

The



Circle

The student newspaper of Marist College

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Marist alumna rows to the top

By MONICA SPERANZA
Staff Writer

Hillary Saeger, a 2007 Marist graduate, represented the United States in a rowing championship held in Poznan, Poland, Aug. 23 – 30. She and her teammates Abby Broughton, Stefanie Sydlik, and Lindsey Hochman finished third in their event race at 6:36:88, with Great Britain winning silver and Germany winning gold.

Eighty men and women made up the U.S. team and 20 of them had participated in the Beijing

"To be able to see success in you and your team when you are working hard is a great motivator."

—Hillary Saeger, Marist Alum '07

Olympics.

"In total, 54 countries and 357 boats are represented in the competition," Saeger said.

For the competition she was in a

quad for a sculling event, which means she uses two oars instead of one.

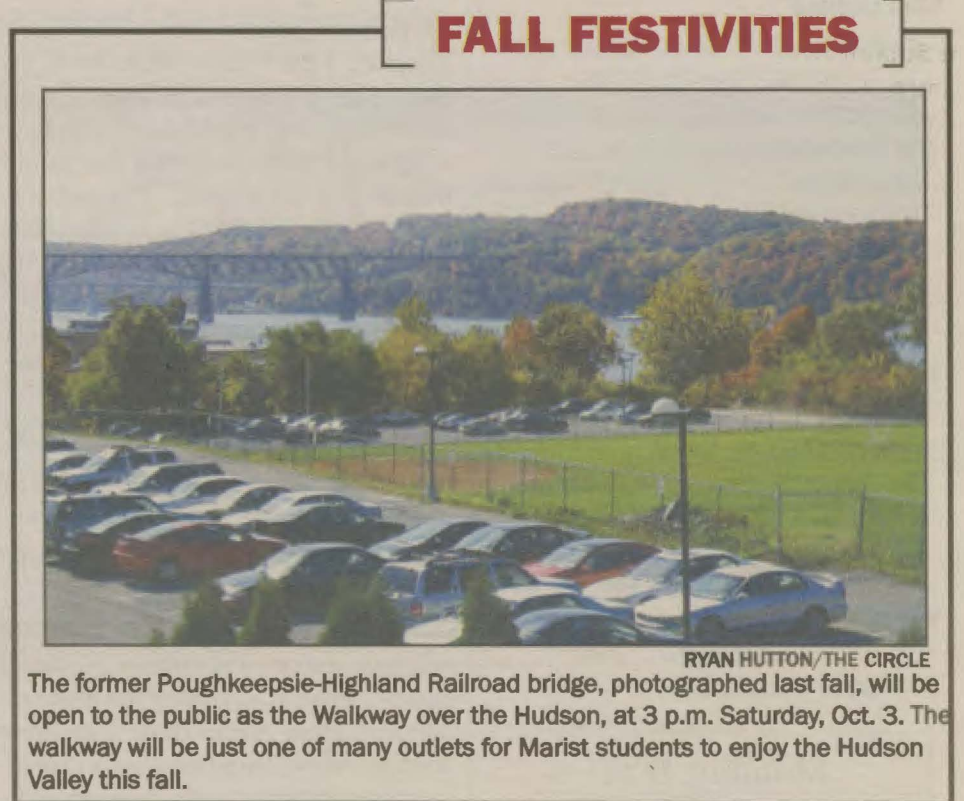
When Saeger prepares for competitions such as this championship, she trains around her 8:30 a.m. to 4:30 p.m. job at MIT.

"I train two times a day," she said. "I wake up at 5 a.m., workout, usually row on the water but sometimes I run, bike, lift, or erg as cross training. Then after work I go back to the boathouse to do my second workout. I have a coach that lets me know what I should be doing."

The competitions in Poland are not Saeger's only accomplishments.

"I actually had my first 2k sculling race this year," she said. "I got into the Riverside, my boat club on the Charles River, lightweight women's double and just started practice with my doubles partner and went to the National Selection Regatta no. 1 to see how we would do against other top lightweight doubles."

"We did well, and then went to the National Selection Regatta no. 2 where we placed third. Then we went to Elite Nationals in the dou-



RYAN HUTTON/THE CIRCLE
The former Poughkeepsie-Highland Railroad bridge, photographed last fall, will be open to the public as the Walkway over the Hudson, at 3 p.m. Saturday, Oct. 3. The walkway will be just one of many outlets for Marist students to enjoy the Hudson Valley this fall.

ble and got third again. The top lightweight women's double from that race represented the U.S. at Worlds and the next two doubles were put together to make the U.S. quad."

Before such achievements, Saeger was part of the rowing team here at Marist College. She said that she had a great experience on the Marist team, and enjoyed being able to make friends and be competitive at the same time.

"I feel the women's team at Marist

were fairly competitive with other schools the years I was there," Saeger said, "which I think is very important for any athlete who wants to continue a sport. To be able to see success in you and your team when you are working hard is a great motivator."

The advice this athlete would give to current Marist students is "Never put a limit on your potential."

The Boston Globe contributed to this report.

Campus dining and residences go green

By KATELYNN WALSH
Circle Contributor

Dining Services, the Office of Student Affairs and the students at Marist College have gone to great lengths to join in the green movement.

"The thing that we try to emphasize most to our students is reduce, reuse and recycle," said Steve Sansola, Associate Dean of Student Affairs, and co-chair of the Campus Sustainability Advisory Committee.

The traditional residence halls such as the freshmen dorms and Midrise have separate, organized collection sites for paper, comingled recycling and garbage. All of the other residence areas, such as Gartland Commons and the upper-classmen townhouses have organized sites for recycling outside in the parking lots. This year, during freshmen move-in day, the Department of Student Affairs set up an area for cardboard collection, resulting in collection of over 3,300 pounds.

Black recycling bins are now lo-

cated at numerous locations around campus. They are source separated into bottles and cans, mixed paper and trash.

The college's dining hall and Cabaret have also done their part. The dining service buys, when available, locally-grown foods to help save on gas. There is a hydration station in the dining hall, which contains flavored water se-

lections, flavored by natural fruits. Sansola said a switch to all organic food would be a costly jump the campus isn't ready for.

"Only a small portion of our students are thinking about food in a different way meaning, organic, or local grown and that's fine," Sansola said. "As an education institution, if we can engage students in thinking about food choices that is good. This

is particularly the case in college because you are constantly under stress, on the go, and not sleeping as much so eating well is important."

Junior Lauren Tillotson said she thinks the organic efforts may be going overboard.

"I know that organic foods are better for you, but a lot of the students here aren't necessarily concerned about eating organic food when they go to the Cabaret," she said. "They are more concerned with having a quick tasty snack."

New in the Cabaret this year is an organic café on Tuesdays from 11:30 a.m. to 1:30 p.m. Students and faculty can eat local organic foods prepared by a Marist chef. There are 40 seats available for each meal, so those who want to attend are asked to call for a reservation.

Other green initiatives on campus include a switch from trays to plates in the dining hall to eliminate waste and the use of water-efficient bathroom devices. All the buildings have energy efficient lighting and the library and computer lab computers use double sided printing.



THE TRUTH ABOUT.../FLICKR.COM

THIS WEEK

Thursday, 9/17

No Events Posted

Friday, 9/18

Tom Deluca

Hypnotist and Comedian
Nelly Goletti Theatre, 9 p.m.
Sponsored by SPC

The Proposal

SPC Movie
Performing Arts Room
11 p.m..

Saturday, 9/19

The Proposal

SPC Movie
Performing Arts Room
10 p.m.

Sunday, 9/20

Volleyball Home Game

Marist vs. Loyola (Md)
McCann Center, 2 p.m.

Monday, 9/21

No Events Posted

Tuesday, 9/22

Flag Vendor

Champagnat Breezeway, Student
Center: 9 a.m. to 5 p.m.
Sponsored by Student Affairs

Wednesday, 9/23

Dr. Mark Naison

Marist Lecture Series
Performing Arts Room, 7 p.m. to
10 p.m.
Sponsored by Student Affairs

Security Briefs

Student breaks seal in neighbor's dorm room

By CHRIS RAIA

9/6 Midrise

Intoxicated student sent to St. Francis' Hospital. I don't know what else to say here. Nights that end in hospital visits are actually very scary – most of us have a personal story involving one of our friends and the hospital. The best way to handle these nights is to appreciate the severity of the situation while it's happening, make sure disaster doesn't ensue and laugh about it over pancakes the next morning. Because, remember, when it comes to things like this, when you're not laughing, you're crying.

9/7 – Behind Donnelly

I'm not sure what the name of this location is called, but I know it as the random spot in the woods where there are religious statues and outdoor electrical outlets (undoubtedly one of the most underrated ideas ever). Here, a group of students were "found passing a lazy afternoon with the help of a fluorescent ceramic pipe." Security's words, not mine. The students claimed they weren't using the pipe, even though it was apparently still warm when it was found. But no drugs or any other illegal paraphernalia were found, so I'm not going to say anything else.

9/10 – Champagnat

Twenty-three cans of beer were confiscated, along with several empties. I feel like most of the good stories of the past two weeks have been happening at Champagnat, which has me thinking. Shouldn't there be a point system added to this column? Ten points for alcohol confiscation, 5 points for fire alarm, 15 points for hospital visit, etc... This would be like an incredibly dysfunctional Hogwarts House Cup. I'm in. Stay tuned.

9/13 – Mad Hatter

I wish I had more information on this one. I really do. Whenever the only eyewitnesses besides the police are college students leaving a bar at 2 a.m., it's very difficult to find the true story. I've heard that so many bottles were broken that glass must have been raining from the ceiling. I've heard that there was an all-out melee featuring at least 20 people. I'm going to call BS on all of that and just say what happened. Fact – a Marist student was arrested for attempted assault and for possessing a fake ID. I can't really say anything else without just fabricating stories. And that just wouldn't be very newspaper of me to do. Sorry.

9/12 Champagnat

Intoxicated freshman wandered into his neighbor's dorm, dropped his pants and urinated on the floor. Last week, I

said waking up to find yourself surrounded by stolen outdoor furniture would beat any freshmen roommate story. I might be taking that back. But whoever this person is, keep your head up. These things happen, you apologize, pay for the damages, clean up and you learn from it. At least you didn't relieve yourself all over your girlfriend's bridesmaid dress the night before your best friend's wedding. Talk to one of my brother's groomsmen about that. Feel better yet? You're welcome.

9/6 – Cafeteria

I was asked to write about this one to remind everyone that not everyone on this campus is a saint. A student left her wallet and cell phone on the table in the cafeteria and returned to find her license, cell phone and credit cards missing. Again, even though most of the people here are great, this still happens. So just carry your stuff with you. That's why pockets are so awesome – they make it very difficult to lose things. Unless you're wearing cargo shorts, in which case, no matter how hard you try to remember, you'll always forget which pocket you put things in. Or unless you're a girl and wearing jeans – those pockets are just too small.

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



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The Circle

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News Briefs

Marist outdoor hiking group:

A group of Marist students and faculty are creating an outdoor activities network. Students and faculty that lead outdoor activities inform about their plans and people can join in. Students will explore new routes to the mountain. Those new to the sport there will be trips you can join with other people.

Outdoor activities will be done in an informal way. The network is not sponsored by Marist College as an institution. It is simply a group of students and faculty that wish to go outdoors and want to meet each other, share their experience, and basically go on weekends explore nature. Those interested in leading a trip will be able to post it for others to be aware.

Luis Espinasa, a biology professor from the school of science is spearheading this network.

"Marist is 30 minutes away from the Shawanagunks ridge. One of the best places to rock climb and

hike in the East Cost. But every once in a while I find students that would like to do outdoor activities and are clueless of where to go, or worse yet, do not have anyone with whom to go" Espinasa said. "I go there almost every weekend, if I am not caving or kayaking. But most of the time I go alone. I am sure there are students and faculty that would like to join me."

Espinasa is interested in creating a communication network. By having a place where people can post or look up for outdoor activities, a hiking group will emerge within the Marist community. To receive information on hikes, rock climbs, caving, kayaking, or camping, email Espinasa at luis.espinasa@marist.edu to be included in this network. To request to lead a trip, include in the e-mail the meeting time and place, brief description of the trip, and preferred contact information.

Marist Poll reports:

After a summer of political bickering that crippled the New York State Senate, 70 percent of New York State registered voters say they are angry about the situation in the Senate while 26 percent report they are not.

These proportions are virtually unchanged from when Marist last asked this question in June. As in that survey, outrage transcends party lines. 72 percent of Democrats, 71 percent of Republicans, and 67 percent of non-enrolled voters admit to feeling this way. These attitudes remain little changed since Marist's previous poll.

This translates into a poor job approval rating for the Senate. A majority — 54 percent — of registered voters across the state report that the Senate is performing poorly. Just 14 percent think the legislative body is doing either an excellent or good job, and three in ten think they are performing only fairly well.

Chess master to take on crowd:

International Chess grand master Ronen Har-Zvi will play 40 people simultaneously on Saturday, September 19, during an exhibition at Marist College. The match begins at 1 p.m. in room 348 of the Student Center. The event is free and open to the public.

Har-Zvi is rated in the top one-tenth of one percent among United States players. At 16, he won the world championship for his age group and at 18, he became a grand master. Har-Zvi writes a column for Chess, a British magazine, and is a regular competitor and commentator for the Internet Chess Club. Har-Zvi is known for his performance in the best online "bullet game" ever played, a type of chess game in which each side is given less time to make their moves than under the normal tournament time controls of 60 to 180 minutes per player.

THE DAVENPORT PROPHECY: KNIGHTS TEMPLAR IN WASHINGTON, D.C.

(An historical thriller — by Vernon Murray)



According to Harvard University epigrapher Dr. Barry Fell (1917 - 1994), in 800 B.C. an Egyptian astrologer named "Wnty" sailed up the Mississippi River to Davenport, Iowa and left a message on four stone tablets. The first tablet shows an attacker from the east--traveling across the sky, covered in red (blood?), with an axe over his head. The second one shows twin obelisks (Egyptian towers) lying flat, in--according to Dr. Fell--September. Do the scattered objects and dead fish point to the annual flood on the 1st day of Akhet--September 11th? The third stone shows mourners holding hands at a cremation site three months later. And, it explains--in hieroglyphics--how to make a calendar by using the sun and the zodiac. The fourth stone shows the zodiac. The stones were found in 1877; and at first, the secret societies and museums were excited. Then they all said the stones were fake. Then in 1970 Barry Fell proved them wrong. But why cross an ocean, to carve twin towers, in North America, near an island at the precise latitude (41°) as Manhattan? A coincidence? A warning? A cover-up? Join the sweetheart couple--Sal and Charlotte, as they race against time to uncover the secret of the Davenport Stones. Read an excerpt at www.davenportprophecy.com. On sale at Marist Bookstore.

Terrigno's tips

Phil's weekly take on three events in the world of news and professional sports

By PHILIP TERRIGNO
Sports Editor

WORLD EVENTS #1: Small amounts of marijuana, cocaine and heroin have been decriminalized in Mexico as of late August. I can't help but wonder if President Felipe Calderon or the rest of the Mexican government were under the influence of one or more of these substances when this legislation slipped seamlessly into Mexican law. Keep in mind that over 3,000 people have been killed in Juarez, Mexico during the last 21 months due to drug related violence. Juarez is located right across the Rio Grande from El Paso, Texas, and its proximity to the violence makes the possibility of the domino effect seem a whole

lot scarier, doesn't it?

SPORTS #1: Congratulations to Captain Clutch. In his 15th season in pinstripes, Derek Jeter has broken the New York Yankee's all-time hits record. His single to right field against the Baltimore Orioles on Sept. 11 gives Jeter 2,722 hits, one more than Hall of Famer Lou Gherig. Not only is this an important milestone for the Yankees shortstop, but it's also an important one for the franchise. As if not winning the World Series in the past eight seasons wasn't enough, the Bronx Bombers legacy has recently been shrouded amidst steroid controversy and high profile signings that have gone wrong. Cheers to Jeter, one of the few class acts left in the MLB!

WORLD EVENTS #2: Kim Jong Il, the North Korean dictator, has shown a tendency to defy the United Nations Security Council by conducting missile and nuclear tests. Often protected in the U.N. by Russia and China because of their commercial interests in the country, this behavior is merely encouraging others to follow in his footsteps. With a similar situation brewing in Iran, it's imminent that China and Russia show some sort of initiative along with the U.S. to persuade Iran to halt its current military work.

SPORTS #2: Anquan Boldin and Braylon Edwards never arrived in East Rutherford, NJ wearing the New York Giants blue this past summer. Although there was speculation that General Man-

ager Jerry Reese might try to bring one of the high profile receivers to the team, nothing ever developed. It was an excellent job in week one of the NFL season by the seven Giants receivers who caught Eli Manning passes and combined for 256 yards in a victory over Washington, proving that the Giants can win football games without the walking public relations disaster that is Plaxico.

WORLD EVENTS #3: New York City health commissioner Dr. Thomas Farley wants to seek a ban on smoking at the city's parks and beaches. According to the New York Times, this legislation would encompass 14 miles of the

SEE SPORT, PAGE 5



Apathetic youth yields dire consequences in the future

By DEANNA GILLEN
Opinion Editor

"Despite the big stories of our era, serious journalists find themselves all too often without a beat. Just as the news cycle has shrunk, so has the bottom line."

President Obama, at Walter Cronkite's memorial service last Tuesday, spoke these words to a room full of people who had dedicated their lives to their careers as journalists. My boss, Gabe Pressman (senior correspondent for NBC), was among them in attendance.

Sitting back in the office, transcribing the ceremony through a live wire, I couldn't help but look around me at the half-filled newsroom. Before starting this internship, I believed that it was only the newspapers that were having difficulty with their loss of readership. Such stories of the Boston Globe closing its doors, and a similar fate being found at hometown papers nationwide, I'm sure, have served as cautionary tales for anyone seeking a career in print journalism... well, for almost anyone. I had no idea that the problems with readership are affecting the entire news industry, especially television. Unfortunately, it seems that I was wrong.

It seems that the age of Stephen Colbert and John Stewart has taken the place of "hard news" that was once so valued in

prior generations. If not these humorous spoofs, there are the boisterous opinionated, and often venomous, newscasts of many of the cable news networks. The push towards entertainment-based journalism has rendered nearly every traditional news format of the major networks out of the loop, so to speak, as they all try to compete with the comedic-based spin-off often seen and heard on its cable contenders. Why is it, I wonder, that this shift has occurred, that nobody values hard news anymore? Is it that watching something entertaining is better than the "mundane" details of the everyday news, or is it that our generation, in fact, does not really care?

While the press is supposed to be the "watchdog" of the government, it seems that the media might have to abandon that role for a moment, and admit that Obama might just be on to something. The people of today do not seem to value what they once did, and don't seem to care about what is happening in the world around them. Honestly, I would not be surprised if the majority of us opted to watch "Chelsea Lately" instead of the 10 o'clock news, or picked up US Weekly instead of the New York Times.

As Obama said Sunday night on '60 Minutes', "in the era of 24-hour cable news cycles, the

SEE HARD, PAGE 5.

Intern finds office politically incorrect

By MICHAEL NAPOLITANO
Staff Writer

Imagine you just landed a great job, but then they tell you that you must commute every day for an hour and a half by train and they won't pay for your commuter pass. In fact, they don't pay you at all. That's the reality for many Marist students including myself who become interns on that dreaded slice of isle known as Manhattan.

I had a summer internship with a side project of a major political party. At first I thought this was great news because I'm a political science student. But then I started thinking about what I was really going to be doing, and that trounced my mood.

Interns for political parties do two things: They either call constituents to ascertain support or information, or they talk to constituents to ascertain support or information. The first point means sitting at a table all day with a list of phone numbers to call, where about 90 percent of those on the other end are either not home or refusing to answer their phone. The second point means standing in the hot New York sun asking passersby for their support. It truly is a lose-lose situation.

I was stuck in the unfortunate situation where I had to be knowledgeable and excited for a policy that I was not too fond of. This was the one thing that truly tested me morally about this past internship. The busy work that I had to do never fazed me, I simply input the information into

the computer. What truly got to me was the fact that my job was to convince people that a policy that I believe will be ineffective is the way to go.

I began to have a very hard time collecting signatures and calling voters because of this dilemma. What made the whole situation even worse was seeing my friends out advocating for the policy I'm in favor of while I was stuck with my job. Fortunately, I was able to finish my internship early before things came to a peak.

My internship made me think about my career options. There was one good thing about this summer; it convinced me that working for a political party isn't the right thing for me. I could never have a job where I am forced to advocate, sell, contribute to, or create something I am morally and ethically against. Fortunately enough for me, there are many different career options within the realm of politics where I could find something that suits me.

It may take a long time for me to discover what I truly want to do, but I know I won't be content with something I can't support. I think that is something everyone should consider, whether or not they are truly content with their career path. We are all in college for a reason, to learn and discover what makes us tick.

Unfortunately for us though, we will have to be interns and do things that we will look back upon and laugh. But for now, we just have to suck it up and try the world out.

From Page Four

Sport Editor's Take on Fouls to Faux Pas

shoreline and affect more than 1,700 parks. While I understand the good intentions of this idea, Farley is a little out of touch with reality if he ever thinks that this ban could possibly be enforced over thousands of acres. Smoking is already not allowed in almost every indoor public and commercial area. An attempt to move this ban to include outdoor space is ludicrous. What's next, are we not going to allow smoking at all?

SPORTS #3: At only one point during his Hall of Fame induction speech did I feel drawn to Michael

Jordan: When he thanked his brother who served in the military for 31 years. Aside from that brief moment, the content and delivery of the rest of the speech was disgraceful and cold. Jordan took verbal swings at NBA notables such as Jeff Van Gundy, Pat Riley and Jerry Krause. He even flew Leroy Jones in for the evening, the 6'7" former high school player that took Jordan's spot on the school team one season. Thanks for the great memories, MJ, but we could do without the cockiness for one night.

From Page Four

Hard journalism: A thing of the past?

.loudest [and] shrillest voices get the most attention."

I can only draw one conclusion from this. The time-honored tradition of factual, reasoned and trust-worthy journalism is becoming a thing of the past. The type of journalism made famous by one Walter Cronkite, known in his day as "the most trusted man in America," has fallen to the wayside, and has sadly succumbed to the "shrill" commen-

tary of the cable networks, as well as the humorous adaptations of the news featured by Comedy Central.

It seems that the desire to be entertained has superseded our generation's interest with being informed. In this light, it is true that newsstands are closing nationwide, and obviously, it should be no surprise that we are the ones hastening this decline.



ORIN ZEBEST/FICKR.COM

Improve your copy editing skills at
The Circle's workshop on Tuesday,
Sept. 22.

Stop by Lowell Thomas Room 208
at 9 p.m. to learn about editing stories
and layout.

All are welcome!

Letter to the Editor

What comes to mind when hearing the word silverfish? If you're like me, you would picture minnow-size fish, with pursed lips and iridescent scales. Imagine our surprise then, when Dr. Espinasa showed us pictures of our semester-long research subject for genetics class (BIO 320) last spring—insects the size of a fingernail, with six legs and what looked like microscopic hair running down their abdomens. Our project? Extract DNA from these bugs, using that information to see how closely related populations from different areas of Mexico are. If we were lucky, we could discover a new species.

The word research's origins come from the Latin meaning to seek closely, and it is a process of inquiry, of constant questioning; a quest for understanding. It dips its fingers into every discipline, from the classics to theories of personality to genetics, and very often crosses the borders, letting subjects and people speak to one another in an effort to simply know. Scientific research delves into understanding the realms of the universe and everything in it. From the movement of planets to the blue whale to the tiniest atom or the deadliest disease, science studies everything to discover why and how everything works the way it does, and then how it all works together to form the world we know.

We plucked a leg off of our silverfish specimens with the help of a dissecting microscope and put it into a tube shorter than any of my fingers. In the tube, in the tube we subjected it to chemicals that would dissolve all the proteins in the leg, and then put it through an array of solutions and buffers that isolated the silverfish DNA. It takes time, but it's really quite astounding, if you think about it. DNA carries all the information necessary for an organism to function, and also defines what makes a species unique. In humans, it's almost three meters long stretched out, but it spends most of its time coiled in the nucleus of a cell that is measured in microns and invisible to the naked eye. And yet, in a few days and using just a few chemicals, human DNA, or silverfish DNA, can be completely extracted from a cell and read like a book (given the proper technology, of course). I've done dozens of similar DNA extractions over the past two summers, and still if I stop and think about it long enough, it blows my mind; the wonder of what exists in the world, and of the human capacity to discover it!

We amplified the silverfish DNA, making multiple copies so that it could be accurately sequenced, and then sent it off for sequencing. Waiting for the results, we became surprisingly antsy. What began as a class project to learn about the process of research became something in which we all were invested. Yes, scientific research is a long process; yes, there is probably as much waiting involved as actual time spent running protocols. Still, there is this sense of anticipation; of the work being truly yours, of knowing you may be on the brink of finding something. It may just be one tiny step toward something bigger, one drop in an ocean of knowledge, but it's something, and it's a discovery in which we played a role.

The silverfish DNA came back as being different species. We discovered a new species; we had described something that never had been discovered before! Dr. Espinasa looked like he was trying not to jump for joy. My classmates and I couldn't stop smiles from spreading across our faces. We had made a discovery! It was just a silverfish, nothing earth-shattering. It was something that will be recognized by very few outside of a small circle of scientists. And yet—we had quested for a semester, drawing careful pictures of our insects and following protocols, and we had made a discovery! Isn't that the purpose of research, of science in general—to seek knowledge and make discoveries? In that case, we had most certainly succeeded.

-Nichole Boisvert, '09

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SGA combats H1N1

By KELLY GALLUCCI
Staff Writer

You've heard the jokes, brushed off the rumors and read the real facts – now it's time to check out what the Student Government Association (SGA) is doing about this hot topic.

SGA wants to change the way students talk and act in regards to this strand of flu. They are encouraging the use of the official title H1N1 and, since the start of the semester, they have been working closely with the Student Affairs offices in order to keep themselves and the student body informed.

Julianne Homola, a junior, agrees with the decision. "I feel like people call it swine flu because it's more sensational," she said. "People are less concerned than they should be about the spread of H1N1."

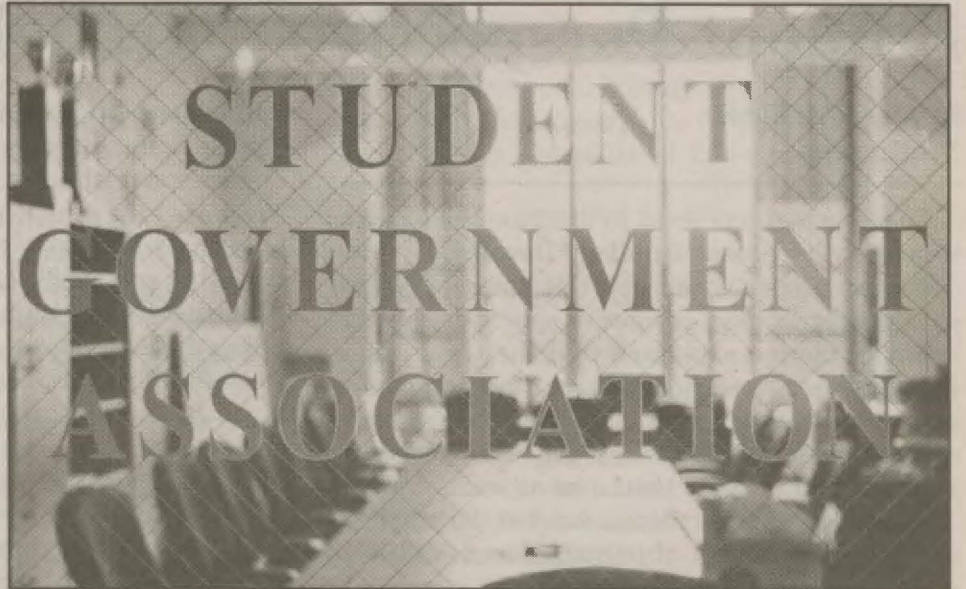
The American College Health Association has been tracking the progress of the H1N1 strand for months. They reported that between August 29 and September 4 New York diagnosed 77

new cases in college students. That was a 5.7 percent raise from the previous week, with numbers expected to continue to rise.

The officers of SGA want the Marist community to know the symptoms of the flu and the procedures to get checked out. Steve Townsend, Student Body President, knows that this responsibility rests in everyone's hands.

"We're going to do as much as we can," he said. "But it comes down to the individual students. Every member of this community plays a part in keeping Marist healthy."

Part of staying healthy includes SGA encouraging all students to get vaccinated. Health Services will soon be stocked full with the three separate shots needed to properly protect students from the H1N1 flu. The anticipated cost of these shots is \$10 each and the full vaccine will require two separate trips. The first visit gives the students the general flu vaccine followed by the first H1N1 shot. Health Services workers will inform students of when they can return for the second



RYAN HUTTON / THE CIRCLE

Members of SGA are working to be proactive in the fight against H1N1.

and final H1N1 vaccine.

Protecting the campus from flu goes beyond simple shots though. SGA is working with Student Affairs to provide disinfectant wipes in popular areas such as computer labs. "We started our work on this early," Townsend said, "to make sure we're being proactive for this flu season."

James Napoli, President of the Class of 2012, is very passionate about this

project. "Our main goal is education, education, education," he said. "The more people know the better they will be able to combat H1N1. We're trying to get that posted all over campus."

So whether you're cracking jokes about macking on pigs or receiving face masks in the mail from your parents, you should lend SGA your attention and help to protect yourself and others from the H1N1 virus.



JMTIMAGES/Flickr.COM

Obama's speech to students left audiences divided.

Obama reaches out to kids

By NINA LAMONICA
Staff Writer

On Sept. 6, 2009, President Obama went to Wakefield High School in Arlington, Virginia to deliver a speech to students. Many were fearful that Obama was going to inject politics into local education.

Florida Republican Chair, Jim Greer, accused Obama of trying to spread his "socialist agenda." He later said it was a "good speech" that he was going to spread to his own children. "It encourages kids to stay in school and the importance of education and I think that's what a president should do when they're going to talk to students across the country," Greer told ABC News.

The bulk of Obama's speech was encouraging kids to stay in school, to not let failure decide their futures, and to fulfill responsibilities. Obama gave more than just a warning to stay in school; he also gave the students a glimpse into his own past saying that he has made mistakes, but he learned from them. Even Republicans said that the speech was non-controversial and inspiring. Pat Toomey, Republican and representative for Pennsylvania in the House of Representatives, called Obama's speech "an inspiring and moving speech for students across America."

Yet, other people were not so keen as to let their children attend the speech. Some schools even decided not to show the speech at all. Parents and teachers were even given the speech early in order to review it. Linda Erdos, the spokeswoman for the Arlington County school district was quoted as saying "I don't think anybody viewed this as having a hidden agenda."

Some students, like junior Brittany Bobb, found the speech inspirational.

"It wasn't just for students as much as it was for everyone that has ever faced failure in their lives."

Others, like Lindsey Olson, think that "Maybe the President could have addressed the students in a different fashion, that could have raised less concern for the parents."

CORRECTION:

In last week's edition, *The Circle* incorrectly attributed a quote to Michael Hall. The correct attribution belongs to Ken Hall.

The truth about health reform

An inside look at the president's plan

By ELIZABETH PEARL
Circle Contributor

In his speech to Congress last Tuesday, President Barack Obama said, "I am not the first president to take up this cause, but I am determined to be the last." If his determination gives way to success, he will also be the last president to confuse us with this complicated issue.

Democrats and Republicans both agree that health care must be reformed – 15.4 percent of all Americans do not have any health insurance, according to the U.S. Census Bureau. And with 62.1 percent of all 2007 bankruptcies having medical causes, Obama decided to take action.

Obama proposes a universal health care system in which all American citizens are covered, and those who cannot afford the private companies' plans can look to a public, government-run option. If passed, this plan would take affect in 2013. The intent of the bill is to create a competitive market for insurance companies. The public option could potentially promote a rivalry between private companies.

Dr. JoAnne Myers, an assistant professor of political science, said that the public option will "release the monopoly companies have over health care and make people happier and more productive."

In addition to insuring the uninsured, Obama hopes to create more secure plans for those with coverage. The plan calls for laws that will end discrimination against people with pre-existing conditions and top companies from dropping clients when people get sick. In addition, out-of-pocket expenses will be capped so people will not have to pay more than they can handle

when they get sick.

The plan's impact has caused great debate. According to Obama's plan, the new system would be paid for by trimming wasteful spending from Medicare and Medicaid, as well as increasing taxes on people with incomes over \$250,000 per year – this will prospectively make no addition to the deficit. According to Myers, 25 percent of the current budget is spent paying for health care. If it is made competitive, that percentage might go down to as low as 7 percent.

In his speech, Obama said that the American people are paying in their taxes for the medical costs of the uninsured. Sophomore Matt Flint said, "We're going to have to pay for it either way."

"One concern for students is that coverage by parents ends after they leave school," Meyers said.

Under Obama's plan employers with 50 or more workers would be required to either provide insurance or pay to help cover the cost of making coverage affordable in the market exchange.

Freshman Katherine Adams was concerned that this was a movement towards socialized medicine, and that the legislation was being rushed through too fast. "I really don't know how to fix [the health care problem] – I don't know that anyone does," she said.

In June, the GOP proposed an alternative health care reform plan in which effort would be spent promoting prevention and wellness. They also proposed a guarantee for insured Americans of continued coverage, a strengthening of employer-provided plans and a broader availability of information for people shopping for insurance.

Student Perspective: Through the eyes of a rugby player

By AMY WHEELER
Staff Writer

Fierce is just one word to describe the Marist women's rugby team. Another? Devoted.

While rugby, as a club sport, is not required to practice for as long as varsity sports do, junior Amanda Benton explained that the team practices for at least two hours, three days a week. In addition to this, they run as a team once a week and play games on Sundays. She also said that most of them train on their own as well.

Not only is the team dedicated, but the coaches are too. Both Marist alumnae, Maren Milliard and Danielle Hundt have developed a very competent and confident team. Benton explained that practices consist of honing critical skills of the game by running drills and plays, working on what needs to be improved from the previous game and planning for upcoming games.

Benton's enthusiasm for the team is very evident. She joined last year to try to fill a void in her life.

"I needed a new sport because I know I would feel incomplete if I didn't do something active. Finding a team where everyone was like a family was important to me," she said. When a friend of hers suggested rugby, she decided to give it a try.

From the first time she stepped out on the pitch, thinking, "Oh my gosh, what am I doing?" to the moment, as the No.16 seed, they beat No. 8 seeded Wayne State University at last spring's DII Collegiate USA Rugby National Championships in Sanford, Florida, rugby has been a re-

warding experience for Benton.

For the team, just earning the No. 16 seed was a huge accomplishment.

"We were all so thrilled," Benton said. "We really stepped it up as a unit to not only improve our playing and double our commitment, but also to fundraise." As a club sport, rugby gets their funding through college activities, like any other club on campus, as opposed to varsity sports who get their funding through the athletic department.

During their regular season, Marist plays other Division II teams in the area, for a total of five games. From there, they hope to go to the semi-finals, finals, and then the Northeast Rugby Union competition in November. Based on how they play there, they find out if they make the national competition and then have the opportunity to play teams from across the country.

Last year they played an undefeated regular season, were second in the northeast, and were pitted against the No.1 seed, Shippensburg University, the defending national champions, in the first round of the DII Collegiate USA Rugby National Championships. While they fought hard and forced Shippensburg into the closest game they have had in two years, the final score was 25-5 with a victory for Shippensburg.

The following day, they regained their confidence, faced the No.8 seed Wayne State University and dominated. With killer skills on offense and defense, the final score was 39-0.

This year seems to be off to a similar start. Their first game on Sept. 13 versus Fordham yielded an impressive score of 73-0. Benton says



ROBIN MINITER/THE CIRCLE

The women's rugby team circles up to cheer and get pumped up before a game.

that they are still getting new players every day, but that the team currently consists of about 35 women. They lost 10 seniors last year, which Benton said is definitely a challenge. However, she also said, "We're still a solid team and no one should underestimate us."

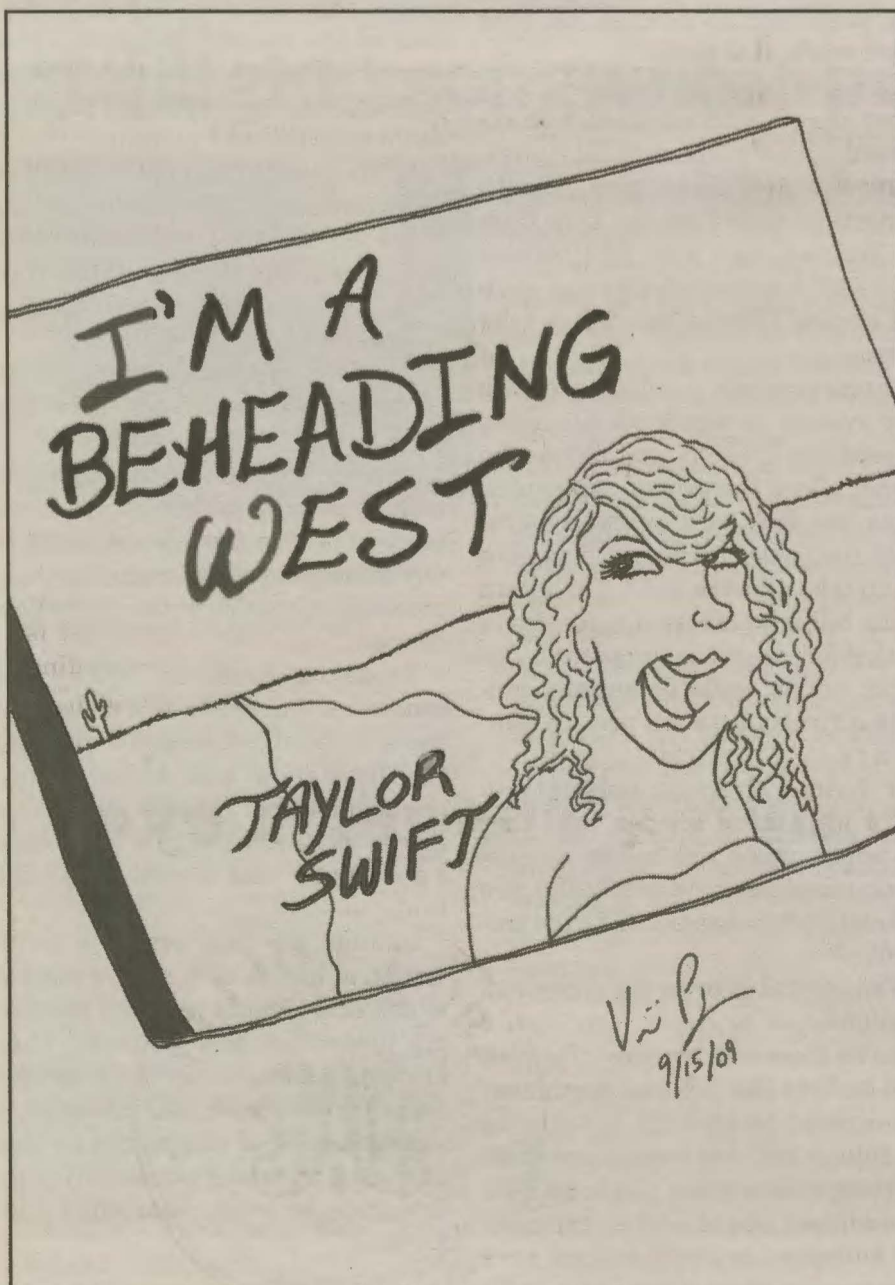
Another challenge? The sport itself. "It's such a fast moving game; you can't let anything get to you," Benton explained. "If you make a mistake you have to shake it off immediately because if you don't, you've already missed the next play. That, and the bruises – getting tackled definitely hurts more the following morning."

Team toughness is one of the things Benton is most proud of. "It takes a lot of guts to get beat up week after week and keep coming back.

SEE RUGBY, PAGE 9

cartoon corner

By VINNIE PAGANO



Professor's work valuable addition to the OCD community

By GAIL GOLDSMITH
Staff Writer

Counting, re-reading and replaying unsettling noises in your head are just some of the ways Obsessive Compulsive Disorder (OCD) manipulates information processing. Professor Christina Vertullo, of the School of Computer Science and Mathematics, knows how the symptoms of OCD add up and how anxieties can multiply.

In 1993, Vertullo's daughter was diagnosed with OCD during her junior year at Providence College. The effect of the disorder was so debilitating that she had to drop out of school.

OCD manifests in many different ways, depending on the individual. Vertullo's daughter counted objects and re-read material over and over again. "Her mind was paralyzed by the disorder," Vertullo said.

Soon after, Vertullo contracted mono and had to take a semester off from teaching. The time off from teaching turned into a valuable educational experience as Vertullo began learning more about OCD, and was soon inspired to be a resource and an advocate for others.

"As an educator, the way to cope was to learn. When I went to the [OCD] Foundation Conference in 1995, I saw successful people who

had learned to manage the disorder; it gave me hope," said Vertullo. So Vertullo turned hope into initiative: "Back when the internet was black and white, I got Marist to create a discussion forum for people who have OCD or know people with it," she said.

The purpose of the forum was to educate readers about OCD, and to connect readers to professionals for expert advice. In moderating the forum, Vertullo felt she had learned more about the disorder than most area professionals, so Vertullo hosted a conference on OCD at Marist in 1996 to recruit for a support group.

The first Hudson Valley OCD Support Group met bimonthly at Marist in 1996; Currently, the group meets monthly at St. Francis Hospital. The group educates about OCD, provides support to families with OCD, and funds and supports research. The session may feature a presenter, but usually features social time and discussion on topics such as "Who Am I Beyond My OCD?", "Positive and Effective Self-talk", and "OCD and Intimacy." Dr. Christine Young and Dr. John George, who has OCD, co-moderate the group with Vertullo. The age of members vary from 16 to seniors. College students are welcome.

SEE PROFESSOR, PAGE 9

Column about nothing: A senior returns with grace and poise

By MORGAN NEDERHOOD

Staff Writer

It's my senior year – there's no real way to sugarcoat it.

The only good thing about coming to the end of your college years is being able to look back and see how you've improved.

I'm no longer the wide-eyed freshman in my first year of being away from home. Now, I'm confident, poised, and admired for my social grace and composure.

Or not.

What I actually find is that I haven't changed too dramatically – I've just found more creative ways of being myself.

In some instances, my personal creativity has come full circle: on the first day of freshman year, I walked into a classroom in Donnelly, only to walk into a janitor's closet. Apparently, the "DY" on my schedule actually stood for "Dyson," and Donnelly would have been a "DN."

On the second day of my senior year, I spent 20 minutes wandering around Dyson as I looked for room 237. I couldn't find it, eventually gave up, and stormed the entire way back to Fulton. When I got home and looked at my schedule online, I realized that I'd again been in the wrong building.

Apparently – three years later – "DN" still meant "Donnelly."

In other instances, I've actually engineered entirely new ways of embarrassing myself:

One of my housemates was moving in early, so I'd been waiting for her the entire day. I'd moved

in earlier that week and spent most of each day in meetings, so I was expecting her to have arrived by the time I returned.

After the meetings, I made my way back to Upper Fulton and found the front door propped open for my housemate, Laura.

Laura's room was across the hall from mine on the third floor, so I quickly made my way up the stairs.

On the second floor, I was met by about seven or so people who I didn't recognize in the slightest. I paused for a split second and then realized that three of the girls in the group were the new housemates and the remaining girls and guys were their friends.

I didn't want to admit that I didn't recognize the girls I had met the day before, so I just awkwardly said, "Oh, party, party!" to the group and pushed through them.

I finally made it up the third floor and found Laura's room closed. Disappointed, I walked over to my room and stopped cold.

Have you ever had one of those moments where the world stops?

I'm not talking about the romantic kind where angels sing or something. I'm talking about the kind of moment that you seriously consider submitting to "FMyLife.com."

Well, I had one of those.

It wasn't my room. It wasn't my house. Those weren't my housemates.

I then had to walk back down two flights of stairs and through the group of housemates-turned-strangers.

So, I did – it's not like I had a choice. I walked

down to the group, hung my head, and said, "Um, yeah – this isn't my house." Luckily, they weren't fazed by the ordeal.

In fact, they laughed.

"Yeah, we were wondering who you were."

Only in college can a stranger walk through a house and talk to its occupants without question. I guess I really looked like I knew what I was doing.

"So...where am I?"

"6B."

"Oh, that explains it – I live in 6D. I'm Morgan, your neighbor. Nice to meet you guys...I'm gonna go now."

And, with that, I made my exit and ended the epic failure.

Luckily, my best guy friends lived next door, so I was able to run out of one door and into the next. I immediately explained the situation and no one was surprised.

My friend, Pat, walked to the front door and asked, "Do I have to apologize to them and explain that we're putting you back in the home on Monday?"

Pat never got the chance to explain my idiocy: just as he got to his townhouse's front door, the neighbor's door closed with a resounding slam.

So, I think it's safe to say that I'm still the girl who has a knack for embarrassing herself. Social graces are still lacking, and I don't exactly have a large amount of poise.

Though, I bet that I stunned them with my charm.

From Page 8

Professor's passion contributes to community awareness

Vertullo has also served on the national board of the International OCD Foundation since 1999, first as secretary and now as vice president.

"Even though it was a lot of work, it was a way to cope, a way to give back, and a way to support others. It has been rewarding to help grow the [International OCD Foundation]," Vertullo said. The foundation also hosts a conference open to those who have the disorder and their families and friends—not just professionals. The foundation is promoting awareness through spokespeople, PSAs and OCD Awareness Week, Oct. 12-18.

Jeff Szymanski, Executive Director of International OCD Foundation, sees a need for the foundation's first OCD Awareness Week to help the public move past misconceptions about the disorder.

"Typically, people are mixing up Obsessive Compulsive Disorder and obsessive and compulsive personality traits which one can get easily. People may also not be aware of all the treatment options for the disorder," Szymanski said.

Freshman Tom Krulikowski sees a very practical need for increased awareness. "If people were more aware of how prevalent it is, they could be more accommodating," he said. "People think of OCD as just cleaning stuff, but there are more intricacies, I'm affected by hearing a desk

move."

According to Krulikowski, his OCD is a continual thing, affecting every aspect of his life. Krulikowski repeats sounds and behaviors. "I will re-check text messages and anything I write over

"Even though it was a lot of work, it was a way to cope, a way to give back, and a way to support others. It has been rewarding to help grow the [International OCD Foundation]."

-Christina Vertullo

and over again. I also have auditory OCD which means I replay high-pitched sounds in my head; the sound of people chewing gum will repeat in my head all day long.

Wanting to be treated like a normal student, Krulikowski tries to downplay his OCD. "It is hard to manage in classrooms, hard to keep things the way you like them with so many people in the room. Living with a roommate is tricky; normal people have to compromise, but that is harder to do when the circumstances cause anxiety," he said.

Krulikowski was diagnosed during his sophomore year of high school, but showed symptoms as early as seventh grade. "It's like getting glasses," said Krulikowski. "You don't realize your vision isn't normal until the differences get very noticeable. I thought it was just a part of growing up."

Despite the pervasive effects of OCD, it is manageable through Selective Serotonin Reuptake Inhibitors (SSRI) medication and Cognitive Behavioral Therapy, which includes Exposure and Response Prevention (ERP), a therapy which acclimates patients to what they are most anxious about in a controlled settings to de-emphasize the role of rituals.

While people with OCD can't recover, they function and reassert control in their lives; Vertullo's daughter is now a special education math teacher in Newburgh. Krulikowski uses a two-pronged approach to manage his OCD. "I'm on medication, so I use that and willpower to restrain myself from constantly checking stuff, like my phone," he said.

Increasing awareness, hope, and know-how about managing and coping with the disorder is what drives Vertullo: "This work is a rewarding passion, although a time-consuming passion."

Student Perspectives: Through a rugger's eyes

We're strong mentally and physically – we try not to let anything get to us, and we never give up," she said.

However, above all, their commitment to the team and each other is their most important asset Benton said. "We have a lot of individual skill, but it wouldn't mean anything if we couldn't depend on each other. The trust and respect we all have for each other makes us pretty near unbeatable."

Rugby is a fairly new sport for the U.S. and therefore a lot of people don't know much about

it. Benton said, "Someone once described it to me as a cross between football, soccer, cheerleading, and hot potato, with no time outs, and I think that's a pretty adequate description."

And contrary to popular belief, being tackled is not a bad thing in rugby. Benton explained, "It's just part of the game, and usually, if you ruck (content for the ball) well, then your team keeps possession of the ball after you've been tackled."

Women's rugby home games are Oct. 4 and 11, so be sure to come out and support one of Marist's most successful teams.

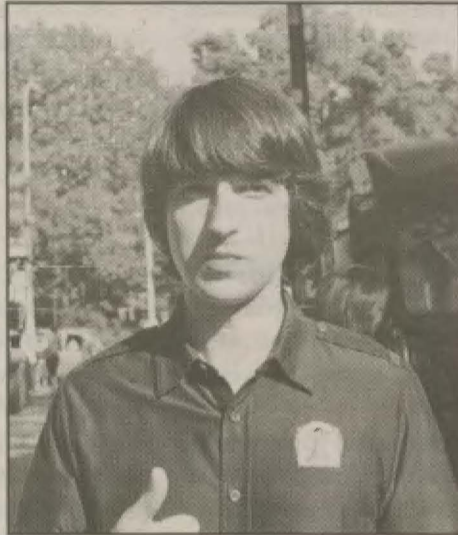


Observational comic genius to perform at Marist College

By CHRISTINA O'SULLIVAN
Circle Contributor

"This summer, I want to go to a beach and bury metal objects that say 'get a life' on them," Demetri Martin muses in his characteristic deadpan manner, while gently strumming his guitar. Unlike other comedians, Martin does not have to shout jokes at the audience, tell outrageous sex stories, or use multiple expletives to be funny. His jokes stand for themselves. "I think Employee of the Month is a good example of how someone can be a winner and a loser at the same time." His dry, absurd style is typical of shows like "The Office," "Arrested Development," and "Flight of the Conchords," the latter of which he guest starred as a keytar (a mixture of keyboard and guitar) player.

A Yale graduate, the multi-talented Martin incorporates his musical and artistic skills into his shows. Aside from playing keyboard, he often tells jokes while playing guitar and a harmonica strapped around his head, while tapping handbells with his feet. He is famous for being ambidextrous and displays his sketches and graphs at his shows, like a bar graph of how funny he finds farts by location. These visual and auditory aids give a refreshing twist to the usual mo-



ULTRA_NEO_RAMA / FLICKR.COM

Demetri Martin recently made his film debut in Ang Lee's "Taking Woodstock."

notonous stand up act, ensuring that every moment of his show is exciting and interesting.

Martin, raised in southern New Jersey, began stand-up full time after dropping out of NYU Law School (and a full scholarship) with less than one year left. In an online interview, he describes his decision to leave: "The only problem was that I had no passion for it. When I dropped out, everybody was disappointed. People said I should get the degree to have something to fall back on. That didn't make sense to me. Couches are good for falling back on, or fat people who are sun-

bathing, not degrees in things you don't like." Martin's cleverness and modesty are obvious in every word he speaks, making him an extremely likeable comedian that an audience loves to root for.

In the past few years, Martin's career has taken off. In his first leading film role in "Taking Woodstock," (now playing at Hyde Park's Roosevelt Theater) he plays the closeted interior designer who helped bring the 1969 music and arts festival – and half a million hippies – to upstate New York. His sketch comedy show on Comedy Central, "Important Things with Demetri Martin," in which he discusses important topics such as coolness and chairs, will start its second season in early 2010. He has written jokes for "Late Night with Conan O'Brien," served as the "Senior Youth Correspondent" for four years on "The Daily Show," and in 2003, won the prestigious Perrier comedy award for his show "If I." Martin is gaining more prestige in the entertainment industry every day, and NPR radio dubs him "the voice of Generation Y."

So, come Sept. 24, skip out on Hatters, put your homework aside, and witness the hilarious, obscure, multi-talented genius that is Demetri Martin. Only at Marist can 10 dollars be so well spent.

currently singin'



MISCELLANEA/FLICKR.COM
Ben Gibbard leads the rest of Death Cab For Cutie on the "Twilight: New Moon" soundtrack.



By RYAN RIVARD
A&E Editor

Death Cab For Cutie "Meet Me On the Equinox" – Ben Gibbard and crew wrote this tune specifically for the "Twilight: New Moon" soundtrack. Gibbard describes the lyric's meaning, as a song "about meeting another halfway because life is very short." The dreamy quality, and the refrain line of "Everything ends" prove the description accurate. Radiohead, Muse, and Bon Iver are others rumored to contribute music to the next installment of the teenage vampire series.

Wolfmother "New Moon Rising" – Wolfmother is still on the prowl with rocking just as hard as before with drum breaks, fuzzy chords echoing Queens of the Stone Age, and twisting guitar riffs. Despite losing two of its three members a year ago, the only original founding member, frontman/guitarist Andrew Stockdale, and his new bandmates have retained the core elements of their old school rock n' roll sound found on the band's 2006 self-titled debut.

Pearl Jam "Speed of Sound" – Pearl Jam is like a golden retriever in the music industry. They are classic and loyal. This track off their album "Backspacer" is no Coldplay cover, but evokes the atmospheric ambiance Chris Martin and company are known for.

Smith Westerns "Imagine, Pt. 3" – If the Beatles came out now and became major players in the indie movement, this song is what they would sound like.

South Park "Gay Fish" – Even though it's not exactly new, Kanye's antics repeatedly make this one a timeless classic. Mr. West posted an apology to Taylor Swift via his blog. Unfortunately, his request for forgiveness sounded heartless posting, "I like lyrics about being a cheerleader and she's in the bleachers."

"Twilight" songwriter performs in NYC



MORGAN NEDERHOOD / THE CIRCLE

Bobby Long, armed with acoustic guitar, performs at The Bitter End in NYC.

By MORGAN NEDERHOOD
Staff Writer

It's not very often that you come across an album that's been made in the musician's bedroom. It's even less often that the musician recording albums in his bedroom is already popular enough to perform shows on three different continents, but Bobby Long is not your average musician.

Last year, Long was a student at London Metropolitan University who spent his weekends playing at local gigs and open mic nights. After co-writing a song that later appeared on the "Twilight" soundtrack featuring the singing of friend Robert Pattinson, Long's career quickly changed. His fan base

spread throughout the world from Germany to Australia, with many venues sold out.

However, Long doesn't want to be known as the "Twilight Singer" – preferring instead to achieve success on his own terms – in this case, through tours in North America and Europe.

It seems that the unsigned musician is well on his way to achieving self-attained success: Saturday night marked the end of his North American tour, "The Dangerous Summer Tour."

The Sept. 12 show in New York City's The Bitter End seemed to not only mark the end to a largely successful tour but the arrival of an incredibly talented musician.

When Long finally took to the small stage, the scene was complete: dressed in a flannel shirt, worn Ox-fords, and armed with nothing more than his acoustic guitar, Long suddenly resembled an updated, English version of Dylan in his acoustic days.

He told the audience about the irony behind his tour's name: called "The Dangerous Summer Tour." It hadn't actually been a dangerous summer until the poor Englishman ventured into the waters of Florida. He was promptly grazed by a shark

and given "a scar – both emotional and physical."

Once settled, Long would ease into an entirely different personality. The shy façade that he put on when talking was replaced with a bluesy voice and presence that swept through the entire space.

His body swaying and his hands feverishly picking out notes and chords, Long's passion and intensity was fierce and apparent. The powerful emotion of each song was emblazoned all over his face and it was clear that Long was at his most comfortable when in the throes of music.

The songs were able to effortlessly transition from fiery and poignant lyrics to softer tones that were accented by the addition of a harmonica – played by Long in tandem with his guitar.

By the end of the show, it was clear that Bobby Long wasn't just a singer who'd stumbled upon a lucky break with a connection to a famous friend and film phenomenon.

Bobby Long can be found on iTunes and at MySpace.com/music/bobbylong. He will return to New York City from October 24-25th, and concert information can be found at his official MySpace page.

Fall TV Preview

By **STORM HEITMAN**

Circle Contributor

New Series "Flash Forward"

ABC Thursdays 8 p.m.

Not to be confused with the short-lived Disney series of the same name, the show takes off when at the exact same time, every human on the planet falls unconscious for precisely two minutes and 17 seconds. Intrigued? As you should be, for during their blackouts they all have a "That's So Raven" moment with a glimpse at their lives six months into the future. From there on the impressive cast of characters featuring Joseph Fiennes and John Cho (Harold of "Harold and Kumar") try to piece together the puzzle. The show is likely to follow those before it such as "Lost" and "Heroes," meaning it will draw an immediate cult following which will soon fizzle out due to the immense amount of WTF? moments (Polar Bears, anyone?).

"Glee"

Fox Wednesdays 9 p.m.

The producers behind this new series are brilliant for feeding off the craze of "High School Musical." The premise: a variety of teenage outcasts band together to revive their high school's glee club under the guidance of their earnest Spanish teacher who is obviously trying to recapture his glory days while juggling to please his insatiable and somewhat psychotic wife. As in all stories that go like this, the town people will not stand for such jovial displays of singing and dancing and the Glee club must face the obstacles of recruiting new members and dodging the villainous cheerleading coach's ploys to bring them down.

New Reality Series

"Bartender Wars"

Fine Living Fridays 10:30 p.m.

For the lush in us all, this new reality series pins three New York City bartenders against each other in a variety of hard challenges. From a shot pouring speed contest to how quick they can concoct a drink with randomly picked ingredients, who needs to hit up Mad Hatters on a Friday night when this is on?

"Extreme Cuisine with Jeff Corwin"

Food Network Thursdays 9 p.m.

My childhood hero, Mr. Corwin, makes his transition from Animal Planet to the Food Network, where instead of doing something he is actually experienced at (like, oh I don't know, sharing facts about wildlife!), he tastes exotic foods that will make your stomach turn. It's a lot like Travel Channel's "Bizarre Foods with Andrew Zimmern" except...wait never mind, it's exactly the same.

Don't Miss The Return Of "Mad Men"

AMC Sundays 10 p.m.

"30 Rock"

Premiering Oct. 15 at 9:30 p.m. on NBC.

The Circle Reviews



FROM AMAZON.COM

By **MICHAEL BERNARDINI**

Circle Contributor

From a new president to technological advancements, 2009 has been a year of change. However, one thing remains the same—Jay-Z is hip-hop's kingpin, and with his latest release, "The Blueprint 3," he reclaims his throne.

Since announcing his retirement from the rap game back in 2005, Jay-Z went on to release two comeback albums. While 2006's "Kingdom Come" was poised for success with collaborations from such radio

Album: Jay-Z, *The Blueprint 3*

gems as Ne-Yo and Usher, it did not live up to his former glory. The following year, the commercial failure, "American Gangster," marked a return to the streets with harder beats reminiscent of his debut.

Now, two years later, Jay is a phoenix rising from the ashes. On "The Blueprint 3," he finally finds the happy medium between radio-friendly hooks and gritty rhymes to form a cohesive album that is on par with previous hits.

"The Blueprint 3" is bolstered by its lineup of featured performers, which reads more like a guest list from a Hollywood party and less like a track listing.

From the psychedelic electronic-infused "What We Talkin' About" featuring Luke Steele of Australia's pop outfit Empire of the Sun, to the explosive radio hit "Run This Town" featuring chart toppers Rihanna and Kanye West, the album acts as an exploration of modern music.

In collaborating with newcomers Drake and Kid Cudi, on the respective "Off That" and "Already Home," Jay proves he still knows what is

hot and how to please the masses. It's no surprise that each song in itself could be featured in the iTunes Top 20.

Samples range from the club hit "D.A.N.C.E." by electronic duo Justice and synthpop 80s hit "Forever Young," which fit effortlessly into their respective songs "On to the Next One" and "Young Forever." Ultimately, everything from lyrics to production adds to the album's unique way of genre-bending.

The highlight of "The Blueprint 3" comes in the form of the New York anthem "Empire State of Mind." The duet with Alicia Keys speaks to the pair's mutual love for their hometown. With a sweetly addictive hook from Keys and lines like "The city never sleeps better slip you an Ambien," the song represents everything "The Blueprint 3" is about—phenomenal collaborations, meaningful song themes, clever rhymes, and stellar production. It is evident that the king has returned, with no intention of abdicating his throne anytime soon.

Album: Amazing Baby, *Rewild*

By **KATE MULLAN**

Circle Contributor

Is MGMT getting too mainstream for the indie scene? We could never turn our backs on MGMT's sweet electric sounds, it's okay to need a fresh twist sometimes. Enter: Amazing Baby with their debut album "Rewild."

Amazing Baby is a Led Zeppelin-sounding/Pink Floyd-feeling/David Bowie-looking band for hipsters. These

five Brooklynites hit the scene in 2008 with an EP, then delivered "Rewild" this past June. In definition, rewilding refers to the overcoming of human domestication and the creation of wild human cultures. Their campaign against human domestication is loud and clear with instruments running wild and lyrics like "She protects her animals/ We are starving cannibals." Trippy guitar hooks and soft echoing make "Headdress" the best song on the album.



FROM AMAZON.COM

Hypothetical situations based on true events: An entry from Kanye West's (imaginary) diary



TIMES NEW S NETWORK/FICKR.COM

Kanye West takes the microphone away from Taylor Swift at MTV's Video Music Awards to tell the audience "Beyoncé had one of the best videos of all time."

By **THOMAS LOTITO**

Copy Chief

Disclaimer: The following article is fictional piece of writing.

Dear Journal,

I'm glad I have the opportunity to talk to you. I've been really upset cause of something bad that happened to me a few days ago. Jay Leno tried to make me cry.

He asked me what my mother would have thought if she saw me

steal Taylor's spotlight. If anyone was really paying attention, they would know that I wasn't stealing her spotlight. I just borrowed it for a while cause it wasn't on me, then she got it back when Beyoncé let her borrow hers.

I just don't get why everyone is mad at me. They're saying stuff like "he still hasn't apologized to her." That's a lie. Right after I was kicked out from the award show I posted an apology on my blog, she just hasn't read it.

Pink was saying how she only wished she won the award so she could fight me. Kelly Clarkson says I'm worse than a cheating boyfriend. Katy Perry says it was like stepping on a kitten – which isn't true! Taylor is really tall. Even Obama called me a jackass. It's like the whole country hates me.

Besides, did anyone even see Beyoncé's video? It really should have won. She was dancing and everything in it, while Taylor's video was just singing and it told a story. It just didn't do anything for me.

Leno did make me feel a little bad though. I mean, as a godly performer, and a god in general, it's my duty to help the lesser celebrities like her. If there's anything I can do, I want to do it.

The only way I was able to express how I feel was to compare myself to Ben Stiller in "Meet the Parents." I am a good guy and all, people just don't like me cause I mess up important situations for other people. But that's real life!

I saw Taylor on "The View" with those old ladies. They were all confused that I hadn't given her a personal apology. They said that I haven't given a call, message, e-mail or personally reached out to her in anyway. Taylor, I wrote a blog entry and spoke to your mom! Not only did I write it, it's in all capital letters. Don't you know how hard it is to hold down the shift button? Just read my blog, it's all there.

Thanks for saying I have a cool haircut though.

-Kanye

Decorating your home away from home

By **KAYLA CAPPIELLO**
Staff Writer

At the beginning of every school year, we move into dorm rooms that are always smaller than we pictured in our heads. We open the door and the excitement tingles in our stomachs. Then we see it: the room we will be spending the rest of the school year in. The rooms are small, the walls are pure white and the beds are stripped. The dressers and closets are empty and the floors are cold and bare. Although we all are excited to move back to school, sometimes this can dampen our enthusiasm.

One way to keep your excitement going during move in day is to make it feel like home. I'm not just talking about unpacking your belongings, filling up your drawers and laying down a rug. I'm talking about making your room look like an exciting and welcoming place to be. One way you can do this is by selecting a bed spread, pillow cases and a rug that all match. They don't all need to be the exact shade of red, but they should all coordinate. If you get a carpet with black and red stripes you can pick black or red pillow cases and the opposite color for the comforter. Be creative.

Pick colors you wouldn't normally match together, and use them to make your room bright and colorful.

When you move into your dorm room the first thing you notice is how bare and lonely the walls are. There are plenty of ways you can change that, because there are many items out there you can buy to decorate your walls. Of course you can purchase posters to hang on your wall. If you do that, make sure that the colors of your bed and rug are also included somewhere in the poster. That way all your decorations will match. Also, some stores sell wall decals that can help you decorate the walls from end to end. You can buy large polka dots to spread across your walls or colored tape to stripe your walls vertically or horizontally.

Another way you can feel at home while you're away from home is to put pictures up on your wall. Take some time to select some of your favorite pictures of your family and friends. You can purchase a cork board or even a fabric picture board to hang on your wall to help you display your pictures in a fun and creative way. You can also purchase some plants (or even fake plants if you can't remember to water them) to give your room a little bit of a na-



KAYLA CAPPIELLO / THE CIRCLE

Dorm decor connoisseur Kayla Cappiello gives some advice to perk up your room.

ture feel. I think everyone will agree that the lighting in dorm rooms is terrible. One way to make your room brighter and more comfortable is to purchase your own lighting. I feel that the standing lamps work best. They give off a great amount of light and can give you room a very homey feel.

Keeping your room organized is also a great way to add decoration to your room. You can purchase all kinds of organizational bins to help you keep your things in order, and

you can buy them in all kinds of colors as well. Try to pick colors that go along with things you have already purchased. You can buy under-the-bed storage bins or even

hanging shelves to put in your closet. If you pick bins that match the other colors in your room it will help the colors stand out even more. No matter what you decide to do, just remember: by matching all your colors and organizing your belongings the way you like it, you can make your dorm room feel like a home away from home.

Healthy destinations for autumn activities

By **SHANNON FARRELL**
Circle Contributor

The leaves may not have changed yet but with the cooling weather, it is evident that fall is approaching. Days are now filled with classes, meetings and work, not to mention anxiety, stress and cups upon cups of coffee every morning. That being said, relax and take the time to enjoy Poughkeepsie in all its care-free and healthy fall activities:

Apple Picking

The Hudson Valley is famous for fall's most famous pastime. Located in the Hudson Valley, orchards

recommend picnics and beautiful views are expected. Travel down the road to Adams Fairacre Farms in Poughkeepsie or across the river to Wilklow Orchard in Highland for apples, pumpkins, picnicking and homemade stands. DuBois Farms in Highland also has a corn maze for the season.

Walkway over the Hudson

On Oct. 3 the old Poughkeepsie-Highland Railroad Bridge will be opening to the public. The Mid-Hudson Roadrunners are sponsoring a 5k run on Sunday Oct. 4 across the 1.25 miles long bridge. For those less competitive, walks

along the Walkway Loop Trail from Waryas Park in the City of Poughkeepsie, across the Mid-Hudson Bridge, then onto Haviland Road in Highland and heading back on the Walkway will suffice. Breathe in the fresh air, take in the Hudson River, and collect some fall leaves in Highland.

Farmer's Market

Fall is a great season to collect locally grown vegetables from lettuce, broccoli, carrots and cabbage to winter squash, potatoes and onions. Both the City of Poughkeepsie and Hyde Park run farmer's markets weekly. Poughkeepsie's market runs every Friday from 10 a.m. - 3 p.m. in the Mural Park on Main Street until Oct. 30. Hyde Park's farmer's market takes place every Sunday from 9:30 a.m. - 1:30 p.m. through the end of October in the U.S. Bank parking lot.

Vanderbilt Mansion

One of the best places in the area to experience the changing leaves is by the stone bridge on the grounds of the Vanderbilt Mansion in Hyde Park. Relax with a picnic or hike the trails surrounding the mansion. The National Historic Site is free of charge and open daily from 7 a.m. until sunset year round.

Information

Adams Fairacre Farms

www.adamsfarms.com
765 Dutchess Turnpike
Poughkeepsie, NY 12601
(845) 454-4330

Wilklow Orchards

www.wilkloworchards.com
341 Pancake Hollow Rd
Highland, NY 12528-2338
(845) 691-2339

DuBois Farms

www.duboisfarms.com
209 Perkinsville Road
Highland, NY 12528
(845) 795 4037

Walkway Over the Hudson

www.mhrrc.org
http://walkway.org/

Vanderbilt Mansion

119 Vanderbilt Park Rd
Hyde Park, NY 12538
(845) 229-7770



ROBIN MINITER / THE CIRCLE

Marist sophomore Liz Oggerl samples some of the Hudson Valley's best picks.

Hawaii to here and how I found home

By JENNIFER MEYERS
Circle Contributor

Today has been unseasonably cold. I've only lived in New York for a couple weeks and I already know this. Looking outside, the grey dark sky makes missing home even more unbearable. Of course, it is unfair to compare the tropical island of Hawai'i to New York. They are two completely different worlds in my eyes; however, I must learn how to live here. After all; I had to do that in Hawaii.

My life has been scattered through a few places. I was born in Japan and lived there until fourth grade. My father's military career has bound my family to a life of frequent relocation. When I first got off the plane, Hawaii couldn't have been further from paradise in my mind. I loved Japan more than anything and to come to a place so isolated from all the other countries was more than I could bear.

I couldn't understand why they

called Hawaii paradise. Was it just because of the beaches? I was extremely skeptical and wanted to leave immediately. But that wouldn't be fair; I had only been in this "tropical paradise" for a couple of weeks. Maybe it just needed a chance.

People in Hawaii looked at me differently than they did in Japan. I suppose "judgmental" is the word. Starting high school was interesting. I hadn't really made any good friends yet, but I was optimistic. I had a tough time fitting in. I was hoping that while taking classes, I would meet some friendly people. Who would've guessed that I would have met one of my best friends in Japanese class? There, I was able to really let loose and be myself again: I finally found my comfort zone in Hawaii. Eventually, I met some more people that happened to love the beach. I thought I should see what all the excitement over swimming in salty water was about. As soon as my newfound friends and I

were driving alongside the beach, I understood why people loved it here. It was absolutely gorgeous. No matter how far I swam, I could still see my body through the water so clearly. This, I soon realized,

I was on the next plane out of Hawai'i with a mixture of happiness and nervousness.

would prove to be my other comfort zone.

After graduating high school, I was off to a local college. Once again, it was hard for me to find a group of people I could really relate to. All I could think of through my two years in community college in Hawai'i was that I had to get off the island. No matter how much I ended up loving the beach, the island was much too small. Everyone loved it, but I just couldn't see it. I applied to Marist College and got accepted. I was on the next plane out of Hawai'i with a mixture of happiness and

nervousness.

So that's the gist of my story and how I got here. Once again I'm having difficulty making friends, but I believe that this is just another test I must go through. To me, this is culture shock. When I tell people that I am from Hawaii, they get excited and don't understand why I would leave such a beautiful place. It was only after I arrived here that I realized how beautiful Hawaii really is. The ocean was clear blue, and here, the Hudson River is brown, dark and cold. But my journey has just begun. What does Marist College have to offer? I intend to find out very shortly by attending meetings (maybe even for this newspaper perhaps?). And why not take advantage of the \$25 Broadway trips out into the city? Demetri Martin is also coming in a few weeks; that could be fun. What else? I'll find out soon.

Missed the general members meeting?

Don't fret!



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Red Foxes successful at Annapolis

By JIM URSO
Staff Writer

Last weekend, the Red Foxes began their 2009-2010 campaign by sweeping the field at the Navy Invitational.

"This was a good checkpoint to begin the season," said Coach Tim Smith.

Navy

Marist opened the tournament with a 7-5 victory over the defending Patriot League champion Navy, taking five singles matches and two doubles matches. A pair of come from behind victories from Hank Bessinger and Matt Himmelsbach helped clinch the win. Bessinger and Himmelsbach each lost their first set, 1-6 and 3-6 respectively, but rebounded to handily defeat each of their opponents. Top slotted singles players Christian Coley, Loic Sessagesimi, and Nicolas Pisecky all won matches on Friday.

Temple

On Saturday afternoon, Marist defeated the Temple Owls 6-3. Bessinger and Pisecky each won their second consecutive singles matches. Sessagesimi bested Kacper Rams in a competitive three set decision, 6-2, 4-6, 6-2.

Bessinger and Sessagesimi continued to improve at second doubles, beating Mansur Gishaev and Dmitry Vizhunov, 8-4. At third doubles, Pisecky and Himmelsbach beat Luv Sodha and Matt King by an identical score.

"Temple has a quality program," Smith said. "I'm glad we were able to win some close matches."

Duquesne

The Red Foxes concluded the tournament sweep with a 6-3 victory against Duquesne, taking each of the top three slotted singles matches again. Coley defeated Jeremy McClellan 6-2, 6-2. Sessagesimi prevailed against Mark Maciuch by the same score. Pisecky defeated Gustavo Villares in two close sets, 7-6 (11-9), 7-5. The first

and second doubles team both emerged victorious.

"I was most impressed with the developing chemistry at second doubles," Smith said. "Sessagesimi and Bessinger continued to get better each match against good competition."

Upcoming

Coach Smith began Tuesday's practice reiterating the main points of the "five star tennis program:" his concise players' guide to success. Above bullets such as "fitness" and "understanding directional shots" was "act with class," not a surprise to anyone who knows the 2009 USPTA (United States Professional Tennis Association) coach of the year.

"Our team's behavior the entire tournament was exemplary," Smith said, who constantly emphasizes these core values.

Smith was quite pleased with his players' application of these values during the off season. Every two weeks, much like the mid-season

break, players emailed him their recent training regimen.

"I need to focus on doubles again this year," Smith said. "If we can win in doubles, I don't think anyone in there [Metro Atlantic Athletic Conference] can beat us."

Although he enjoys and recognizes competition within the lineup, Smith senses a conflict will arise when Junior Landon Greene returns from studying abroad in Argentina. Greene played at fifth singles during the 2008-2009 Season.

After an upcoming conference match up, Marist will compete in the USTA Collegiate Men's Invitational, facing off against Ivy League supremacy for the first time this season.

The Red Foxes return to action Wednesday, Sept. 23, traveling to Loudonville, NY for their first Metro Atlantic Athletic Conference match against the Siena Saints.

From Page 12

Next up for football: San Diego Toreros

bowski fumble. It only took the Bulldogs three plays to cover 18 yards for their third touchdown of the game as quarterback Mike Pitkowski connected with Stephen Platek to give Drake a 27-6 lead.

"Even through until about seven minutes in the game, I think that guys really felt that they were capable of coming back," Parady said. Spencer Cady would close out the scoring in the contest with a two-yard touchdown scamper

with just 3:51 remaining in the fourth quarter.

The Red Foxes next contest will be an away game against the San Diego University Toreros, the same team that defeated Marist in their season opener last year, 40-22.

Picked as the preseason No. 1 in the PFL, San Diego is known for having a very accomplished and competitive program.

"San Diego is a very good team,"

Parady said. "They have very good athletes, they're a very fast and skilled team. We just have to go out and play our game, fight through the game and eliminate our mistakes."



RYAN HUTTON/THE CIRCLE

The Red Foxes will play the San Diego Toreros on 9/19/09.

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The Fox Trot

Quick hits of the week in Marist athletics

POUGHKEEPSIE, N.Y.

After falling 4-0 to Boston College--the No. 10 team in the nation-- on Friday, the Red Foxes went back home on Sunday and fought Colgate to a 1-1 tie after double overtime.

Senior keeper Jamie Balzarini played all 110 minutes, but thanks to stellar defense by Marist, she only faced five shots on goal from Colgate.

"Freshman Chelsea Botta has been an absolute amazing presence for us on defense," said head coach

Elizabeth Roper. "She played on a good summer team that allowed her to step in and make an immediate contribution for us."

Senior Kate Fox scored the lone goal for Marist, her third of the season. While defensive play is sure to be a huge factor for the Foxes this season, Roper also has confidence in her goalies should they face a stiff offensive attack.

"I know in my four years being here this is the deepest we've been in goal," Roper said. "We have three very ac-

complished, athletic and solid goalkeepers with Jamie and then Caitlyn [Landsman] and Courey [Schaetzle]."

The Foxes have had a tough schedule thus far, having to travel to Los Angeles and Boston. The team hopes that the level of competition they have faced so far will help prepare them for MAAC play.

Marist will travel to Bucknell on Friday, Sept. 18 before coming home to take on Lafayette Sunday, Sept. 20.

-Compiled by Rich Arleo



MIKE CAIOLA/THE CIRCLE

Sophomore Mariah Downey has been consistent for Marist.



RYAN HUTTON/THE CIRCLE

The Marist men's soccer team has not been beaten in its first four games. Keeper Joe Pilla has been a huge reason for the team's success thus far. He has allowed just one goal in four games this season.

POUGHKEEPSIE, N.Y.

The Marist women's volleyball team traveled to the Columbia Invitational this weekend and took on Columbia, Stony Brook and Quinnipiac.

The Foxes fell 3-0 to Columbia on Friday before splitting their matches to Stony Brook and Quinnipiac.

After a 3-0 loss to Stony Brook, Marist defeated Quinnipiac 3-0 with the help of senior outside hitter Alexandra Schultze and her game-high 17

kills.

Teammate Joanna Foss added 10 kills in the match to go with her 10 kills against Stony Brook. Marist hit .388 against Quinnipiac while holding the Bobcats to .167. This weekend, the Foxes will open up the MAAC schedule at home. Marist will face Saint Peter's on Saturday, Sept. 19 at 2 p.m. and Loyola on Sunday, Sept. 20 at 2 p.m.

-Compiled by Rich Arleo

POUGHKEEPSIE, N.Y.

The Marist men's soccer team came from behind Saturday afternoon to beat a previously undefeated Drexel team, extending their unbeaten streak to four.

"It was a good game played between two quality teams" said Marist head coach Matt Viggiano. "It was a statement game. We're back and we are trying to be better than we ever were."

Down 1-0, the Red Foxes showed poise as they erased their first deficit of the season with a goal from freshman Stephan Brossard in the 69th minute. Less than six minutes later, junior Joe Touloumis netted his second goal in the last two matches to take a one goal lead, which Drexel couldn't overcome.

"We definitely showed some character on the road against a team that's ranked in their re-

gion," Viggiano said. "That's a good sign."

Touloumis rebounded from having a broken wrist, which he suffered in the preseason, to become MAAC offensive player of the week. He also scored the lone goal last week against Army.

"He got some confidence from [Army], and we expect Joe to continue to progress. We're expecting a little more out of him this year," said Viggiano, who is confident in his team as a whole. "We're going to get goals from a lot of places."

Next up is a Fordham squad that has been trouble for Marist in the past despite being 0-4 this year.

"We haven't beaten Fordham in three years. It's not too difficult to get their attention," he said.

The two teams will play Saturday, Sept. 18 at 7 p.m. in the Bronx.

-Compiled by Scott Atkins



MIKE CAIOLA/THE CIRCLE

Junior middle blocker Lindsey Schmid had four kills and two blocks for Marist against Stony Brook

Volleyball Upcoming Schedule

Saturday, Sept. 19 vs. Saint Peter's- 2 p.m.

Sunday, Sept. 20 vs. Loyola- 2 p.m.

Sunday, Sept. 25 vs. Fairfield- 7 p.m.



Bulldogs derail Marist in PFL debut

By PHILIP TERRIGNO
Sports Editor

With a large crowd in attendance at Tenney Stadium and a new era of **football** Marist football about to begin on Saturday, Sept.



RYAN HUTTON/THE CIRCLE

Senior quarterback Chris Debowski was 12-for-21 for 143 yards passing and added 35 yards on the ground in Marist's 34-6 loss over Drake in its debut game in the PFL.

12, it didn't seem possible that a visiting team could play spoiler on such a grand day.

Six turnovers and 60 minutes later, the Drake Bulldogs had other thoughts in their 34-6 victory over Marist in the Red Foxes Pioneer

Football League debut game.

"We were all disappointed [about the loss]," running back O'Neil Anderson said.

The leading cause in the loss for Marist was its turnovers, which included six fumbles and two interceptions.

"That [the turnovers] was the single biggest factor," said Marist head coach Jim Parady. "The thing with the turnovers was when they happened and where they happened."

Field position was certainly in favor of the Bulldogs as five of their six scoring drives began in Marist territory.

Drake earned a 3-0 lead following a 27-yard Brandon Wubs field goal just 4:26 into the contest.

Marist would go on to take the lead following a seven-yard touchdown run by Greg Whipple early in the second quarter. The touchdown gave Marist a 6-3 advantage following a missed extra point.

Although the Red Foxes scored their only points of the game on the ground, Marist was unable to generate a solid rushing attack all afternoon due to the stifling Drake defense.

"They were tough, they were bringing a lot of guys on the blitz," An-

derson said.

Constantly in the backfield, the Bulldogs made 13 tackles for losses and recorded seven sacks.

Senior quarterback Chris Debowski led all Marist runners with 35 yards, while Whipple and Anderson combined for 22 yards on 14 attempts.

"We could never get into a run rhythm," Parady said. "When the game got to 27-6, it forces you to become one dimensional at that point."

Drake would maintain a 13-6 lead heading into halftime following a 14-yard touchdown run by Tom Postek and a Wubs field goal.

"Coming out of the locker room we had a really positive feeling," Parady said.

Following a Stephen Chenier interception of a Chris Debowski pass just three minutes into the third quarter, Drake began a drive on the Marist 34-yard line. It culminated in a six-yard touchdown run by Patrick Oliver to give Drake a 20-6 lead following the extra point.

Just two plays later, Drake got possession of the ball back after David Witkiewicz recovered a De-

SEE FOOTBALL, PAGE 14

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