Super Bowl's Left Shark leaves Right Shark out to dry

A&E

Page 10





Marist's most eligible bachelor: Charlie the Groundhog

FEATURES

Page 4



e Gircle



Marist's Finest News Source

VOLUME 69, ISSUE 12

FOUNDED IN 1965

Thursday, April 2, 2015

DJM for President: One nation under Dennis

BY KINLIN O'BRIEN

Circle Contributor

I remember this day all too fondly, as I would think many Marist students do. It was just like any old Saturday morning: disheveled. But the news that was about to break was something that the Marist community was not ready for.

I took to checking my Foxmail (the old version, RIP), signed in, waited ten minutes for it to load and had a few miscellaneous emails. This is when things took a turn for the worse. There was an email that was informing all the students that President Dennis Murray, or more commonly known by his street name, DJM, would be stepping down as president. Pandemonium. Social media outlets such as Twitter and Instagram were filled with endearing comments for Dennis and selfies of students with our "hip and cool" president. To quote Aretha Franklin's "R-E-S-P-E-C-T," all we have for our president is respect.

When one thinks about a good president we think about classics Kennedy and Ronald Regan just to name a few, shouldn't President Murray be amongst them? Well, he might be. President Murray has released the information that the reason he will be stepping down is due to the fact he will be running for the 2016 presidential election. His running mate will be the popular Director of Safety & Security John Gildard. The College is very excited about this campaign and hopes to

like Abraham Lincoln, John F. see the same enthusiasm from the students. President Murray feels that Mr. Gildard is a solid choice as a running mate because of the student body's recent increase in affection for him due to this semester's snow days. Hopefully, John Gildard has secured the votes of the students who have Monday night classes. He has been quoted saying, "There is more where that comes from if Murray and Gildard are put into office."

The Circle has yet to have a com-

plete interview with the President, but we have had a few conversations with his people. His ideas for this country include changing the national animal from the bald eagle to the red fox. His people say that President Murray has spent an awful lot of time with red foxes and finds them to be loyal; but with a little sass and flair. He feels that those qualities really embody the American spirit. Murray loves the color red and since that is an important color to the country and to Marist, he admits to owning a large amount of red ties and accessories so he will always be adequately dressed in patriotic colors during meetings. I know I shouldn't share my opinion as a journalist, but he seems like the perfect guy to lead our nation in the right direction.

Murray's campaign manager is nervous that the amount of time it took to finish the Marist Rotunda will have a negative effect on the polls. After talking to Vice President hopeful, John Gildard, he said,



PHOTO COURTESY OF THE POUGHKEEPSIE JOURNAL

DJM discusses the implementation of his new "No Gum Allowed" rule, Murray is also concerned with groundhog immigration and border infringements.

SEE "HE", PAGE 3

lorence campus shuts down for good

BY ERIN MURTHA

Circle Contributor

Instagram feeds have been unusually bare. Marist students are unusually somber. The second floor of Hancock is unusually quiet and depressed. As of yesterday, Marist has decided to shut down its Flor ence campus, and Marist students are not taking kindly to the news.

This announcement hit the Poughkeepsie campus yesterday in a statement released by President Dennis J. Murray. He said, "After months of deliberation, my team and I have decided that being drunk in every country in Europe is, in fact, not cultural immersion. Wine tasting class is not equivalent to Art History 300, either." This comes as a shock to students who were sure that gallivanting for a semester around Europe was an academically rigorous experience that should be fully recognized and appreciated. The news soon traveled via Viber

to those last lucky students studying in Italy. They were unable to receive the news via Foxmail from professors due to the fact that they have not attended a class since landing in Italy over two months ago.

When asked how she felt about the closing of Lorenzo D'Medici, one student claimed that she wasn't aware there was actually a Marist campus in Florence and she was "just there for the wine." Other students who did have some awareness of their academic responsibility, however, were devastated.

In protest, Florence students have completely cut off the outside world. There is no evidence of their existence on social media, which means something is severely wrong. Marist Security has launched an investigation and believes that students have been hiding inside of the Leaning Tower of Pisa overindulging in flatbreads and Nutella to numb the pain. The reason for shutting down the SEE "FLORENCE," PAGE 3



PHOTO COURTESY OF MARIST.EDU

The Marist community will be suffering the loss of their Florence campus, which means no more wining and dining in the Tuscan sun.

THIS WEEK

Tuesday, 4/7 **Room Selection Group Leader** Meeting 4:45 p.m. - 6:15 p.m. **Nelly Golettie Theatre**

Tuesday, 4/7

Hunter Lovins Lecture 7:00 p.m. SC 3104

Wednesday 4/8

2015 Comunications & Media Studies Alumni-Student Networking Night **New York City**

Wednesday 4/8

Exoloring Majors & Careers Workshop MU 3204

Thursday 4/9

Room Selection Group Leader Meeting 4:45 - 6:15 p.m. **Nelly Goletti Theatre** Friday 4/10

Mid-Hudson Regional Business Plan Competition 8:00 a.m. SC Third Floor

Friday 4/10

SPC Movie: The Hobbit: The **Battle of the Five Armies** 6:00 & 10:00 p.m. SC 3101

Saturday, 4/11

SPC Movie: The Hobbit: The Battle of the Five Armies 6:00 & 10:00 p.m. SC 3101



Letter from the Editor

It's the most wonderful time of the year: it's the Circle's semi-annual Onion edition! In the spirit of April Fool's Day, every article in this edition is satirical (with the exception of security briefs; yes, that all actually happened). In other words, none of these articles should be taken seriously. Please don't go home and tell your mom that President Murray is running for President of the United States.

On a serious note, as a second semester senior, this will be my last issue as editor-in-chief as I (terrifyingly) prepare to enter the real world (and not because I am a kleptomaniac, which you can read about in Features this week). I feel honored to have been able to serve as the editor-in-chief for this academic year and I want to thank the amazing editorial staff of editors and writers I've been able to serve with. I also want to thank the faculty advisors I've worked with, Prof. Gerry McNulty and Prof. Rogers, for all of their help. And finally, I need to offer a HUGE thank you to our co-managing editors Amber and Katie for essentially being my co-editors-in-chief and dealing with me throughout our many, many late nights working together. You are both fantastic and I am so grateful to have had the chance to work with you both! Amber, you are going to be a stellar editor-in-chief and I can't wait to see all you're going to do with the paper.

With that, I would also like to thank all of you, our readers, for always sticking with us and making this an experience I will always be grateful for. Enjoy our Onion edition and happy reading!

> -Michelle Costello Editor-in-Chief

College: Fires, bathroom naps and Pokemon cards

BY GILLIAN FOSS Staff Writer

March is a unique month for the Marist community because, let's face it - it's split into two categories: pre-Spring Break and post-Spring Break. Stressed, broke, vitamin D-deprived students find themselves in all sorts of sketchy, rule-bending scenarios for the first part of the month, only to get a weeklong break in order to come back and break rules as stressed, broke, tan students who probably should've avoided drinking the water in Cancun. Don't fret, though; even though it seems as if we may be getting a few freak blizzards here and there until July, warmer weather seems near! Then everybody can move their shenanigans outdoors. As always, John Gildard asks everyone to stay safe and remember: if you see something, say something.

3/11 12:15 a.m. Champagnat Hall

Want to make a ton of friends during your freshman year at Marist? Here's a tip: when making popcorn past midnight on a Wednesday, try to make sure that it doesn't catch on fire, resulting in the evacuation of nine floors' worth of infuriated students into the cold March air. Actually, that's it. That's the only tip I have.

horrifyingly awful as Crystal Palace.

3/23 7:20 p.m. Donnelly

the window shaft of the car, and had to be subsequently pried out. According to the security guard on duty, it's these types of heart-pounding, excit-

so out of anywhere else, she chose The entry-desk officer at Midrise to lie down on the bathroom floor Hall checked a student's bag Thurs- and then fell asleep. President Murday night and found a liter of Crystal ray is reportedly delighted by this Palace, which was then confiscated. insight and plans are currently in Rumor has it that the student in motion to remove all of the perfectquestion will be facing the severest of ly comfortable chairs and couches punishments from the college - not from the numerous Champ lounges because of the attempt to smuggle al- and use them instead to furnish the cohol into the dorm, but because they new science building, since the bathchose to smuggle in something as room floor is obviously preferable.

3/28 8:20 p.m. Champagnat Hall

A visitor's bag was checked at the Security was called to investigate Champ entry desk, although there's a potential theft Monday night when still a bunch of mystery surrounding an incredibly confused student re- why the guard on duty suspected ported the driver's side window this particular guest of smuggling missing from his Dodge van. At the anything illegal into the dorms. I scene of the "crime", nothing else was mean, all they confiscated were 24 missing, and there was no damage to 12-oz cans of Bud Light, a full liter the vehicle...and, as it turns out, the of Seagrams and a full liter of raspwindow was never actually missing. berry Svedka. I'm sure the bag that It had gotten loose and fallen into fit it all looked totally subtle, too.

3/13, 3/22, 3/25 Donnelly

Marist Security is reportedly joying incidents that keep him young. ous as their ever-growing collection of fake ID's reaches record-break-3/29 12:15 a.m. Champagnat Hall ing numbers. Just this month, taxi drivers have returned wallets filled A female was discovered passed out with fake licenses from Connection the floor in the ninth floor Champ cut, Rhode Island and New Jersey, bathroom Sunday night by securi- simultaneously ruining the nightty. She allegedly claimed that she life plans for underage students and had locked herself out of her room providing Marist security with the and couldn't reach her roommate, biggest collection of valuable cards since Pokémon cards were relevant.

3/26 6:15 p.m. Midrise Hall

Editor-in-Chief: Michelle Costello Michelle.Costello1@marist.edu

Managing Editors: Amber Case, Kathleen O'Brien

Amber.Case1@marist.edu, Kathleen. Obrien2@marist.edu

News Editors: Cathryn Vaccaro,

Bernadette Hogan

circlenews@gmail.com

Features Editor: Shannon Bales circlefeatures@gmail.com

Lifestyles Editor: Shannon Donohue circlelifestyles@gmail.com

Opinion Editor: Adriana Belmonte circleopinion@gmail.com

A & E Editor: John Mosho circleae@gmail.com

Sports Editors: Avery Decker, Mike circlesports@gmail.com

Copy Chief: Natalie Zaleski Natalie.Zaleski1@marist.edu

Copy Editors: Caroline Withers

Staff Writers: Mike Bracco, Sophia Branna, Gillian Foss, Gabriella Gamba, Ben Hayes, Dan McFadden, Mailika Rao

Faculty Advisor: Ryan Rogers Ryan.Rogers@marist.edu

Ad Manager: Nicole Souza circleadvertising@gmail.com

Web: www.maristcircle.com www.twitter.com/maristcircle

General: writethecircle@gmail.com

DJM's next venture: President of the USA

From page one

he strives for perfection. He will have four years as president of The United States, imagine how many rotundas he could build in that time!" This comment actually started a commotion on twitter; an account tweeted "In four years, Murray could probably finish one and a half Rotundas...maybe," and to further twist the sword, the popular Twitter account "Is the Rotunda done yet?" has yet to tweet "Yes." Murray reassured the public that the Rotunda will be done by late fall in 2016—he is just waiting for the hand sewn flags to be finished and hung up. The campaign has a lot of promise and regardless of the outcome the Marist community will always adore President Murray. As for John Gildard, the results really weigh on his reputation, so I would suggest keep it coming with those



PHOTO COURTESY OF WIKIPEDIA Dennis Murray adores red foxes, the animal that is. His undying adoration for the country will make him a great president, plus he already has ample experience. Foxes for everyone! No really, pet foxes for all. We wish him the best of luck in the coming election.

snow days to keep the popularity up. Good luck to the Murray Gildard campaign. You served Marist well and will serve the USA even better.

Florence whining and dining Goodbye to

From page one

Florence campus is most likely due to lack of funding. With his retirement looming, President DJM wanted to make a lasting impact on the students of the college. While sending hundreds of students into a depression wasn't in his initial intention, DJM plans to make up for it by spending the new funding on things that are integral to Marist's academic standing.

In 2016, Marist's grass is expected to be even greener, buildings that don't need renovation will be completely knocked down and rebuilt,

and he also plans to add an additional 50-100 squirrels and hedgehogs to Marist's abundant wildlife. In order to mend some of the wounds he's created with students. DJM will be donating money to both Darby O'Gills and Union Tavern to place images of Europe around the bar. He says it's "basically the same thing as studying abroad."

Marist is offering counseling for those affected by the loss of this cultural experience. If anyone hears from any of the current students studying abroad, they are asked to contact John Gildard.



BY DAN MCFADDEN

Staff Writer

As you may well be aware, Marist recently completed its fundraising campaign to add to the campus's academic and residential buildings. The campaign, which has raised nearly 100 billion dollars, has aided in funding the construction of some new and exciting facilities here on campus, such as the Hancock Center, the Music Center, and the renovation of the Rotunda.

"The Rotunda renovation will pretty much run forever," Marist officials were commented,"We've had a lot of fun working on the project, and we think we're just

gonna keep it going," they said. To which the Foreman on the job added, "To the break of dawn, yo!"

torever,

But the fun does not stop there. Future architectural plans are already underway on campus, and can be seen in progress throughout campus, even if their purpose is a bit unclear.

For example, if you've walked towards upperclassmen housing recently you've probably spotted the gray-stone wall pieces on top a hill near Beck parking lot. When reached for comment on the function these pieces serve, Marist officials said, "Because, we thought, 'why not?"

These officials further explained, "During a board meeting we decided that these pieces would create residential building located on the the illusion that you might be inside, while you're actually outside. I don't know, it was late, I think we were pretty gone at that point."

Some new projects serve a clearer purpose however, such as the new, state of the art academic science building, which will revamp college's nursing program and can already be seen under construction near Lower Fulton.

Other projects to look out for in upcoming semesters include, but are not limited to: a new wing in the Steel Plant building, dedicated solely to the art of glassforming; a Chipotle restaurant in place of the Fontaine Annex; and a new, two-story

western side of campus, just for cats.

"We have a lot of wild cats on campus, we figured they deserved a place for some R&R," Marist officials said. This "cat hotel" will include scratching posts, a bird pavilion, and of course electronic swipe entrance to ensure only authorized cats can get in.

"These new projects are innovative and exciting," said a representative from the Marist public affairs office, "If our students enjoy using them half as much as we've had building them, it'll have been worth it."

Stayin' alive: zombies shuffle onto campus

BY DYLAN GORDON

Circle Contributor

Get your baseball bats and hammers ready. It looks like the zombie apocalypse may be coming our way sooner than we may think. Its been rumored that the Hudson River State Hospital across Route 9 from may have Marist science students performing experiments on cadavers on the hospital's morgue wing.

The students have supposedly been experimenting on the brain in an attempt to find out how to further prolong the life of those who are living. The problem is that many people attending the hospital have described hearing muffled groans and the sound of shambling coming from the floor below the regular hospital areas. One Poughkeepsie resident even described seeing what she described as a zombie, and not the college student suffering from a horrible hangover. Marist officials are nervous that the so-called zombies could prove to be a huge problem for the safety of the Marist community.

With so many students watching the hit television series "The Walking Dead" the zombie craze is taking over. John Gildard informed us how he has confiscated over 50 weapons

varying from baseball bats and a thing of fiction, and they are real. similar blunt objects, to sharp tools like machetes and axes. Students have also been stockpiling massive amounts of food in their homes and dorm rooms. One freshman girl in Champ was angry at the apparent overreaction to the rumors, "All these people are over reacting way too much. There's no such thing as zombies. Everyone knows that."

Now the real question about this rumor is, are the zombies actually real? We asked science expert Neil deGrasse Tyson, a renowned astrophysicist, if these zombies could actually be real. "Zombies are not just If the proper experiment is done on the brain, life could be reestablished. though with a side effect of hunger for brains," deGrasse Tyson said.

A recent explosion at the Hudson River State Hospital has Marist increasingly concerned and even more unconfirmed rumors have gone around with news of actual zombies finding their way out of the hospital and shuffling their way into the Poughkeepsie area. One can hope that people will realize the danger we may be in before this plague begins to spread. We will keep you posted if civilization holds out.



Features

Thursday, April 2, 2015 www.maristcircle.com

Groundhog Charlie is single and ready to mingle

BY MICHELLE COSTELLO

Editor-in-Chief

As spring in Poughkeepsie approaches, many students are looking forward to seeing the friendly, round faces of the groundhogs that make their home on the Marist campus. However, what students might not know is that all of the groundhogs on campus belong to one family, the Chucks. I chased down the family patriarch, Charlie, and got the inside scoop on the secret life of our beloved groundhogs.

Charlie welcomed me into the family's main hub, located underneath the rocks behind the Hancock Center. The Chuck abode was surprisingly spacey and posh, complete with a fireplace and handcrafted wood furniture. Framed photos of the family hung over the fireplace and covered the walls. After pouring himself a glass of brandy, Charlie began telling me everything he wanted students to know.

up," Charlie started, sounding agitated. "We aren't strutting around campus for your entertainment. Most of the time we're on our way to work or running errands and when we have to run away from the grabby students, it really sets us back. Plus, your hands are always clammy."

Though he was apprehensive about being picked up by students, Charlie said the family is enjoying the recent phenomenon of students taking selfies with the groundhogs.

"Take all the pictures you want!" Charlie laughed between sips of his drink. "We Chucks are the best looking groundhogs this side of the Hudson Valley."

Shockingly, Charlie revealed he and the rest of the groundhogs actually get to see most of the photos, as they are very active on Insta-

"We see most of the photos, but I'll only throw you a like if you get my good side," Charlie added while

hone.

Charlie also commented on why the groundhogs are usually seen alone.

"Hibernation is a rough season for the Chucks," Charlie said as he looked up at the family portrait above the fireplace. "We spend so much time together in the winter that once it starts to warm up, the kids like to do their own thing. You guys don't get to see it as much but by summer, we're all on great terms. In fact, we often have family barbecues on campus when the students are all gone. You guys aren't the only ones who enjoy Marist Beach."

Charlie's frank nature got a little ruffled when asked about the status of Mrs. Chuck.

"Sheila and I got divorced a few years back," Charlie said with a

Sheila was seen hanging around with one of the cats behind Midrise Hall five years ago - the two ran off

"First of all, stop trying to pick us scrolling through his feed on his iP- together, leaving Charlie alone to raise their 42 children.

Page 4

"It's been a little rough sometimes, but the kids all pitch in around the house, and they're great," he clarified. "I do it all for them."

The single dad said he is looking to start dating again soon, and admitted that he doesn't discriminate by species.

"I'm definitely looking to date a Marist girl," Charlie said, adding a wink. "As a lifelong resident of this campus, I know the most romantic spots for a date. I might not be able to take you out to a restaurant - tried that once and got Pest Control called on me... it's still a sore subject - but I'm a great cook, and a good listener."

Charlie says that any interested Marist ladies should feel free to approach him on campus, as he is "very friendly." He also said you can "slide into his DMs" on Instagram at @CharlieGroundhog.

Editor-in-chief's sad life as a kleptomaniac hoarder

BY KATHLEEN O'BRIEN & AMBER CASE

Co-Managing Editors

"I saw it sitting there, waiting and I just had to take it," Circle editor-in-chief Michelle Costello said in her official statement. "It just spoke to me, calling me to take it home – just like a poor defenseless animal."

After a night behind bars, Costello still holds fast to her belief in the appropriateness of her actions. The scandal broke the other night after a thorough search of her Lower Fulton Townhouse room revealed not just a copious amount of alcohol but an eclectic mix of stolen items, resulting in Costello's confession to being a kleptomaniac hoarder.

Among the stolen items are an entire order of Circle newspapers, three boxes of Admissions pens, 15 pints of Ben & Jerry's, napkin dispensers, five tickets to the "Lion King" and, most importantly, a piece of the giant head pulled from the Hudson in Spring 2013. Keep in mind these are just a few of the items, but space and discretion prevents us from completing the

Costello has been released on bail and is currently finishing her senior year with her court date still to be determined, but her position on the Circle has been terminated



MUGSHOT COURTESY OF MARIST SECURITY

Costello boasts after "acquiring" a piece of the mysterious giant head, the prize posession in her twisted collection of stolen goods

as well as her post in the Student Activities office.

"I'm just so disappointed in Michelle's behavior," said Director of Student Activities Bob Lynch. "She always seemed so sweet, but it's always the quiet ones that are the most deadly."

Like a silent fart, Costello was able to move in and out of offices, swiping materials and leaving only a foul odor of distaste in the room and the people wronged in her wake. Most horrific to Lynch was the dishonesty and lack of integrity which Costello displayed, something required of all Marist student workers especially those in Student Activities

"Costello's behavior is not representative of the typical Student Activities workers who are pillars of this campus for honor and righteousness," Lynch added.

Although Costello is still under investigation, she sat down with her now former Circle colleagues for an exclusive interview with us into her dark and troubled life.

"I never thought of stealing until I came to Marist and as alone my freshman year by the river I noticed a groundhog a few yards away," Costello explained. "He didn't see me watching, so he freely went about his business collecting twigs and berries on the ground. It was a simple action but

it connected him with the earth...it was just so natural, so that's why I started."

As a very shy freshman unsure of how to gain friends, she furnished her wardrobe with random items picked up here and there. Costello was sure that Fashionology wouldn't notice a few items missing nor would the athletic department mind if used, sweaty towels were taken or if a couple T-shirts and sweatshirts were removed from the racks.

"I wanted to give them a loving home...they are all a part of me," Costello added.

The downfall, though, is that once she started, it was impossible to stop. Despite friends who accepted her without the added flair, she couldn't resist the need to belong to the world around her. She was a girl obsessed with no way out.

Former Circle advisor Gerry McNulty began to notice Costello's queer behavior, particularly her evasiveness and constant surveillance of his office.

"Every time she came to meet with me about the paper, I could see her staring at my coffee mug," McNulty said. "I was always a little disconcerted by her intensity and the eagerness in her eyes. After a few weeks into the semester, I couldn't handle it anymore so I stepped down."

SEE "PERHAPS", PAGE 9

ASAP ASIA STUDY ABROAD PROGRAM











Explore Asia with Marist College

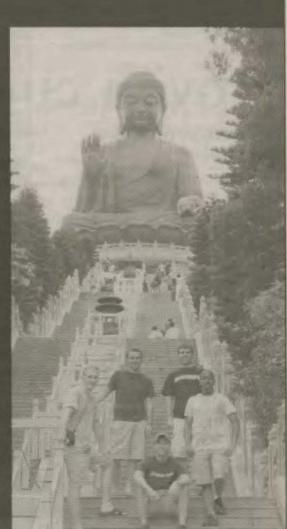
What will set you apart as you enter the workforce looking for a full-time job? What can you do now, as an undergraduate, to be competitive for a position that has an international focus?

ASAP: Asia Study Abroad Program is designed for business students seeking unparalleled insight into the world of international business through site visits, examination of real-world business issues, reflective cultural experiences, and contact with businesses, cultures, and peoples of each country visited. Past programs have included Cambodia, China, Hong Kong, Japan, Laos, Myanmar, Thailand, Tibet, and Vietnam.

For more information, contact James Morrow-Polio, Assistant Coordinator at james.morrowpolio1@marist.edu.



Marist International Programs | Hancock Center 2007 | 845.575.3330 www.marist.edu/international | international@marist.edu





Lifestyles

Thursday, April 2, 2015

www.maristcircle.com

Page 6

Get healthy with the new all-carb

BY GABRIELLA GAMBA

Staff Writer

In this day and age, people everywhere obsess over the importance of having a healthy diet. So, let's talk about greens. Everyone knows that when you're trying to shed a few pounds, the best thing to do is to take anything green and leafy out of your diet and add in everything white and starchy.

If you're looking to stay in shape and continue your hardcore spring break diet, be sure to implement the latest food trend, the all-carbohydrate and dessert diet. All trainers, fitness gurus and health-nuts these days are raving about the numerous health benefits of eating strictly bread, potatoes, cake, cookies, ice cream or anything of that nature.

While this is probably obvious to most people, some may underestimate the importance of eating as many carbs, starches and desserts as possible. Because carbs and sugar are at the very top of the food pyramid, we know that they are the healthiest for us, and that we should be eating them in large proportions every day. What we need to watch, however, is any kind of fruit, vegetable or lean meat that may contain too many fats and not enough nutrients. Our bodies are delicate and can't handle too much color on a plate.

Carbs and desserts are great for a few different things, including aiding in weight loss, providing us with important vitamins and minerals and building strong bones. If you want to lose some weight,

PHOTO COURTESY OF TUMBLR

Remember, for the healthiest diet, stick to carbs! Pizza is an essential, everyday

be sure to make the majority of each meal contain at least one of the four Superfoods - bread, potatoes, pizza and pasta. Also, no matter how full you are, it is best to find room for a sugary, rich, decadent dessert after dinner. This general meal plan has been proven to have ingredients that speed up metabolism, get the digestive system going and help lose weight quickly. If you stick to this strict diet, you are guaranteed to lose at least 10 pounds in the first week.

Another important nutrition fact about carbohydrates and sugars is that they contain all of the vitamins and minerals necessary to live a healthy lifestyle. By adding more

starchy foods to your diet, you will increase your levels of Vitamins A, C and E, as well as levels of Iron, Folate and Potassium. This will help your skin clear up, your hair and nails to be long and healthy plus much more. Within just a few days of switching to this healthier lifestyle, you'll be sure to notice significant, positive differences in your body.

Lastly, carbs and desserts help to build strong bones, which prevents against diseases like Osteoporosis, where bones become brittle and break easily. The levels of calcium in these foods are so high that doctors believe that if you break a bone, you can help to heal it by simply eating your weight

in cake and pizza. This is where the saying, "A pizza a day keeps the doctor away!" comes from.

By sticking to these general foods for the majority of your meals throughout the day, you are clinically proven to look and feel healthier, be more energetic and your performance at school or work will improve.

If, however, you're really craving that apple or piece of chicken, remember that it's okay to allow yourself to cheat every once in a while. Let yourself have a piece of broccoli here and there. Eat an orange for a snack, or a piece of fish for dinner. Just be conscious that these foods may lead to feelings of weakness, fatigue, bloating and overall discomfort. Eat foods like this in moderation.

As a general rule, stay away from avocadoes. Avocadoes are full of bad fats and oils that will make you gain weight rapidly. Never, ever eat them as a snack, and never cook with them as an ingredient. If you're thinking about spreading it on your toast for breakfast, think again. Always go for something thicker and creamier. Use butter, cream cheese or even peanut butter - but never avocadoes.

Hopefully these tips will make you rethink your diet and motivate you to eat clean just in time for summer. Be sure to eat as many carbohydrates as you can with each meal, and eat your fruits, vegetables and meats in moderation. Never, ever skip dessert, and remember, pizza is always your friend.

Proven cures for a rough hangover

BY SHANNON DONOHUE Lifestyles Editor

roll over to see that you've slept until 2 p.m. and you're 1) Let the light in. still in your clothes from last

for the Advil. But instead of defaulting to painkillers, here

Make sure you turn on all the You sit up, the room starts curtains as soon as possible. Ex-

spinning, and you head right posing yourself to as much light to take on the rest of the day! as possible will wake you up Make sure you do both cardio and and allow you to have a positive weights to get the full benefits. It's Sunday morning. You are a few surefire ways to outlook on the rest of the day! 5) Drink more. cure that hangover in no time. Leave those sunglasses at home. 2) Blast your favorite music.

night. We've all been there. lights in your room and open the mo or metal) can distract you of a hangover. Sure, you might from how much your head hurts. feel even worse tomorrow, but Head-banging to the music can you're guaranteed to have some actually cure the constant bang- great stories from this weekend. ing in your head! So grab some Hangovers are the price we pay speakers, plug in your Pandora for a fun night out. As painand blast it as loud as you can. ful and exhausting as they can 3) Stay away from food and

Eating and drinking right when ed, sweaty, expensive bars. you wake up can make you even

If all else fails, just get drunk again! This might be the most Loud music (I suggest screa- effective method of getting rid be, they're definitely worth the crazy nights in over-crowd-

So to recap the best cures for more sick. Let the alcohol run your hangover, expose yourself to its course through your body as much light as possible, dance before getting any nutrients. around to extremely loud music, try not to eat or drink any water Hangovers can make every mus- and exercise as much as possible. cle in your body ridiculously sore. If none of those work, just grab Exercising can assuage this pain another beer. By following these by releasing endorphins that make simple steps, you can have a much you happier and more energized more enjoyable Sunday morning!



PHOTO COURTESY OF FLICKR Follow these tips to cure your morning hangover!



Opinion

Thursday, April 2, 2015

www.maristcircle.com

Page 7

Residence halls to increase weekend security

BY SOPHIA BRANA

Staff Writer

Students looking to get rowdy this weekend will need to find a new location, as Marist Security is planning on taking the night patrol to a new level. Rather than simply swiping in as normal, students looking to enter Midrise and all freshmen residence halls will be required to pass a field sobriety test. This test may include walking in a straight line, reciting the Marist fight song backward and even a Breathalyzer test. Any student in violation of the college's alcohol policy can expect to be sent to the hospital, as usual.

"Youths love their drugs and alcohol, but these things have no place at an institution of higher learning. We are doing our part to maintain a safe campus," John Gildard, Director of Safety and Security said when asked to comment on the new policy.

Gone are the nights of gripping your ID and hoping for a miracle to get back into your residence hall. The new weekend policy ensures that all risk-takers will be caught and brought to justice. With the impenetrable Marist



PHOTO COURTESY OF THE WALL STREET JOURNAL

Is there really a colonial woman churning butter or are we just really drunk?

Security team on the case, there will be no more students drunkenly slipping through the cracks.

The use of the Breathalyzer test will make Security's job even easier; they will no longer need to wait while students use their three tries to swipe their ID properly. Now, any underage student with a BAC over 0.00 will be denied access to the building and transported immediately to the hospital.

This new policy is one small step for John Gildard, but a giant leap for the war on drugs. Though it is sure to be overwhelmingly unpopular among one by one. To combat this

the ruffians of Marist College, sobriety testing will make the campus a safer place and hopefully deter degeneracy among students in the future. The Marist Security team is taking important steps in reducing the prevalence of drug-and -alcohol-related crime on campus, an initiative that should be adopted by colleges and universities across the nation.

The only flaw in this plan is that security desks are sure to become backed up when groups of students return home and have to complete sobriety tests

problem, Gildard and his team should consider establishing random sobriety checkpoints around campus. Not only would this make for less crowding around residence hall entrances, it would stop more outlaw students before they get the chance to cause trouble around campus.

"This really throws a wrench in my plans," sophomore Midrise resident Adriana Belmonte said. Belmonte is not alone in this sentiment; hooligans across campus are upset that their delinquency may come to a halt at the hands of John Gildard. What these outlaws fail to realize is that 90 percent of crimes at Marist can be traced back to drugs and alcohol. The new sobriety test policy will surely reduce the occurrence of golf cart thefts and the breaking of glass doors.

Gildard's final words of advice for those students brave enough to continue experimenting with drugs and alcohol within the Marist gates: "Don't do it." Students who choose not to take John Gildard's advice to heart are doing themselves a great disservice.

40th season of Pretty Little Liars: Still no A

BY ALEXANDRA AYERS

Circle Contributor

Pretty Little Liars ended its 40th season last week and while viewers thought A would finally be revealed, this was not the case. It was speculated that due to the show's poor writing and redundant plot line it would be cancelled, but in a miraculous turn of events the show has been renewed for another season. The handful of viewers the show still has left continue to speculate whom A could really be.

Through past seasons we have watched the four main characters Aria, Emily, Spencer and Hanna struggle with pinning down who A could really be. A has been tormenting the girls through cryptic messages and threats to expose their darkest secrets since their friend Alison went missing. In 2014, Alison retuned to Rosewood and although it might have seemed as though the drama died down, A was still very prevalent,

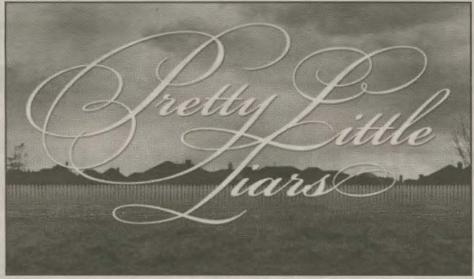


PHOTO COURTESY OF ABC FAMILY

and began tormenting Alison. The girls, now middle-aged women, have suffered through A's cruelty and threats for long enough and viewers were all hoping it would come to an end. Writers had other plans in mind.

Many thought that A would potentially back off the girls. After all, they have all moved out of Rosewood, gone on to college, and started families of their own. Obviously A hasn't had enough yet and has continued to follow

all of the girls through these stages of their lives. Perhaps A doesn't have much going on in his or her own life to stay occupied.

Viewers speculate that perhaps A could be Ezra, Aria's ex-lover and English teacher, who also had an obsession with Alison. Ezra has long moved on from his career in teaching and retired to Florida where he spends majority of his days playing shuffleboard. Now that Ezra is eliminated

from the A lineup, many have turned to Hanna. Although Hanna has always seemingly been the victim of A's torment, events in the show have given viewers reason to believe she's not as innocent as she seems. However, there is no possible way Hanna could be A now. Hanna moved back to Rosewood after college where she and her long-term boyfriend, Caleb, settled down. Hanna spends her days being a housewife and looking after her two children.

Viewers are stumped about whom A could be, but also in certain respects, no one really cares. Rosewood has returned to the quiet sleepy town it was before Alison disappeared and A entered the picture. Most of the characters are sick and tired of A and mostly want whomever it is to finally get on with their life as well. Those who still watch Pretty Little Liars aren't sure themselves why they are still holding out hope for the reveal of A because it seems that is just not ever going to happen.



Opinion

Thursday, April 2, 2015

www.maristcircle.com

Page 8

"Bound II" funny comparisons: Kim Kardashian and Gone Girl

BY ANDREW AUGER

Circle Contributor

To most of America, the Kardashian family represents everything wrong with society. Whether it is the rampant materialism present in their brand, or the fame they've achieved by doing little other than cultivating that brand, it's safe to say that not many people like them. Personally, I love them. Life just wouldn't be as fun without the Kardashians; they're mesmerizing in their ability to just grind our gears. That infamous picture of Kim crying like a baby who just sucked on a lemon is a perfect metaphor for how we should perceive them. They aren't deplorable, just adorable in how clueless they are to how much we laugh at them.

The Kardashians are entertaining for the wrong reasons. "Gone Girl," the 2014 movie starring Ben Affleck and Rosamund Pike, was entertaining for the right reasons. So naturally, any comparison between the two



PHOTO COURTESY OF BUZZFEED

Kim Kardashian or Amy Dunne? You decide.

totally makes sense. Rob Kardashian recently compared his sister Kim to Amy Dunne, Pike's character from the film. For those of you who haven't seen the film, let's just say that's a less than flattering comparison.

Rob Kardashian having seen Gone Girl is not that big of a surprise. Not only was the film one of the biggest of last year, but it also speaks to the kind of "guilty pleasure" entertainment that defines the Kardashian family's core audience. How accurate is Rob with the assessment? Well, Kim and Amy do share quite a few qualities. For starters, both Kim and Amy are part of, let's say, fascinating marriages. One is a little more sociopathic than another, and I'll let you decide which one I'm referring to. Kim's sex tape told us that she'd chase fame in any way possible, which is certainly true for Amy's own story arc. Also, one of these ladies is a figure of popular culture whose

life story is manipulated due to the perceptions of the media and the other is Amy Elliott Dunne. Apparently, Rob didn't fight with Kim, and that Gone Girl comparison was just one of love. But I think Rob could've done better in picking something that Kim resembles. There are so many people that Kim Kardashian shares a likeness with, and if Rob was really trying to devastate his sister, he wouldn't have held back. I've seen Kim compared to a number of things, whether it be a real-life manifestation of a Bratz doll, a Madame Tussaud's wax figurine, a blowfish, Ms. Doubtfire and Draco Malfoy from Harry Potter. All I'm saying is that if Rob wanted to be really harsh, he wouldn't have picked one of the most intricately complicated and complex psycho women of cinema history, because that would be giving Kim more complexity than she deserves. If anything, she's more Regina George than Amy Dunne, and even that comparison is so not "fetch."



What are your plans after graduation?

Graduate Programs

- Business Administration (M.B.A.)*
- Business Analytics (Certificate)*
- Communication (M.A.)*
- Computer Science (M.S.) Software Development*
- · Education (M.Ed.)
- Educational Psychology (M.A.)*
- Information Systems (M.S.)*
- Information Systems (Certificate)*
- Integrated Marketing Communication (M.A.)*
- Mental Health Counseling (M.A.)
- Museum Studies (M.A.)**
- Physician Assistant Studies (M.S.)
- Public Administration (M.P.A.)*
- School Psychology (M.A.)
- *Online format available
- **Offered only at the Florence, Italy Campus

As one of the nation's leaders in the use of technology in education, Marist College is the perfect fit for people looking to advance their careers. We offer 14 graduate degrees and certificates, in online as well as on campus formats, designed to provide you with the skills and vision needed for the 21st century. Regardless of your location, Marist College makes quality higher education highly accessible.





Thursday, April 2, 2015

www.maristcircle.com

Page 9

Circle Opinion editor takes HER opinions too far

BY KATHLEEN O'BRIEN & AMBER CASE

Co-Managing Editors

A rumble fills the Lowell Thomas lab, and it's not construction but rather the empty stomachs of the Circle staff recently deprived of pizza and mozzarella sticks on late night. This tradition which has been a staple for years was done away with this semester because of one person: Adriana Belmonte.

While the food was meant to simply provide sustenance for the editors, Belmonte used the break as a sounding board to express her many opinions on the Yankees, women's rights and other useless information (personally, we stopped listening). The sound of her voice has simply become an annoying hum like that of a bee on a summer day...almost as bad as melted ice cream.

"She was so quiet and nice when she first came to our pitch meetings as a writer," Circle editor-in-chief Michelle Costello said. "Because of that we asked her to be our Opinion editor a decision we deeply regret."

It isn't just that Belmonte is loud, but that she has an opinion about everything. Mozzarella sticks were hers, cheese should be banned from pizza - we laughed at first until she

PHOTO COURTESY OF ADRIANA BELMONTE

For your own safetey, don't bring cheese pizza into the kitchen when Adriana is around.

leaned over and slapped a piece of cheese pizza out of freshman Arts & Entertainment editor John Mosho stating: "that's why you don't put cheese on pizza!"

"I didn't know what to do so I just returned to my work," Mosho said. "From now on, I just keep my head down and do my work either leaving early, taking my time until she leaves or working from home - it just depends on how strongly traumatized I feel on that day."

Besides the pizza incident, Belmonte feels a need to share her opinion on the Yankees - yes, they are the best but the continual bickering between her and sports editor Avery Decker about the Yankees and Mets was making all of us lose our appetite. "It got to the point where I am planning to leave the staff," said Decker. "I'm just glad I'm getting out when I am, but I feel bad for the rest of them."

When it comes to women's issues, Belmonte is leading the feminist charge. I mean, we're women, but she's making us not want rights! We've actually had to start removing some of her articles from the paper because it just has to stop.

Although we've told her she is able to return to her post next year, her post is actually under review. It's come to our attention that Belmonte has been rewriting opinion stories to match her own outspoken ones as well as refusing stories to people who (as she puts it) "just aren't with it."

Belmonte's behavior isn't confined to just the Circle as she continues to cause a ruckus in her classes as well. Co-managing editor Amber Case is in Belmonte's Issues in Sports Media class, and affirms all the above testimonials. "Even though Professor Mirabito tells us that no one's opinion is wrong, Adriana thinks the opposite," Case said. "She yells at everyone who doesn't share her opinion...no one is safe. Let's just say that class participation has drastically declined."

While we at the Circle all for freedom of speech and expression, we do have our limits. There exists that line where freedom of speech blurs into nonsense, and Adriana has crossed that line. Therefore, for all of the poor souls who have been silenced by her loud, brash comments, we take a stand here...your pain and humiliation will not be in vain.

From page four

Editor Costello steals the show with Kleptomaniac case

misperception," McNulty added.

Dr. Ryan Rogers is the new advis-

ward as a team, though."

Of all of her acquisitions, Costelbehavior happen to a girl like Mi- her first days at Marist - alone. from all of the commotion." chelle," Rogers added. "I just hope Costello saw the head as a lonely

Marist students posing with him.

er, and he accepted the post with- lo's prize possession is the thin him - his whole body and now added with a glisten of tears in her out knowledge of the consequences. wafer she removed from the giant his pride," Costello told us. "I just eyes. "People can be so cruel, and "It's the saddest thing to see this head. For her, it reminded her of wanted to keep a part of him safe I just want him to have a chance."

Costello kept the piece (cleaned

"Perhaps I should have warned the rest of the staff won't take the soul in need of a friend who is bad- of the Hudson River pollution) in a Rogers, but I hoped it was just my discovery too hard. We'll push for- gered day after day by annoying small glass case under her pillow.

"I don't care what happens to me, "So much of him was taken from I just want him to be safe," Costello

business.rutgers.edu/finmaccy

Rutgers Master of Accountancy in **Financial Accounting**

On-campus & Online Program

Earn your Masters in Financial Accounting in 12 months for less than \$25K.*

The program requires 30 credits, 15 are earned during the summer session, when students are enrolled on campus on a full-time basis. The remaining 15 credits are electives taken on a part-time basis online in the Fall and Spring semesters. The program provides flexibility for students and firms. Accounting graduates admitted into the program in the summer can complete 50% of the degree requirement prior to joining a firm.

'The Board of Governors reviews the tuition and fees on an annual basis and sets new tuition and fee rates at its July board meeting.

Online Audit Analytics Certificate

As an alternative to the masters program, non-matriculated students may complete four online courses to receive a certificate in Audit Analytics. The certificate program consists of courses in advanced topics such as Audit Analytics and Information Risk Management.

Visit: business.rutgers.edu/finmaccy Email: admit@business.rutgers.edu Telephone: 848-445-9229

Rutgers Business School Newark and New Brunswick Thursday, April 2, 2015

www.maristcircle.com

Page 10

Justin Bieber comes to Marist for spring concert

BY MALLIKA RAO

Staff Writer

Fresh off of getting roasted on Comedy Central by Kevin Hart and pals, Justin Bieber is on his way to making a comeback by embarking on a college tour. He will be visiting six colleges in total, with Marist being his fourth stop. He touches down on the land of the Red Foxes on April 26 for our annual Spring Concert. He is bringing special guest Kanye West along with him in what many are calling the "D-Bag Rehabilitation Tour." But if for some reason Bieber will not be able to make it (perhaps because of a court appearance), SNL's Kate McKinnon is gladly on stand-by.

Indeed, Bieber, now 21, has experienced his fair share of troubles. As we all know, he's crashed cars, peed in mop buckets and egged his neighbors' houses.

But when asked about his upcoming college tour, Bieber stated, "my fans have always stuck by me no matter what, and I am going on this tour to show them my love. They were all really young when they started following me and listening to my music, and it's great that we've been able to go on this journey together."

Any frat parties for the newly legal Biebs? Not so much. "Eh, I'm taking

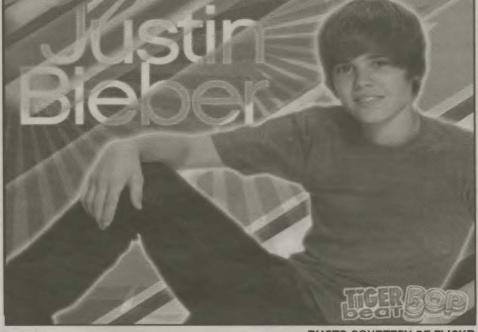


PHOTO COURTESY OF FLICKR

Justin Bieber posing for the "Beliebers" here at Marist College.

a break [from the party scene]. I'm really focused on my music right now," he claims. Well, we'll know for sure if he's not seen partying the night away at Mahoney's the night before.

He plans on performing some of his past hits like "Baby" and "Boyfriend," as well as some of the new material, which includes songs like "Gangsta Wannabe" and "There Really is Nothing Between My Calvins (Except for Love)" off of his new album "Juvenile Delinquent." He will be debuting his first single "Grounded for Life" during the Spring Concert, which features Kanye as well as Madonna-his reported new lover.

Yep, you heard that correctly. The Queen of Pop has apparently replaced pop princess Selena Gomez as the love of Bieber's life. The perennial cougar has reportedly decided to make the teen pop sensation-turned-adult superstar her latest "conquest" after they met during a recent episode of "Ellen."

When asked about the possible hooking up by reporters—as she is promoting her own new album "Rebel Heart"—she simply said, "age is just a number and that is all I have to say about it. He's only

two years older than my daughter, so it's okay."

Will Her Majesty be making an appearance in the McCann Arena? We still don't know, but one thing is for sure. Somewhere, Selena Gomez is with her new boyfriend-DJ and hitmaker Zedd, who as far as we know is actually a man-not caring one bit that her ex is dating the decades-older superstar.

Bieber's longtime manager Scooter Braun—the king of promoting overrated singers with a clientele that includes Carly Rae Jepsen and Psy (remember him?)—believes this concert will be a game-changer for Bieber's career and could even inspire other troubled young stars to use college campuses as arenas for their comebacks.

"Bieber is going to kill it on [this tour]. He is an inspiration to many." Braun adds that he is starting a rehabilitation program for troubled child stars that will "be more helpful to some of these guys than most of the Hollywood rehabs, as we just send [them] back into work without warning." Zayn Malik, are you listening?

Even if the ex-One Directioner is not, chances are that everyone at Marist will come April 26. Be there, or you will have your dorm room egged.

Where are ancing sharks

BY JOHN MOSHO

A&E Editor

The tides have changed for Left Shark, whose career has progressed swimmingly right in front of our eyes after his Super Bowl halftime performance. It is through this success however that Left Shark has left his brother and partner-incrime, Right Shark, behind to wallow in the salty depths of his sorrows.

Since February, Left Shark has the entertainment dominated scene, soaking in the limelight and the fame, while his brother, Right Shark, has been forced to watch begrudgingly from afar.

"My life changed for the best after [Katy] Perry finally gave me the chance to strut my stuff and show the world who I really am," said Left Shark. "Without her believing in me, I'd probably still be floating about Hollywood, trying to make a name for myself."

Since his breakthrough performance, Left Shark has been making small cameos all around the continental United States, exploring his options as to where he wants to bring his talents.

"After making cameo appearances in Broadway's "The Little Mermaid' and 'Finding Dory,' I think I've finally found the opportunity to make my splash," said Left Shark.

"After hours of negotiating, I have finally locked up the star role in 'Sharknado 3: Oh Hell No!"

With all of this success for Left Shark however, Right Shark now feels as though he is on the wrong side of things.

"I feel like a fish out of water,"

said Right Shark. "My whole life has been spent swimming and dancing with my brother. It pains me greatly that he has left me for the popularity. Did you know he wasn't even supposed to do that impromptu dancing? How is it fair that he gets all the glory by breaking all the rules?"

Even though his brother has reached a new level in his career, Right Shark is struggling to stay afloat due to the lack of job opportunities coming his way.

"These days, I question if it's almost time for me to go belly up," said Right Shark. "With nobody hiring me, I've been forced to take a job working for the local aquarium, doing the same dancing routine every day. I'm tired of going with the flow of things and I feel as though I have no choice but to go back to the ocean and pursue other options."

Although Left Shark wants his brother to "Just keep swimming," it appears as though this might truly be the end of a brotherhood, a friendship, and the dancing shark duo.



PHOTO COURTESY OF MARIST COLLEGE STUDENT

Left Shark is starting to make a name for himself as he is prepaired to star in the new Sharknado movie.



Sports

Thursday, April 2, 2015

www.maristcircle.com

Page 11

Men's basketball

BY BEN HAYES

Staff Writer

security went to each men's basket- has done the complete opposite." ball player's residence and put the ing them in to the Athletics office. the law, nor have even had their rep-

An anonymous high-ranking source in the athletics department described the team's conduct as "atrocious," saying "these young men Marist College, due to the have an obligation as student-athplayers' failure to be bad role letes to be a detriment to society and models, has suspended the en-contribute nothing other than their tire Red Fox basketball team. skills on the basketball court. How-Early yesterday morning, campus ever, the men's basketball team

The Red Foxes have not seen any athletes in handcuffs before bring- current player get in trouble with utation tarnished by any warnings. "Not only is the team embarrassing me by not getting arrested," said the anonymous source, "but none of them are even failing any classes! At least half the team should be in trouble of academic suspension, but instead we have a bunch of honor students! What a waste of talent!"

"You have to believe that they would not be getting away with this at Kentucky or North Carolina, so some of this is probably my fault. I should have been more on top of them to make sure that they stop focusing on being students," said head Marist men's basketball coach Mike Maker. Maker added "this was a lot easier when I coached division three."

An official statement from the Marist Athletic Department assured fans that next season will be full of recruiting violations, fake classes, and failed drug tests to make up for this season's lack of trouble.

NCAA finally gives water polo team payday

BY MIKE BRACCO

Staff Writer

The NCAA has recognized the Marist women's water polo team as the best athletic team in America and will reward them by making them the first college athletes to ever be paid.

"We understand that water polo is the most popular sport in the MAAC and I have a great relationship with President [Dennis] Murray," said NCAA President Mark Emmert. "Since the water polo team is head and shoulders above the other teams at Marist, we decided to experiment and compensate these ladies."

President Murray's response to this reward has been swift- completely gutting McCann Center and replacing it with one huge pool. Water polo is now being considered a major, and all members of the team are enrolled in classes such as Polo-economics, and Polo-theory.

Upon hearing the news, head coach Natalie Benson surprised her players by draining the water out of the McCann Arena pool and filling it



PHOTO COURTESY OF GOREDFOXES.COM

Jessica Hamby (pictured above) and her twin sister Alison have dominated the MAAC this year, drawing the attenion of even Syracuse legend Jim Boeheim.

ers to dive in, Scrooge McDuck style. es from around the NCAA. Syra-"I've always been a fan of Duck Tales, cuse University men's basketball

it was my favorite cartoon growing coach Jim Boeheim has supportup," said Benson. "I've never really ed this decision saying, "I am a had a chance to recreate the theme huge fan of the Hamby sisters' song until now, thanks to the NCAA." play for the last three years, and

felt this was a long time coming, their exemplary work," he contin-"We knew the NCAA would final- ued. "I only wish this happened ly come to the realization that our sooner because this team has de- McQuade. These players declined to women's water polo team is in the served the money for a long time." upper echelon of college athletics." Other coaches have not been so re-

with real gold coins, ordering her playThere have been mixed respons-Athletic Director Tim Murray I'm happy they are being paid for

Saban, head coach of the University of Alabama football team had some choice words for the decision, "This is absolute bulls-. The Crimson Tide football team deserves the money! We don't really need it because we make millions, but we want more!" Players on the team were asked

ceptive to this announcement. Nick

how they would spend their \$10,000 a month paycheck from the NCAA. The overwhelming response was surprising, as most said it would be spent on food to escape the pressure of playing as the highest regarded collegiate team in America. This did not seem to be a concern for coach Benson, as she believes that the team will still be in shape to maintain their spot at the top of the NCAA.

Seniors and juniors have been receiving offers to play for the FINA Water Polo World League. Many believe that this year's team can play as a unit in the 2016 Summer Olympic Games in Rio de Janeiro. Unfortunately, Canada is recruiting Amanda Amorosa and Jocelyn comment on the Olympic situation.

Baseball team to become basketball team

BY BEN HAYES

Staff Writer

The Marist College baseball team is considering changing sports after recent practice activities.

What started as simple pickup basketball games before and after practices has turned into a new hobby for the Red Foxes. "I think this really starting taking steam back in January when the women's basketball coach, Brian Giorgis walked into the gym and saw us playing some ball after our practice," senior right-handed pitcher Evan Davis said. "Giorgis immediately started blowing on his whistle and had us doing suicides until we were making our free throws."

Once Marist baseball Head Coach



PHOTO COURTESY OF GOREDFOXES.COM

Chris Tracz found out about this, he were missing so many shots until was completely on-board. "It seemed about thirty minutes passed and I like a great way to for the guys to realized that they weren't actually practice," Tracz said. "I give Gior- girls. It was pretty embarrassing." gis all of the credit, but I think that The Red Foxes began to exclureally took it to the next level." sively play pickup basketball at When Coach Giorgis was asked about practices, and even started scrim-

the subject, all he said was that he maging nearby schools. "We swept "honestly thought that they were my New Paltz and split the series team. I couldn't understand why they against the Culinary," Tracz said.

"We were even able to scrimmage against Iona this past weekend after the extra inning baseball game finally ended. I think this bunch really has some great potential to be good basketball players."

The Marist baseball recruiting class has even been affected by this sudden change. "We offered full scholarships to these two seven-footers from Sudan this month, and we couldn't be more excited about it," Tracz said. "They have never played baseball before and don't really know how to swing a bat, but we expect them to be great additions to the club."

Marist is also looking into the possibility of recruiting Lakers shooting guard Kobe Bryant, since he did not attend college.

Red Foxes to hire coveted five-star referee

BY BEN HAYES

Staff Writer

Next year's recruiting class for the Marist College football team is going to include a referee.

Among the many quarterbacks, linebackers and wide receivers that the Red Foxes have secured for the next four years, referee Edward Thomas from Des Moines, Iowa is perhaps the most notable Marist recruit this year. Thomas, who spent his last ten years refereeing Pop Warner games near Des Moines, is expected to make an immediate impact next fall as the Red Foxes look to get back to the top of the Pioneer League.

"Refs don't really get rated the same way that actual football players do," explained Marist Head Coach Jim Parady, "but if I had to pick one, I'd say Eddie is definitely a 5-star recruit. He has all the intangibles that you wanna see in a ref, especially since he'll be on our side." After following up Marist's first ever Pioneer League championship in 2012 with a disappointing 4-7 overall record, the Red Foxes are hungry to be a dominant team once again.



Edward Thomas, 65, from Des Moines, Iowa is ready to make a splash-hopefully for the Red Foxes in the upcoming football season.

This is a very rare occurrence in the sports world. In fact, Thomas is the first referee to ever be recruited by a collegiate sports program. While this may seem like a very unorthodox move by Marist, the current Red Foxes are embracing Thomas' arrival with open arms

"I think that it's a great idea by Coach to get a ref," junior offensive lineman Jon Higgins said. "I can't believe he didn't think of it sooner. Now all the calls will be on our side, and instead of having to worry about getting called for penalties, I can hold the (expletive) out of the rushers all I want."

"I was talking to some of my buddies that play D, and they were joking about how they're definitely gonna be breaking some arms and legs at the bottom of the piles," Higgins continued. "Although knowing them, they probably weren't actually kidding." Marist certainly seems to be very hopeful about next season, due to Thomas' commitment.

Thomas recently used his one allowed overnight visit to Marist, and Coach Parady said that it could not

have gone better. "Eddie is a natural out there," Parady said. "He attended one of the practices, and it was remarkable to see how he was able to throw flags whenever we wanted him to, and not throw flags when we didn't want him to."

During Thomas' overnight stay, he also spent a night out with the team, where they attended the local bar and restaurant Darby O'Gill's for the evening. Thomas was reportedly throwing flags almost every minute due to excessive contact and unsportsmanlike conduct.

"That just comes with experience," Higgins said. "People have to remember that even though Eddie is 65 years old, he still hasn't even played his first collegiate game yet.

Marist certainly seems to have a "win-now" mentality, and there have even been whispers that the Red Foxes plan to recruit several circus animals as well. Coach Parady declined to comment on this matter, but did mention that fans should not be surprised to see the offensive linemen be replaced by elephants next fall.

TIME TO FACE THE ABROAD



SPRING 2016 APPLICATIONS NOW BEING ACCEPTED



WARTS | Marist International Programs | Hancock Center 2007 | 845.575.3330 www.marist.edu | International@marist.edu