

The



Circle

The student newspaper of Marist College

VOLUME 65, ISSUE 12

FOUNDED IN 1965

THURSDAY, DECEMBER 2, 2010

Marist community gives back this holiday season

By ALYSSA LONGOBUCCO
News Editor

Marist students will be a factor in providing some Christmas miracles this season, as the 20th annual Giving Tree ceremony quickly approaches.

A charity program run through Campus Ministry, the Giving Tree has quickly become a tradition on Marist College campus, providing students with the opportunity to reach out to families in need throughout the Dutchess County region during the holiday season.

Co-chaired this year by Campus Ministry senior board members Deirdre Hicks and Dave Amiri, work for the Giving Tree began in early September. Local agencies, including the Poughkeepsie Family Literacy Program, Catharine Street Community Center, Grace Smith House, Family Services Inc.: Crime Victim's Unity and Dutchess Outreach were contacted in order to gather a group of families for the Marist community to sponsor. This holiday, the Marist community will help to bring Christmas to 26 families around the Dutchess County region.

Co-chair Deidre Hicks stated that while accumulating the requested gifts sometimes seemed like a daunting task, it was full of rewards as well, knowing she was influential in bringing Christmas joy to others less fortunate than herself.

"Having the opportunity to run the Giving Tree program has been by far the most rewarding experience of my time at Marist," Hicks said. "Knowing that I am helping to bring that Christmas morning smile to children in our community and

helping families experience the Christmas joy so many of us take for granted is a feeling like no other."

A large portion of the Giving Tree program relies on student participation, without which, Hicks said, the program wouldn't be such a success. Student volunteers donated their time to cutting out ornaments, assembling trees and keeping track of each family's accumulated gifts.

"Participation has been great this year," Hicks said. "We had so many students come volunteer their time at poster making, ornament writing and ornament making events, as well as tree decorating. Each year Campus Ministry also goes out and buys unfulfilled requests, so we've had a ton of students sign up to help us with sorting the gifts and wrapping them."

The gifts are divided into three categories. The first category, represented by white ornaments, is compiled of household needs, which are determined by the parents or adult members of the family. The other two categories, represented by red and green ornaments, are gifts that the children can ask for.

"Each child is allowed five "need" gift requests, and three "wish" requests," Amiri said. "It's at this point where you see how blessed so many of us are. When you see a child asking for sneakers, or something else that so many of us take for granted, as a wish, it really makes you think and be thankful for all that we have."

Any students who wished to participate in the Giving Tree program simply had to grab an ornament off one of the eight trees located around campus, purchase and gift wrap the



ALYSSA LONGOBUCCO/THE CIRCLE

A student checks out one of the eight Giving Trees on campus in the Lowell Thomas foyer. Students can go to each tree to select a gift to purchase for a Dutchess County family in need. The closing Giving Tree ceremony will take place on Dec. 12.

distributed to the families, just in time for Christmas. This year, the commencement ceremony will be held in the Marist chapel on the evening of Saturday, Dec. 12, where all are invited to attend in celebration of another charitable holiday season.

The program culminates in a Giving Tree Ceremony at the end of the semester. The ceremony is used to bless the donated gifts before they are picked up by the agencies and

News Briefs

Marist writing professor to read from first novel

Professor Joseph Zeppetello, director of the College Writing Program at Marist College and a member of the English Department faculty, will read from his new novel "Daring to Eat a Peach" (Atticus Books, 2010) on Thursday, Dec. 2, at 6:30 p.m. in the Henry Hudson Room of Fontaine Hall. A book signing will follow the reading and refreshments will be served. Admission is free and all are welcome to attend. "Daring to eat a Peach" is a reverberating multiple character-study of a novel in which people humbly ask, "How did I get here?"

Music department holds winter concerts

The Marist College Music Department will host a holiday musical celebration this coming weekend.

The Marist Singers, Handbell Choir and String Orchestra, with the assistance of Campus Ministry, will present "An Ecumenical Service of Lessons and Carols" at 3 p.m. on Saturday, Dec. 4, at the Redeemed Christian Fellowship, formerly the First Presbyterian Church, located at 100 Cannon Street in downtown Poughkeepsie. The event is free and open to the public.

The Marist Symphonic Band, Wind Symphony, Gospel Choir and Handbell Choir will perform in two

"Winter Festival Concerts" on Sunday, Dec. 5, at 1 p.m. and 5 p.m. in the Nelly Goletti Theatre.

The Sunday performances will benefit the Wounded Warrior Project, a national charity dedicated to counseling and transitional programs for servicemen and women injured in the line of duty. Tickets for the Winter Festival concerts are \$15 for general admission, \$12 for Marist faculty, staff and alumni, \$10 for senior citizens and all students and free of charge for veterans and active military personnel. For more information or to reserve tickets, contact the music department at: (845) 575-3242.

Marist author to discuss her latest book

Sheila Isenberg, an adjunct professor of English at Marist College, will discuss her latest book, Muriel's War: An American Heiress in the Nazi Resistance, during a talk at Marist on Thursday, Dec. 2. Her presentation begins at 7 p.m. in the Performing Arts Room, followed by a book signing. The event is free and open to the public. Books will be available for purchase.

Sheila Isenberg is the author of several books including A Hero of Our Own: The Story of Varian Fry, named a Notable Book of the Year by the St. Louis Post-Dispatch.



THIS WEEK

Thursday, 12/2

Menorah Lighting
Student Center 346
5 p.m.- 6 p.m.

Friday, 12/3

Men's basketball vs. Niagara
McCann Center Gymnasium
7 p.m.
Free with valid Marist ID

SPC Movie: 'Going the Distance'
Student Center 346
10 p.m.- 11:59 p.m.
Free with valid Marist ID

Saturday, 12/4

Women's basketball vs. St. Bonaventure
McCann Center Gymnasium
7 p.m.
Free with valid Marist ID

SPC Movie: 'Going the Distance'
Student Center 346
10 p.m.- 11:59 p.m.
Free with valid Marist ID

Sunday, 12/5

Men's basketball vs. Canisius
McCann Center Gymnasium
4 p.m.
Free with valid Marist ID

Tree Lighting
Chapel
8 p.m. - 9 p.m.

Monday, 12/6

No events posted.

Tuesday, 12/7

No events posted.

Wednesday, 12/8

No events posted.



Security Briefs Thanksgiving means fights, thefts

By **CHRIS RAIA**
Staff Writer

Welcome back! I hope everyone had a terrific Thanksgiving filled with turkey and touch football (what is up, alliteration fans?), but now we're back at Marist and finals are upon us. But, don't worry! The tree is officially up and running in the Christmas Tree Room, so you'll at least have something fantastic to stare at in the hours upon hours you're sitting in the library. We only have two weeks left in the semester! Make the most out of them. Study hard, write your papers and do your holiday shopping. But, remember to breathe. Stress creates problems, and we've seen that happen too often on college campuses, so just take some time to relax every once in a while. Your brain, overall well-being and final grades will thank you for it. Stepping down from my soapbox... I don't have a lot of security stories this week, but we'll make do with what we have. And we're walking.

Over the Break

There were a few burglaries in some of the residential buildings over the break. Several video games were stolen from three different rooms in Midrise and one room in Sheahan. Upwards of 30 total games for systems such as Xbox 360 and PlayStation3 have not been accounted for. Marist security and town police are involved, but I was not made aware of any leads they might have. That said, if

you've heard anything about this, speak up. I'm sure security and these kids would appreciate it. In the meantime, burglary victims, my house in Upper West has Xbox and PS3. You guys have an open invitation because I feel bad for you.

11/20 - Leo

A party was broken up in Leo Hall, and six beers were confiscated. With only six beers confiscated, you'd think security just broke up a pregame. But there were 50 empty cans scattered around the room. I don't know how many people were there. **56 points**, I guess?

11/20 - Midrise

FIGHT! Involved students said that there were harsh words exchanged in the elevator. That's how it always starts - a little bit of trash talk, some shoving, Mike Tyson threatens to eat your children, then you get to the pre-fight weigh-in and BAM! Someone gets punched in the face. Mike Tyson wasn't involved in this story. Neither was a pre-fight weigh-in. But a guest did claim to get punched in the face. **10 points.**

11/20 - Sheahan

MORE FIGHTS! Or were there? A student came to the entry desk at Sheahan with a face like Sly Stallone from "Rocky". "Cut me, Mick. Cut me." He told security he was punched in the face at a fraternity party. But, but, but - there's a twist! Town police was called, and

the kid was asked to tell the details of this alleged fight. Turns out, he didn't get punched. He fell down and hit his face on the concrete. I like that. I'm not sure if I believe it though. **15 points**

11/23 - Upper West

Two students went to their cars and found all four of their tires flat. Single screws were found lodged into each tire. This was the Tuesday before break - they probably discovered that minutes before they were planning to go home. Wow. My apologies.

11/20 - Talmadge

More thefts. This time, someone stole a flat screen television and an Xbox 360. Same thing as before. If you know anything, say something



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

Letter from the Editor

While the construction on the almost-complete Hancock Center has dominated discussions about renovations at Marist, plenty of other pivotal changes are coming to campus.

In The Circle's next issue, you'll be granted an inside look at not only the interior of the Hancock Center but also plans that are currently in progress to construct an underpass under Rt. 9.

Renovations are also on its way to

the athletics hub of campus, the James J. McCann center and you'll have access to a detailed report on academic improvements and innovations dealing with strategic planning.

If all of this groundbreaking material isn't enough to entice you to pick up next week's issue, consider that eight of our pages will be in full-color.

This week, enjoy our complete roundup of this football season and if winter camping was in is in your plans, check out our lifestyles section

for some helpful tips.

On a serious note, our campus page is devoid of the usual comical recounting of the security briefs. Granted, most of the student body was home for Thanksgiving break, but thefts across campus are never fun to read about.

As the briefs suggest, keep an eye out for your fellow Foxes.

Philip Terrigno
Managing Editor

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New York State puts a ban on the “blackout in a can”

By MELANIE LAMORTE
Circle Contributor

“Four Lokos are blackouts in a can and the end of my morals.” That’s the name of a Facebook group that has over 90,000 members. These alcoholic beverages have been blamed for countless questionable decisions. They’ve been the subject of too many Facebook statuses and photo album titles. It’s the beverage everyone’s been talking about and now it’s being banned from shelves. Four Loko is a caffeinated malt beverage which contains 12 percent alcohol per can—roughly the same as drinking five beers. The drink also contains 135 milligrams of caffeine, comparable to a cup of coffee. The drunken buzz paired with a caffeine energy burst may seem like a fun time, but beware: these drinks can be deadly.

The combination of caffeine with alcohol is particularly dangerous because caffeine can mask the effects of alcohol and make the consumer unaware of their level of intoxication. The Food and Drug Administration said in a Nov. 17 press release that “the consumption of beverages containing added caffeine and alcohol is associated with risky behaviors that may lead to hazardous and life-threatening situations.” It is for this reason that the

FDA has issued warning statements to several beverage companies, including Phusion Projects, LLC, the makers of Four Loko. Since the FDA does not recognize caffeine as a “safe additive” to the alcoholic beverages, they have requested that the beverage companies remove the caffeine from their products. The drinks in their current state must be removed from shelves nationwide by Dec. 13. Many states including New York have already implemented a ban.

Four Lokos have become popular particularly among college students, due to their cheap price and the quick intoxication. The drinks also come in flavors such as watermelon and blue raspberry, making them appealing to younger consumers. Therefore, college students have been drinking the beverages in excess which has led to a recent increase in hospitalizations. Now, two families are suing the makers of Four Loko for their children’s deaths. A 20-year-old Florida man shot himself after binging on the drink and a 21-year-old Maryland woman crashed her truck and subsequently died after drinking two cans.

College students are having mixed feelings about the ban of the popular beverage.

“I think that people act irrespon-



STATE PRESS MAGAZINE/FICKR
Marist students to say adios to los lokos.

sibly and don’t know how to handle themselves or the drink,” said Jillian Lay, a junior Quinnipiac student. The drinks have not yet been banned in Connecticut, her current state of residence, but they will be soon.

Marist students have strong feelings about the ban as well. Marist junior Katie O’Brien believes that implementing a state ban on the beverages won’t help much.

“People have already started stocking up and they may travel to

other states to buy more,” O’Brien said. “Drinks like Joose haven’t been banned yet. What’s the difference?”

Joose is another caffeinated alcoholic beverage similar to Four Loko. In fact, the FDA has sent warning letters to four beverage companies including the makers of Joose, United Brands Company Inc. Charge Beverages Corporation and New Century Brewing Co., LLC have received letters as well.

O’Brien and another Marist junior who wished to remain anonymous agree that the responsibility lies in the hands of the consumer, not the beverage company.

“It’s not the fault of the company,” the junior said. “At the end of the day, you know what’s right and wrong. A company can’t make that decision for you.”

“People need to know their own limits,” O’Brien said.

There is a chance that Phusion Projects will release a similar malt beverage with less or no caffeine in the future. However, in this state of Loko prohibition, YouTube videos have been made instructing individuals on how to make their own drink. Instructions include using Jolly Rancher candies, malt liquor, caffeine tablets and soda. Could this be our generation’s version of bathtub gin?

Committing random acts of kindness is no crime on campus

By COURTNEY DAVIS
Circle Contributor

On Dec. 8, students and faculty at Marist are being encouraged to do random acts of kindness for other people on campus. Random Acts of Kindness is an organization that is a part of the Foundation for a Better Life. Their mission is to inspire people to practice kindness and to pass

it on to others. It is a student’s communication capping project to bring Kindness Day to the Marist community.

During the craze of the end of the semester, it is important to remember to be kind to other people and do things to brighten other’s days. The goal of bringing this experience to Marist is to encourage kindness on campus and to brighten the spirit of

the community. According to Lauren Miller of PR Newswire, there is a correlation between acts of kindness and stress relief, which makes finals time the perfect time to practice the mission of Random Acts of Kindness. Gratitude is also linked to an increased immune system, which is vital going into the winter season.

It doesn’t take much work to make

someone’s day. Give your roommates a ride to class when it’s snowing. Help another student carry their groceries back to their house. Offer to edit a friend’s final paper. Share your umbrella or give up your seat on the subway. For more kind ideas, go to maristRAK.ning.com. Post your act of kindness on the website to inspire others.

"WAIT WHAT HAPPENED?!"

"NO WAY WHEN WAS THIS?"

"WOW I HAD NO IDEA"

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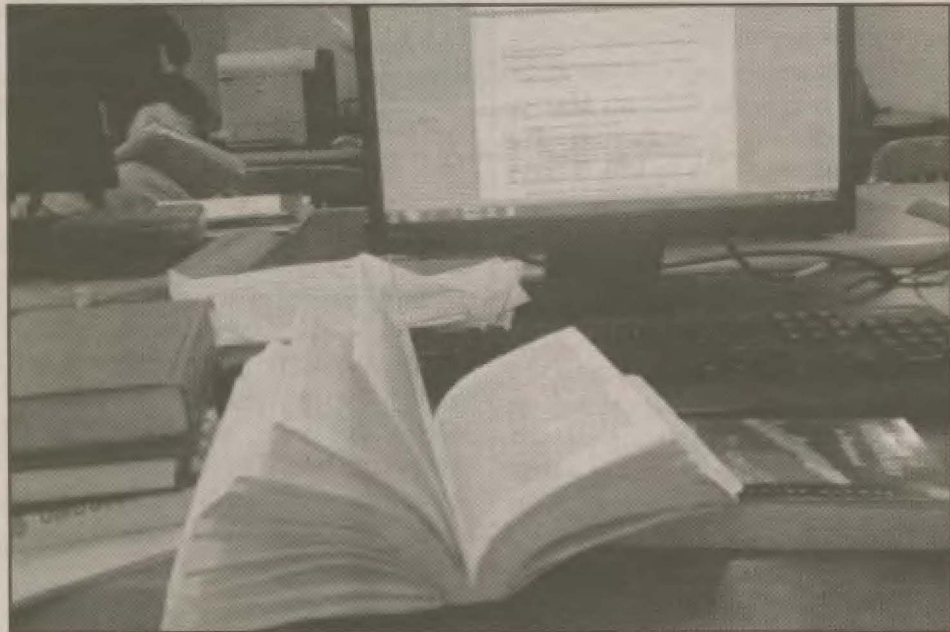
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JENNIFER MEYERS/THE CIRCLE

James A. Cannavino Library overflows with Marist students working on capping.

By JENNIFER MEYERS
Features Editor

Out of the four years at Marist College, one course will determine how much knowledge and skill was gained over the years and will apply it all into one big project. One word that almost every student at Marist dreads hearing: capping.

Every major has a capping course in which a student will either work in groups or alone to create a semester-long project that will "cap" everything the student has learned about their major while in college. Business majors are believed to experience one of the most difficult capping courses at Marist.

Accounting and business administration major Laura Rocco took capping last semester where she was assigned the Motorola company. Her capping project included a 45 minute PowerPoint presentation where she had to analyze the company's external factors, internal factors and strategic choices. On top of the presentation, each group mem-

ber had to write a paper varying in lengths from 40 to 80 pages single-spaced. Rocco's paper, which focused on Motorola's competitor, LG, was 65 pages long.

"It was difficult in terms of the time necessary," Rocco said. "The fact that there were almost two projects due in one class, and balancing it with other 400 level accounting and finance classes."

Although Rocco's capping class was extremely intense, she used the same strategies she used in her capping project at an internship which eventually led to a job offer at JP Morgan Chase.

"It wasn't enjoyable," she said. "I'm happy I got it over with."

Annie Davenport is also a business major and taking capping this semester. Her group was assigned BP Global, and she is writing her individual paper on Royal Dutch Shell.

"It's pretty difficult, but mostly because it's really time consuming and really hard to get the group together," Davenport said. "I am

happy I'm doing it. It's just going to make me more prepared for what I might want to do."

American studies major Kathryn Coursey is taking a history capping course in which she is writing a 25 page paper on Upton Sinclair's political campaign to become governor of California and why he wasn't elected. Coursey went to FDR Library in Hyde Park to do most of her research.

"It's been challenging just to stay on top of research," Coursey said. "I've spent a lot of time doing the research, and putting it into a paper is kind of daunting."

Even though the research process may be difficult, Coursey has a much greater understanding of a time in history that interests her.

"It feels good when people ask me questions about the topic and I know the answer," she said.

Psychology and special education major Taylor McHugh-Szepessy's capping project focused on the education of the deaf and hearing impaired. Although McHugh-Szepessy said that the project didn't really help her in means of finding a job, she still enjoyed it.

"I was dreading my presentation because there is such a negative connotation with capping in of itself regardless of your major," McHugh-Szepessy said. "However, in the end despite the stress, I did enjoy researching and presenting on my topic because I chose an area of interest to me."

Fashion merchandising major Tara Foglietta has created a fair trade business for her capping project, in which she must create a business plan and network with other fair trade retailers and wholesalers over the semester. Foglietta, with her partner Danielle Rosolino, will then sell their fair trade products at

Fashionology.

"I am enjoying my capping project, and I am excited to hear what others think about it," Foglietta said. "Hopefully this will be a successful turnout and add to the fashion department and our campus."

Creating their own business from scratch and using their own ideas and concepts, Foglietta and Rosolino believe their business to be a success.

"Once we got going and established our own goals and ideas and what we wanted to see out of this fair trade concept, we were able to complete our assignments and convey a better understanding," Foglietta said.

Communication major Katelyn Rotondaro's capping project organized a campaign for Holy Trinity Catholic School's music program to help raise money so that the school can buy instruments. On Thursday evening Nov. 18, Rotondaro and her group held a concert in which attendees were able to give a \$5 donation to the school.

"It's kind of fun in a way because it's different but it's hard," Rotondaro said. "Getting Marist to cooperate and staying in contact with everybody is difficult."

Despite the difficulties that her project came across, Rotondaro is excited for the event.

"I still feel very strong behind the whole cause of it all," she said. "Sometimes I'd rather do this than writing a paper. It feels more real world."

Capping is required for all majors at Marist. Although it may be difficult, time consuming and stressful, in the end it may all be worth it to show the world what has been gained while attending Marist College.

Marist School of Science

By JENNIFER ABBEY
Circle Contributor

The search is on for a new dean of the Marist School of Science.

More than 70 people applied for the dean position. Five people were given initial interviews and the committee is getting ready to ask candidates to return for a second interview.

"We had quite a few applicants," said Dr. Martin Shaffer, dean of the School of Liberal Arts. "There are less people in a dean pool than for professor positions."

The search for a new dean is being run by a committee that includes Dr. Shaffer, Dr. Margaret Calista, dean of the School of Social and Behavioral Sciences; Dr. Catherine Newkirk, professor of medical technology; Dr. Thomas Lynch, the chair of environmental science and policy; Dr. Victoria Ingalls, professor of biology.

Along with the search committee, President Dennis Murray meets with each candidate alone. Since the deans of each school are a part of

President Murray's cabinet, his current cabinet interviews each candidate as well.

Any faculty, staff or student is also allowed to interview the candidates for dean in an open session. Professors in the science department have been trying to recruit active students in the school to attend the sessions.

"Only four or five students have attended each open session," Dr. Shaffer said.

A possible reason so few students attended the open sessions could be a lack of communication.

"I didn't know that we could interview the prospective deans until after it happened," said Carly Drabik, a junior bio-medical science major. "But, I think it's really cool that they're getting students' opinions."

This is the second year that a committee has searched for a new dean for the School of Science. Last year's search did not work out, so Marist is trying again. Dr. Neil Fitzgerald, an associate professor of chemistry, is currently the interim dean of science.

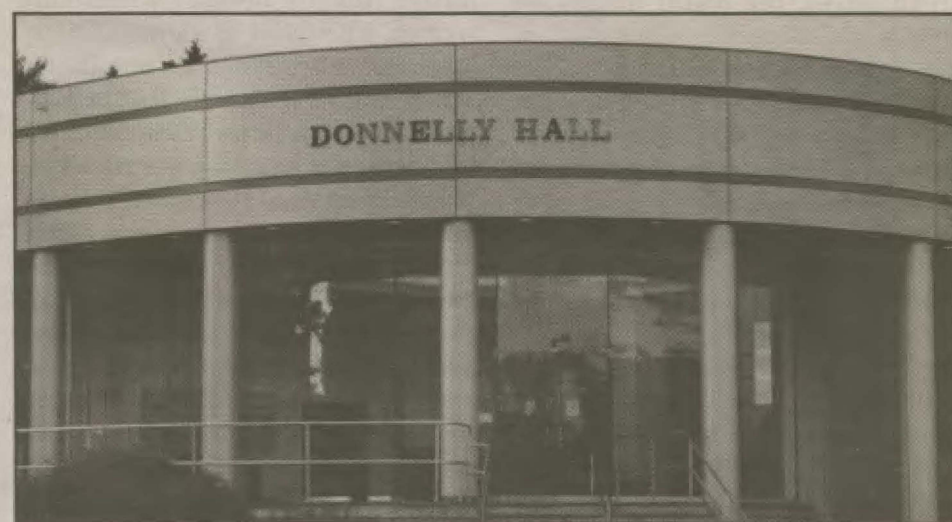


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Candidates are eager to take over Marist's School of Science for the future.

"We are getting toward the end of the process," Dr. Shaffer said. "It is possible we will have made a decision by Christmas."

If a new dean is chosen by Christmas, Dr. Shaffer is unsure of whether they will start in the spring semester or next fall. A lot depends on the person's current job.

In every dean search, the committees look for candidates that have

had administrative experience, such as holding the position of chair of a department. Marist likes to promote professors.

"It is not unusual to move up within a school," Dr. Shaffer said. "A college is like a big corporation."

However, Dr. Shaffer says it looks like the new dean of the School of Science will be from outside the Marist community.

Harry Potter draws closer to the end

By THOMAS LOTITO
Editor-in-Chief

Movies are the great escape from the people you remembered you don't want to be around for Thanksgiving. And when it comes to escapes, one franchise has given fans the chance to escape over and over again: Harry Potter.

November 19 marked the beginning of the end for many of us fans, who over the years have had to decide whether we'd be Death Eaters or which houses we would want to be sorted into. "Harry Potter and the Deathly Hallows" doesn't just mean the phenomenon is ending for fans; the plot of this film, part one, leaves the viewer thinking that, for the wizarding world, this really is the beginning of the end.

Dumbledore is gone and Harry realizes he may not have really known him; the Malfoys are no longer a prestigious family; and, above all else, Hogwarts is not one of the sites featured in the film (this one at least).

With all of these jarring changes from previous movies, it's hard to think any kind of coherence could be present continuing the story from the previous six films. The truth is that this is probably, and many agree, the best done of the seven films so far.

While I've been saying that this is the beginning of the end, it's important to note that it's only the beginning. Book seven contained so many different events, all important mind you, that it would be impossible to



FLICKPOSTER / FLICKR
"Harry Potter and the Deathly Hallows Part One" grossed \$24 million domestically from midnight showings, falling short of records set by Twilight's "Eclipse" and "New Moon."

make a decent, cohesive film. At first, even with the story being separated into two parts, there was apprehension that fans would be satisfied.

The pace was steady throughout the entire film, and kicking up when necessary. There is a sense of foreboding from the very beginning of the film when the Dursleys leave Harry and a vanguard arrives to transport Harry to the Weasley's current place of residence. On the way, he is attacked by an army of Death Eaters and Voldemort. The

sequence is key in displaying Voldemort's motives throughout the film. His wand is unable to harm Harry, so he searches for a more powerful one to finally be able to kill Harry. The boy who lived continuously gains visions of where Voldemort is, and gets the feeling that Voldemort is looking for something that he wants very badly.

The rest of the film consists of the trio (Harry, Ron and Hermione) on the run, hiding from the Death Eaters and trying to figure out a way to destroy the Horcrux currently in their possession (a Horcrux being a portion of a person's soul—in this case, Voldemort's). The main struggle comes from the time they all have to spend with each other. Ron wants to spend time with Hermione, but the situation's focus on Harry prohibits Ron from getting what he wants. The inner turmoil eventually leads Ron to leave the group for a while, and Harry and Hermione must fend for themselves.

There's a visit to Godric's Hollow, where Harry's family was murdered, as well as a grueling scene at Malfoy Manor where Harry and Ron are temporary prisoners, and where Bellatrix Lestrange, Voldemort's deranged right-hand woman, tortures Hermione for information.

And after all of this, Voldemort does get what he wants. The film's final shot is of him shooting a triumphant bolt of light into the sky after obtaining the powerful wand that he wants. Don't worry, that's not a spoiler, there's a part two. This is just the beginning of the end.



By RYAN RIVARD
A&E Editor

David Lynch "Good Day Today" / "I Know" – David Lynch, the infamous film director, has dabbled in music before with "Dark Night of the Soul," a collaborative project with producer Danger Mouse. However, this is the first time we've heard Lynch's solo musical endeavors with his pair of singles. You would expect an overwhelming barrage of darkness and eerie sounds that mirror Lynch's surrealist style. Instead, Lynch serves us a slice of electropop cake, a minimalist electronic song that has a straightforward beat and highly processed vocals. As if the song's texture wasn't enough of a surprise, Lynch, sounding like a high pitched Thom Yorke on "Kid A" (the song), optimistically sings: "I want to have a good day today." Who can argue with that?

The single's B-side is more commonly associated with Lynch's signature artistic choices. "I Know" moves at a bluesy pace enveloped by a foreboding organ, sounding like a long lost Western lament. Lynch flexes his music production biceps with glitches of electronics bleeping in and out at carefully executed moments.

Theophilus London "Flying Overseas" f/ Devonté Hynes & Solange Knowles – Theophilus has the potential to make sound serious buzz in the hip-hop realm. "Flying Overseas," offered as a free download courtesy of Mountain Dew's Green Label Sound, is a seductive joint as smooth as sand sifting through the crevices between your toes.

T.I. "Welcome to the World" f/ Kanye West & Kid Cudi – Besides being a frequenter of the jail cell, T.I. is also a hip-hop artist. On "Welcome to the World," the Florida rapper gets some help from Kanye West and Kid Cudi. The "No Mercy" highlight rekindles the swagger West brought on the collaboration "Swagga Like Us." Cudi soars in for the ambient chorus hook, a niche he's comfortably great at.

Kanye West "That's My Bitch" f/ Jay-Z & La Roux – Kanye West may be on a short vacation from G.O.O.D. Friday tracks, it doesn't mean the flow of his music is tapped dry. "That's My Bitch" leaked onto the Internet and is rumored to be featured on West's "Watch the Throne," an upcoming collaborative album with Jay-Z. The track is pure fire, assaulting your ears with a tenaciously distorted tribal beat, DJ scratches, and a killer hook from La Roux.

Victoria's Secret Fashion Show no longer secret

By DAYNA VASILIK
Staff Writer

I don't know if it's the delicious smell of hot chocolate and gingerbread lattes, the joyful jingles we hear while shopping, or the glistening lights and decorations, but everyone seems to be a bit more cheerful during this time of year. Fathers all over are smiling with relief that their daughters now have no choice but to put on three layers of clothing before leaving the house. Turtlenecks...scarves...coats...it's a dad's Christmas miracle. However, just because the weather is getting colder doesn't mean you can't keep things hot. The Victoria Secret Fashion Show aired on Nov. 30, featuring six sexy style themes that showed confidence, strength, and sex appeal. Victoria Secret model Heidi Klum once said, "You should spend your money on some nice lingerie. Big wool cotton pants, that just doesn't work. You have to feel sexy!" Although we aren't going to walk out of the house wearing simply lingerie or outrageous wings, at least we can leave knowing we have some sex appeal underneath our frumpy turtleneck and big wool cotton pants.

Tough Love

These striking women portrayed a strong rocker look, while still maintaining to stay chic. The Tough Love collection features sexy and authoritative lingerie designs which suit women who want to show off their feminine side, but still dominate. When wearing the VS Ruffle Balconet Push-up Bra you can achieve this feeling of supreme sexiness too. It is perfect for those that want to remain rough around the edges and innocence at the same time. The sweet ruffle detail and ribbon-trim show off a posh side, whereas the seductive red and black colors and push-up cups show-off your stronger assets. Remember there's a fine line between coming across as tough or just being plain grumpy. So when you wake up on a freezing winter morning feeling like Mr. Scrooge, try slipping into something that makes you feel feminine while holding onto your edgy attitude. It will be your naughty little secret; after all you've been a good girl all year. Most of the time.

Game On

The Game On collection featured designs that were obvious inspired by sports. This theme was not only perfect for football season, but also

to show that athletic strong women can be sexy. The Game On part of the fashion show featured seductive sheer lingerie with athletic gear and other knock-out designs. Although we would probably look absurd sporting those risqué outfits, Victoria's Secret still offers a wide range of sexy, sporty lounge wear and lingerie with many NFL team logos. You can now show spirit this football season supporting teams such as the New York Jets, Dallas Cowboys, Oakland Raiders and many more. Wear your man's favorite team to encourage his football obsession, and I'm sure he won't just be cheering for the game.

Heavenly Bodies

This collection was all about being outrageous; bringing the drama to the runway. The mix of extreme glam and theatrical outfits on the stage were absolutely amazing. If you want to be just as extraordinary as a VS supermodel, I recommend wearing Victoria's Secret Miraculous Push-up bra, otherwise known as the "Hello Bombshell Bra." This is a lady's best choice if she wants to make her own grand entrance.

SEE VICTORIA'S SECRET, PAGE 7

From Page 6

Victoria's Secret showcases latest styles

"Being a bombshell is more than looks," said VS supermodel Miranda Kerr. Model Alessandra Ambrosio then added, "It's an attitude, and it comes from inside. It's a sexy walk. A bombshell has inner strength and glamour." This bra is said to instantly add two cup sizes and is sure to create attention. If you are feeling confident and are looking to try on some drama, I highly suggest investing in this dramatic push-up bra.

Country Girls

The Country Girl collection flaunts the innocence and sensuality women have. The designs included a mix of flowers, lace and plaids. The combination of the romantic soft colors and the feminine details made each outfit beautiful. Victoria Secret brand "Sexy Little Things" has babydoll nighttime slips that are cute and comfortable. Whether you want to wear the simple Swiss Dot Babydoll, or decide to be more alluring wearing the Lace Apron Babydoll, you automatically can feel 10 times more girly and seductive. This winter wear something that makes you feel smoking hot instead of wearing pajamas that look like they have been delivered through your chimney.

Pink Planet

The Victoria Secret Pink Planet theme was intended to inspire women to remain fun and flirtatious if you want to stay youthful. The combinations of colors used in the garments remind you of something straight out of a fairytale, only less conservative than say a Disney princess. Victoria Secret model Kerr stated, "Young women should embrace their individuality. You may think it's easy for me to say, but we all have insecurities. It's important, as women, to get past all of that and let our talents shine." We can all instantly brighten a room with our individualism, while wearing similar multicolored pieces that were worn on the runway. Wearing boring nude shades and colors can make you feel like sleeping beauty, but by choosing to wear flirty bright colors for lingerie you can instantly feel like royalty. Even though you may be the only one who gets to see what lies beneath your holiday sweater, at least you can be acquainted with the queen you truly are!

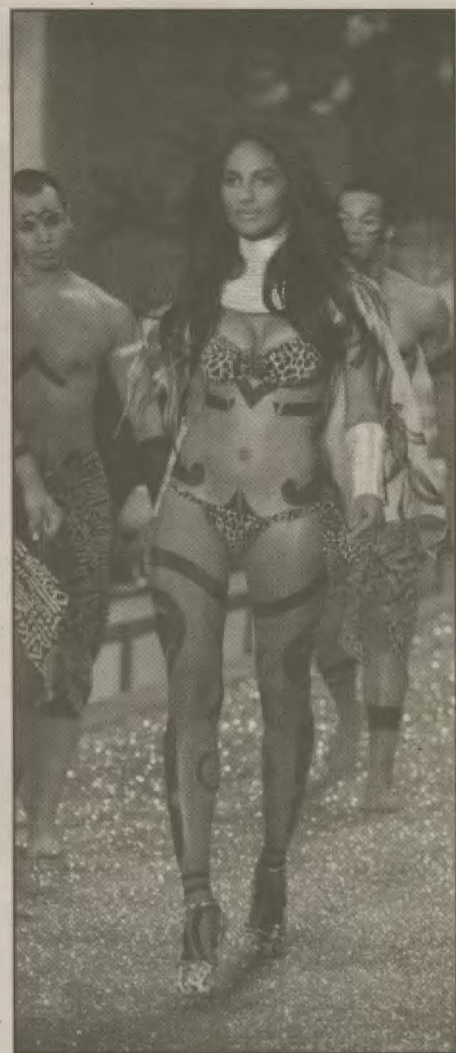
Wild Things

It was no surprise to see the infamous retailer featured leopard, zebra and tiger printed designs on the runway. Victoria Secret stores

all over carry animal printed bras, sleepwear, handbags and other accessories. Women can show their sexy instincts and achieve a similar look by being playful with trying different animal printed lingerie. Who knows, maybe wearing something that makes you feel spontaneous can bring out your wild side.

Although men may ogle at their television screens, and many of us girls may watch in envy or disgust, the Victoria's Secret Fashion Show takes place each year not just for models to show off the extreme designs, but to show women that we can all feel beautiful and should feeling comfortable in our own skin.

Kerr once said, "Never compare yourself to anyone else because all women are unique. It's like trying to compare a sunflower to a rose, they are both so beautiful and different, you can't possibly compare the two." This holiday invest in a purchase that makes you feel more presentable. Even though no one else may actually see what is underneath your clothes, I'm sure they will see a slightly stronger, feminine or possibly more wild side that they can't quite put their finger on. It's always empowering to have a secret. Discover yours this holiday.



FROM BEAUTYISDIVERSE.COM

Model Emanuela de Paula on the runway of the 2010 Victoria's Secret Fashion Show.

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Relish in the chills and thrills of winter camping

By **ROBIN MINITER**
Lifestyles Editor

For the hearty adventurer who wants to try something new, camping in the snow offers a dorm room reprieve and an opportunity to embrace the tranquil solitude of our New York winter. (This excludes hunkering down outside for Harry Potter premieres and all the line-waiting antics of Black Friday shoppers.) A bug-free wilderness, barren trees giving way to acres of visibility, and a coat of white blanketing the wooded landscape enhance the quiet beauty of the outdoors.

Amanda Benton, a senior communication major, is making plans to camp once she returns home to Spring City, Pa. For the past three years, she has assisted young Girl Scouts in their winter camping endeavors.

Don't forget to pack up your snowshoes, your camera and a handful of your closest friends. Channel your inner Yukon Cornelius.

"I like it because it's a challenge. And," she said with a laugh, "it's also really awesome bragging rights. Seriously, how many people do you know that are like, 'I camp...in the snow?'"

In New York, the Adirondacks are home to a slew of parks that encourage visitors during the later fall months. Though camping during

this time of year might not be as popular, it certainly has its own redeeming qualities. However, one must take extra care in order to happily — and safely — chill out in the chill.

Dressing the part

Benton said that, while layers are key, "Don't put on your layers before you drive there. Your car ride will be miserably warm." Side note: savor this warmth; remember what it feels like while you still can. Leave the cotton shirts, fleecy sweatpants and constricting jewelry at home: cotton and other non-wicking fabrics will trap moisture, leading to chances of hypothermia, while constricting jewelry will hinder proper circulation. Instead, opt for formfitting base layers of nylon, polyester and/or spandex, as well as waterproof shells. From there, thicker layers will trap your heat. Always keep extra dry socks and pajamas on hand, said Benton, as well as plastic bags (to line your boots with), and a set of mittens and gloves (have you ever tried to start a fire with mittens?). Trapped moisture can lead to an array of conundrums, so it is best to be avoided at all costs. And, a word of warning: the old adage that you never miss a good thing until it's gone certainly rings true with your 10 toes. Thickly soled, insulated boots are a crucial determiner between a jubilant trip

to the wilderness and a sore trip to the ER.

Packing it in

As a general rule of thumb, if you travel light, you travel fast. While it may be important to play by this motto when you're globetrotting, be careful that you do not skimp too much when packing food for your trip. This is not a case of "less is more." According to <http://getoutdoors.com>, winter campers on average eat more than two pounds a food a day. The cold will cause you to burn calories far faster than if you were frolicking about during the summer months. Stash some high calorie foods, especially those chock full of protein and fat. They

advise to, "eat even when you're tired, eat when you're hungry; above all, eat when you're cold." Notably, the most experienced winter trekkers carry along butter or margarine, adding it to everything from soup to cereal. An hour before consuming your treats, stash them in your pocket to absorb some bodily warmth. It's always a good idea to keep instant soup on hand — with a little snowmelt heated over the fire, it's an instant elixir that will warm you up and keep you hydrated. And, as much as we enjoy the old childhood (or last winter's) pastime, avoid eating the snow: your body will exert much valuable energy warming your body back up.

SEE CAMPING, PAGE 9



PHOTO CREDIT: ALEXINDIGO/HTTP://FLICKR.COM

One of the upsides of winter camping: the fact that the bears are all in hibernation.

Sexual Healing: The lumps that aren't so lovely

By **RACHAEL SHOCKEY**
Staff Writer

That new, weird bump on your junk is likely to be something less serious than herpes. Still, even something minor can cause a whole lot of discomfort. With all of the pubic hair shaving that goes on nowadays, there are a lot more people encountering minor skincare issues below the belt. The variety of bumps that occur in the genital area causes much confusion in trying to identify what ails your nether regions.

Once you notice a bump or growth setting up camp on your crotch, you need to eliminate the worst case scenarios —

mostly herpes, genital warts, gonorrhea and chlamydia — right away. Websites like <http://plannedparenthood.com> are great places to refresh your memory on the symptoms of different STIs. You can also look at photos online of the genitals of people with these infections (which might sound unpleasant, but can be invaluable in diagnosing yourself). You may be surprised to see what these ominous-sounding diseases look like in real life. Genital warts don't look nearly as terrifying or heinous as the name might imply. Rather, the growths are tiny, numerous skin tags that can spread across the external genital area. "They basically consist of skin folds that

are formed by fast growing cells," as described in an article on <http://femalehealthmadesimple.com>.

Other STIs might appear to be non-threatening cysts that pop up on other parts of your body, so it's important to note the exact location of these growths as well as additional symptoms. Bumps resulting from genital herpes may be open sores, as opposed to the cystic bumps of other conditions. Dr. Cullins explains at <http://plannedparenthood.org> that herpes symptoms are typically the worst and most noticeable with the first outbreak, known as "initial herpes." In addition to blistering, itching and burning during urination, "symptoms [during initial herpes] may...include swollen, tender glands in the pelvic area, throat and under the arms; fever, chills, headache, general run-down feelings and achy, flu-like feelings," Cullins writes.

If you have a vulva, and a hard lump develops next to or on your outer labia (the lips that surround your vaginal opening), you may have a Bartholin cyst. Like most other cysts, these are a result of blockage of a gland. The Bartholin glands are two lubricant-producing glands on both sides of the vaginal opening. The good news is that most Bartholin cysts go away on their own. As with other cysts, gently applying warm compresses can alleviate pain and swelling. The bad news is that they can be a sign of a gonorrhea or chlamydia infection; both of these STIs produce bacteria that could block the glands,

creating a cyst. Be on the lookout for abnormal vaginal discharge, fevers, pain during vaginal intercourse and irregular bleeding. No matter what, tell your physician if you think you have a Bartholin cyst, and keep a close eye on it.

The trick with any of these STIs is that they can be present in a person without showing symptoms at all. When in doubt, find out the truth about your genital health by scheduling an exam with a physician, and don't wait to do so; gonorrhea, for example, can yield severe long-term effects like infertility.

Less threatening bumps may be a good old case of genital acne. This acne looks quite like the pimples you'd find on your face. Surprisingly, pimples can sprout up almost anywhere in your genital area, including the clitoris and the shaft of the penis. While a minor condition, genital acne is obviously irritating, and you'll want to eliminate it as quickly as possible. Avoid applying acne treatments you would use on your face (i.e. no astringents or Clearasil cream), as they will bother the sensitive skin of your pelvic area. Instead, try warm compresses and gently washing the area with mild soap or just warm water. Talk to your physician if you develop persistent genital acne; antibiotics, prescription drugs and oral contraceptives can all help you get rid of it.

SEE BREAKING, PAGE 9

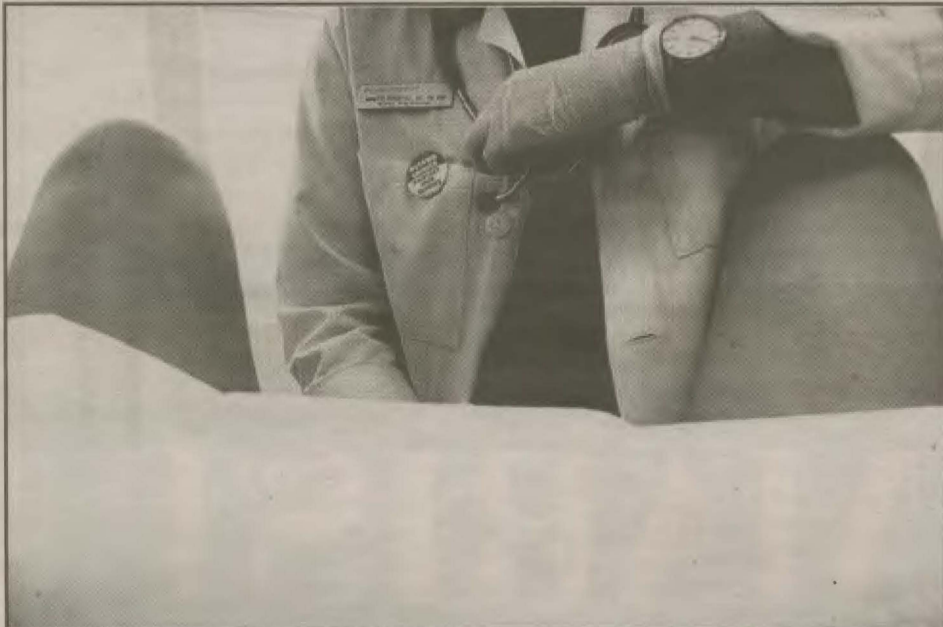


PHOTO CREDIT: KAYBOMB/HTTP://FLICKR.COM

Don't let genital oddities get out of hand; share all your concerns with your doc.

From page 8

Wintertime camping offers a snowy escape

Gimme shelter

Once you find an ideal site, creating a proper shelter is crucial. With a variety of options — from building an igloo to creating a covering out of fallen branches and brush — the most practical option is to purchase a four-season tent. A lot beefier than their meshy summer counterparts, these

tents are crafted with multiple pole-intersections and thickly insulated walls. When sealed tight, the temperature inside will raise as much as 30 toasty degrees from trapped body heat alone. You can never go wrong with packing a ground covering, such as a tarp or a space blanket, in the event that inclement weather takes you by surprise. Be sure to leave snow-cov-

ered boots outside of your tent, and attempt to hang up damp items. Keep in that precious body heat by keeping your noggin covered at night — a pair of booties and mittens are also recommended.

If all else fails and the situation goes awry, Benton advises to call it a day and go inside for warmth. Frost bite and hypothermia are no

beasts to mess with. However, with proper preparation, you'll be able to enjoy a fun-filled snowy getaway. Don't forget to pack up your snowshoes, your camera and a handful of your closest friends. Channel your inner Yukon Cornelius. It's not every day that you get to take on the wilderness in your spandex and snowsuit.

From page 8

Breaking down the basics of genital bumps

There are a number of lifestyle remedies you should consider if genital acne plagues you. Acne cysts can develop from ingrown hairs. If you don't do it carefully, pubic hair shaving can transform your pelvic region into a minefield of ingrown hairs. Give your crotch a break, and skip shaving and/or waxing for a while if this becomes a problem.

According to <http://acneteam.com>, "sweating is the main factor that triggers genital acne... Tight clothing that rubs against the skin can trigger this skin condition." Unfortunately, we've reached the time of year in which one frequently leaves the house clad in two pairs of leggings plus pants and underwear.

Winter gear positively suffocates the genitals, creating extra sweat and a potential breeding ground for grossness like acne, rashes and jock itch. If you can't live without your leg layers, combat their negative effects by sleeping naked. Going to bed in the buff feels awesome, and, unless you're pulling all-nighters for the rest of the semester, it allows ample hours for your junk to breathe. For maximum awesomeness in your bare-bodied slumber endeavor, wash your sheets beforehand and throw on an extra blanket (or maybe invite a naked partner to be your extra blanket). If you're super attached to your tights, consider investing in some thigh-highs.

That way, you can still sport your fun colors while leaving your crotch out of the equation.

Certain laundry detergents can irritate the skin to the point of provoking acne as well. If all else fails, switch detergents or even use less in your washing cycle.

Cysts in your testicles should always be shown to a physician, but they're often little cause for concern. Ginger Plumbo describes the minor symptoms of scrotal masses like varicoceles, hydroceles and spermatoceles at <http://mayoclinic.org>. "They may not cause symptoms... often don't require treatment... painless swelling may be the only symptom," Plumbo writes. They

may go away on their own, but can be surgically removed if necessary. However, a comparable, painless scrotal mass may signal testicular cancer, so don't ever assume that a bump in your balls is harmless.

When you're busy bundling up and studying this time of year, it's easy to lose touch with your body that's hiding under all those layers. But the stealth with which serious infections and conditions can sneak up on you makes it absolutely necessary to check yourself and have yourself checked out once a month, even if you don't consider yourself sexually active. So please, for the sake of your body and mind, touch yourself frequently.

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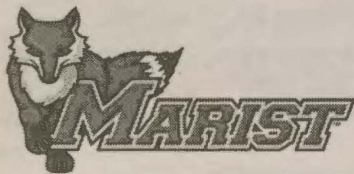
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The Fox Trot

Quick hits of the week in Marist athletics

Women's Basketball BURLINGTON, Vt. -

After a disappointing 1-1 start, the Marist women's basketball team has won four straight, including recent victories over Vermont, Dartmouth and Villanova.

The Red Foxes, who have yet to host their home opener, traveled to Burlington, Vt. to compete in the TD Bank Classic. Marist's first game was a matchup against the Classic's host, the University of Vermont, on Friday Nov. 19. The Foxes hit 11 three pointers, nine in the first half, en route to a commanding 76-49 victory.

Sophomore Kate Oliver led the way with 14 points, while junior Brandy

Gang and sophomore Kelsey Beynon each contributed 10 points to the win. Senior Erica Allenspach tallied nine assists to go along with her five points and five rebounds. The Foxes then took on Dartmouth the next day in the second round of the competition.

Oliver's stellar play continued against the Big Green, scoring 12 of her 14 points in the second half as Marist dominated Dartmouth, 77-46. Gang and fellow junior Corielle Yarde also scored in the double figures, chipping in 12 and 13 points respectively. Gang also led her team in rebounds with seven while Yarde and senior Elise Caron each had six out of the Foxes' 21 assists. Marist and Boston College both ended the weekend 2-0, but Marist claimed the tournament tiebreaker by allowing fewer points than the Eagles over the two games.

The Foxes then travelled to Villanova, Pa. Sunday afternoon for the final match of their season opening five-game road trip. Marist notched an impressive 71-60 victory over Villanova of the Big East Conference. The Wildcats entered the matchup at 4-2, with an undefeated all-time record versus Marist. Yarde unleashed her best game of the young season with a game-high 26 points for the Foxes behind a stellar 11-for-12 night at the free throw line.

Marist as a team shot an outstanding 22-for-27 from the line for the game, and hit 50 percent of their field goals in the first half. Gang added 16 points and a game-high eight rebounds. Allenspach starred in all facets of the game, totalling seven points, seven rebounds, four assists and five steals. She needs only six points to reach 1,000 in her career.

For her outstanding performance against Villanova, Yarde was named MAAC Player of the Week for the

third time in her career. The team also gained some national recognition Tuesday when the first NCAA statistics were released. Marist was the national leader in turnovers per game, ahead of the No. 1 Connecticut Huskies, and ranked second in assist-to-turnover ratio.

Marist (4-1) will host St. Bonaventure in their home opener this Saturday, Dec. 4 at 7:30 p.m. in the McCann Center.

Swimming & Diving BINGHAMTON, N.Y. -

Men's

The Marist men's swimming and diving team lost its third match of the season on Saturday Nov. 20 when they met Binghamton in a dual meet in Vestal, N.Y.

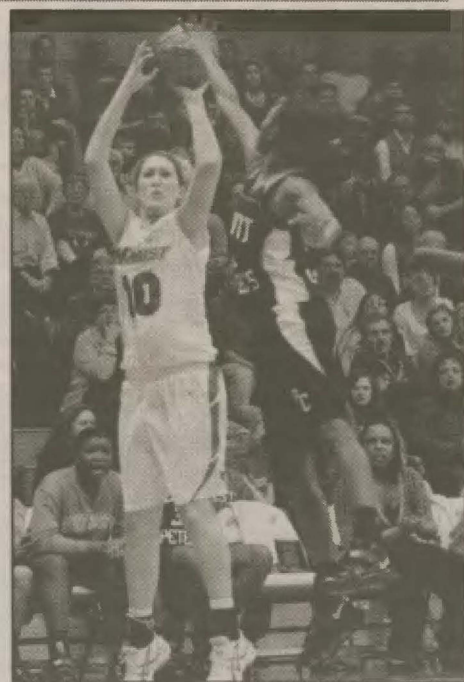
The Foxes fell 166-125 overall, but senior Brian Bolstad earned a pair of victories in the 1- and 3-meter diving events. Freshman Sean Molloy touched third in both events. Senior Steven Vendetta claimed the top spot in the 500-yd. freestyle while junior Patrick Shea finished second. Freshman Nick Spinella claimed the final victory for Marist with a time of 1:59:81 in the 200-yd. individual medley for a first-place finish.

Bolstad, who has swept both boards in each of the last four weeks, was named MAAC Men's Diver of the Week.

Women's

The women's swimming and diving team also fell in their match at Binghamton on Nov. 20, but won four events on the day.

Freshman Bonnie Orr and sophomores Kate Conard, Katie Larkin and Chelaine Eliazar all earned victories for Marist. The Foxes also



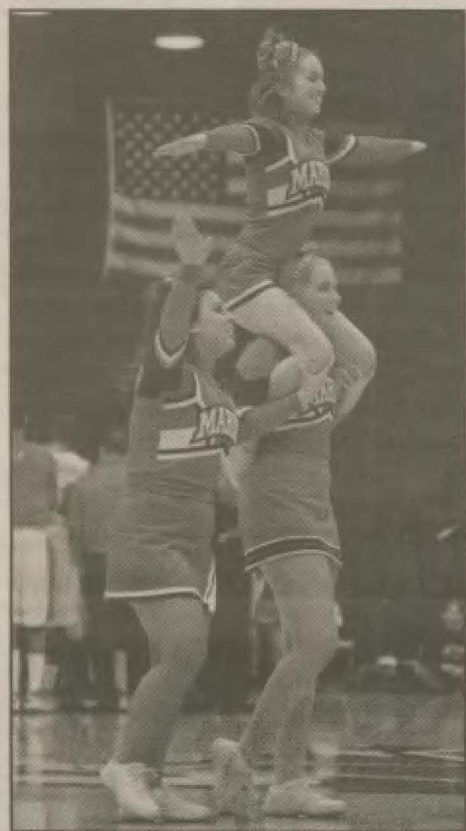
RYAN HUTTON/THE CIRCLE

Sophomore Kate Oliver (above) scored 14 points in a victory over Dartmouth.

won the early 200-yd. medley relay with a time of 1:51.14. Binghamton then earned seven straight wins before Larkin and Conard won the 200-yd. breaststroke and the 500-yd. freestyle respectively.

Conard was named MAAC Women's Swimmer of the Week while Eliazar was named Diver of the Week. Along with Bolstad's victory for the men, the Marist swimming and diving teams earned three of the four weekly MAAC awards.

Marist will travel to Baltimore, Md. on Friday for the H2Ounds Invitational hosted by Loyola University.



RYAN HUTTON/THE CIRCLE

The Red Foxes will host St. Bonaventure in their home opener on Saturday.

From Page 12

Foxes' young core looks to future after rebuilding year

backs," Fields said. "We practice a scramble drill where the receiver gets to the end of his route, and if he sees the quarterback scrambling, he automatically applies some scrambling rules and we try to change things up as the quarterback gets out of the pocket."

Reilly and Looney posted quarterback efficiency ratings of 136.5 and 133.0 each, respectively.

"I thought both of them had great seasons," head coach Jim Parady said. "Tommy, the way he commanded the offense was fantastic, he got us in the end zone. Chuckie, he could have gone through the season saying 'It should be my job.' He was always prepared to step on the field when the opportunity came."

The Red Foxes' 41-34, double overtime loss at Tenney Stadium to the Dayton Flyers earlier this year was considered to be a benchmark game for the football program.

With the win, Dayton clinched its 11th PFL title in the 18-year history of the league.

Led by PFL Offensive Player of the Year Steve Valentino and PFL Coach of the Year Rick Chamber-

lain, the Flyers are just one of several established PFL programs that can provide matchup problems for Marist.

"Our kids are 18 years old playing against guys that are 23, 24," Rumsey said. "That's a big difference. Last year, we had a lot of juniors and seniors play. I would hesitate to point to another team in the country that started five new offensive linemen or as many new players as we started this year."

A bump in the road of its PFL tenure in the form of a 3-8 season could possibly be overcome considering that the Red Foxes return much of their core - including a strong defensive secondary and its top two leading rushers.

"It was absolutely a disappointment because the [team] had the expectations that we were going to be competing up there in the top third of the league," Parady said. "I also think that they realize that it's not very far away to get back to where we want to be. Its obtainable, its not a four-year plan. The talent is in the room to get it done."



RYAN HUTTON/THE CIRCLE

Wide receiver James LaMacchia set single-season records in receptions (74) and receiving touchdowns (eight). LaMacchia and senior defensive back Rory Foley were named to the All-Pioneer League First Team. Foley recorded 103 tackles on the year.

Foxes' season characterized by tight losses

By PHILIP TERRIGNO
Managing Editor

In each of its three seasons since the dissolution of the MAAC Football League in 2007, the Marist College football team has displayed a different identity.

Competing as an FCS Independent in 2008, a veteran Red Foxes team compiled a 4-7 record with four defeats decided by eight points or less.

The 2009 season marked Marist's ultra-successful foray into the Pioneer Football League (PFL) as the squad finished 7-4 overall and tied for fifth place in the national conference.

In 2010, the Red Foxes compiled a 3-8 record.

After an impressive first year in the PFL, how can such a letdown be defined?

"We had two games that we were outmatched in Jacksonville and Drake," associate head coach and defensive coordinator Scott Rumsey said. "Basically, every other loss is a seven-point or less loss. We're almost there when you play with the amount of youth that we're playing with."

The Red Foxes spent this entire season reeling from the loss of play-making defenders.



RYAN HUTTON/THE CIRCLE

The Red Foxes finished the 2010 season with a 3-8 record after a 7-4 2009 finish. The season was filled with close games, losing six by a margin of seven points or less.

Nick Andre and Kevin Foley, two senior linebackers on the 2009 squad, combined for 189 tackles during that season. The Red Foxes also finished with 12 sacks.

This season, Marist managed two sacks.

"You would think that they would just fall down more than twice and we would be able to touch them and get a sack," Rumsey said. "At times, we were putting guys that hadn't

made those plays before into positions where they needed to make those plays."

Injuries plagued the linebacking core as four contributing players missed significant time and battled nagging injuries.

"We only were able to get our projected starting linebacker core together for about a game or two the whole year," Rumsey said. "Kees [Coughlin] came in with a torn pec,

Isaac [Sine] got hurt, Alex Killian got hurt. We struggled with a lot of issues there."

Offensively, the Red Foxes' rushing attack averaged 61.1 yards per game behind an offensive line composed of five new starters.

"In an ideal offensive situation, you don't throw the ball 65 percent of the time like we did this year," wide receivers coach Nate Fields said. "We would like to run the ball more, chew the clock more, but through necessity we were forced to throw."

Marist quarterbacks finished 214-for-375 on the season with 13 interceptions and 21 passing touchdowns.

Junior Tommy Reilly, a prototypical pocket-passer, was designated as the primary starting quarterback and started all 11 games.

Freshman quarterback Chuckie Looney, who displayed a keen scrambling ability, appeared in nine contests.

Fourteen players combined to reel in 2,950 receiving yards in 2010, often catching throws from Reilly and Looney in the same game.

"I don't think it made a real big difference to my guys who was throwing the ball because they had confidence in both of the quarter-

SEE BACKS, PAGE 10

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