



# The



# Circle

The student newspaper of Marist College

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## FALL IN THE VALLEY



TOM BELMONTE/THE CIRCLE

Fall in the Hudson Valley is arguably one of the most beautiful seasons. With the myriad of activities available at one's disposal, there is no shortage of ways to enjoy these following months. Students and residents can take part in activities such as apple and pumpkin picking, hayrides, taking in the view from the walkway or just simply enjoying the foliage, as pictured here.



TOM BELMONTE/THE CIRCLE

## Purple Day to shed light on homophobic bullying

By CAITLIN NOLAN  
Managing Editor

On Wednesday, Oct. 20, Marist College will observe Purple Day, an unofficial holiday meant to honor six young men and many others who have taken their lives due to homophobic abuse. Those who wish to observe the day can wear purple to show their pledge to honor those who fall victim to homophobia.

The Marist College Lesbian-Gay-Straight Alliance organized the campus-wide observance of Purple Day and will have informational tables about LGBT-bullying in the Champaign Breezeway during activity hour. The LGSA will also be passing out rainbow and purple ribbons.

"The organizing of the event was actually a very last minute thing," said Becky Rotondo, president of the Marist LGSA. "It was already a Facebook phenomenon all across the United States to wear purple in memory of the kids. We held a group discussion about participating when we got the invitation, but it was something that was already on our radar."

The event is being observed on multiple campuses and, according to <http://TheNewsOfToday.com>, was originally organized on a Facebook fan page dedicated to Tyler Clementi. Clementi, a Rutgers University freshman, committed suicide after his roommate, Dharun Ravi, allegedly posted a recording he secretly made of Clementi engaging in homosexual activities to an online website.

"I feel like bullying in general – we need to raise awareness," said Kristen Mitidieri, secretary of the Marist LGSA. "People need to realize that their actions do have consequences."

Mitidieri is part of an entirely new E-Board which she said is committed to raising awareness campus-wide and encourages people of any sexual orientation to become a member of the LGSA.

"LGSA's in general don't tend to put themselves out there, especially on a conservative campus," Mitidieri said. "But, at the College Activities Fair this year, many freshmen came to the table to see if straight students could join as well. The club had 25 members last year and has about 50 this year, and that could potentially reflect the newest class, but the club is also putting in a real effort."

Rotondo echoed Mitidieri's sentiment, stressing how important an alliance between straight and gay students is to make a difference.

"The more straight students who get involved, the more [the LGSA] will be heard," Rotondo said. "We need to spread the message, and we can't do that without both straight and gay students. You don't have to be gay to join LGSA."

Clementi was the fifth young gay man in September to take his own life after enduring severe harassment and bullying for being gay or perceived to be gay, and the Purple Day displays will feature information about each of the young men who committed suicide. As an incentive to become involved with the events of the day, LGSA is also offering a raffle for any student or staff member wearing purple to enter. The winner will receive a \$20 Visa Gift Card that was funded directly from the LGSA's budget.

## Wellness Wednesdays to promote mental health and well-being to students on campus through unique programs

By CHRIS TUREK  
Circle Contributor

Beginning this semester, the Health and Wellness Center will begin to offer a series of programs and seminars on Wednesdays during activity hour. This new program, called Wellness Wednesdays, is meant to help students live better and healthier lifestyles during our stay here at Marist.

According to Valerie Piscitello, the director of communication for the

Student Government Association, "The Fall Wellness Wednesday program was created by counseling and health services to promote healthy minds and bodies. It is a way to give students a greater awareness of how to stay healthy in college. There are programs ranging from meditation to surviving finals. All students are encouraged to attend these programs which, unless otherwise stated, are in the Student Center during activity hour occurring on Wednesdays throughout the

fall semester."

In addition to the health benefits of these programs, Wellness Wednesdays are also meant to help members of the Marist community get to know each other and meet new people, helping them to keep a healthy social life as well as a physically and mentally fit one.

Wellness Wednesdays will hold a range of programs throughout the fall semester to help us stay fit and healthy. These activities range from lessons in Tai Chi, the com-

bined practice of martial arts, exercise and meditation, to seminars about how to stay healthy during the winter flu season. There are even gender-specific programs, such as "Real Men Stay Strong: A Gentleman's Guide to Health." For more information on Wellness Wednesdays and the programs and activities that are scheduled for this semester, please visit the Facebook group called "Fall Wellness Wednesdays" or the Health and Wellness Center.



## THIS WEEK

Thursday, 10/14

No Events Posted

Friday, 10/15

**Homecoming Awards Dinner**  
8 a.m. to 6 p.m.  
Student Center Cabaret

**No Classes**  
Mid-semester break

Saturday, 10/16

**Marist Football v. San Diego**  
12 p.m.  
Tenney Stadium

Sunday, 10/17

No Events Posted

Monday, 10/18

Classes Resume

Midterm grades due by 12 p.m.

Tuesday, 10/19

**NSLS Telecast: Nigel Barker: "Revealing a More Beautiful You"**  
7 p.m. to 9 p.m.  
Nelly Goletti Theater  
For more information contact [emerging.leaders@marist.edu](mailto:emerging.leaders@marist.edu) or call x3517

Wednesday, 10/20

**Marist supports: Purple Day**  
11 a.m. to 1 p.m.  
Champagnat Breezeway

**Wellness Wednesday: "Real Men Stay Strong: A Gentleman's Guide to Health" (Men Only)**  
6:30 p.m. to 7:30 p.m.  
Student Center 349



## Security Briefs

### Alcohol confiscations mark quiet week

By CHRIS RAI  
Staff Writer

First things first: I'd like to wish a very happy 36th anniversary to security's fearless leader, Mr. John Gildard and his wife (I apologize I do not know her, but I'm sure she's quite lovely). May you be happily together for another 36 years, or at least until the world ends in 2012. That said, we'll move on to the briefs. Virtually nothing happened this week. Stupid midterms.

#### 10/8 McCann Lot

A campus employee was driving onto campus while the lacrosse team was practicing, and his car was hit by an errant lacrosse ball. This has actually been a relatively big issue in the last few years, with four incidents of lacrosse balls hitting vehicles. That reminds me of playing baseball when I was little. Every time there was a foul ball that went within a thousand feet of a parked car, everyone got really excited and prayed it hit something. Our parents didn't share in our excitement.

#### 10/8 - Champagnat

A student reported his wallet stolen from his room. He admitted

that he had accidentally left his door unlocked that morning, so here's a reminder - lock your doors. Considering I already made it known that I hate locking my car, I know I'm being hypocritical. But I also don't cook, barely do laundry, and slept on my couch more than I slept in my bed in Gartland last year. I can barely be considered a fully functioning human being. So don't do anything I do, and lock your doors. **10 points.**

#### 10/8 - Gartland

Alcohol confiscation - 25 Bud Lights. They're chillin' in Mr. Gildard's office right now, still in the box, which means their night got broken up very early. That's too bad. Or is it? Last year, during my house's very own write-up, two of my friends were bold enough to hop in a cab and go out immediately after the write-up process was completed. If you have that mindset, I guess you'd prefer to get written up as early as possible. **25 points.**

#### 10/9 - Donnelly Lot

A security guard watched a student exit a taxicab, walk a few feet, and proceed to vomit. Everybody makes mistakes. Everybody has those days. And I'm sure the cab driver really appreciated that he

didn't throw up in his cab. He was a Champagnat student, so Champagnat can take **15 points** for his courtesy.

#### 10/9 - Marian

Security officer confiscated a bottle, half full of Southern Comfort, at the entry desk. Um. Yeah, I have nothing else. I'm tired; it's destroying the optimist in me. So, you know what, the security officer confiscated a bottle half empty of Southern Comfort at the entry desk. Boom. Downer'd. **10 points.**

#### 10/11 - Gartland

A female student reported her male guest kicked in her bedroom door. Hmm. That could mean so many things. Were they just having too much fun and he was pushed into the door? Did someone challenge him, saying he couldn't kick in the door? Or was this like "The Shining?" Did he attack the door with an axe so that he could kill everyone? It's hard to say. And I've been getting scolded too often for misreporting stories this semester, so we'll just leave this one up to interpretation and throw. **10 points at Gartland.**

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

### Letter from the Editor

In the spirit of midterm week, the Circle lab is a mess: paper is everywhere and editors are pulling their hair out in anticipation of upcoming exams. But unlike the tense atmosphere in LT211, there are many articles in this week's issue dedicated to mental health.

In honor of the six young men who took their lives due to homophobic abuse, Purple Day will be celebrated across the country, including Marist. Wellness Wednesday

can help ease the exam pain with an array of activities to meditate and soothe the mind.

The Opinion section serves as a podium to express their frustration over the lack of accurate midterm grades posted online, and Lifestyles gives a sneak peek into at least looking composed when you're under stress.

The Features section gives a Halloween event to look forward to with a preview of the Headless Horseman event that can frighten your test fears away.

Regardless of your midterm situation,

be sure to take joy in the little things - because as a senior, I just realized this week marks the halfway point of fall semester!

Happy reading!

Jacel Egan  
Editor-in-Chief

### The Circle

Editor-in-Chief: Jacel Egan  
[Jacel.Egan1@marist.edu](mailto:Jacel.Egan1@marist.edu)  
Editor-in-Chief: Thomas Lotito  
[Thomas.Lotito1@marist.edu](mailto:Thomas.Lotito1@marist.edu)  
Managing Editor: Caitlin Nolan  
[Caitlin.Nolan1@marist.edu](mailto:Caitlin.Nolan1@marist.edu)  
Managing Editor: Philip Terrigno  
[Philip.Terrigno1@marist.edu](mailto:Philip.Terrigno1@marist.edu)

News Editor: Amanda Lavergne  
[circlenews@gmail.com](mailto:circlenews@gmail.com)  
News Editor: Alyssa Longobucco  
[circlenews@gmail.com](mailto:circlenews@gmail.com)  
Opinion Editor: Heather Staats  
[circleopinion@gmail.com](mailto:circleopinion@gmail.com)

A&E Editor: Ryan Rivard  
[circleae@gmail.com](mailto:circleae@gmail.com)

Lifestyles Editor: Robin Minter  
[circlehealth@gmail.com](mailto:circlehealth@gmail.com)  
Sports Editor: Jim Urso  
[circlesports@gmail.com](mailto:circlesports@gmail.com)  
Sports Editor: Scott Atkins  
[circlesports@gmail.com](mailto:circlesports@gmail.com)

Staff Writers: Chris Turek, Mike Walsh, Eric Vander Voort, Monica Speranza, Emily Berger, Caitlin Rakyta, Rachael Shockey, Dayna Vasillik, Casey Fisk

Copy Chief: Emily Berger  
[emily.berger1@marist.edu](mailto:emily.berger1@marist.edu)

Copy Editors: Elora Stack, Emily Berger, Dean Silfen, Maria Sorrenti, Brianna Kelly, Monica Speranza, Maria Melfe, Jenna Grande, Jenn Hill, Nguyen Pham, Kara Donovan, Ashley Lampman, Kevin Peterson

Features Editor: Jennifer Meyers  
[circlefeatures@gmail.com](mailto:circlefeatures@gmail.com)  
Photography Editor: Ryan Hutton  
[circleshots@gmail.com](mailto:circleshots@gmail.com)  
Graphics Editor: Dayna Vasillik

Web: [www.maristcircle.com](http://www.maristcircle.com)  
[www.twitter.com/maristcircle](http://www.twitter.com/maristcircle)

Web Editor: Kerry O'Shea  
[kerry.oshea1@marist.edu](mailto:kerry.oshea1@marist.edu)  
Web Editor: Gail Goldsmith  
[Gail.Goldsmith1@marist.edu](mailto:Gail.Goldsmith1@marist.edu)  
Advertising Manager: Liz Hogan  
[circleadvertising@gmail.com](mailto:circleadvertising@gmail.com)  
Distribution Manager: Pete Bogulaski

Faculty Advisor: Gerry McNulty  
[gerald.mcnyulty@marist.edu](mailto:gerald.mcnyulty@marist.edu)

## Meddling with midterm grades merits student outcry

By **ALYSSA BRADT**  
Circle Contributor

As we approach the second half of this semester, most of us will be receiving midterm grades. In an effort to determine where we stand in each of our courses, these grades are generally appreciated by students.

Knowing your midterm grades essentially helps identify where improvement is needed and encourages us to work harder if necessary. Professors at Marist College are required to assign midterm grades to each student. Although this policy is generally adhered to, some professors have withheld grades or have given "fake" grades as a placeholder in the past. Usually in this event, students are notified that the grade posted online is not their actual midterm grade. Many disagree with this practice and believe that they deserve to know how they are truly doing in a class.

In order to provide students with accurate and up-to-date grades, many professors do so electronically. Allison Beres, a junior and the vice president of academic affairs for SGA, feels that using iLearn is most effective.

"Professors should use the gradebook function on iLearn," Beres said. "Some aren't as comfortable using newer technology."

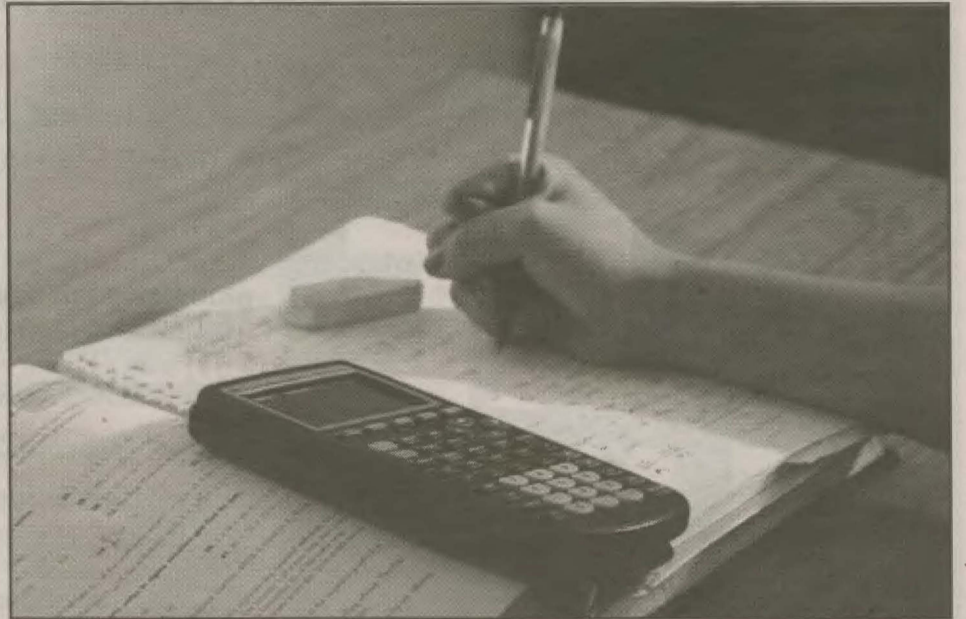
In my experience, iLearn and its gradebook function helps eliminate

confusion regarding any overall grades, as well as grades on a particular assignment. Unfortunately, I have only had a few professors post grades regularly on iLearn, and many do not utilize iLearn at all.

Dr. Ken Sloan, from the school of management, believes that midterm grades are more than a placeholder. While he maintains an updated gradebook for his students to view on iLearn, he also recognizes how important one-on-one discussions are as a type of feedback.

On the other hand, he pointed out that for many other schools, providing a midterm grade is not the norm. During his first semester as an instructor at Marist, his students expressed concern when he had not posted their midterm grades. These student concerns are a true representation of the fact that most, but not all, students would like to know how they are doing.

Dr. Sloan also explained that although some professors may see providing midterm grades as an administrative burden, there are valid reasons for withholding a grade or mildly adjusting it. For example, many courses have not given enough assignments to determine a midterm grade at the midpoint of the semester. This is because final exams are often more heavily weighted, and term papers and group projects may not be accounted



SCQUI3ASTEVEO/CREATIVE COMMONS

Students study hard to prepare for midterm exams, in hopes of finding grades online that reflect their current academic standings.

until the second half as well.

Senior fashion merchandising major, Chris Traina, believes that failing to report midterm grades can be deceiving and lazy to an extent.

"It's more accurate and helpful for students to receive their most current grade, so they can determine where they need to improve," Traina said.

When asked for his opinion on the "fake B," he brought up the fact that some students may be content with the "B" when in reality, they're failing the class. It is also a possibility that the opposite may occur, and the student may be led to believe they are not doing as well as they really

are.

"When I'm working hard, I expect to see my well-deserved A," Traina said.

Deceiving students with a fake grade or neglecting to report a grade, without a valid reason for doing so, cannot be rationalized. This can lead to decreased motivation and an overall lack of understanding when final grades are reported. If professors have Oct. 15 off to calculate and post grades, it should be done not only because it needs to be done, but also, because the students expect an accurate reflection of the work they have done thus far.

## Facebook photos fail to flatter for future endeavors

By **DAYNA VASILIK**  
Staff Writer

Isn't it funny how celebrities today who get arrested are blessed not only with a lighter sentence, but also with a beautiful mug shot that could almost be confused for a head shot? While browsing through Paris Hilton's latest mug shots some may wonder, what is she selling?

When my friend showed me the socialite's latest mug shot from Hilton's cocaine arrest, I couldn't help but think to myself, "Wow, she looks really great." And that's probably just what she wanted. Hilton posed with the intent to make her deviant behavior sexy.

But this article isn't about Paris Hilton. Rather, this article examines how we create our own "sexy" mug shots. Why does our generation find joy in taking pictures while they are under the influence of alcohol, only to post them on Facebook later, showing how drunk they were?

I think of the many times my parents would whip out their photo albums of cute family gatherings to relive the good old days with us. What will we have to show? You can be sure that our children will be savvy enough to navigate through Facebook to investigate our past and will stum-

ble across those wonderful pictures documenting how we spent our spare time.

What is it that makes us do the kissy face, tongue sticking out or mouth wide open poses so the camera can see our lovely tonsils? I used to believe the saying, "a smile is contagious," but now I'm starting to think the kissy face pose is infectious. Unfortunately, I too caught this kissy face fever, only it never turns out to be seductive or sexy. I guess it can use some improvement.

In the past, we used to pretend that we all liked each other in a photo. Now, it's a great shot if you pout or make a smirk at the camera. Why is today's generation more apt to take mug shots than photos? We are clearly not celebrities, but does having 3,298 tagged pictures make us feel like one? Maybe it's our way of rebelling against our parents from making us say cheese and smile so many times.

In the movie "The Social Network", Sean Parker's character makes a good point stating how today's society can bring their digital camera out to a party and almost be able to relive it on Facebook. Junior Jenna Williams feels that Facebook points to the end of privacy.

"When our parents were growing

up, celebrity arrests were scandals in the media. Today, it is the norm to see celebrities' mug shots and not think twice about it. The internet did away with a little thing our parents also had growing up called privacy," Williams said. "Everyone puts their information and pictures on Facebook for all to see because privacy isn't cool anymore. We flaunt our unflattering poses to the world because we all want to be celebrities in our own right and let everyone see every move that we make."

Whatever it is, people will continue to take drunken pictures, and others will continue to look at them saying to their friends, "that's hot."

Despite the fact that we are only making ourselves look foolish, we are sharing all our dirty secrets with the rest of the world, not to mention the people we want to respect including our bosses, co-workers and family members. In fact, many employers actually have assistants searching various social networks, investigating potential employees before they make an offer for employment. Collegenews.com suggests that others will easily develop a negative first impression of you because of your Facebook profile photo.

Honestly, would you want your

future boss to have the wrong idea of you before you ever have a chance to meet face to face? NY-DailyNews.com discussed how a woman, Nathalie Blanchard, was diagnosed with depression, granted a leave of absence from her job at IBM and given sick-leave benefits. Blanchard posted pictures soon after on her private Facebook account from a Chippendales show, birthday parties and the beach, proving that she was no longer depressed. The Facebook debacle has cost her thousands of dollars in benefits. So the moral of the story is, even though your hair might look fabulous, holding up your bedazzled wine glass and making an unflattering facial expression for the camera doesn't make you a superstar!



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# MARIST

## MIP entices students to study abroad

By EMILY BERGER  
Copy Chief

The passion found in the Marist International Office never ends when it comes to influencing students to go abroad. Excuses aren't taken. Every student at Marist is given the opportunity to go abroad; it's just the passion a student finds in themselves to make it happen.

Even though the opportunities have always been there and the passion exuding out of the office is undeniable, students still need another push to go abroad. Coordinator of International Programs, Carol Toufali, showed much excitement about students going abroad while interviewed. Toufali is someone who will give it her all to get as many students as possible to go abroad, and persuade them in any way to get them there, even if she needs to give students some incentive.

More recently, it has taken a motivation to get students to go abroad. Certain places are traveled more regularly like Florence, Italy and London, England, but the International Office tries to promote other places that haven't been repeatedly traveled by Marist students.

In a ploy to get students to be more diverse and adventurous for new programs, the International

Program has given incentive for students to be challenged away from the most popular program in Florence, and attend a program in a destination like Budapest or Israel. Certain program incentives are newly featured with places like Tokyo, India, New Zealand, and even certain cities in Italy, to give students a cheaper price on the tuition, in which most students use for traveling money. Since a student's financial aid is still intact while abroad, the incentive is around a \$500 to \$1,000 bonus on the trip other than a monetary incentive, certain programs offer trips to other countries that will be given while abroad. The group, as a whole, will go on the trips as part of the whole experience.

"I chose the Rome program because it had a specialized program in International Business and I didn't want to go where every other Marist student was going. The incentive was an amazing bonus to the experience. We even get six overnight trips, as opposed to the three Florence gets," junior and next semester abroad student Yasin Binda said. Some students use the incentive as a factor into the program they want to attend, but others take it as just a plus.

Just as the International Program asks all applicants to write an essay about adaptability and how they

would adjust to different challenges in their life, the office itself must conquer challenges to change for what the students want. Toufali says that the International Office is always looking for recommendations and would alter anything that

**"This opportunity doesn't come along twice. You're an undergrad once."**

- Carol Toufali, coordinator of International Programs

could help the students. Feedback is always welcome. Recently, online applications were adapted so a student could apply essentially in his or her dorm room, and even over the summer months. The Study Abroad Fair, booths at Freshman Orientation, Open House, and Parent's Weekend are always displayed to answer questions and promote the programs. Everything in the office is for the students and to encourage them to make their college experience the best.

Marist is rated in the top 15 schools to send students abroad in the U.S. Out of all the college students in the United States, only five percent go abroad. Showing the

high population that goes abroad at Marist, recorded from the past four years, 45 percent of the student population went abroad during their four years at Marist. Both last fall and this fall, 158 students went abroad and last spring 180 students went abroad, according to Toufali. Each semester, the office wants to send about 150 students abroad. Some even choose to go abroad more than once in their four years at Marist.

The office this semester is a few students below 150 students, but no matter the number they have, the office would still be willing to accept late applications. As long as it is still possible, the International Program will accept a student's application. The International Programs Coordinators Toufali, Jerald Thornton, and Dean of International Programs, John Peters, in no way want to be the reason why a student can't go abroad. Toufali described it as "truly heartbreaking" to see a student be rejected from the program. To make sure that more people will apply and find the process quite effortless, Toufali described the hardest part of the application process going to Registrar and getting your transcript.

SEE VOUCHERS, PAGE 6

## Headless Horseman rides to scare

By CAITLIN RAKYTA  
Circle Contributor

Every year, the Headless Horseman is held in Ulster Park, New York, just 12 miles from the Marist campus to celebrate the fall season and of course, Halloween. A branch of the Student Government Association (SGA) and the Student Life Council hosts seasonal events for Marist students. If you had your heart set on a haunted hayride this fall, the Student Life Council has you covered with its annual Headless Horseman event. For \$10, students receive a ticket and a ride to and from the event.

"There are cute cottages around where you can get hot cider and caramel apples," said sophomore Rebecca Snodgrass, director of public relations for the SGA. "Headless Horseman is sort of a tradition and we have been doing it every fall for a while."

The Headless Horseman ride offers the No. 1 reigning hayride in America by American Airlines magazine, and is the No.1 haunted attraction in the country as named by Haunt World magazine, according to its website.

Visitors from all over the Hudson Valley come to see the renowned attractions. In addition to the mile long hayride, there is a labyrinth-like corn maze that contains a Dark Harvest attraction, and five

haunted houses. The haunted houses include: Glutton's Slaughterhouse, Escape of Prisoner X and Flesh They Crave: the Feeding, to name a few.

Headless Horseman's website gives credit to its professionally crafted haunted houses, from the actors, costumes and makeup, to the lighting and props. It also consists of detailed stories about each haunted house to truly bring you into the Halloween scene that has been created for those looking for a scare.

An attraction called Synners Stunt Show is meant to bring comic relief to a dark atmosphere with stunt artists who use audience participation to liven their show. Also, new for this season is an attraction called Dead Memories Photo Experience, at which you and your friends may dress up like zombies and take home a keepsake from your visit.

The Student Life Council brings this opportunity for students to get off campus and enjoy the season. Tickets are available in the Champaignat breezeway until Friday, Oct. 15 from 7 to 9 p.m., and Wednesday, Oct. 20 in Jazzman's cafe from 7 to 9 p.m. Buses will leave Midrise at 6 p.m. next Thursday, to arrive in time for the first hayride of the evening, at 7 p.m.



HELLE V/FLICHR

The legend of the Headless Horseman continues to frighten Marist students.

# MCTV, WMAR prepare new semester show lineup



RACHEL EDMONDS/THE CIRCLE

Courtney Seto and Rachel Edmonds gear up for their show "Adding to the Noise."

By **MONICA SPERANZA**  
Staff Writer

Marist College Television (MCTV) and Marist radio (WMAR) have some fresh shows coming to the screen and to the airwaves this

year. And, like always, they'll aim to be diverse and all encompassing. MCTV has programs categorized under news, sports, promotions and entertainment. WMAR shows include a variety of music, sports talk, and improvised talk shows.

"We[ve] got some great new pro-

grams lined up for this year that we're all really excited about," junior Matt Scuteri, MCTV entertainment director, said. "We have a 'dramedy' being produced by one of our freshman members. We also have a 'Reno 911' meets 'Cops' mockumentary type show about Marist Security."

Some shows from past years will air again, as well. "Fresh Blend" is returning, along with MCTV's longest running show, "That's a Shame," being taken over by Scuteri. The show began seven years ago as a variety show, hosted by John Larocchia. The second host, Sam Mantell, steered the show more toward sketch comedy. Scuteri plans to combine the two concepts.

"So we have a sketch comedy show geared towards life at Marist," he said. "My crew and I have had a lot of fun working on it and we can't wait to premiere it."

MCTV had to say goodbye to some shows too. The sketch comedy called "Sliced Bread" (what Scuteri calls "Marist's funtime reality show") will not be returning. Usually when a show's producer leaves or gradu-

ates, he or she finds replacement producer, but "Sliced Bread" did not have a replacement.

WMAR is hoping to "put on unique shows" this year, according to senior Matt Esposito, WMAR president. The shows are usually live and pretty freeform, but there are some pre-recorded or standard shows. "Meet the Foxes" is a segment that started last year and airs interviews with different athletes. The station has also been covering home football and soccer games. But the radio station airs more than just sports.

"Adding to the Noise," hosted by juniors Courtney Seto and Rachel Edmonds, is one such show. The show airs Thursday nights from 10 p.m. to 12 a.m. and plays music featuring various artists such as Ben Folds, Relient K, Weezer, Switchfoot and more.

"The creative aspect of a radio show is up to whoever hosts it," Esposito said.

WMAR is broadcasted on the Internet. The shows stream through iTunes or any other media player from <http://icecast.marist.edu>.

From Page 5

## Vouchers serve as incentive

Each semester, the programs offered change depending on the students and where they are interested in going. Certain majors can determine where a person goes abroad as well. A place like Greece or London would be great for Communications, while France is great for Fashion. Students pick the destinations depending on their heritage, their interests, a language they would like to learn, and plainly where they would want to go in the world. Toufali said she gets chills if she hears a student comes back speaking a new language fluently from their abroad experience. Whatever a student's interest is, the International Office will accommo-

date. That is exactly what the office tries to promote; if you want to go abroad, apply, and they will do more than their best to make it happen.

"Just go away," like the posters say across campus. This opportunity doesn't come along twice. You're an undergrad once. You are not a student abroad ever again. You can always be a tourist," Toufali said. People are proud of their cultures, and they truly want to engage students about it. I personally wouldn't have the opportunities that students have if I went abroad now. People engage students and want them to learn."

## cartoon corner

By Mike Vogel



We need someone to go beyond the fence!

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## Sexual Healing: your limp noodle is normal

By RACHAEL SHOCKEY  
Staff Writer

A hard-on is the body's (not the mind's) response to sexual arousal. Contrary to what we commonly associate with a man's ease of becoming erect, the amount of effort put into a boner generally has nothing to do with a man's overall sexual skill. People have limited control over their erections, like burping. All sorts of things can go awry when trying to get it up and keep it there, but there are all sorts of measures you can take to ensure that your unpredictable body doesn't get the best of you.

### The truth is that ED is not a life-ruining plague exclusively for crotchety old men.

#### A hard subject

People tend to stiffen up when the subject of erectile dysfunction in men is broached, because when your member goes limp, so can your ego. The truth is that ED is not a life-ruining plague exclusively for crotchety old men. There are a range of degrees of erection difficulties, some of which occur in young adults. According to WebMD's article, "Erectile Dysfunction Basics," edited by Dr. John M. Baird, while a pattern of erection troubles can come with conditions like obesity, diabetes and heart disease, the most common culprits for young adult males are fairly obvious ones, like smoking, alcohol consumption, fatigue, nerves and that word we college students use too often: stress. Basically, when guys our age have trouble with erections, it tends to be a result of being too relaxed (from mental/physical exhaustion or depressants) or not being able to relax.

## Style sightings: look cool, stay cool under stress

By DAYNA VASILIK  
Staff Writer

Let's face it: we prefer to be comfortable while slaving away in the library. Nothing screams midterms more than sweats, coffee and at least five hours dedicated to James A. Cannavino. However, I ran into a student who showed me that you can still be stylish, while staying studious.

Sipping on her Starbucks coffee, I spotted junior Lauren Fitzpatrick, a communications major in the library. She was telling me how she had two presentations on top of the midterms she had to study for later that day. Even though Fitzpatrick didn't get much sleep, she resisted the tempting option to wear sweats that morning. She explained how dressing down not only makes you just want to crawl back in bed, but when you wear sweats for a presentation, it shows little respect for the professor, as if you don't take their class seriously. Having a long day ahead of her, Fitzpatrick

#### Time is of the essence

Getting yourself to let loose while having sex can be especially difficult on a college campus, since there are so few opportunities for privacy. There's always the chance you'll be heard through the paper-thin walls of Marist housing; the outside noise you hear can be distracting as well. There are certainly ways you can help yourself out, though. If you're trying to find an accommodating time to have sex, but it's not working out, then you and your partner are not trying hard enough. There is a time during the week that you are home alone (or alone enough, at least). Whether or not it seems like an appropriate time for sex, take advantage of it. Do it while everyone else goes to dinner; do it after your 9:30 a.m. class; do it before your 9:30 a.m. class; stay in and do it on Friday night, after everyone else has evacuated the building for O'Malley's. And try — just try — to let your freak flag fly even if there's a chance you'll be heard through a wall. Better to flaunt your awesome sex life to the neighbors than to bite your tongue and force yourself and your partner to settle for less.

Plenty of young men also run into the issue of losing an erection in the middle of the act — maybe after falling off the bed, accidentally bumping heads with a partner, or pausing the fun to put on a condom. Give yourself a break by keeping your condom close, or asking your partner to help you wrap yourself up. If you get turned off by a disastrous move, tell your partner you need to start all over. Protect your right to sexual pleasure as best you can.

#### Ring around the rosie

If your issue is that you're losing an erection by ejaculating earlier than your

partner would like, consider trying a cock ring. They "temporarily create more sensitive, intense and hard erections, and can even help some men delay ejaculation," advises the sex boutique chain Babeland's website. You can find them in most drug stores.

#### Don't get your boxers in a bundle

On guys who are having boner woes, Claire Cavanah and Rachel Venning write in their anthology of sex information, "Moregasm," that continuing to get morning wood is a sign that "the equipment is [still] working — just not on demand." In this case, taking a break from sex for a few days would allow your mojo to rejuvenate. In the words of Canadian sex educator Sue Johanson, "Young males have what we call an 'ever-ready penis.' They have erections, can masturbate or have sex 10 times a day, no problem. But...there is a good possibility that most men will experience occasional impotence." At this point in our lives, chances are that a few problems with getting hard are no cause for serious concern. When in doubt, though, always consult your regular doctor, or visit Planned Parenthood for a men's health exam.

#### Bonus fact

You know all those jokes about "penis pumps" in movies? They're actually used in real life — not to increase penis size like in comedies, but to resolve ED. Mayo Clinic staff writes in their online article on ED that the device "creates a vacuum that pulls blood into your penis. Once you get an erection, you slip a tension ring around the base of your penis to hold in the blood and keep it firm." It sounds medieval, but effective nonetheless.

said she didn't want to go all out and wear a dress or a skirt for her presentation, so she decided on something more comfortable. Wearing dark jeans from Express, Nine West heeled boots and an H&M silk lace top to dress up the outfit, this studious girl was able to look presentable and feel relaxed in her outfit while hitting the books.

#### Her tips and tricks:

1. Wearing bright lipgloss or lipstick makes you look more awake, drawing attention on your lips rather than the bags under your eyes.
2. When you want to feel pretty but still feel comfortable, wear rings, a necklace or earrings that best fit your style.
3. Just because you may feel stressed that day, your outfit doesn't have to show it. Sometimes forcing yourself to put on something other than sweatpants and Uggs can make you feel better and look more appropriate for class.



DAYNA VASILIK/THE CIRCLE  
Stay calm, cool and accessorized.

## As told by (a) Ginger

By CASEY FISK  
Staff Writer

Dear Casey,

I have never liked my best friend's boyfriend or the way that he treats her, but recently I discovered the extent of how bad their relationship is. He apparently has become physically abusive when he is intoxicated, not to mention verbally, when he is not. I don't understand why she would stay with someone like him. How can I convince my friend, whom I care about so much, to get out of this situation?

- Concerned and Confused

Dear Concerned,

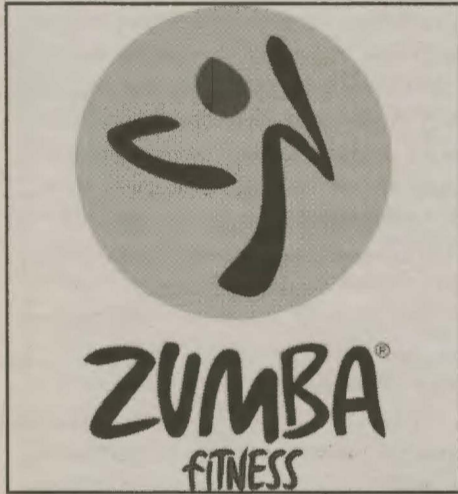
From an outside perspective, I can understand why you are so perplexed by your friend's willingness to stay in such an unhealthy relationship. You're probably thinking to yourself, "how does such a smart, fun, likeable, potential filled person let herself be treated in this way. Doesn't she realize she deserves so much better than this man?" Well, perhaps not. She may lack the self-esteem, for whatever reason, to recognize this is not how she should be handled. All too often the underlying reasons for staying in abusive relationships are fear and denial, due to the overwhelmingly harsh reality of the situation. Abuse is a heavy word which comes in many forms; physical abuse is often the first to come to mind... but what about the unseen battering and bruising? Abuse can also be psychological, verbal and sexual. You must understand that very few relationships, if any, start out on an abusive note. Abusers are manipulative people who may seem seductive and charming at first, giving those who fall for them a false sense of security, until one day, their partner wakes up wondering where the person they fell in love with went. They become scared and ashamed, often clinging to the memory of someone they thought they knew, and may start to make excuses for the abuser. However, the abuse can only stop once the excuses do. I know that you want nothing more than to help your friend and you can do so by reminding her what she was like before this relationship, and that there is life after it as well. Support and encourage her to speak out, seek help, and stop making excuses for someone who doesn't respect and adore her. In the words of Clementine Paddleford, "never grow a wishbone, daughter, where your backbone ought to be."

Send your questions to  
circlehealth@gmail.com!

# Make training entertaining with Zumba

By LAUREN WENNEL  
Circle Contributor

If you want to put a little dance into your step, a Zumba class might be the perfect opportunity to get out there and work it out—or dance it out! The Zumba program, now at many workout centers, fuses hypnotic Latin rhythms and easy-to-follow moves to create a unique fitness routine. Taking a Zumba class can spare you from the drudge and monotony of exercise and make you feel invigorated and loosened up. As the Zumba motto so perfectly sums up the fitness experience: “Ditch the workout, and join the party!”



FROM [HTTPS://DITCHTHEWORKOUT.COM](https://ditchtheworkout.com)  
Shake off calories while shaking your booty.

Celebrity fitness trainer “Beto” Perez stumbled upon the concept of Latin-inspired dance-fitness in his native country of Colombia in the mid-1990s. After walking into the aerobics class he taught without his traditional mix of music, he grabbed his favorite musical tapes from his

backpack: traditional stylings of the Latin salsa and merengue music that he grew up with. Although Beto found it difficult to improvise moves to coincide with the upbeat tempo, he rose to the challenge and created a revolutionary new concept that we now know as Zumba.

## Feel the beat.

Music is a crucial consideration for this workout. The score, created with specific beats and tempo changes, targets every major muscle group in the body. It encompasses toning, strengthening and cardio.

“There are several types of Zumba to choose from, so you can pick the one that you like better that suits your fitness level,” said Aline Parnagian, a sophomore at Marist College and a Zumba instructor. The basic Zumba level teaches you the four basic rhythms – merengue, salsa, cumbia and reggaeton – while learning how to combine these different styles to form a song.

## Break a sweat...or not.

Zumba burns a lot of calories, but with its varying tempo, you don't feel the extreme wave of fatigue after the workout, because it's well paced and balanced.

“You can burn from 600 to 800 calories in one session. Your heart rate goes up and down throughout the session, so you don't feel like your heart is constantly pounding from the workout,” said Tanner Leventhal, a

sophomore at Marist and a Zumba Instructor.

## Release your inhibitions.

Not only is one Zumba session the equivalent of running six or seven 10-minute miles, but it equips you to conquer the rest of the week with a fresh attitude.

“Every Tuesday, when I step into the world of Zumba, I can just be myself. I can let all my worries go, so then when it's over, I am so happy and satisfied that I know I can continue on with the rest of my week” freshman McKinley Timlin said. Zumba Toning is a branch class that blends body-sculpting techniques and specific Zumba moves into a succinct style that focuses primarily on calorie burning and strength training. Aqua Zumba is an all-ages workshop similar to water aerobics.

And to prove that Zumba truly makes you feel like you are just dancing and having fun, and not just exercising, some Zumba classes are offered in New York City hotspots.

“There's even Zumba in clubs in New York City. You go there to work out some dance moves with your friends under the dim lights and grab a few drinks afterwards. It makes you feel like you're just enjoying yourself and dancing to the music, not exercising,” Parnagian said. Zumba is a wonderful time to let loose, work it out and burn a few calories. Ditch the workout and join the party!

# Drink du Jour

By JULIANNE HOMOLA  
Circle Contributor

So I was driving down Route 9 the other day, near the coffee shop Cuppuccino, minding my own business, when I saw the light ahead of me turn yellow. Naturally, I slowed down, as is customary everywhere that traffic lights are used. Apparently, the truck behind me had better things to think about, things much more important than looking where he was driving.

Suddenly, I heard the unmistakable sound of wheels screeching. In front of me, the traffic was cutting across Route 9. There was no escape! As I looked in the mirror and saw my life flash before my eyes, I realized three things: one, there was no way that truck was stopping in time. Two, I was going to be injured if that truck hit me. And three, I wondered if I would have to spend the rest of my afterlife in a yellow and brown sun dress, which, while cute, does not suit all occasions.



KARENPHOTODESIGN/FLICKR.COM  
Celebrate life with a peachy keen cocktail.

But as you can tell (hopefully), I am not dead. I am thankfully very much alive, uninjured and with a newfound respect for life. Thankfully, the truck ran up onto the partition and cut through traffic, making it to the other side of Route 9 more gracefully than Frogger on a good day.

For when you are almost run down on Route 9:

- 16 oz Peach Snapple Ice Tea
- 2 shots Peach Bacardi
- 1 fresh peach
- 6 ice cubes

Peaches make your life simply, well, peachy, even on the worst days. Drink up and be merry.



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## John Legend, The Roots create soulful collaboration



IHEARTRADIO / FLICKR.COM

John Legend and The Roots have played their collection of 60s and 70s soul covers at a number of shows including at Terminal 5 in New York City last September. The show was streamed live on YouTube and directed by Spike Lee.

By AARON VLASNIK  
Daily Nebraskan

The Legendary Roots Crew are in full force with "Wake Up!" and John Legend's soulful voice is a wonderful complement to The Roots' blend of jazzy, soulful, hip-hop beats.

"Wake Up!" is an album full of '60s and '70s era, politically charged soul covers.

The album was inspired by the 2008 presidential election. Initially, John Legend's idea was to make an EP with some cover songs that he was working on, until he brought up the idea with The Roots. The idea blossomed into a full-length album project.

The Roots have been around for more than 20 years and have played a prominent role in the hip-hop evolution. With 10 albums under their belt, they are one of the most successful hip-hop acts. "Things Fall Apart" is one of my favorite albums of all time.

With only three albums to his

credit, John Legend has revitalized soul music in the mainstream. His 2004 debut album, "Get Lifted," went triple platinum worldwide and won a Grammy Award for Best R&B Album.

"Wake Up!" features cover songs ranging from popular soul acts to lesser-known artists from that era. All-Star artists like Marvin Gaye, Nina Simone and Donny Hathaway have their songs covered, along with artists not as popular today like Baby Huey, the Babysitters and Prince Lincoln. I wasn't familiar with a couple of the artists that were covered, but with the release of this album, I am interested in checking out more from them.

Some songs make perfect sense for them to cover, but some are pretty ballsy. With Legend being the face of today's soul music, to cover the greatest soul singer of all time, Marvin Gaye and his song "Wholy Holy," is something I would not have expected. While it is meant to be a compliment to cover your men-

tor's music, to release it on an album gives the feeling that you can do it better. That is the case for some of the songs on the album, but I wouldn't expect it from a Gaye song.

The album starts with the Baby Huey and the Babysitters' cover "Hard Times," which is the best song on the album. The song is upbeat and is driven by a tension-filled bass line and is a great introduction to the album.

The first half of the album is full of more upbeat, positive songs and then closes with slower songs, including the 11-minute Bill Withers cover "I Can't Write Left Handed," which takes forever to develop, and while it does eventually turn into a good song, it takes seven minutes to get there.

The album consists of 11 cover tracks and finishes with an original, "Shine," which is a great soul song and fits in perfectly with the tone of the entire album.

Highlights of the album include the aforementioned "Hard Times." Others include the Harold Melvin and the Blue Notes' cover "Wake Up Everybody" that has guest appearances by Common and Melanie Fiona. Another favorite is the Ernie Hines' cover "Our Generation," which is the funkiest song on the album.

A cover album isn't usually my thing, but when it is full of an era of music most people my age are not too familiar with, I'm willing to give it a try. It's a great window into a type of music before my time. Some songs miss the point and don't really feel right on the album, but overall, it's soulful, creative, fun and something that mainstream music listeners haven't heard in a while.



By RYAN RIVARD  
A&E Editor

**Kid Cudi "Maniac" f/ Cage** – "Maniac," from Kid Cudi's upcoming "Man on the Moon II: The Legend of Mr. Rager," is a collage of dynamic sounds ranging from minimalist space ambiance to distorted industrial glitches to wispy vocal samples.

**N.E.R.D. "Hypnotize U"** – The seductive space track found on Pharrell Williams and co. walks you through a tour de intergalactic love and R&B soul with his intimate falsetto. If you are disappointed by the two week delay of Daft Punk's "Tron: Legacy" score (now dropping Dec. 7), then you'll be happy to know "Hypnotize U" was produced by the French electronic music gods.

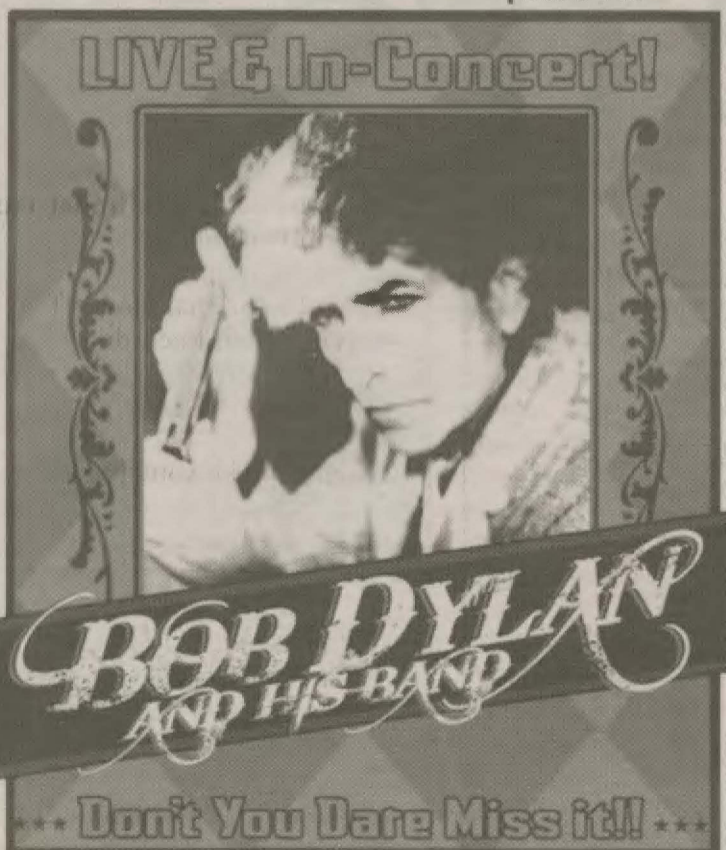
**Child Rebel Soldier "Don't Stop"** – And just when you thought Kanye West failed to make the column this week, you are proved wrong. Last Friday's edition of G.O.O.D. Friday is from a hip-hop supergroup comprised of Kanye West, Lupe Fiasco and Pharrell Williams. CRS formed three years ago has released two songs prior to "Don't Stop." "Us Placers" appeared on Kanye West's "Can't Tell Me Nothing" mixtape, while the trio recorded a remix of the N.E.R.D. track "Everybody Nose." The group planned to record a full-length album, but nothing materialized. In an MTV News interview, Fiasco said the track was recorded during N.E.R.D and Fiasco's stint on Kanye West's Glow in the Dark tour, making the song about two years old. Based on the topics like "Gucci," "hating on the internet" and "da Vinci" tells us Mr. West's verse may be more recent. Fiasco steals the show though, shell-shocking listeners with this opening lyric: "Carrera, raised in the Teenage Mutant Ninja Turtle era."

**Lloyd Banks "Start It Up" f/ Swizz Beatz, Ryan Leslie, Kanye West & Fabolous** - G.O.O.D. Friday veterans Lloyd Banks, Swizz Beatz and Ryan Leslie, reteamed with Kanye West to recruit Fabolous to join in on the fruitful collaborations. "Start It Up," comes from Banks' third album, "The Hunger for More 2."

**Duffy "Well, Well, Well" f/ The Roots** – Well, "Well, Well, Well," is Duffy's latest single from her sophomore release "Endlessly." The Roots add a teaspoon of soul and punch to Duffy's rich, smoky vocal performance. The track is shy of three minutes and begs to be repeated.

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# Balzarini ties shutout record as Foxes roll

By MIKE WALSH  
Staff Writer

When you think of the perfect mixture for an NCAA team, you think of the various roles that have to be filled. They need veteran leaders and high powered young players. You look at the schedule and hope to find home games at the right times coupled with a strong out of conference schedule early on. You look for team chemistry, trust and the desire to win.

Although the girls of Marist soccer don't want to be labeled as perfect, there is evidence to suggest that that they are. The Red Foxes currently stand at 4-0 in the MAAC and boast a lot of the qualities that make up a near perfect mixture.

Marist's two victories this weekend, a 2-1 win over Rider and 1-0 blanking of Loyola are prime examples that this team is doing great things right now. Marist boasts a strong core of senior leaders in all the positions needed.

Jamie Balzarini is a redshirt senior keeper that controls the team from net and posted her 7th shutout of the season and 14th of her career Sunday, tying her for the school record in both categories.

"I congratulated her, but typical Jamie was just happy that the team won. Which is definitely a testament to her character," said coach Steve Davis of his modest goalkeeper.

Lauren Tillotson is a senior third year captain who runs the defense

and is one of the only players who remembers seeing action in the 2007 MAAC Championship loss to Loyola.

That loss has stuck with Lauren for the past three seasons as Marist up till now has been unable to defeat the Greyhounds in her collegiate career.

"It was a really sweet win for us," Tillotson said.

Lauren's sister Amy is a senior midfielder who provides a consistent spark on the bench which she proved with her goal near the end of the second half versus Rider to tie the score at 1.

"It was a wake-up call right before the half, and let us know we are in this game," Lauren said of her sister's goal.

You also need to have the young players step up and make an immediate impact. Four underclassmen accounted for most of Marist's offense over the weekend. Freshman Rycke Guiney assisted on both Red Fox goals in the Rider game including a perfect placement on a direct kick in the 87th minute that was headed in by sophomore Chelsea Botta. In the second game, fellow rookie Samantha Panzner's pass to sophomore Jaclynn Sabia was threaded beautifully through the Loyola defense before Sabia hammered it home giving Marist an undefeated weekend.

First year head coach Davis credits Roper with recruiting some talented young stars, but also said that in a conventional team and situa-

tion the freshmen may not receive as much playing time as his girls are.

"When I came in I wanted to start something fresh, all the girls had an opportunity to try out and play for me, and that is where some of the freshmen made their mark," Davis said.

Tillotson's defense has been a huge reason for Balzarini's impressive stats this season as well as a reason for Marist's 8-6 overall record. The Red Foxes allowed only eight Rider shots in Friday night's contest, including a measly three in the second half.

"Our defense as a whole has been playing great, our mentality to fight for every ball and desire to win helps us push the team," said Tillotson.

"They play well every game, we couldn't do it without them, our team wouldn't be as successful right now," said Balzarini of her back four.

How important were these two home games to Marist's season?

"Our schedule has been tough with so many away games, but I just tell the girls you can squeak out wins on the road, but you have to bang them out at home," Davis said.

Marist will head back out on the road this weekend for a northern New York swing as they take on Niagara and Canisius. Neither team will be taken lightly by Marist. "We are climbing up the staircase one step at a time and we can't look at the top of the staircase yet," Davis

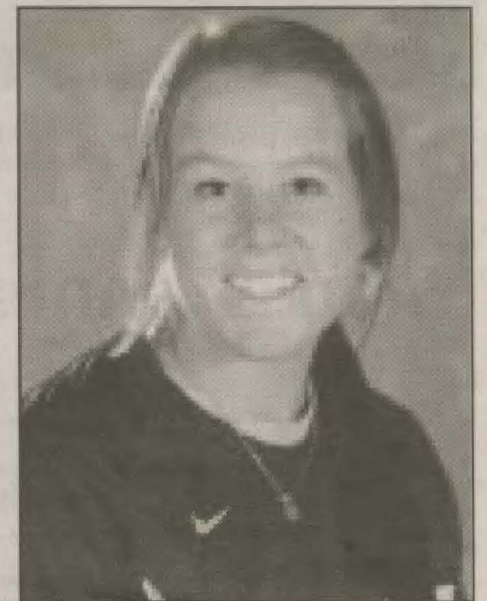
said.

That top step is Siena, who is the ominous, undefeated cloud looming on the horizon of Marist's season.

The Red Foxes will not be afraid when the nationally ranked Saints come to town because, as Balzarini put it, "We are extremely excited and not afraid. They won't walk all over us like they think they can do with other teams."

Marist will enter this weekend, and that Oct. 23 date with Siena, with Coach Davis' mantra in mind. "It's not who you are playing against that matters, it's who you are playing for."

They are currently playing for the 4-0 Marist Red Foxes.



COURTESY OF GOREDFOXES.COM

Redshirt senior goalkeeper Jamie Balzarini (above) is tied for the most career shutouts in Marist history with 14.

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# Cross country squads battle in the Bronx

By ERIC VANDER VOORT  
Circle Contributor

## Men's

The Marist men's cross country team took 10th place last Friday afternoon at the Metropolitan Championships at Van Cortlandt Park in the Bronx.

The Red Foxes finished with 257 points, led by freshman Isaiah Miller, who finished the 5-mile course 55th overall with a time of 28:01.

Freshman Patrick Deedy and sophomore Will Schanz also finished in the top 75, with times of 28:13 and 28:25, respectively. The Red Foxes' top five finishers all finished within 34 seconds of each other.

The Red foxes had a very young team at the Championship, consisting of six freshmen and two sophomores. Coach Pete Colaizzo said that he wanted to send some of the younger members of the team to the

competition.

"I wanted to get them experience," he said. "We have a pretty big squad so we've kind of split it up, and it was these guys' turn to race. It was a great chance to get experience in a low-key championship environment." Marist's second-overall finisher, Patrick Deedy, appreciated this chance.

"It was a great experience to be there with just younger guys," he said. "It gave us a great sense of what the team will be like in a couple years."

Colaizzo left the Bronx feeling happy with the way his team performed.

"I thought they did really well. I was very pleased," he said.

Marist's top overall finisher Isaiah Miller was also pleased, and agreed with Colaizzo's remarks. He said that "not everyone was 100 percent," but for the rest of the season "things are looking pretty good."

Marist finished 20 points behind ninth-place St. Francis, while Co-

lumbia led all teams with a low score of 17. The team will be split up again this weekend, as some members will be competing at the Penn State National Meet on Saturday, Oct. 16. The rest of the team will be competing at the University of Albany Invitational the same day.

## Women's

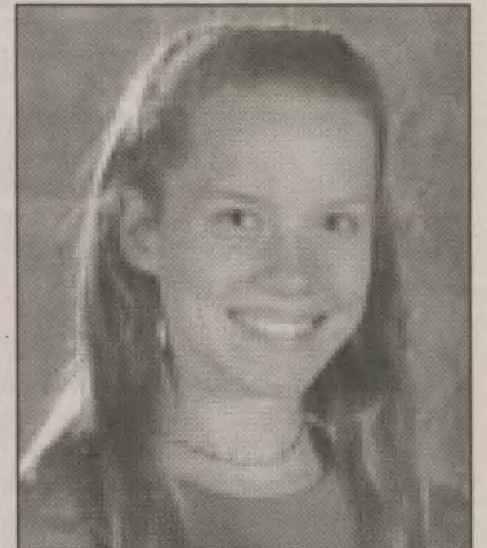
The women's cross country team finished sixth overall at the Metropolitan Championships on Friday afternoon, first among MAAC schools.

The competition, held at Van Cortlandt Park, consisted of 15 teams, with Columbia, Rutgers and NYU taking the top three spots respectively.

Freshman Kiersten Anderson was the top performer for the Foxes and was named MAAC Women's Cross Country Runner of the Week. Anderson placed eighth out of 134 runners in the 5,000-meter race, finishing the course with a time of 18:49.

Among the Marist standouts were junior Kathryn Sheehan (37th), senior Jillian Corley (48th) and junior Allyson O'Brien (50th).

Up next for the women's cross country is the UAlbany Invitational on Saturday, Oct. 16 in Albany, N.Y.



COURTESY OF GOREDFOXES.COM

Freshman Kiersten Anderson (above) was awarded MAAC Runner of the Week.

# Men's tennis to conclude fall schedule at ITA tourney

By JIM URSO  
Sports Editor

When Marist men's tennis coach Tim Smith creates his team's fall schedule, it's usually to the displeasure of his wife, since three-day tennis tournaments are mainly held on weekends. Any disapproval he receives at home, though, seems well worth it. According to the veteran coach, the Red Foxes traditionally rigorous fall schedule is one of the essential elements to their status as three-time defending MAAC champions.

"Needless to say, [his wife] is happy when we win the MAAC she gets to travel to the NCAA Tournament," Smith said.

If the last three years are an indicator, the Red Foxes are putting themselves in good position to give Smith's wife a nice vacation.

This weekend, the Red Foxes will conclude their fall schedule at the Intercollegiate Tennis Association (ITA) Northeast Regional Tourna-

ment in hosted by Yale this weekend. Although men's tennis is not considered "in season," their 2010 fall schedule included tournaments at Columbia, Dartmouth, and Brown, as well as the United States Tennis Association (USTA) Collegiate Open.

After the University of Illinois won the National Championship in 2003, Smith contacted Craig Tiley, the team's head coach, to ask him for ideas. Tiley responded with three criteria for success: video analysis of matches, a lesson for each player once a week and an intense fall schedule to prepare for regular season play. For the retired educator and part-time coach, the first two strategies were out of reach. The third, however, was feasible.

"My goal was to develop a fall tournament schedule that would not only maximize the amount of play," Smith said, "but a schedule in which we could face the most difficult opponents."

Other schools within the MAAC

conference play busy fall schedules, but rivals like Siena, Niagara, Rider, and Fairfield did not compete in the tournaments held at Columbia, Dartmouth and Brown. With constant competition within the Ivy League, the Red Foxes play some of the toughest teams in the Northeast.

For many of the players who played internationally or in warmer climates, year-round tournament competition was normal before college.

According to freshman Jacob Solly, a native of Sydney, Australia, the opportunity to play in competitive tournament play was a key element in his decision to play at Marist.

"I was so used to tournament play in Australia so it was important to me," Solly said. "It's a good chance to see what players are out there."

For freshmen, the opportunity to engage in rigorous play before the regular season is valuable.

"The more tournaments you compete in, the more comfortable you

get," freshman Will Reznick said. "It especially helps with nerves."

Reznick is one of six Red Foxes who will compete in the ITA Regional Tournament this weekend.

"I'm very excited to have three singles players in the main draw, and two in the qualifying round," Smith said. "We also have two teams in the main draw for doubles."

Nicholas Pisecky, Landon Green and Matt Himmelsbach will compete in the singles main draw, while Reznick and Joris Van Eck will compete in the qualifying round. Chris Foster and Landon Greene will make up one doubles team, while Reznick and Himmelsbach will make up the other. Foster will also serve as an alternate for the qualifying round.

"My goal is to put us in the best position to with the MAAC championship," Smith said. "These tournaments provide difficult match play where our players can learn, and I can learn which players will be featured for us this spring."

From Page 12

# Foxes look to make program history in PFL game vs. San Diego

Similarly to the rushers who were given an expanded role against Valparaiso, it's unclear how players will react once relegated to a smaller role after playing in a blowout game since the coaching staff will opt to continue to play first-string players in close contests.

Marist still has games against Pioneer Football League (PFL) opponents San Diego, Jacksonville, Dayton and Davidson.

"We try to let [the players] know where they are on the depth chart and where their opportunities are going to come from," Defensive Coordinator Scott Rumsey said. "Even though those guys got in a blowout situation, they still worked hard. They worked on their techniques instead of going half speed and maybe taking it as a demotion."

The coaching staff hosts scrimmages on Sundays after select games to keep reserve players active.

"We talk to the kids all the time, [if] you're a backup, you're not going to get as many opportunities as the starter, so you have to make the most of them," Rumsey said. "Hopefully they'll see it that way, but you never can tell. That's something that we have to be careful of."

## Toreros in Poughkeepsie

Marist will host the San Diego Toreros this Saturday, Oct. 16th. The Red Foxes have traveled to San Diego each of the past two seasons and have dropped both contests.

San Diego has posted a 1-5 overall record and lost to Dayton, 21-20, in its most recent game.

"We know that we've never beaten



RYAN HUTTON/THE CIRCLE

The Red Foxes 51 point explosion versus Valparaiso is the highest total since a 52 point game in 2005. Marist improved to 1-2 in the Pioneer Football League.

[San Diego] in the history of the program, so it's a great challenge for us this week," Parady said. "We need

to play back to the level that we played against [Valparaiso] and continue to grow."



## Romp over Valparaiso serves as showcase

By PHILIP TERRIGNO  
Managing Editor

Marist football head coach Jim Parady doesn't have a written rule for substituting players in one-sided **football** contests such as the team's recent 51-7 thrashing of the Valparaiso Crusaders.

There is no set number of points that his team can score or trail by in a game that signals the appropriate time to substitute reserve players.

"Over and over in college football, you see [teams] coming back from 28-7, 35-7, 42-14, is there a lead that is safe? You'd like to think that there are to get some work for your backups," Parady said. "It's just the feel of the game and how the day is going. I felt that it was time to go ahead and get some extra guys in [this] game."

Freshmen reserve offensive linemen Michael Brereton, Brandon Castelbuono, Michael Rudinsky and Michael Vannucci all saw action in the 44-point victory; Marist's largest since a 60-0 win against Canisius on Nov. 7, 1998.

"These guys have been working very hard and we wanted to give them some game time," Parady said. "Game experience, there's



RYAN HUTTON/THE CIRCLE

Head coach Jim Parady's squad improved to 2-3 overall after a 51-7 victory over Valparaiso. The Red Foxes will host the University of San Diego on Oct. 16 at 12 p.m.

nothing like it. It makes them comfortable for the next time someone gets injured."

Marist amassed 296 yards on the ground and four different players scored rushing touchdowns.

Freshman Atiq Lucas and junior Matt Gray both had breakout per-

formances in the game, statistically dwarfing their combined efforts from the Red Foxes first four matchups.

Coming into the game, Gray carried the ball nine times for 13 yards while Lucas compiled just 27 yards on three carries this season.

Against Valparaiso, Lucas ran for 113 yards on eight carries, including a 66-yard touchdown run, while Gray scampered for 95 yards on 13 carries and a score.

"It felt good to be out there, show what I can do and help the team get a win," Lucas said.

Although the Red Foxes employ a running back by committee ground attack, routinely cycling three or four players in the backfield, neither Lucas nor Gray touched the ball more in this blowout win than they had in any other game.

It is unclear whether or not these two rushers will continue to have extended touches on the football in closer games.

"Being a freshman on a team like this, I understand that I just have to play my role," Lucas said. "You have to understand that the team is not just about you, its about the unit."

Carlos Padilla, Kevin Stark and Dave Inle are three players that collected statistics greater than the numbers they posted through Marist's first four games, when they combined for eight tackles.

Against the Crusaders, Padilla and Stark had five tackles each while Inle contributed four stops.

SEE SIMILARLY, PAGE 11

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