

The



Circle

The student newspaper of Marist College

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Fashion PR guru Kelly Cutrone packs Nelly Goletti

By AMANDA IPPOLITO
Circle Contributor

On Monday, April 24, Marist students had the privilege of attending a lecture given by Kelly Cutrone — a public relations guru, reality television star and New York Times best-selling author.

Cutrone is founder of the branding, marketing and public relations firm People's Revolution, which has represented clients including Valentino, Bulgari and Agent Provocateur.

She caught people's attention after appearing on MTV's "The Hills" and its spin-off, "The City," as a no-nonsense mentor for reality stars Lauren Conrad and Whitney Port. In February 2009, Cutrone starred in her own reality television show, "Kell on Earth," which follows her as she runs People's Revolution. She is currently a judge on "America's Next Top Model" for its eighteenth season.

Kelly is known for her helpful yet blunt advice.

"You can either let someone be protected from reality or let them be sculpted by it," she wrote on her website, <http://kellycutrone.net>. "I firmly believe the latter option is best."

Cutrone offers similar advice in her best-selling book, "If You Have to Cry Go Outside: And Other Things Your Mother Never Told You," which was published in February 2010. Her second book, "Normal Gets You Nowhere," was published in May 2011 and recalls how she succeeded by

"going against the grain."

Her lecture in the Nelly Goletti Theater Monday morning was informative, motivating and of course, entertaining.

After going on a tangent about how condom packaging should be made pretty and renamed to "protection packets," Cutrone laughed at herself and said, "half of this is me being serious and half is me seeing what I can get away with."

Cutrone discussed her childhood and short-lived career as a nurse. She explained that she only became a nurse to please her mom and quickly realized it was not for her. She urged students not to do anything to please their parents, besides maybe attend-

ing a bar-mitzvah or a family event lasting less than 10 hours.

If you do, she warned, "you will be no help to yourself or society."

She encouraged students to meditate, practice yoga or do anything else they can to do some soul searching and figure out what they really want to do in life.

Cutrone spoke more about her childhood, her work at People's Revolution and her relationships with co-workers, all while sprinkling helpful advice throughout her lecture. She advised students "how not to quit" like her most recent assistant, who cried (Cutrone's pet-peeve) and left Cutrone to guess that she was about to quit. She explained that everyone hates

their job at times, but it is important not to give up. If her employees are feeling overwhelmed, she wishes they would explain to her what is wrong while remaining professional, describing a possible change rather than saying things like, "I feel like..."

Cutrone left time at the end for a Q&A session and wrapped up her lecture with an inspiring message.

"I really encourage you guys to figure out what it means to be good or great for yourselves and realize that there's absolutely nothing in your way," she said.

In February, fashion student Danielle DeZao had reached out to Cutrone via Twitter and invited her to "Creating Courage," an event put on by the Fashion Show Production Team to benefit a women's shelter in Poughkeepsie.

Cutrone, a Syracuse-native, replied to @FashionAtMarist on Twitter: "I will come I love Hudson Valley!"

DeZao and her co-directors, Madeline Bergeron and Amanda DeTurriss, were surprised at Cutrone's response and wanted to keep her involved in Marist's Fashion Program. Cutrone was so impressed with the event that she offered to come back to speak at Marist again.

The Marist community responded positively to Cutrone's visit as well. The turn-out for Monday's event was huge; nearly every seat in the Nelly Goletti was filled.

"We could not have asked for a more thorough and inspiring day with Kelly," DeZao said.



PHOTO COURTESY OF MAGGIE AMADEO

Fashion publicist, reality TV star and best-selling author Kelly Cutrone spoke to a packed Nelly Goletti Theater Monday morning, delivering blunt yet insightful career advice.

Marist pollster saves woman's life, gains national spotlight

By BRENNIA MCKINLEY
News Editor

Attention to detail helped Marist Poll student interviewer Jason Sokolowski save the life of a Manhattan woman. Through a cloud of media coverage surrounding the occurrence, the attention is now on him.

On Monday, April 16, during his shift as a Marist Poll student interviewer, Sokolowski was connected to 79-year-old Manhattan resident, Bobby Berlin. Noticing that Berlin sounded disoriented and out of breath, Sokolowski alerted his supervisor, Daniela Charter, who ultimately called 911 to send medical attention to Berlin's home.

"After I passed the phone off to my supervisor and she called 911, I went right back to work and took the next call," Sokolowski said. "I didn't even expect to hear anything about it again."

It wasn't until New York City officials called back to say that Berlin

had been slipping into a diabetic shock that Sokolowski knew the medical attention he and his supervisor called for had saved her life.

It was from this point that a swarm of media attention began to buzz around Sokolowski.

"Tuesday I didn't think twice about it," Sokolowski said. "I told my girlfriend and mentioned it to my parents, but that was it."

Shortly after, however, his phone started ringing with inquisitive reporters requesting interviews.



PHOTO CREDIT: NBC NEWS NEW YORK

Jason Sokolowski made his television interview debut on NBC News Channel 4 after making headlines for saving a Manhattan woman's life during a Marist Poll interview call.

"I was in a group meeting for my advertising class when I got a forwarded e-mail on my phone from Lee Miringoff, head of the Marist Poll, and I saw the type of people that were listed on the CC line," Sokolowski said. "It was then that I told my group, 'Hey guys, pretty sure you'll be hearing about this soon.'"

Having drawn the attention of national news outlets, the entire country would soon hear about it.

"Less than 6 hours later I got the call from my supervisor asking me to join them on the 9:47 train into Manhattan for an interview with NBC," Sokolowski said. "And it hasn't slowed down since."

After kicking off his time in the spotlight with this NBC interview, Sokolowski's claim to fame continued as he interviewed with the Poughkeepsie Journal, YNN (Your News Now), Local Cablevision News and the New York Post. Other news outlets, such as the Washington Post, a few of NBC's west coast



THIS WEEK

Thursday, 4/26

ACB National Conference

8 a.m. to 11 p.m.

Nelly Goletti

Children's Miracle Network Bracelet Sale

2 p.m. to 5 p.m.

Champagnat Breezeway

Friday, 4/27

ACB National Conference

8 a.m. 11 p.m.

Nelly Goletti

River Festival

4 p.m. to 10 p.m.

Cornell Boat House

Foxfest

5 p.m. to 9 p.m.

Campus Green

Water Polo Banquet

7 p.m. to 9 p.m.

Cabaret

SPC Movie: My Week with Marilyn

10:00 p.m. to 11:30 p.m.

Student Center

Saturday, 4/28

ACB National Conference

8 a.m. to 11 p.m.

Nelly Goletti

Block Party

11 a.m. to 2 p.m.

Campus Green

KKG Family Picnic

2 p.m. to 4 p.m.

SPC Movie: My Week with Marilyn

10 p.m. to 11:30 p.m.

Student Center

Sunday, 4/29

ACB National Conference

8 a.m. to 11 p.m.

Nelly Goletti

Dance Team Auditions

11 a.m. to 5 p.m.

Student Center

Alpha Sigma Lambda National Honor Society

5 p.m. to 8 p.m.

Cabaret

Monday, 4/30

Senior Week Ticket Sales

2 p.m. to 3:30 p.m.

Student Center

Ulrich Instrumental Recital

7 p.m. to 9 p.m.

Letter from the Editor

I'll make this quick, as I am glad you made the time in your busy schedule to fit in reading The Circle between papers, studying, group projects and everything else that all comes together in these last weeks before finals.

This week, you can read about

how workers at Marist Poll helped save a life, a look at the way college newspapers like this one are adapting to technological columns, as well as senior Rachael Shockey's farewell to her always-risque column.

Also take a study break to look into why we keep up with the Kardashians, how the Marist "bubble"

affects us and what is going on in the ever-busy world of Marist Athletics.

Thanks for giving us your time, and good luck with end-of-the-year project rush. Be on the lookout for our final print issue next week.

Eric Vander Voort
Editor-in-Chief

Security Briefs

Students Atop Cars and Publicly Celebrating 4/20

By CHRIS RAI
Staff Writer

4/17 Fulton

Before I write anything security-brief-related, can I go off-topic for a hot second? I need to give much-deserved public, written recognition to everybody who participated in the MCDE dance show. Keep in mind, I know absolutely nothing about the world of dancing. When I go to the bars on the weekends, I rarely even stand up, let alone engage in any sort of rhythmic motion. But even I – an unabashed dancephobe – appreciated everything that happened at the McCann Center last weekend. There was a dance party consisting of dolls, the stage was set on fire when a Skrillex beat dropped, Batman and the Joker engaged in a slow motion battle scene; absolutely everything was awesome. So kudos, MCDE. One of my favorite things in the world is watching people do things they're passionate about, so watching you guys do your thing on stage was a treat. But back on topic, the rest of the campus is apparently passionate about drinking heavily and smoking weed in public. So let's talk about them now.

4/17 Midrise

An alcohol confiscation in Midrise is hardly news; these things happen practically hourly because underclassmen continue to refuse to get smarter. However, a student getting caught with beer in his thermos is a nice change of pace, and that happened!

Somebody in a Fulton townhouse decided to set off a fire extinguisher for no apparent reason. This has happened far too often this semester. Stop doing that. Not only is it ridiculously irresponsible and stupid, but it's impossible to get away with. What are you going to say to security when they make their fire safety checks? "I tripped, grabbed onto the fire extinguisher for support, unhooked it from the wall, and accidentally pulled the trigger?"

4/17 Gartland

I like this story a lot. Somebody in Gartland was watching a playoff hockey game, and he was either furious or elated with the game's final score. He took a Nalgene water bottle, and he threw it through his window. May I go ahead and repeat that? He took his water bottle, and he threw it – please note the unprofessional caps lock and multiple exclamation points that I'm about to use for effect – THROUGH HIS WINDOW!!! First, that's an "It's Not Crazy, It's Sports" commercial waiting to be made. Second, that's a testament to the Nalgene brand. "Try to break me," says Nalgene. "Try to throw me through glass. I dare you."

4/17 Hudson River

Everyone who checks their Foxmail account already knows this story, because it was featured in one of John Gildard's fantastically hys-

terical picture-emails. But I'll include it anyway. A couple hundred people were enjoying the annual random day off that Marist inexplicably gives us, and one student decided to jump on the roof of a Marist security car and bust a couple moves. That was an ill-advised decision, sure, but – from a utilitarian philosophy – it was great! It sparked an email that brought so many people so much joy.

4/20 Dyson

As soon as I heard the date April 20 during my meeting with security, I started getting excited. I knew weed would be involved, but I just assumed it would be a typical confiscation at a residence building's front desk, or dumb freshmen smoking in their rooms after forgetting that marijuana has a ridiculously distinguishable smell. But it was so much better. A group of freshmen were smoking a joint right outside of Dyson Hall. I really think that may be the pinnacle of Security Briefs idiocy, and that is saying a lot. I've written stories about girls urinating in the middle of the afternoon on Leo Hall. I've written stories about six foot five men trying to swipe into freshmen dorms with their five foot nothing girlfriends' IDs. But – here comes an interrobang - smoking weed right outside of an academic building?! Are you serious?!

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

The Circle

The Student Newspaper of Marist College

Editor-in-Chief: Eric Vander Voort
Eric.VanderVoort1@marist.edu

Managing Editor: Marygrace Navarra
Marygrace.Navarra1@marist.edu

News Editor: Jenna Grande
circlenews@gmail.com
News Editor: Brenna McKinley
circlenews@gmail.com

Opinion Editor: Casey Fisk
circleopinion@gmail.com

A&E Editor: Matthew Castagna
circleae@gmail.com

Sports Editors: Zach Dooley, Garrin Marchetti
circlesports@gmail.com

Staff Writers: Ryan Calvi, Joe Fitzhenry, Casey Galasso, Geoffrey Magliocchetti, Rachael Shockey, Dan Scofield

Copy Chief: Marygrace Navarra
Marygrace.Navarra1@marist.edu

Copy Editors: Michelle Costello, Shawna Gillen, Nicole Knoebel, Bridget Rasmusson

Lifestyles Editor: Ashley Lampman
circlelifestyles@gmail.com

Features Editor: Brittany Oxley
circlefeatures@gmail.com

Photography Editor: Jon O'Sullivan
circleshots@gmail.com

Graphics Editor: Dayna Vasillik

Web: www.maristcircle.com
www.twitter.com/maristcircle
Facebook: The Circle (Marist)

Advertising Manager: Katie Berghorn
circleadvertising@gmail.com

Faculty Advisor: Gerry McNulty
gerald.mcnulty@marist.edu

From Page One

Marist pollster catapults into national spotlight

affiliates and various online blogs have reposted the story as well.

"The NBC one was unique because it was my first [interview] and I had little to no idea what to expect," he said. "Not to mention it was on a huge national network and actually being filmed in Bobby Berlin's apartment."

Sokolowski was especially pleased with YNN's coverage of the story.

"I would say that John Wagner at YNN did a great job telling the story as I think it should have been told," he said, "not to mention [he] had some really nice shots of the [Marist] campus."

All of the media outlets have painted Sokolowski as a hero, despite his modest refutation of the title.

"In my best estimation, I do not consider myself a hero," he said,

"but the media is strong in branding an individual, and due to their powers I am a 'hero.'"

"I think human or a Good Samaritan is a better label," he added. "But...it doesn't really matter to me because I wasn't expecting any of this. I heard someone who needed help [and] I got her help; [that's] all there was to it."

Sokolowski's national media attention was recognized on campus as well. Aside from his usual group of friends bestowing their congratulations, he has gotten increased attention from the community since the airing of the initial NBC interview on April 17.

"I got a lot of double-takes," he said, "as if they knew the face from somewhere and couldn't figure out where."

A few of Sokolowski's teachers

made it a point to play the NBC interview clip before class in the week that followed; others simply wanted to shake his hand and ask him about what happened.

"I was in the Hancock Center and someone delivering take-out to someone in the building recognized me from reading the article in the Poughkeepsie Journal that morning, and people in the Stop and Shop on Friday were giving me the same look that some of my peers on campus were," Sokolowski said. "It's absolutely peculiar."

Sokolowski has accepted all of his recent media attention graciously, and his humble attitude remains.

"People tell me that I don't understand the magnitude of what I did because of only being 20 years old and that it will mean more to

me when I get older," he said. "I don't know how much I buy into that, but I guess we'll see."

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writethecircle@gmail.com

Kappas keep active with Guinness World Record effort

By CASEY GALASSO

Staff Writer

The Zeta Chi Chapter of Kappa Kappa Gamma at Marist College joined local students in helping the nonprofit group, Walkway Over the Hudson, launch their drive to break a Guinness World Record by gathering 3,000 people to form the "World's Longest Line of Dancers Performing the Hokey Pokey."

The kick-off event was held on April 2 at the entrance to the pedestrian walking bridge that connects Ulster County with the City of Poughkeepsie. The girls of Zeta Chi danced the Hokey Pokey to raise awareness for the organization's June 9 fundraising event, where a Guinness World Records judge will be in attendance to present the new world record if the attempt is a success.

"This will be one of the most exciting public events in the

Hudson Valley," said Elizabeth Waldstein-Hart, Walkway's executive director. "What a spectacular sight, the world's longest line of people on the world's longest pedestrian bridge."

This event will be one of Walkway Over the Hudson's prime fundraisers for this year. Under the terms established by Guinness World Records, a line comprised of at least 2,352 dancers will be required to perform the Hokey Pokey non-stop for a period of at least five minutes in order to break the record.

The Zeta Chi chapter of Kappa Kappa Gamma has a prominent presence both on the Marist campus and in the city of Poughkeepsie. This past year alone, the sisters read and donated books to the children at the Catharine Street Community Center, donated to St. Jude Children's Research Hospital, held a Valentine's Day fundraiser for The Kappa Foundation and raised

over \$1,000 for Relay for Life. They capped off the spring semester by placing first at Greek Week.



KARL RABE/ POUGHKEEPSIEJOURNAL.COM

Marist juniors and Kappa Kappa Gamma members Carina Chivulescu and Nicole Paunovic dance their way across the Walkway Over the Hudson.

Marist-hosted band convention attracts top concert bands

By BRENNAN MCKINLEY

News Editor

Marist College has the honor of hosting this year's Association of Concert Bands National Convention. This year's event is in progress at the historic Bardavon Opera House in Poughkeepsie, lasting through April 29.

The event will feature hundreds of musicians in 11 bands performing around the theme of "Harmony on the Hudson," in order to celebrate the musical history of the Hudson Valley.

Aside from featuring performances from the Marist College Symphonic Band under the direction of Arthur Himmelberger and the Marist College Singers, the convention will feature some of the area's top concert bands. The West Point Band and West Point Concert Band performed at the Gala Opening Concert on Wednes-

day, April 25 at 7:30 p.m.

Other notable performers include: Keith Brion, who will perform as John Philip Sousa in leading the Memorial Concert Band of Colonie; Poughkeepsie native trumpeter Leonard B. Smith; the Allentown Band, the world's oldest civilian band and the world's youngest soloist on the coronet, 11-year-old Geoffrey Galante.

The Marist Music Department's performances will be held on Saturday, April 28 at 7:30 p.m. All of the concerts are free and open to the public. Tickets will be available at the door before each performance and can also be reserved by calling the Bardavon box office at (845) 473-2072. More information, including the full concert schedule, can be found at <http://acb2012convention.com>.



JOSEPH A/FLICKE

The Bardavon Opera House in Poughkeepsie is where Marist is hosting this year's Association of Concert Bands National Convention from April 25-29.

Guest's car broken into

By CIRCLE STAFF

On Saturday night, a car belonging to a guest was broken into in the Beck parking lot. The guest was visiting Cat Vaccaro, a freshman, who said that the car was discovered on Sunday with contents thrown around the car, the GPS missing and the gas cap open. The car was unable to be started.

Vaccaro said that the incident was reported to Security immediately and the police became involved. Despite Vaccaro saying that the guests believed they had locked their doors the night before,

the police found no sign of forced entry.

"[Security] handled it very well," Vaccaro said. "There was nothing that could be done about it now, because there are no cameras there, which I didn't know."

"I do think they should they should have sent out an email," Vaccaro added.

Although the incident happened on campus, there was no email sent to the Marist community concerning the break-in and theft. John Gildard, director of Safety and Security, could not be reached for comment.

Think you can catch that action shot?

Prove it!

The Circle is seeking photographers to photograph sporting events and campus events.



contact Circleshots@gmail.com for more information

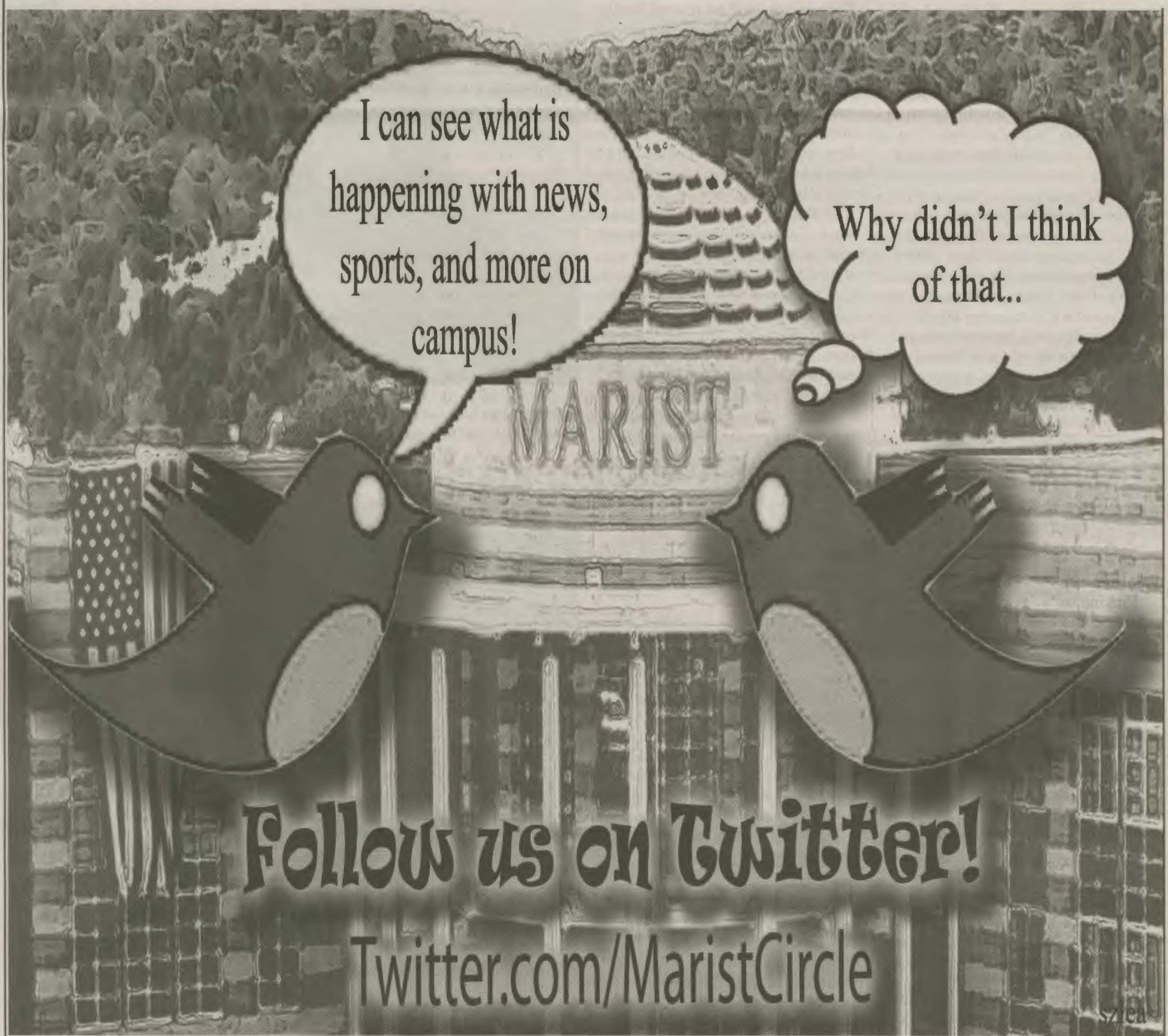
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I can see what is happening with news, sports, and more on campus!

Why didn't I think of that..

Follow us on Twitter!

Twitter.com/MaristCircle

Marist community shows support for Operation PROM

By BRITTANY SEPE
Circle Contributor

A total of 63 dresses were collected after Marist College students Danielle Aveta, Melody Felix and Kaitlin Wasylyk, founders of Class Act Communications, joined forces with Operation PROM to host a dress drive. The event was held in the college's student center from 2 p.m. to 6 p.m. on Wednesday, March 28.

Alongside the girls of Class Act Communications was the Director of the Hudson Valley chapter of Operation PROM: Nicole Capoccitti.

"Prom has become a rite of passage for young adults across America," said Capoccitti, "and we collect from folks like you, designers, and pageant winners in order to give underprivileged students the opportunity to have a dress for their special

night."

Noel D'Allaco founded Operation PROM in 2005. Operation PROM is a 501 c3 non-profit Organization, originally established to help low-income students attend their proms by providing free dresses and tuxedo rentals. It has since expanded to also help students with regular donations of food, clothing and school supplies.

"What made the collaboration perfect for both parties is that the Hudson Valley chapter just opened its doors this past January, so they are very new and needed extra help to get started," said Danielle Aveta.

The dress drive was considered to be a big success in the eyes of Class Act Communications, Operation PROM and the Marist College community. As published on the Westchester Country government page, "The 2010 - 2011 season was

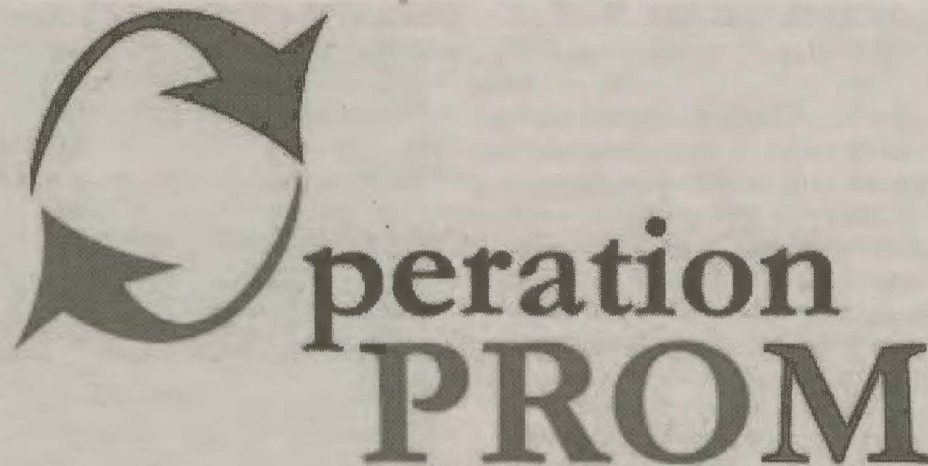


PHOTO COURTESY OF [HTTP://WWW.OHNIKKA.COM/OPERATION-PROM-2012-LAUNCH-PARTY-AND-DRESS-DRIVE/](http://www.ohnikka.com/operation-prom-2012-launch-party-and-dress-drive/)

Marist College students have established an organization that provides low-income students with free dress and tuxedo rentals for their proms.

our best yet," said Operation PROM founder Noel D'Allaco. "We were able to collect 3,200 dresses and arrange discounted tuxedo rental for boys."

Operation PROM and its collaborators hope to keep up this excellent trend of giving into the 2011-2012 season prom season.

Keeping up with a changing media environment

By DAN SCOFIELD
Staff Writer

Last month, two other Marist journalism students and I received the privilege of attending the Spring College Media Convention in New York City. The convention consisted of three days of media seminars with themes ranging from Super Bowl coverage all the way to Cookbook writing.

Each one of us attended a variety of lectures and workshops catering to our individual interests. On top of the valuable lessons I took with me on the train back to Poughkeepsie, I was able to meet and network with professionals at the top of the field from powerhouse media companies such as the New York Times and ESPN.

The biggest lesson I brought back from this experience had nothing to do with covering a Super Bowl or writing recipes, however. Instead, it happened to be the concept firmly cemented in my head by every guest lecturer present: Internet technology is the future of how we receive and communicate news and information.

Picking up a newspaper and reading it cover to cover has become a luxury rather than a habitual necessity. Reading online magazine articles have become more of a convenience than paying a few bucks for the print edition.

According to the eighth annual State of the News Media survey, online consumption of news has increased 17 percent from just last year while newspaper circulations continued to diminish across the country.

Marist's own student newspaper has also seen a change.

"On days we put out an online only edition, we typically get over 1,000 hits on the website," said Circle Editor-in-Chief, Eric Vander Voort. "It's much harder to gauge how

many people read the print issue, but it seems to have declined in recent years, which is one of the main reasons we switched to printing every other week."

While Marist students still find the print edition of The Circle useful, this hasn't been the case with every school newspaper. One student editor stemming from New Jersey voiced his paper's adaption to the move towards technology during a workshop on which I sat in.

"We have started to focus almost solely on our online edition because that is where students are most," said the speaking editor, who did not give his name or school affiliation. "We even debated cutting the print edition altogether but decided, instead, to put that as our number two priority behind our website."

It's no secret that the Internet is becoming the most popular source of newsgathering. This platform allows instant, easy access to anything and everything going on in the world with just a few clicks. Media publications are beginning to think to themselves, "If this is where the eyes are, this is where the information should be."

Engaging in the Internet and its many social media networks is quickly becoming a requirement for not only the customers, but for those with careers in the media field as well.

"Almost every lecture that I attended recommended anyone who is aspiring to work in the media have a blog or professional social media account," said Ana Jean Healy, a Marist Journalism major who also attended the College Media Convention. "That is where they will get the most visibility."

But what does this influx of technology mean for the future of publications such as our own here at Marist?

On campus, there are more print publications that seem to go almost

unnoticed by the general student population than ones that do receive attention. These include student works such as The Mosaic, the Fox-Forum and Generator Magazine. While the content in these publications showcases the strength of our journalist's here at Marist, enough eyes don't get to read the content itself.

Yet information and news that is distributed via the college's official website is seen by a much larger audience. Marist's official twitter (@Marist) has nearly 5,000 followers—a number that continues to rise each day.

"Twitter and social media networks have more than changed the way I get my news these days," said Dan Maffei, a sophomore Information Technology major. "You could say it's the only way I get my news now."

There is no question Internet tech-

nology is changing the way news is being communicated in this new-age media world. But according to one New York Times entertainment writer, print is here to stay for the foreseeable future.

"Newspapers and magazines offer something that the Internet will never be able to: an intimate, close connection with the reader," said Brian Stelter, who covers television entertainment at the Times.

"The routine of reading the news in print may one day vanish, but not in our lifetime," said Stelter during another lecture I attended.

Stelter had one final message for the room full of aspiring writers before leaving the podium and going back to his New York Times office.

"The beauty of all this talk is that no matter where you're getting your news from—iPhone, iPad, iWhatever—you're always going to get it. News is what everyone wants."



PHOTO COURTESY OF DAN SCOFIELD

The Circle has made changes in an effort to better cater to an electronic audience, much like other schools around the country. Today's changing media environment has forced many college media outlets to redirect their focus.

Sexual Healing: Let's get it on one more time

By RACHAEL SHOCKEY
Staff Writer

As The Circle's website allows readers to leave comments on our articles, one reader once chided at me that from now on my name on the Internet will be tied to obscene phrases like "tongue-to-anus contact." Indeed it could be, and I, for one, would not have it any other way.

Two years, six months and thousands of orgasms ago, I contacted The Circle's Lifestyles editor, requesting to start a sex column. I envisioned a world in which anyone can choose to have or not have beautiful, consensual, fulfilling sex, and I wanted to do something proactive in regards to that vision. With little more than a basic familiarity with reproductive anatomy, familiarity with precisely one sex column (yes, it was the fictional one from "Sex and the City"), dissatisfaction with the sparse sexual discourse at Marist, and my attempt at a sense of humor, I set out to encourage sex talk on campus and promote acceptance of all sex-related interests, personal choices and personal identities.

I called the column "Sexual Healing" not just to pay homage to the wondrously sexy Marvin Gaye, but also in the name of helping young

adults to heal from sexual shame and repression frequently imposed on us by the media, our culture and our educational system. With my articles, I hoped to encourage readers to act on sexual curiosities in consensual and responsible ways and to discourage appropriation of the idea of "normal" in sexual contexts.

The greatest rewards of writing "Sexual Healing" have been the ways in which the experience has helped me to grow up. First off, it yielded many tough love lessons on how to deal with criticism as an

I hoped to encourage readers to act on sexual curiosities in consensual and responsible ways and to discourage appropriation of the idea of "normal" in sexual contexts.

adult. Unsurprisingly, I was met with occasional resistance and denigration from students, parents, faculty members and concerned civilians. Some were upset that their sons and daughters were being exposed to the s-word, the v-word, the p-word, and that other dreaded p-word that rhymes with "myriad;" some were concerned that my attention to STIs was insufficient; and some (like "tongue-to-anus contact"

guy) were just worried about me—namely that I was establishing an image of myself as a reckless trollop and would therefore never get a job.

As a people-pleaser by nature, preventing these criticisms from affecting my confidence was no simple task. Luckily, the praise I've received for my writing has far outweighed the flack (at least to my knowledge). The support has helped me to remember that spreading the good word of sexual exploration is exceedingly more important to me than dodging strongly-worded emails from strangers. I resolved to keep writing what I wanted, but attempted to better clarify my motives in my articles, so that people would have less basis to deem my column something best fit for Penthouse.

Second and more obviously, this experience has revealed to me areas of sexuality that helped me to redefine "normal". My aim was to approach everything I wrote about fairly, and to write in a nonjudgmental way. I found that, in addition to the research being eye-opening, the actual process of writing in this style made me feel very responsible for my own sexual fate and, as such, has helped me to better foster my own sexual curiosity. My hope is that my articles have served a similar purpose for others.

In short, I have certainly been one



BOMBAYHIPHOP/FICKR

"Helps to relieve the mind, and it's good for us, sexual healing, baby."

of the greatest beneficiaries of "Sexual Healing." As such, I would like to thank the members of The Circle staff, the members of Marist faculty and administration, friends, peers and family members who reassured me and cheered me on through this quest. I wish the good people of Marist College so much pleasure in their futures—be it through abstinence, monogamy, celibacy, polyamory, casual sex, casual kissing, casual masturbating, BDSM, heavy petting or fetish-feeding. I find sexuality to be such an incredible gift, and it's been an honor celebrating that gift with all of you.

Exploring the high peaks of the Hudson River Valley

By ASHLEY LAMPMAN
Lifestyles Editor

Being located in the heart of the Hudson Valley and right along the Hudson River, Marist College is the perfect place to spend your time during the spring. The Hudson Valley offers students many options to get outside and enjoy the beautiful, warm weather. Poughkeepsie, as well as the many neighboring towns, provides numerous outdoor activities to enjoy the weather and the beauty of the Hudson Valley.

Poughkeepsie offers many outdoor activities that students can enjoy without having to travel far. The Walkway Over the Hudson is a great way to take in the beautiful view of the Hudson Valley during the springtime. Only five minutes away from Marist College, it is a

great way to spend an afternoon. Students can jog, walk, bike or rollerblade across the 1.28-mile bridge, all while enjoying an incredible view. Students can rent bikes at Anthony's Bike Rentals, located right across the Walkway Over the Hudson, and go for a ride over the bridge, or ride through the Dutchess Rail Trails. The Dutchess Rail Trails stretch over 12 miles throughout the Hudson Valley. Marist students can ride the entire trail or certain parts that go directly through the town of Poughkeepsie.

Students can also make a quick trip over the Mid Hudson Bridge into New Paltz for a day. The Mohonk Preserve has several different trails for hiking. There are trails for leisurely walks, short hikes or trails for longer and more challenging hikes. Hiking through the Mohonk



JULIANCOLTON2/FICKR

The Walkway Over the Hudson offers a beautiful view of the scenic Hudson Valley.

Preserve is a great way to see the view from the other side of the river. If you're looking for a day full of excitement and challenge, visit Mountain Skills Climbing Guides in New Paltz. There, students can spend the full day or a half day learning how to rock climb the beautiful Catskill and Shawangunk Mountains. They also offer other excursions such as rock scrambling and rappelling. Spending the day making your way through the mountains is an ideal way to experience the beauty of the Hudson Valley.

Being located right on the river, students get to see the river every day as they make their way to and from class. But if you really want to see the river, instead of going down to the Riverfront, try traveling 15 minutes north up Route 9 to Norrie Point Paddlesport Center. At Norrie Point Paddlesport Center, you can take a kayak tour down the

Hudson River. They offer different tours depending on your skill level, so if you've never kayaked before, don't worry. They offer a beginner's tour and tours for those who are more advanced. You can also rent a kayak for a day and explore the River on your own.

A great thing about the Hudson Valley is that it has over 40 parks for people to explore. At <http://scenichudson.org>, you can search for parks in the area. Each park offers different trails to hike, with a different experience and view of the Hudson Valley.

With only a couple weeks left in the semester, take a short walk over the Walkway, hike through one of the 40 parks in the area or travel down the Hudson River in a kayak. Take advantage of the beautiful weather and what the Hudson Valley has to offer. No matter what you decide to do, you are bound to encounter a beautiful view.



ASHLEY LAMPMAN/THE CIRCLE

The Hudson Valley has over 40 parks that offer great trails for hiking and biking.

“Safe House”: A thrilling modern spy flick

By GEOFFREY MAGLIOCCHETTI
Staff Writer

Denzel Washington is easily one of the coolest actors of our generation. We’ve grown to know and love Denzel as the calm hero, swiftly taking out the baddies in recent thrillers like “The Taking of Pelham 123,” “Unstoppable” and “Inside Man.” But let’s not forget that Washington has also excelled in antagonistic roles, as evidenced by his villainous performances in “Training Day” and “American Gangster.” Most action film bad guys are almost always stereotyped as crazy, quick-tempered madmen who’ll start yelling at the slightest provocation (Denzel’s nemesis in “Pelham,” John Travolta, was a good example of that). Rather, Washington maintains a calm persona, his relaxed half-smile almost never leaving his face as he approaches the next obstacles. A film like “Safe House” sure provides plenty of those obstacles with its twists, turns and chases. Cast as a CIA agent turned international criminal Tobin Frost, Denzel doesn’t lose his cool once, even while cuffed and held at gunpoint. When co-star Ryan Reynolds cuffs him to a pipe, Washington still manages to keep his composure,



PHOTO COURTESY OF WWW.VANITYFAIR.COM

Ryan Reynolds (left) and Denzel Washington (right) face-off in the rogue spy thriller, “Safe House.” Reynolds asserts his prowess and proves he can act with the greats.

taunting Reynolds the entire time, slowly unraveling the young low-level agent with his logic and wisecracks.

While “Safe House” showcases all the reasons we’ve grown to love Washington over the years, it also shows why we should keep an eye on Ryan Reynolds. Reynolds is better known for comedic roles, but has gotten a bad rap for being in mediocre action films such as “Smokin’ Aces” and “Green Lantern.” “Safe House” finally gives Reynolds a good lead role as rookie agent Matt Weston who oversees

the titular safe house. Reynolds starts off as a youngster eager to get out of the safe house and earn some real experience, but ends up having to fight for his life, and Tobin’s, when the safe house is attacked. Reynolds’s character also keeps his cool despite never handling a gun before. Action stars like Tom Hardy, Chris Hemsworth, and Sam Worthington were also considered for the role, but Reynolds makes it his own, staying on par with Washington in nearly every scene.

One thing that separates “Safe House” from the other action films

out today is its setting in Cape Town, South Africa. Most Hollywood action thrillers take place in big American cities like New York or Los Angeles, but this is a refreshing change of scenery. Other than the indie hit “District 9” and Eastwood’s “Invictus,” I can’t remember seeing another film take place in South Africa. It makes Weston’s plight even more desperate, being in an unfamiliar environment. The camera also is kind enough to take the time to show some of the natural beauty the country has to offer - always a plus during the cold winter.

“Safe House” does have shortcomings in its abrupt ending and poor execution of key plot twists, but it is still an enjoyable film nonetheless. Near the end of the film, the expert Washington tells the rookie Reynolds, “You’re better than me.” While that may not be the case, Reynolds is still an actor to keep an eye on. While “Green Lantern” did not live up to the hype in the eyes of many fans, don’t give up on the kid just yet. When you can stay in the fight with Denzel Washington (figuratively and literally in this film’s case), you know you’re doing something right. Keep it up, Ryan.

“Titanic 3D”: Necessary revival or a gimmick?

By DEANA HASANDJEKAJ
Circle Contributor

Going into “Titanic,” I was very excited to re-live the heart-pounding drama of the classic, constantly envisioning how awesome the 3D effects would be. Unfortunately, I left the theater sadly disappointed with the revised product. Everyone knows and adores the romance between Jack and Rose, and even the most veteran viewers shed a couple of tears before the film’s finale. I thoroughly enjoyed re-watching “Titanic,” but for \$15, the special effects were less than satisfactory.

The only time I felt noticeably impressed with the re-rendered 3D imaging was during the prologue where the groups of deep-sea divers

explore the wreckage of the actual Titanic. However, personally, I find the opening of the film to be a bit drawn out, so I still found this part to be boring despite the special effects.

All in all, I was expecting more from this seemingly rushed rehash. I was expecting the movie to portray the Titanic as if you were there yourself - falling off into the cold watery abyss. Although some virtual effects made you clearly see individuals falling off of the ship, it wasn’t enough to suck you into the fictional world. Surprisingly, the special effects were actually quite minimal - most of “Titanic” focuses on the fan-obsessed romance, and therefore, there were very limited moment where the special effects seemed

necessary. Honestly, seeing the movie in 3D was almost the same thing as seeing it in theaters when the movie first came out.



PHOTO COURTESY OF WWW.COLLIDER.COM

One of the many famous scenes between Jack and Rose in “Titanic.”

I enjoyed it the most because it afforded me the opportunity to see what I missed in theaters the first time.

Overall, the movie felt like a Hollywood gimmick. Clearly, James Cameron wanted the movie to make even more money than it already had - it seems as if he knew that he would make a great deal of revenue no matter how good or bad the quality of the movie was. “Titanic” is a modern classic that people of all ages would go to see, making it the perfect film to launch this potential scam. Although this whole thing appears to be a scam, I did think it was worth seeing again. For all fans of the original, I encourage you to see it for the sake of re-experiencing the classic in theaters once more. However, if you are looking forward to seeing crazy special effects, don’t hold your breath.

A critical analysis of the the Kardashian Family

By NICOLE KNOEBEL
Staff Writer

In America, few families have been able to solidify themselves in history like the Vanderbilts, the Rockefellers, the Kennedys...and the Kardashians. Like it or not, the Kardashians have officially engrained themselves into the fabrics of modern history. They’ve become water cooler topics for far more people than those who actually watch

their E! reality shows focusing on their family and dramatic relationships. But many thought that after Kim’s supposed publicity-stunt wedding to Kris Humphries, their reign as America’s most speculated about and sought-after family was nearing its end. But is it really?

The “Kourtney and Kim Take New York” season finale garnered the show its highest ratings ever when it featured the demise of the Kim/Kris marriage, a marriage highlighted by its brevity (72 days

in all) and Kim’s constant refusal to do anything Kris wanted in life, including an eventual move to Minnesota and career slow-down to raise kids. The divorce made headlines in entertainment magazines and reputable newspapers alike due to the popularity (or infamy) of the Kardashians. Kim was ridiculed for making money off the wedding (allegedly up to \$10 million) and using it as a means of gaining further publicity. People thought this was the beginning of a decline for the

Kardashian’s estimated \$65 million empire.

But if anything, the family keeps gaining attention and popularity. Kourtney announced her second pregnancy with Scott Disick’s child and excitedly revealed she would be having yet another Kardashian girl. Furthermore, Khloe and her husband Lamar stirred up drama with their move to Dallas, Lamar’s recent announcement that he would leave the Dallas Mavericks, and

SEE WHY, PAGE 8

From Page 7

Why do we keep up with the Kardashians?

their continued struggle to conceive a child. Kim is most recently stealing the spotlight with a rumored romance with rapper Kanye West, a longtime family friend.

In addition, Kim thinks she can run the government. In a ridiculous and unexpected move, Kim publicly announced on her sister Khloe's reality show that she plans to run for mayor of Glendale, California. On top of all this, the trio of sisters is set to make up to \$200 million from their new Kardashian Kollection - a clothing line at Sears.

So what is it that keeps people drawn to the Kardashians even after so many publically despised "stunts" like Kim's marriage to Kris? I know that I watch their shows out of a fascination of their ridiculous, endless-pocket lifestyle that developed as a result of their father Rob Kardashian's notoriety (one of OJ Simpson's lawyers) and Kim's "mistakenly" released sex tape. I may not like them as people, but I can't seem to stop watching them out of sheer curiosity. Other

students seem to be more enthusiastic fans of the Kardashians.

"I don't know if the way they came to fame is completely justified, but I don't think they get enough credit for what they are actually doing now with their line and all of their stores and perfumes," freshman Heather Rodkey said.

"I feel like it was definitely a bad reason that they came to fame but they're doing good things with their fame now. Little girls look up to them," freshman Katie Salierno said.

Others looked down upon the family that has exploded into the pop-culture realm.

"I don't like the Kardashians because they're famous for doing absolutely nothing," freshman Nicole Musto said. "They're basically famous for deciding to put their lives on television, which anyone can do. I feel like they put on a show to entertain other people and they're not actually concerned about their public image."

It's clear that the Kardashians



PHOTO COURTESY OF GAWKER

These sisters have the coveted trifecta: fame, fortune and flawless photoshopping.

and their publicized drama are not slowing down anytime soon. We'll see if they suffer the same fate as former socialite Paris Hilton or if their fame endures into the future. Either way, it's clear that, for now,

we're still "keeping up with the Kardashians."

Bursting the Marist bubble

By **SHAUN JENNINGS**
Circle Contributor

By now, most people understand the concept of a "bubble." The term is usually defined as "anything that lacks firmness, substance, or permanence," and as "an inflated speculation, especially if fraudulent." "Bubble" has been used to describe financial markets, housing industries and monetary policy. Today, I would like to apply this term to an-

other place: Marist College. More specifically, I believe Marist is now in a dangerous bubble situation that is on the verge of bursting.

Marist has done an amazing job creating a wonderful learning atmosphere for learning that continues to attract more and more students every year. Applicants for the Class of 2015 topped 11,400 and 34 percent of those students were accepted to attend. Compared to the fall of 2010, this is an increase in applications by nearly 2,000 with

around 200 more students accepted. To a casual observer, this seems like great news! Marist is growing and expanding into a top-tier college in the U.S. and around the world. Current students at Marist have an entirely different perspective: a bubble ready to burst.

Think of it as a business which only focuses on hiring new employees, or as a financial market without regulations. Marist College is so focused on gaining new students that this gain ends up being at the expense of their existing population. Sure, I'm proud of the Hancock Center and the renovations of McCann, but those are for the brochure covers. I'm talking about the day-to-day workings of a campus full of students. I am constantly hearing of students having serious issues with the various administrative offices at Marist. These problems are entirely avoidable and don't fairly represent the core abilities of these offices. The dilemma is that these offices are severely understaffed and overworked. It can be so frustrating to have your paperwork lost or your request ignored. The sad part is, we have so many amazing staff members on campus who work incredibly hard to help students be successful. Nobody loses papers or ignores requests on purpose; it is an effect of circumstance.

Last year, Marist released their five-year strategic plan titled "Leadership and Innovation for a Changing World: Strategic Plan 2011 - 2016." Not once did this report mention a single consideration for

the quality and integrity of the day-to-day operational offices of this college. In fact, of their listed goals and initiatives, Marist mentions increasing the number of faculty members to match the increase in the student population, but doesn't contain a single reference to the administrative offices.

Marist is a very short time away from a student revolt, and in this age of digital media and social networks, it could be very devastating to the place most of us call home. A school of Marist's caliber should strive to give their students the very best, not just academically, but also administratively. I call upon the executive leadership of Marist College, including President Dennis Murray, to take a serious look at how a rapidly expanding college must adapt to best serve its students. I think it's time we give the staff of Marist College a chance to shine. We must do it soon, for this bubble is close to popping.



FLICKR/KATY SILBERGER

Marist's structures may appear sturdy and slightly from beyond the bubble but students are becoming increasingly aware of administrative shortcomings.



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The Fox Trot

Quick hits of the week in Marist athletics

Baseball

Marist baseball took to the road this weekend to begin a crucial three-game series with Rider, who came into the series competing with Marist for one of the last two spots in the elusive MAAC Tournament field. After dropping the first game by a 9-6 score line on Friday, Marist knew it needed to deliver on Saturday and it came through with two key wins, vaulting them to 7-7 on the season, good for fourth overall in the MAAC Standings.

Marist took a comfortable victory in the first game, pulling out a 13-0 victory over the Broncs. Jake Berry continued his impressive form from Friday's game, with a 3 for 4 effort, including two runs scored and a run batted in. Nick McQuail and Dan Zlotnick also had three for four days at the plate, propelling the Marist offense. McQuail had three runs batted in and Zlotnick had two runs scored. Brett Houseal went the distance for the Red Foxes, throwing a seven inning shutout, for his first win of the season.

Game Two was not the best of starts for the Red Foxes, as they went down 3-1 going into the sev-

enth inning. Chris Bielak and Brendan Dolan had a good start to the game, keeping Marist close, but the Red Foxes offense could only muster one run, on an RBI double from Eric Helmrich in the sixth. Marist came alive in the seventh, however, as Ben Luderer had an RBI single, plating one, and Eric Molinaro and Berry scored unearned runs to give the Red Foxes a 4-3 lead. Jake Rifkin pitched three scoreless innings to earn his fourth save of the season.

Tennis

On Monday, the Marist men's tennis team ended its regular season in winning fashion, beating Army 5-2 in a non-conference matchup at the Marist Tennis Pavilion.

Will Rezek and Dalen Klassen each won their respective matches in three sets. Other singles winners included Lorenzo Rossi, Joseph Dube and Billy Bishop. In the doubles matches, Joris Van Eck and Rossi were the only Red Fox doubles team to win a match, defeating their Army counterparts 8-6.

The Red Foxes ended their season on an eight-game winning streak,

and finished the regular season with a 14-5 record. On Saturday, Marist will begin play in the MAAC Championships as the tournament's top seed when they take on St. Peter's at 9:00 a.m.

The women's team also clinched the top seed in their conference tournament after beating Rider, 7-0, in Lawrenceville, N.J. The Red Foxes are the defending MAAC champions.

In the match on Friday, Marist won all of their singles matches, and in doubles action, the Red Foxes won two out of three matches. Doubles teams of Joana Sun and Marielle Campbell, and Tessa Lewis and Erin McCarthy gave Marist points with their 8-1 and 8-0 victories, respectively.

Opening round of the MAAC Women's Tennis Championships will take place this weekend, beginning on Saturday, in West Windsor, N.J. Times are TBA.

Track and Field

Senior Will Griffin and junior Arquimedes Delacruz both qualified for the IC4A Championships in their respective events, via their

performances at the Mt. SAC Relays. Griffin ran a personal best time of 30:40.20 in the 10,000-meter run, in which he participated in the Olympic Development/Elite section. Griffin finished more than 27 seconds under the qualifying time. Delacruz finished with a time of 9:08.58 in the 3,000-meter steeplechase, which bested his season personal best by just under two seconds. Ken Walshak also competed for them men in the 10,000-meter run, finishing with a time of 31:50.68 and Addie DiFrancesco finished with a time of 37:02.53 in the women's competition.

At the Larry Ellis Invitational, freshman Dave Marthy won his heat in the 800-meter run with a time of 1:54.66, which placed him in 24th place overall. Senior Tom Lipari placed 33rd in the 1,500-meter run with a time of 4:00.86. On the women's side, freshman Michelle Gaye took 19th place in the 1,500-meter run with a time of 4:45.10. Freshman Christine Coughlin finished 23rd in the same event at 4.46.93. Freshman Erin Thompson finished 16th in the 3,000-meter run with a time of 10:29.12.

Women's lacrosse clinches three seed at MAAC's

By JOE FITZHENRY

Staff Writer

The Marist Red Foxes women's lacrosse team clinched the number three seed in the upcoming MAAC Tournament with a 15-5 win against Niagara, coupled with a Siena loss to Fairfield. The tournament will be held on Friday through Sunday at Canisius, where the Red Foxes will take on the host Golden Griffins.

"I'm proud of the way we played; we played a full 60 minutes with no let up. We got hungrier as the game went on," Marist head Coach Jessica O'Brien said. "It means a lot for the program to qualify for the tournament, and it shows we're doing the right thing in some areas and we've made some improvements as well."

Ariel Kramer, a senior from Syracuse, N.Y., led the offensive charge for Marist with eight goals, tying a 14-year old program record. Ashley Miller added a hat trick for the Red Foxes, while Shannon Haas chipped in with a pair of goals as well.

Fran Pollastro led the Purple Eagles with two of her team's five goals in the losing effort.

Kramer's eight goal performance ties Pamela Brown for the best in program history. Brown scored eight against Howard back on April 10, 1998.

"It's really exciting. I thought of it as my last chance to make a final impression on Marist lacrosse," Kramer said. "Either I step up and we go to MAACs, or we go home and I'm crying."

The teams traded goals for the opening 15 minutes of the first half with Niagara holding a 4-3 lead, be-

fore Kramer tied the contest with a goal at 14:56. The senior's first tally of the day started a four goal run for Marist leading up to halftime.

Kramer would record another pair of goals over the run, along with a goal from Kelly Condon to give the Red Foxes a 7-4 lead at the half.

Marist would go on to outscore the Purple Eagles by an 8-1 margin in the second half, with Kramer netting her fifth goal just 2:03 into the final frame. Katherine Pille cut the deficit to three for Niagara with 27:01 to play.

However, the Red Foxes would go on to close the game on a 7-0 run, including three goals from Kramer, a pair from Haas, and one apiece from Miller and Jackie DiMaria. The goal from DiMaria, a freshman from Dix Hills, N.Y., was the first of her career.

Ashley Casiano and Liz Holmes

combined to make 13 saves in net for the Red Foxes, with nine of them coming in the final 30 minutes. Kelly Wawro recorded eight saves for Niagara.

Next up for the Red Foxes is a second consecutive trip to western New York, as they take on Canisius in the MAAC Tournament. Opening faceoff is scheduled for 8:00 p.m., the nightcap of the doubleheader with Fairfield and Siena is scheduled to play at 5:30 p.m.

Marist defeated the Golden Griffins 13-11 back on April 14 on the strength of a hat trick apiece from Kramer and Emily Leonard.

"I'm telling the girls not to remember we beat them," O'Brien said. "We are playing them on their home turf this time and we need to be even hungrier than the last time we played them. I think they know what's at stake."

Men's basketball fills Class of 2012 with Hart

By ERIC VANDER VOORT

Editor-In-Chief

The Marist men's basketball team rounded out its incoming class by announcing the signing two weeks ago of Delaware Player of the Year Khallid Hart. Hart joins Eric Truog and Phillip Lawrence, who committed in the Fall signing period, in the class of 2012.

"We're excited about Khallid," head coach Chuck Martin said. "He's a great kid, great family. We know he's a winner. I just think he's got the entire package."

Hart is a 6-foot-2 point guard out of Sanford High School in Newark, Delaware. In his senior year, he led the team with 15.7 points and 5.9

assists per game on the way to a third straight state championship, a 23-1 record and the State Player of the Year award. Hart will replace R.J. Hall, last year's backup point guard and the only senior to graduate from the team.

According to Martin, fellow MAAC schools Rider and Niagara were also in the mix for Hart, as well as Boston University, Delaware and Jacksonville. However, Martin said that because of the relationship forged between Hart and Marist, Hart didn't feel the need to visit other schools.

On ESPN.com's Recruiting Nation, Hart is ranked as the 47th-best point guard in the country with a two-star rating of 85, the highest rating of a recruit in Martin's time

at Marist. Martin said that recruiting has come easier in recent years.

"The last two years, Adam [Kemp], Pieter [Prinsloo] and Jay [Bowie]'s class was the start of it. Last year was a really good recruiting class with Chavaughn [Lewis], T.J. [Curry], Isaiah [Morton] and Manny [Thomas]. I think we're following that up with an equally as good class with Khallid Hart, with Phillip Lawrence and Eric Troug."

Last season, freshmen had a major influence on the squad that went 14-18, an eight-win improvement over the previous season. Morton started in all but one game at point guard in his first season while classmate Lewis led the team in scoring with 14.4 points per game. The class of 2012 seems poised to

make an immediate impact as well.

"Philip will give us an athletic four-man that we have not had in the program since I've been here," Martin said. "He's a legit 6-7 and he plays above the rim. Eric Troug gives us a lot of physicality. At 6-9, 250, he's a big, strong kid. I'm excited about him being able to come in and participate right away."

Because only Hall graduated, Martin said that enough scholarships were available to add all three players. With the addition of Hart, the Class of 2012 is now complete.

"Great kid, he's fun to watch," Martin said of Hart. "I think people in our community will really enjoy watching him play."

From Page 12

McQuail finding full form down the stretch run

They can no longer pitch around the Red Foxes big hitters, junior first baseman Mike Orefice and junior shortstop Zach Shank, because they have McQuail and sophomore Jake Berry waiting right behind them. As McQuail showed against Siena, when the Saints pitched around Orefice, he will make oppos-

ing team pay for wanting to face him.

Looking forward, following the win against Siena, as well as two crucial away wins against conference foe Rider, Marist's conference record sits at 7-7 with nine conference tilts left to play. Each game for the Red Foxes is key down the

stretch. The team needs to keep up its recent play in order to make the MAAC Tournament, which hosts only the top four teams in the conference.

"Grind it out and stand by my teammates," McQuail said, when asked what he plans to do down the stretch to get into the conference

tournament. "As a team we need to grind out and find a way to bring our best stuff to the park every day. If we can bring our best effort on the mound, in the field and at the plate every day, we are going to be a tough team to play when it comes to MAAC Tournament time."

Men's lacrosse falls to MAAC leading Siena

By ZACH DOOLEY

Sports Editor

With first place in the MAAC on the line, the Marist men's lacrosse team was defeated 20-8 this past Saturday afternoon against defending champion Siena in Loudonville, N.Y. The Red Foxes currently sit at 6-5 overall, posting a 3-2 record in conference play this season with two games to go before the MAAC Tournament. Siena clinched their fourth straight MAAC Regular Season Championship with the win over Marist.

"We came out flat and didn't execute our game plan," said team co-captain Evan Guarini. "Weak faceoff play and lack of possessions halted us from making any solid runs throughout the game."

For Marist, freshman sensation Drew Nesmith scored twice, giving him 15 goals on the season, tying him for second on the team. Guarini also added a pair of goals in the game.

Mike O'Hagan, Brendan Woods, Jimmy Marks and Gannon Osborn all scored a goal apiece to total the Foxes' eight on the afternoon.

Marist goaltenders had their work cut out for them as a powerful Siena offense unleashed a total of 63 shots on the afternoon. Starting goal-

tender Craig Goodermote allowed 15 goals and made 19 saves in just over three quarters in net. Reserve goaltenders, Dave Scarcello and Michael Linehan, provided goal-keeping duties the rest of the way.

A key part of Siena's victory was their ability to stop the Red Foxes' two most prolific scorers: Jack Doherty and Connor Rice.

Rice finished the game without points, ending his personal point-scoring streak at 40 games, the fifth longest in the country. It was the first game of his collegiate career that he did not register at least one point.

"It was a great honor to have that accomplishment last as long as it did," Rice said of his streak. "But it only came true with the help and support from my teammates and coaches."

With a team-high 26 goals on the regular season coming into the contest, Doherty was held to just two assists in the game.

"They did a really nice job of shutting Connor and myself down," Doherty said. "But we still feel we are capable of big things as a team this year. We expect to play our best ball now, when it counts."

The Red Foxes currently sit at second place in the MAAC and will control their own destiny in the final

two games, as they seek to clinch one of the final three spots in the MAAC tournament.

The team played a non-conference game on Tuesday night at home against Saint Joseph's. Check @TheCircleSports on Twitter for results. Marist will play their final regular season game of the year at home against conference opponent Canisius at 4 p.m. on Saturday af-

ternoon. Pregame ceremonies for the team's annual Senior Day will take place prior to the start of the game.

"We still are playing for a MAAC title," Guarini said. "If we play the way we are capable of playing, we can definitely win it. Once we have that title, this Siena game will be a thing of the past."



COURTESY MARIST ATHLETICS

Connor Rice (above) and the men's lacrosse team couldn't solve a talented Siena team in a 20-8 loss. The Red Foxes currently sit at 6-5 overall and 3-2 in the conference. Marist clinches a MAAC Tournament bid with a win over Canisius on Saturday.

Softball wins two from Niagara, sits in first place

By GARRIN MARCHETTI

Sports Editor

In softball, a sweep of a double-header requires great concentration, patience, and determination to win. Some teams may lack these disciplines and are not able to consistently beat a team twice in one day.

Apparently, this is not the case for the Marist softball team.

The Red Foxes hosted Niagara on Saturday and swept the Purple Eagles in two games by a combined score of 16-7. In Game One, Marist earned a 10-2 victory in six innings, and in Game Two, edged out Niagara 6-5. It was the fifth double-header sweep that the Red Foxes have achieved this season.

"I was really proud of the girls this weekend," head coach Joe Ausanio said. "When we lost those games [against Rider] last week I was a little bit concerned, and we hadn't played since then. But they [the team] came out and executed the game plan. I was just really proud of the overall team effort."

With the sweep, Marist now shares the top spot in the MAAC standings with rival Siena, as their conference record now stands at 6-

2. The team got strong contributions from both their hitters and pitchers on Saturday: on offense, Alyssa Zahka drove in five runs on four hits, and pitcher Emily Osterhaus had both wins for the Red Foxes.

After not playing in six days, Marist got on the scoreboard early in Game One, scoring two runs in their first at-bat. After the Purple Eagles scored two runs of their own to tie the game in the third inning, the Red Foxes scored eight unanswered runs to eight run-rule Niagara, and win the game in six innings. The decisive blow against Niagara came on a two-out, two-run home run by Haley Birnbaum, her third of the season.

Game Two would prove to be a much tougher contest than the previous game. After once again building an early 2-0 lead, Niagara came back to tie the game after Jen Hare's deep home run to centerfield off of Marist pitcher Paige Lewis in the fourth inning. An inning later, Niagara would take the lead 3-2, but the Red Foxes grabbed the lead back, 4-3, after a two-run single by Zahka.

However, Niagara would not go away quietly, as they once again

tied the game in the top of sixth inning. In the next frame, Marist would take a lead they would never relinquish, as Ashley Corriess (sacrifice fly) and Meghan Lamoureux (squeeze bunt) drove in a run each. After giving up one run with one out in the seventh inning, Osterhaus got Ali Grab to ground into the game-ending double play, preserving the 6-5 victory.

"Niagara is a good team. They beat Fairfield and Iona, so they definitely aren't slouches," Ausanio said. To get two wins this past weekend is absolutely huge, and now with our conference record, we really control our own destiny."

One of the big reasons why Marist was able to get those wins came from the strong pitching performances by Osterhaus. The eldest member of the Red Fox pitching staff, Osterhaus pitched a complete game in Game One and came on in relief to seal the victory in Game Two. She has now won five straight decisions.

"I think being the only junior on the staff, and having more experience, I understand how important these conference games are," Osterhaus said. "Now that we are in MAAC games, we have to win every

game from here on out. So I've kind of just stepped it up mentally, and that has really helped my game."

On Saturday, Osterhaus pitched a combined 7.1 innings, striking out seven Niagara batters while giving up only one earned run. Despite her recent success, Osterhaus knows what she wants to get to improve the stretch run of the season begins.

"I definitely want to stop walking so many people," Osterhaus said. "Along with that, making sure I stay ahead in the count. I have a great defense behind me, so if I can just make them [the hitters] put the ball in play, then we'll be fine."

As the season winds down and critical conference matchups are played, fatigue is obviously a feeling that teams want to avoid. The Red Foxes are no different, and Ausanio has made sure that his team will be in the best shape possible come May, when the MAAC Tournament takes place in Poughkeepsie.

"I think last year, we did run out of gas a little bit in the tournament," Ausanio said. "We have a great conditioning program this year, and that, combined with the off days, has really been great for us [the team]."

McQuail finds stride for MAAC play

By ZACH DOOLEY
Sports Editor

The early portion of this year's baseball season was not the easiest start for Nick McQuail.

Adjusting to a new position and hitting in the mid .230's was not the start the new third baseman had in mind, but as the season progressed and conference play began, McQuail has found his stride.

McQuail has hit a whopping .378 in MAAC play this season, which leads the team and is good for fifth in the conference.

"I have never really worried about the numbers aspect of it," McQuail said. "I just work as hard as I can during practice, and do whatever it takes in games to help the team. I try to stay on an even keel whether things are going great or terrible statistically. I go through my same pregame routine every day no matter what the numbers are saying about my game."

With the tear that McQuail has been on, he has raised his average to .296 on the season and has seen time hitting in the five hole, where as he was hitting sixth or seventh earlier in the season. Having that extra bat in the order who is a con-



THE ABOVE PHOTO IS POWERED BY AURASMA@MARIST
COURTESY OF MARIST ATHLETICS

Nick McQuail's play during the MAAC schedule has been a big reason for Marist's success. The Red Foxes currently sit in fourth place in the conference standings.

sistent hitter has been huge for Marist, as it gives the Red Foxes depth throughout the lineup, making them less of a top heavy team.

"Nick was taking good at bats early in the year, he just really wasn't getting things to fall, but continuously throughout the year he's been able to take good at bats," Marist head coach Chris

Tracz said. "He's been getting his bunts down, especially as of late, he isn't striking out as much and he's put balls in gaps, putting good swings on balls. When he does that it just lengthens out our lineup which is really important for us."

Perhaps the peak of McQuail's tear came against Siena in what became a huge moment for the

team. After dropping the first two games of the series in a double-header on Saturday, Marist found themselves staring at a must-win game on Sunday. After blowing an early 4-1 lead, and coming back to force extra innings, McQuail tied the game in the 12th inning, after he came around to score following his leadoff single.

In the 13th, he found himself at the plate with the bases loaded and a chance to be the hero. McQuail showed a flair for the dramatic as he drilled an 0-2 pitch into the gap in left-center field, sending the Red Foxes home with a win in walk-off fashion, an emotional win for a team that needed a win more than anyone.

"Being able to walk off a game is a great feeling from an individual stand point, but the feeling of knowing that you did something to help the team win on a given day is an even better one," McQuail said. "This is the most selfless group I have ever played with. Everyone is more concerned with getting a win, rather than how statistically successful they are."

What McQuail's play has done has forced teams to make a decision when pitching against Marist.

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