other things," Echeverri said. "Our girls get inspired from these monologues and it really shows."

"The Vagina Monologues" opens on Feb. 15 and 16 at 8 p.m. in the Cabaret.

'70s styles and rock 'n' roll edge seen on runway at fashion week

By COURTNEY SAVIOA
Staff Writer

Fall Fashion Week 2008 is underway and the excitement has already begun. A gathering of designers, magazine editors and celebrities make Fashion Week a star-studded event that has everybody talking. Although fall seems a long way off, it is never too early to start thinking about next season's fashion.

While many designers had their own signature looks for fall, the overall theme seems to be a rock 'n' roll, edgy look. The clothes themselves provide a certain confidence and energy for the person wearing them. Attitude is key to completing any look, which these styles have down pat.

Diane von Furstenberg did not disappoint, providing classier, sophisticated styles. She turned to the 1940s for inspiration, debuting classic looks such as the plaid blazer and flowy dresses.

The metallic trend of this past fall has been simplified with paler bronzes and neutral colors. Some of Diane von Furstenberg's evening looks favor deep shades of blue and purple which are perfect for fall.

The DKNY collection channeled the 1970s vibe which has been popular for spring looks as well. Wide-leg pants and jeans are still favored over the skinny look and give a bit of sass. Other popular styles from the 1970s are featured such as loose-fitting blouses adorned with bows, peasant dresses, and fringe on skirts, dresses and jackets.

Donna Karan always keeps her consumer in mind when

designing. Her DKNY collection is young and fresh, getting right to the heart of what looks can be brought back and which ones need to be updated.

Donna Karan has always been one of my favorite designers because of her visions and passion. She draws her inspiration from city looks and the energy they represent. Since the 1970s look is one of the spring's biggest styles, I think it was wise for her to bring this look into the fall months as well. So many of those styles can be incorporated into our favorite fall clothes such as wide-leg jeans, sweater dresses and skirts, which Donna has considered and put into effect.

Max Azria's Herve Leger collection was not afraid to test the limits and try new things. He opted for tighter styles, one of the most talked being the bandage dress, consisting of small, thin pieces of fabric wrapped around the body. On many of his other designs, he used embellishments like sequins, ribbons and feathers to accentuate his material.

Tracy Reese was also not afraid to be bold and colorful. Many of her dresses featured bright colors and unique prints. She also experimented with floral designs and animal prints. Using deep colors, such as fuchsia, blue and purple, these springtime looks can be taken right into fall.

The always sexy Rock & Republic debuted the rock 'n' roll look for fall, sparking the idea that being edgy and fierce is better than being girly and delicate. The image they were going for in the show was the underworld with dark purple and black setting the tone. The mysterious look was taken to another level with the trench-coats, fedoras and suits.

Another one of my favorite looks was created by the ever glamorous, Lela Rose. I love the classy strapless dresses she designs and I thought her idea to transition them into fall was genius. She found a way to make them work for everyday by wearing knit tops underneath, promoting a casual, relaxed look. It seems a bit daring, but I love the shape of the idea. We always seem to have a dress we love and paid a lot of money for, but can only wear it once or twice. Now, she has found a way to take our favorite looks from season to season. Amazing!

Fashion Week is always an exciting time of year and gets us thinking about what we want to invest in for next fall. Of course, most of us probably can't afford the exact designs but we can take the general idea and apply it to our own wardrobes.

I am thrilled that a lot of deep colors are in for fall because having only black or gray to choose from can get boring. Having a pop of color in the fall months brings our styles to life.

I also like that the 1970s style is coming back because a lot of looks from that era are timeless. These designers have put a spin on these clothes and have made them modern. I think that one of the most important parts of fashion is looking to the past for inspiration and learning about the styles of a decade we were not a part of.

I hope you enjoy Fashion Week as much as I have and get some of your own ideas for what styles you want to rock next fall. Good luck and stay (fall) fashionable!

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Health

THURSDAY, FEBRUARY 7, 2008

www.maristcircle.com

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Safety tips for Marist women

By BRITTANY FIORENZA
Health Editor

There is no sense of safety that can truly comfort girls after news of violence on or near their college campus. It is important to realize that violence cannot be prevented; however, it is necessary to be aware of certain precautions that might lower your chances of being in a dangerous predicament. A woman who is sexually violated is the victim of someone else's sadistic force. A victim of rape, or any other form of sexual assault is of no fault of their own and they did not fail to utilize certain precautions. What a woman can do is be confident in herself and aware of her surroundings, as well as situations she finds herself in.

The National Women's Health Information Center, www.womenshealth.gov, is described as "the federal government source for women's health information." Listed on this website are definitions of sexual assault and hotlines available and more sources for information.

On this web site there are also several tips provided by the

National Crime Prevention Center. These tips are meant to inform women of ways to be aware of their surroundings and cope with potentially dangerous situations as well as daily practices.

First mentioned is the necessity to be aware of one's surroundings, company and situations. Knowing where you are and who you are with is important in being fully aware of what is occurring around you. Walking with confidence evokes a sense of strength wherever you may be. Along with confidence goes assertiveness. Recognizing your personal space and enforcing a comfortable distance from others is important. Pay attention to your instincts. If you begin to feel uncomfortable do not hesitate to trust yourself and remove yourself from the situation. As far as self locking doors, do not prop them open and leave them subject to unintended entry. As for manually locked doors and windows, keep them locked at all times, even if you are not present for a short period of time. On a similar note, keep track of your keys; do not put any information on them that can inform

anyone of your residence or name. Before unlocking your doors, be sure you know who is on the other side. Avoid isolated areas, an example of this being car garages. Furthermore, when alone vary your walking, jogging/running route so that your path is not subject to predictability. Be sure to always walk or run on well lit, well traveled areas where others are accessible. Drive on well traveled roads with your doors locked. This becomes important especially when your car is at a stop. Avoid strangers, especially hitch hikers. Always have gas in your tank and maintain your car's functioning. If you do experience car troubles, call for help.

Other tips which will be beneficial to your safety include keeping your cell phone charged and accessible. Get your keys ready before you actually need to use them. Park in well lit areas, and from a distance check beneath your car for clearance. When getting into your car, open only the door you will be directly using and re-lock it once you are inside. Let others know where you are at all times and try to not walk alone

if at all possible.

A woman who recognizes and applies these tips is practicing awareness of her surroundings; however, these tips are not a safe guard against sexual assault or any other harm which can be inflicted. It is crucial to understand that a victim is of no fault, they have not done anything wrong, and they have not brought anything upon themselves. Anyone who would violate a woman's personal privacy is despicable and of the lowest form. Although it would be ideal to state that we can actively prevent these villains, I can only state that you can be aware.

[[Ed. Note: Marist offers many services for your protection, as well as counseling for those who have been victims of violent crime.

If you or someone you know have been attacked or sexually assaulted, contact the Rape Crisis Hotline at 1(845)452-7272, Town of Poughkeepsie Police or campus security. Additionally, Marist offers counseling services in Donnelly Hall for victims of sexual assault or abuse. //mbl]]

Stay healthy!

Marist is offering free flu shots to students to help prevent the current outbreak from spreading.

Contact Health Services at x3270 for details.

Got the Flu? Marist has set up a Flu Hotline.

Call extension 3676 from on campus
or 1(845)575-3676 from off-campus.

The hotline will be monitored from 9 am to 5 pm, Monday through Friday to address questions and concerns regarding student health.

Exercise at Marist

By JENNIFER HILL
Circle Contributor

There are usually many reasons for a long line outside the college activities' office, but only a short while ago, the people standing in that line were all waiting for one thing: to sign up for the new pilates class. I was one of the people standing in that very long line and actually was able to get one of the last two spots available for the class. Although I was very excited filling my name into the second to last place, I realized I did not truly understand what pilates is.

Of course, I have heard a good amount of information about it. For example, I knew that it was a type of yoga, and was according to my friends, "very difficult." This scared me initially, since I am not the most athletic person. However, I found some information out which has made me even more excited to start the class on February 5th. So, what exactly is pilates?

First, it is important to realize that pilates is meant to be more than simply a physical exercise. The movement was founded by Joseph H. Pilates whose belief was that "physical fitness is the first requisite to happiness." Pilates is meant to improve flexibility, strength, endurance, and coordination, as well as strengthen a person's mental well-being. Joseph Pilates founded the new way of exercising because, as a child, he had asthma and was always weaker than his peers. To improve his physical condition he became involved with many sports and eventually became an accomplished athlete. He went on to work as a nurse during World War II and used the methods he had learned to try and

help his patients recover. The basis for the exercises came from yoga and Chinese martial arts.

From the background that pilates has, it is easy to see that it has helped many people improve their health. However, to do pilates effectively I have found certain tips that are important. Keeping focus is crucial to performance. One of the goals is to unite your mind and body, and therefore, concentrating on each muscle and more importantly the rhythm of your breathing. It is also important to let each movement flow together; Joseph Pilates wanted the exercise to look more like a dance. Lastly, one of the benefits of pilates is that the intensity is up to each individual. Therefore the effort at which each person wants to work is up to them.

"Most people who take pilates find that they have more control over their body as well as their mind which can help to improve schoolwork."

Even though it is good to know about the background of pilates, it is just as important to know the real benefits and how it affects Marist students. Pilates can help with recovering from an injury or preventing injuries because it strengthens the entire body. Many people also claim that after taking pilates they see an improvement in their balance, strength and flexibility. Along with these things, posture is also affected and many see a difference in the way they present themselves, giving them more confidence. In addition to these benefits, muscle tone improves as well as energy and more importantly, mental concentration. Most people who take Pilates find that they have more control over their body as well as their mind which can help to improve schoolwork.

Overall, pilates seems to be a very beneficial exercise for both mind and body. Hopefully the class offered at Marist will provide these benefits. I'll let you know!

Flu Symptoms & Prevention

*HIGH FEVER

*HEADACHE

*FATIGUE

*DRY COUGH

*SORE THROAT

*RUNNY NOSE

*CONGESTION

*MUSCLE ACHES

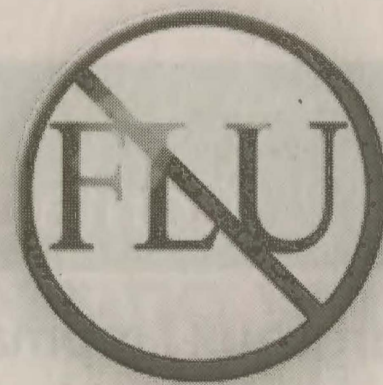
*Ideally, the flu vaccination is the best way to prevent the flu

*Wash your hands frequently or carry anti bacterial hand sanitizers

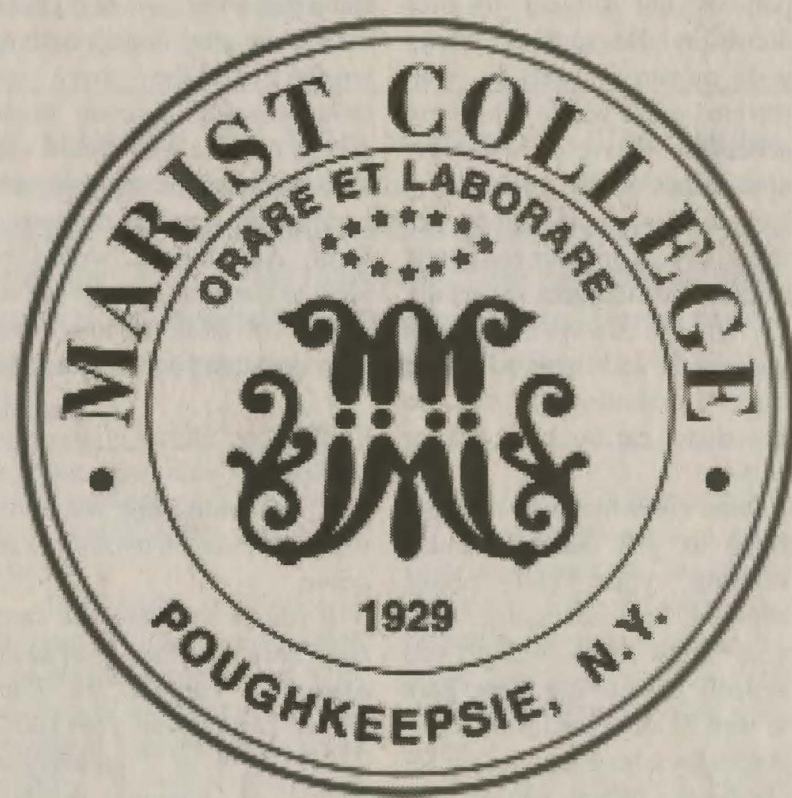
*Don't touch your eyes, nose or mouth

*Stay away from people already infected with the flu

*Maintain a healthy sleep pattern and diet



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- * Experience a newsroom environment firsthand
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Contact us at: writethecircle@gmail.com

Margeaux Lippman - Editor-in-Chief . Gerry McNulty - Faculty Advisor

First-place Foxes look to continue dominance

By ERIC ZEDALIS
Media Editor

The Marist women's basketball team (21-2, 11-0) faces both the western N.Y. teams on the road this weekend.

First, the Red Foxes play at the Gallagher Center versus the Niagara Purple Eagles (5-17, 3-8) this Friday, and then head off to Buffalo to take on Canisius (10-12, 5-6).

While Niagara and Canisius are sixth and seventh in the Metro Atlantic Athletic Conference, Metro Atlantic Athletic Conference (MAAC) teams have played significantly better on their home floor when playing against Marist.

Marist's most recent game, a 79-70 win on the road against Siena on Sunday, was much closer than its 78-48 thrashing of Siena at home.

The same trend applied in its two games against Loyola.

The Red Foxes followed up a 61-59 win over the Greyhounds in Baltimore, Md. with an 85-59 blowout victory at the McCann Center.

In MAAC play, Marist's average margin of victory in road games is 6.4 points per game (ppg), and at home it is 26.7 ppg. MAAC teams generally seem to be more comfortable playing against Marist on their own floor, according to Marist head coach Brian Giorgis.

"When you play on the road, it's their home site and they're very used to playing there. It's

your first time playing there in a year," Giorgis said.

Though both teams dropped their last two games on the road, Niagara and Canisius both beat the MAAC's number two Manhattan Jaspers and number

four Saint Peter's Peahens during their last home stands. Giorgis said if the Red Foxes do not come ready to play, they too will have trouble.

"We've gotta be prepared to go up there or we could run into a buzz saw as well," Giorgis said.

According to Giorgis, one thing the Red Foxes need to be prepared for is an off-shooting night like they had this past Sunday against Siena. Marist shot just 39.6 percent from the field, but the Foxes' 10 three-pointers and Rachele Fitz's 27 points propelled them to victory.

While Marist is the best three-point shooting team in the league, Giorgis said he knows the Foxes cannot count on shoot-

ing 45 percent from three-point land every night.

"[We could fall off] at any time. Seven games ago, we weren't shooting the three that well, and all of a sudden we went from about 105 in the country to

number nine in the country in three-point field goal percentage," Giorgis said. "That's why our major concern right now is our defense needs to get better, because if we have one of those off-shooting nights, we still need to be able to win."

Thus far, Giorgis said he is pleased with how the Foxes have played on the road in MAAC contests simply because they have not lost.

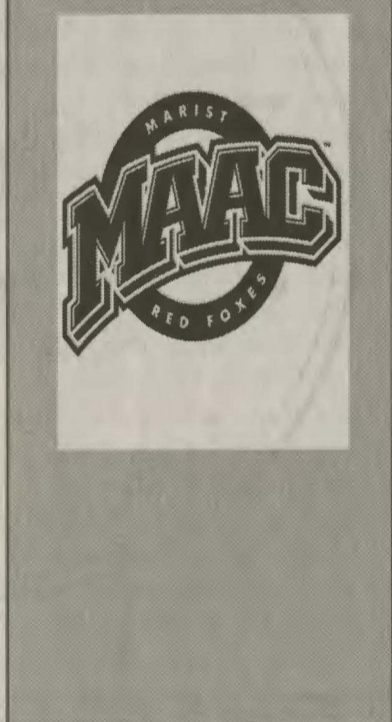
"Most people's formula is win all your home games and half of them on the road and you're gonna be playing for a championship. So that's what we're trying to do, and obviously we've done better than that, so far the formula's worked."



JAMES REILLY / THE CIRCLE
Fitz is just 47 points shy of reaching 1,000 for her career, and she's only a sophomore.

Fitz 1,000-point watch

Heading into Friday's game at Niagara, Fitz is just 47 points shy of 1,000 for her career. She averages 21.2 ppg, and her career/season high is 28 points. Fitz scored 13 points against Niagara the last time she faced the Purple Eagles back on Jan. 28, 2007 at the McCann Center. In the first Marist versus Canisius meeting of this season on Jan. 21, she scored 20. Including the two games this weekend, Fitz has seven games left to reach 1,000 career points as just a sophomore.



N.Y. ace

By JUSTINE DECOTIS
Staff Writer

The two-month long saga is over.

The speculation, the whispers, and the "deadlines" imposed by Hank Steinbrenner, everything is over.

The Minnesota Twins and the New York Mets agreed to a deal last week to send two-time Cy Young winner and bona fide ace Johan Santana to the Mets in exchange for outfielder Carlos Gomez and pitchers Philip Humber, Kevin Mulvey, and Deolis Guerra. Santana joins a rotation that includes John Maine, Oliver Perez, Pedro Martinez, and either Orlando Hernandez or Mike Pelfrey.

The trade has positive ramifications all over baseball, mostly for the two teams involved, the Mets and Twins and the two teams making headlines for not making the deal, the Red Sox and Yankees.

The benefits for the Mets are clear; a top of the rotation starter, probably the best in the game who is durable and who at the age of 28, may still have his best years ahead of him. It has been proved time and time again, most recently by Josh Beckett and the Red Sox, that in order to make it deep into Oct. a team needs a shut-down number one guy, Santana is now that man for the Mets, who have lacked an ace for much of the recent past. Not since Frank Viola won 20 games in 1990 have the Mets had a genuine ace in his prime. Dwight Gooden, in 1985, was the last Met to win the Cy Young Award and Santana already has two under his belt, not bad for a former Rule 5 Draft Pick.

Mets general manager Omar Minaya stated this in the simplest of terms, "We've been lacking what we consider a true No. 1 starter. It doesn't get much better than Johan Santana."

Santana had a sub-par 2007, by his lofty standards, a 15-13 record to go with a 3.33 ERA in 219 innings pitched. Having the Mets playing behind him and providing the offense as opposed to the Twins will help his 2008 numbers.

The move to Queens is accompanied by a move to the National League, putting a bat in Santana's hand.

When compared to most pitchers, Santana is a batting champion; he owns a .258 career average in 31 at-bats, all coming from interleague play. The Mets also achieve a moral victory with the deal.

The acquisition of Santana helps to ease the pain of the meteoric collapse by the Mets last season that saw them miss the playoffs.

Surprisingly, the deal did not include outfielder Fernando Martinez, who is regarded as the Mets top prospect. Many people in the baseball world are surprised at the Twins willingness to accept the Mets offer without Martinez and their acceptance of any Mets offer when the offers given by the Boston Red Sox and New York Yankees were largely thought to be better.

At the beginning of the off-season, the Mets were not even believed to be serious contenders for Santana's services unless they included left side of the infield stars David Wright or Jose Reyes, quickly deemed untouchable by Mets management, and rightly so.

And yes, the Mets are saddled with a big contract, the biggest contract ever for a pitcher, \$150.75 million for seven years, but is money ever really a problem in New York?

It's true: The Giants are Super Bowl Champions

By Matt Spillane
News Co-Editor

The New York Giants won the Super Bowl.

I had to write that in order to believe it. Just reading that sentence, you have to pause and let it sink in. Really, no words need to be said. All of us Giants fans out there can just sit back and soak in the moment, which can only be described as pure joy.

With an improbable and inspired run, New York capped off a tumultuous season with one of the all-time spectacular victories in NFL history. Who would have ever thought this possible? If someone had told me midway through the season that the Giants would defeat the vaunted Patriots in the Super Bowl, I would have thought they were nuts.

But once the postseason started, New York put a different team out on the field. They were confident, aggressive, and poised. There was just a different vibe about them that wasn't quite there before. Beginning with the wild-card win over Tampa Bay, the Giants played some of the most inspired football I've ever seen. The Giants advanced to face three consecutive teams that had gotten the best of them during the regular season, and three consecutive times the Giants exacted revenge.

It really looked as though New York was a team of destiny. The same Giants defense that allowed 76 points in two games to the reviled Dallas Cowboys during the regular season, somehow shutting down the prolific offense to seal the Divisional round win while holding their NFC East rivals to just 17 points. Lawrence Tynes, blocking out the eternal condemnation that awaited him, drilling the game-winner and stomping on the hearts of Packers fans. To say the Giants' playoff path was improbable would be a vast understatement, to say the least.

But those three wins combined can't measure up to the satisfaction of the team's triumph over the Patriots. Where do you start? There are so many things that made this win so thrilling, so euphoric. Of course, a Super Bowl win is incredible, regardless of the opponent. However, this particular championship was made extra special because of the circumstances.

18-0. Greatest offense ever. Greatest team ever. A possible fourth Super Bowl win in the past seven years. This is what the

under the most pressure, as they were expected to complete the greatest season the NFL has ever seen. On the other hand, the Giants also faced the heat. An entire nation of anti-New England fans was counting on New York to end the Pats' run of dominance. The Giants were the only thing that stood between the Patriots and immortality.

The win was made even more satisfying because of the individuals who comprise this Giants squad. Coach Tom Coughlin, ridiculed for repeatedly under-

teammates (I wonder what Tiki has to say now), than he deserved. He's had his fair share of dumb mistakes and disappointments during his young career, but the guy's spirit is unbreakable. I don't know how many people could have endured the abuse that he has and not only been able to stick it out, but rise above it, reach the lofty expectations heaped upon him, and prove all the doubters wrong. Eli deserves this Super Bowl victory as much as anyone, and he earned that MVP award with his performance over the entire playoff run, not just on Sunday night.

Sunday night's conquest was also made more gratifying because it was a classic battle of good versus evil. The Giants were a group of hardworking, resilient competitors who played the game fairly and with inspiration. They're a bunch of likeable guys who are easy to root for and who didn't take any game for granted. The Pats, on the other hand, started the season by cheating, and then proceeded to run up the score on teams. Their playmaker, Randy Moss, is a selfish, egotistic thug who runs his mouth.

The team is led by a backstabber and cheater in Bill Belichick, a man who didn't even have the respect or decency to stay on the field for the final play of the game. It was fitting that New York not only won the Super Bowl, but also thwarted the efforts of a New England team that acted as though completing an undefeated season was its God-given right.

The mighty Patriots were shoved off their pedestal on Sunday, erasing the opportunity to rewrite history. Instead, it was the unsung, improbable New York Giants who etched their names in the history books and took home the glory in one of the most unpredictable upsets in football history.



From NFL.com

From NFL.com
Eli Manning celebrates with Coach Tom Coughlin after the Giants surprising 17-14 Super Bowl victory over the almost perfect New England Patriots. Manning earned the Super Bowl MVP Award for his performance. He threw for two touchdowns and 255 yards, including the game-winning touchdown pass to Plaxico Burress with 35 seconds left in the game. The Giants were 12-point underdogs heading into the big game.

Giants were up against. It wasn't your typical, ho-hum Super Bowl of the Steelers-Seahawks or some other lackluster matchup. History was going to be made one way or the other. Either the Pats would go down as the greatest team in NFL history, or the Giants would be remembered as the team that prevented the greatest season of all-time.

It's impossible to fathom the kind of pressure that both of these teams were under, which makes it even more amazing that the Giants pulled it all off. Obviously the Patriots were

achieving, finally proving that he could rally this group behind him and become champion. Veterans like Michael Strahan and Amani Toomer, who can at last lift the weight off their shoulders after attaining the most important staple of a great career that had eluded them for so long.

And of course, the man who can breathe easier than anyone and wear the biggest smile: Eli Manning. I'm happy for all the Giants, but none more so than Eli. He's taken more abuse from ruthless fans and critics, even his



Roarin' Red Foxes

Marist's male and female star performer for the weekend of Feb. 1-3.

Devon O'Nalty
Diving, Senior



The senior diver played an integral role in Marist's close contest with Seton Hall on Senior Day this Saturday. O'Nalty finished third in the 1 meter dive with a score of 239.9, and came in first off the 3 meter board with a score of 300.60. It was the second time this season O'Nalty cracked the 300 point mark in an event.

On the horizon:

The MAAC Championships for swimming and diving begin Thursday, Feb. 14 in Baltimore, Md.

Jamie Falco
Swimming, Senior



Falco won the 200 yard freestyle with a time of 1:57.38, the 100 yard backstroke with a time of 1:01.27, and the 200 yard backstroke with a time of 2:10.59. The senior swimmer shined on Senior Day in Marist's 167-133 win over Seton Hall.

On the Horizon:

Women's swimming and diving will head to the MAAC Tournament in Baltimore, Md. on Thursday, Feb. 14.



* Photos courtesy of
www.goredfoxes.com

THE CIRCLE Sports

THURSDAY, FEBRUARY 7, 2008

www.maristcircle.com

PAGE 12

Marist hopes to "white out" rival Siena on ESPNU Friday

By GREG HRINYA
Sports Co-Editor

There will be no Metro Atlantic Athletic Conference (MAAC) title on the line, but much like last year, the Red Foxes will attempt to "white out" the Siena Saints at home on Friday night at McCann.

The much anticipated rematch of last year's overtime epic is already sold out, and the game will air on ESPNU at 7 p.m.

Unlike last year, however, the Red Foxes will not be sitting in first place in the MAAC. After falling, 79-65, to Rider at home, Marist lost its second consecutive league match-up to Siena on Monday, Feb. 4. The loss in the first game of a home-and-home series with Siena dropped Marist into a tie for fourth place in the MAAC with an 8-4 conference record. Siena sits at 9-3 in the MAAC.

Despite Ryan Schneider, David Devezin, and Jay Gavin contributing 15 points apiece, Siena had an answer for every Marist run, and the Saints held on for a 76-72 win at the Times-Union Center in Albany, N.Y.

Head Coach Matt Brady attributed Marist's struggles to poor perimeter defense and turnovers, two things that will need to change for Friday night's match-up. Siena converted seven of

their 12 three-point attempts in its Monday night win.

"We have to bring our turnovers down, No. 1, and we need to be a little more offensively efficient," Brady said. "No. 2, and much more importantly, we've got to do a much better job of guarding the three-point line. It was our No. 1 thing going into the game; guard the three-point line. We gave up way too many open looks."

Point guards David Devezin and Siena's Ronald Moore should provide a key match-up to watch. Devezin got the better of Moore in the first meeting by scoring 15 points and playing all 40 minutes. Defensively, Devezin held Moore to two points on 1-for-4 shooting.

Devezin would not be opposed to another 40-minute outing Friday.

"I just enjoy playing, so if I could play the whole game, I mean, I love it to tell you the truth," Devezin said.

Devezin's performance impressed Brady, and according to Brady, the sophomore point guard from Texas is quickly becoming one of the best guards in the MAAC.

"I think David won his match-up [Monday night against Moore], and that was one of David's better defensive games of the whole season," Brady said.

"I think he's rapidly becoming a terrific, terrific point guard. He's learning how hard you have to play on the defensive end and he did that against Ronald Moore, and he almost shut the kid out which is hard to do. David Devezin's as good as any point guard in the league."

Another player that plagued the Red Foxes on Monday night was Siena's Alex Franklin. The oft-injured Franklin scored Siena's first 10 points and finished with a game-high 20 points. Edwin Ubiles, the Saints' leading scorer for the season, poured in 15 points and Tay Fisher scored 14 points coming off the bench. Fisher's three-pointer with 8:50 remaining in the game gave Siena a 12-point lead, its largest of the night. Marist could not recover from the deficit.

Coach Brady added that Marist's post-defense will need to improve to have a chance of stopping Alex Franklin in the rematch.

"I think he's one of the more difficult match-ups in the league because he's so strong and so low to the ground, and he can really make shots," Brady said regarding Franklin. "We'll have to do a better job with him."

"Every time [Franklin] plays against us he seems to do a little better. I don't wish anybody harm, but if he sprains his ankle

in practice this week that would be good," Brady said jokingly.

Siena returns to an atmosphere that provided a thrilling 98-88 overtime win for Marist last season. Last year's contest marked the final home game for five seniors, including Jared Jordan, Will Whittington, and James Smith.

Coach Brady expects a high-energy game and for the Red Foxes to come out firing.

"I think the atmosphere will be tremendous," Brady said. "I think we'll play better and we'll play harder. You never know if the ball's going to go in for you or not, but I'm hoping that we have a much stronger mindset here defensively because we just let our guard down too often in the last game."

Brady also expects crowd's intensity to match that of last year's "white out" game.

"[That atmosphere last season] was awesome," Brady said. "If you knew what that atmosphere was going to be like, you could have scalped the tickets for a lot of money. I think a lot of people enjoyed being in that game. I would expect the game will be very close and very similar. I'm hoping that we can win a two-minute game. I think it's going to be a two-minute game, and I hope that we have enough in us to go ahead and win a game like that."



JAMES REILLY/THE CIRCLE

Point guard David Devezin will lead Marist on Friday night against second-place Siena (9-3 in the MAAC). Devezin averaged 14 points per game in Marist's last two conference games against Rider and Siena.

What will you do this weekend?

- A. Refresh your Facebook profile
- B. Wait for something exciting to happen
- C. Wish your roommate went home
- D. Travel to a new city, meet new people, and learn while voicing your views on politics and social issues

MARIST DEBATE seeks students interested in developing career skills, speaking their minds, and learning about the world. Interested? Join us on Wednesdays at 8:00 PM in LT 201 or e-mail James.Maritato@Marist.Edu

