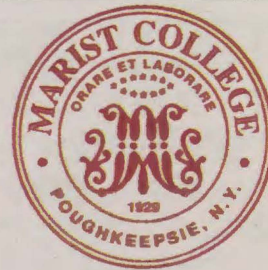


# The Circle



The Student Newspaper of Marist College

VOLUME 69, ISSUE 8

FOUNDED IN 1965

Thursday, April 16, 2015

## Women's basketball undergoes a facelift

BY JOHN FORNARO  
Staff Writer

The biggest news of the 2014-2015 Marist women's basketball season has surprisingly come a month after the season's end when four players did something that the Marist community hasn't seen since 2011.

Freshman Payton Birchmeier, sophomores Brittni Lai and Katherine Fogarty and junior Madeline Blais have decided they will be transferring before the beginning of next season. The now former Red Foxes have not announced where or why they will be transferring but before the 2015-2016 season begins, they will not be around to compete for the Red Foxes 11th Metro Atlantic Athletic Conference championship. The news broke suddenly and shocked most of the community.

"I am disappointed that Payton, Maddie, Kat and Britni have decided to leave our women's basketball program," Head Coach Brian Giorgis said in an official statement. "They are all great students who worked very hard to represent Marist well

on and off the court. I wish them well as they begin a new chapter."

Since the news became public, everyone in the Red Fox community has been attempting to figure out the reasoning for the sudden decisions. Sources have blamed Giorgis and his coaching style. But after 12 consecutive 20-win seasons, Coach Giorgis is tough to blame. Rumors have also alluded to the fact that Birchmeier has been home sick all year and

Lai, who is very good friends with Fogarty, didn't feel comfortable in the system. Throughout the year, the thought of Lai and Birchmeier leaving wasn't out of this world.

Unfortunately, this has become a habit for Lai who transferred from teams in the past because of certain coaches and her discomfort in her role on the team. Lai has switched high schools and AAU teams prior to coming to Marist and will now switch colleges. Before commit-

ting to Marist, Lai received offers from Boston University, Drexel, Robert Morris, St. Joseph's and even MAAC rival Quinnipiac according to Yahoo! Sports Rivals.

On the other hand, Madeline Blais has been on track to becoming one of the Marist greats of the decade. In her junior year, Blais was named to the First Team All-MAAC and to the MAAC All-Tournament team this past season while scoring her 1,000th career point during the MAAC tournament. Her sophomore year ended with a selection to the Second Team All-MAAC. The 2014-2015 season arrived with a new leadership role for Blais, which she took on with a sense of pride. Blais appeared and started in all 32 games over the season, averaging 33.7 minutes, 16.3 points per game, which was third overall in the conference. Throughout her three years, she ranks 18th in program history in career scoring and first all-time in three point percentage (.454).

Even after a 21-win season, the



PHOTO COURTESY OF FULLCOURT.COM

The women's basketball team is up for a year of rebuilding with the loss of several major players. However, coaches and players are optimistic.

SEE "WOMEN'S," PAGE 3

## National volunteer month: Red Fox reach

BY CATHRYN VACCARO  
Staff Writer

The month of April is National Volunteering Month. According to the Bureau of Labor Statistics, more than 64 million people volunteered at least once between September 2010 and September 2011. It is so important to take time to recognize those who give back to their community and neighbors. Take time this month to give back and do something for someone else. Getting involved with your family, friends, peers or coworkers will bring you closer together by uniting to accomplish the same goal.

Being a volunteer means a variety of things to different people and the reasons behind starting to volunteer are just as unique. Volunteering has many benefits, such as reducing stress, improving your overall mood and feeling a deeper connection to your community. Not only can volunteer-

ing help you feel better emotionally, mentally and physically, you feel the joy and rewards of knowing that you made someone else's day that much better. Even if it is the smallest thing to you, it could mean the world to someone else.

Campus Ministry is one of the largest clubs here at Marist. Hundreds of students participate in the Hunger Walk and The Giving Tree each year. One program that has been losing members recently is Campus Ministry's Community Service Program. Campus Ministry's main mission is doing good things in the name of God. The Community Service Program is the perfect example of this mission at work.

For my senior capping project, I created The Red Fox Reach magazine to promote all of the great opportunities students have to volunteer right here in Poughkeepsie by participating in the Community Service Program. The Red Fox Reach highlights certain sites and

SEE "STUDENTS," PAGE 3



PHOTO COURTESY OF CAT VACCARO

The Marist community is a fantastic asset to the community, especially during National Volunteering Month.



# Campus

Thursday, April 16, 2015

www.maristcircle.com

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## THIS WEEK

Thursday, 4/16

**Take Back the Night**  
9:30 p.m. - 11:59 p.m.  
SC 3013

Friday, 4/17

**Relay for Life**  
12:00 p.m. - 12:00 a.m.  
Riverfront Walkway

Friday 4/17

**SPC Movie: American Sniper**  
6:00 p.m. & 10:00 p.m.  
SC 3101

Saturday 4/18

**MCDE Spring Show**  
3:00 p.m.  
McCann Center Arena

Saturday 4/18

**MCCTA's The Princess King**  
8:00 p.m.  
Nelly Goletti Theatre

Sunday 4/19

**SPC Movie: The Imitation Game**  
6:00 p.m.  
SC 3101

Tuesday 4/21

**Liza Donnelly: "Global Cartooning in the Days of ISIS"**  
7:00 p.m.  
SC 3101

Friday, 4/24

**Asian Alliance: Korean Night**  
6:00 & 9:00 p.m.  
SC 3104

Sunday, 4/26

**SPC Spring Concert: Bleachers**  
1:00 p.m.  
Riverfront



### Letter from the Editor

We have officially reached the one-month mark to the end of the semester! Crazy how time flies when you're busy reading *The Circle*. Before you know it, Marist beach will be in full swing and security will be shutting down the water slide.

We would also like to announce our new partnership with MCTV, which is a long time in the making. Tune in to 35-1 on your television on campus to watch MCTV deliver our *Circle* stories, or visit our Facebook page for video clips. We are very excited to continue our relationship with MCTV once we get our new website!

This week in *News*, read about author Harvey J. Kaye's visit to discuss his new book. Also, learn about one senior's capping project and why four members of the women's basketball team are transferring.

In *Features*, read the editor's interview with President Murray about his impending re-

tirement. Also, learn more about Marist's HEOP program.

*Lifestyles* gets "textual" with an article about BDSM culture. Plus, read about World Water Day and meditation practices.

In *Opinion*, one student weighs in on the NFL's first female referee, while another argues that the NBA draft is poorly designed.

A&E has a preview of the MCDE show, the SPC spring concert, a review of the latest "Fast and Furious" installment and an interview with a local Poughkeepsie musician.

In *Sports*, read about how basketball player Chavaughn Lewis fared at a national tournament in front of NBA scouts and get a recap of men's tennis.

Finally, I would like to end this letter by thanking Michelle Costello for passing on the role of Editor-in-Chief to me. I will miss working with you, Michelle, mostly because you always kept everyone calm when we had late nights! Even

that one really bad time when you laid down on the floor in distress at midnight. We could always count on you to stay late when I had an early class the next day. The printers will be thankful that the 666 curse is gone but I'll be sad to see it go. Congratulations on your upcoming graduation and good luck with your job search! Also, to my partner in crime throughout my entire career with *The Circle*, Katie O'Brien, I am going to miss you so much next semester! Working on the paper will not be the same without you. Who is going to figure out page numbers and ads?? Maybe when you're in Manhattan, Leo will finally win his first Oscar. We can only hope that we'll be his sister wives some day. Move over, Rihanna.

-Amber Case  
Editor-in-Chief

Follow us on Twitter  
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Like us on Facebook  
at The Circle (Marist)  
and check maristcircle.com  
for news updates.  
Newly designed website  
coming soon!

## The Circle

The Student Newspaper of Marist College

**Editor-in-Chief:** Amber Case  
Amber.Case1@marist.edu

**Managing Editors:** Kathleen O'Brien  
Kathleen.O'Brien2@marist.edu

**News Editors:** 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 Moshko  
circleae@gmail.com

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

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

**Copy Editors:** Michelle Costello

**Staff Writers:** Nikolas Dobies, John Fornaro, Meghan Jones, Dan McFadden, Mallika Rao, Cathryn Vaccaro

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

**Ad Manager:** Nicole Souza  
circleadvertising@gmail.com

**Social Media Manager:** Adriana Belmonte  
Adriana.Belmonte1@marist.edu

**Web:** www.maristcircle.com

www.twitter.com/maristcircle

**General:** writethecircle@gmail.com

# Moving forward for women's basketball

From page one

women's basketball program went through what some may view as a rebuild season after losing three 1,000-point scorers to graduation. The winning tradition took a hit after the Red Foxes failed to win the MAAC championship for the first time since 2006. The Red Foxes won the MAAC tournament nine consecutive times but failed to live up to expectations when they ran into a familiar roadblock in the Quinipiac Bobcats. Sources say that Blais was not prepared for a losing

senior season and with three players graduating, including fellow First Team All-MAAC teammate Tori Jarosz, Marist was not the right place to for her last season.

The current Red Fox team has a total of six players on the roster. At the moment, the women's basketball team doesn't have enough players to take the court in a game. The program has gone as far as posting signs in the McCann Center asking for practice players to help prep the team moving forward. At this point who knows; maybe someone can impress Coach Giorgis on the practice

floor and earn a spot on the roster.

Players that are returning next season include Third Team All-MAAC selection, Sydney Coffey and All-MAAC Rookie Team selection, Allie Clement. Coffey, former MAAC tournament MVP will be handed the keys to the team, as she's the only player on the team with at least 1,000 minutes played.

This is no reason to panic as Coach Giorgis has worked on embedding this program with what he calls, "a great academic profile, a supportive fan base and a winning tradition that will be attractive to many prospects."

The Red Foxes already have commitments from three players coming out of high school that have already been compared to past players who have starred in the red and white uniform. With the open roster spots, players who have yet to commit to schools may think longer about joining the winning tradition of Marist so the possibility of this recruiting class growing is strong. That point can go both ways as the four players transferring may scare off recruits to a different program that doesn't have to advertise for practice players.

# Capping project promotes giving back

From page one

students that have participated in the program. These students' journeys show how volunteering in the Poughkeepsie area has changed their lives and made their college experience that much more rewarding.

You spend four amazing years here at Marist. Marist becomes your second home and you find friends that become your Marist family. Sometimes it is hard to see all the troubles and hardships people face when we are so fortunate to attend Marist College. It is easy to forget how lucky we are if we never step out of the "Marist bubble." There are families and people struggling to find hot meals each day right next door. The Community Service Program gives students the opportunity to step out of their

comfort zone in order to make a difference. The best way to truly find yourself is by giving back to someone else who can never repay you.

For more information on how to sign up to volunteer, visit <http://www.marist.edu/studentlife/ministry/communityservice.html>

Keep your eyes peeled this May for a copy of The Red Fox Reach!

PHOTO COURTESY OF CAT VACCARO

There is nothing more touching and self fulfilling than giving back to the community one loves and cherishes. Marist students advocate service and commitment, always producing good humor and smiles. Marist students are pictured volunteering and spending time providing hot meals and families at a local Poughkeepsie shelter. Campus Ministry provides a fantastic opportunity for students to expand horizons and help the less fortunate.



# Kaye motivates to recall greatest generation

BY KELSEY BRADLEY

Circle Contributor

On Thursday, April 9, Marist students and faculty explored the history of our country's greatest presidents and the impact they had on democracy with Harvey J. Kaye, a professor of democracy and justice studies at the University of Wisconsin-Green Bay.

Kaye's talk, entitled "Great Presidents Need Great Citizens" was sponsored by the Marist Lecture Series, School of Liberal Arts and the Departments of Political Science and History. Students, faculty and some members of the FDR Presidential Library administration gathered to hear the distinguished writer, professor and historian bring forth his knowledge of American democracy, specifically regarding Franklin Delano Roosevelt and how he led the 'Greatest Generation.'

Kaye did not talk much about himself. Instead, he dove into his passion and praise of the past president and American icon, FDR.

You could see the excitement on his face and hear it in his voice.

"There is no greater place to be discussing the legacy of FDR than right here in the heart of the Hudson Valley," he enthused.

First, Kaye addressed the expectations that came with the idea of American Exceptionalism. He declared that whatever America is meant to be must be made so by its citizens. For example, Kaye spoke of the founding principles exposed by the men and women of the Greatest Generation that eventually relieved Americans from the Great Depression.

"These are the four freedoms: the freedom from want and fear and the freedom of speech and religion," he stated. They were instilled in citizens because of FDR's push and commitment to making America "more free, more equal, and more democratic in the face of mortal crisis". The circumstances called for a change in the generation, and it was them - the citizens - who pushed

FDR and helped fulfill his democratic vision. Kaye emphasized that "FDR instilled Americans with a rare form of confidence" and the president learned from them in that way.

Kaye then referenced American journalist Max Lerner, who has noted the many creative and frustrating elements of a democracy. Kaye reiterated some of Lerner's ideas, stating that the 30's and 40's, the battle against the war and the Great Depression, were a time of both crisis and hope. Eventually, the citizens - under the profound leadership of FDR - worked to find the greatness in America once again. This success is what Kaye believes we, those who may not have been around during this time period, must remember. "People's memory sets the measure of political freedom," he stated.

Kaye's bubbly and charismatic talk included a question and answer period, where he addressed the difference in civil service then, compared to now. An audience member suggested the idea of a

"public service draft" and Kaye "did a good job arching the past to the present, showing how it is important to remember how civil society was," commented Dr. JoAnne Myers, chair of the political science department. Dr. Myers feels as though the most valuable message Kaye professed to the students was the importance of civil engagement.

Kaye addressed the audience, filled mostly with young students, and requested they push this current generation to remember the motivation and drive of the Greatest Generation. This call to action was a challenge to rise up and mirror the great American changes that were made under FDR. He closed with the final question: "If your grandparents and parents can do it, why can't you?"

The Fight for the Four Freedoms: What Made FDR and the Greatest Generation Truly Great, Kaye's newest book, will be released on April 28, 2015.

## Murray to retire with Marist at a historical high point

BY SHANNON BALES

Features Editor

Marist College President Dennis J. Murray watched unobtrusively as accepted students and their families filed into the gym, filled their plates with Sodexo's finest and sat at round tables among other Open House guests. School administrators took their seats at the far end of the room while the potential class of 2019 chanted the fight song along with the music department. Murray's lips curled into a small smile as he savored the moment before his welcome address for the 36th and second to last time.

With his contract expiring in June 2016, Murray announced his decision to step down in a statement released in the beginning of the Spring 2015 semester.

"I really wanted to go out at what I felt was a high point in my career and, literally, a high point in the history of Marist College," Murray said. "By most measures we're clearly at the most prestigious level that the college has ever been at in virtually every category."

Since Murray began his presidency over 3 decades ago, the college has transformed as an institution. Marist has grown exponentially from its beginnings as a small local college stricken with financial concerns, to the healthy national institution is today. Despite its growing global reach, Marist maintains a student-centered approach to higher education that sets the college apart as a unique American institution.

Throughout Murray's presidency, Marist has experienced a 245 percent increase in enrollment and admissions have become increasingly selective – from a 78 percent acceptance rate in 1980 to a 38.5 percent acceptance rate in 2014. Notable changes to the physical campus under Murray include the building or renovation of every major building on campus and 141 percent increase in campus acreage.

"It is just such a dramatically different place, today, it's hard to think back and even imagine what the college was," Murray said.

Murray has personally presented diplomas to over 90 percent of all of the graduates of Marist College, including his own son. "He graduated from Marist and that was a pretty neat occasion, not too many fathers get to do that," he said.

Throughout the years, Murray has met presidents, spoke privately with the Pope, and gotten to know

the Dali Llama. The walls of his den are lined with pictures of Murray shaking hands with national intellectual leaders from virtually every field. Murray believes that Marist's national presence – which he attributes greatly to the work of the Marist Institute of Public Opinion and the proximity of the college to New York City – has afforded him opportunities that presidents of similarly renowned institutions haven't had.

However, Murray's greatest pride in being president rests in the successes of Marist alumni.

"There's nothing I enjoy more than seeing someone succeed in their professional careers that have graduated from Marist, that I remember as students... to see those results is probably the most rewarding aspect of being a college president," he said.

"I've got Marist in my blood, so I want to make sure they get a very strong successor in here, someone who is going to be able to lead the college for at least the next decade... you have a better chance of getting a strong leader to come in if they know the institution is in good shape, in a strong position," Murray explained.

The college will be completing a phase of its current strategic plan when Murray's contract expires next June.

"I thought, 'well if I stayed another year or so or even two, then I'd be putting the new strategic plan together for the next five or

six years...'" said Murray. The new plan would then be passed on to and implemented by Marist's new president. As an experienced leader Murray felt that doing so wouldn't be beneficial to the college in its search for a new presidential candidate.

"Leaders," Murray said, "want to be able to frame their own strategic plan."

The Board of Trustees Chair Ellen Hancock will communicate with the community as the search for Murray's successor progresses. President Murray himself will not be participating in the search.

"I believe that it is important for the Board to independently choose the next president with input from representatives of the college community," Murray said.

However, the Board has asked Murray to serve as President Emeritus and Professor of Public Policy after the conclusion of his term. In taking on this traditional post-presidential role, Murray will continue to use the relationships that he developed over the past 36 years to benefit the institution and continue to give advice to the Chair of the Board of trustees and the new president when asked. Murray will also teach leadership and public administration courses when the need arises.

"One of the things that is very important is that there can only be one president, so I don't want people coming to me for help with things they should be going to the

president for... I just won't do that," said Murray. "Everyone has to have their commitment and loyalty to the new president."

Murray is willing to help colleagues and community organizations that he has worked with in the past, however his involvement will be focused in a more "behind-the-scenes" way.

"As you know, I'm a big promoter of all the great service projects and service our students do here at the college - that's just the Marist way, it's the Marist tradition and I intend to continue to be involved," Murray said.

Murray also emphasizes his plans to continue to work hard in the months before his last day in office at Marist.

"There will be plenty of time to celebrate our accomplishments of the past 36 years when I complete my term in office, but for now I want to focus on the future and particularly note and thank the senior faculty members for the critical role they've played in helping Marist become a unique American College," said Murray.

"It's been an honor and a privilege to serve here. No doubt the first day I wake up and I'm not president and I don't have to worry about everything going on here and the people that make up this community is going to be difficult," Murray admitted, "but you'll have to wait about a year and a half until I can really tell you how that is."

*"When I walked in the office was arranged very much the same as it is now," Murray said. His desk was nestled in the far corner of the room by a window. "I thought 'well why did they put the desk over in that corner?' It just didn't make a lot of sense, but if you sit at that desk and you look out and see the river, you know the answer. It's just a great view and that's a scene that changes every day."*

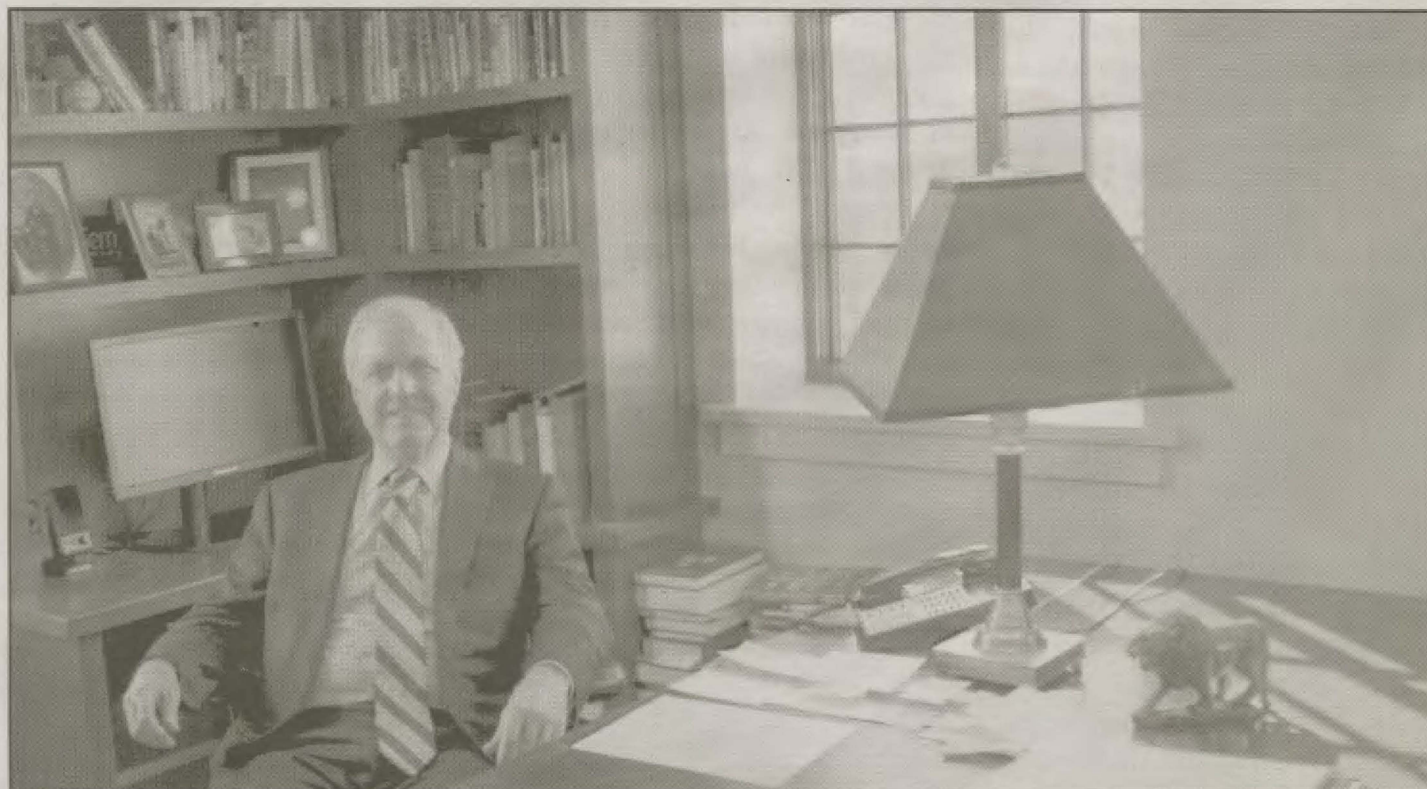


PHOTO COURTESY OF SHANNON BALES

Murray spoke of one of his first memories of his office in Greystone.

## Arthur O. Eve Higher Education Opportunity Program at Marist

**BYMALLIKA RAO**

*Staff Writer*

Many students are aware of the presence of HEOP on campus, but don't have much of an idea of what it is. Known as the Arthur O. Eve Higher Education Opportunity Program (HEOP), it was established in N.Y. over 40 years ago to provide academic opportunities to economically challenged, yet high-achieving high school students throughout the state. Today, the program is available at 57 colleges that are based in various regions across New York, including Marist College.

The criteria for the program vary for between institutions, as it is usually subjective to the academic standards of the college. Most of the colleges that participate in the program are four-year private institutions, which tend to be highly competitive. The HEOP offers grants ranging from \$41,000 to \$60,000 for economically disadvantaged students who demonstrate excellence in academics in their respective high school. Most of the students that are a part of the HEOP statewide are of a racial or ethnic minority.

So what makes Marist's HEOP different from the other colleges? Iris Ruiz-Grech, Director of the

Center for Multicultural Affairs at Marist, believes that Marist's relatively small size is an attraction for many HEOP students.

"[Marist] is a smaller institution that thrives on working with students one-to-one," she explained. Ruiz-Grech estimates that there are 60 students that experience plenty of advantages and special opportunities as a result of their enrollment in the Marist HEOP.

"On average, students take six years to graduate in this country," explains Ruiz-Grech. With that in mind, students who are eligible for the program can receive funding for up to 10 semesters or five years. Additionally, Marist allows students who did not attend schools that offer Honors/AP classes to participate in the program.

Most significant, however, is the Pre-Freshman Summer Program for incoming freshmen that are enrolled in the program at Marist. The experience is a six-week long orientation of sorts that allows HEOP freshmen to get integrated into the Marist scene both academically and socially. Marist sets up mock classes and arranges each of the incoming freshmen to live on campus in a typical dorm situation. Upperclassmen HEOP students are available to provide support as both

tutors and peer counselors.

Sophomore Darriel McBride, an English major, served as a writing tutor/counselor for this past year's summer program, and she said that it has thus far been the highlight of her time on campus.

"You know, I made friends and connections, but things weren't really quite all there for me yet," McBride said of her time at Marist as a freshman.

"[Through this experience of working as a mentor], I was able to tie everything together and really be a great role model for the other students," said McBride. "We dealt with a lot of personal issues surprisingly, and it was nice because the students got to talk to individuals that were basically one of them and understood youth issues."

McBride hails from Bronx, N.Y. and she first became acquainted with the HEOP as a senior in high school beginning the college application process. Upon finding out about it, she organized an event in her school called "Keeping it Real" where admissions counselors from competitive schools in the area could speak with students about their academic and social opportunities.

For McBride, Marist became her top choice after meeting with Se-

nior Assistant Director of Admissions, Julio Torres — a 2001 Marist alumnus.

"I just liked the fact that he was real and honest — in line with our event's mission. And that's what it's all about for me. If I'm going to a college, I want the people there to just be real with me and not just trying to sell a college," said McBride.

Now, McBride has become an advocate for the HEOP at Marist, as she also serves as the president of the campus Appreciating Races and Creating Opportunities chapter (ARCO) and tutors her peers year-round. While it was not all smooth sailing for McBride, she acknowledges that the experience of being a HEOP student has generally been beneficial for her.

"I initially came into this feeling like I could do everything on my own. But fortunately the HEOP people are not trying to baby you and hold your hand. [They're] just there to guide you on the right path, which I found out that I actually needed in the beginning," McBride said. Today, she is "really invested in the company" in a way that she never thought possible.

"It has really played a role in cultivating my leadership skills," said McBride.

### TnF Pizza

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1 large pizza, 20 wings, & 2 liter soda:  
\$18.50

1 large pizza, 12 garlic knots, 20 wings, & 2 liter soda:  
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2 large pizzas, 24 wings, & 2 liter sodas:  
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large pizzas are \$7.95-no limits!

Get 2 subs for \$10!

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We deliver!

\*Not to be combined with any other offers

\*Must be mentioned when placing order

## Charity on Campus: The Water Crisis

BY SHANNON DONOHUE

*Lifestyles Editor*

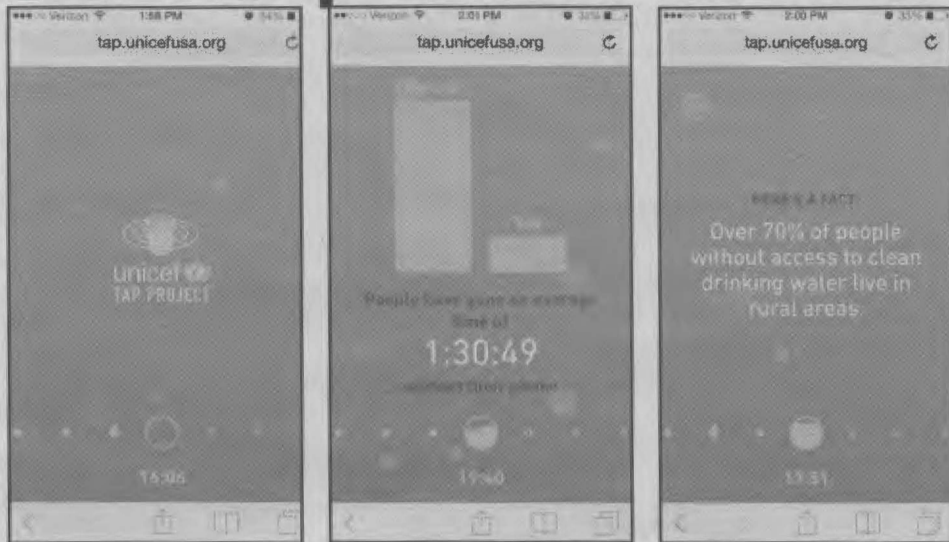
How much water do you use per day? Probably more than you realize. Besides the water we drink, we use gallons every day for cooking, showering and cleaning. We don't usually think of clean water as a luxury because it is such an essential and readily available aspect of our lives. However, considering about one in every nine people are forced live without clean water, we are very lucky to have water available to us.

### The Issue:

The water crisis is considered the deadliest threat to humanity in terms of devastation. About one billion people are currently living without clean water. Contaminated water contributes to diseases that cause 2,300 deaths per day. Inavailability of clean water wells in impoverished communities also poses a problem for women in third world countries who have to travel miles back and forth to provide water for their families.

### The Charity:

There are various charities that



PHOTOS COURTESY OF SHANNON DONOHUE

are dedicated to the alleviation of the water crisis. The most successful of these include Charity: Water, Water.org and the United Nations Foundation.

Charity: Water is the most successful, with a Charity Navigator rating of 97%, in terms of accountability and transparency. Charity: Water has also funded over 16,000 projects in 24 countries since its founding.

Water.org earned a score of 96% and uses market-based solutions when approaching the water crisis.

They also put a particular emphasis on the women's aspect of the issue.

The United Nations Foundation has a score of 98% and almost all of the foundation's revenue goes directly toward its projects. The section of the foundation that deals specifically with water sanitation is UNICEF, which focuses on children's health.

### How to Help:

One of the easiest ways to help alleviate the water crisis is by going to tap.unicef.org and participating in the UNICEF Tap Project. The main

idea of the project is that UNICEF will donate clean water to children in need based on the amount of time you can stay away from your phone. For example, 15 minutes translates to a full day of clean water. This can easily be done when you're studying and do not want to be distracted by your phone, or even all night while you're sleeping and won't be using your phone anyway.

Of course, donations to organizations such as UNICEF and the other water charities are always the most direct way to help. Volunteering to raise public awareness about the water crisis is also an option for college students. These opportunities are available on the websites of the organizations mentioned earlier.

So many people in our first-world nation have no idea how much of a luxury it is to have clean water. You can help today just by putting down your phone for 15 minutes. In the time it took me to write this article, I was able to donate two days of clean water to a child in need. How much can you donate?

## Om-mazing benefits of meditation

BY DAN MCFADDEN

*Staff Writer*

Science has confirmed that regular practice of meditation has profound benefits on one's health.

The 2,500-year-old activity, which originated with the eastern religious traditions of Buddhism, has grown in popularity over the few past decades, spurred by a transcendental meditation movement in the seventies.

These practices, which are simple and can be picked up by anyone, reportedly offer a wealth of benefits to their practitioner, something that modern science has only recently began to back.

Reduced stress, heightened tolerance of pain, increased awareness and empathy, boosted creativity, and an overall greater sense of well-being, are all some of the numerous health benefits that a regular practice of meditation can experience as a result of extended practice.

Even after one session, beginners often experience a great sense of calm, as the methods used help to lower blood pressure and declutter the mind.

Despite its popularity, few know what meditation truly is. Some consider it the act of mental concentration, others believe it's when we drift off and imagine scenes of peace and satisfaction. In actuality, meditation is a state of thoughtless awareness. Also referred to as mindfulness,

this state helps tune the meditator into the constant flux and flow of life and allows for a clearer perception of the way things really are.

"When we practice mindfulness (the cultivation of a focused, non-judgmental awareness on the present moment), we're more able to open our mind and make sense of new experiences." University of Groningen psychologist Dr. Brian Ostafin, recently told one reporter of Huffington Post.

Today, meditation is usually coupled with yoga, the Buddhist art of physical discipline and stretching. The stretching used in yoga helps to relax the meditator and prepare the body for lengthy periods of sitting, an essential part of meditation. Many find the experience to be trance-like, and some more seasoned meditators report seeing colors or peaceful images manifest as they practice.

But its not all about getting "Zen'd out." Recent reports have observed that regular practice of meditation

can have astounding positive impacts on a persons overall physical, emotional, and even spiritual, health.

A recent study conducted at Harvard followed people who participated in an eight-week mindfulness meditation course. As reported by The India Express, "The results showed measurable changes in brain regions associated with learning and memory processes, emotion regulation, self-referential processing, and perspective taking."

Dr. Shivarama Varambally, the researcher in charge of the study, commented on the results saying, "The benefits of yoga and meditation derive from a combination of chemical changes, such as reduction in the stress hormone (cortisol), changes in brain physiology, and the psychological effects of mindfulness."

Other scientific reports have observed similar results, noting that a combined yoga and meditation practice can help individuals affected

with PTSD, allow digestion to run more smoothly, relieve joint pains, reduced inflammation and aid in weight loss. Dr. Varambally quoted these findings as, "proof that meditation helps in our quest for happiness."

Other studies claim that meditation has an impact on our spiritual wellbeing as well. An article recently published in the Huffington Post claims that meditation primes the mind for spiritual experiences.

For those interested in learning more about meditation, countless books and articles can be found outlining the subject (This staff writer personally recommends "Mindfulness in Plain English" by Bhante Gunaratana, a best seller since 1991.) Otherwise, anything by Jon Kabat-Zinn or Thich Nhat Hanh, who are authorities on the subject, can help you get started on developing your own meditative skills.

Marist also offers an array of events and workshops that introduce yoga and meditation to its' students. The weekly evening yoga intramural sessions, will give you a satisfying workout every time. A yoga physical education course and a 10-week "Mind & Body" Red Fox Enrichment program are also available.

Meditation offers an alternative form of healing apart from the mainstream methods of science and medicine. These practices are simple, effective and available for your own use at any time.



PHOTO COURTESY OF HUFFINGTON POST

## Textual healing: Fifty shades of BDSM

BY SHANNON BALES

Features Editor

The eagerly anticipated film adaptation of author E. L. James' best-selling erotic romance novel *Fifty Shades of Grey* was an immediate success in the box office – but what about in the bedroom? The film's dark depiction of a dominant-submissive relationship has naïve audiences questioning, "are people who partake in BDSM practices really 'fifty shades of f\*\*ked up'?" (in the words of character Christian Grey).

The answer is a resounding no.

The acronym "BDSM" represents a variety of acts including bondage and discipline; dominance and submission; and sadism and masochism. Partners can partake in a broad range of sexual activities that fall within the BDSM umbrella, however, they often develop a contract that clearly outlines a list of accepted behaviors and limits. These agreed upon limits are then reinforced by safe words that signal a partner's desire to opt-out of an act at any point. Although some partners choose to incorporate simultaneous pleasure and pain into their sexual diets, it's important to realize that there is a variety of other options on the menu. In healthy

BDSM relationships, a boyfriend is only whipped if he chooses to be.

It isn't often that topics such as unabashed sexual fetishism break into mainstream pop culture, let alone the big screen on an international scale. Therefore, sex experts, such as Russell Stambaugh, chair of the AltSex Special Interests Group of the American Association of Sexuality Educators, Counselors and Therapists, worry that *Fifty Shades* audiences are only getting a glimpse into the realm of BDSM relationships.

James' book and Sam Taylor-Johnson's film adaptation depict a very different sort of relationship between dominant and submissive partners. In the film, Jamie Dornan plays Christian Grey, an overbearing dominant who convinces a reluctant Anastasia Steele, played by Dakota Johnson, to leave behind her virginal status to become his young submissive. Although, Steele seems to enjoy some forms of sexual exploration as the relationship progresses, Grey tends to coerce her into sexual acts without her contractual consent and continuously shuts her out when she attempts to connect with him romantically.

A study published in the *Journal of Women's Health* found that the relationship portrayed in *Fifty Shades*

is marked by "intimate partner violence" instead of trust and security. Steele's sense of self-confidence ebbs and flows as Grey establishes dominance through intimidation, ultimately leaving his submissive distraught and broken. Grey's only excuse for his inability to remove himself from a constant dominant demeanor is a history of abuse.

"He suffers from what I call 'Domitis,'" Mistress Mona Rogers, a professional dominatrix in New York City, told Huff Post. "He walks around acting dominant all the time and that's not realistic." These alarmingly unhealthy interactions between two mal-developed characters only bolster popular misconceptions about BDSM.

It's okay to indulge in our fantasies through healthy relationships. A study conducted by the *Journal of Sexual Medicine* in 2013 found that those participants who were involved in BDSM scored better on certain indicators of mental health than their counterparts. The desire to engage in BDSM practices should never be linked to some sort of neuroses resulting from troublesome pasts. A global survey conducted by Durex in 2005 revealed that 20 percent of participants had used masks, blindfolds and other forms of bondage during sex. Today,

Philadelphia-based sexologist Justine Shuey believes that "people are exploring their kinky side a little more than they used to because *Fifty Shades* really opened the door to get people talking about [BDSM]."

It's important for those who choose to explore sexual boundaries with partners through BDSM to understand the line between consensual power play and abuse. While the confident submissive often enjoys relinquishing power and submitting to pleasure, the dominant is charged with the responsibility of fulfilling the submissive's needs; open communication is essential in fostering the type of bond between partners that promotes such a deep level of understanding.

"BDSM is about creating vulnerability, opening yourself up to your partner in a way you can trust them to take you to some of these dark places that are considered taboo overall, but in a loving way," Mistress Couple, the head mistress of one of the oldest BDSM training chateaus in the world, said in an interview with HuffPost Entertainment. "That's what's missing from the *'Fifty Shades of Grey.'* Christian continuously violates [Ana's] trust and her ability to feel safe," she added.

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## NFL's first female referee quietly ready to make history

BY JANIE PIERSON

Circle Contributor

The 2014-15 NFL season was defined by seemingly endless controversies surrounding the issue of domestic violence against women following the arrests of numerous high profile players in the league. The NFL was widely scrutinized for its discipline policy regarding domestic violence. This was especially heightened after running back Ray Rice was originally only given a two-game suspension following the incident when Rice punched, knocked out and dragged his then-fiancée, Jana, out of a casino elevator. We all know now that the security footage of the assault was later released and the public was enraged. The NFL eventually created a new policy that automatically awards any player a six-game suspension on their first domestic assault charge, and expulsion from the league if a second charge is committed.

With the enactment and enforcement of the new domestic violence policies, the NFL is hoping to rebound this coming 2015-16 season with more positive news about women in the world of football. Coming into the spotlight of women in football this offseason



PHOTO COURTESY OF SPORTS ILLUSTRATED

Sarah Thomas is set to make a groundbreaking move for women in the NFL.

is a woman named Sarah Thomas. Thomas, a Mississippi native, is a pioneer in the world of referees and made history earlier this month by becoming the first female referee to be hired full-time by the NFL for the 2015-16 season.

In her nearly 20 years officiating football, Thomas has made history multiple times and has built an incredibly impressive resume. She is widely praised for her knowledge of the game and complete composure on the field, despite usually being the only woman. Thomas became the first woman

referee to officiate a major college game in 2006, the first woman referee to officiate a college bowl game in 2009, and the first woman referee to officiate in a Big Ten stadium in 2011. In 2013, she was selected as one of the 21 finalists to be considered for a full-time NFL officiating position. Finally in 2015, at 41 years old, Thomas will finally step onto NFL fields, more than ready to officiate her first professional football game.

Thomas's hiring was noticed and discussed by parts of the NFL fan community on social me-

dia this week, but will likely be a much hotter topic once fans actually see her blonde ponytail sticking out from under her hat during an NFL game this coming season.

Without a doubt, countless social media accounts will rip Thomas apart when she steps on the field this season, wondering why she doesn't just "stay in the kitchen and make the players sandwiches" rather than trying to do a "man's job." After all, since Thomas never played football collegiately or professionally, she obviously must be unqualified for her officiating position, despite her 20 years of experience and expertise knowledge of the game. Maybe some of Thomas's biggest critics should reevaluate themselves and realize that their years of "football" skills in Madden video games do not qualify them to judge who should officiate a professional football game.

The hiring of Sarah Thomas is a huge step for the world of football and for aspiring female officials – in all sports. Congratulations to Sarah Thomas for her historical achievement, and I look forward to seeing her and her blonde ponytail making calls in the NFL this coming season.

## The worst to first flaws of the NBA draft

BY JOHN MOSHO

A&E Editor

As the NBA season comes to a close, fans are finally going to be able to see who wins the sweepstakes for the most coveted prize a franchise can obtain. And no, it is not for the chance to win the NBA title; it is for the chance to obtain the number one pick for the upcoming draft.

While this may not sound nearly as important as winning a championship for your fans, the draft is immensely important in the NBA in order for your team to thrive in the future. For a sport that depends so heavily on having a superstar within the lineup, teams must be able to obtain franchise players through the draft. However, with the current draft system in place, the only way obtain the caliber of player a franchise wants is by having your team lose, and lose a lot.

The way the NBA draft works is with a weighted lottery, the teams with the worst records hav-



PHOTO COURTESY OF FLICKR

Is having the worst record worth it if it means eventually having a star season?

ing more of a chance to obtain the number one draft pick than a team with a better record. Although this sounds fair on paper, teams have found a way to exploit this rule in order to obtain a stronger franchise in the future. Plain and simple, they tank the season.

While no fan wants to see a franchise throw their season away, can you really blame an organization for attempting to destroy their team in order to obtain a franchise player for the future? Maybe watching teams such as the Knicks shoot consistent air balls

or the Lakers rely on a man called "Swaggy P" to take them to the promise land will make the average fan want to rip out their hair and cry themselves to sleep. But if you really want your team to succeed, you put up with it, because you know a year of stupidity will lead your team towards a potential high draft pick and a chance to rise back up to the top. This is why this system needs to change.

The way the draft currently works prevents teams from playing their best basketball night in and night out and ultimately destroys

the integrity of the game. For the amount of money fanbases shovel out to their teams yearly, there is no excuse for them to be watching B-team players on the court.

While there are a plethora of different ideas as to how to fix the situation, none of which are perfect by any stretch of the imagination, there is one system to me that sticks out above the rest. If the NBA does end up switching their draft system to the proposed "Wheel System," where each of the 30 NBA teams would receive the first round draft pick once every 30 years, in a predetermined position designed so that teams pick in different areas of the draft each year.

If the NBA truly decides that enough is enough with losing games on purpose, the best way they can fix the issue would be to make it known who has the first draft pick each year, therefore teams have no incentive to lose on a regular basis. In doing this, fans will never have to bare through watching their teams lose on purpose ever again.



## Bleachers comes to campus for spring concert

BY JOHN MOSHO

*A&E Editor*

The Student Programming Council announced last week that Bleachers, the musical project of Jack Antonoff, will be coming to Marist for this year's spring concert.

While Antonoff himself might not be well known to many Marist students, his musical genius has certainly been heard from being a key contributor in bands such as Steel Train and more recently with FUN.

"While a lot of people may not know Jack Antonoff, he certainly has had a lot of main stream attention being a part of musical groups like FUN," said SPC Vice President Mike Bueti. "I want to invite everyone to give them a listen if you're not sure. At the end of the day, the spring concert is a great experience for everybody. Whether you're there to listen to the music or just to hang out with friends, getting the chance to spend the day down by the river is a whole lot of fun and I implore people to go."

For those of you who do not know much about Antonoff, the premise of Bleachers came about while Antonoff was on tour with FUN. Antonoff would spend the entirety of his free time picking up the guitar and recording bits and pieces of new songs until before he knew it,



PHOTO COURTESY OF FLICKR

he had an entire album in place.

"I didn't plan to start a new project," said Antonoff. "Many times when I should have been asleep or resting or eating, I would go to the studio. In Stockholm, Malaysia, in my room recording all day in Australia, literally all over the place. When I'd have two weeks off, I'd head into the studio in New York or L.A. and sift through everything I had done overseas and figure out what was interesting and what was garbage."

The goal of the Bleachers project for Antonoff was to push the envelope with modern day alternative music while still paying homage to what made 90's music so great. It is this combination that you see at work in some of his more popular

songs, such as "I wanna get better," and "Rollercoaster."

"I wanted Bleachers to have a nostalgic element, so some of the emotions almost do feel a little John Hughes-y [Director of The Breakfast Club and Ferris Buller's Day Off, known for his musical scores in movies]. But I didn't want it to be a retro album. It had to be fully pushed into the future while grounded in that moment that means so much to me."

Lyrically, this album goes through the inner turmoil that Antonoff has faced in his life. When Antonoff was only 18, he lost his 13-year-old sister to brain cancer shortly before 9/11. Then shortly after that, he lost his cousin as well in the Iraq War. All of these traumatic experi-

ences combined caused Antonoff to experience a lot of anxiety and inner turmoil in his life.

"All this at once was a real end of innocence time period," said Antonoff. "I went through so much in the aftermath of all that and developed a very intense panic disorder. I had a really hard time for many years before I started to find my way a bit more. But obviously, it is a huge part of who I am. As a result, I feel like the songs are generally about loss and finding a way to pick up the pieces and move on without carrying too many of them with you. But even though they can be really dark, they always come around to something positive."

"I think the message Antonoff shares in his music about taking the negative we have in our lives and channeling it into something positive is something we can all benefit from," said Bueti. "I hope the student body listens to what Antonoff has to say and are able to take his words to heart in order to figure out how to get past their own obstacles in life."

Tickets for the Spring Concert will go on sale Thursday, April 16 at 4pm at the Office of Student Activities in room 3115. Tickets are only \$15, so buy them fast.

## Dance ensemble to perform spring showcase

BY MEGHAN JONES

*Staff Writer*

The days are getting longer, the weather is getting warmer and nearly every night this week, the McCann Center Arena is packed with hundreds of students. That can only mean one thing: it's time for the Marist College Dance Ensemble spring showcase.

This semester, the Dance Ensemble includes an impressive 350 students who participate in anywhere from one to seven dances. The show, titled "Serendipity," features 29 different dances in styles ranging from hip hop to ballet to salsa. The final number will be a dance dedicated to the graduating seniors, featuring the songs "Ways to Go" and "Colors" by Grouplove and choreographed by senior Sam Cillo. There will also be a raffle benefiting Youth Mission Outreach, a nonprofit organization dedicated to supporting Poughkeepsie children and families. "Every semester, we pick a different organization to donate to," said senior Deanna Clark, the president of MCDE.

Every dance in the show is student-choreographed. Freshman

Gabriela Morris is thrilled to be choreographing her first MCDE dance with junior Harley Chase.

"I've always wanted to be a choreographer," Morris said. "My really big goal is to be a Broadway choreographer." She admits that being a choreographer can be "a lot of work," and though it "had its challenges," she said that "it was amazing, really an overall good experience." Morris is in four dances including her own, a contemporary number to "Unsteady" by X Ambassadors.

Sophomore Amanda Whorlow, who has been an active member of MCDE since fall of her freshman year, choreographed a dance with sophomore Kate Boylan for the second semester in a row. Including hers and Boylan's dance, an upbeat tap number to Christina Aguilera's "Candyman," Whorlow is in seven different dances. For her, however, it's not too many. "I love every single dance I'm in," she said. "I made sure to spread out my dance schedule so that...I only had either one or two each night."

Making her MCDE debut in Whorlow and Boylan's dance is sophomore Nicole Souza. "When I went

to the dance show last semester, I was...so amazed by...all the dances," she said. "I've always wanted to learn how to dance...so I decided, 'Why not?'" Souza said that while she "wasn't sure what to expect" from her first semester of MCDE, she "couldn't be happier about the way it turned out." Souza definitely plans to do dance again next semester. "Now that I've done one, I'm already in love with it," she said.

During the week before the performance, dancers run the entire show almost every night so they get to see all of the completed dances. Sophomore Priya Samanta, who is in three hip hop numbers as well as a salsa number, really enjoyed seeing the hip hop dance choreographed by freshman Alex Polzun. Polzun's dance, to "Watch Out for This" (Remix) by Major Laser, rehearsed right before one of Samanta's own dances.

"Everyone is out of breath by the time I go into the room," she laughed. "I hadn't seen the whole thing put together, so when I saw it for the first time on Sunday, it was...awesome." Whorlow agrees that Polzun's dance is not to be

missed. "It looks so good," she said. "I give him and his dancers a lot of props, because that dance...is really so intense."

Souza is most looking forward to senior George Delgrosso's dance, which mixes two Meghan Trainor songs and "Freak" by Diplo with music and themes from "Snow White and the Seven Dwarfs." "It's a combination I wouldn't expect, but I think it's going to be great," she said.

As for the title of the show, "Serendipity," Clark and the rest of the MCDE board worked together to come up with it. Clark believes that the word, meaning "something [unexpected] you weren't planning on finding," really describes Dance Ensemble. "We weren't really expecting to get this great experience out of it, making the friends that we did, and having it play such a big role in our lives," she said. "I know if I wasn't...in Dance Ensemble, my college experience would definitely not be the same."

MCDE will perform "Serendipity" on Saturday, April 18 and Sunday, April 19, in the McCann Arena. Both shows are at 3 pm.

## Some dreams never die: Why I love Marist is here to stay

BY ALEX SPIESS

Staff Writer

What does the phrase “I Love Marist”, mean to you? For me, it’s a nostalgic trip to my freshman year 2012, when Marist rap sensation Johnny Grimmer—now simply ‘Grimmer’, released his ever popular song and music video “I Love Marist”. Partly homage to Asher Roth’s “I Love College”, Grimmer’s version was the Marist anthem for much of my underclass charade here. However, it seems contemporary sensations have a short shelf life, and by now Grimmer’s notoriety around campus is left to dwell on the minds of anxious seniors frantically wandering their last walk along the Hudson before it all gets too real.

Luckily the artist who has opened for performers like Mac Miller, Mike Posner and Hoodie Allen has a plan. Grimmer’s new mixtape *Commencement*—set to drop on graduation May 23, 2015, is a project he has kept close to his heart since he graduated in 2012.

“When I graduated, I really focused on getting something professional done. The *Butterfly Effect* idea was like the caterpillar turning into a butterfly, coupled with the idea that one small change can have a big impact. They messed up my name from Johnny Grimmer to Johnny Grimer, during the com-



PHOTO COURTESY OF ALEX SPIESS

mencement ceremony, so after that I kind of embraced that Grimmer attitude in dealing with the struggles of independently creating my own music and brand.” Grimmer says.

*Commencement* wasn’t initially just a mixtape. It was also a fully developed blog and portfolio website developed by Grimmer for undergrads and recent graduates to share their experiences graduating and moving on from college.

Grimmer explains, “I wanted to give seniors and undergrads a tool to help deal with the transition from college to real life. I also wanted to have the blog connect with the mixtape, because a lot of the songs are about dealing with the same issues we’re all going through.”

Grimmer received a lot of positive feedback from the original blog, with many of the people who shared their stories describing the platform as therapeutic in getting their emotions down in one shared space.

The Blog was released in Novem-

ber of 2014, however the mixtape was never leaked. Unforeseen costs of production and other life circumstances left the mixtape release up to a matter of timing and opportunity to dive back in and create the project he always dreamed of.

Now *Commencement* looks like a combination of original content, and songs from his previous four projects: *A Heart That Knew No Bounds*, *The Butterfly Effect*, *Regular Kids* and *Split Personalities*. *Commencement* is set to have a two-part release with an A and B side. The A side, will be released on May 23, with 11 traditional full tracks to listen to in continuation. The B-side will release in June with more free-verse style poetry and lyricism.

Grimmer now works in the Marist Admissions office, and has stayed active in the local entertainment scene, frequenting local clubs and college parties around the area. Two weeks ago he played a show for

a party in New Paltz, and has another show lined up this Saturday at 9:00 p.m. at Mount St. Mary’s University in Newburgh.

Grimmer has slowly been releasing content from *Commencement* through the album’s website — [www.commencement.xyz](http://www.commencement.xyz), as well as his personal facebook page Johnny Grimmer. Additionally, Grimmer is generating buzz with his throw-back jam, at [www.ilovemarist.com](http://www.ilovemarist.com). Share the original music video, or give a #TBT shout-out to Grimmer for a chance to win a \$25 gift card.

“I’m planning on re-launching the blog with the mixtape and graduation, to give people the opportunity to listen to the album and get inspired to write about their own feelings on graduating and moving through life. It really doesn’t matter what stage of life you are in. I know kids who graduated two years ago that are living at home, who have the same feelings of uncertainty as undergrads.” Grimmer says.

Grimmer is set to begin working on a completely new project this July with brand new content for an album release next spring 2016.

Grimmer adds, “I just want everyone to know that they’re not alone in this journey. For everyone that has graduated, or is about to, we’re all in the same boat, just different places.”

## A speedy success story: Furious 7 Review

BY ANDREW AUGER

Circle Contributor

There’s a point early on in “*Furious 7*” where Brian O’Connor (played by the late Paul Walker) and his son Jack are getting in a car. Jack is playing with a toy car, and as he plays, he throws the car out of his seat and onto the front lawn. Brian responds with “Cars don’t fly, buddy”. This is the makers of *Furious 7* trying to explain to us how cars work, but by watching the rest of the film, it’s clear they have no regard for the basic laws of physics. Cars do fly in the *Fast and Furious* series, and fans of the recent installments in the franchise wouldn’t have it any other way.

“*Furious 7*” is certainly the most ambitious and overstuffed installment of the franchise, finding the series at a crossroads. The untimely death of Walker back in November 2013 made this a particularly tricky film to make, so it’s a testament that “*Furious 7*” never feels distracted or hindered. Director James Wan and the impeccably game cast rallied around the tragedy to deliver yet another blow-

by-blow master class in machismo and ridiculousness, delivering to record-breaking audiences what may be their finest and most emotionally satisfying installment yet.

“*Furious 7*” picks up where the sixth installment left off, with Dominic Torretto (Vin Diesel) and his misfit crew of former international outlaws trying to assimilate back into stateside life. The gang must reunite for one last ride in order to get their own revenge, to become the hunters as opposed to the hunted.

That’s really only the driving force of the story, as there’s much more. We of course have the whole business with shady CIA operative Mr. Nobody (Kurt Russell, having a ball here), who recruits Dom and his

team to locate and extract a device known as “god’s eye,” which is basically everything Edward Snowden has nightmares about. There’s the secondary villain Jakande (Djimon Hounsou), who wants the god’s eye for himself and has kidnapped the creator of the device, a mysterious figure only known as Ramsey, in order to locate it. It may be the most ridiculous story in a “*Fast and Furious*” installment yet, which considering this is the series that has a landmark sequence where a giant bank safe is dragged throughout Rio de Janeiro, that’s saying something. The story is irrelevant, the dialogue is cringe worthy, the runtime excessive and the cameos and lack of continuity distracting throughout.

But the action after about 25 minutes, “*Furious 7*” stops walking and begins to sprint. The film struts from one country to the next, leaving explosions, amazing hand-to-hand fights, and insane stunts (some practical, some using heavy CGI) in its swaggering path.

Once “*Furious 7*” has blown it’s metaphorical wad with action, it settles itself for a touching finale. I’ve never found Paul Walker the best actor in the world, but his crucial role in the success of this franchise cannot be understated. The clear bond that this cast shares clearly sells the themes of family and love that the series prides itself upon. This makes the final goodbye all the more poignant; it feels less like a film and more like a eulogy. The film does an excellent job of never becoming distracted with the needed alterations because of Walker’s death, except when it becomes appropriate pay tribute. Paul Walker, we will see you again. As for the *Furious* franchise, if they can continue to live up to the high note this one leaves on, then strap me in for many more “last rides.”



PHOTO COURTESY OF MARIST CIRCLE

## Men's tennis tearing through MAAC opponents

BY NIKOLAS DOBIES

Staff Writer

So far the Marist men's tennis team has started the MAAC season on a tear by earning victories against Rider, Fairfield, Saint Peter's, Siena and even against non-conference opponents Radford and Hofstra. In the first MAAC match of the season the Red Foxes cruised to a 7-0 victory over Rider, starting another unbeaten season in the MAAC with a 1-0 record.

Senior captain Matteo Giudici and junior Julien Hochner teamed up to win the Red Foxes first doubles match of the day defeating Rider's Chris Poposo and Adam Levi, 6-2. Joe Motta and Jan Deric clinched the doubles point as they took down the Broncs team of Matthew Begley and Agazi Berhane 6-2. Rudolf Kurz and Dylan Fletcher won the third and final doubles match. Hochner won the Red Foxes first singles match of the day defeating Rider's Ahmed Al-Shawafi 6-0, 6-1. Kurz followed up with a straight set 6-3, 6-2, victory and Deric clinched the match for the Red Foxes with a 6-0, 6-0, straight set victory over Rider's Levi.

"It was great being outside and the weather got better as we played," said head coach Tim Smith. "This is a tune up for an important match against Fairfield and I was extremely pleased with the play of Dylan Fletcher



PHOTO COURTESY OF MARIST ATHLETICS

Marist tennis captain Matteo Giudici is pictured above in a match earlier this year. He picked up his 100th career win against Hofstra.

er in both singles and doubles."

In the next match, the Red Foxes defeated Fairfield 6-1, and improved their record to 2-0 in Metro Atlantic Athletic Conference play.

The Red Foxes team of Joe Motta and Fredrik Bjerke picked up the team's first win of the day, defeating the Stags Cameron Amyot and Ofir Solomon 8-5. The Red Foxes went on to sweep doubles and earn the point including an 8-2 win from the team of Justin Chanthalangsy and Matteo Giudici against Fairfield's Brad Orban and George Tioutine. The team would continue their strong play into singles as well with Rudolf Kurz, Joseph

Dube, Bjerke, Fletcher and Giudici all winning their singles matches.

"I was very pleased with how hard the entire team fought on a brisk day in Connecticut," Smith said. "The score was not indicative of the match and I was very pleased with the overall doubles play because this is the first time in a few years that we have won the doubles point against Fairfield."

In the next match senior Matteo Giudici picked up his 100th career win in a 5-0 victory against Hofstra. The two teams were only able to play singles before rain suspended play but the Red Foxes took down Hofstra in five of the six singles match-

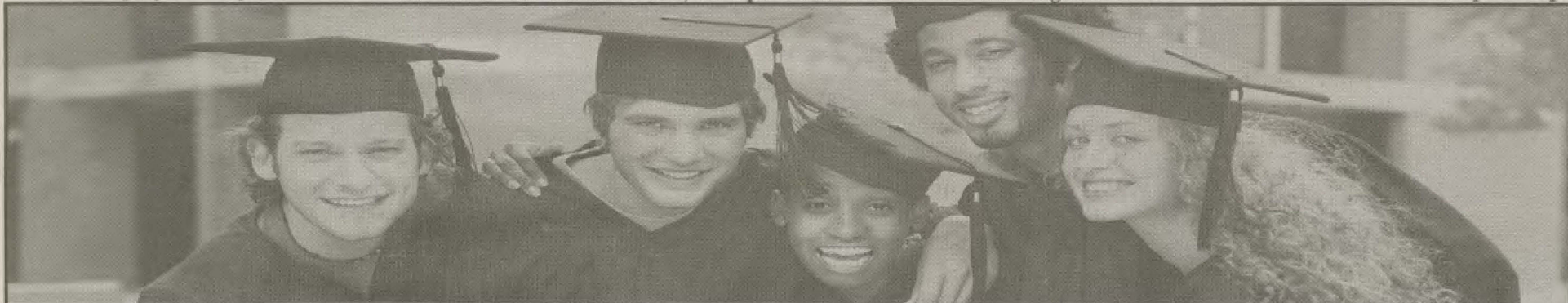
es with only one singles match not reaching a finish. Joseph Dube led off the day with a straight set victory with over Hofstra's Ricky Hender, 6-2, 6-0, and Giudici followed up with his career mark as he defeated Leonardo Pires, 6-0, 6-2, to cap off a tremendous accomplishment.

Jan Deric also earned a straight set singles victory and freshman Rudolf Kurz clinched the win for the Red Foxes as he defeated Ari Richman, 7-6, 6-0.

"It's very exciting, my 100th win at Marist. It has been four amazing years and I am looking forward to another great season and we are all pumped up and ready to go and we are ready to win another MAAC title," senior captain Matteo Giudici said.

"He has the largest progression of almost any athlete I have seen here, at least with me," Smith said of Giudici. "After his first semester I did not want to keep him but he totally made a 180 change and is probably the best team captain I have had and I've had some good ones."

The Red Foxes will have some challenging matches ahead as they are set to face Monmouth, Niagara and Quinnipiac in the span of less than a week, with all three of those teams being serious contenders for the MAAC title. If the Red Foxes can continue their great start in the MAAC there is little doubt they will be able to compete for another MAAC championship.



## What are your plans after graduation?

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## Lewis makes statement on national scale

BY AVERY DECKER

Sports Editor

Chavaughn Lewis received the call at 10 a.m. Wednesday afternoon. He managed to catch a flight later that day and was suited up for his team's first game that night at 9 p.m.

The Marist College men's basketball captain was invited to compete at the Portsmouth Invitational Tournament, an annual event that showcases 64 college Division-I seniors in a four-day, 12-game tournament.

Lewis, who competed on the Mike Duman Auto team, picked up right where he left off with his senior campaign. The difference this time was that Lewis was competing against some of the best seniors in the country, many of who have futures in the NBA and other professional leagues.

Lewis seemed to get better as the tournament went on. Fresh off his flight earlier that afternoon, Lewis played 13 minutes in his first game, netting eight points while grabbing two rebounds. The senior improved in his next game which came Friday where he scored 13 points while recording four rebounds, two blocks, two steals and an assist in 28 minutes. He shot 4/7 from the field and 2/3 from behind the arc. Lewis caught stride as he started to mimic the stat lines he



PHOTO COURTESY OF MARIST ATHLETICS

Chavaughn Lewis holds the Marist program record in scoring with 2,119 career points. He is pictured above in game from this past season.

has put up for four years at Marist under less-than-ideal conditions.

It was a tough journey for Lewis, as he endured little success in the wins column with Marist. The program was in a bit of a funk as they went through three head coaches in three years. The only constant was Lewis.

"I give the credit to my parents," Lewis noted after his final game of his collegiate career. "The way they brought me up is to always fight and telling me that life is going to have a lot of obstacles."

He continued, saying, "To see that I actually gave everything I can and I left it all on the court, I'm actually proud of myself for that."

Lewis was the standout player in his team's final game of the tournament on Saturday. While playing only 25 minutes, he was able to tally 29 points while filling up the stat sheet with five steals, four rebounds, three blocks and two assists. His efficiency was even more impressive, shooting 9/15 from the field and 2/4 from behind the arc. He also netted 9/12 from the stripe.

This impressive feat came against a team of professional-bound talent including St. Johns standout D'Angelo Harrison, Villanova forward JayVaughn Pinkston and Oklahoma State's Le'Bryan Nash. Lewis finished the tournament averag-

ing 16.7 points, 3.3 rebounds, 2.3 steals, 1.7 assists and 1.3 assists per-game. He carried his success over to a national scale with this performance that was watched by scouts from all 30 NBA teams.

Lewis' performance earned him a spot on the 2015 Adidas P.I.T All-Tournament Team. He was the only player on the Mike Duman Auto roster to earn this honor. Fellow MAAC senior David Laury, who led Iona College to a MAAC Championship appearance, also made the All-Tournament Team while playing for the Cherry BeKaert team.

The Red Foxes senior captain was used to carrying a heavy workload during his college career. He was Marist's leading scorer every year since his sophomore year and also was one of the top rebounders. He was among the steals leaders in the Metro Atlantic Athletic Conference during both his junior and senior years.

During this year's MAAC Tournament, Lewis passed Steve Smith and became the Marist program's all-time leading scorer with 2,119 points. He is also 6th on the all-time MAAC scoring list. He ranked 10th in the nation in scoring at 20.6 per-game and 13th in steals with 2.31 per-game.

dude! **fly** the **COOP!**

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