

## The



## Circle

The student newspaper of Marist College

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## Opening weekend of walkway a hit

By CAITLIN NOLAN  
Web Editor

On Sunday, Oct. 3, the Walkway Over the Hudson, the largest pedestrian bridge in the world, opened to the public, marking an important day in the history of the Hudson Valley. The bridge spans the Hudson River and connects the City of Poughkeepsie in Dutchess County

with the Town of Lloyd in Ulster County, New York. It is an easy walk from the Marist campus and is likely to become a popular destination for students and residents alike.

The bridge is also set to foster an increase in revenue for the neighboring Dutchess and Ulster Counties, a welcome condition in hard economic times. According to

www.walkway.org, the Web site of the Walkway Over the Hudson, "an independent economic impact study concluded that the Walkway will generate an estimated \$14.6 million in new direct spending by visitors to Dutchess and Ulster Counties."

Reactions from the student body were positive, with many recognizing the significance of the event.

"The day couldn't have been more beautiful," junior Matthew Waldbauer said. "Even though it was early in the morning, the experience was well worth it."

Many Marist alumni returned to witness the monumental event firsthand.

"It was a beautiful way to connect the community and the scenic mid Hudson," 2009 graduate Jillian Gibson said. "I am so happy I was able to come back to witness this."

Access is available on the west end of the bridge from Haviland Road and the adjoining rail trail. On the east of the bridge, access is provided at Washington Street. The Walkway features a 25-foot deck that was able to hold an entire parade, band and many spectators, as well as safety railings that run the full length of the bridge. Lanes separate walkers from bicyclists and roller bladers. A walk through the Walkway Over the Hudson Historic State Park can prepare oneself for the amount of history that the bridge truly encompasses.

"The entrance to the bridge was really nice," said junior Daniel Jagoda. "I'm glad it's separate from the street. The signs noting the history of the bridge were also interesting. The fact that I am so afraid

of heights didn't even come into play I was having such a good time."

The bridge, like the river below, is full of history. In 1871 the Poughkeepsie Bridge Company was founded, with nearly 10,000 people in attendance of the ceremonial cornerstone laying for the new bridge. In 1888 the then Poughkeepsie-Highland Railroad Bridge was completed after overcoming eight years of inactivity due to economic and engineering hardships. In 1974 a severe fire damaged the eastern tracks, ending the bridge's service to the railroad. Having been neglected thereafter, it seemed as if that was the end for the bridge. It was only in 1991 when the threat of demolition loomed, a grassroots effort to preserve the bridge began. Nine years later, Walkway over the Hudson assumed ownership of the bridge and the rest is history.

The opening of the bridge also coincided with parents' weekend, making the experience that much more of a dynamic event.

Saturday night a circus, light show and AIRWAVE dances could be seen, involving dozens of illuminated performers. The following day was just as activity-clad, with a 5k run by the Mid-Hudson Runners, public access to the Walkway Over the Hudson Historic State Park, the Clearwater & Hudson Valley Bluegrass Association Music Festival at Highland Landing Park and the Clearwater River Cruises from the Highland access point, among the list of things to do.

FOR A FULL PAGE PHOTO SPREAD OF THE WEEKEND'S EVENTS, SEE PAGE 8.



RYAN HUTTON/THE CIRCLE

The CIA as seen from the Walkway Over the Hudson. With the opening of the bridge, the public was able to get a bird's eye view of the Hudson Valley scenery.

## SGA to make presence known in dining hall

By KELLY GALLUCCI  
Staff Writer

As the hype over the cafeteria's pseudo-"Coldstone" dies down, students will have another change to their daily dining lives.

The Student Government Association is in the process of setting up a shop in the cafeteria. Diners can expect to see a table set up where SGA officers can spend some of their office hours interacting with the students after discovering during last semester's elections that many students did not know the tasks performed by their elected officials.

"This table is just a simple way to get us out there and make sure people know how to best use Student Government as a resource, not just for parking appeals," said Student Body President Steve Townsend.

These responses will be used constructively to better the overall experience for students at Marist.

Townsend is not the only member of SGA who is looking forward to the table. Whitney Stahl, president of the class of 2011 and senate speaker, is

excited about the proactive approach.

"I hope that we receive all types of questions, so we can find out the concerns of the students and work with them to help solve the problems."

Sophomore Christi Sheehan said she understands the appeal of the idea and thinks this will make SGA more approachable.

"I feel as though if I thought of something that I wanted fixed I would be more inclined to talk to them if they were right there in the cafeteria."

Other students weren't as positive.

"I don't think many students will go up to them. When people go to the cafeteria they're concerned with eating and being with their friends, I think they might just walk by," said junior Meghan O'Neill.

Stahl said that SGA representatives will also be making an effort to attend different club meetings to speak with students, as well as aiming to set up tables in academic buildings.

"Our ultimate goal is to get out in the Marist community as much as possible so that the students know that we are here to aid them in making Marist the best college experience possible," Stahl said.

## DINNER AND A SHOW



KAIT SMITH/THE CIRCLE

Moe Betz, Wesley Barnes and Nicole Radasso posed in character Thursday, Oct. 1, after performing in "An Invitation to Murder." The dinner murder mystery, hosted by MCCTA, ran Thursday for Marist students only as both the Friday and Saturday shows during parents' weekend were sold out.





## THIS WEEK

Thursday, 10/8

No Events Posted

Friday, 10/9

### The Hangover

Nelly Goletti Theater, 10 p.m.

Free with Marist ID

Sponsored by SPC

### Shuttle to Stop and Shop/Galleria

Buses run from 4 p.m. to 12 a.m.

\$1 day pass, \$5 semester pass

Sponsored by College Activities

### Volleyball Home Game

Marist vs. Manhattan

McCann Center, 7 p.m.

### Men's Soccer Home Game

Marist vs. Fairfield

Leonidoff Field, 7 p.m.

Saturday, 10/10

### The Hangover

Nelly Goletti Theater, 11 p.m.

Free with Marist ID

Sponsored by SPC

### Shuttle to Stop and Shop/Galleria

Buses run from 12 to 8 p.m.

\$1 day pass, \$5 semester pass

Sponsored by College Activities

### Football Home Game

Marist vs. Jacksonville

Leonidoff Field, 1 p.m.

Sunday, 10/11

### Apple Picking Event

Bus leaves Donnelly at 11:30 a.m.

Free, reserve spot in SGA office

Sponsored by class of 2011

### Men's Soccer Home Game

Marist vs. Iona

Leonidoff Field, 3:30 p.m.

Monday, 10/12

No Events Posted

Tuesday, 10/13

No Events Posted

Wednesday, 10/14

No Events Posted

## Security Briefs

### Beer and soda mix newest freshmen concoction

By CHRIS RAIA

#### 10/1 – Cafeteria

Any clueless student who doesn't know how to cook hot pockets and who has inconvenienced their entire dorm at 2 a.m., this is your time to feel better. The cafeteria workers have seen your harmless fire drills and raised you an actual fire. A small grease fire sparked on one of the grills just before dinnertime. As soon as I heard the word fire, I started imagining the possibilities. What building burned down? Did anybody have to actually follow the rules of stop, drop and roll? But the fire was immediately doused with a fire extinguisher, and there was no damage. Even though that makes the story less exciting, it's definitely a good thing.

#### 10/2 – Leo

A third floor student was caught drinking with his two older sisters visiting for family weekend. Don't you just love family bonding time? Send the parents away to a hotel, and then get wasted with the siblings. They were drinking beer mixed with soda out of water bottles – this part of the story confused me. People mix beer and soda? Who knew... 15 points for Leo (five for each person); I'd give extra points for creating a new drink, but beer and soda doesn't make a lot of sense

and sounds disgusting. Quick side note: does anybody else think Marist hires actors for parents' weekend? That Friday, apparently everybody on campus decided that was the day they were going to play acoustic guitar outside, throw a Frisbee around and then relax on the Hudson on their sailboats. There was probably a script. Isn't Marist great?

#### 10/2 – Champagnat

A party was broken up at 10 p.m. in a seventh floor dorm room. Seven students and three guests were in attendance, and 37 cans of cheap beer and – ready? – bottle of Sailor Jerry's rum. I guess I'll give 50 points to Champ. It sounds like a lot, but Sailor Jerry is enough to earn it.

#### 10/3 – Leo

A student reported receiving obscene phone calls from a restricted number. These stories hit close to home for me because I am strangely terrified by that horrible, horrible movie "When a Stranger Calls". Feel free to judge me. These calls weren't as scary though, as the caller used an alias that I'm not allowed to repeat here. But it had something to do with an adjective for "not small," the male reproductive organ and the name Willie. Loophole...

#### 10/4 – Donnelly, I guess?

A student reported his wallet missing and was notified shortly after by security that it was found. Feel good story of the week, right? Well it would have been if he didn't have his fake ID in a visible section of the wallet. That sucks. Imagine that roller coaster of emotion. Losing your wallet is so frustrating, making finding your wallet awesome. So instead of feeling elated, this student lost his fake ID, probably lost some priority points, and now has a meeting with administration. Ouch.

#### 10/3 – Champagnat

Security apparently thinks that the student body listens to what I have to say, so they always ask me to throw down a few public service announcements. So that's flattering. Anyway, a freshman's \$2,500 laptop was stolen out of her room. Her door was unlocked because her roommate lost her keys. Obviously, I feel bad for the girl whose computer was stolen, but also, I feel bad for the roommate. How bad does she feel? Keep your heads up, both of you – you make mistakes. Just lock your doors from now on.

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



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## The Circle

The Student Newspaper of Marist College

**Editor-in-Chief:** Kait Smith  
kaitlyn.smith1@marist.edu  
**Editor-in-Chief:** Matt Spillane  
matthew.spillane1@marist.edu  
**Managing Editor:** Andrew Overton  
andrew.overton1@marist.edu

**News Editor:** Kristen Domonell  
circlenews@gmail.com  
**News Editor:** Amanda Lavergne  
circlenews@gmail.com  
**Opinion Editor:** Deanna Gillen  
circleopinion@gmail.com  
**Politics Editor:** Heather Staats  
circlepolitics@gmail.com  
**Features Editor:** Isabel Cajulis  
circlefeatures@gmail.com

**A&E Editor:** Ryan Rivard  
circleae@gmail.com  
**Lifestyles Editor:** Brittany Fiorenza  
circlehealth@gmail.com  
**Sports Editor:** Richard Arleo  
circlesports@gmail.com  
**Sports Editor:** Phillip Terrigno  
circlesports@gmail.com

**Copy Chief:** Thomas Lotito  
thomas.lotito1@marist.edu

**Assistant Editors:**  
Marina Cella, Gail Goldsmith, Robin Minter, Jim Urso

**Staff Writers:**  
Scott Atkins, Courtney Davis, Kelly Gallucci, Nina Lamonica, Alyssa Longobucco, Jennifer Meyers, Elizabeth Pearl, Christa Strobino, Katelynn Walsh, Amy Wheeler

**Copy Editors:**  
Emily Berger, Courtney Davis, Jennifer Hill, Julianna Kreta, Rachel Maleady, Jennifer Meyers, Amanda Mulvihill, Brendan Sherwood, Rachael Shockey, Elora Stack

**Photography Editor:** Ryan Hutton  
circleshots@gmail.com

**Web:** www.maristcircle.com  
www.twitter.com/maristcircle  
**Web Editor:** Caitlin Nolan  
caitlin.nolan1@marist.edu  
**Web Editor:** Karlie Joseph  
karlie.joseph1@marist.edu

**Advertising Manager:** Liz Hogan  
circleadvertising@gmail.com

**Distribution Manager:** Pete Bogulaski

**Faculty Advisor:** Gerry McNulty  
gerald.mcnuity@marist.edu





## Journalism adapts to failing economy

By DEANNA GILLEN  
*Opinion Editor*



This past Saturday, I had the opportunity to attend the Press Club Foundation's Annual Conference, which took place in NYU's Kimmel Center in New

York City. Throughout the course of the day, I sat in on panels discussing everything from Mayor Bloomberg's relationship (or lack thereof) with the press, to discussing job offers in the field.

The message that permeated throughout the day was the devastation that has come in the wake of the economic crisis...the press bearing the brunt of the impact, and struggling to stay relevant in a time of monumental change.

It has been more than an entire year since Lehman's collapse

which triggered the global economic crisis. As we still grasp for signs of economic improvement, it seems that the entire industry has started to collapse in its wake. Journalists, confronted with shrinking newsrooms, have had to turn to the digital media. Seasoned journalists still left with jobs, have had to adapt with writing on a topic most know nothing about the economy.

What I found most surprising from the forum was that, while journalism jobs are shrinking at an overwhelming rate, applications for graduate degrees in journalism continue to grow. Perhaps soon to be graduates, like myself, are afraid to go out into the "so-called real world" and take their chances. I know that having options come graduation is quite appealing.

As we all know, there is a massive fragmentation of how people get the news, no one person sticks to one publication anymore. With blogging, the World Wide Web, and sites like the Drudge Report,

they send interested readers to one story, with no intention of ever coming back to that publication. That's just the way it is.

In the wake of this crisis, it seems that reporters have had to adapt. In order to cover the economic crisis for example, one reporter explained to me that in order to write the story, it is not just explaining all the Wall Street "mumbo jumbo," it's the job of the journalist to make it relatable to their readers. It seems that all of the giants of journalism are obsessed with the economy. No one media outlet, like The Wall Street Journal, will cover it any longer.

With this economic shift, the economy is now the number one priority for all media outlets. To this end, one must start with the notion that the story isn't just about the numbers, but rather about the people behind the numbers. An economic neophyte myself, I understand the need to make it "relatable" to the American public. The reporter further explained that being able to "ex-

plain" is part of our job...the key is about being aggressive enough to dig up the reasons why.

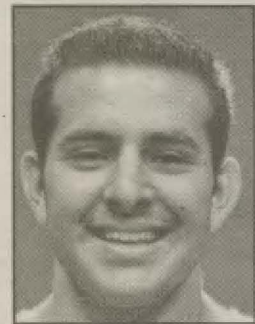
Though it is true that the world of journalism is changing, there is no doubt that it will still exist in some form. The challenge is to re-imagine what we believe the business of journalism is, good journalism will always prevail, and today is no exception. If there is one thing that I took away from the Press Club Foundation's Annual Conference, it's that despite this whirlwind of change, the voice of journalists will still need to be heard.

Though right now the jobs are scarce, it seems that most budding journalists know that there remains a story to tell, an injustice to correct, and many, like me, are dying to get the chance to tell it. The method and venue may change, but the challenge to journalists in the 21st Century will continue to keep the populace informed about the world around them, and what's happening in it...regardless of how it is told.

## Terrigno's tips

*Sports Editor Philip Terrigno gives his take on the wide world of sports.*

By PHILIP TERRIGNO  
*Sports Editor*



Disappointments were plentiful in week 4 of the NFL, especially for New York sports fans.

The Saints made Mark

Sanchez look very, very human as the rookie posted an embarrassingly low 27.0 passer rating in the Jet's 24-10 loss at the hands of the New Orleans Saints.

Giant fans had their first scare of the season when Eli Manning complained of foot pain after dropping back on a pass attempt and was later diagnosed with planatar fasciitis, an injury that involves irritation or swelling of a portion of the foot.

Fans of the American Football Conference's Western division have truly been treated to a great story early on this season.

Just five short weeks ago, before the start of the season, USA Today gave the Denver Broncos an "F+" in its NFL offseason grades report.

Although the Broncos tumultuous offseason was marked with two highly profiled spats between new head coach Josh McDaniels and a pair of his players, Denver has started the year with a 4-0 record and has allowed just 26 points through four games.

McDaniel's leadership ability was certainly tested early on at the helm of the Broncos, as he had to deal with two key players requesting trades.

Wide receiver Brandon Marshall has been at the center of several domestic violence allegations, including one this past summer, and admitted that he didn't play in two preseason games because he didn't bother to learn the playbook.

Quarterback Jay Cutler demanded a trade after McDaniels allegedly entertained a phone call from the New England Patriot's regarding a deal for Cutler. A meeting between the two to try and mediate the situation was unsuccessful, and Cutler was soon dealt to the Chicago Bears.

McDaniel's ability to handle personalities as a first year coach was tested in these two cases, and any of those questions have certainly been put to bed with such a domi-

nant start by his squad.

As a sports fan, it is refreshing to see that a coach can prevail even with athletes who are uncooperative and refuse to commit to team ideals.

All the talk regarding New York baseball has been about whether or not Alex Rodriguez will perform and put up monster numbers in this upcoming postseason.

If fans think that the pressure on A-Rod is immense, I can't imagine what it must feel like to be 20-year-old Detroit Tigers starting pitcher Rick Porcello.

Porcello will take the hill when the Tigers square off against the Minnesota Twins in a one-game playoff to determine the American League Central champion.

The rookie of the year candidate posted a 14-9 record during the regular season, but was 0-2 with a 6.30 earned run average in the Metrodome, where the one game playoff will be held.

A notoriously loud stadium and unfriendly place to play for traveling teams, the Twins have already reportedly sold over 50,000 tickets to the contest.

Losing this contest would mean that it would be the last game ever to be played in the

Metrodome, as the Twins prepare to open Target Field next season, their new, open-air ballpark.

This just goes to show that contrary to popular belief; exciting and high stakes baseball does take place outside of the Yankees and Red Sox rivalry.

Sometimes I hope that certain athletes will grow up and act like professionals, which includes ignoring comments and cheap shots taken by online bloggers.

Even though I know this is unlikely in many cases, I still hold out hope that certain athletes will realize that it's not necessary to comment on every little poke that someone takes at you.

Ron Artest, you've squashed my hope.

The newly acquired Lakers forward responded to a Los Angeles based blogger who wrote an open letter stating that Artest better perform or get out of town, with a three-word, extremely rude, R-rated response.

How naive of me to think that the "Palace Pouncer," as blogger Kyle Slavin called him, would do the right thing.

Let us know what you think,

Write a letter to the editor

send your thoughts and reactions to:  
writethecircle@gmail.com



# Slain Yale student becomes poster-child for workplace violence

By **ALYSSA LONGOBUCCO**  
Circle Contributor

There are many instances where tragedies fall under the media radar, and are mourned only by those in close proximity. Then there are those tragedies that become the hallmark of a generation, where the victim becomes the "poster-child" for advocacy and change.

Such is the case with Annie Le, the 24-year-old Yale student that recently disappeared and was later found dead. The pharmacology student, who was conducting research on mice as part of a graduate team, was found stuffed into a laboratory wall on what would have been her wedding day.

The accused, 24-year old Raymond Clark III, came in daily contact with Le in the Yale lab where he worked as an animal-services technician. Clark is said to have sent Le threatening e-mails and text messages regarding the testing the team was

doing on the mice. The homicide has now been declared an instance of "workplace violence" by the New Haven Police.

As Chief James Lewis recently stated in a press conference, "This is not about urban crime, about university crime, domestic crime, but an issue of workplace violence, which is becoming a growing concern around the country."

For college students like myself, who are in a few years going to be thrust into the work force, the case of Annie Le serves as an eye-opening example of emerging new dangers.

I've been educated, as most 20-something women have, about the perils of our modern world and how to keep myself safe and out of harms way. Never go anywhere alone, always have your finger on the panic button when walking in a parking lot, and keep a close eye on your drink when out with friends. Up until now, violence in the workplace

was never mentioned on the list of circumstances to protect myself from.

As a disturbing new trend, workplace violence has increased exponentially in the recent years. While what usually comes to mind when considering workplace violence is robberies and holdups, the statistics prove this is not the case.

According to the U.S Department of Labor Occupational Health and Safety Administration, workplace homicide accounts for the fourth-leading cause of fatal occupational injury in the United States. Statistics indicated that there were 564 workplace homicides in 2005, a number that is only steadily increasing with the downing economy and increasing pressure in the workplace.

I can't help but think more could have been done to prevent the horrible murder of Le. It's unclear at this point whether Le ever reported the harassment she was receiving

from Clark to the college, or whether Yale implements background checks on employees. If so, the situation with Clark, who had a previous run in with law enforcement after allegedly getting physical with a high school girlfriend, may have been prevented.

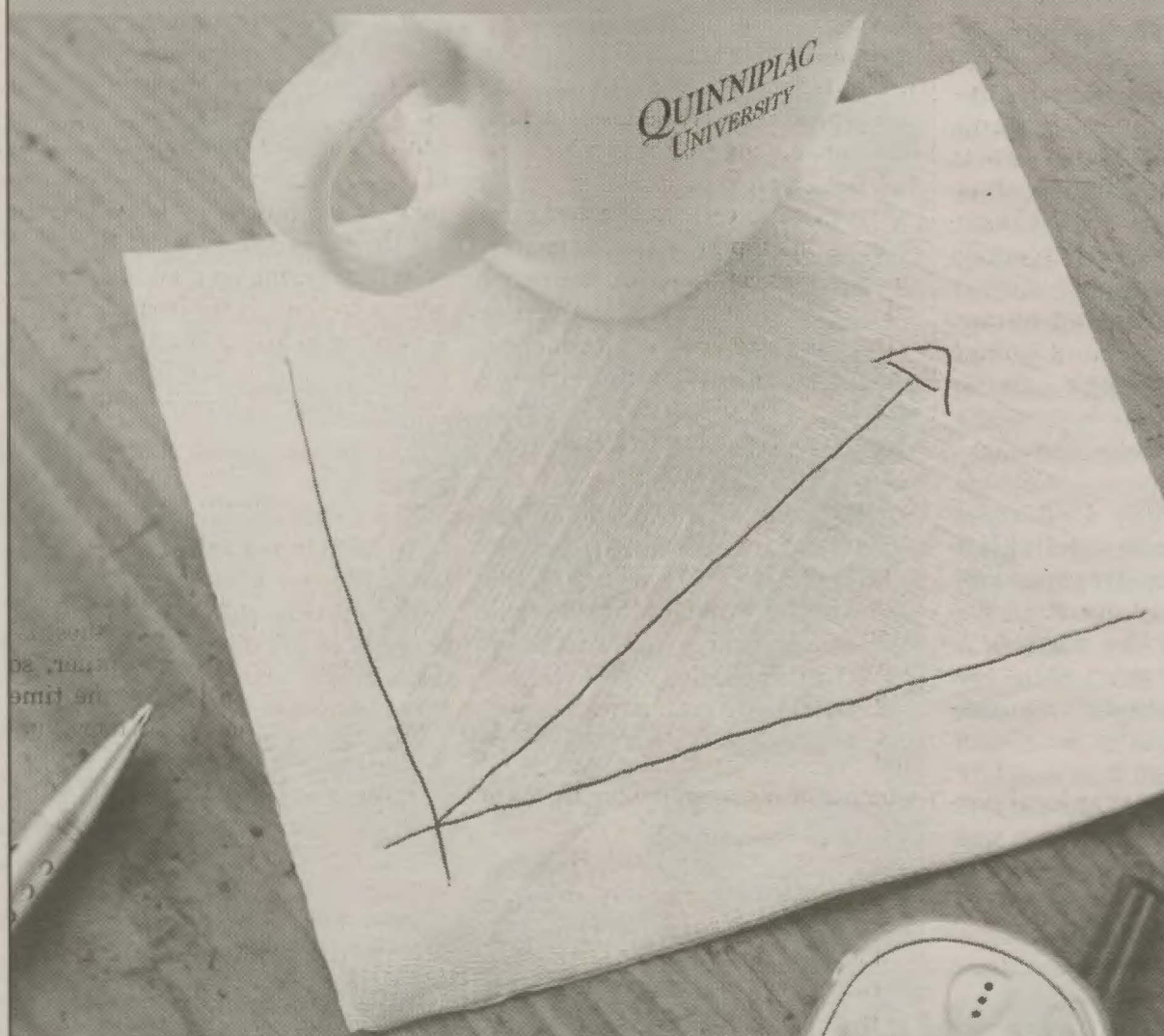
There is not shortage of unfortunate details revealed in the ongoing investigation in to Le's murder, most notably the emergence of an article Le wrote before her death entitled "Crime and Safety in New Haven".

The tragedy of Le cautions others to be aware in order to avoid becoming yet another statistic. With the Yale community and the nation notably saddened over the death of Le, it's obvious that her death will not remain a mere statistic. Hopefully it will serve as a catalyst, encouraging young women, and others to educate themselves on the dangers of workplace violence.

Have something you want to gripe about??

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## Laws restrict texting while driving

By CHRIS TUREK  
Circle Contributor

In a report released last Thursday, the Obama administration stated that it seeks to reduce the amount of distracted driving by American motorists. President Obama began his campaign for reduced distracted driving on Sept. 30 when he issued an executive order banning government employees and officials from text messaging while driving during work hours or while operating a government-owned vehicle.

The Obama administration also states that they hope to outlaw text messaging while driving for interstate bus and truck drivers. These laws will also look to disqualify the commercial driving licenses of any bus or truck driver convicted of texting while driving.

The possibility of new driving restrictions does not stop at the commercial level. In the Thursday report, the Obama adminis-

tration also called for each state to pass new laws and driving restrictions that aim to limit and punish distracted driving in an attempt to make our nation's roads safer for its motorists.

Edward Feuer, a commuter student, agrees with the efforts of the Obama administration to curb distracted driving. Feuer states that he has seen studies that support the idea of drivers being less attentive while texting than if they were driving without any distractions. He believes that laws such as these would make America's roads safer.

Freshman John Voorhies, however, counters this argument by saying that the term "distracted driving" is too broad, and worries that too many states will have different definitions which could make interstate travel more confusing for the average motorist. Voorhies also feels that the proposed punishments for texting while driving for commercial driv-



INDYPLANETS/FLICKR.COM

Texting while driving has already been outlawed for government officials and more laws may be on the way.

ers are too harsh. While some penalties should be enacted for this infraction, the revoking of the drivers' commercial licenses could put stress on bus and truck drivers, and could also lead to drivers losing their jobs.

Senate Democrats, such as Sen. Robert Mendez of New Jersey, state that support bills against texting while driving

have been increasing steadily in the past months due to the amount of injuries and deaths that have been related to distracted driving. The Department of Transportation reports that over 5,000 people were killed and an additional 500,000 people were injured last year in accidents where distracted driving was a factor.

## "Hooverilles" fight for rights Tent communities appear nationwide

By NINA LAMONICA  
Staff Writer

Many have been affected by the economic downturn that has plagued our country. Sometimes it is easy to overlook how bad the economy actually is, especially if one comes from a good and stable background. But what if you aren't that lucky? What if you can no longer afford a house and you have to move to the streets?

This is the case in many states across the nation. People who are faced with the problem of having nowhere to live have done the unthinkable. They have moved into tent communities. These camps are located nationwide in places such as Providence, R.I.; Sacramento, Calif.; Nashville, Tenn.; and Seattle, Wash.

The establishment of these camps nationwide has caused many standoffs between local governments and homeless rights activists. While these camps violate housing ordinances, they do provide people with a place to stay while they get back on their feet.

Even though the number of homeless families has stayed roughly the same, people are worried that this is an indication of what is to come in the very near future.

"This data is the canary in the coal mine," Nan Roman, the alliance's president, wrote on the group's Web site. "Homelessness is a lagging indicator of economic tides, so there is concern that this new information could fore-

shadow sharp increases in homelessness in the future."

Many people moved to Seattle and other big cities because they heard of job opportunities. When they arrived, however, they were greeted with the high cost of living and few jobs. Families split up because there is not enough room in the shelters for everyone. The Bailey family, from Montana, made the move from their home to Seattle after Tom Bailey, husband and father to two teenage sons, lost his job as a construction truck driver.

"We are hard-working human beings that just can't make enough money to survive," Bailey told CNN.

The camp in Seattle has been moved about nine times, and is expected to be moved again on Wednesday while government officials and lobbyists work out how to deal with the situation.

Here at Marist, the effects of the recession may not seem as severe, but people everywhere are affected.

"As a volunteer with Habitat for Humanity I believe that local governments should initiate programs similar to how Habitat works," Timothy Ondrey, a fifth year student, said. "Families and individuals would register with their local government and given space at 'transition housing'. This program would require the inhabitants will work with a group to support their family, become educated and work towards obtaining a permanent job and housing."

## Obama faces packed schedule

By ELIZABETH PEARL  
Staff Writer

Most college students would define "busy" as a full class schedule, a job, and extracurricular activities. President Obama's definition is slightly different – health care reform, economic recovery legislation, wars in Iraq and Afghanistan, and the nuclear ambitions of possibly hostile countries like Iran. His agenda is slightly fuller than the typical Marist student. In fact, some are saying that it is a little too full, even for a President.

With health care and financial reform as his top priorities, Obama is pressured to get these two key issues taken care of this fall. A health care bill is being pushed through Congress, and the administration announced on Monday a new plan to help lower unemployment rates, which rose to 9.8 percent in September.

According to JoAnne Myers, an assistant professor of political science, keeping the economy at the top of this agenda is a wise idea, because, "most people blame the economy on the president, and that's how they vote."

Obama faces tough foreign concerns like the two wars being fought in Iraq and Afghanistan. His decisions on whether or not to send more troops or bring some back from either nation will greatly affect the United States. Also, hidden nuclear facilities have recently been discovered in Iran. Obama will have to deal with nuclear possibilities on a global scale.

His promise to close Guantanamo Bay by January of 2010 most likely will not be made a reality. While this could be attributed to overexertion, Myers credited it to over-eagerness – the assurance of the deadline was made before he knew the difficulties

of being president. According to her, "we need a president who can handle a lot at once."

But recently Obama seems to have bitten off more than he can chew. His one-day trip to Copenhagen to bid for Chicago's 2016 Olympic ambitions, according to some students, took him away from important issues that required his attention.

However, many people feel that Obama is doing just the right amount of work. A Pew Research Poll in March revealed that only 35 percent of the population saw him as trying to take on too much, while 56 percent felt that he is doing well.

In fact, taking on a lot of issues at once sometimes is the best procedure. According to Myers, a good politician should be able to see how different areas of policy interrelate with each other.

"The economy trumps all other issues. We relate everything to the economy. This is why we need health care, a good environmental policy, a good trade policy, and a good defense policy." The solution to one of these issues could help solve the other, so working on all of them at one time could result in faster and more successful changes.

While Obama did enter the office with his own agenda, taking on the presidency also meant taking on the problems left for him by the Bush administration, like the economic crisis and the conflicts in the Middle East. Myers said that while some presidents have been either reactive or proactive, "unfortunately this president will have to be both." This necessity is what forces him to focus on many issues at once – he must solve old problems while fulfilling campaign promises.



## Experienced tweeter debuffs twitter myths

By COURTNEY DAVIS  
Staff Writer

Many people are curious when they find out that I am on Twitter. They want to know how I got involved and why it interests me. Non-Twitter users have some misconceptions about the Web site, so I thought I would clear up some of those myths and maybe even convert some people to Twitter.

**Misconception No. 1:** I will spend my time reading what celebrities had for lunch.

This false impression is common among Non-Twitter users. My answer to this is you can make your Twitter experience whatever you want it to be. If you want to track your favorite stars and memorize their every move, by all means, you can do that. But you can also use it to advance your career and learn more about the industry you are interested in. As a public relations and advertising major, I follow agencies and firms that "tweet" about the latest trends and advances in the field. Often times, agencies will link to their blog posts, webinars or articles found in "The New York Times" or "Adweek." If

these are relevant and interesting, I will "retweet" them so my followers can learn about these things too. This increases your opportunities for networking and getting your name out there.

**Misconception No. 2:** With so many other things I have to do, Twitter is a waste of time.

While I do admit to spending a great deal of time on Twitter, I do not consider that time being wasted. I catch up on breaking news and stay informed about developing stories by following @msnbc\_breaking and @nytimes. Also, I don't consider that I'm wasting my time when I am learning of job opportunities or getting advice from industry professionals. I follow sites that post job availabilities and I hear of openings for internships from different agencies around the country. Agencies often post blog entries about how to be a stellar intern or landing your first entry-level position. Twitter allows me to stay involved with companies with minimal effort.

**Misconception No. 3:** No one wants to hear what I have to say.

This one is definitely not true. People will follow you because they

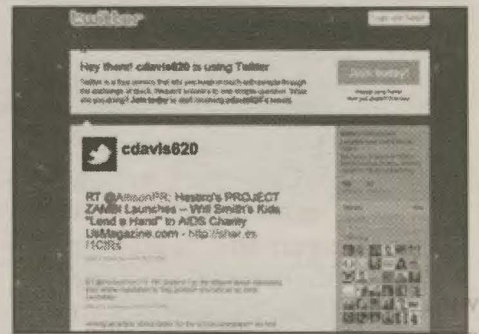
are interested in what you bring to the table. If you can provide insight to a problem or just offer an opinion on a topic, then your contributions are worthwhile. Many tweeters post questions or ideas that they need feedback for. This has proven effective in the past for me and I have contributed to other people's questions as well.

If you are considering joining Twitter or are already a member, here are some hints on how to be a more effective Twitter user.

First, updating too often will irritate your followers. Twitter is not just about letting people know what you ate for lunch. Update when you have something valuable to say or something you think your followers will find interesting.

Definitely retweet when something catches your eye. Usually, your followers are interested in similar things that you are interested in, so pass along articles, blog posts, or thoughts that would be of importance to them.

Be sure to pose questions to your followers, ask them for advice, or answer other people's questions. It is great to be an active participant in the conversation and your follow-



ISABEL CAJULIS/THE CIRCLE  
Use Twitter for breaking news and to follow your friends.

ers will want to engage with you too.

Finally, send tweets from your phone to stay current even if you are away from your computer. After you have signed up for a free account (it's free!), go to settings then devices to register your phone number. You can easily text your tweets to 40404 after you have signed up.

Twitter is not just about status updates, like on Facebook, it is much more involved than that and it can be a great tool for advancing your career, networking, and personal brand.

### cartoon corner

By VINNIE PAGANO



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# Perspectives: Alumnus gives advice to seniors

By AMY WHEELER  
Staff Writer



David Hochman, graduate of the class of '08, knows a thing or two about making the most of his Marist experience.

From double concentrations to internships to study

abroad, he did it all.

He was a Communications major with a double concentration in sports communications and journalism and a minor in global studies. He had internships at the Bergen Record, the NJ Devils hockey team, a sports marketing agency in NYC, and the Times Herald Record, during which he got to work in the press box of a Yankee game and interview players in the locker room.

He studied abroad in Australia, worked at the Marist Poll, partied at Darby's and ate at the Palace Diner.

And then, he graduated. A few weeks after graduation, he started interning in the Public Relations department of the National Hockey League. "This ended up being a 6-month dream job," he said. "I met some wonderful people and worked with so many great professionals; it really was unbelievable. I could write a book about those six great months."

After New Year's however, he went through some life changes, and started looking for a new job and a new direction in life. In attempt to find this direction, he tried out a yoga class and fell in love with it. He started taking three to six classes a day before he found a new job in sports marketing. He has made yoga an even bigger part of his life by recently becoming an instructor.

"Practicing Yoga has been amazing to de-stress my life and keep me as level-headed as possible," he said. "I highly recommend it to anyone."

As for his new job, he said it may not be his dream job, and it is not what he pictured himself doing, but combining it with yoga at night and

on the weekends, he is enjoying himself.

"I'm always longing for something more; we all should be," he said. "We should always hope for something great and strive to be bettering ourselves in every facet of life that we can."

Now, for some advice from David for our graduating seniors who are currently in crisis mode and the underclassman who we are envying with all of their time left here.

1. Senior year is going to be over before you know it. Make every day count. Make every night count. If you're in your bedroom at home, go into the common room. Just relax with your friends. Talk about nothing at all. This time next year, you won't have that. Treasure the moments you have today with all of your friends.

2. Don't worry about money and jobs. You're at Marist. You wouldn't be there if you and your family couldn't make it work. Things in the job and marketplace are already improving. What you need to do now, is keep having fun and keep learning. Pick your professors' minds. Do your work, but don't stress out about the little things. Keep making time for yourself and your friends.

3. Intern if you can because connections in your field of interest and in any interest are paramount. Don't freak out if you don't have one though. Take the time to talk to professors and other staff at school who can help. Use Facebook, Twitter, LinkedIn and the vast array of social media out there to connect with Marist alumni and any professionals in their field. We love to help out students and people coming into the work force. It makes us feel important and like we are doing something good for our community. Don't be afraid to reach out. We've been where you are, and we definitely want to help you as much as we can.

4. Marist was a great preparation for the real world. You may not even think it while you're still in school, but all of a sudden when you're on a job interview or just net-

working with executives in e-mails, you know the right things to say and the right way to approach these situations because Marist has taught us well. It doesn't matter what our major is, we are all Red Foxes and are all bred similarly to be successful.

5. Study abroad. Being on my own for almost six months on foreign soil that was a challenge I never knew how to approach. It was such a wonderful experience because I was continually learning on the fly. I was learning about politics and lifestyles from students my age who grew up in every part of the world. Everyone had different opinions and insights on the same topics, whether it was September 11 or the military coup in Fiji. I learned more from my time in Australia than any other time period in my life and I owe that opportunity to Marist; I'm still so grateful for it.

6. Don't think about graduation. It's going to happen and you can't stop it, as much as you want to. When it comes, you'll handle it as best you can. You'll laugh, you'll cry, you'll smile. And it will be over in a flash. That's why you need to have as much fun with the little things that you can. Those late nights staying up to talk and watch movies will be just as memorable as senior formal.

7. You can come back to visit. Having friends at school younger than you is a great excuse. There is a feeling there that is hard to explain. It's like you never left. When you cross the Mid Hudson Bridge and pull up to campus on Route 9, it's like you're moving back in and you've just been at home for the weekend. It's really tough.

8. You will miss: seeing everyone in the old hangouts, going to Darby's together, heading to the Palace Diner at 3 a.m. or Kona for breakfast in the morning. I'm pretty sure every time I go to a diner, either I or one of my friends mentions a Red Fox wrap. That should be a staple at every diner across the country, just like omelets. I also still miss the Cabaret a lot. That place helped me through freshman year like no other. I miss the river the most. I have lots

of special, personal memories of the river, spending time down there, or just looking out at it from the library or Champagnat. And, of course, that goes hand in hand with missing all of my friends I made at school.

9. I highly recommend taking your time after graduation to explore yourselves as much as exploring the



DANIEL SHEA/THE CIRCLE  
Hochman reminisces while visiting campus.

world. If you don't have a job right away, don't worry. Go see some new things and enjoy yourself. You don't even have to backpack across Europe. Many of us won't be able to afford that. Just make sure to do what makes you happy and feel good. Go to NYC and be a tourist for the day. Go back up to Marist and be a tourist throughout the Hudson Valley. Just have some fun while you're waiting to start your career.

10. The most surprising thing about the real world: how expensive food and health insurance are. It's quite the buzzkill when you start trying to make money and start trying to save.

In closing, he leaves us with these thoughts: "Everything happened in my four years for a reason. I met some of the greatest people I've ever known and made friends that I truly believe will last a lifetime. And the memories I have with hundreds of friends and classmates will live forever in my mind and in my heart. Thinking about the great times we shared in Poughkeepsie and all around simply makes me happy."

# Talking Tarot: Fool card calls for leap of faith

BY JENNIFER MEYERS  
Staff Writer



Taking a leap of faith is something that a lot of people are afraid to do. If The Fool comes up in a psychic reading, it is telling you to do just that.

The whole point of the Fool is to not live life so timidly. The Fool is generally seen with his head held high signifying certainty that what he is doing is the right thing to do. He would agree that life is unpredictable and exciting, but sometimes rather ridiculous.

The symbol of the white rose signifies innocence in which the Fool does not realize the danger in what he is doing. The dog also relates to

this because he is white and trying to warn the Fool from going off over the edge of the mountain. Yes, the Fool is about taking risks with that leap of faith, but also about being careful on where you decide to take your chance of life. The sun and the pole together symbolizes the enthusiasm of taking that jump into the unknown but keeping in mind that the dog is there as your guide.

Now, we are all fools. The Fool in us only wants to experience life for what it has to offer, entering into it with an open mind like that of a child. The Fool is telling us that we shouldn't be afraid to take risks and to not cry over our mistakes.

Because we are all in our college career, stress can be a major upset from day to day. But if we keep in mind that life is just too short and ridiculous and are able to just laugh at the idea, then the stressfulness of everyday college life would be more

manageable. If we just sit and dwell on the fact that we are stressed out, it won't do any good.

For the Fool, the excitement and unknowing of the moment is the best part of everyday.

The Fool tells us to be curious, spontaneous, and playful. He tells us that we shouldn't take life so seriously when there is so much to enjoy.

There is, however, a reverse to all the happy thoughts of the Fool. The factor there is that you might be taking yourself much too seriously, which may result in upset and anger because we are not living life by taking risks. Of course, taking risks is not always good when you don't pay attention to where you jump.

There is also a "shadow" to the Fool meaning irresponsibility, recklessness or intolerance. Yes, it is still saying to take risks, but the

Fool's message is also that of maturity. The Fool's journey is that of knowledge and wisdom, being mature about the decisions we make but still having fun in the process.

It is time to commit and really think about what it is that our life is about and going into it with an open mind. The Fool is NOT about being a "fool" about our decisions. We need to pay attention to the warning signs, such as the dog for the Fool, except here on earth we have to be more in-tune to our surroundings. Some advice that the Fool will give us is "Look before you leap, or you may go off the deep end," or "Stop wandering. It's time to commit."

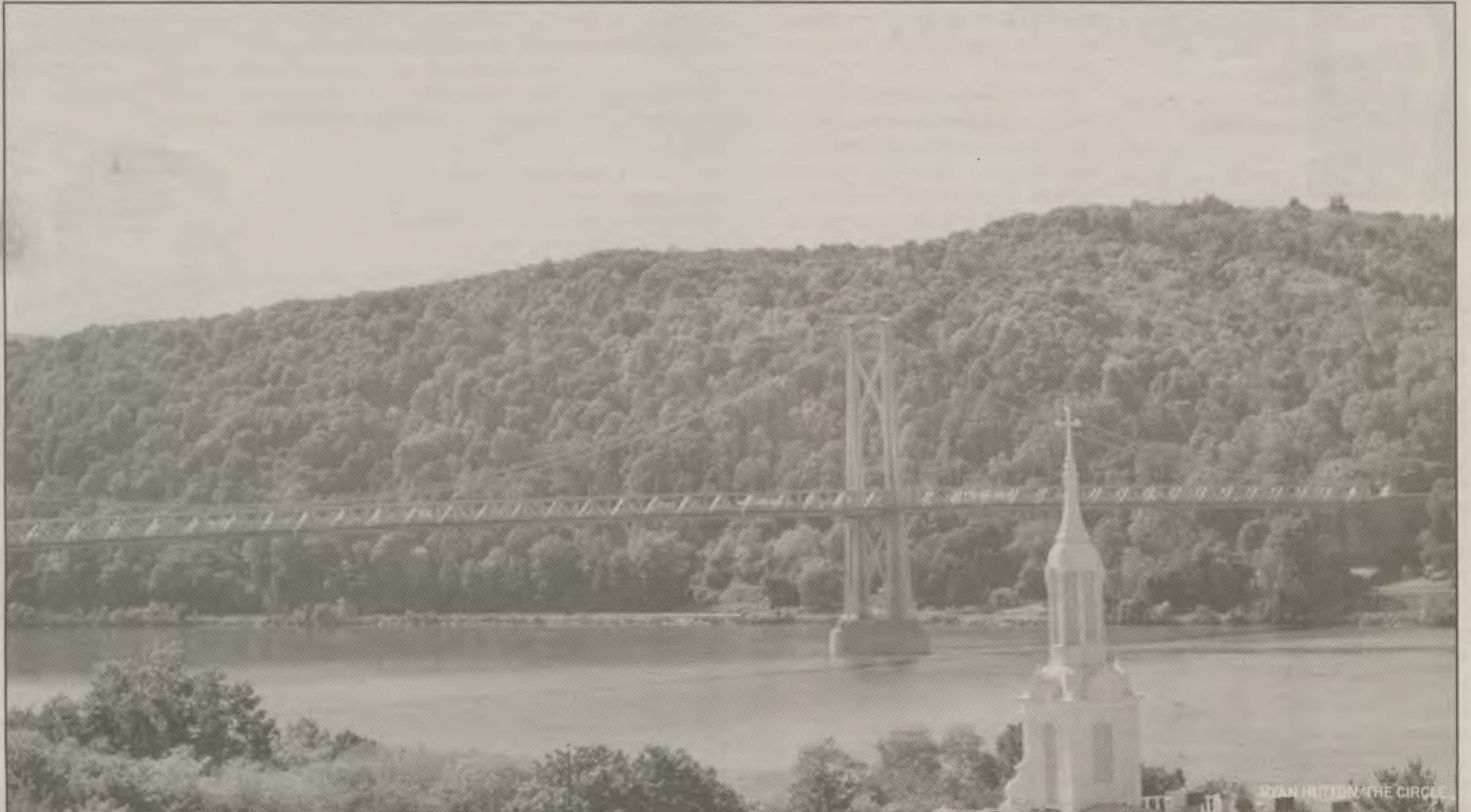


THE FOOL.

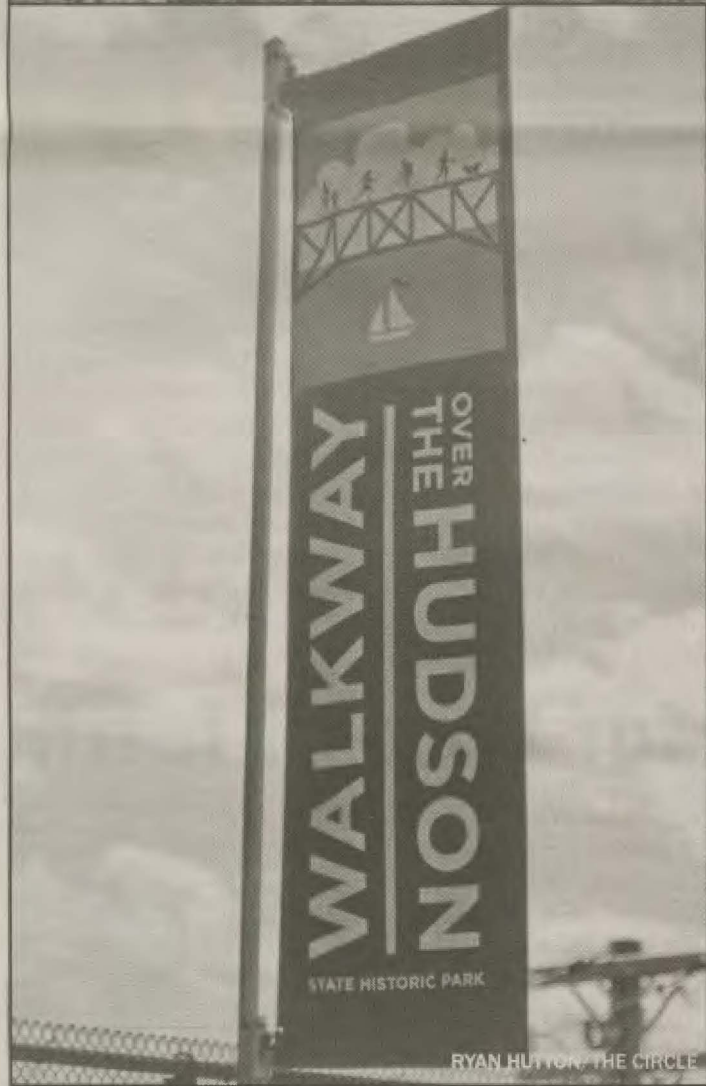


# A view from the walkway

## \$35 million project opens, 40,000 join celebration



RYAN HUTTON/THE CIRCLE



RYAN HUTTON/THE CIRCLE



KAIT SMITH/THE CIRCLE



RYAN HUTTON/THE CIRCLE

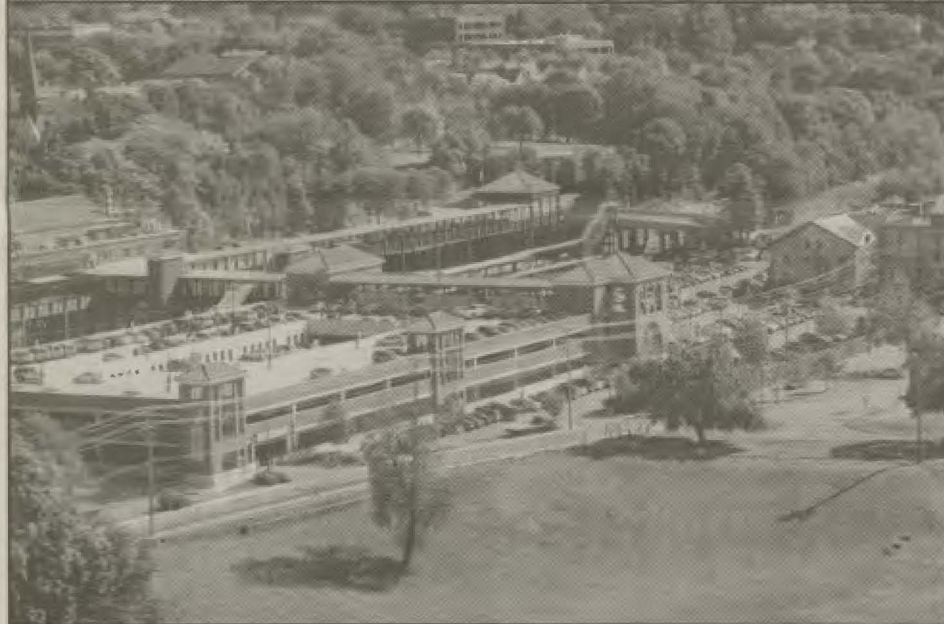
Left: Walkway Over the Hudson banners line the renovated bridge.

Top: A view of the Franklin D. Roosevelt Mid-Hudson Bridge from the walkway.

Middle Right: Musicians play unique instruments welcoming the public to the state park for the first time.

Bottom Right: When looking north from the walkway you can see the Vassar College boathouse in addition to other historic buildings.





ALL PHOTOS BY RYAN HUTTON/THE CIRCLE

Top Left: From atop the walkway looking north you can make out most of Marist College.

Middle Left: A view of the historic Poughkeepsie train station.

Bottom: The Poughkeepsie skyline.

Top Right: An estimated 40,000 people walked over the bridge opening weekend.

Read more about the walkway opening on page 1.





**Delta****A1****JetBlue****B3****Northwest****C5****US Airways****D7**

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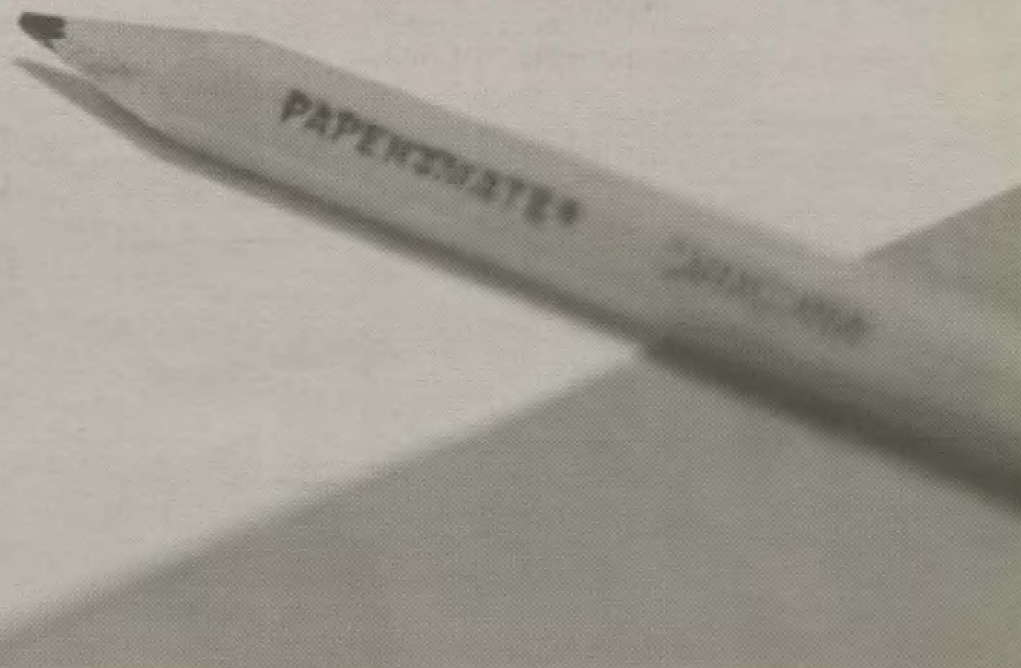
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## Fall for these upcoming albums

By **LAUREN FOSTER**  
Circle Contributor

### The Flaming Lips "Embryonic" (Oct. 13)

This band, known for ridiculous onstage antics, is releasing a 12th album in the form of a double LP. "Embryonic" is fantastically psychedelic, and includes more "freak-out vibes" than their previous material. The album is less organized, more raw, and has distinct Pink Floyd and John Lennon undertones. Notorious for being strange, the Lips have peaked in oddity with "Embryonic."



FROM YENRA.COM

Start celebrating Christmas early on Oct. 13 with Bob Dylan's new album "Christmas in the Heart." The album will include a collection of classic holiday songs.

### Bob Dylan "Christmas in the Heart" (Oct. 13)

Bob Dylan is releasing his 47th album this fall, comprising of a compilation of classic holiday songs. To some, it might seem a pity that Dylan, famous for his poetic lyrics, is not singing his own words; however, it is for the sake of charity. All U.S. royalties from album sales will go to Feeding America—the largest domestic hunger-relief charity. So add this CD to your collection or give it as a gift and you can make a difference this holiday season.

### Alec Ounsworth "Mo Beauty" (Oct. 20)

Alec Ounsworth, the singer/songwriter from the indie rock group, Clap Your Hands Say Yeah, is releasing his solo debut album. He collaborated with prominent musicians from New Orleans with bands like the Meters and Galactic. But, while one might expect to hear a New Orleans' twang of jazz, funk, or blues, "Mo Beauty" bears strong resemblance to the works of Clap Your Hands Say Yeah.

### Say Anything "Say Anything" (Nov. 3)

Say Anything will be putting out their fourth studio album in early November. On the last album, "In Defense of the Genre," Max Bemis was "reaping the benefits of years of...being stuck in a terrible relationship." These days, Bemis, now married, is in a new state of mind and this upcoming album changes focus to asking "what the purpose of it all was." The self-titled record will be more concise, more original, and will mark the beginning of a new phase for Say Anything.



FROM REALMUSICPEOPLE.COM

### OneRepublic "Waking Up" (Nov. 17)

After breaking digital downloading records with the hit, "Apologize," OneRepublic is gearing up to release their sophomore album, "Waking Up." Frontman Ryan Tedder, who has composed and produced hits with well-known artists such as Beyoncé and Kelly Clarkson, aims to become genre-less. However, he keeps himself in check by remarking, "Of course, we need to have hits. Let's not kid ourselves, we're not Radiohead."

### Switchfoot "Hello Hurricane" (Nov. 10)

Switchfoot, a San Diego rock band, disengaged from Columbia Records, and has formed an independent label, called Lowercase People Records. Jon Foreman, the band's lead singer, explains that their goals are to "remove the corporate barrier between our audience and our songs musically, we wanted to go places we've never been before."

### John Mayer "Battle Studies" (Nov. 17)

"Battle Studies," John Mayer's follow-up album to "Continuum" (2006), will venture in a radically different direction. Where "Continuum" incorporated blues and rock, Battle Studies is pop-based. Mayer says, "[Y]ou don't follow...[Continuum], you step to the side and continue with something new." The first single released is "Who Says," and it is more folkish than previous works. The first line asks, "Who says I can't get stoned?" But Mayer asserts that it refers not to marijuana, but to "being in control of the pleasures in your life."

### Lil Jon "Crunk Rock" (Nov. 24)

Rapper and producer Lil Jon will debut his long-awaited solo album, "Crunk Rock." The title is a playful reference to the punk rock genre. After pushing back the release date for three years, Lil Jon promises to deliver the record on Nov. 24, 2009. Half of the album is going to reflect past hits, such as "Get Low," and the album even includes "Snap Yo Fingers"—a major 2006 hit. But the second half will be rock-influenced. Many guest artists are allegedly featured, such as Soulja Boy Tell 'Em, Gucci Mane, Kid Rock, T.I. and The Game. Lil Jon told Billboard.com, "My...[album] is real rock guitars with my beats, not keyboard guitars with ghetto beats. It's gonna be a little different from what you hear right now, but I think everyone will love it."

## currently singin'

By **RYAN RIVARD**  
A&E Editor



**Vampire Weekend "Horchata"** — The gap between Vampire Weekend's debut and sophomore album has felt like an eternity.

After posting a countdown on a sister site specifically for their new album, "Contra," fans were finally treated with a new jam to hold them over to the January release date. Trading in guitars for a kalimba, marimba, and a Yamaha VSS-30 (Rostam Batmanglij purchased on eBay), the song fits the island artwork providing an essential jam for lounging on a remote island under a bright sunny sky. The production has been amped up a notch too, with numerous crisp textures going on frequently throughout. If the rest of this sophomore album matches this single's caliber, Vampire Weekend could go "Merriweather Post Pavilion" on us, and release an early strong contender for album of the year in 2010.



FROM VAMPIREWEEKEND.COM

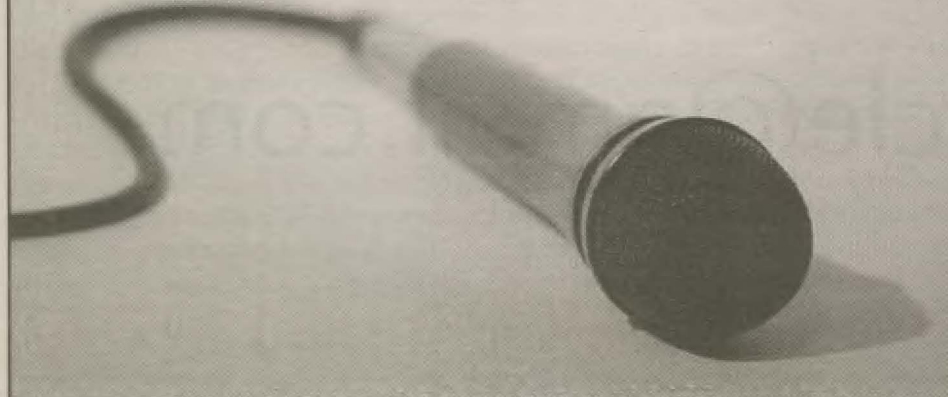
**Lady GaGa "Bad Romance"** — Lady GaGa and Madonna's tussle on Saturday Night Live last week came at an appropriate time. The leaked demo for GaGa's latest single, found on "The Fame Monster" reissue (due Nov. 24), is an epic anthem that charges with Madonna like fury. According to GaGa's Twitter, this leaked version makes "her ears bleed," and teases us with "wait [until] you hear the real version." We will wait impatiently. From this early taste, it sounds like Lady GaGa has another monster hit in her hands.

**Chris Brown "I Can Transform Ya" f/ Lil Wayne & Swizz Beatz** — On Brown's third album, "Graffiti," his goal was to emulate music from Michael Jackson and Prince. This lead single attempts to go Optimus Prime on his public image, trying to shed away the negativity surrounding him after his domestic violence episode with Rihanna. With the help of Lil Wayne and Swizz Beats, it is difficult to not enjoy his music despite his poor life decisions. Will it transform your opinion of Chris Brown? Probably not. Will it make you dance? Most definitely.

## Love music?

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## Walking on water: Traversing the Hudson

By **CHRISTA STROBINO**  
Staff Writer

So you wanna run across the new Mid-Hudson walkway bridge? Training for any type of distance running takes time and dedication. Whether you're an avid runner and want to set a record time for the 1.25 mile long run or if you can barely run for one minute without becoming out of breath, I have some tips for you.

According to "The Beginner's Guide to Long Distance Running" by Sean Fishpool, there are four golden rules to any type of long distance running.

**The first rule is to build up slowly.** One reason that injuries happen comes from people who try running too much too quickly. Building slowly will allow you to improve more quickly in the long term by being patient about increasing your speed and mileage. Another thing to avoid is increasing speed and

mileage at the same time; once you have built a base of low-intensity running, you can ease gradually into speed work.

**The second rule is to take rest days.** Yes, I am encouraging you to take days off from running and to relax. Your body needs to recover. What most people don't realize is that your body builds fitness after your runs rather during, which is why a day off every few days is crucial to your running goals.

**The third rule is to warm up and cool down, a step that most people fail to or regard as important.** Your muscles, joints, ligaments and tendons need plenty of time to ease into a run. Normally, these parts of your body are short and tight which is why stretching or starting off with a fast walk or slow jog is important to warm up these parts. It's also equally important to do these things at the end of your run.



RYAN HUTTON/THE CIRCLE

Trails and treks: The Walkway Over the Hudson provides an exciting new running route.

**The last golden rule is to pay attention to injury.** As obvious as this may be, most people will notice a discomfort in their muscle and choose to ignore it. Damage to your body will only get worse if you try to run through it. If you have persistent pain, rest and put ice on the sore area. If the pain continues or worsens, see your local doctor or even a

trainer at your gym; early treatment will bring a swifter recovery.

There are many benefits to running which is why I encourage all of you to get started right away. Running helps you lose weight, gain confidence, boost your energy, sculpt a better body, lead a healthier lifestyle.

## Top 10 List Ways to freak out your roommate

By **KATELYNN WALSH**  
Circle Contributor

1. Whenever someone calls your cell phone, answer the door.
2. Stand on a chair and announce that you are going to take a shower every time you do so.
3. Pick your nose, stare at your finger after, then look at your roommate, raise your eyebrows and smile.
4. Wake up screaming at 3 am every morning.
5. Have a shrine of pictures of your roommate in your closet.
6. Stand over your roommate's bed and watch them sleep every morning until they wake up.
7. Every time your roommate comes back to the room, do a victory dance and yell.
8. Buy a plant and argue with it daily.
9. Every time your roommate sneezes, run out of the room screaming.
10. Steal your roommates underwear and wear it outside your pants.

## Veggie variations: Healthy recipes

### Pumpkin Yogurt Muffins

- 3/4 cup vegetable oil, plus more for pan
- 1 1/2 cups whole-wheat flour, spooned and leveled
- 1 1/2 cups all-purpose flour, spooned and leveled
- 2 teaspoons baking powder
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon baking soda
- 2 cups pumpkin puree
- 1 cup plain low-fat yogurt
- 3 large eggs
- 1 cup turbinado sugar, plus 2 tablespoons more for sprinkling
- 1 1/2 cups coarsely chopped walnuts

1. Preheat oven to 350 degrees.
2. In a medium bowl, whisk flours, baking powder, pumpkin pie spice, and baking soda.
3. In a large bowl, whisk oil, pumpkin puree, yogurt, eggs, and 1 cup sugar to combine; add 1 cup walnuts and reserved dry ingredients. Mix just until moistened (do not overmix).
4. Spoon batter into muffin tins; sprinkle tops with remaining walnuts and sugar. Bake 35 to 40 minutes.



YOMI955/FLICKR.COM

Pumpkin pick-me-up: A great breakfast on-the-go treat.

### Lasagna Roll-Ups

- 1 tsp. extra-virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 lb ground turkey breast
- 3/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 28-oz can whole tomatoes in juice
- 1 tsp salt
- 8 sheets dried high-protein or whole-wheat lasagna
- 1 10-oz box frozen chopped spinach, thawed
- 1 15-oz container non-fat ricotta cheese
- 1 egg
- 3/4 cup shredded reduced-fat mozzarella cheese

1. In a large skillet, heat olive oil over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook another minute. Turn heat to medium-high and add ground turkey. Stir in cinnamon and nutmeg, then add tomatoes and salt. Reduce heat to medium-low, stir, cover and let simmer for 20 minutes, occasionally stirring tomatoes.
2. Bring a large pot of water to boil. Cook pasta.
3. Preheat the oven to 400°F. Squeeze all remaining moisture from thawed spinach and place in large bowl. Add ricotta cheese, egg and a 1/4 cup mozzarella cheese to bowl.
4. Spread 1 cup of cooked tomato sauce into bottom of a 9" x 10" casserole dish. Lay a cooked lasagna noodle flat in front of you. Use your fingers to spread 1/8 of ricotta mixture across the noodle and roll it up. Place the rolled pasta seam side down, into the casserole dish. Repeat with remaining noodles. Spread remaining tomato sauce over roll-ups, then top with remaining 1/2 cup mozzarella.
5. Bake, covered with foil, for 20 minutes. Remove foil and broil for 5 minutes or until the rollups are browned and bubbly.

For more recipes like these visit:  
[www.cleaneatingmag.com](http://www.cleaneatingmag.com) and [www.wholeliving.com](http://www.wholeliving.com)



# Red impression left on Big Green

BY JIM URSO  
Staff Writer

The Red Foxes continued their strong season last weekend, capturing one singles draw championship, three singles back draw titles, and two doubles crowns at the Big Green tennis Tournament at Dartmouth College.

The tournament concluded Sunday, with Junior Marcus von Nordheim winning the Flight E singles main draw. Von Nordheim took three sets to defeat Ales De Chattelus of Dartmouth. The final scores were 6-7 (2), 6-3, 10-5.

"This weekend was definitely a confidence booster for Marcus," coach Tim Smith said.

Senior Loic Sessagesimi, sophomore Matt Himmelsbach and junior Hank Bessinger each won the back draw of Flights B, C and D respectively, all over opponents from Williams College. Sessagesimi defeated Bryan Chow, 6-1, 7-6 (5), Himmelsbach bested Zach Weiss, 6-4, 7-5, and Bessinger beat Air Binder 6-4, 7-6 (5).

"I was really impressed with Hank," Smith said. "He's a wonderful fighter."

From Page 16

## Red Foxes to face reigning PFL champions

The Fighting Camels were charged with six penalties for 83 yards in the game, including a pass interference

In doubles action, Christian Coley and Rhys Hobbs reached the finals by defeating Alex Kalanin and Kirill Kololyts of Buffalo, 8-5. In the finals, they bested Jeff Freeman and Michael Laser of Dartmouth, 8-6. In Flight B, Sessagesimi and Bessinger won their seminal matchup over Julian Camacho and Jon Thaler of Amherst, 8-2. In the title match, the pair narrowly beat Kevin Cox and DeChattelus of Dartmouth 9-8 (5).

"Loic and Hank are the best doubles team right now," Smith said. "I'm very happy with the chemistry there."

Both players acknowledged the difficulty in playing with a new player, and their ability to overcome it based on complementary playing styles.

"I'm really aggressive at the net, and Loic's really good in the back on the baseline," Bessinger said.

"Hank's all fire," Sessagesimi said.

Also, their ability to get along off the court has enhanced their play.

"If you don't get along off the court, it's hard to be good on," Sessagesimi said.

"We have that do anything for each other mentality," Bessinger said.

Overall, Smith was impressed with the play, but sees need for improve-

ment in two specific areas.

"Still, we're not playing as smart as we should or looking for situational points," Smith said. "Also, we aren't pressuring opponents, giving opponents shots they have to do more with."

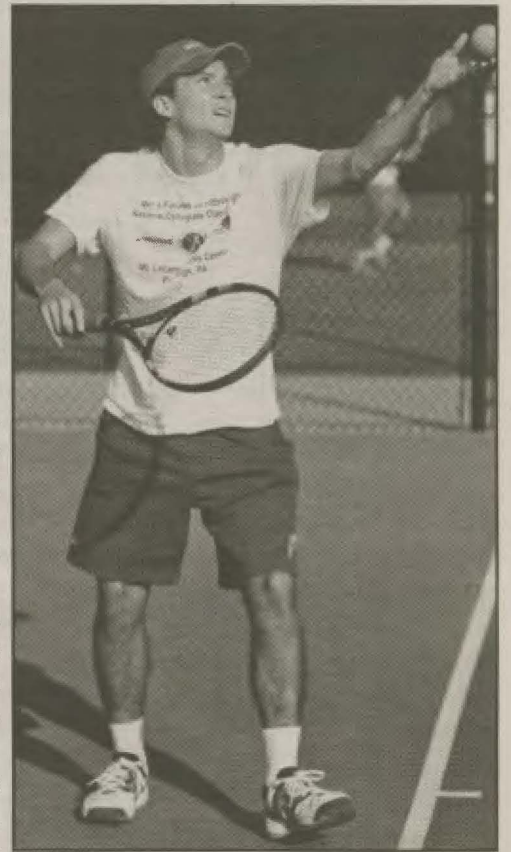
Smith is confident his team will pick up their mental game. He emphasized the time and routine involved in reaching an apex of mental prowess and physical skill.

Last Monday after practice, Smith wandered into the McCann center to find some of his players devoting extra time to agility work.

"I think we'll get there," Smith said.

After an idle weekend, the Red Foxes will return to the courts at Dartmouth in the Intercollegiate Tennis Association Regional Tournament.

A committee chooses players to compete in this event. Last season, Marist sent 3 players to the tournament. The four-day event begins on Oct. 15 and runs through Oct. 18. A top Marist competitor, Nicolas Pisecky, is nursing shin splints, but should be ready to play.



RYAN HUTTON/THE CIRCLE

Redshirt sophomore Chris Foster practices Tuesday. Coach Tim Smith is very excited about this addition to the defending MAAC champions. Marist performed strongly at the Big Green Tournament at Dartmouth.



RYAN HUTTON/THE CIRCLE

Although the Campbell Fighting Camels tallied over 200 yards rushing, it only translated into 13 points. Marist totaled 385 yards of offense and five rushing scores.

make the score 13-6.

Campbell's final points of the contest would come on a one-yard run by Daniel Polk following a lengthy 11-play, 73-yard drive that lasted nearly six and a half minutes.

Marist took a 20-13 lead into halftime after Debowski had a one-yard touchdown run of his own.

"Campbell is a very big and physical football team," Parady said. "They found some seams with us, but the big thing with our defense is that we shut them out in the second half."

Sophomore Rodney Hill led the team with 13 tackles.

"Our defense was lacking at first," Hill said. "In the second half, coach [Parady] gave us an earful, and we came out stronger and more solid."

The Fighting Camel defense was able to weather a trip to the red zone by Marist early in the third quarter, and they held the Red Foxes scoreless in the frame.

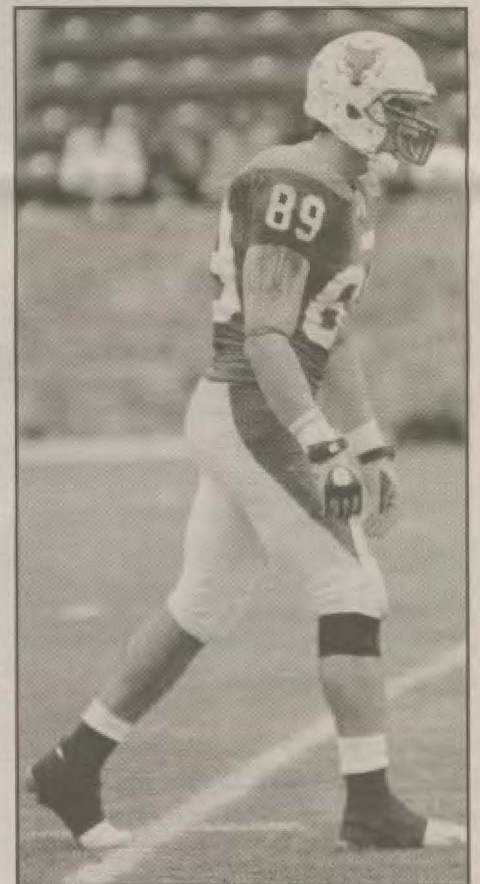
"I thought they had a pretty good attack [defensively] against us," Parady said. "They played some different things than what we had prepared on film for, and that caused us some confusion."

With just over 12 minutes remaining in the game, a botched snap on a field goal attempt forced the holder, Ted Moore, to try and make a play. The pass fell incomplete, and the Red Foxes got the ball back.

Marist gained a huge chunk of yardage on the next drive after Debowski completed a 22-yard pass to wide receiver Joe DeSimone, and 15-yards were tacked onto the play after a helmet-to-helmet call.

Anderson soon exploded for a 22-yard rushing touchdown, Marist's fourth of the game, to make the score 27-13.

Just under five minutes later, Dinnebeil would close out the scoring for



RYAN HUTTON/THE CIRCLE

Marist will host the reigning PFL champion Jacksonville Dolphins on Saturday. Marist after his second touchdown run of the game.

Marist now improves to 2-3 overall on the season, and 1-2 in the PFL.

"Coach [Parady] talked all week about developing a home-field advantage," Hill said. "We're hoping to have a winning commitment at home."

The Red Foxes will have an opportunity to continue to build a winning tradition at Tenney Stadium this coming Saturday against the University of Jacksonville Dolphins, the reigning PFL champs.

"They are going to be another big, physical team," Parady said. "They are very explosive on offense. This will probably be the fastest team that we will see."





# The Fox Trot

## Quick hits of the week in Marist athletics

### POUGHKEEPSIE, N.Y.-

Taking part in an event-filled weekend, the Marist men's heavyweight crew team placed in third in the Quadricentennial Poughkeepsie Regatta. The races, which took place immediately before the highly anticipated opening of the Walkway over the Hudson, had over 2,000 spectators, an astronomical number for a collegiate crew event.

"Combined with family weekend and the walkway opening, there really was a heightened exposure for both the sport, and the river," coach Tom Sanford said.

The contests began with the Women's 8, consisting of seven crews. The Cornell women secured victory with a time of 24:39.5, followed by Syracuse with a time of 25:05.73. Pennsylvania, Columbia, Army and Vassar came next, respectively, with the Marist women bringing up the rear in seventh.

Next came the men's lightweight, which consisted of only four crews. The Marist crew finished last, while Navy finished first, Cornell took second and Pennsylvania claimed third.

The Foxes placed third in the men's heavyweight field behind Cornell, claiming its second first place finish on the day, and Army, who finished second. Columbia came in fourth, with Vassar straggling over the finish line in fifth.

"To have teams like Cornell and Syracuse, with such long rowing histories back on the river was very impressive to see," Sanford said. "Everyone who attended and everyone who participated felt that the event was a success."

-Compiled by Chris Eisenhardt



MIKE CAIOLA/THE CIRCLE

Marist keeper Joe Pilla has helped bring Marist to its No. 9 ranking in the North Atlantic Region. Junior forward Joe Toloumis leads the team in points with seven and goals with three. Non-conference play has now ended for the Foxes, and the team will play MAAC rivals Fairfield and Iona this weekend. Both games will be played at Tenney Stadium.

### POUGHKEEPSIE, N.Y.-

The Marist men's soccer team traveled to Philadelphia Saturday afternoon to take on La Salle, falling 4-1 in what was its final non-conference game of the season.

"This past weekend was disappointing," coach Matt Viggiano said. "We didn't show up to play. Hopefully it serves as a wake-up call to the boys."

The Red Foxes (4-4-1) let up three goals in the first 11 minutes of the match, and could not recover. Junior Joe Touloumis scored the lone goal for Marist, which was his team-leading third of the season.

With conference play beginning this weekend and an automatic NCAA tournament bid for the winner of the MAAC conference up for grabs, Viggiano remains optimistic.

"Everybody's 0-0 right now," he said. "We have an automatic bid sitting there at the end of our conference. It's going to be the usual craziness that the MAAC conference is."

The Foxes will open up conference play at home against Fairfield on Friday, Sept. 9

-Compiled by Scott Atkins



GREG DUBOIS/THE CIRCLE

Freshman Jaclynn Sabia has three goals for the Red Foxes, who are tied for third in the MAAC.

### POUGHKEEPSIE, N.Y. -

Another year, and another overtime battle with Fairfield for the Marist women's soccer team. Two years ago, it was Marist who won. Last year, Fairfield defeated the Foxes in overtime. This year, neither could come out on top as the two teams battled to a 1-1 draw.

The draw extended the Foxes' unbeaten streak to six games, a program record. The streak ended after a 1-0 defeat on Sunday at Iona. After the weekend, the Foxes are 2-1-1 in the MAAC, which is good for a tie for third with Canisius.

In the matchup against Fairfield on Friday, freshman Jaclynn Sabia continued to play great soccer by scoring her third goal of the season.

"Sabia's just such a special player," coach Elizabeth Roper said. "She has a really great offensive attack and she's so effective finishing."

Senior Kate Fox had the assist on the Sabia goal. She now has 51 career points, making her eight shy of the Marist program record held by Jamie Bierwirth.

Marist keeper Jamie Balzarini matched a career-high with 10 saves in the match against Fairfield.

On Sunday, the Foxes put 10 shots on goal against the Gaels, led by Sabia who had three.

Sitting atop the MAAC right now is Loyola. The Greyhounds are 3-0 and will get a visit from Marist on Friday, Oct. 9. The Foxes will try to knock Loyola from its perch and make headway in the conference.

-Compiled by Rich Arleo

## Red Hot Fox: Marist's star athlete of the week

By PHILIP TERRIGNO  
Sports Editor

Patience has been the key for O'Neil Anderson throughout his football career at Marist College.

The senior has dealt with struggles throughout his Marist career. He has had to recover from multiple hamstring injuries, and has been stuck playing behind Obozua Ehikioya, the school's record holder for touchdowns and rushing yards in Division I, his whole career.

Lately, however, Anderson has just been patiently waiting for the blocks to develop in front of him after he gets the ball on a handoff.

The Dorchester, Mass. product has exploded in the past three games, rushing for 86, 133, and 132 yards respectively.

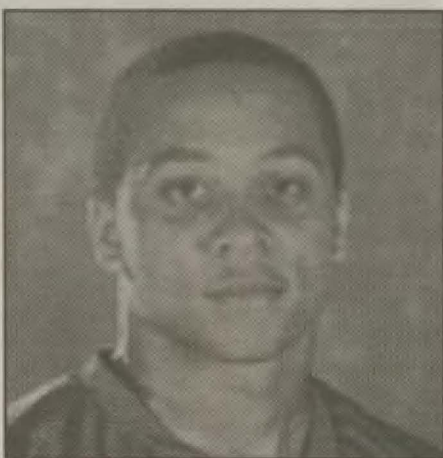
"[He's been] awesome," said senior quarterback Chris Debowski.

"He stepped in because we needed a running back after Bo [Obozua Ehikioya] left last year. He stepped it up big time. He can carry the load; he can do it all."

Anderson has set a career high in rushing yards for the third week in a row, and he has tallied 464 yards and two touchdowns so far in the 2009 campaign.

"It feels good," Anderson said. "You always want to get better after every game. You just have to go in with the right mindset, and good things will happen."

Ten other rushers have had attempts on the season for Marist,



O'Neil Anderson  
Senior-Football

but Anderson outpaces them all with 94 carries through five weeks. The next closest running back in the total carries category is junior Greg Whipple, with 25.

"The past years, when Bo was the go-to guy, I kind of just waited my turn," Anderson said. "I knew once senior year

[came], I had put my work in. The team is depending on you as the starting running back, so I'm going to take my responsibilities."

Anderson is just one of 26 seniors on the team, and remembers the days in which Marist used to compete in the MAAC before making

the switch to the Pioneer Football league this season.

"The MAAC is obviously a lot smaller than the Pioneer," Anderson said. "It's definitely a hard transition. Your team believes that you can fit into that league, so you just go in with that mindset. We feel like we are in a good position."

Just like the rest of the Marist College football program, Anderson has progressed immensely since the days of Marist playing in the MAAC.

"He had some hamstring issues in some previous years. The thing that you have to give him credit for is that he stuck with it and he's now healthy," coach Jim Parady said. "You can see him progress into a complete running back. His pass protection is better, his blocking is better, people don't notice that. They notice the yards, but that's what I'm most pleased with."





## Red Foxes dominate in first PFL win

By PHILIP TERRIGNO  
Sports Editor

The opening kickoff from the Campbell Fighting Camels was booted weakly and landed harmlessly on the Marist 22-yard line.

**football** It would be indicative of their insubstantial effort in the Red Foxes 34-13 drubbing of their Pioneer Football League foes.

Marist totaled 345 yards of offense in the victory, its first in program history as a member of the PFL.

"It was an enjoyable day for everybody involved with the program," coach Jim Parady said. "It's great to get that first win, and the feeling of getting the first one. It's especially important because it gets us moving in the right direction."

Senior quarterback Chris Debowski, making his first start back after being injured for the past two games, completed 8 of his 17 passing attempts for 122 yards, and rushed for 55 more.

"I feel like our offense is coming along more," Debowski said. "We were able to focus on taking advantage of the defense on the ground."

Keeping in line with their typical game plan of a running back by committee, seven Red Foxes had rushing attempts on the afternoon

and four different runners scored touchdowns.

"They [the defense] don't know who's going to get the ball," Debowski said. "It opens up way more doors and opportunities for us."

Senior O'Neil Anderson ran for 132 of Marist's 263 rushing yards and one touchdown on just 15 carries.

"The offensive line performed at a very high level," Parady said. "We had some rushers, like O'Neil, making some people miss at the second and third level which extended runs."

Junior Greg Whipple capped a 60-yard opening drive of the game with a touchdown run, and the Kevin Pauly extra point gave Marist a 7-0 lead.

Campbell quarterback Daniel Polk got his team on the board with an eight-yard touchdown run on the ensuing drive, but a missed extra point kept Marist in the lead, 7-6.

Entering the contest, it was known that Campbell featured one of the top offenses in the entire PFL.

"They tried to outmuscle us, to intimidate us in the first half," Hill said. "They had some pretty tough running backs."



RYAN HUTTON/THE CIRCLE

Senior quarterback Chris Debowski returned after missing two games with an injury and rushed for a touchdown. Marist was able to get its first ever PFL win by defeating Campbell.

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## MARIST INTERNATIONAL PROGRAMS



## SHORT-TERM PROGRAMS 2009-10

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