



Juras, Santolli outline plans for class presidency

Student Body President only contested office; Speech Night poorly attended by students

By JAMES Q. SHEEHAN
Circle Contributor

On Monday, Feb. 14, the candidates for all class officers, senatorial and presidential positions met in the Performing Arts Room to discuss their credentials, platforms, and plans in concise speeches for the appropriately named "Speech Night". The event had a poor turn out; most of those in attendance were those running for one of the positions. A concerned sophomore, Rachel Patterson, expressed some disappointment with the amount of people there.

"It's a shame that so few students came tonight," Patterson said. "Hopefully the new administration will

focus on getting students involved."

Most of the candidates are running uncontested. In fact, the only position which has

competition is that of student body president, which has two contenders. The men stepping toe to toe in this race are Kenneth Juras and Justin Santolli. Juras has SGA experience, having served for a year as the vice-president of Club Affairs and serving this current academic year as Senate speaker. He has worked on several bills involving hazing and diversity on campus. On the other hand, Santolli has a strong desire to change the inner workings of the SGA and feels that the voice of the student is being drowned out by partisanship and struggles for power.

One of Santolli's ideas for restructuring the SGA is adding a 31 member House of Representatives to the legislature. The House would be comprised of Resident Student Council presidents, commuter representatives, and graduate school representatives. Santolli also addressed the issue that, since so many candidates were running unopposed, if elected he would work to make it policy that a candidate must receive a

vote from 33 percent of their constituency in order to be elected. This would eliminate unopposed positions being given to candidates by default. Juras didn't think that the SGA needed such intense changes but did feel the lack of communication between students and their representatives was something that needs to be remedied.

Resident Senator Michael Sterchak felt that each presidential candidate brought something unique to the table.

"Both candidates offered, what I think, were stark views on how they perceived the role of Student Government here at Marist, which is good," Sterchak said. "Justin Santolli outlined

overarching themes, which may appeal to the strong-headed reform minded student, while Ken Juras offered pragmatic, and easy to understand

solutions to some pressing issues." However, Sterchak felt Juras had the upper hand saying, "Both candidates were attractive in their own sense, but the bottom line is ... students aren't a static population, and they want to see change"

Juras's primary focus was on campus concerns; some ideas expressed were creating a text book exchange program for students and working to reform the priority points system to make it fair for all seeking on-campus housing. The point on text books was also brought up by Resident Senator Brett Giarrusso, who said students are paying far too much for their books.

Santolli focused on campus concerns such as the need for the library and gym to increase their hours on the weekend. It is Santolli's belief that the lack of accessibility of these facilities on the weekends is part of the reason why there are drug and alcohol related incidents taking place on and off campus.

Resident Senator Brett
SEE SGA, PAGE 8



'I think the most important thing is to make SGA more responsive, more effective, and more efficient for the student body.'

— Kenneth Juras
Junior
Student Body
President Candidate



'I want my cabinet to be proactive and not let actions dictate what my administration does. We need reform.'

— Justin Santolli
Junior
Student Body
President Candidate



Brett Giarrusso
Sophomore
Resident Senator



April Hewston
Freshman
Resident Senator



Michael Sterchak
Sophomore
Resident Senator



Michael Uttley
Sophomore
Resident Senator



Mary Cometta
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Amanda Nethaway
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Maryellen Conway
Sophomore
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Jennifer Hickey
Junior
Vice President 2006



Frank Yocca
Junior
President 2006



Dan Shea
Freshman
Treasurer 2008



Katie Desena
Freshman
Vice President 2008



Omar Diaz
Freshman
President 2008



Stephanie Markey
Freshman
Secretary 2008

All photos by ERIC KIMMEL / THE CIRCLE

Mandatory meal plan possibility leaves bad taste in students' mouths

By ANGELA DE FINI
Staff Writer

One of the perks many upperclassmen look forward to is being able to cut down their time eating Marist food and cooking for themselves in the kitchens provided in the townhouses.

The current dining options allow juniors and seniors to choose how many (if any) meals they still want in the cafeteria, as well as the option to get rid of Thrifty Cash. The plethora of

options allows students to pick the plan that best works for them.

However, next semester Marist wants to implement a mandatory a la carte meal plan of \$200 thrifty cash per semester for every junior and senior. Many upperclassmen will not utilize this 400 dollars, and lose it by the end of the year. This mandatory plan depletes students' ability to choose whatever meal plan they are most comfortable with.

Unsure why this sudden requirement is being enforced, it

can be speculated that it has to do with many local businesses accepting Marist Money. Quiznos, McDonald's and Applebee's all accept this form of payment, and even the Stop & Shop in Hyde Park has jumped on the Marist Money bandwagon.

One possible reason is that this has taken away from the cafeteria and the Cabaret, since students have the option to buy groceries and dine at well-known restaurants. Students such as junior Matt Stone, have begun to voice strong dislike at the news of this obligatory 200

dollar charge. "I think that making it mandatory for juniors and seniors to have a meal plan is a bad idea," Stone said. "Juniors and seniors are mature enough to decide if they want to use the school's facilities for food or cook on their own. All upperclassmen housing comes with kitchen facilities. Plus, I think a good amount of students would rather use that 200 dollars to buy groceries instead of overpriced Cabaret food."

Marist Online has already started a discussion forum on the subject, and they received the following letter from Steve Sansola, Associate Dean for Student Affairs in response to their question and concerns:

To the Marist Students,
Based on your comments and questions regarding the A La Carte Dining Plan, the college is reviewing the plan's program components. We do listen and

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THE CIRCLE
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FEATURES: ONE DAY OUT OF 365 DOES NOT A VALENTINE MAKE

Kara Brunk points out the contradictions surrounding the infamous date of Feb. 14 and offers a few suggestions to make it worthwhile.

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A&E: LACK A 20 DOLLAR BILL? MAKE A MIX TAPE, OR, RATHER, A MIX CD

Circle writer James Sheehan explains in detail the art and soul of creating a custom mix CD.

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The "Security Briefs" and the "Alcohol Fantasy Beat" are intended to be a parody and not a representation of The Circle's editorial stance on drinking — illegal or otherwise — nor is it intended to be a statement regarding the official Marist College policy on alcohol consumption.

Security Briefs:

Slow week punctuated by over-zealous raid and a solitary keg

Compiled by DAN ROY
Campus Editor

2/9 — A small party was going on Wednesday till security came at 3:22 a.m. and nipped it in the bud. The party featured beer pong, which was swiftly disabled by the officers, and all opened beer was poured down the drain. From there, the officers kind of got carried away. They proceeded to knock over lamps, break dishes, and turn over furniture, all on horseback. One of the students said, "It was like Fiddler on the Roof, but no one was getting married."

2/11 — An old fart ran through our fence on her way down Route 9 at 2:00 p.m. Friday. After careening through the fence, she slid across the green, nailed a large rock, and crashed into a parked car in the St. Peter's lot. Luckily, no one was in the parked car.

2/11 — An untapped keg of Busch Lite was confiscated

from a bathroom in an Upper West Cedar apartment at 9:10 p.m. Well you couldn't get much less of a reward for that risk. No one even smelled that beer before it was taken. And as I recall, it's a pretty serious penalty if you get caught with a keg on campus. They'll probably make you move to Talmadge for that one.

2/13 — A loud fight was heard in a Leo room at 2:11 p.m. Sunday; probably over the Pro Bowl spread or something. While investigating the scene, security stumbled upon some Pinder white wine, a liter of Smirnoff green apple vodka, a bottle of Bacardi Vanilla, and a bottle of Bacardi Razz. Also in the room, they found some grenadine, basil, Hershey's syrup, garlic, cinnamon, ginger, a lemon and bay leaves. Then everything suddenly became obvious. They weren't fighting over the Pro Bowl; they were just frustrated because they just tied in their "Find a Flavoring" scavenger hunt.

Alcohol-related incidents this week:

1. Upper West Cedar — 1
2. Lower West Cedar — 1
3. Leo — 1

Total alcohol-related incidents:

1. Leo — 3
2. Champagnat — 1
3. Gregory — 1
4. Talmadge — 1
5. Upper West Cedar — 1
6. Lower West Cedar — 1



Upcoming Campus Events

Thursday, Feb. 17, 2005
SPC Presents:
Juxtapower
8 PM
Nelly Goletti Theater

Saturday, Feb. 19, 2005
SPC Presents:
Ski Trip to Hunter Mountain
7 AM
Bus leaves from Donnelly

Sunday, Feb. 20, 2005
SPC Presents:
Dane Cook
8 PM
McCann Center

Monday, Feb. 21, 2005
Marist Idol:
Second Round Premiere
8 PM
MCTV Channel 29

Wednesday, Feb. 23, 2005
Faculty Lecture:
Dr. Fred Ople
12:30 PM
PAR

Friday, Feb. 25, to
Saturday, Feb. 26, 2005
Mall Trip
Friday 4 PM - 12 AM
Saturday 12 PM - 8 PM
Bus leaves from Midrise

Sunday, Feb. 27, 2005
SPC Broadway Trip:
Rent
10 AM
Bus leaves from Midrise

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The Circle staff can be reached at 575-3000 x2429 or letters to the editor can be sent to writethecircle@hotmail.com

Student Government Flash

The Student Government Elections are coming soon. Here are some dates to keep in mind.

Feb. 17 — Debate Night - Student Body President candidates will be given the opportunity to debate issues posed by representatives of The Circle, MCTV, and WMAR. The debate will take place at 9:30 p.m. in LT 210, and will be broadcast live on

MCTV Channel 29. Tune in to hear what your candidates have to say.

Voting begins at 11:00 a.m. Monday, Feb. 21 and ends at 7:00 p.m. Wednesday, Feb. 23. Elections results will be posted on Thursday, Feb. 24. ... Here is your chance to voice your opinion so, don't forget to cast your vote.



* For more information on these events, visit our homepage at clubs.marist.edu/sga/ or call x2206 *

THE CIRCLE News

“ My summer internship was a fantastic learning experience because they treated me like a valuable member of the team.”

— Sandra Proulx
Senior

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‘Countdown’ host Olbermann fumbles O’Reilly facts

By ALEX PANAGIOTOPOULOS
Opinion Editor

A perceived microcosm of the red vs. blue country that we live in is the new sport sweeping the liberal Northeast, replacing wine and cheese tasting: the Bill O’Reilly contradiction game.

What do you need to participate? A television set (tuned to the Fair and Balanced network), Internet access to Lexus-Nexus, a framed picture of Stuart Smalley, and a copy of “The O’Reilly Factor for Kids: A Survival Guide for America’s Families”. Bonus points award-

ed for loafahs. It is a game that has served to fuel the combative conservative’s fan base, as well as his opponents (one Web site even sells t-shirts, mugs, and other accessories emblazoned with a “Sweet Jesus, I Hate Bill O’Reilly” logo). For once, O’Reilly has caught his opponents in a miscue of their own.

It all started with an essay that O’Reilly wrote for the back cover of a program distributed at the Super Bowl. Titled “Super Bowl Essay,” it details O’Reilly’s football career as placekicker and punter while he was a student at Marist from 1967 to 1971, and draws a significant parallel between athletics

and life. Self-deprecating, funny, and devoid of any Monica Lewinsky cheap shots, it is reminiscent of O’Reilly’s old column for The Circle, “Attitudes: Outrageous.” It even talked about one time when he actually booted a punt backwards. For once, maybe people from all over the political spectrum could relax, crack open a bottle of suds, and watch 250-pound football players smash each others bones as if made of balsa wood, American balsa wood.

“I won the national punting title for my division as a senior,” O’Reilly mentioned. “I guess you could say the end zone was the beginning of the no-spin

zone.”

The next day, Feb. 7, the New York Times brought the essay to national attention with a story by Mark Glassman titled “Who

Knew? Bill O’Reilly of Fox Found His No-Spin Zone With a Botched

Punt.” Glassman merely outlined the essay, but inadvertently got up the collective dander of contradiction game devotees everywhere.

That night on MSNBC’s

Countdown with Keith Olbermann (coincidentally competing with the O’Reilly Factor’s eight o’clock time slot), Keith Olbermann (being without sin)

threw the first rock in 2005’s biggest media cat-fight.

“Mr. O’Reilly has done a little spinning of his own here. Others might call it resume padding,” Olbermann mused. “The football office at Marist told me today that football was not a varsity sport there until 1978—seven years after

O’Reilly graduated. When he played, it was a so-called club sport where players paid all their own expenses, and schedules and, most importantly, statistical record keeping was haphazard.”

Olbermann (who used to be a Sportscenter anchor on ESPN) had personally called Marist College tight ends coach Juwan Jackson, and found out that football was a club sport until 1978. His main beef was that O’Reilly had “exaggerated” his gridiron accomplishments for the inflation of his ego.

Mysteriously, a copy of the 1971 punting statistics for the National Club Football

SEE O’REILLY, PAGE 8

Internship opportunities will be gone before the snow melts

By AUBREY ROFF
Circle Contributor

Can you imagine spending your summer accompanying reporters and photographers to cover breaking news stories? Or planning a weekend-long bike trek to take place in the fall? Or how about working side-by-side with prominent state legislators? You can experience all this and more through a summer internship.

Even though the snow hasn’t melted yet, it’s never too early to start preparing for a summer

internship. There are several resources available online, as well as on-campus to find an internship near your hometown. You can locate internships on MonsterTrak.com, the Marist College Web site, or Web sites affiliated with your area.

Senior public relations major Sandra Proulx was an intern last summer at the American Lung

Association in Boston.

“I was surprised, and excited, by how much responsibility I was given,” Proulx said. “They truly appreciated my input. The internship gave me a good idea of what it was like to do public relations in the nonprofit sector.”

The first step is being eligible for the internship. You must be enrolled in a bachelor’s degree program, and have completed 60

credits. You must have a minimum GPA of 2.5 as well as completion of courses that relate to the duties that you would be performing at the internship.

In order to participate in a summer internship, you must make an appointment with the Center for Career Services by calling X3547. Then you need to complete a Field Experience Supplementary Form, available at www.marist.edu/careerservices/fieldexp.htm. You can then register on Monster Trak (www.monstertrak.com). Your

password for Monster Trak will be issued after completing the Job Placement Release Form, found at www.marist.edu/careerservices/release.html, or in the Center for Career Services in Library 332.

Students in some majors need to meet directly with their internship faculty coordinator in order to set up an internship. If you major in Athletic Training, Communications Arts, Criminal Justice, Medical Technology, Psychology, Public History, Social Work, or Teacher

Education, you need to meet with the internship advisor within your department in order to arrange a summer internship.

The deadline to apply for a summer 2005 internship in the Center for Career Services is February 16. If you need more information or have any questions, call the Center for Career Services at X3547 or visit www.marist.edu/careerservices/fieldexp.html.

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Let the voices of the Marist community be heard.

Radio screamers have lots in common with controversial Cherokee When Limbaugh exaggerates, they call it patriotism; for Churchill, they call it treason

By Igor Volsky
Staff Writer

Shortly after September 11, University of Colorado Professor Ward Churchill authored an essay in which he suggested that "technocrats of empire" working in the World Trade Center were the equivalent of 'little Eichmanns.' ([Nazi] Adolf Eichmann was not charged with direct killing but with ensuring the smooth running of the infrastructure that enabled the Nazi genocide.) Churchill argued that since the United States Defense Department continues to defend its Baghdad target selections despite the civilian deaths that result from their destruction, then "the U.S. public [should] accept these 'standards' when they are routinely applied to other people, they should be not be surprised when the same standards are applied to them." This argument is based on the princi-

pal of universality: that which we apply to ourselves we must apply to others. Otherwise we're hypocrites.

The public outrage that accompanied Churchill's remarks was rooted in the messenger, not the message. Popular reactionaries like Sean Hannity, Rush Limbaugh, and (my personal favorite) Bill O'Reilly immediately condemned Churchill as an anti-American, neoliberal professor. The slander was a transparent attempt to sweep accepted government truths under the carpet and focus on the eccentricity of their messenger. In this respect conservative outrage manufacturers (O'Reilly and his crew) serve as filters for tolerable U.S. ideology. Debate has to be held within its permissible framework and those out of bounds must be embarrassed and made examples of so that future dissidents learn to keep their mouths shut.

Churchill's thesis has been

substantiated by U.S. government studies and analysis. On November 24, 2004, while conservative government propaganda agents were busily avoiding substantive political debate or discussion, the "US Defense Department confirmed the contents of a report by the Defense Science Board that is highly critical of the administration's efforts in the war on terror and in the wars in Iraq and Afghanistan." Specifically, the board found that "Muslims do not hate our freedom, but rather they hate our policies," thus confirming the basic premise of Churchill's entire body of scholarship.

In their mockery and bewilderment, the mainstream media conveniently excluded the Department's findings. Scholars like Ward Churchill and Robert Jensen filled the void using historical examples of American imperialism and indigenous dissatisfaction with its aftermath.

Mainstream media suppressed such discussion since it undermined the popular justification for empire and domination. It was also outside the framework of permissible debate.

Churchill was purposefully inflammatory. As one Marist Professor opined, Churchill could have softened the blow by labeling capitalists as "unwilling" 'technocrats of empire' and not equating them with Nazis. Inflammatory or not, Churchill was forced to resign from the University and has since received numerous death threats from the fundamentalist cult.

Great irony can be found in his critics. Conservative torch-bearers like O'Reilly, Hannity, and Limbaugh make their livings using inflammatory language and rhetoric. In fact, the more outrage they create, the higher their rating shares. When the Abu Ghraib prison abuses photos first surfaced top rated talk show host Rush Limbaugh char-

acterized them as nothing more than "fraternity hazing" and said that the soldiers were just "blowing off some steam." Hard-right conservative Michael Savage (the third highest rated radio personality in the country) routinely insults immigrant minorities and once told a gay caller to "get AIDS and die." (Savage was fired for his remarks but was picked up by another station and has since experienced a large ratings bump.)

Churchill was following this same conservative playbook, using inflammatory language to stir up debate and discussion. But when his remarks were picked up by the press they were mischaracterized and distorted. Coverage focused on the inflammatory nature of the statements, not the message within them. In some respect, Churchill was almost too effective. For this he was fired.

The real test for free speech

and academic freedom comes when one is forced to respect remarks contrary to one's deeply held beliefs and ideals. O'Reilly, Hannity, and Limbaugh would no doubt expect liberals to respect their freedom of expression yet (exempting themselves from the principal of universality like all good Americans) they themselves find it permissible to call for Churchill's resignation. America's greatness is rooted in its tolerance; what O'Reilly, Hannity, and Limbaugh do in the name of patriotism only weakens American dedication to freedom of expression.

Igor Volsky is the host of the *Luske-Volsky Show* (with Dr. Bruce Luske) and *Political Thought*, two public affairs programs airing every Monday and Friday from 4-6 p.m. on WMAR 1630AM. Both shows can be streamed at www.politicalthought.net.

If a basketball team wins a championship and no one sees, does it make a sound?

By LOUIS P. ORTIZ III
Staff Writer

Recently, a scenario has been brewing on the Marist campus: Could this be the year that the Men and Women's basketball team contend for a Metro Atlantic Athletic Division championship? Well, it's a position that the Red Fox women are quite familiar with. Does anyone remember last year? A MAAC championship came to Poughkeepsie courtesy of the women's basketball team. Stephanie Del Preore and Maureen Magarity are just to name a couple of the stars that took Marist to grace land. After exiting the first round of the NCAA tournament to Okalahoma in Arizona, some believed that it was the end of the women's basketball success, at least for the next couple of years. Coach Brian Giorgis thought otherwise. Returning players Megan Vetter, Alisa Kresge, Shannon Minter, and rising superstar Fifi Camara

have soared to make this year one to remember.

Snapping a nine-year losing streak to Route Nine rival Siena and setting the historical mark of 10 straight wins has been the biggest statement any defending underdog MAAC championship team could make. Now that the men's basketball team has lost six straight MAAC games, it is unclear what their future holds. However, the women are in first place once again and seriously contending for two straight MAAC championships. Does it matter though? I still look up into the stands and see empty seats. Don't get me wrong, men's basketball is packed full of drama and excitement, but has anyone seen what the girl's team can do?

The elegance and grace they play with is immeasurable. If you want to see a real chess master, observe Giorgis on the sidelines. You've never seen such a complete mental and physical articulation by a team until you've seen them play at

the McCann Center. These women leave their hearts on the court and are playing with so much momentum. What if people filled the seats? Just think of the fire that would fill the arena. It's an incredible thought, and guess what? We have the power to bring it to life. I know we all have busy lives and go through so much, but take a break for a couple of hours. Enjoy 40 minutes of competitive basketball. A winning team is going unnoticed on the Marist campus and that's not right.

Students and administrators all have a front row seat to witness the formation of a dynasty on Route 9 in Poughkeepsie, New York. That's right I said it, a DYNASTY. The team is still young. I am a junior at Marist, and by the time I graduate I may have seen them win three straight MAAC championships. That means three NCAA berths, plus more money and prestige for Marist College. The Marist women's basketball team is not only serving their own interests,

but those of their fellow students. Let's show them love and support instead of ignoring their undeniable talent. Tune into channel 29 or get a free ticket at the McCann Center. It makes a world of difference. This

Thursday, the Women's basketball team has the opportunity to win twelve straight games when they battle Niagara. So instead of worrying about what dance club you're going to fill, pack the sixth man to its limit. I

know all of you out there don't have night classes; show some school spirit and witness what could be one of the best seasons in all of Marist athletics history.

Marist student's endeavor to become totally jacked derailed by the weak and proteinless

By VINNY STRAPPATO
Circle Contributor

So this past Thursday, I get out of class, throw on a wife beater, slam a whey shake and head to McCann. Nothing helps me release stress from the day like a good workout, but what do I see when I'm about to start my circuit? Three puny freshman wimps trying their hardest to figure out how to work the leg press.

I mean, this is like when Hollywood makes a sequel to a good movie that had Vin Diesel in it without Vin Diesel. Read: "The Fast and the Furious" and "Triple X." Bros, I kid you not when I say I go into a rage when someone is on MY machine, so rather than getting really steamed, I went to the dining hall.

Twelve hard boiled egg whites and a chicken sandwich later and I'm back at McCann. Lo and behold the aforementioned nerds are still puttering around the gym, trying to find a muscle group on their bodies to try and work out. But, at least I can get on the leg press. So, I throw on my iPod and press play, and just as Disturbed is getting me pumped, these jerk-asses are trying to bench way too much weight. Problem number two: The kids' spotter can't even help him get the bar back up.

So there they are, sitting there with their thumbs in their rears as this kid is pissing his pants trying to breathe. I run over and help them out, and then chew them out for being in my gym not knowing what they are doing. After all this, I was late pick-

ing up a case of Red Bulls and XXXL Hungry Man dinners for the evening, and when I got to my Honda, I realized someone clipped my car. No body damage done, but my Italian flag reflector came off. Seriously, if I see these clowns at Toucan's this weekend, I swear by my back acne I'm going to smash a Michelob Ultra bottle over their heads.

In conclusion, I don't mind if these kids come in and ask for help; I mean, I am an athletic training major with a business minor. They just need to get a shirt without sleeves and learn to use some L.A. Looks gel. The hair on the side of your head isn't going to stay spiked by gravity alone. And if they buy me a few Red Bulls, that would be sweet too.

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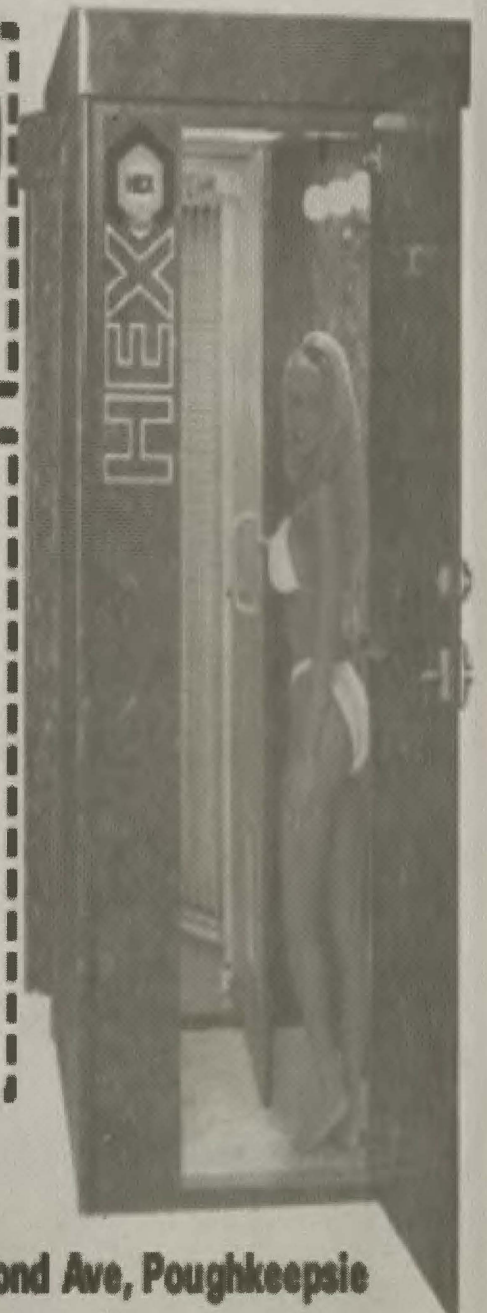
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Features

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One day out of 365 does not a Valentine make

By KARA BRUNK
Circle Contributor

Everyone looks forward to this day, hoping and praying that "this year will be different." Don't kid yourself, we all do it, on the off chance that a "special someone" may actually take notice and give us a box of

chocolates, a rose, anything. Are we fools for thinking this? Yes.

The story of Valentine's Day is one of much contestation. Some historians claim that Valentine's Day originated during the third century in Rome, when Emperor Claudius II declared that men made better soldiers than husbands and fathers and outlawed

marriage for men under his jurisdiction. "Saint Valentine," then a priest, thought the Emperor's decision to be ridiculous, and continued to perform marriages against Claudius' orders. When he was found out, the Emperor declared death upon him.

Ironic, don't you think? The one person who wanted everyone in land to be happy; 1) couldn't even wed, himself and 2) was killed for trying to make

love blossom. Maybe it's just me, single yet again for Valentine's Day or maybe it's my logical thought process that says,

Remember in elementary school when everyone got presents? Not just the people with girlfriends or boyfriends? Those were the days.

"When someone dies to create a holiday, maybe we shouldn't celebrate it."

Call me crazy, even pessimistic if you will, but I just don't see the point in celebrating a holiday where all the gifts that come from it won't last more than a week. The chocolates will be gone, and sit-

ting on our hips within 2-3 days. The flowers will be dead and wilting by Friday and all those stupid stuffed animals will be in a box before the month is over.

Remember in elementary school when everyone got presents? Not just the people with girlfriends or boyfriends? Those were the days. You would get so excited to have your mom bring you shopping, so you could pick out the coolest paper Valentines in the classroom. And now? We see people smiling, holding bouquets of flowers and boxes of presents while we walk to class, heads hung with disappointment.

Well, forget that.

And a holiday is not a real holiday when you still have to go to school. Either we call off the holiday altogether or we at least get classes cancelled, so that we can burrow ourselves into our pillows and not leave until there are no "happy couples" in sight.

With that said, I leave you with one thought. If you really need a specific day to show someone how much you care about them; you don't really love them. So, until next year, Happy freakin' Valentine's Day.

**Need advice on relationships? Family? Friends?
Coming soon to The Circle, advice columnist
Kristen Rollins.**

**Send your questions to Kristen.Rollins@Marist.edu
or writethecircle@hotmail.com.**

Constructing a media empire, from ground up to very top

By NATASHA WILSON
Circle Contributor

Oprah Winfrey is known all over the world. She is an inspiration for all African Americans today and will be for the future. Marist students should appreciate and learn from this top businesswoman, since many of the students here are majoring in business and communications.

However, whether business or biology major, all can admire her for her dedication to help and change the world and inform others of important and educational topics. She is a wonderful mod-

ern woman that should be appreciated for her contributions and should be one of the figures recognized this month.

Winfrey was born Jan. 29, 1954 on a farm in Kosciusko, Mississippi. At 19, she became the youngest person and the first African-American woman to anchor the news at the Nashville television station WTV-F.

She is the first African American to own her own TV studio; she is a multi-millionaire businesswoman; owner of a movie production company and a committed philanthropist. She was the first black woman to win

Nashville's Miss Fire Prevention title. In 1971, she was named Miss Black Tennessee.

Winfrey's experience in acting sparked her interest in television and cinematic productions, and she formed her own production company, Harpo, Inc., in August 1986. Harpo has produced several television programs based on stories written by black authors. Winfrey once told Ms. magazine that she was "starting a minority training program ... specifically to bring more people of color into film and television industry as producers."

Being abused as a child and

dealing with racism from former television stations doesn't seem to have stopped her ambition. Winfrey has won numerous daytime television Emmy awards. A television station had wanted to give her a makeover, which Winfrey believes was her assistant news director's attempt to "make her Puerto Rican." She also attributes the makeover to an incident when she was told her "hair's too thick, nose too wide, and chin's too big."

Winfrey takes interest in projects that other leading media and entertainment companies choose to ignore. She does not do it for

the money, but rather for the important messages these projects perpetuate. As a result, Winfrey has clearly had a great social and economic impact on the world.

She maintains influential projects such as Oprah's Book Club to promote literacy, which has boosted book sales so dramatically that Winfrey has become the most important book marketer in any communications medium. She has also made generous contributions to charitable organizations and institutions such as Morehouse College, The Harold Washington Library, The

United Negro College Fund and Tennessee State University, and in February of 2000 she was honored by Coretta Scott King at the Salute to Greatness Awards at the King Center in Atlanta, Georgia.

*Information found at <http://www.oprah.com/about/press/about-press-bio.jhtml>; Oprah Winfrey. "Business Leader Profiles for Students. Vol. 2." Thomas Gale, 2002. Reproduced in Biography Resource Center. Farmington Hills, Mich.: The Gale Group 2004. <http://www.galegroup.com/free-resources/bhm/bio/winfrey-o.htm>.

What happens after Graduation?



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THE CIRCLE Health

“The broken heart syndrome is a condition brought about by the sudden drop in blood pressure and increase in adrenaline causing the heart to struggle.”

— New England Journal of Medicine

THURSDAY, FEBRUARY 17, 2004

www.maristcircle.com

PAGE 6

Medical link to pain from broken hearts

By JESSICA BAGAR
A&E Editor

With the conclusion of this year's Valentine's Day, many heartbroken lovers are left alone listening to the poignant cries of sensitive genius Chris Carrabba of Dashboard Confessional and sobbing over failed relationships. Those ill fated to experience breaking up, around a time that is supposed to radiate Cupid's arrows and vows of love, claim the rights to a "broken heart," a condition that, until recently, was only recognized by philosophers, poets, and hopeless romantics.

Though one may laugh at the thought of a broken heart, the truth of the matter is that such a condition does actually exist, and not just for hopeless romantics. Recent research has deemed the broken heart syndrome to be stress cardiomyopathy, which may be more common than doctors realized. Not only is this condition a steadily growing problem, but it exists to such a degree that death can result from an untended broken heart.

In a recent publication, the New England Journal of Medicine confirmed the reality of "broken heart syndrome," a condition brought about by the sudden drop in blood pressure and increase in adrenaline causing the heart to struggle. The condition is usually mistaken for the traditional heart attack, but recent research has proven otherwise.

Between 1999 and 2003, doctors at Johns Hopkins conducted studies on 19 people who were hospitalized after a suffering from a sudden stressful event. Nearly all of the patients were middle aged or elderly women

and one was a male. Of these women, studies show that many were grieving over the death of a husband, parent or child. Other cases reported a surprise party, car accident, armed robbery, fierce argument, court appearance and fear of public speaking.

According to an article published by the John Hopkins Medicine website, in each instance blood tests revealed that their adrenaline (a stress hormone) levels were up seven to 34 times higher than normal. However, MRIs and other tests revealed that the sufferers had not suffered heart attacks, not even mild ones.

After documenting that a day-long surge of stress hormones, such as adrenaline, caused a decline in the heart's pumping capacity, the researchers theorized that the hormones probably cause tiny heart blood vessels to contract, according to a CBS news report.

The broken heart syndrome is reversible, provided the initial shock isn't too severe.

Cardiologist Dr. Ilan Wittstein, assistant professor at John Hopkins University School of Medicine explained that tragic or shocking events can stun the heart, producing symptoms resembling a heart attack — including, but not limited to, chest pain, shortness of breath, and fluid in the lungs.

"The amount of adrenalin produced overwhelms the heart and actually causes what we call a stunning of the heart," Dr. Wittstein said.

The broken heart syndrome does not always pose as much of a health threat as a heart attack. For one, broken heart syndrome is reversible, provided the initial shock isn't too severe. While in extremely serious cases it can actually be fatal, if treated immediately sufferers receive treatment of bed rest and

fluids, suffering no permanent damage to their hearts.

Dr. Wittstein asserts, however, that of the 19 sufferers of broken heart syndrome, at least five (and perhaps more) would have died without treatment. USA Today reported that all of the patients' hearts returned to normal after treatment, which is unprecedented if they suffered a major heart attack.

"It should also reassure patients that they have not had permanent heart damage," Dr. Wittstein said, confirming that the findings of his tests prove that there is hope after suffering from a broken heart.

Dr. Hunter Champion, cardiologist and assistant professor at Hopkins and its Heart Institute, asserts that by recognizing broken heart syndrome, doctors have saved people from getting unnecessary heart procedures, but the reasons why it happens are still unidentified.

"How stress hormones act to stun the heart remains unknown, but there are several possible explanations that will be the subject of additional studies," Dr. Champion said.

Although folklore about the "broken heart" syndrome has been around for ages, the frequency of it actually causing heart difficulties and death is still unknown. Elderly widows often pass on near the death or the date of death of their loved one, but physicians have yet to make discoveries on the specific clinical features of the broken heart syndrome to justify it as their cause of death. For now, the best medicine of prevention is to provide TLC and attention to those who are suffering from traumatic stress. This may mean comforting a roommate during a distressing breakup or visiting elderly widows who have lost the love of their lives.

Science Briefs

By KATE GIGLIO
Managing Editor

GUILTLESS GOURMET, MINUS THE BUTTER SAUCE

According to the Associated Press, a new study concludes that lobsters cannot, in fact, feel pain. This pops the bubble of a myth that lobsters suffer whilst their bodies are boiled in vats of 212-degree-Fahrenheit water. The study, which was done in Norway, says that since lobsters have very primitive nervous systems and underdeveloped brains (similar to insects), they are unable to process pain signals. Therefore, the "drop and boil" method of cooking live lobsters is apparently not inhumane or torturous, as animal rights activists have claimed for so long. People for the Ethical Treatment of Animals (PETA) demonstrates yearly at the Maine Festival of Lobsters, and even specifically added lobster rights to its Fish Empathy Project, printing pamphlets and stickers declaring "Being Boiled Hurts. Let Lobsters Live." But as biologist Mike Loughlin phrased it in the AP report, "It's a semantic thing: No brain, no pain."



FDA UPDATING DRUG INFORMATION

An Associated Press report says that the Food and Drug Administration will establish a "new independent Drug Safety Oversight Board to monitor FDA-approved medicines" once they are available to for the public's consumption, as well as keep physicians and patients updated with information about the drugs, as it becomes available. The board will recommend what information and updates to put on the government's Drug Watch, resolve disputes over drug safety issues and oversee the development of a drug safety policy, the AP reported. Members of the board will include FDA employees and medical experts from other government agencies, and will be in touch with outside sources for consultation. The board also plans to have a drug safety Web page with to-the-minute drug information.

Do you like spending time with kids?

The Psychology Club is sponsoring an event called One to One Day. One to One Day is an opportunity for students to spend some time with children with various disabilities. There will be games, crafts, animals, food, and much more! This year One to One Day will be held on Wednesday, April 27th, from 9:00 am to 2:00 pm at the Dyson Quad. So get your friends together and sign up to participate and truly make a difference in the lives of these children. To sign up just e-mail Kelly at Kelly.Logan@marist.edu.

Spring 2005 Marist College Counseling Center Mental Health Initiative:
Eating Disorder Awareness

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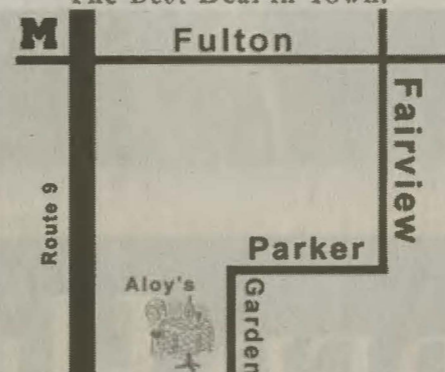
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Musician takes fans on 'Emotional Rollercoaster'

Fred Niznik's emotion and talent mesmerize this New York City concertgoer

By MELISSA DAVIS
Staff Writer

"Single White Male seeks someone who is down to earth, has a sense of humor and can deal with me being silly. Is not scared by me jumping up and down on the bed in my boxers and can appreciate me and

This is up and coming artist Fred Niznik's fictional dating personal. He forgot to include "ridiculously talented" and "barrier breaking" as two of his attributes. Fred, a man of Ukrainian lineage born in Brooklyn and raised in Hoboken, N.J. wrote and arranged all 10 songs on his genre-blending

appreciate someone who doesn't fall into one category.

I attended his performance at Piano's in NYC, a former paint store turned multi-level bar, and suffice to say that I had a smile on my face throughout his entire performance.

Fred's performance was truthfully emotive. That is the beauty of his music; emotional truth comes through in every song. He is not interested in following a song writing system, all he's interested in is for every song to show an emotion. He's telling a story about what he's felt in his life.

With songs titled "Your Number," "White Soul" and his current single, "Emotional Rollercoaster," he speaks to his peers. Emotional Rollercoaster begins with: "Well I've tried so many times to carry the world on my shoulders, and I think it's time to give it all a rest. I'm running head first into doors that just cannot be opened and I keep on moving... and what I want is to be free of all the burdens left on me and I'll take what I can get, but I ain't giving up yet."

When I first heard the song I got that "yeah that's exactly how I feel" feeling. Which continued throughout the album. The hook on "Your Number" goes "But I got to know one more thing before you go / Can I get your number? / I know that you're older / But age is just a number." How many bar memories does that bring back?

Album producer Ariel Borujow, who has worked with the likes of J.Lo and The Strokes is impressed by Niznik's talent. "This project has blown me away as far as the amount of talent and diversity Fred has, he is the truth," she said.

Fred's album was recently fully licensed for the upcoming seasons of MTV's The Real World, as well as Jimmy Fallon and Kate Hudson's summer release, "Earth to Jimmy." His music is fully available online at his management's Web site PrototypEntertainment.com and on iTunes.com for download. Take a moment and listen to Fred's music it will be well worth your time.

There is also a full-on college



Musician Fred Niznik's stylistic medley of rock, pop, and R&B with a Latin twist pleased audiences at Piano's in NYC. His rapidly growing fan base boasts the beauty of his music and emotional truth in his lyrics.

appreciate the fact that I am a broke musician." How can you put it any better than that?

debut album, "The Renaissance LP." His music style is a medley of rock, pop and R&B, with a Latin chaser. Today, we can

Lack a 20 dollar bill? Make a mix tape, or rather a mix CD

The long lost art of making a suitable mix CD for that very special someone

By JAMES Q. SHEEHAN
Staff Writer

We are now on the other side of St. Valentine's Day, and although I'm sure some guys out there wined and dined their female counterparts into an evening of pure bliss, the majority of the men were probably ineffective. Believe it or not, women like gifts that involve thought and effort, and for those of us on a limited budget and without musical, poetic, or artistic skills, the options are limited. Yet there is hope comrades, a mix CD! Slow down, it's not as easy as just letting iTunes give you twenty random tracks. Like anything else there are rules governing its creation. Rob Gordon, played by John Cusack in "High Fidelity" touches on how to make a superb compilation and while some of my rules play off of those ideas I

believe there are many things he leaves out. It is my intention with this piece to provide the hard working, good natured men of Marist with a cost effective and heartfelt alternative gift for those special occasions.

The first rule of creating a mix CD worthy of earning a spot in that special someone's stereo is to keep a good balance between classic and contemporary songs. Too many older songs will make the mix seem like a novelty and you won't come off as serious. On the other hand, if the CD is comprised mostly of new songs she might not be familiar with enough of the tracks curbing her initial interest to listen. Familiarity with the songs is a tricky issue. The mix has to grab her attention, and songs that she knows will do a better job at this. However, it isn't a bad idea to strategically place some tracks

that are new to her and that you know she'll enjoy. Keep it fresh and exciting; let her know there's more to you than meets the eye.

One common misconception about creating a mix for someone is that all of the songs need to be about love. This is in fact wrong and the quality of the mix will be compromised if this is done; after all, you don't want to come off sounding sappy. A mix is like a collage, there is a unifying theme but all the borrowed images are unique. In creating a mix there is general theme of "I think you're really swell, let's get together or what not" but not every song should flat out say that. A good mix has contrast in both genre and sub-

ject matter of the lyrics.

You want the CD to look appealing. If you throw a few tracks onto a CD-R and give it to her unlabeled and unprotected you are in store for some very lonely nights ahead of you. At the very least put the CD in a case, and ideally put a lot of effort into packaging; after all, this is her first exposure to your creation. Try designing an insert with a meaningful picture on the front and a nice title. Stay away from names like "Songs for <insert girl's name here>"; make it cute, make it funny, make it something that will make her excited to listen to it. Make sure to give her a list of the songs on the CD as well, there's nothing worse than

not knowing the name of a song you're really into. The final and most important rule regarding mix creation is to make sure she will like the songs. You may think Agoraphobic Nosebleed's "Razor Blades Under the Dashboard" is a really great number, and I won't argue with you there, unfortunately your wonderful lady friend might not dig it. You need to think of the songs you are selecting in context. Think about for whom the mix is being made and how the songs you are selecting tie in with the rest of your masterpiece. So, rejected lovers, armed with this new knowledge: Take the Chris Carrabba quotes out of your away message, throw away your Get Up Kids albums and get to work! You're on your way to making a lasting impression on that special someone in your life.



You can buy Fred Niznik's music online at his management's Web site or from iTunes.

tour in the works. If you like what you hear, contact SPC directly to make sure Fred comes to Marist (IM MaristSPC now and often!). Honestly, isn't live music just that much better?

my two cents

"Hitch" a ride to the theaters to see this great flick

In the wake of Valentine's Day, or "Black Monday" as I've heard some call it, "Hitch" is making an impact on viewers across the nation. Alex Hitchens (Will Smith), also known as Hitch, is Manhattan's underground self-proclaimed "love doctor," a title elevating him to urban myth status. Hitch comes fully equipped with the moves and know-how of what it takes to properly woo a woman. In his most recent assignment, Hitch instructs Alfred Brennaman (Kevin James), a middle aged accountant, on how to deal with his crush on a client of his firm. Yet Hitch is unexpectedly thrown off when he meets a gossip columnist (Eva Mendes), and all his usual tactics begin to crumble.

Hitch is as excellent and suave as Hitch himself. Will Smith shines throughout the movie and keeps the audience thoroughly entertained. The opening scenes have Smith talking directly to the viewing audience, making it feel as if Hitch is helping the viewers, too, throughout the film; an aspect of the film that I found very intriguing. At first we get the impression that Hitch goes through condoms like a cleaning lady through Kleenex, but we are soon shown a much different side when his character comes in contact with Sara (Mendes), who has given up on love herself. With the help of each other, they figure out love in such a way that even Hitch wouldn't have seen it coming. The depth of Hitch and of his love are extremely interesting to watch and unfold on screen; or at least better than that of some mundane chick flick that leaves my non-existent panties in a twist. Cough. "The Notebook." Cough. Kevin James and Smith have some

SEE HITCH, PAGE 8

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From Page One

SGA candidates take to the podium during Speech Night

Giarrusso noted the distinctions between the candidate's platforms.

"I thought both candidates did a really great job of appealing to the student body," Giarrusso said. "On the one hand, Ken Juras rightfully touted his SGA experience and set forth great ideas that will enable the organization to better meet the students' needs. On the other hand, Justin Santolli provided interesting solutions to student issues

that will move the organization in a different direction."

He felt both contenders had the best interest of the students in mind.

"Clearly, it is evident that both candidates have a clear vision to strengthen the welfare of the students in the upcoming year," Giarrusso said.

A topic that came up in many speeches and solicited extensive questioning from those present was the "Unit." The "Unit" was

described as a still pending, drastic change in the academic structure of Marist. The candidates

were very vague about information concerning this proposed reform. Michael Uttley, a candidate for

Resident Senator, remarked that he had no idea what this "Unit" was, and said that the problem with SGA was just that—information is not relayed to the students from the SGA with enough efficiency. Jennifer Hickey, a candidate for class of 2006 president, also remarked on the issue regarding getting

information to the students, saying she would like to inform students more about activities and changes that are happening on campus.

The issues this election cover a broad spectrum, from internal governmental reform to issues everyday students face on campus. For those who missed the speeches the event will be aired on MCTV, Channel 29, this week. Hopefully, whoever is elected will look out for the best interest

of the students whom they represent. Despite the lack of candidates it is still very important that you do get out there and vote.

The polls open at 11 a.m. on Monday, Feb. 21 and close at 7 p.m. on Wednesday, Feb. 23. You can access the voting page online by going to the main Marist College home page. So log in and make your voice heard.

'Both candidates have a clear vision to strengthen the welfare of the students in the upcoming year.'

— Brett Giarrusso
Resident senator candidate

Upperclassmen may be mandated to have a la carte dining plan

plan to meet with Student Government within the next few weeks to discuss further. Our goal is to provide the best service for our students

Thank you,.

Steve Sansola
Associate Dean for
Student Affairs

Marist is looking to change their dining setup within the next

four years. With plans to add more dining locations by The Bank of New York, Fulton Townhouses and Upper and Lower West Cedar townhouses, implementing a 200 dollar a la carte dining plan for upperclass-

men would definitely be more beneficial. Current freshman will be able to take advantage of the new dining options once the new locations have been added. Until then, it doesn't make much sense for housing to attempt to

implement this plan on current upperclassmen.

As Marist begins to reconsider the decision to implement this plan, Housing requests all complaints from students and their

parents be submitted in writing (via e-mail or letter) so they can be presented to higher administration for review.

From Page Three

O'Reilly challenged by Olbermann; president Murray supports claim

Association appeared on O'Reilly's Web site.

Olbermann then appeared on Air America Radio with Al Franken, debating the meaning of the word "division" and painstakingly discussing the structure of NCAA Division I, II,

III, I-A, and the difference between a club sport and a varsity sport, with a fervency and detail that most people usually reserve for talking about real issues, such as the Iraq war. He also posted an entire column on MSNBC's website about it, stat-

ing that the runners-up in the punting leaders got "jobbed" because O'Reilly only punted 23 times for his 41.4 yard average, as opposed to the 36 punts that a New Haven kicker made for a 40.7 average.

"There was no division, the

outfit was semi-national at best, and the title might have been statistically dubious," Olbermann wrote.

Marist College president Dennis Murray even went to bat for a Marist graduate in a statement, which was read on the Fox

News morning show Fox and Friends.

Sounds like Keith Olbermann was splitting hairs to make a point that is factually incorrect. Mike Malet, a member of the football staff in 1970, confirmed that Bill O'Reilly did indeed win

the national punting title for his division in his senior year. Olbermann is making a trivial distinction to detract from a record that any athlete would be proud to list among his accomplishments.

From Page Eight

Timely romantic comedy, 'Hitch,' will delight singles and couples alike

very funny scenes together and they really hit their mark without ever missing a beat. Their chem-

istry is also something worth noting, especially since the two share an on screen kiss that is

awkwardly, yet humorously put together.

Hitch is the perfect way to

share this hallmark holiday with your love – or lack thereof. Not only that, Hitch is also a quick

moving comedy that is sure to keep you longer than my prom date kept me. On that note, I'm

running late for that appointment I made for my Valentine rash.
Worth: \$8.00

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Jaspers' 24-0 run stops Red Foxes in their tracks

By **ANDY ALONGI**
Assistant Sports Editor

The Manhattan Jaspers handed Marist their sixth loss in as many games last Sunday Feb. 13 as Manhattan rolled to an 86-54 home win.

In the first half, the game was tied at 16 when the Jaspers began a 24-0 run and they never looked back as Marist was down by 28 at halftime. The Foxes shot 33.3 percent from the field in the first half while the Jaspers shot 63.3 percent. The halftime score reflected the field goal percentage as Manhattan led 50-22.

Marist was led by the sophomore backcourt tandem of Jared Jordan and Will Whittington, tallying 15 points and four assists and 11 points, respectively.

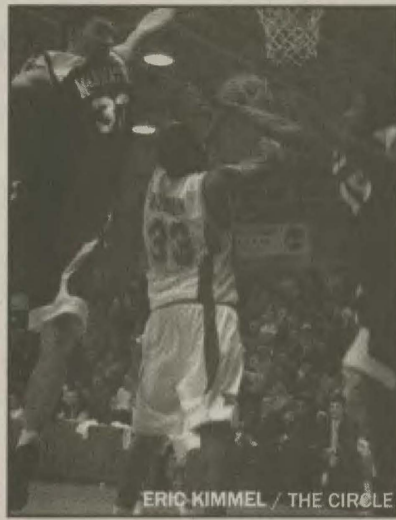
Senior Will McClurkin added 11 points in his second game back from a four game suspension.

Coach Matt Brady said adding Will back to the mix takes time to readjust.

"We developed a style without him," he said. "We're going through a transition. Adding Will back to the mix takes time to readjust. We've had a series of

stops and starts and feel we will play better basketball from this point forward."

Freshman Ben Farmer added four assists to the otherwise dismal Red Foxes offense.



Senior center Will McClurkin splits Junior Mike Konvelchick and freshman CJ Anderson as he nets two of his 11 points in the 86-54 loss Sunday afternoon at Manhattan.

Leading the Jaspers was freshman CJ Anderson, who scored 18 points and pulled down 13 boards in the win. Senior forward Peter Mulligan scored a game high 19 points for the Jaspers.

The Foxes were out rebounded by a margin of 34-25 against Manhattan and shot 42.2 percent from the field for the game.

The loss dropped Marist into a tie for fourth place with Iona.

The Red Foxes have four games remaining before the Metro Atlantic Athletic Conference Tournament.

The Foxes will make their final road trip this weekend when they go to Loudonville, NY to take on MAAC rival Siena (4-20, 2-11) on Friday Feb. 18 at 7 p.m.

Coach Brady said the Foxes need to prevent second chance points against his alma mater, Siena.

"I feel we will need to defensive rebound against Siena; they are a quick team," he said. "Also, we need to prevent second chance points. Offensively, we need to find open shots because they are one of the better defensive teams in the MAAC."

Their final road game takes place on Monday Feb. 21 to face-off against the Iona Gaels (11-13, 7-7) to break the fourth place tie. The Iona game will be broadcast on MSG Network, channel 17 on campus.

Personal best times equate to strong finish for women's track

By **DREW BUDD**
Circle Contributor

This past weekend at the St. Valentine Invitational at Boston University, sophomore Allison Kline won both of her events in the 5,000 meters and mile run to power the women Red Foxes track and field team to a good overall weekend.

Kline, along with the rest of the Red Foxes, ran many personal-best times at the meet, which

was a good warm-up for the MAAC Indoor Championships.

Kline's time in the 5,000 run was a personal-best 18:23.37. She completed her mile run in 5:21.77. Junior Denise Tumulty also ran in the 5,000 and finished in a personal-best 19:14.38. Freshman Sarah Domermuth finished with a section-winning time of 10:37.06 in the 3,000 meters. This was Dobermuth's third personal record of the season.

Freshmen Lisa D'Aniello and Christine Wahl won their sections with personal-bests as well in the 800 meters. D'Aniello finished in 2:19.80 and Wahl actually overcame a slow start but came back and ran a 5:13.59 in the mile.

The Red Foxes go to the New York City Armory this weekend for the MAAC Indoor Championships.

Coach Kelly was not available for comment this weekend.

Stilphen's back injury postpones stellar play until MAAC Tournament

By **ALEX PANAGIOTOPOULOS**
Opinion Editor

After being an afterthought for Red Fox fans in the run-up to the 2004-2005 season, Ryan Stilphen is suddenly indispensable.

The 6-8 redshirt freshman forward, averaging almost ten points and seven rebounds, has missed the last four games with a mysterious back ailment after surprisingly starting the first nineteen games of the season.

Precious few in the James J. McCann Center on opening night even knew who he was, other than perhaps a Chris Handy stunt double.

Hiding under a mane of hair the color of ripening wheat was a basketball player willing to do dirty work under the boards and on the floorboards, with a deceptively quick first step capable of producing easy lay-ups at any time.

It doesn't take a lumbar expert to figure out why the Foxes have lost all four games in Stilphen's absence.

Coupled with center Will McClurkin's four-game suspension, which overlapped Stilphen's time off by two games, Marist has had a serious shortage of big bodies. Freshman Shae McNamara and sophomore Miles Orman have fought valiantly in the paint, but a lack of size and experience has handcuffed them. Fortunately,

McClurkin is back and starting, while Stilphen has his sights set on the Metro Atlantic Athletic Conference tournament on Mar. 4.

"It's tough to say right now, but hopefully I'll be back in two to three weeks," Stilphen said. "I'm doing rehab five days a week to get ready again."

Stilphen has two stress fractures in the vertebrae of his lower back. His rehab is being supervised from afar by



Red shirt freshman Ryan Stilphen was having a great first season in MAAC play before injuring his back for the first time on Jan. 15 against the Niagara Purple Eagles.

Cleveland Cavaliers trainer Max Benton, a family friend.

Stilphen said this is the first time in his life that he has expe-

rienced any back pain.

"It kind of started during the Niagara [home] game, I started feeling some back pain," he said.

The injury became progressively worse until Stilphen was forced to sit out at Niagara on Feb. 5. Since Cleveland is a short trip from Niagara, Stilphen paid Benton a visit and was diagnosed.

"It's activity induced," said Stilphen. "It hurts all the time, but the more I do, the more it bothers me."

Stilphen said that he'll definitely be back in time for the MAAC Tournament, where four guard lineups will not be enough to combat the formidable front lines of Rider, Fairfield and Manhattan.

"The plan was to be in stride [for the Tournament]," Stilphen said. "I hope to be playing. I can't afford any setbacks."



Freshman guard Nikki Flores defends Saints freshman Melissa Manzer. Offensively, Flores scored eight points and shot five-for-six from the free throw line in the Marist's 62-44 win. Flores held Manzer to three points, an example of Marist's superior defense; Marist's defense, as a whole, ranks fifth in the nation.

Women's basketball eradicates ten year losing streak against Siena

By **CHRIS TORRES**
Circle Contributor

When you haven't defeated a team in ten years, it's hard to be real optimistic about your chances.

Unless, of course, you're as hot as the women's basketball team is right now.

The Red Foxes earned their tenth straight win with a 62-44 thrashing of Metro Atlantic Athletic Conference rival Siena last Thursday at the Pepsi Arena, keeping them in first place in their division.

The Foxes promptly ended their drought that had plagued them since December 1995.

Head coach Brian Giorgis said this victory not only ended Siena's tenured dominance over Marist, but it was a solid victory overall.

"What a great way to break that streak," he said. "It was an amazing game."

Amazing it was as the Red

Foxes (16-6, 10-3) dominated from start to finish.

The Red Foxes were led by a career-high 24 points from senior center Kristin Keller.

Keller started the onslaught by scoring 17 points before halftime to stake Marist to a 32-16 lead at the half.

Keller also added eight rebounds and five assists to cap off her incredible performance.

Giorgis said Keller gave the Foxes the scoring lift they needed in the game.

"Right off the bat, she came out strong," he said. "She went to the basket more, and she got to the foul line."

Junior Fifi Camara continued her stellar play by posting her tenth double-double of the season, finishing with 16 points and a game-high 12 rebounds in 32 minutes.

After capturing MAAC Player of the Week honors three times already this season, the junior transfer from Conakry, Guinea

has been instrumental in the Red Foxes' success this season.

Besides her dominance on the boards, Camara is third in the MAAC with 345 points and fourth in the division with 15.0 ppg.

Freshmen Nikki Flores and Sarah Smrdel also added to the winning cause by contributing eight points each.

Marist put on a defensive show as they forced Siena (11-11, 8-5 MAAC) into committing 18 turnovers, while also forcing them to shoot a putrid 29.4 percent from the field.

Marist responded by shooting 42.6 percent from the field and converting Siena's 18 turnovers into eight fast break points.

Marist returns to action Saturday as they travel to Baltimore, Md. to square off against Loyola in hopes of extending their school-record winning streak to 11 games.

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New school record evokes IC4A bid

By DAVID HOCHMAN
Staff Writer

The Marist men's track and field team competed in its last meet before the Metro Atlantic Athletic Conference (MAAC) championships last weekend, traveling to Boston University for the St. Valentine Invitational.

Many milestones were reached this weekend, both personally and for the team.

Sophomore Mike Bamberger qualified for the IC4A Championships in the 800-meter run, while setting a new school record with a mark of 1:53.65. This tenth place finish broke Chris McCloskey's 2002 record time of 1:55.25.

This will be the first time a Red Fox will represent the school in the men's 800-meter run at the IC4A's.

Also making school history was Bamberger's sophomore classmate Brian DeMarco, finishing the 500-meter run in seventh place with a time of 1:05.12. This improved his own school record and made him the first member of the men's track and field team at Marist to reach the IC4A Championships in the 500 run.

Many freshmen finished the meet very well also. Shaun Kippins leaped to 12th place in the long jump with his mark of 6.58 meters. This jump was the second longest in school history, just .20 meters behind the 1973 performance by Tim Murphy.

On the track, Brandon Cartica and Mike Rolek completed the 3,000-meter run in personal-best times of 8:55.90 and 8:58.46, respectively.

Many of the upperclassmen on the team also had big weekends, running very well a week before the conference championships. Senior captain Geoff Decker ran a personal-best and his co-captain Adam Pakiela ran a season best as well. Decker clocked in at 8:43.34 in the 3,000 while Pakiela completed the 200-meter in 23.35.

Notably, senior Clayton Berry also had a nice outing when he launched the shot put a personal-best distance of 13.52 meters.

The Red Foxes certainly seem primed for a great weekend of track and field. The MAAC Championships will start at 5 p.m. this Friday evening, Feb. 18, at the Armory Track & Field Center in New York City.



Above, junior transfer Fifi Camara dropped 17 points and grabbed 10 rebounds for her 10th double double of the season at Loyola last Saturday evening.

Below, senior forward Kristen Keller scored 17 points in Marist's 49-40 victory over Loyola last Saturday evening.



Front court duo net Red Foxes eleventh straight MAAC win

By ANTHONY OLIVIERI
Staff Writer

The Marist College women's basketball team won its eleventh straight game, and held on to first place, with a 49-40 win over Metro Atlantic Athletic Conference foe Loyola, Saturday night in Baltimore.

Frontcourt stars Fifi Camara and Kristin Keller had 17 points apiece as the Red Foxes improved to 17-6 on the season, and 11-3 in MAAC play, tying Canisius Griffins for first place.

Both teams started off slowly at the outset of the game, as Marist had a five-minute scoring drought mid-way through the half.

Two Loyola hoops with under a minute left tied the game 18-18, going into the halftime break.

The second half was a totally different story as the Red Foxes went on a 13-2 run right after intermission.

Megan Vetter netted six of her eight points during the run, and Camara capped off the spurt with a three-pointer that pumped the lead up 31-20 in favor of Marist.

The Greyhounds fought back with a small run of their own bringing the lead under 10 points

Remaining Schedule:

Tonight, Feb. 17 - versus Niagara, 7 p.m.

Sunday, Feb. 20 - at Manhattan, 2 p.m.

*Friday, Feb. 25 - versus St. Peter's, 7 p.m.

Sunday, Feb. 27 - at Rider, 2 p.m.

*Senior Night



points and rebounding total on the season. The junior has accumulated 231 points on the season, placing her third in the MAAC. Camara controls the MAAC in three rebounding categories, ranking first in total rebounds (217), defensive rebounds (141) and rebounds per game (9.4).

Keller added seven rebounds, three assists and two steals to her impressive line.

Sophomore guard Alisa Kresge was a huge asset on the glass, as she hauled in 11 rebounds, which is one shy of her career high.

Kresge also added five assists and four steals.

Greyhound junior forward Katie Scherle led all scorers with 14 points and nine rebounds, while fellow classmate Krystle Harrington netted 12 points, dished out four assists and swiped four steals.

The Red Foxes will be back in action on Thursday against third-place Niagara at the McCann Center, as they try to hold onto first place and add to their 11-game win streak. The Red Foxes conclude their week of play when they travel to Manhattan this Sunday at 2 p.m.

at the 11:00 mark, but Camara scored six straight points to help secure Marist's command on the contest.

Loyola was forced to foul and the Red Foxes helped continue their winning streak by making eight-of-11 free throws down the stretch, led by Keller's four-for-four performance.

Camara recorded her 11th double-double of the season, as she added 10 rebounds to her 17 points.

Camara's performance against the Greyhounds bolstered her

missing something?



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