

The student newspaper of Marist College

www.MaristCircle.com

VOLUME 61, ISSUE 14

FOUNDED IN 1965

THURSDAY, JANUARY 24, 2008

Marist kicks off \$75 million capital campaign

By ANDREW OVERTON **News Editor**

On November 9, 2007, Marist College officially announced a \$75 million capital campaign, the college's first in 61 years. Robert Dyson, the Chairman of the Marist's Board of Trustees,

made the announcement at a kickoff party at the Metropolitan Club in New York City.

"We are here to announce a historic and transformational moment in the history of Marist College," Dyson said.

Dyson announced the five year, \$75 million goal in front of a crowd of 400 Marist College alumni, trustees, friends, faculty, staff, and students.

The event included speeches Campaign Chairman Brier, Tim College President

Dennis Murray, and Dyson, as well as a performance from the Marist Singers Chamber Choir.

"Tim Brier spoke about what it means to be a graduate of Marist," Robert West, Vice College President of Advancement said. "Dr. Murray spoke really, very eloquently about the need to do this campaign, and then Mr. Dyson announced the goal."

Dyson also announced that \$45 million had already been raised during the silent phase of the campaign.

"Primarily what we did during the silent phase was to talk to our Board of Trustees. I can't emphasize how great the board has been," West said. "They've all made what we call stretch

commitments...We raised a little ment. more than half the \$45 million from the trustees...We received seven seven-figure gifts from the Board of Trustees, which is really great.".

Additionally, according to Dyson, 100 percent of the Marist Trustees have committed to the

"Through the campaign, we'll improve every facet of our institution and devote particular attention to the endowment,

success," Murray said. Specifically the campaign will help finance the construction of

which is critical to our long-term

the Hancock Center Emerging for Technologies and the new Tenney Stadium.

According to the Marist website the campaign will also support "creation of faculty chairs, recruitment and retention of first-rate professors, recruitment of talented and competitive students through endowed scholarships and increased financial aid, music, art, theatre, and athletics programs for stu-

lence' like the Marist Institute for Public Opinion and Marist's Hudson River Valley Institute within each of the College's seven schools, and programs that foster awareness of and help the less fortunate in

society." President Murray announced Marist's strongest points including its location, heritage, technology, library, leadership, faculty, and alumni.

"We can justifiably be proud of Marist's many achievements," Murray said, "but excellence in education is a journey, not a resting place—to stand still is to fall behind. All of us have a role to



FROM MARIST.EDU

Marist President Dennis Murray (left), Board of Trustees Chair Robert R. Dyson, and Campaign Chair Timothy G. Brier dents, creation of Marist '69 all spoke at the Marist campaign kick-off event in NYC 'centers of excel-

campaign.

"The actions of my fellow Trustees speak louder than words, affirming the impact that an initiative like this will have on the future of Marist College,"

"I'm very excited about how well we've done initially and it the specific goals of the camgives us great momentum to go paign after highlighting many of forward," West said. "I'm confident that our graduates, our alumni will support the campaign. We're in a very positive position to move forward in the campaign."

According to West, the two primary goals are to finance the construction and expansion of academic and athletic building. Additionally, a focus will be play in this journey." placed on the college's endow-

NCAA THE NCAA® CHALLENGES YOU TO

McCann aims for first women's basketball sellout

By ANDY ALONGI Media Editor

The Marist women's basketball team is off to its best start in program history with a record of 17-2 overall, and is atop the Metro Atlantic Athletic Conference (MAAC) with an unblemished 7-0 record.

But do the students really know about the dynasty that is being built right here in Poughkeepsie,

Since Marist advanced to the Sweet 16 in 2007, average attendance is up from 1,482 through the first six home games last season, to approximately 1,779 through the same time frame this

Nate Fields, a junior in Dr. Keith Strudler's Sports Public Relations class, said the community support has been noticed at women's basketball games.

"The community support for the women's basketball program has been pretty steady and pretty large up to this point," he said. "But, the student population hasn't gotten behind the team too much. There has been 10, 15, 20 students at most at the women's games."

However, the biggest vacancy is noticed in the student section. Travis Tellitocci, assistant athletic director for external affairs, said there is a great push to get students at women's basketball

games.

"We are trying to convey to the students that this is a team that went to the Sweet 16 last year," he said. "A team that is nationally ranked, that is receiving votes in the AP poll and the USA Today/ESPN Coaches Poll. It's a quality product on the floor so that is something that we want to get out to the students as well. This is something special we have going here, it's really a national team."

As a result, Marist has committed to take part in an NCAA sponsored program called "Pack the House." This event was created to challenge athletic departments around the country to increase attendance at women's basketball games by using "creative marketing strategies."

this event is to get students to come out and see a different kind of basketball.

"The whole purpose of this is to increase women's basketball attendance," he said. "To get students at the game, to see the different styles of play, and hopefully they can appreciate that."

The current Marist women's basketball single-game attendance record is 2,367, which was set when the ladies took on St. Peter's on Feb. 25, 2005.

Fields said he thinks that students will come out and support the program.

"I think it will be very difficult for us not to get at least several hundred students to the game based on the breadth of the project and the number of people involved," he said. "If everyone just calls up their friends you have several hundred students right there. I really see it turning out to be a successful project."

Many people have committed to help sell out the James J. McCann Center on Friday, Jan. 25 at 7 p.m. when the Red Foxes take on Siena.

The Lagrange Women's Basketball League will be in attendance with approximately 150 guests, along with special guest coach Joe Daily, a radio DJ for 92.1 Lite FM.

Additionally, part of the student body is doing its part to help out. Dr. Keith Strudler's Sports Public Relations class is working to fill the entire 680 seat student section for the event.

"The big thing I have done is enlisted the help of our Sports Public Relations class on campus with Dr. Keith Strudler," Tellitocci said. "...What we are trying to do is get the clubs involved. To have them come out we are going to give incentives to the club, maybe supplement the budget for the club that brings the most people to the game. We are also heavily using the internet to promote this game on Facebook and Youtube. One of the groups is working on a video to promote the game. Also, we are going to try and appeal to the freshmen to make a challenge between the floors. Whatever floor gets the most

Tellitocci said the purpose of people there will get a special prize as well."

> The Red Foxes are in the top tier of many statistical categories nationwide with 11 games left to play in the regular season.

> Tellitocci said there is a quality product on the floor each contest that Marist enters.

"We have a quality product on the court here," he said. "To be part of something special here, a Sweet 16 team, a top 30 team in the country, and a team that only has two losses this season, one to a ranked opponent in Ohio State; a team that has only lost in the McCann Center since the new seating was added once, which was this year to Hartford."

Marist ranks 25th in the country in scoring defense; they allow just 55.4 points per game. The Red Foxes rank fifth in the nation in turnovers per game, averaging 13.5 per contest. Finally, the Foxes are third in free-throw shooting percentage, with a mark of 80.5 percent from the charity stripe.

Marist will also take part as the visitor in two other "Pack the House" nights around the MAAC. The Red Foxes will be squaring off against Siena and Rider on the Saints and Broncs promotional night.

"I know Siena is using Marist as their opponent for their 'Pack the House' game," Tellitocci said. "That might be part of their marketing strategy to say 'we have a Sweet 16 team coming to our building, why don't you come out and see this team,' which might be geared more towards the fans than their student body."

Be in attendance to "Pack the House" and see the two top scorers in the MAAC, Laura Menty of Siena (20.1 ppg), and Rachele Fitz (18.2 ppg) of the Red Foxes, square off in a conference con-

Tellitocci has extended a challenge to the students to "Pack the House" on Friday, Jan. 25.

"I challenge the students to come down and see what the women's basketball game is all about. It is an experience. We don't want people to just sell out this game and never come back

See "HOUSE"," pg. 9

Alexander's experience makes transistion to Management Dean easy

By STEPHANIE ESPINA Staff Writer

The Marist College School of Management did not need to look far to find its new dean. Dr. Elmore Alexander is taking over the position, which he has held on an interim basis since January of last year.

According to the Marist Office of Public Affairs, Dr. Alexander was the dean for Philadelphia University's School of Business Administration before coming to Marist. He has held similar positions in various universities along the east coast that include Director to the Division of Business and Management, Associate Dean and Chair of the Management Department, and professor of management and Director of the Fogelman Executive Center at the University of Memphis. In addition, he has served as a consult-

Institute, Federal Express, Hunt-Wesson Foods, Kimberly-Clark, Methodist Hospitals of Memphis, and the U.S. Postal Service.

Dr. Alexander earned a doctorate and master's degree from Georgia University's Terry School of Business in organizational behavior and a bachelor's degree in economics and communication from Wake Forest University in North Carolina.

The Marist College School of Management graduate and undergraduate business programs are both accredited by the Advance Association to Collegiate Schools of Business, also referred to as AACSB International. Approximately thirty percent of all business programs in the U.S. have earned this recognition. The School of Management also offers undergraduate degrees in Accounting

ant for the Army Research and Economics along with a master's degree option in Business Administration Public Administration.

> Adding to his credentials, Dr. Alexander has also explored his academic areas of interest, which include aspects of organizational communication and harassment in the workplace. Specializing in these topics, he has presented his research at professional conferences and has written more than seventy publications, some of which can be found in scholarly journals such as the Journal of Conflict Resolution, Journal of Technology Information Management and the Journal of

> Management. Dr. Alexander is married to Dr. Pamela C. Alexander, who is the Senior Scholar at the Centers for Study of Women at Wellesley. With their son Eric, 18, the Alexanders currently reside in Hyde Park, New York.

THE CIRCLE 845-575-3000 ext. 2429 writethecircle@gmail.com

3399 North Road Poughkeepsie, NY 12601 OPINION: DECISON '08

Haley Neddermann weighs in on the importance of the presidential primary.

PAGE 6

HEALTH: KEEPING NEW YEAR RESOLUTIONS

Kate Budzinski helps to understand why students make New Years resolutions and how to keep them

PAGE 8



ampus

THURSDAY, JANUARY 24, 2008 www.maristcircle.com

Security Briefs

Champagnat takes Pepsi Challenge, chooses coke

By TYLER THURSON John Gildard in Training

1/13 - Donnelly Hall

To no surprise, campus remained quite quiet over winter break, with normally rowdy students opting to display their drunken shenanigans to the public embarrassment of their families. However, as classes gear up again and alarm clocks ruin lives, the students of Marist College are back in action. Well, maybe another verb, as I'm not sure if "action" suffices when a student decides to head back early, only to pass out intoxicated in the Donnelly Hall lobby. Wow, campus hasn't even opened yet, man. Somebody wastes no time. Well, I guess all good athletes need to train before the events begin. You know, spring training, Olympic qualifiers, binge drinking, one in the same.

1/16 - Benoit

The resident director of Benoit reported the loss (once again) of the motion detector needed to open the front door. You know, this is all becoming a tad bit tiresome, as this has got to be the 4th motion detector thievery this year. You could almost say the students of Benoit are now just going through the motions. Ha, ha, ha, get it? See, when I have nothing else to work with, this is what happens. Bad puns, people. You have no one to blame but yourselves.

1/16 - Public Service Announcement

As a general reminder,

freshmen are not allowed to have cars on campus, and right? Ouch, that one stung.

1/17 - McCann Fitness Room

While enduring a grueling workout, one unlucky resithey find you, and you're forced to make up some lie about how it's almost Valentine's Day and you Of course, this moving speech would be uttered while you were slowly being tasered to the ground. If only, though. If only.

1/18 - Gartland

their presence will result in And, it begins again. In minute, everyone's laugh- add "being shanked in the many a ticket and boot, as another rousing edition of ing and high-fiving as you side" to your Facebook was the case with two cars "Cooking Without Mom or watch the soap scatter interests. parked in the McCann lot Dad," a student once again across campus, the next, recently. I know, I know, found that while 15 page you're wondering how your 1/19 - Lower West Cedar having your car here is research papers are defi- mug shot will play out on really nice, because seri- nitely doable, operating ously, sometimes you don't this giant silver box with want to listen to reggae and all these buttons just clearsit on your roommates lap ly isn't. The fire depart- Cruel Intentions, but don't ly returning it to the pretending it's not awk- ment quickly responded, do coke. You don't want to Department ward. But, if your car gets clearing the billowing booted freshmen year, you smoke out of the apartment says, 25 to life is no joke. lose parking privileges for before allowing the stu- Wise words, Akon, wise Penny Lane street sign. the first semester of sopho- dents to return. Here's a words. more year, so there's a thought, next time you try whole lot more crowded to microwave something, cabs in your future. So, I why not just throw all your know it's nice and every- hopes and dreams in there In this case, maybe the thing, but do you really too, because if you're 20 need them? I mean, there's years old and still grasping a train to Long Island, for what setting to cook popcorn on, hate to break it to you, but the kitchen isn't the only thing going up in smoke.

1/18 - Midrise

dent returned to the locker- Speaking of startling realroom only to find his/her izations, here's one: don't keys had mysteriously gone run from security. They some other student desper- doesn't make you a badass, one next year. ate for attention and a rea- or a hardened criminal on son to belong. Really? Do the run from the law. you think you're cool now? Actually, it just makes you Do you just collect keys look like an idiot who was An weights.

1/19 - Champagnat

possession of marijuana losing

the next family holiday Security found a missing card. Seriously, kids, I road sign on the ground by know it looked cool in Lower West Cedar, promptgo to jail, and as Akon Transportation. This wasn't

1/19 - Leo Hall

guest shouldn't have stayed with their host. Found to be intoxicated, the guest was future. I know it's a bold checked out by Fairview, prediction, but I'm sticking and picked up by their par- by it. ents. Ahh, good times in the mini-van. Every other mom gets to have the freshman honor student bumper And now, for my personal sticker, meanwhile, your mom's rocking "My Wastecase of a Child Can apparently tired of waiting Dry Heave Up Soco Lime for 24 more people to fit in missing. I'm aware that a will find you. You aren't Shots Better Than Your the cab, took it upon themstrong gust of wind could cool because you're a fugi- Honor Student." Speaking selves to hop in the driver's have blown the keys away, tive from the Marist of holiday cards, you might seat. Afraid of a student but really, it was probably College security guards. It not want to open with that driving off with their

1/19 - Marian Hall

around your belt, and carry too wasted to swipe in in attempted to enter Marian one's seriously going to them around on one big the first place. Don't Hall with someone else's steal a car, they can do chain like a janitor? worry, though, I'm sure ID card, and decided to much better than a giant Whoever did this, I hope chicks still dig light- make like the wind upon white, albeit probably security's contesting their pimped-out inside, predaidentity. Oh, buddy, buddy. tor-style van. Although, it Good luck with that. If would be kind of a rush. there's one place I don't That is, until the first perstole their keys like they A seemingly harmless want to run into, it's the son tried to flag me down stole the key to your heart. prank turned into a stun- streets of Poughkeepsie, ning exposé on the state of but you do your thing. They America's youth, as a soap probably won't even find dispenser thrown from a you, as I'm pretty sure the Champagnat window led to Poughkeepsie searchlights the arrest of one student for are really just flashlights their battery. and the drug Eric Clapton Security may not find you,

only sings about. How does but the locals? Well, you this even happen? One might want to go ahead and

even a cool sign, like a Nope, you stole a hospital sign, complete with the big blue H. Good thing this was returned, because I'm gonna go out on a limb and say there is a nice case of alcohol poisoning in your

1/20 - Campus

favorite. A cab driver alerted security of a student, livelihood, the cab driver became quite angry and the student apologized, charting it off as a joke. It probunknown visitor ably was, because if somefor a ride. Then I'd just be

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

PAGE 2

Margeaux Lippman Editor in Chief Lisa Brass Managing Editor

Andrew Overton News Co-Editor

Matt Spillane News Co-Editor

Tricia Carr A&E Editor

Kait Smith Opinion Editor

Brittany Fiorenza Health Editor

Isabel Cajulis Features Co-Editor

Deanna Gillen Features Co-Editor

Greg Hrinya Sports Co-Editor

Rich Arleo Sports Co-Editor

James Reilly Photography Editor

Media Editors: Andy Alongi, Eric Zedalis

> Advertising Editors: Christina Usher, Ralph Rienzo

> Photography Desk: Allison Straub

Copy Desk: Amanda Mulvihill, Emily Flore, Sarah Holmes, Rachel Macchiarola.

Gerry McNulty Faculty Advisor

The Circle is the weekly student newspaper of Marist College. Letters to the editors, announcements, and story ideas are always welcome, but we cannot publish unsigned letters. Opinions expressed in articles are not necessarily those of the editorial board.

The Circle staff can be reached at (845) 575-3000 x2429 or letters to the editor can be sent to writethecircle@gmail.com. The Circle can also be viewed on its web site, www.maristcircle.com.

Onsite Screen Printing & Embroidery Creative Design Services 24 Hr. Tees & Banners Purchase orders accepted Est. 1995 10 Raymond Ave. Poughkeepsie (845) 471-5270 www.LeftGefPersonallbfz

UPCOMING CAMPUS EVENTS

Friday, January 25 "PACK THE HOUSE" Women's basketball v. Siena McCann Center 7 pm

Friday, January 25 Guitar Hero competition 8 pm Nelly Goletti Theatre Sign up by IMing MaristSPC

Contact SPC for information about other on-campus events!



in Poughkeepsie and Fishkill
would like to offer any Marist College student a
15% student discount

anytime, for any product or meal!

Simply show us your student ID

We serve breakfast items, lunch and dinner

Free Wi-Fi, a cozy fireplace, and jazz...
The perfect study environment!

Bring your laptops!
Limit \$20 per visit before discount.
See you soon!



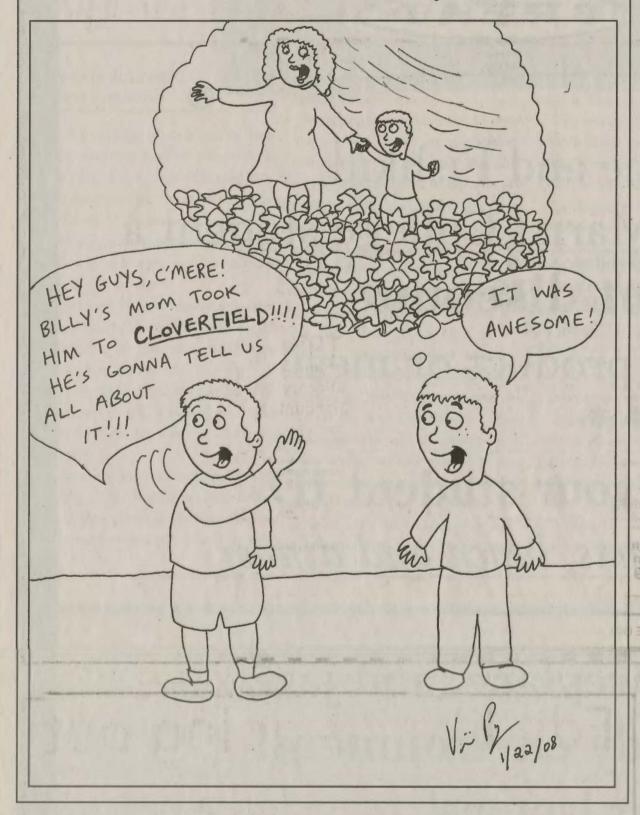
Features

THURSDAY, JANUARY 24, 2008

www.maristcircle.com

PAGE 4

cartoon corner By VINNIE PAGANO



it girl: tech & web culture from a net-savvy chick MacBook Air not all it's blown up to be

By LISA BRASS Managing Editor

It's only been a little over a week since the 2008 Macworld Conference & Expo, but the rumors and competition are already heating up.

Okay. I'll give it to them. The MacBook Air, while hardly revolutionary, is a freaking cool laptop. Declared by Apple to be the "world's thinnest notebook" at just 0.76 inches thick at its widest point and a mere 0.16 inches at its thinnest, the MacBook Air is something I'd be afraid of breaking despite its supposedly tough surface. The most common praises, apart from those put toward its waistline, are applied to its 1280- by 800-pixel LED screen, its multi-touch trackpad, its impressive RAM capacity, and its 5 hour battery. "Despite the amazingly anorexic frame, Apple has compromised nothing!" it's fans have declared.

Wrong. Don't listen to all the hype. Apple has compromised bits and pieces to make this laptop so small. Sure, part of it's due to things like how Intel eventually squished its chip into a tiny version of the original that is just as powerful. Another great aspect is its fully-sized keyboard that is more reminiscent of a desktop's than a laptop's, and you can't forget the built-in iSight camera and microphone.

The first thing that you'll miss, however, is the optical drive, also known as the disk drive that you use for CDs and DVDs. The MacBook Air lacks this drive like many notebooks that aspire to be the tiniest of them all because, let's face it: optical drives take up a hell of a lot of room. Apple gives you two options instead. The first is to spend an extra \$100 and buy the USB- connected MacBook Air SuperDrive. The second is to use the newest feature called Remote Disk. This software lets a user access or "borrow" the optical drive of another computer on your home network. Uh, assuming you have a network, that is.

You'll also miss the multiple USB slots. Most full-scale notebooks have at least two or three.

Why? Manufacturers realize that a multitude of devices connect so' ly by USB these days, including and not limited to iPods, external hard drives, and digital cameras. Apple has chosen to forget this temporarily, and the MacBook Air consequently only has one USB port. The only other ports on this machine are a space to plug in your headphones and a space to plug in a cable to connect it to your TV. That's it. Take a look at your own laptop and I guarantee you'll find at least twice as many ports.

Another sacrificed aspect is related to the MacBook Air's speed and hard drive capacity. While other members of Apple's line have 2.0GHz or even 2.4 GHz processors, the MacBook Air comes with an automatic 1.6GHz Core 2 Duo. If you feel the need to waste \$300, you can bring that up to a 1.8GHz chip. I'm somehow not impressed. The hard drive of a MacBook Air will be slower as well because there's no space in this machine for anything bigger than an 80GB iPod classic hard drive. The drive is slow at 4200 rpm. Comparing this drive's speed to that of a normal laptop is like comparing a pug to a greyhound. However, Apple has included the ability to upgrade your drive to a more normal one. Unfortunately, it's smaller in capacity at only 64GB. Oh, and it'll cost you \$1,000 to upgrade.

There are a few other things I could talk about, such as the integrated battery that can't be removed by customers or the base price of \$1,800 that can easily climb to \$3,100.

The bottom-line? The MacBook Air is very cool. It does well for its size in terms of features, especially if you have another Mac that you can use to for the Remote Disk solution. Who's it for? Mac users who need yet another way to spend money, it seems. I can't see Windows users switching to this laptop, and I get the feeling even hardcore Mac fans will hesitate. I'd recommend waiting for a price drop, better tech specs, or the next version all together. What've we learned with the iPhone, folks? Getting it first doesn't necessarily mean getting it best.

Bonjour de Besançon! An inside look at study abroad

By SARAH BRIGGS Staff Writer

It has been less than two weeks since I arrived in this small French city, and already I have found it has so much to offer! And from what I have been told by some of my newly acquired French friends, I have only begun to scratch the surface.

For those who don't know about Besançon (which is the majority of the world), it's about 2 and a half hours east of Paris, or an hour and a half from the Swiss border. With over 100,000 inhabitants, it has a very big international student population. However, like at Marist or any small community, it's fairly easy to run into someone you know on several occasions, which can be a good thing or bad thing. Nevertheless, while the majority of the French people I've met here don't know much English, they are more than willing to help you out with your French. They are very courteous and friendly to the international students, not to mention that most people here have very good fashion sense, with just about everybody owning a peacoat.

Being located in the Franche-Comté region, Besançon is known for its Comté cheese (which is, by the way, delicious). Furthermore, there is the Citadel of Besançon, which lies along the Doubs River that encompasses most of the city.

Besançon houses a lot of history including the birthplace of some historic figures, like Victor Hugo and the Lumière brothers as well as some ruins dating back to the Roman times. When entering the citadel, you can either pay and check out some of its features, including a noctarium, a zoo, and botanical gardens, or you can walk around and check out some of the older parts of the citadel for

free. For instance, on the one day it didn't rain here, me and a few friends climbed up what seemed like an endless set of stairs, until we reached the top and were able to get a phenomenal view of Besançon.

What surprised me, though, is the number of Irish pubs I've seen here, considering the fact that it's France. Nevertheless, the Irish pubs aren't very Irish, for they play loud techno music which can make it hard to talk to people. Also, what I've been told, the bars and clubs here mostly close at la.m., which is earlier than most clubs close near Marist. Both the bar and club I went to played a lot of older American songs or French techno, which can be a bit irritating after a while. It's definitely something I will have to learn to tolerate.

The only downside I have found so far to Besançon is the dorm situation. Most colleges in Europe don't have their own dorms, and the Université de Franche-Comté in Besançon is one of the few in France that does. For those who complain about the dorm quality at Marist, you would probably not be able to survive here. In order to take a shower, you have to press a button and hold it, which, depending on how long you hold the button, will determine how long the water comes out (which is usually between 10 seconds to 40 seconds). The laundry facilities also are rather expensive and there's one for the whole campus. Furthermore, a lot of places here do not have toilet lids, and in the dorms you need to have your own toilet paper. Makes living in Champagnant sound like a dream, doesn't it?

Overall, it is definitely not the typical France that people tend to picture (which is usually Paris). However, Besançon has a certain charm that reeks of "frenchness" that has already begun to grow on me. Until next time, à bientôt Marist!



LSAT GMAT GRE MCAT DAT

Take Kaplan. Score Higher.

Classes Starting Soon!

GMAT Class Begins: Saturday, February 2nd @ 11:00am GRE Class Begins: Sunday, February 3rd @ 2:00pm LSAT Class Begins: Saturday, March 8th @ 11:00am

> Marist College 3399 North Road, Poughkeepsie, NY 12601

Marist College Students Save 20%!
Higher test scores guaranteed or your money back:

Call or visit us online for more information or to enroll.

1-800-KAP-TEST | kaptest.com

PAA0008 *Test names are registered trademarks of their respective owners. **Conditions and restrictions apply. For complete guarantee eligibility requirements, visit kaptest.com/hsg
The Higher Score Guarantee only applies to Kaplan courses taken and completed within the United States, Puerto Rico, Canada, Mexico, the United Kingdom, and France.

WE MAKE **Please Call Ahead For Super Bowl Orders** FREE 3'-6' SUBS Fried Dough When You Spend \$25 or more Catering For All Events, Breakfast, Lunch & Dinner Birthday Parties, Wedding Rehearsals, Baby Showers, Engagement Parties, Any Occasion Open 11 am 51 Fairview Ave., Poughkeepsie, N **Family Combo's** Buy 1 Hot Sub, Pick Up or Dine In. Not For Delivery. Flavors: **Get 1 Half Off** Limit 3. Expires 4/30/08. 1. 1 Lg Pizza + 12 wings. · Mild Pick Up or Dine In Expires 4/30/08 • Buffalo Ranch 2. 2 Lg Pizzas + 24 wings. .27.99 LARGE • Medium TO CONTRACTO ACCORDAND CONTRACTOR ACCORDAND Teriyaki 3. 3 Lg Pizzas + 36 wings. .37.99 Buy 1 Dinner, · Sweet & Sour PIZZA 4. 6 Lg Pizzas + 60 wings... **Get 1 FREE** After Burner 5. 1 Lg Pizza + 24 wings + 2 Ltr....22.99 Expires 4/30/08 Honey Mustard \$6.99 STREET, STREET 7. 120 wings. 58.95 PIZZA PARTY SPECIAL • Spicy BBQ Family Combo Prices May Vary With Menu • Honey BBQ • Plain Pick Up or Dine in. Not For Delivery. Changes. Toppings \$1.50 extra. Limit 3. Expires 4/30/08. Above Valid on Pick Up, Delivery, or Dine In Smokey BBQ
 Garlic Terivaki Award-Winning Wings • Homemade Sauce • Salads • Hot/Cold Subs • Pasta • Alfredo Sauce Fried Dough
 Catering
 Calzone
 Potato
 Macaroni
 Salad 133 Parker Ave. Poughkeepsie, **WE DELIVER** Catering Paninis 10% Specials not to be · Boar's Head Sabrett Hot Dogs combined, limited to Open for Breakfast & Lunch Senior & avallability, expires Breakfast Pizza • Fried Pickles April 30, 2008, Open 6 am M-F 7 am Sat-Sun **Military** Homemade cannot be combined Fresh Baked Assorted Discount with dine-in senior **Burger Platters** MAKE WRAPS! **Bagels Daily** discounts. Dine In Only. Salmon Burgers **Family Breakfast** Try Our Breakfast **Chicken Fingers Buy 1 Boar's** Buy 12 4 Egg Sandwiches & 4 Pizza - Get 1 Silce and Fries or Fried **Head Sub or BAGELS, GET 6** FREE Wrap, Get 1 **Small Hot Drinks** FREE! 7 am - 11 am HALF OFF! \$6.95 \$10.00 Friday Only **Any Order Catering Orders** Salad, Get 1 **Platter Hot Dogs** over \$30 **Home and Office** S1 OFF!



http://www.marist.edu/studentlife/recycle/focusthenation.html

Global Warming, It's an issue...

Solution? Find out more......

Kick off event- live interactive webcast "The 2% Solution" January 30 in PAR starting at 8:00pm

January 31 9:30am - 9:00pm PAR/Cabaret

end to picture (which

Program events include workshops offering perspectives from various disciplines on climate change and how to address it presented by members of the Marist faculty, staff, and students as well as screenings of selected films addressing climate change.

Concluding the day's events, join us at 7:00pm for a panel presentation featuring distinguished Hudson Valley speakers.

All are encouraged to attend.



Sponsored by the Campus Sustainability
Advisory Committee (CSAC)

Edit like it's going out of AP style.



Join *The Circle*.

Tuesday nights @ 7pm

LT 211

DINION

Let the voices of the Marist community be heard.

THURSDAY, JANUARY 24, 2008

Decision '08: Shifting the focus to the promise of change

By HALEY NEDDERMANN Circle Contributor

Next year, George W. Bush will no longer be the president of the United States. This November, America will decide who will be his successor for the next four years.

The next president of the United States has the potential make history.

We could see the first black president or the first woman president. Perhaps the next president will revolutionize foreign policy and American engagement in global issues such as climate change and humanitarian crises.

Above all else, the next president will need to be brave. Brave in making decisions that will bring about true 'change' to the American people and the

global community.

The most frustrating aspect of this campaign thus far is the endless needling of the candidates by their fellow presidential hopefuls. Clinton can accuse Obama of flip-flopping and attack his integrity until she's blue in the face, but the particulars of an individual's record are less significant than their specific strategic plan for exiting Iraq, or how the cogs of a national healthcare system would turn most efficiently.

What this country needs is a strong leader who sticks to their convictions but is also willing to listen to other experts and admit they might be wrong. The United States can't survive another four or eight years with a president who is surrounded by sycophants. Executive power in recent years has gotten out of

pulled away from them, and America—as a country of freedom and liberty—has begun to stand for questionable things, such as torture of prisoners in Iraq, and ignorance towards the

Partly to blame is the mainstream media for portraying the presidential campaign as a horse race rather than a matter of extreme importance for ence in Washington the future of America as well as the entire planet.

situation in Sudan.

Partly to blame is the mainstream media for portraying the presidential campaign as a horse race rather than a matter of extreme importance for the future of America as well as the entire planet. Ultimately, the next president of the United control as citizens' rights are States needs to realize that they are not only the leader of bubble of Washington only America, but also a leader and a role model for how much of the world needs to act on certain issues, especially a cooperative effort as stringent as climate change.

> Another issue is the matter of individual experience. Political experior elsewhere means little if the candidate can't directly relate to the issue

which they claim to most strongly support, what matters most is that the candidate has life experience which distinguishes him or her from the other candidates. This distinguishing feature, such as McCain's personal experiences with torture, or Obama's exposure to negative attitudes toward America, will greatly contribute to the nation's foreign policy and positively affect diplomacy if either candidate is elected.

If nothing else, the political

shields politicians from gaining true worldly experience. Therefore, despite Clinton's continuous claims that she has 35 years of experience under her belt, experience should not be measured by time spent in any given office, but rather by the individual's perspective and perception of the world and how they can best apply it to their potential four years as president.

Who will America elect? The primaries are in their infant stages and have yet to reveal a clear winner. How will America decide? Hopefully the popular vote will not be decided because of factors such as Clinton's emotional stability during debates. Hopefully the next president will not be chosen merely for moral stances on abortion and gay marriage alone. Overlooking such issues as the economy, foreign affairs and individual rights would be extremely detrimental to the nation.

Besides issues both large and

small, many of the presidential hopefuls claim to stand for 'change,' but empty promises are a constant in campaigns, and America shouldn't expect to see any changes unless they hold the next president of the United States to his or her word. No matter who is elected this November, the American people themselves need to change as far as their level of participation is concerned.

America and the world as a whole is facing a series of challenges, and simply going to the polls on Election Day will not overcome the challenges that are facing humanity in increasnumbers.

As the campaign continues, and state-by-state battles wear on, everyone citizen planning to exercise their patriotic duty in November should be thinking not only what the next president can and will do for change, but how they as an individual can speed up the slow process of change.

Viewers await end of WGA strike

By KELLY LAUTERNER Staff Writer

It's January and we're cold and lazy. Sounds like a great idea to curl up in your room and watch your favorite television shows right? This would be great if we hadn't spent the last 11 weeks in the middle of a television writers' strike.

Since November 2007, the Writers Guild of America has been arguing with the Alliance of Motion Picture and Television Producers over contracts, mainly asking for residuals for DVD sales and work sold on the inter-

As a writer myself, I am all for writers getting their fair share; however, the avid television viewer side of me feels the strike is killing the winter television schedule. February sweeps is quickly approaching. This would normally be a time filled with big plotline shockers to entertain audiences and networks while pulling in big advertising revenues. Sadly, many beloved shows have run out of new episodes and will most likely not be able to finish out the season if the strike continues.

The first few weeks of the to a camera. It was dreadful. strike were exciting. But after nearly three months, the strike is getting old. I bet that television networks are losing millions of dollars by the grinding halt of show production. Being the television guru I am, I see the strike damaging the next television season as well. With deep regret, I predict many shows will not finish their seasons even if the strike is settled soon.

first to break the strike. I So maybe pick up a new show, watched the new episodes of now. Or maybe its time we pick Conan, Letterman, Leno and up a book. Ferguson, and they were all lacking quality. Conan spun his wedding ring, swung on a zip line, and filmed a day at the office us a chance to check out shows during the strike, taking up only twelve minutes of his show.

Award shows are also being threatened by the strike. The Golden Globe awards were effectively cancelled. Now the fate of the Grammy awards and the Oscars are up in the air. Watching the Golden Globes was a horrible experience because it was simply Nancy O'Dell and Billy Bush of Access Hollywood announcing the nominees and winners of the awards

I will say that the strike gives us a chance to check out shows we might not ordinarily watch. There are brand new seasons of "October Road," "One Tree Hill" and "American Idol" starting now. NBC is reviving "American Gladiators" after a twelve year hiatus, and ABC Family's "Kyle XY" has made a speedy return. New shows such as "Eli Stone" and "Cashmere" Nighttime talk shows were the Mafia" are making their debuts.

> and winners of the awards to a camera. It was dreadful.

> I will say that the strike gives we might not ordinarily watch. There are brand new seasons of "October Road," "One Tree Hill" and "American Idol" starting now. NBC is reviving "American Gladiators" after a twelve year hiatus, and ABC Family's "Kyle XY" has made a speedy return. New shows such as "Eli Stone" and "Cashmere Mafia" are making their debuts. So maybe pick up a new show, now. Or maybe its time we pick

Human rights activists call for closing of Guantanamo Bay

By MIKE NAPOLITANO Staff Writer

The year 2008 marks a couple of significant anniversaries in the field of human rights. First, it marks the sixtieth anniversary of the instatement of the Universal Declaration of Human Rights. It also marks the sixth anniversary of the U.S. detention center at Guantanamo Bay.

On January 11, 2002, a mere 4 months after the September 11 terrorist attacks, the U.S. government decided to open the facility to detain individuals they found to be a threat to national security. Since then the naval base has been the center of an international controversy involving countless countries, dozens of agencies, and a list of alleged activity that should condemn any world leader in international

The practices at the compound are exactly what international organizations such as Amnesty International have been pushing to stop since the incident became public. A few weeks ago, Amnesty International was able to secure parliamentarians in quite a number of countries including the United Kingdom, Japan, Germany, and Israel to

push the United States to close or reform the facility.

The primary issue with the compound is the illegal detention of, what the United States calls, terror suspects. Under encompasses any individual held without defined purpose or held without a trial or due process. These laws also define that detainees cannot be secretly transferred between military entities and that the detainees must not be subjugated to "ill treatment" including certain interrogation techniques, torture, and their overall living condi-

In order to solve these problems few solutions have been offered. The most drastic change which many far left activists push for is the closing of the facility entirely. A separate bipartisan resolution calls for reform in the most tangible place—the courts.

These people are calling for full and open trials for detainees who have substantial evidence against them. Many activists, including those at Amnesty International, feel that the only way to bring back justice to the facility is to implement due

Ensuring detainees a trial that goes farther than an incredibly arbitrary military tribunal would be the first step in reforming governmental holding facilities. international law set out by the After that there must be a push United Nations and the Geneva to end torture in all facilities Conventions, illegal detention world-wide. In order to do this the international agencies such as the world court must be granted permission by the United Nations to investigate and persecute the guilty parties.

In order for any change to happen in the spectra of human rights there must be a large consensus amongst the activist community constantly badgering national governments and international bodies. There are countfacilities like Guantanamo Bay compound that practice similar methods of detainment and torture operated by the United States and other countries.

If you feel motivated enough to join the campaign to close Guantanamo Bay or any other of Amnesty International's campaigns, you can get more information at their Web site http://amnesty.org. As Dr. Martin Luther King said, "An injustice anywhere is a threat to justice everywhere."

LETTERS TO THE EDITOR POLICY:

The Circle welcomes letters from Marist students, faculty and staff as well as the public. Letters may be edited for length and style. Submissions must include the person's full name, status (student, faculty, etc.) and a telephone number or campus extension for verification purposes.

Letters without these requirements will not be published. Letters can be dropped off at The Circle office or submitted through the 'Letter Submission' link on MaristCircle.com

THE CIRCLE

MaristCircle.com

The Circle is published weekly on Thursdays during the school year. Press run is 2,000 copies distributed throughout the Marist campus.

To request advertising information or to reach the editorial board, call (845) -575-3000 ext. 2429.

Opinions expressed in articles do not necessarily represent those of the editorial board.

#1 Spring **Break Website!

4 & 7 night trips. Low prices guaranteed. Group discounts for 8+. Book 20 people, get 3 free trips! Campus reps needed. www.StudentCity.com

800-293-1445.

We're looking for some undiscovered talent to be Resident Assistants for the 2008-2009 School Year!

Applications are now available in the Office of Housing & Residential Life as well as on the Marist College website.

Informational Sessions: January 21st at 7pm in the Student Center PAR January 27th at 6:30pm in Jazzman's Café, Upper West Cedar

Applications due: February 6, 2008 by 4pm in the Housing Office

Group Process: February 9th from 10am - 1pm, Student Center Room 349

THURSDAY, JANUARY 24, 2008

www.maristcircle.com

Cobra Starship delivers high energy performance at Chance Theater



WWW.PUREVOLUME.COM

Bras were thrown at Cobra Starship lead singer, Gabe Saporta (center), during the band's performance on Jan. 16.

By ALISON JALBERT Circle Contributor

Many new bands fall into the trap of taking themselves and their respective music scenes too seriously, but Cobra Starship emerged ready to poke fun at themselves and the MySpace generation that made them popular.

The New York-based band brought their unique blend of dance-pop along with their fun and carefree attitude to The Really Ridiculously Good Looking Tour, playing a 16 song set full of fongue-in-cheek lyrics and songs that got even the most serious of audience members to

Formed by former Midtown front man Gabe Saporta, Cobra Starship began as a vehicle for the infectious single "(Bring It) Snakes on a Plane," from the 2006 film "Snakes on a Plane." Some were quick to dismiss the band as a novelty act, but the release of two critically acclaimed albums, as well as a large and loyal fan following, proved that assumption to be

wrong. Cobra Starship opened their set with current single "The City is at War," from 2007's "¡Viva La Cobra!" Saporta, wearing his signature purple hoodie, used every inch of the small stage to jump off Nate Novarro's drum set, sing with keytarist Victoria Asher and bassist Alex Suarez, and trade jokes with guitarist Ryland Blackington between

There is no denying that Cobra Starship performs entertaining and high-energy songs. "Kiss My Sass" and "Send My Love to the Dancefloor, I'll See You in Hell (Hey Mr. DJ)" had both Saporta and the crowd dancing. However, underneath the synth-Chance Theater on Jan. 16 as the pop beats often lie mature topics second stop on their Really such as prostitution, dealing with "Guilty Pleasure," a song with fame, and creating a reli- that sums up the band's mentaligion based on sex. Given that most of Cobra Starship's fans are still in high school, one has to wonder if their young fans really understand when they sing along to lyrics such as "Prostitution is revolution/You can hate me after you pay me/My submission is your addiction."

Based on the screams that greeted Saporta upon his entrance, it was evident that he has become something of a sex symbol. He seems to be an unlikely heartthrob with his spastic dance moves, skintight jeans and a penchant for wearing purple, but more than a few bras were thrown onstage during Cobra Starship's set. This was slightly disturbing, given that a long.

majority of the females in the audience still had their learner's

After leading the audience in a rowdy rendition of "(Bring It) Snakes on a Plane," Cobra Starship's encore contrasted heavily with their power-pop set! Blackington and Suarez joined Saporta onstage for acoustic versions of their songs "Pop Punk is Sooooo '05" and 'Being From Jersey Means Never Having to Say You're Sorry."

Asher and Novarro joined them onstage for one final blast of Cobra Starship's signature sound ty. "And I came here to make you dance tonight/I don't care if I'm a guilty pleasure for you," Saporta sang, dancing just as wildly as he did 15 songs ago.

The opening acts of the tour were the night's only misstep. The Cab, who recently joined Cobra Starship as part of Fueled By Ramen Records, played a set of decent, yet mostly unremarkable power-pop songs. We the Kings had the same radio-friendly feel to their music as The Cab, but they also lacked any distinguishing qualities. Final opening act Metro Station, a favorite of the crowd, played a seemingly endless set of bland electro-pop songs, making the wait for Cobra Starship's set unbearably

Forever 21: too cheap to be chic?

By COURTNEY SAVOIA Circle Contributor

As college students on a budget, we have a challenge when it comes to shopping for clothes, shoes and accessories. We desire the latest and trendiest looks but can't seem to afford the high prices. Forever 21 seems to be the perfect answer but there must be a catch, right? Sure the prices are affordable, some may even say cheap, for clothes that are inspired by runway looks. Forever 21 is a good example of one-stop shopping. They carry all types of clothing, accessories, shoes, jewelry, etc. What else can a girl ask for from a store?

I am usually impressed by how many cute outfits I can put together for a reasonable price. Whereas you can spend \$50 for just one top at stores like Abercrombie & Fitch or Bebe, you can get an entire outfit plus accessories for the same price at Forever 21. We all know that trends come and go quickly, and this only adds to the challenge. Do we want to invest \$200 in that tiny clutch that will only be in style for one season or buy a similar bag for much

I draw many of my clothing inspirations from fashion maga-

zines. I like to see what the without breaking the bank. Although I love admiring the couture clothing, I know I will never be able to afford those looks. Seventeen magazine displays the latest runway looks and helps the reader to create the look for less. They often feature clothing and accessories another decision to make. We from Forever 21. This fall, when gold and metallic accessories were in, I picked up some stores like Forever 21 and sacrigold necklaces and bangle fice quality or we can spend a able to accessorize for less than ty stores for similar looks. This \$20!

does not come cheap. We need to have the right style for all aspects of our day from the gym, to class, to work. Forever 21 carries both casual and dressy clothes for any occasion. We can find an outfit to wear to our internship or a night out for a great price. We want to look the part for whatever role we are currently playing and Forever 21 makes this goal seem reachable.

Forever 21 so much is because it's okay to give up quality. they constantly are getting in However, the choice is yours. new merchandise. They seem to be on top of the trends and know when to bring in new styles for their shopper.

With all these positives, trends are and follow them Forever 21 must be flawed in some way. Yes, customers may get the latest looks, but they will probably only get to wear them a few times. The quality of Forever 21 clothing is not the best and that's why the prices are so low.

So as consumers we have yet can choose to shop on a budget and get what we want from bracelets at Forever 21. I was lot more money at higher-qualiis somewhat of a double-edged As women, we also strive to sword. We can't seem to get look good at all times. This both things we want: great and trendy clothing at a reasonable price and apparel that is durable and will last us for an entire season. We are going to have to give up one of these oh so important elements.

For clothes that I know I am going to wear only a handful of times, I don't mind going to Forever 21. It seems like a much better solution than spending a lot of money. For special occasion outfits that we One of the main reasons I like will probably never wear again, Consider the pros and cons of Forever 21 and decide if it has a place in your wardrobe. Good luck and stay fashionable!

27 Dresses proves to be predictable comedy

By AMY WHEELER

Circle Contributor

A romantic comedy has come along that not only fulfills a woman's need for predictability, laughs and a few tears, but also has parts that men can enjoy, making "27 Dresses" a great date movie.

Katherine Heigl plays Jane, a woman who has a knack for helping out at weddings, and has therefore landed herself the job of bridesmaid or maid of honor at 27 weddings. She has saved all of the hideous dresses creating a colorful photo shoot scene that appears later in the film), but the one dress that's missing from her closet is a wedding gown.

While pining after her boss, George Edward Burns), Jane happens to meet the handsome Kevin (James Marsden), whose smile lights up every scene. Jane, however, finds Kevin to be annoying, cynical and way too perseverant. But the audience is rooting for him the entire time.



WWW.IMDB.COM

Katherine Heigi as Jane wearing one of her 27 bridesmald dresses. to the film.

George ends up falling for Jane's younger sister, Tess (Malin Åkerman). Tess becomes the character you love to hate, but played it very well and has the potential to play the roles Cameron Diaz has grown out

Judy Greer, who is recognizable as the "best friend" character in many movies, plays Katherine's friend, Casey. Playing her typical comical and sassy role, she adds many laughs

But the film is not solely a comedy. It touches upon topics like the commercialization of weddings, sibling rivalry, repression of feelings, and the not-so-sweet method of revenge. Overall, the script was very intelligent and witty, and if you are able to get over the predictable aspects, you will be in for a funny movie with great characters.

Available for 2008-09 Near Marist

House on Fairview Ave. 5 bedrooms, 1.5 baths 2 Family house on Fairview Ave. (2) - 4 bedroom 2 Family house on Fairview Ave. 7-8 bedroom total 2 Family house on the beginning of North Hamilton (2) - 3 bedrooms All units have been updated in 06-07 All less then 1 mile from campus All utilities included!!

Can rent for multiple school years

Email: Doughboyspizzas@aol.com Steven

THURSDAY, JANUARY 24, 2008

Ringing in healthy new year resolutions Why we make resolutions and how to make them stick

By KATE BUDZINSKI Circle Contributor

The holidays are over and the New Year has been rung in, but 2008, as with any year, was not welcomed without one thing- New Year's resolutions.

People of all ages make health-related New Year's resolutions every year. But why is January 1 such a motivating day of the year?

Sophomore communication major Kyle Shepherd said she believes the first day of the year makes people want to begin new lifestyles.

"It gives them a date to set out with their resolutions," Shepherd said. "The date is there for them as a starting

Senior sports communication major Andy Alongi said he thinks the New Year gives people a new beginning.

"January 1st means a fresh start for

change the year before."

According to an article titled "A New Year, A New You", on msnbc.com, nutritionist Eliza Zied said that most people resolve to lose weight and get in shape at the start of the New Year because of the over-indulging they are guilty of during the holidays.

Advertising plays a large part in society's health-related resolutions. According to an article from the New York Times by Lisa Miller, dieting companies took advantage of displaying ads as the ball dropped in 2008. Companies such as Weight Watchers and Special K had electronic billboards in Times Square because it is "the most televised (and, perhaps, densely populated) location on New Year's Eve." People feel the pressure from advertising companies to make New Year's resolutions, but at

something people weren't able to the same time, they know they're not trying to stray away from the word and decrease portions of fatty or sugalone in doing so.

> However, Alongi said that he more on healthy living. believes most people set unrealistic goals for themselves and give up after a short amount of time.

last for about a month, maybe two," he

"Miller said that diet companies are trying to stray away from the word "diet" in their campaigning and focus more on healthy living."

said. "Then they end up making the same one year after year."

Junior criminal justice major Chris Paddock does not think that New Year's resolutions are necessary.

"If you care about something enough to do it, it doesn't have to be January 1," he said.

Miller said that diet companies are increase portions of healthful foods

"diet" in their campaigning and focus

"think marathon, not sprint."

"Set one small, realistic goal at a "The majority of people's resolutions time and pace yourself. Over time, each small change will become a life-

> long habit," Zied said. "Make every calorie count, enjoy each bite and remember to fit in regular exercise-the other half of the healthy eating and living equation."

Lisa Young, PhD, author of "The Portion Teller", said portion control is the biggest problem that people face when it comes to dieting and recommends keeping a food journal to curb

"Once you see what and how much you really eat and drink, you can try to

ary foods," Young said.

Shepherd said that although there are Similarly, Zied advises people to temptations, she has encouraged herself as well as others to stay motivated.

> "Don't be discouraged if you slack off for a day," she said. "Just try to get right back on track."

Resolution Tips to Remember

*You are not alone.

*Just because January 1 has passed doesn't mean you can't make a resolution.

*Create realistic goals that can be

*Break down these goals so that you can make accomplishments throughout the year, not just after an entire year.

*Incorporate exercise and portion control into your lifestyle. *Be easy on yourself.

Well-being and what works Ja note from the health editor]

By BRITTANY FIORENZA Health Editor

The beginning of spring semester usually sparks the best intentions in students around campus. After three weeks away from the mayhem that is Marist it seems almost easy to believe that you can manage to make Dean's list, get a job, party every night and still sleep. This issue highlights the tendency to begin resolutions without fulfilling them while also providing insight a freshman attained after her first semester at Marist. Both of these articles

encompass a common theme- what works?

Personally, I have always believed in balance: everything in moderation. You do the best you can, where you can and suddenly the three aspects of your well being - mental, emotional and of course physical, seem to line

Taking your insight from the past and applying it to your resolutions can in itself be the balance that can make all the difference in your well being this semester. Focusing not only on eating more from the salad bar in the dining hall, but on the relationships you nurture and the classes you take, will make it so much easier to fulfill everything you want.

Of course this balance I speak of means something completely different to everyone, but the health section will continue to feature articles that can act as weekly insight on how to manage all three aspects of your health and apply them to your life.

Until then, be well.

A freshman's insight on college lifestyle Relationships, time management and self growth

By KARLIE JOSE Circle Contributor

Everyone says that college is a growing and transitional period in your life; it is said that even first semester freshman year can change you. Even though this concept seems completely obvious, I don't think the changes are as evident to the person until they really have time to reflect on the idea. My "semiepiphany" came sometime in my last few days of fall semester; strangely enough I think its onset was a sentimental turquoise plastic Target cups that we used to pregame with over the semester. It seems pretty ridiculous to think I was getting emotional while rinsing out the remnants of Watermelon Smirnoff and varying lipstick shades that had stained the rims of our shot glass substitutes. And as corny or repetitive as these questions may seem, I began to seriously wonder, what had I gained as a freshman this semester? How had I grown? What had I learned?

While some basic Marist "know-how" came to mind, such as learning to resist the soft serve ice cream machine after every meal, avoiding "Manny" the infamous creepy taxi driver, or that getting up at five of eight when your class is in Fontaine isn't necessarily the

extend much further.

It has become my belief that the true value of education is not evident until this time in your life. I can remember wondering how having as little as one class a day could even be compared to the rigorous fiveday-a-week, seven hour schedule that consumed your life in high school. The transitional difference is amazing; looking back I have realized that no mat-

what had I gained as a freshman this semester? How had I grown? What had I learned?

ter what the success rate of a student was in high school it cannot equate to the experience of a college student. I think this can be attributed to one reality: no matter how studious, diligent or bright you were, no one was expecting you to take it seriously. Here, the stakes are higher because pursing education as a choice (with a cost) has an mandated state law. Taking classes you like, at the times you choose, with your preferred professor is giving you a chance to truly challenge yourself and achieve your personal best because you wish to. While

best strategy, I couldn't help but some freshmen catch on to this realize that the changes that quickly, most learn the hard occur within most people way. Harsh criticisms and low grades are a reality slap that is a crucial part in the learning experience of doing things on your own terms, with only your goals as incentive.

Another thing you quickly

learn is the cliché that states the

relationships you develop in

college are more significant. This includes professors, coaches, advisors, roommates and friends. The bottom line is you begin to interact with a completely different group of peomoment I shared with the I began to seriously wonder, ple who all vary in background, culture and lifestyle. Your new friendships become a choice you make based on a personal connection, rather than the fact that you knew each other since birth. The people you eat, sleep and breathe around become your family. You test and challenge each other in ways that allow you to truly establish yourself as an individual. You grow together in both an academic and social environment. You can meet in a study group or party like a rock star.

Though the shift from life at incredible significance over a home to school may be rocky, gradually, the parts begin to fall into place. While freshmen can start off unsure or homesick, it's surprising to find yourself relieved to be back at Marist for a second semester.

If there are any requests for articles, or if there is anything you want to write about, please e-mail the health section at: circlehealth@gmail.com

"PACK THE HOUSE"

Help the Marist College Women's Basketball Team sell out the McCann Center on Friday, 01/25/08 at 7pm.

Wear your red and show the women your support as they take on the Siena Saints!

Marist dominates Golden Griffs in MAAC showdown

By ERIC ZEDALIS Media Editor

For the first three and a half minutes, it appeared the Marist women's basketball team was human. But from then on, it transformed into a scoring machine.

The Red Foxes missed their first four shots and turned the ball over twice en-route to a 7-0 deficit to start the game when head coach Brian Giorgis called a timeout.

Marist regrouped and dominated the rest of the way to stay perfect (7-0) in Metro Atlantic Athletic Conference (MAAC) play with a 93-66 win over Canisius on Monday, Jan. 21.

When asked what he told his players during the timeout, Giorgis quickly said "not a lot of nice things."

"I thought we were a little lackadaisical with passes and what we were doing," he said. "We weren't into the ballgame yet, and that's not a team that you can normally start out down 7-0. Obviously we had a lot of time left, and I think we caught up fairly quick."

By the 15:18 mark, Marist had caught up with Canisius when senior Nikki Flores made a jumper to tie the score at 9. The teams traded baskets for the next couple of minutes, but redshirt junior Julianne Viani's third three-pointer of the game at the 12:34 mark put Marist in

the lead to stay.

Canisius head coach Terry Zeh said once Viani started making threes, Marist was able to find its rhythm.

"That got them feeling good, and then defensively they doubled the post, we turned it over, and from that point on we just played scared," Zeh said. "We weren't strong and aggressive at after that. And that's a really smart team, so you've gotta keep playing hard, because they're gonna get some good shots."

Offensively, Marist picked Canisius' defense apart, taking advantage of what it was given. As a team, the Foxes shot 48.4 percent from the field, 47.8 per- high five three-pointers. cent from three, and 88 percent from the free throw line.

Viani and freshman Erica Allenspach each scored 20 points, which in turn, opened things up for the team's leading scorer, Rachele Fitz (20 points, 11 rebounds).

"They made some threes, so now we come out [to defend], and then they're right inside to



JAMES REILLY/ THE CIRCLE

Julianne Viani holds what hopefully is a women's ball this time during Marist's win over Canisius. She had a season-

Fitz," Zeh said. "They just clear out that back side, and you're glued a little more to the perimeter game because of the jump shots, and now they're one on one in the post with Fitz, and they're getting points at will against us. So they're really smart, and have great flow in their offense."

Viani, from the get-go, was not afraid to shoot if she had an open look. She shot seven of 12 from the field and five of nine from three-point range. Viani actually missed her first threepoint attempt before the officiating crew realized the game ball was in fact a men's basket-

"I had a little room, so I kept shooting, and thankfully they were going in. Minus the guy's ball shot which was an airball. It felt a little weird," Viani laughed.

Allenspach, like Viani, never hesitated to pull the trigger, and she was perfect from the field and at the line. She shot six for six from the field, four for four from three, and four for four at the line. She also added four assists, as she and Viani combined for nine assists on the day.

Allenspach, whose 20 points was a career high, said she never expected to make such an impact as a freshman.

"I was just hoping to help when I could, and Giorgis just believed in me. I felt good, and Nikki [Flores] was finding me [open]. When she finds me, I just hope that I can hit, and today I was."

Viani and Allenspach's scoring outpour did not surprise Zeh, however, who said he knew his team could not afford to give them open shots.

"Viani has games like that no problem. She did it in the NCAA tournament. You can look at her statistics and

say she's not shooting well, but you just know she can make shots, and you have to guard her that way," he said. "Allenspach is no big secret, she's 51 percent from three, and we gave her wide open threes."

A huge underdog going in, Zeh said that Canisius needed to play well just to compete, and it failed to do so.

"They played well, and we played very poorly," Zeh said. "When you have a team like ours going up against a team like theirs, and you have that kind of effort, that's the result you're

They would have had a better workout in practice today."

Canisius falls to 3-4 in the MAAC with an overall record of 8-10. Marist stays perfect 7-0 in the MAAC, improving their overall record to 17-2 in the process. The Foxes return to action this Friday against Siena at the NCAA sponsored "Pack the House" Challenge.

Roarin' Red Foxes

Marist's male and female star performer for the weekend of Jan. 18-20.

Spongy Benjamin Basketball, Senior



Spongy played an integral part in contain Charron Fisher and helping Marist to an 84-65 victory over Niagara. The senior center tied for the team high in points with 14, and led the team with 10 rebounds. Four of his 14 points were from emphatic dunks that excited the crowd as well as the team.

On the horizon:

The Foxes will return to action at Iona on Thursday, January 24 at 7:30.

Erica Allenspach Basketball, Freshman



Allenspach scored 20 points and four assists in what can be called a perfect night. The freshman guard was 6-6 from the field, 4-4 from three-point range, and 4-4 from the free throw line.

On the Horizon:

Marist will return to action when they attempt to "Pack The House" this Friday night against Siena at 7:30 p.m.



Photos courtesy of www.goredfoxes.com

Men's swim team heats up in cold weather with huge win over Lehigh again this Saturday at noon

By MIKE WALSH Staff Writer

While we were all at home over winter break bundled up by the fire to keep warm, the Marist ing event. men's swim team had a big victory over Lehigh.

It was a chilly afternoon on Jan. 12 when the Mountain Hawks arrived at the McCann Center to our Red Poxes. The men emerged victorious by a score of 128-115 after taking

Returning from winter break

and getting back into a routine

can be a sluggish process for stu-

By MATT SPILLANE

News Co-Editor

seven of the 13 events in the dual meet. Marist boasted six different swimmers winning events in yard backstroke respectively. the pool, while senior Devon O'Nalty took the three meter div-

the 1650 yard freestyle as well as finishing second in the 500 behind teammate Spencer Hartmann. In the shorter distance events Marist had three winners with Josh Sklanka, Greg

ing the 50 yard freestyle, 400 yard individual medley, and 200

This past Saturday, the men traveled to Southern Connecticut State University, where they Co-captain Ralph Rienzo won edged the Owls 158-142. Jablonski, a 5-foot-10 senior, took home three events for the Red Foxes, winning the 100 and 200 yard breaststrokes as well as three. the 200 yard individual medley. The relay teams secured the vic-Jablonski, and Luke Johnson tak- tory for Marist as Jablonski lead

the 200 individual medley relay team and Sklanka, Rienzo, Johnson, and Angelo Ciraolo teamed up to take the 400 yard freestyle relay.

Ciraolo also took the 50 yard freestyle as they swept the event. The divers also had a solid meet with O'Nalty winning the one meter and placing second in the

With the win the Red Foxes improve to 7-2 on the season. They hit the McCann Natatorium

against the UMBC Retrievers. The MAAC honored Greg

Jablonski and Devon O'Nalty for their performances in the win against Southern Connecticut State University. The team will be back in action when it faces the UMBC Retrievers at the McCann Natatorium on Saturday at noon. The Retrievers will post a stern test for the Red Foxes, as the team has lost only once to the

U.S. Naval Academy. Men's tennis doesn't suffer any setbacks at Army Winter Tournament in West Point

petition, which included teams tured the Flight 3 title with a 6-2, round doubles matches behind Dartmouth Invitational in New

Army. The Red Foxes went undefeated in Flight finals matches on the first and second

day of the tournament, taking dents, but the men's tennis team didn't waste any time getting home three singles titles. Sophomore Loic Sessagesimi, back into the swing of things. freshmen Marcus Nordheim, and The Red Foxes kicked off the Nicolas Pisecky led the way for 2008 portion of their season with a convincing performance at the

West Point from Jan. 18-20. Marist compiled a 19-6 overall record during the three day com-

Army Winter Tournament in

from Monmouth, Binghamton, St. Joseph's, Colgate, and host Marist, all earning victories in respective singles matchups.

Sessagesimi defeated Colgate's Tyler Decker, 7-5, 6-2, to earn the Flight 2 title. Nordheim cap6-3 victory over Chris Albornoz of Army, while Pisecky took home the Flight 4 win by eliminating Army's Tripp Johnson, 6-3, 6-2.

Senior Greg Marks and sophomore Christian Coley also pulled out victories in their consolation matches.

The Red Foxes were impressive throughout the tournament, winning eight of ten matches against Binghamton and securing five of seven singles matches during the opening round. Marist also won all three of its opening

the pairs of Coley and Nordheim, Marks and Danielson, and junior Antonio Oliver and freshman Landon Greene.

Marist then took on St. Joseph's on the second day of competition, coming away victorious in six of seven singles matches against the Hawks. The Red Foxes also defeated the Hawks in three of four doubles sets on the day.

The tournament was the first competitive match that Marist has played since Nov. 4, when the team participated in the

Hampshire. Following a successful fall campaign, the team appears to be on track for another run at the Metro Atlantic Athletic Conference (MAAC) championship. Last spring the Red Foxes advanced to the conference championship before falling to Manhattan, 4-1, in the

Marist gets back to action on Friday, Jan. 25, when the team travels to New York City for the Columbia Winter Classic.

From Page 10

Red Foxes look to "Pack the House" against MAAC rival Siena Saints on Friday night

again, that would defeat the whole purpose. It is our immediate goal to sell out the McCann Center, but we want students to come back in much the same way they do for the men's game. They really get involved in the men's game. It's really a huge difference when the students are away over break. I challenge the clubs and organizations to get the students out to be a part of something special, the first sell out in women's basketball history."

Scouting the Saints

fifth place in the MAAC with a

record of 3-4.

by second place Manhattan (6-1 MAAC) in the 2007-2008 season. The two losses to the Jaspers were by a combined seven points.

The other two MAAC losses Iona and St. Peter's.

Conversely, Siena has defeated Loyola, Niagara, and Canisius, thus, reaching their 3-4 MAAC

Siena sits in a four-way tie for ward Larua Menty, who is the MAAC semi-finals last March, current co-MAAC player of the

week. She tallied a career-tying The Saints have already been 28 points at Loyola and shot 75 percent from the floor.

Menty leads the conference in scoring, averaging 20.1 points per game, and shooting percentage, with 57.7 percent.

As a team, Siena ranks second for the Saints came courtesy of to Marist in free-throw percentage. The Saints average 75 percent from the line to the Red Foxes' 81.5 percent.

The Overall Series

The last meeting between The squad is led by senior for- Marist and Siena was in the with Marist taking the game, 71-

Marist has won the last six meetings between the two teams; however, Siena leads the overall series, 28-11.

After the game at Marist Friday evening, Siena will return home to square off with Rider on Sunday, Jan. 27. Tip-off is set for 2 p.m. in Loudonville, N.Y.

Reasons to Support the Program Be a part of Marist history as

the college attempts to record its' first sellout in women's basketball history.

Siena is our BIGGEST rival,

and every student loves a good

It's a give-away night: The first 1,000 fans will receive a free commemorative "Sweet 16" Tshirt, courtesy of Verizon

Rachele Fitz ranks second in the MAAC in scoring, averaging 18.2 points per game.

Erica Allenspach is atop the MAAC in three-point shooting percentage, at 51.4 percent.

For the complete Marist press conference, check Maristcircle.com

From Page 10

Marist prepares to face conference foes Iona and Canisius this weekend after Niagara win

Marist moved into a tie for second place in the MAAC with Rider. Both teams sit at 6-2 in the conference, but Marist won the only meeting between the two MAAC. The second game will this season, 81-80, on Jan. 4 in Lawrenceville, N.J.

Siena currently leads the record and 12-6 overall record. Thursday, Jan. 24 at Iona. The

Siena's lone conference loss came against Fairfield. Marist will play Siena in a home-andhome series that could decide the be played at home on Feb. 8 and will be aired on ESPNU.

The Red Foxes next conference MAAC with a 7-1 conference match-up takes place on

Gaels are seventh in the MAAC with a 3-5 conference record and most recently fell to Rider, 68-63, in overtime

The Gaels' leading scorer is senior forward Dexter Gray. Gray averages 11.2 points per game and has a season-high of

Although the Gaels' have a 3-5

conference record, this team is not one to be taken lightly.

"You can lose to anybody and we proved that the other night [in a loss to then 2-14 Canisius]," Mihalich said. "That's why the league's so good. This is a great place to play. The league's tremendous and it's just a lot of

For the complete Marist press conference, check Maristcircle.com

Upcoming Schedule:

Men's basketball: Sunday, Jan. 27 - vs. Canisius, 6 p.m.

Women's basketball: Friday, Jan. 25 - vs. Siena, 7:30 p.m.

Marist shuts down Niagara in home rout

By GREG HRINYA Sports Co-Editor

With the derisive cheers from the Marist crowd and the Red Foxes' smothering defense, Charron Fisher couldn't find his

Fisher entered the Metro Atlantic Athletic Conference (MAAC) match-up as the nation's leading scorer with 27.9 points per game and Niagara's deadliest threat on offense. Covered predominantly by Marist center Spongy Benjamin, Fisher knocked down just four of his 21 shot attempts and finished the night with 17 points. The Marist defense limited Niagara to 23 first-half points and defeated the Purple Eagles, 84-65.

"I thought this was an outstanding defensive effort from everybody who guarded Charron Fisher, but most especially to Spongy who did a marvelous job," Marist head coach Matt Brady said. "To beat Niagara, I think you've got to hold Charron Fisher to a reasonable number, and to do what Spongy and his teammates did tonight was awesome."

Benjamin also made his presence felt on offense. The Marist center scored 14 points and grabbed a team-high

rebounds. With 17:33 remaining recorded two emphatic dunks on consecutive possessions to give. the Red Foxes a 45-29 lead.

Coach Brady emphasized stopping Fisher, and behind Benjamin, the Red Foxes held him to ten points below his season-average. Benjamin would not take all the credit, however.

"All week in practice, that's what we've been working on, getting a hand up and being there," Benjamin said. "It wasn't

Niagara entered the game as the second ranked team in the MAAC, but the Marist victory dropped Niagara to 5-3 in the conference. After Niagara beat Marist on its home floor in Dec., the Red Foxes responded with their second largest scoring output of the season.

After leading 38-23 at the end of the first half, Marist extended its lead to 21 on a Spongy Benjamin dunk with 14:57 remaining in the game.

After losing shooting guard Louie McCroskey to an ankle injury against Loyola, Marist looked to several other players to balance out the scoring. Dejuan Goodwin started and contributed a career-high 14 points, while Ryan Schneider scored nine

points in 15 minutes. Marist had in the second half, Benjamin five players score in double figures and two others contribute nine points apiece.

"It's not going to be one person, it's going to take a team effort so everybody has to step up just a little bit more to fill Louie's shoes," point guard David Devezin said.

At this point in the season, Brady remains confident in the team's offensive capabilities.

"I think it's a tremendous strength of our team, and you can't really say we're going to knock this guy out and we're going to win the game," Brady said. "[There's] a lot of balance on this team and a lot of weapons on offense. I think we need to get better here and tougher. I don't really have any issues with our offense."

Replacing Louie

Louie McCroskey fractured his right foot two minutes into a road contest against the Loyola Greyhounds on Jan. 17 and could potentially miss the rest of the

The team hopes he can return in early March for the MAAC tournament, but Coach Brady is proceeding as if the shooting guard's season is over.

"I'm not optimistic," Brady said bluntly. "We're going to

move forward, and if we can get Louie back for the MAAC tournament we'd love to have him. I think we have enough right here and we'll make a run with this

McCroskey is currently in his final year of eligibility after sitting out the NCAA's mandatory year in residency following his transfer from Syracuse.

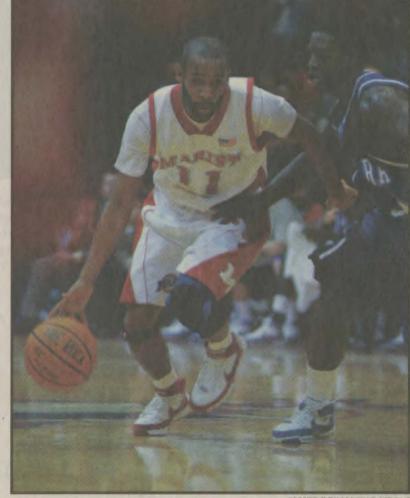
Niagara head coach Joe Mihalich hopes that McCroskey can return and finish out the rest of his senior season.

"I truly feel bad for [McCroskey]. I hate to see anybody get hurt, especially a senior," Mihalich said. "I hope he can get back and finish off some of the season."

In McCroskey's absence, the Red Foxes will look to their bench to replace the guard's 12.4 points per game.

Dejuan Goodwin assumed the starting role in McCroskey's place and notched a career-high 14 points against Niagara. Goodwin is no stranger to the starting role however. The redshirt freshman started the first three games of the season while McCroskey sat out due to issues regarding his transfer.

Marist will also rely heavily on freshman guard Jay Gavin. Gavin leads the Red Foxes in



JAMES REILLY/THE CIRCLE

Redshirt freshman Dejuan Goodwin scored a career-high 14 points in the Red Foxes' 84-65 win over the Niagara Purple Eagles on Sunday. The win put Marist into a tie for second place with the Rider Broncs.

game coming off the bench.

"[Gavin's] a star," Mihalich exclaimed. "He's tremendous, he's terrific. They're going to miss [McCroskey] but they have

scoring with 13.3 points per a lot of good players. They're a good team." **MAAC** outlook

> With the win against Niagara, SEE "CONFERENCE," p. 9

Take a look at our new 2007-08 short-term Study Abroad Programs for Winter and Spring and be amazed at the places you can go! www.marist.edu/international Questions? Give us a call! A new way to look at Studying Abroad! Marist International Programs | LIB 334 | x3330