



## Appointment stirs up debate in SGA Senate

By ANDREW OVERTON  
News Editor

A recent resident senator's appointment caused much tension and controversy, but was ultimately a source of reassurance and healthy discussion for many members of the Student Government Association.

Sophomore Christopher Rivera's resident senator appointment was confirmed by a vote of 7-2-1 on Wednesday, Feb. 27<sup>th</sup> shortly after an hour and a half of heated debate.

Rivera was posed a question before the appointment process about what he would bring to SGA. Rivera, a minority student, responded by saying that he would provide a bridge between students of color and SGA, according to Robert Lynch Director of Student Activities.

"I thought it was a very worthy comment coming from Chris," Lynch said.

Some senators, however, felt that Rivera's answers were not sufficient.

"I felt that he was saying that he was only representing minority students," Speaker of the SGA Senate, Matt Reiman said. "He didn't see it as his job to represent every student. He only saw it as his job to bring certain viewpoints to the table."

Rivera was questioned for over an hour by the members of the senate, and at times senators felt the tension in the room was high.

"I really was just shocked that we just grilled him for over an hour because people thought he was just speaking for [students of color] and he had so much more to bring besides that," Julie Lavin 2009 Class President said.

"It was unfortunate that [Rivera] got grilled so badly," remarked Jeremie Hittenmark, 2010 Class President. "My real problem with how the meeting went was that yes, there were some outbursts, but none of it I believe was motivated by race..."

whenever he was questioned, certain people took it that his qualifications were not being questioned but his nationality."

Rivera was unsure if the hard line of questioning was motivated to see how tough his skin was or to throw him off his center and in turn sway votes away from him.

"I guess they were asking so many questions because the position was that important," Rivera said. "I did feel like I was in the hot seat."

Rivera said that one of his goals was to address diversity issues on campus.

"Once I brought this up that's when I felt like the questions were a lot tougher," Rivera said. "I did feel uncomfortable at times."

There was also a point during the appointment process where Rivera felt disrespected.

"One person was real passionate about me not being there screaming at the top of his lungs, 'No,'" Rivera said.

Lynch felt that Rivera was extremely articulate and answered the questions particularly well, although he did have issues with some of the lines of questioning.

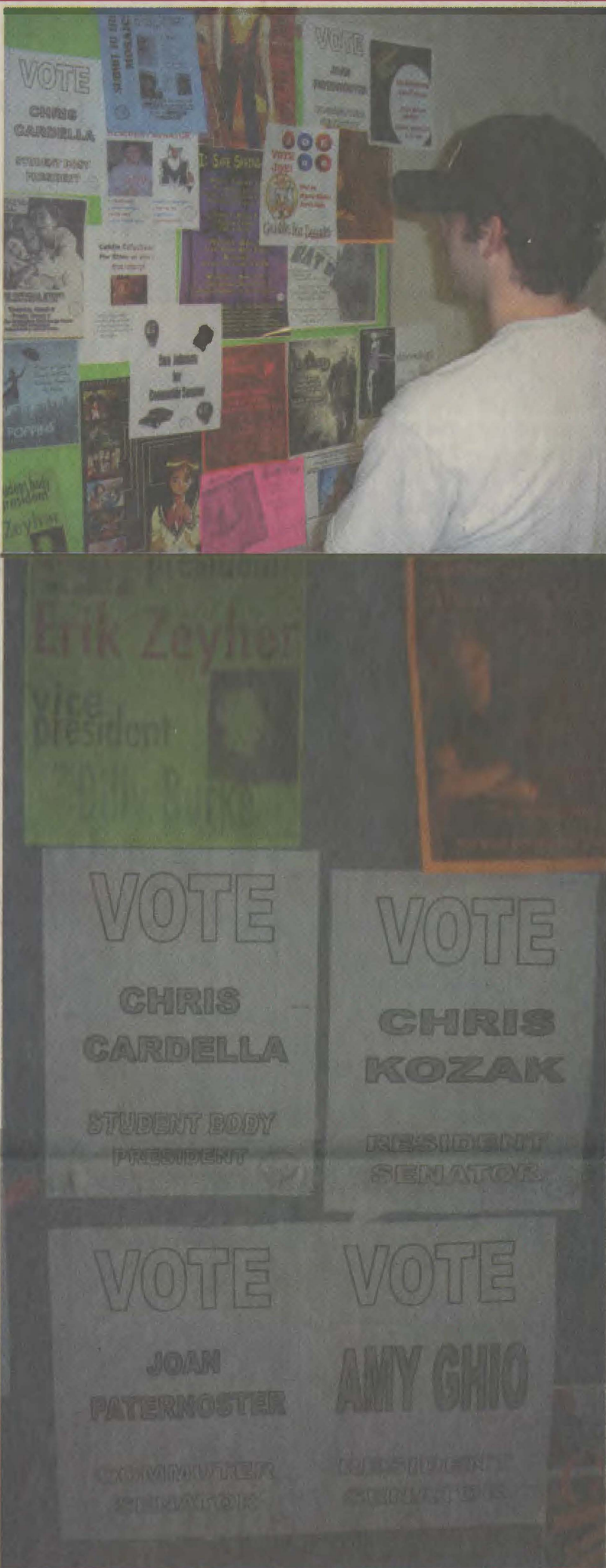
"I thought some of the questions were good, but some were repetitive," Lynch said. "He deserves a lot of respect for going through the gauntlet, so to speak...he showed his true self."

Some senate members were equally moved by Rivera's presentation.

"I was impressed with how he handled himself," Billy Burke Vice President of Club Affairs said. "That proved more than anything else that he was a good candidate to be a senator."

Ultimately, SGA felt that the meeting was a meaningful and necessary one.

"I think it was a healthy discussion," Burke said. "In the end we proved that we had a worthwhile candidate."



ANDREW OVERTON/THE CIRCLE

The SGA election campaigns officially began Monday, March 3 at 12 AM, which meant that candidates began hanging up posters all across campus. The campaign week will include a speech night and Student Body President debate. Campaigning ends March 10.

### Photo Contest

Chance to win up to \$100 and picture published by Marist for marketing (circulation 50,000+).

See Features section for more information

## SGA expects high turnout in next week's elections

By JOHN RODINO  
Circle Contributor

SGA Elections are right around the corner. On March 10, 11, and 12, students will be able to click the voting link on the Marist homepage and cast their votes to elect the new student government administration.

Yet, despite the apparent ease of the ballot process, apathy from the student body has seemed to have taken a toll on voter turnouts in previous years. During last year's election, just 23 percent of the student body voted, according to Student Body President Omar Diaz. Current SGA officers explained their perspectives on the trend of low voter participation.

"People sometimes, I believe, don't take [SGA] very seriously," Diaz said. "They think that it's another high school student government. However, this organization is extremely, extremely important. [SGA] directly represents students to the administration. You have to be aware of whose making decisions for you and taking a genuine interest in you and your concerns."

"SGA advocates on behalf of the students on everything from guest privileges to cafeteria hours," Caitlin Struck, SGA Elections Commissioner, said. "These are issues that students care about."

Katie Procter, SGA Director of Public Relations, supported Struck's notion of SGA's role in bringing about progress around campus.

"I don't necessarily think that most students understand that if you go to a senator or if you go to anyone in SGA, they can change things to make it better for you," Procter said.

As the current administration's term concludes, the responsibility of bringing about change in the 2008-2009 academic year has been opened to the general student body. All positions are currently open for election. To run for an SGA position, a student must begin by coming to

one of three mandatory information sessions that will be held February 26-28 in the SGA office at 9:30 p.m. At these meetings, students can find out all the information needed to run for a student government position, according to Struck.

Diaz imparted his advice to students aiming to run for office this year.

"A lot of [candidates] want to go and change the college completely around, but they have to understand that there are certain things you can do and certain things you can't do," Diaz said. "You can work toward things and you put them into motion for the future, but it takes a lot of meetings, a lot of debates, and a lot of discussion to really come out productive and successful."

With hopes of candidates that will be able to create progress in the college, the current SGA administration said that they will remain optimistic through the March 10-12 elections. The organization has a voter turnout goal of 40 percent of the student body.

"With this goal of 40 percent, I don't think we can go wrong," Diaz said.

Struck made it clear why each student should vote.

"SGA is the students' voice for change," she said. "Why then, shouldn't they care to vote?"

Struck also stressed the importance of this election for Marist College.

"You're voting for kids that could potentially give you much better guest passes or huge changes in the cafeteria, or whatever issue you're concerned with," Struck said.

With thirty-four total candidates, Struck said, "this was the most people that have run collectively...There are good candidates. There are a lot of passionate candidates."

Election campaigning ends at 12 AM Monday the 10<sup>th</sup>, at which point elections will begin. The polls will close promptly at 3 PM on Wednesday the 12<sup>th</sup> and results will be revealed at 5 PM live on MCTV.

For more information on the SGA candidates, including profiles on Student Body Presidential candidates go to Page 3

## Marist football to join Pioneer League for 2008 season

By ANDY ALONGI  
Media Editor

Excitement was the recurring theme last Thursday, Feb. 28 as the Tenney Stadium at Leonidoff Field press box held its first ever press conference.

The announcement about the future of the Marist College football program was made by director of athletics Tim Murray.

"We are very pleased to announce today that in the 2009 football season, we will join the

Pioneer Football League," he said. "We have been working with this conference for a couple of months now and we are excited they have extended us an invitation."

The Pioneer Football League (PFL) consists of 10 schools, now that the Red Foxes have joined. The other nine schools within the conference are Butler, Campbell, Davidson, Dayton, Drake, Jacksonville, Morehead State, San Diego, and Valparaiso.

The PFL was founded in 1991

and is one of the few conferences in the country that competes at the non-scholarship cost containment model of football.

"We will be competing in a stable conference that exemplifies the standards and overall experience that we strive to provide for our student-athletes at Marist," Murray said.

Marist College president, Dr. Dennis J. Murray said he was happy with the way the institutions in the conference put academics on a very high pedestal.

"We are proud to be included in a league with schools known nationally for their accomplishments in the classroom and on the football field," Marist College President Dr. Murray said. "Marist fosters an appreciation of what it means to be a true student-athlete, encouraging success in academics as well as athletics. The colleges and universities in the Pioneer League share this same philosophy, so we feel we have found the right home for our football program."

The mid-major national championship has come from the PFL the past three seasons. San Diego, an opponent of Marist over the past two seasons, has been crowned champions in 2005 and 2006, while the Dayton Flyers won the 2007 title.

"I am very excited with the opportunity to join the Pioneer League in 2009," head coach Jim Parady said. "The Pioneer League is very competitive, with the last three Mid-Major National Champions coming

from it. The league gives us an opportunity to play a national schedule with games from Florida to California."

The Red Foxes will join the league in the 2009 season. For this upcoming season, Marist will compete as an independent team, playing six home games according to Parady.

The Red Foxes' spring intrasquad scrimmage will take place on Saturday, Apr. 19 at 7 p.m. at Tenney Stadium at Leonidoff Field.



# THE CIRCLE Campus

THURSDAY, MARCH 6, 2008

www.maristcircle.com

PAGE 2

## Security Briefs

# Marist ruins The Circle's best section by obeying the law and code of conduct

By TYLER THURSON  
John Gildard in Training

2/26 - Campus

In a somewhat pleasant surprise, flyers have recently been found on campus commenting negatively on some of the current political candidates. I say "pleasant," because, for one, quite frankly I'm shocked many students have finally mastered the reclusive art of the written word. On a serious note, however, it is nice to see some political engagement on campus, even if it is nothing more than a lot of name-calling. When you're used to only hearing verbal spats about whether or not Britney can stage a comeback, really, it doesn't take much to impress.

2/26 - Townhouses

The police were involved in a matter occurring at one of the Townhouses, in what appeared to be a violation of the college's drug policy. Judging from the police involvement, I'm going to go ahead and take a wild guess that the drug policy in question is not "Hugs, not Drugs." Although, I can see some serious violations of that too - some people try and touch you way too much. It's called personal space, people, make nice with it. No one needs to be molested when you haven't seen them since breakfast this morning. Wait, what was I saying? Oh yeah, don't do drugs. Or hugs. Wearing Uggs, however, is permissible.

3/1 - Campus

Another motor vehicle accident occurred outside the Chapel on campus, with no damages being reported and the only injury being that this is one of my top stories. Seriously, a motor vehicle accident third lead story on the security briefs? This is what I'm attempting to pry humor out of, a car hitting another car? Oh yeah, nothing spells out comedy like a little vehicular mishap. Let's work together and make something interesting actually happen on campus, please, because contrary to popular belief, I can't make these things up. Really, I can't.

3/1 - Hoop

Well, here's a start - not really. A student reported a damaged right fender on his car while it was parked in the Hoop lot, and a report was filed, although no perpetrator has been apprehended yet. Ohh, a fender bender, hold me back people. You're lucky all you got in hoop was a bent right fender, I almost collapse a lung just walking there. Seriously, any place that spelled backwards is "pooh," can never bring good things.

3/3 - Lower West Cedar

A timely security fire examination turned up the absence of one fire extinguisher, with no one being able to locate it at press time. Well, this can only

be two things. One, a gunning young chef took their soufflé a bit too far, finding the only way to save their culinary creation was to grab the closest extinguisher - and never return it. Second, and probably most likely, an office chair is also missing, and one unlucky student has just taken a party by storm with his insane trick. Well, if that is in fact the case, why stop now? Route 9 isn't that far away, you can make it. Go ahead.

### The Circle's Public Service Announcement

Okay, okay, Marist. We get it. You're all a bunch of law-abiding 18 to 22 year olds who would absolutely hate to have Security chase them down in a ubiquitous white CRV. Despite the fact that Marist is clearly killing our readership by making Security Briefs smaller and smaller with each passing week, we still have a few small suggestions to make sure you have a safe one.

**- Park in your assigned lot:** Seriously, just do it. Nothing sucks more than going to Riverview and seeing a large yellow fashion accessory - for your car.

**- Learn to cook:** Obviously, some of you only go here because you could never hack it at the CIA. Even Comm majors like us know how to read directions on a soup can. The rest of you need to wisen up - or become literate.

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

Tuesday night  
Guitar Hero contests don't  
build resumes.  
Newspaper experience does.

Join *The Circle*.

E-mail [CircleEIC@gmail.com](mailto:CircleEIC@gmail.com)  
for details on how to get  
involved!



## THE CIRCLE

Margeaux Lippman  
Editor in Chief  
Lisa Brass  
Managing Editor

Andrew Overton  
News Co-Editor

Matt Spillane  
News Co-Editor

Tricia Carr  
A&E Editor

Kait Smith  
Opinion Editor

Brittany Fiorenza  
Health Editor

Isabel Cajulis  
Features Co-Editor

Deanna Gillen  
Features Co-Editor

Greg Hrinia  
Sports Co-Editor

Rich Arleo  
Sports Co-Editor

James Reilly  
Photography Editor

Advertising Editors:  
Christina Usher,  
Ralph Rienzo

Photography Desk:  
Allison Straub

Copy Desk:  
Amanda Mulvihill, Marina  
Cella, Emily Fiore,  
Elizabeth Hogan,  
Sarah Holmes,  
Alana Linsenbigler,  
Tom Lotito,  
Rachel Macchiarola,  
Rachel Maleady

Gerry McNulty  
Faculty Advisor

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

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

## Onsite Screen Printing & Embroidery

Creative Design Services

24 Hr. Tees & Banners



Purchase orders accepted

Est. 1995

# Custom T-SHIRTS

at

LET'S GET PERSONAL<sup>INC.</sup>  
10 Raymond Ave. Poughkeepsie

(845) 471-5270

[www.LetsGetPersonal.biz](http://www.LetsGetPersonal.biz)

## Marist

## Defined:

An UrbanDictionary for  
the Poughkeepsie inclined

**Shwasted (adj.):** Used to describe a Marist freshman after a "wild night" in Gartland. Not that it actually happens. We are a dry campus after all... **See also:** The Loft, fake IDs, poor judgement

**Midterms (n.):** Soul-crushing tool of both adjuncts and tenured professors alike. Used to interrogate one's knowledge and kill their GPA. **See also:** cramming, "I should've paid attention," mass withdrawal from selected courses

# News

## A look at the SGA Presidential candidates

### Joseph DeLisle

**Year:** Class of 2009  
**Major:** Political Science with a Business Minor  
**Political Leanings:** "Common Sense Conservatism"  
**SGA Experience:** General Member, Resident Senator, Executive Vice President, Committee Chairman



**Leadership Experience:**

Leadership Team of the Catholic Students Association  
**Clubs:** Campus Ministry, Marist College Republicans, Political Science Club, Phi Sigma Alpha

**Three specific changes you want to make:**

1. Combat high book prices by making ISBN's easily accessible well before the beginning of the next semester.
2. Make clubs not jump through as many hoops as they currently do and work on reforming the budget to help clubs get the resources necessary to do big events.
3. Put the Student back into Student Government and truly represent the needs and concerns of the student body.

**Why should we pick you over other candidates?:** I am the only candidate who has the experience necessary to bring about change. No one else has experience as not only a club president, but also as an elected member of student government.

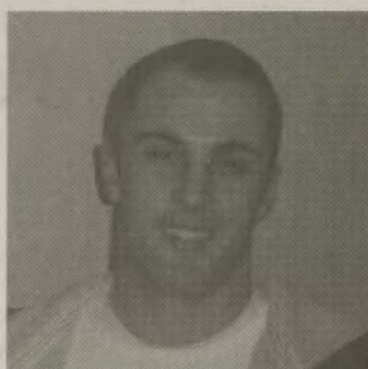
**What is SGA's biggest problem right now?:** The biggest problem with Student Government is that it has forgotten who it represents. We need to put the Student back into Student Government.

**One thing most people don't know about you:** I was the only Marist student selected to attend the Student Conference on United States Affairs (SCUSA) at the United States Military Academy at West Point.

**Who is your favorite Ninja Turtle? Why?:** I would have to go with Leonardo because of the high regard he has for acting honorably and doing the right thing.

### Erik Zeyher

**Year:** Class of 2009  
**Major:** History, Secondary Education  
**Political Leanings:** Moderate  
**SGA Experience:** Vice President of Student Life SGA, Chair of Student Life Council, Member of Student Life Council, Champagnat Hall President, Champagnat Hall Adviser, Upper West Cedar Adviser



**Leadership Experience:** Resident Assistant, National Residence Hall Honorary President, Entrepreneur and Co-founder my own company, Cousins DJ

**Clubs:** Campus Ministry, Intramural Soccer, Teachers of Tomorrow

**Three specific changes you want to make:**

1. Have the Student Government Association improve on being the ears and the voice for the student body.
2. Increase involvement in student government along with gathering student opinions. After gathering student opinions, use that information to make a positive change on our campus.
3. Continue to make Student Government Association an organization in which students feel comfortable coming to in which they can state ideas, concerns or ask questions.

**Why should we pick you over other candidates?:** I feel that my combination of dedication, experience, and ability to communicate with many different students across our campus makes me the ideal candidate.

**One thing most people don't know about you:** I can jump on a pogo stick over

40,000 times without falling off. It's sad that I know that :)

**Who is your favorite Ninja Turtle? Why?:** Leonardo because of his strong will and determination, plus my favorite color is blue.

### Christopher Cardella

**Class:** Class of 2009  
**Major:** Social Work  
**Political Leanings:** Moderate to Liberal  
**SGA Experience:** The only experience I have is voicing my opinion to the SGA and asking questions of our representatives



**Leadership Experience:**

Former Vice-Chairman of Marist College Republicans; Crew Team Captain in high school; President of Alianza Latina-the Latin Alliance in high school

**Clubs:** Social Work Association; Marist College Republicans; Chapel Choir

**Three specific changes you want to make**

1. Condom machines on campus
2. Deregulate the flyer policy of the administration
3. Improve the communication between the student body and SGA

**Why should we pick you over other candidates?:** I am ready and willing to work with the STUDENTS, not just the SGA members or the administration. I am here to further the will of the student body. I am willing, ready and able to work on and fight for any issue regardless of its size.

**What is SGA's biggest problem right now?:** there is too little communication between students and the SGA. They need to refocus on better representing the student body than they currently do.

**One thing most people don't know about you:** My uncle played in the '80s band Dire Straits and at one time dated Madonna

**Who is your favorite Ninja Turtle? Why?:** Leonardo because he had the two swords

## Staplers to return to library after spring break

By ASHLEY ALFIERI  
 Circle Contributor

Thanks to strong efforts from sophomore Class President Jeremie Hittenmark, staplers will soon be available to students in the library.

The effort to place staplers on campus has been ongoing throughout the fall 2007 and spring 2008 semesters. Former resident senator Nicole Johnson was trying to solve the issue last semester before going abroad at which point Hittenmark decided to look into the issue.

"It is something that I was always approached about, so I decided to do something about it," Hittenmark said.

He found that staplers had been available to students in prior years, but after continuous cases of stapler theft, the library decided not to replace them.

To prevent theft in the future the new plan calls for staplers be placed on a table directly across from the main library desk, under the watchful eye of the librarians. Also, the staplers will be attached to large wooden blocks to make it impossible for students to sneak them into their bags.

Life without a stapler can be pretty difficult, according to Marist students. Some believe staplers are an inexpensive request that the school could easily grant.

"I'm glad we will have access to staplers soon," freshman Dana Nichols said. "We pay so much to attend Marist, the least they could do is give us a few staples."

Also, students find the unavailability of staplers difficult because they need to meet the demands of certain professors.

"One of my teachers said on the first day of class that if a paper was handed in without a staple then it would be considered late and there would be a penalty," said Heather Reznik, another freshman student distraught over the lack of staplers.

Hittenmark considered similar opinions from the student body and sat down with the Assistant Director of the Library Cathy Carl. Together they chose the best way to approach the stapler issue. They considered cost, location, and maintenance before finally deciding on the current solution.

The Student Government Association has agreed to pay for the cost of the staplers. They plan on ordering them soon, and hope to set up the library area after spring break.

Hittenmark hopes to provide staplers in other areas on campus, including Donnelly and Dyson. He is also working on placing a computer in Jazzman's Café for the use of students living across the street.

## 2008 SGA Spring Election Candidates

**Student Body President**  
 Erik Zeyher  
 Joe DeLisle Jr.  
 Chris Cardella

**Resident Senator (5 Positions Available)**  
 Vincent Anthony  
 Chris Waters  
 Matthew Reiman  
 Matthew Lubrano  
 Joseph Gentile  
 Michael Sweeney  
 Amy Ghio  
 Christopher Kozak  
 Brendan Smullen

**Commuter Senator (2 Positions Available)**  
 Joan Paternaster  
 David Serratelli  
 Michell Perez  
 Ronald Johnson

**Class President 2009**  
 Julie Lavin

**Class Historian 2009**  
 Kelly Laturner

**Class President 2010**  
 Steve Townsend  
 Jeremie Hittenmark  
 Aforme Agawu-Kakraba

**Class V.P. 2010**  
 Anne Shannon  
 Robert Capua

**Class Historian 2010**  
 Bridget Sullivan

**Class Secretary 2010**  
 Jane Sheehan

**Class Treasurer**  
 Theresa Domanico

**Class President 2011**  
 Andrew Clinkman  
 Paul Brooke

**Class V.P. 2011**  
 Jess Turgeon  
 Nicole Pernice

**Class Secretary 2011**  
 Caitlin Colquhoun  
 Ana Cabrera

**Class Treasurer 2011**  
 Frank Pagliaro

# Be represented!

## Vote in SGA elections to get your voice heard and your issues recognized!



in Poughkeepsie and Fishkill  
 would like to offer any Marist College student a  
**15% student discount**  
 anytime, for any product or meal!

\* \* \*

**Simply show us your student ID**  
*We serve breakfast items, lunch and dinner*

\* \* \*

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

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



# Opinion

THURSDAY, MARCH 6, 2008

www.maristcircle.com

PAGE 5

Let the voices of the Marist community be heard.

## Students support Obama without knowlege of his campaign

By DAN PEARLES  
Staff Writer

I like Sen. Barack Obama. I think he is a courteous, articulate man who genuinely believes that he has a good plan for America. It would be nice, however, for him to fill the American people in on what exactly that is.

As for his Democratic opponent Sen. Hillary Clinton, we already know the positions that she takes on the issues.

The partisanship and deceit of the Clinton's has been around for all too long on Capitol Hill and I do not think that anyone would mind not having to hear another one of her shrill laughs.

As unpopular as the Bush administration is, I still find it amazing that one of these two Democrats is likely going to be the next president of the United States.

There is little to no difference on what the Democratic candidates stand for. Both support withdrawing troops from Iraq, universal healthcare, granting amnesty to illegal aliens, and abortion rights. In other words, they're both hard-line

liberals.

Why then, is Obama so popular among the youth while the name Clinton has a negative connotation?

We live in a very material, superficial society where most people would choose style over substance any day. Barack Obama understands and has taken full advantage of that sad

**Obama has run a campaign based on nothing but rhetoric and it is pathetic that the American people, especially college students, have let him get this far.**

fact.

That statement does not imply that Hillary Clinton is honest or has any kind of substance whatsoever.

That could not be further from the truth.

The one, and probably only, thing I will give Clinton credit for is that she has made it clear what she will do when she becomes president, which is enough to give many Americans nightmares.

Obama is portrayed as a vibrant candidate who supports change and hope. While "change" and "hope"

are nice things, I was under the impression that we are voting for the next President of the United States in November, not a motivational speaker for college students.

Obama has run a campaign based on nothing but rhetoric and it is pathetic that the American people, especially college students, have let him

get this far.

That is not a knock on Democrats or liberalism in general, but the fact that a man who held the same positions as all the other Democratic candidates is probably going to the next Leader of the Free World for no other reason than the fact that he can speak well.

I could live with this sad state of affairs if this misconception of Obama was held only by Democrats. If they feel that he best represents what their party stands for then that is their decision.

What stuns me is when I hear

conservatives or moderates, Republicans or Independents, say that Obama is their candidate.

It is no mistake that National Review voted him as the Most Liberal Senator of 2007, making him one of the most partisan politicians in Washington. While I know that college kids tend to lean to the left, but I have a hard time believing that many of them know that fact about Sen. Obama.

I talked to many students, Democrats and Republicans, to find out their opinions on Obama.

While some conservatives say they will stick to their principles and support Sen. McCain, others say they will consider voting for a man who shares none of the same beliefs as they do. I ask all Obama-supporting Republicans to reevaluate their beliefs or to do some research, whichever options applies.

There is nothing wrong with supporting Barack Obama for president just as there is nothing wrong with having liberal tendencies. He advocates changing the way things work in Washington and for that I

give him credit.

Those who support him, however, have to understand the implications of an Obama presidency. Obama supporters in Border States should understand Sen. Obama's views on illegal immigration.

because I've yet to hear where Obama stands on this the most critical of issues.

A free pass by the media and a lack of information among his supporters has propelled him to the brink of being the most powerful person in the



FROM BARACKOBAMA.COM

Barack Obama (above) speaks to the masses. Voted the Most Liberal Senator of 2007, Obama may have a message that has different implications than college students realize, despite the information available.

Members of religious organizations should be aware of his pro-choice record, such as his vote against banning partial birth abortions.

All Americans should know how the senator plans on winning the War on Terror,

world.

The next time you are ever sitting around your room claiming you have nothing to do, turn on Fox News or check out CNN's Web site.

You'll be amazed at how important reality is.

## Nader likely to both affect outcome and to lose

By GINA FIGLER  
Circle Contributor

At 74 years old, and after 4 consecutive losses, Ralph Nader is back on the campaign trail. This begs the question: after so many losses, why does he continue to run? In a recent interview with "Meet the Press," Nader explained, "If there was no other reason to run—other than civil liberties—it'd be worth it".

As a Green Party candidate, many of the principles that Nader is running on behalf of are environmental. He wants to adopt a carbon pollution tax and use solar energy as the main energy source. Many people support Nader's efforts. Dana Nichols, a Marist Freshman explained, "I like him because he's persistent. He really believes in running for environmental issues, not fame".

Nader differs from the other candidates on several issues. Few people realize that one of Nader's goals is to impeach Bush and Cheney. Granted, they were responsible for the war in Iraq, but impeachment, really?

That seems a bit harsh.

Matt Freed, a student at Marist, described his opinion as such, "There are many issues involved in this election that are more important than the ones Nader stands for. He should stop wasting his time and money running for president and try to accomplish things another way".

At first glance, Nader's decision to run doesn't seem like it will have much impact, but many people underestimate him. In the 2000 election, Nader won over 2 percent of the votes. Many people who voted for Nader in that election are independents and liberals who Democrats believe would have voted for Gore had Nader not been a candidate. Essentially, Nader was responsible for electing the very man that he is now trying to impeach.

Nader and the Green Party don't see it that way. According to the Green Party's Web site, "Greens will continue to affect election outcomes- and sometimes win. But Greens have no power to steal votes from Democratic candidates, because no candidate owns anyone's

vote except for his or her own."

Even so, it's hard to ignore the Democrats concerns. The race for the White House in 2008 is shaping up to be another close one, where 2 percent of voters can ultimately be the deciding factor.

In addition to "stealing votes," there were other issues that surrounded Nader's candidacy in the 2000 election. Namely he claimed that the outcome of the race didn't matter. His campaign Web site contained a quote by Michael Moore that read, "A vote for Gore is a vote for Bush". This remark will certainly haunt him in the upcoming election.

It is admirable that in the face of defeat Nader continues to run, defending the principles that he believes in. However, after 17 years and several failed elections it seems to be time for Ralph Nader to throw in the towel and find another venue to voice his concerns. A presidential election in which his participation could potentially change the outcome of the race doesn't seem like the appropriate time or place.



### LETTERS TO THE EDITOR POLICY:

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

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

### THE CIRCLE

MaristCircle.com

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

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

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

## Got a voice? Use it!

### Write for The Circle's Opinion section.

E-mail [CircleOpinion@gmail.com](mailto:CircleOpinion@gmail.com)  
for details.

**FREE Fried Dough**  
When You Spend  
**\$25 or more**  
Limit 1 for pickup or delivery  
Must mention when ordering  
Coupon required  
Not valid  
Superbowl

**Please Call Ahead For Super Bowl Orders**

**WE MAKE 3'-6' SUBS**  
48 Hour Notice

**Catering For All Events, Breakfast, Lunch & Dinner**

Birthday Parties, Wedding Rehearsals, Baby Showers, Engagement Parties, Any Occasion

# DOUGH BOY'S PIZZA

Open 11 am

**WINGS & ALE HOUSE WE DELIVER**

**51 Fairview Ave., Poughkeepsie, NY 845-454-4200**

Pick Up or Dine In. Not For Delivery.  
Limit 3. Expires 4/30/08.

**LARGE PIZZA \$6.99**

Pick Up or Dine In. Not For Delivery.  
Limit 3. Expires 4/30/08.

**Family Combo's**

- 1. 1 Lg Pizza + 12 wings.....13.99
- 2. 2 Lg Pizzas + 24 wings.....27.99
- 3. 3 Lg Pizzas + 36 wings.....37.99
- 4. 6 Lg Pizzas + 60 wings.....71.99
- 5. 1 Lg Pizza + 24 wings + 2 Ltr.....22.99
- 6. 60 wings.....29.99
- 7. 120 wings.....58.95

Family Combo Prices May Vary With Menu Changes. Toppings \$1.50 extra.  
Above Valid on Pick Up, Delivery, or Dine In

**Buy 1 Hot Sub, Get 1 Half Off**

Pick Up or Dine In  
Expires 4/30/08

**Buy 1 Dinner, Get 1 FREE**

Pick Up Only  
Expires 4/30/08

**PIZZA PARTY SPECIAL \$49.99**

Includes 3 large pies with 4 total toppings, 36 wings, 1 bag of fried dough, 1/2 tray of tossed salad, (2) 2 liters of soda

Expires 4/30/08

**Wing Flavors:**

- Mild
- Medium
- Hot
- After Burner
- Ranch
- BBQ
- Honey BBQ
- Smokey BBQ
- Buffalo Ranch
- Teriyaki
- Sweet & Sour
- Butter Garlic
- Honey Mustard
- Spicy BBQ
- Plain
- Garlic Teriyaki

Award-Winning Wings • Homemade Sauce • Salads • Hot/Cold Subs • Pasta • Alfredo Sauce • Fried Dough • Catering • Calzone • Potato & Macaroni Salad

# N.Y. Bagel Bistro Co.

**133 Parker Ave. Poughkeepsie, NY 845-485-6771**

**WE MAKE 3'-6' SUBS**  
48 Hour Notice

- Catering
- Boar's Head
- Breakfast Pizza
- Homemade Burger Platters
- Salmon Burgers
- Paninis
- Sabrett Hot Dogs
- Fried Pickles

**WE DELIVER**

Open for Breakfast & Lunch  
Open 6 am M-F 7 am Sat-Sun

Fresh Baked Assorted Bagels Daily

Specials not to be combined, limited to availability, expires April 30, 2008, cannot be combined with dine-in senior discounts.

**10% Senior & Military Discount**  
Dine In Only.

**WE MAKE WRAPS!**

Chicken Fingers and Fries or Fried Clam Basket  
**\$6.95**

Buy 1 Boar's Head Sub or Wrap, Get 1 HALF OFF!

Buy 12 BAGELS, GET 6 FREE!

Family Breakfast 4 Egg Sandwiches & 4 Small Hot Drinks  
**\$10.00**

Try Our Breakfast Pizza - Get 1 Slice FREE  
7 am - 11 am Friday Only

Burger Platter  
**\$1 OFF!**

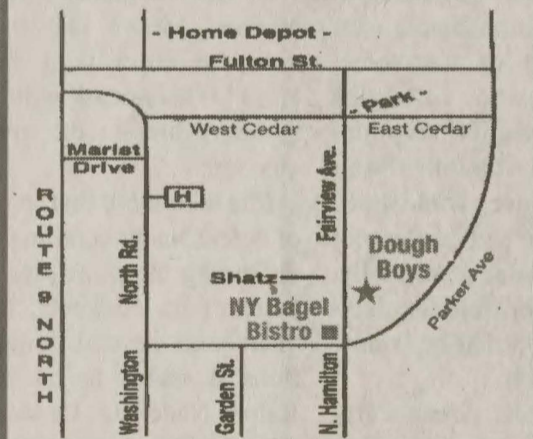
3 Sabrett Hot Dogs  
**\$3.99**

Buy a Fresh Salad, Get 1 HALF OFF!

Any Order over \$30  
**\$5 OFF!**

Catering Orders Home and Office  
**10% OFF!**

51 Fairview Ave.



PLEASE CALL AHEAD FOR QUICK SERVICE

**WE DELIVER**



## Marist Defined:

An Urbandictionary for the Poughkeepsie-inclined

**Throwback (n.):** Something that invokes mental images of you in 7th or 8th grade - a positive nostalgia.

**See also:** The Wallflowers on YouTube, Lifehouse as a spring concert, 90's themed birthday parties.

THE CIRCLE

# MAAC Preview

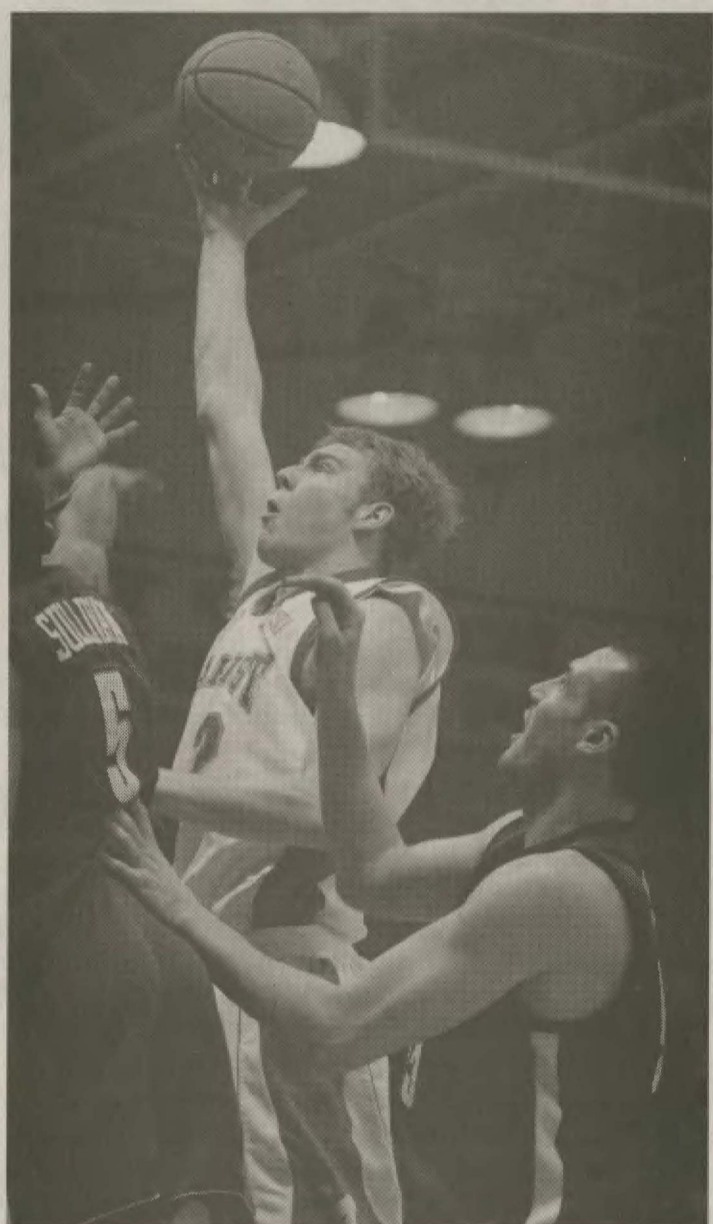
THURSDAY, MARCH 6, 2008

www.maristcircle.com

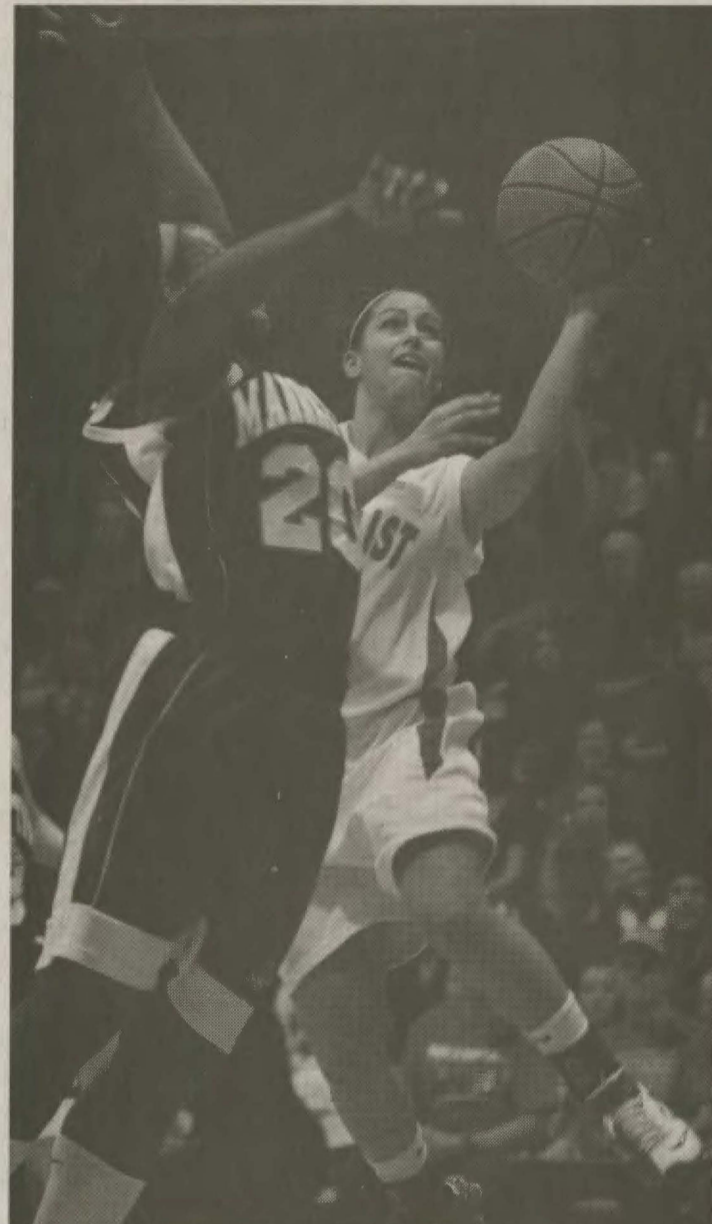
PAGE 1A

## Men's Basketball Preview

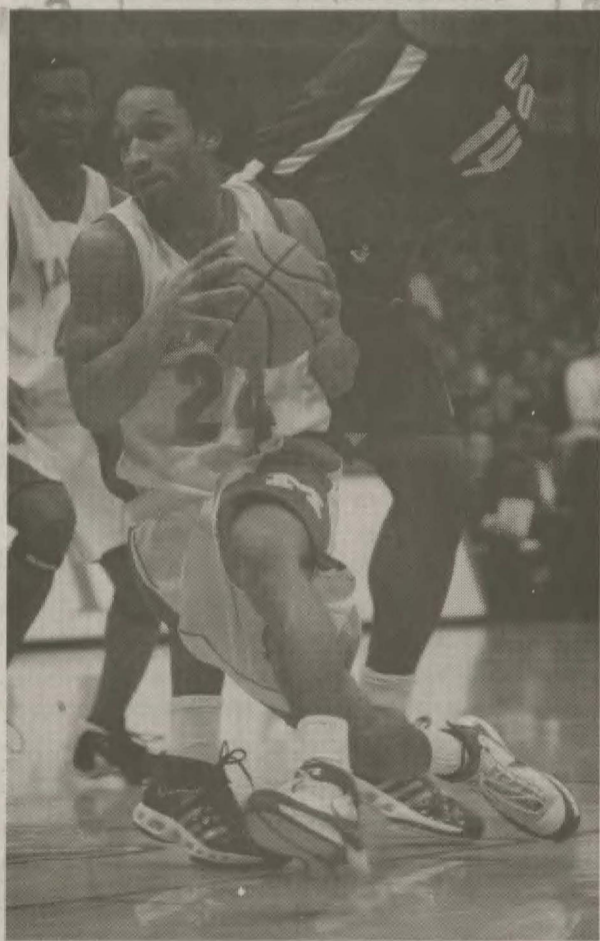
## Women's Basketball Preview



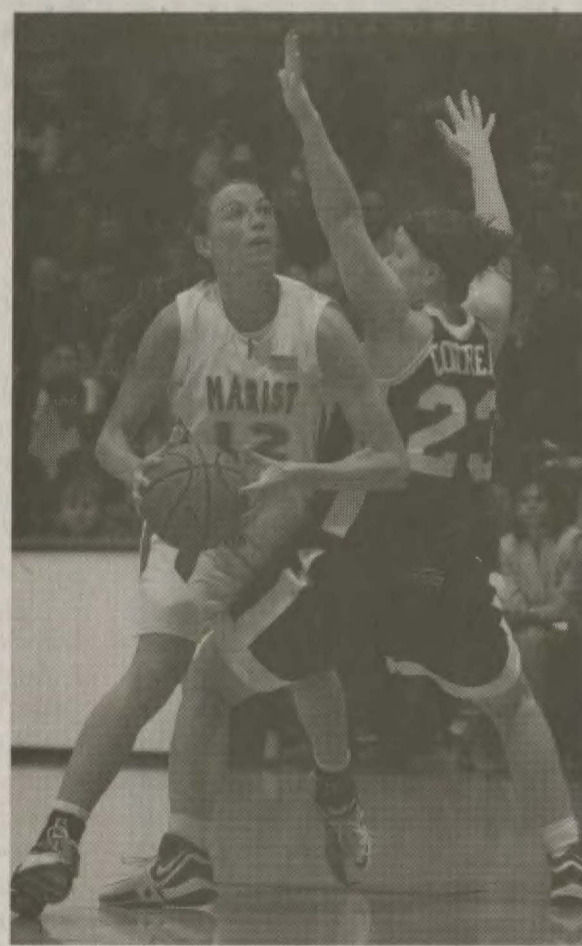
JAMES REILLY/THE CIRCLE



JAMES REILLY/THE CIRCLE



JAMES REILLY/THE CIRCLE



JAMES REILLY/THE CIRCLE

## Flores, Kolesar making impressions off the court

By **ANDY ALONGI**  
Media Editor

**FOCUS!**  
**PAY ATTENTION!**  
**ARE YOU LISTENING TO ME!?!?**

These few words are heard numerous times a day by senior guards Nikki Flores and Courtney Kolesar.

However, in the early morning and afternoon hours, they are keeping their elementary and high school students focused in the classroom. In the afternoon it comes from women's basketball head coach Brian Giorgis.

These two members of the Red Foxes back court are student teaching during the spring 2008 semester at local schools in the area.

Flores was placed at Spackenkill High School in Poughkeepsie, teaching 11th grade United States History and 12th grade Government classes. Both classes are required to graduate in the New York State.

"I teach five classes, three history and two government classes," she said. "The seniors are the government class."

Kolesar was placed at WW Smith Elementary School, teaching sixth graders, also in Poughkeepsie.

The typical day for each of these individuals starts much earlier than that of an average college student taking a full course load.

"I have to get up at 6:30 in the morning and be in by 7:15 or 7:20," Flores said. "I get three

periods free and I have to do lunch duty; that is an interesting experience every day. I'm done at 2:00 and I usually stay after for 15 or 20 minutes in case anyone has to make up anything or anyone has any questions."

"I always get there at 7:30 [a.m.] and it's a lot of prepping and talking with the teacher and he's telling you what you're going to be doing for the day, what lessons you are going to teach," Kolesar said of her typical day. "I get out between 2 and 2:30 most days, then either I come here have PT for my knee, then I [do a lesson] plan and go to bed."

Flores said the days are different, but student teaching does have its positive aspects.

"It's like being back in high

school again" she said. "In college you have one or two classes in a row or one or two classes in a day and then you are done. With this I'm in 7:30 to 2, but I guess its good because you don't have anything after 2, you just have to go to bed early."

Kolesar finds the semester teaching quite enjoyable.

"Honestly, it's a little more work because you are doing lesson plans," she said, "but it's more focused on one thing rather than doing all your classes and different subjects it's something you really want to do. I love it so I think it's better than going to classes."

Flores was selected to the Metro Atlantic Athletic Conference (MAAC) second team along with teammate junior

guard Julianne Viani. She averages 9.7 points per game and shoots 88 percent from the free-throw line. Her career high in points is 21, which she tallied against Manhattan on Feb. 24, in a 71-61 victory at the McCann Center.

Flores said many of her post graduation plans are still up in the air, though she has many options.

"A lot of it is up in the air," she said. "My first option is to be a grad[uate] assistant. I really want to be a grad[uate] assistant here but all the positions are taken we don't have a grad assistant position anymore so I'm hoping if somebody leaves which I hope not, the fact that the coaching staff is really good here, but if anyone does happen to leave I

hope coach thinks of me; also playing professional basketball overseas. I've gotten some letters for tryouts, just to get seen by scouts so that's another option. I'm going to hold off on teaching. I'm going try and coach and maybe teach further down the line."

Kolesar has sat this season out due to a knee injury. However, last season she saw minutes in all 35 of the Red Foxes contests, averaging 11.4 minutes per game and scoring 108 points on the season. She also shot 8-for-10 from the free-throw line.

After college Kolesar has would like to coach or teach.

"I want to either try to be a grad assistant or to teach high school or maybe college, something like that," she said.

# Marist builds momentum for MAAC tourney

By GREG HRINYA  
Sports Co-Editor

In one weekend, the Red Foxes went from quarterfinal fodder to dark horse contender in the Metro Atlantic Athletic Conference (MAAC) tournament.

After edging Iona, 67-60, on Friday night, Marist put forth one of its best efforts of the season by steamrolling over first-place Loyola, 82-64. With the loss, Loyola dropped to fourth in the MAAC and Marist, a No. 6 seed, is now set to face No. 3 Niagara in the quarterfinals in Albany, N.Y. on Mar. 8.

The Red Foxes had dropped three straight games heading into last weekend, but the two wins created a tremendous amount of momentum heading into what could be the most competitive MAAC tournaments in recent memory. The top six teams are separated by just two conference games.

For Marist, it is no surprise that the 2-0 weekend coincided with senior Louie McCroskey's return to action. After injuring his ankle in a Jan. 17 game at Loyola, McCroskey was expected to miss the rest of the season.

McCroskey returned two weeks early, and all he did was play 32 of 40 minutes and score 18 points, including 4-for-5 shooting on three-pointers. Not even McCroskey expected a performance like that.

"I didn't expect to have a game like this today to be honest with you," McCroskey said after scoring 18 points against Iona. "I definitely thought [the ankle injury] was the end of my collegiate career. It's funny, I normally get down in situations like that, but I've been through so much in college I just took it. The people around me kept me positive."

Coach Brady did not know what to expect when the senior returned from injury either.

"Well I didn't know how Louie was going to play to be honest with you," Brady said. "I didn't expect it. I wouldn't expect anybody to come back off of really two days practice and do what he just did."

McCroskey's presence has allowed some of his teammates to benefit as well. Ben Farmer scored a career-high 20 points against Loyola and averaged 18 points in Marist's two wins. Jay Gavin, a MAAC all-rookie team

selection, reemerged with 13 points against the Greyhounds, and Spongy Benjamin contributed a double-double with 17 points and 13 rebounds.

Ben Farmer attributed the team's success to McCroskey's ability to draw defenders his way.

"Having a guy like Lou back on the floor, just him being out there, changes everything," Farmer said. "I probably got open a lot more than I would without him so it definitely helps."

With Marist riding high after two straight conference wins, the team will prepare to take on the Niagara Purple Eagles on Saturday night at 10 p.m. in a game that can be seen on the MSG network. The Red Foxes split the season series with the Purple Eagles by virtue of each team defending its home court. Marist fell in the first meeting, 76-67, but bounced back with an 85-64 rout of Niagara in the McCann Center.

Marist emphasized shutting down the nation's leading scorer, Charron Fisher, in the second meeting and held the senior to his lowest scoring output of the season. The Red Foxes held

Fisher to 17 points on 4-for-21 shooting. The defensive performance contributed to the 19-point victory.

With the entire team healthy, Coach Brady feels his team has as good a shot as anyone despite being a No. 6 seed.

"I think all the pieces are there," Brady said. "I think on Jan. 17 when Louie went down we were in first place, and I thought we had the best team and maybe we still do have the best team. We'll find out, but at this point we have to be the best team only for one game and that's got to be Saturday night."

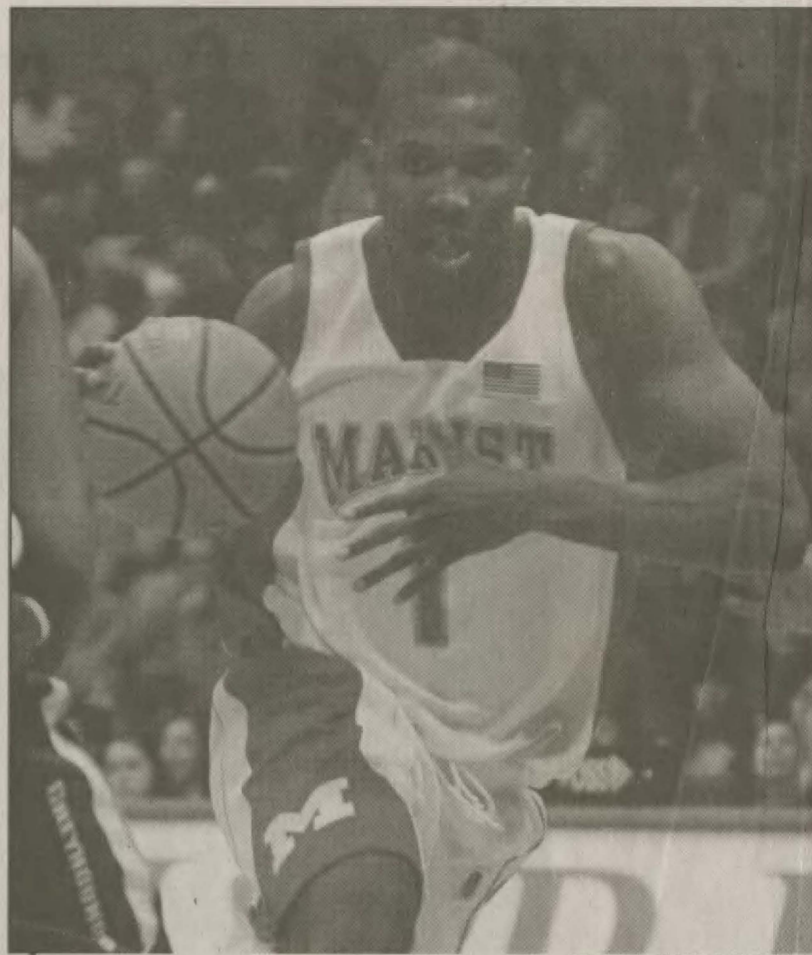
In addition to stopping first team all-MAAC selection Charron Fisher, the Red Foxes will have to contain second team selection Tyrone Lewis. Although Lewis struggled in the first match-up, the sophomore poured in 26 points in the second meeting between the Foxes and Purple Eagles. If the focus remains on Fisher, Lewis could emerge as a candidate to carry Niagara.

Regardless, Ben Farmer believes his team maintains a high confidence level heading into Saturday night's contest.

"I feel good. We've had two

solid wins, and we're starting to put together more of a 40-minute game which is encouraging," Farmer said. "Guys are starting

to mesh a little bit better, and we're going to take advantage of this whole week and try and get better."



JAMES REILLY/THE CIRCLE

Senior Louie McCroskey returned to the Red Foxes lineup after being sidelined since Jan. 17 with an ankle injury. In his first game back against Iona, McCroskey scored 18 points in 32 minutes of action.

## Captains go out on top

By GREG HRINYA  
Sports Co-Editor

With the Red Foxes holding an 18-point lead with 43 seconds left to play against Loyola, Marist head coach Matt Brady began subbing out his seniors. As captains Ben Farmer and Ryan Stilphen headed to the bench, a raucous roar erupted in the McCann Center and the two seniors walked off to a standing ovation.

"It's a special feeling," Farmer said. "You put so much time and effort into the game of basketball and just to have that moment, I can't really describe it, I'm speechless, the best feeling ever."

Marist's 82-64 win over then first-place Loyola marked not only a huge momentum-builder going into the Metro Atlantic Athletic Conference (MAAC) tournament, but the last game these two seniors would play in front of their home crowd.

Farmer and Stilphen could not have picked a better way to go out.

Farmer scored a career-high 20 points and went 5-for-6 from three-point range. Stilphen, the Bay Village, Ohio native, poured in 10 points and grabbed nine rebounds.

Coach Brady acknowledged the contributions that Farmer and Stilphen have made to this program.

"I've said all along that these two guys have really been the heart and soul of our program since I've been here," Brady said. "Marist basketball, we're going to move forward when they all leave, but we'll have a different look. We'll have to go find some guys with huge hearts because we lose not just two, we lose a bunch, but we lose two young, special guys in these two guys."

Historically, both players rank among the best to play at Marist. Farmer is tied for seventh all-time in games played, ninth in three-pointers made, and 10th in three-pointers attempted. Farmer also ranks fifth in three-point field-goal percentage.

With nine rebounds against Loyola, Stilphen moved to 645 career rebounds, good for fifth all-time in Marist history. The redshirt senior is just 11 rebounds away from moving ahead of Miroslav Pecarski. Stilphen is also 16th on Marist's scoring list with 1,140 career points. He reached the 1,000-point plateau on Jan. 4 in the Red Foxes 81-80 win against Rider. He is the 25th player to reach the 1,000-point club.

Stilphen has been a part of this program for five years and Senior Day represented an emotional game for the captain.

"It was definitely a little bit emotional before the game," Stilphen said. "We've had a lot of good times in that building and we just wanted to come out and try and play hard. Me and Ben we're talking about it last night, just trying to come out and get a victory, and I think that's why you saw such great effort and such intensity throughout the game."

For the last four years, Farmer and Stilphen have been the faces of Marist College basketball. Loyola head coach Jimmy Patsos recognized both players for how they represent this school.

"I love Farmer and Stilphen, they're good kids too, they represent your school well," Patsos

said. "Not that you need me to tell you that, but as an outsider they do. Stilphen and Farmer are just classy kids and they play hard, they've gone to the NIT, they've won games, and won at Oklahoma State and they've been around."

Prior to Marist's rout of MAAC rival Loyola, seven seniors were honored. In addition to Farmer and Stilphen, Marist honored center Spongy Benjamin, guard Louie McCroskey, captain Shae McNamara, guard Joe Keegan, and team manager Ashley Mahon for their contributions to Marist basketball.

For Farmer, the Senior Day ceremony and the upset win over a team vying for the regular season MAAC title signified the perfect way to end his home career.

"That's about as good as it gets right there," Farmer said. "A great win, a great effort from this team, and like coach said, we put together pretty much a 40-minute game and that's what we've been striving for."

Stilphen and Farmer will have a chance to extend their collegiate basketball careers this weekend in the MAAC tournament in Albany, N.Y. The Red Foxes will face the Niagara Purple Eagles at 10 p.m. on Saturday, Mar. 8 in the quarterfinal match-up.



JAMES REILLY/THE CIRCLE

The Red Foxes honored seven seniors before their 82-64 win against the Greyhounds on Senior Day. Captains Ben Farmer (left) and Ryan Stilphen (right) played their last home game after spending four seasons in the program.

## MAAC Scouting Report

By GREG HRINYA  
Sports Co-Editor

As 10 teams prepare for the Metro Atlantic Athletic Conference (MAAC) tournament, there are six players among the top six teams worth watching. Each player's success will likely determine each of their respective team's success.

### Final Standings

1. Siena
2. Rider
3. Niagara
4. Loyola
5. Fairfield
6. Marist
7. Iona
8. Manhattan
9. St. Peter's
10. Canisius

### Match-ups

Friday night  
Game 1: Manhattan vs. Saint Peter's  
Game 2: Iona vs. Canisius

### Saturday

Loyola vs. Fairfield  
Siena vs. Game 1 winner  
Rider vs. Game 2 winner  
Marist vs. Niagara

### Jason Thompson, Rider, 6-foot-11

Thompson is the reigning preseason MAAC player of the year and the likely favorite for player of the year. The MAAC named Thompson to the all-league first team along with four other players. Thompson averaged 20.2 points per game (ppg) and 11.8 rebounds per game (rpg) for the second-seeded Rider Broncs. Thompson delivered an astonishing performance against Siena on Feb. 10 when he scored 26 points and grabbed 24 rebounds. Thompson ranks second in the nation in rebounding and according to ESPNU, and he is likely to be a first-round draft pick in the NBA Draft in June.

### Charron Fisher, Niagara, 6-foot-4

As ESPNU described him, Fisher is a No. 2 guard that plays like a No. 4 forward. Although Fisher struggled mightily in his team's 84-65 thumping against the Red Foxes in Poughkeepsie, Fisher led the nation in scoring with 27.7 ppg. The senior also

averaged 9.3 rpg. Fisher led his team to the NCAA tournament last season after Niagara upended Siena in the MAAC tournament final.

Niagara head coach Joe Mihalich attributes all his team's success to Fisher.

"He is just a man-child, he just gives you everything he's got," Mihalich said. "He's got to get really aggressive. Personally I have no problem with him taking tough shots. Some people are going to say he shouldn't do it, but I could care less. The kid's the reason we win, he's a warrior."

### Tyrone Lewis, Niagara, 5-foot-11

A second team all-MAAC selection and a preseason first team selection. The sophomore averaged 18.0 ppg against the Red Foxes this season, including 27 points in an 84-65 loss in Poughkeepsie. Lewis averaged 15.9 ppg this season and shot 48 percent from the field. With Marist's focus on containing Fisher with suffocating defense in the two teams' last meeting, Lewis could be a player to watch to pick up the slack if Fisher struggles.

### Kenny Hasbrouck, Siena, 6-foot-3

Siena's junior guard averaged 15.7 ppg and shot 47.5 percent from the field. Hasbrouck's marquee performance came against the Red Foxes when he scored 35 points on 14-for-21 shooting in the Saints' 97-88 overtime victory. Hasbrouck was a first team all-MAAC selection after being named to the preseason first team and finishing as a second team all-MAAC player last season as a sophomore.

### Gerald Brown, Loyola, 6-foot-4

The MAAC named Brown first team all-conference for the second straight season. Brown joins Fisher and Thompson as the other two players earning first team all-MAAC for the second straight season. Brown scored 18.8 ppg and grabbed 5.0 rpg. The senior erupted for 24 points in Loyola's first meeting with Marist, but senior captain Ben Farmer held Brown to 10 points on 3-for-11 shooting in the

rematch.

Brady made a point of mentioning Farmer's defense on the all-league player.

"Obviously we're all going to pay attention to the numbers and points, but Ben's defensive performance against Gerald Brown was maybe one of the best Gerald Brown's seen all year."

### Louie McCroskey, Marist, 6-foot-5

After transferring from Syracuse, McCroskey earned preseason second team all-MAAC honors before playing in a conference game. The guard from the Bronx, N.Y. led the Red Foxes in scoring with 12.2 ppg despite missing 14 games. The Red Foxes are 12-4 with McCroskey in the lineup and 5-9 without him. The senior scored 24 and 22 points against Wright State and UMass, respectively.

With McCroskey back in the lineup, the Red Foxes are a different team.

"When you have an all-league player that's out of your lineup for an extended period of time it changes your team," Coach Brady said. "I thought that when Louie got hurt, Ben and Jay Gavin and our other guys were playing at a very high level, and when you take an all-league player out of your lineup it changes your lineup."

### Favorite: Rider

Although Siena is the No. 1 seed, the Broncs and Saints both finished 13-5 in the MAAC. The two teams split the season series, but Rider displayed its offensive capabilities at Siena in the two teams' first meeting. Rider won 89-75 and shot 53.8 percent from the field, including 45 percent on three-pointers. Jason Thompson will be the difference-maker. The senior averaged 24.5 points and 22.5 rebounds in the two matchups against Siena.





# Foxes enter MAAC Tourney as powerhouse

By ERIC ZEDALIS  
Media Editor

An old sports adage says it is tough to beat a team three times in one season. Well, on its way to a number one seed in the Metro Atlantic Athletic Conference (MAAC) tournament, Marist (18-0) beat every team twice this season. So do the math.

The Red Foxes need to beat three teams a third time this weekend at the Times Union Center in Albany, N.Y. to earn their fourth MAAC championship in five years and punch another ticket to the NCAA tournament.

Giorgis said what makes beating a team a third time so difficult is that they can prepare to play you more effectively than you can prepare to play them.

"We've beaten a team twice, so we're not making adjustments to what we've done," he said. "When you've won 18, you're not going to make adjustments. Other people might make adjustments, so that's kind of the difficult thing."

They're preparing for us knowing what we do... We can't do that with them.

We're going to prepare for what we've seen so far, but if they're making adjustments, then we're going to have to make adjustments during the game."

Making in-game adjustments has rarely been necessary for Marist, who beat MAAC opponents by an average of 18.8 points per game (ppg) this year. In fact, Giorgis wishes the team had been more battle-tested during the season heading into the tournament.

"I'd like to have had more closer games, but the kids have done a great job," he said. "If the kids are going to beat somebody by more than whatever, you can't sit there and let them score a few times so we can make it close down the stretch."

The Red Foxes did end the season with three "grind-it-out" victories though.

The first was at home against Manhattan, a team that also played Marist to the wire on Jan. 13 in a 61-59 loss.

The last meeting between these two on Feb. 24, the Red Foxes had to withstand two great Jasper runs to hang on, 71-61.

Then came the home-and-home series against Saint Peter's to end the season. Both games resulted in 13-point Marist wins, but the second game was much closer than the score indicates.

The Peahens were tied with the Foxes with six minutes left in the game before Marist went on a run and closed out its perfect season in the MAAC.

That final game against Saint Peter's was a "gut-check" game, according to senior Meg Dahlman.

"I think it was really difficult for us to play Saint Peter's back to back," she said. "I think with a team like Saint Peter's, they're such a talented, well-coached team, they gave us a really good test for what we can expect in the MAAC tournament, and what we're made of. With them going on runs late and us being able to recover, it really showed us what we're made of."

Giorgis, however, already knew what the team is made of — winners.

All but four of the 13 on the team roster played on last year's MAAC champion team, with Dahlman, Rachele Fitz, Nikki Flores and Sarah Smrdel all having been named to the MAAC all-tournament team at least once.

"They know how to step it up during that time. They're very focused right now," he said.

## First Round/Quarterfinals

By virtue of its top-six standing in the conference, Marist earned a first round bye as the bottom four teams compete in two "play-in" games Thursday afternoon. No. 7 Loyola will take on No. 10 Rider followed by No. 8 Canisius vs. No. 9 Niagara.

The quarterfinals on Friday feature Marist playing the winner of the Canisius/Niagara game at 1:30 pm, No. 2 Iona vs. the Loyola Rider winner, and No. 3 Fairfield vs. No. 6 Siena (See scouting report for a complete list of game times and matchups).

The Canisius vs. Niagara game is a rematch of the season finale that saw Niagara win at home in overtime, 65-63.

The two western N.Y. teams split games this season with Canisius winning its home game 63-57 in the first meeting.

Marist beat both teams with ease this season, but might prefer to play Canisius.

The Red Foxes blew out the Golden Griffs at home, 93-66, and then embarrassed them in Buffalo, 91-46.

Whichever team Marist faces in the first round will have one advantage though, according to Giorgis.

"[Our opponent] will have

played the day before on that court," Giorgis said. "Plus, both of them played Siena at the Times Union Arena during the season. So we know that whatever team we play in the first round will have played there twice, and we haven't."

Also, Marist's 45-point victory over Canisius on Feb. 10 actually came on the strength of junior guard Julianne Viani's career-high 25 points.

Viani sat out the last two games of the season due to sickness, and her status for the tournament is day-to-day.

"We still don't know if we'll have Julianne. If we do, it'll be in a limited capacity," he said.

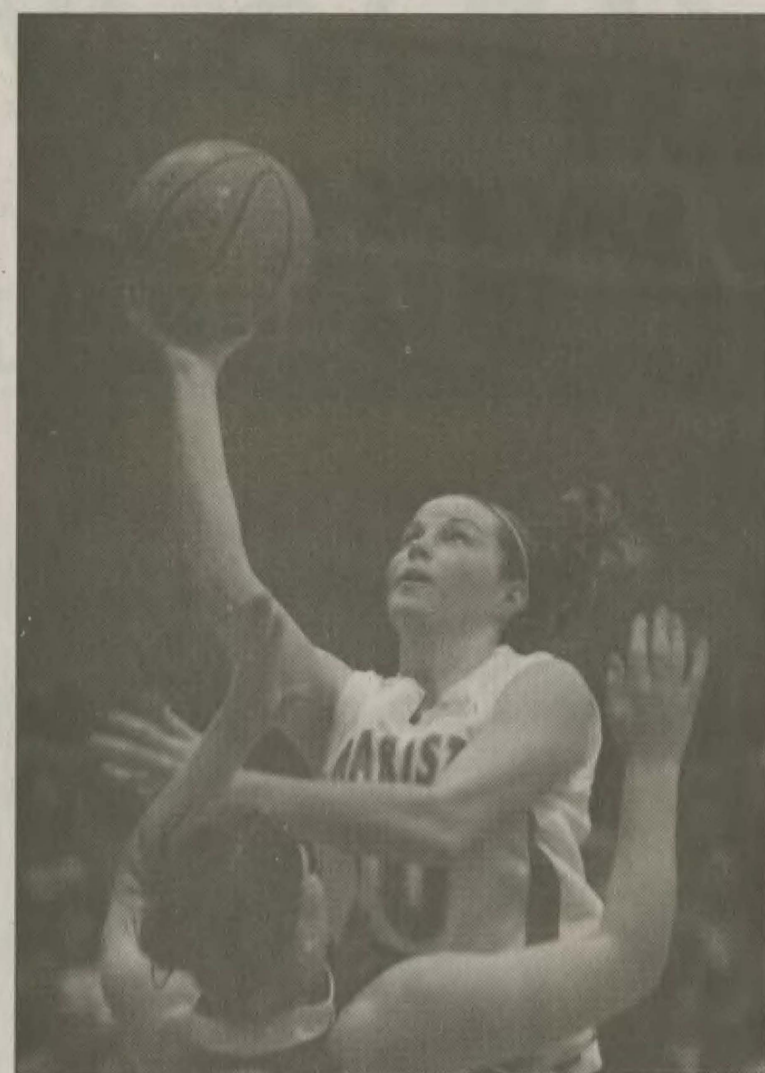
During Marist's last two games, Giorgis rotated freshman Elise Caron and sophomores Lynzee Johnson and Brittany Engle.

Caron got the start for the first of two games to close the season against Saint Peter's on Feb. 27, and scored nine points in her 27 minutes of action.

The Quebec native said that she feels no added pressure as a starter, because she is not coming in to assume Viani's role on the team.

"We're not the same kind of player," Caron said. "I think she's a really good player, and it's hard to do the same things that she does. But, I think everybody has confidence in everybody else, and everybody can do something good. So I just feel that I'll do my best, and everybody around me will help me to be better."

Engle and Johnson also contributed six and 11, respectively, in the first Saint Peter's game, and Johnson went on to score 12



JAMES REILLY/ THE CIRCLE

Erica Allenspach (#10) has been a huge addition to this team as a freshman. She averaged 6.8 ppg and shot an astounding 52 percent from beyond the arc. The Foxes will look to her to keep up the stellar shooting all throughout MAAC tournament play.

the next game against the Peahens.

Johnson gives Marist the outside shooting threat it misses with Viani out indefinitely, according to Giorgis.

"Lynzee's been great," Giorgis said. "To me, she's the best sixth person in the league. She gives us instant offense, she makes things happen."

How Marist's guards step up in Viani's absence will certainly factor into whether or not Marist brings home another champi-

onship, as will Marist's previous tournament experience.

However, the key for Marist will be to execute the way they have all year, according to Giorgis.

"We have to have good balance in our scoring.

We've got to play good team defense, stay out of foul trouble, and then it's just survive and advance. It doesn't matter what you win by, as long as you win."

For MAAC tournament updates, make sure you go to [www.maristcircle.com](http://www.maristcircle.com).

# Stars of the MAAC look to shine in Albany

By ERIC ZEDALIS  
Media Editor

## All-MAAC 1st Team

On Monday Mar. 3, the Metro Atlantic Athletic Conference (MAAC) announced its All-MAAC teams as selected by the MAAC coaches.

These players make their team go, and will likely be difference-makers come tournament time.

### Rachele Fitz, Marist

Fitz, a 6-0 sophomore forward from Seven Hills, Ohio, finished second in the conference in scoring (18.9 ppg), fourth in

rebouncing (7.6 rpg), first in field goal percentage as she connected on 56.4% of her attempts, and second in free throw percentage (88.1%). Fitz, this year's Preseason Player of the Year, is in the top 20 in the nation in both field goal and free throw percentage. She earned Player of the Week honors five times this season.

### Sabra Wrice, Fairfield

Wrice, a 5-8 junior guard from Riverside, N.J., finished fourth in the league in scoring with an average of 16.4 points per game and third in steals (2.21). She led the Stags in scoring in 20 of the team's 29 games this season and made 57 three-pointers, a team

high. Wrice, a 2006-07 All-MAAC First Team selection, was named MAAC Player of the Week in December after scoring 24 points in an upset win over Boston College.

### Caitlin Flood, Manhattan

Flood, a 5-11 senior forward from Blairstown, N.J., was third in the MAAC in scoring (17.0 ppg), fifth in field goal percentage (49.7%), and eighth in free throw percentage (80.5%). She led the Lady Jaspers with an average of 6.1 rebounds per game and contributed 2.8 assists per contest. Flood, a 2006-07 All-MAAC Third Team member, posted a career-high 28 points against Fairfield on February 27th. She was a three-time Player of the Week selection.

### Tania Kennedy, Saint Peter's College

Kennedy, a 5-5 junior guard from Edison, N.J., led the Peahens in scoring with 14.5 points per game. She set a new career-high with 28 points at Niagara on January 25th. Kennedy is also a tenacious defender, finishing second in the league in steals with an average of 2.3 per contest. She is a candidate for MAAC Defensive Player of the Year.

### Laura Menty, Siena College

Menty, a 6-1 senior forward from Wilbraham, Massachusetts, led the MAAC in scoring with 19.4 points per game, while shooting 55.1% from the field. She is an 81% free throw shooter and averages 33.68 minutes per game. Menty, a 2006-07 All-MAAC First Team selection, had one of the best individual performances of the season at Fairfield on February 16th. She scored 31 points on 10 of 12 shooting and

converted 11 of 12 free throws. She received MAAC Player of the Week honors three times this year.

## Final Standings

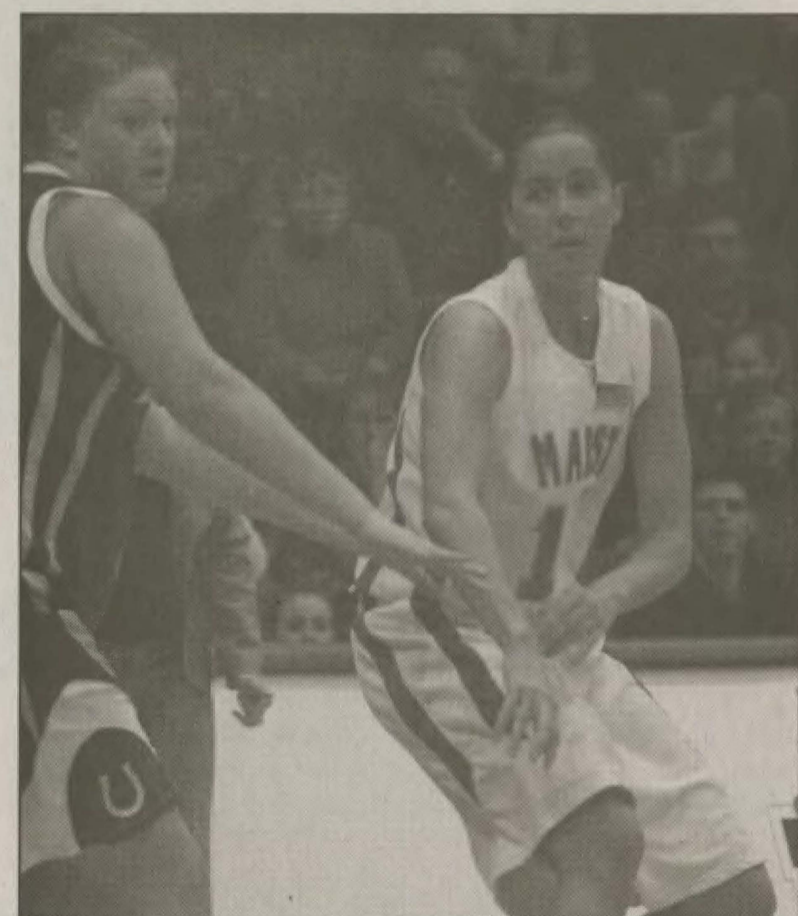
1. Marist
2. Iona
3. Fairfield
4. Manhattan
5. Saint Peter's
6. Siena
7. Loyola
8. Canisius
9. Niagara
10. Rider

## Favorite: Marist

Marist is ranked 20th in the ESPN/USA Today Coaches Poll and 24th in the AP Poll.

They have beaten everyone in the MAAC twice, and done so by an average of 18.8 ppg.

The Red Foxes should have no trouble with the winner of the Canisius vs. Niagara game, but look for the Manhattan vs. Saint Peter's winner to give the Foxes a tough game in the semifinals. The final should also be a tough game, and Marist will probably have to beat either Iona or Fairfield. Marist struggled to beat Iona in the finals last year. Iona's Lauren DeFalco missed a lay-up with 30 seconds left in regulation that would have put the Gaels ahead, but instead let the game go to overtime where Marist won 64-57.



JAMES REILLY/ THE CIRCLE

Redshirt Senior Meg Dahlman will look to end her career as a Red Fox on top. The 6-3 center compiled 39 blocks, 39 steals, 280 points, and 201 rebounds. Dahlman experienced the thrill of victory in the MAAC tournament last year, and will look to help her team experience it again.

## Matchups:

### Thursday, First Round

Game 1: #7 Loyola vs. #10 Rider, 12:00 p.m.  
Game 2: #8 Canisius vs. #9 Niagara, 2:00 p.m.

### Friday, Quarterfinals

Game 3: #2 Iona vs. Game 1 Winner, MSG, 9:30 a.m.  
Game 4: #3 Fairfield vs. #6 Siena, MSG, 11:30 a.m.  
Game 5: #1 Marist vs. Game 2 Winner, MSG, 1:30 p.m.  
Game 6: #4 Manhattan vs. #5 Saint Peter's, MSG, 3:30 p.m.

### Saturday, Semifinals

Game 7: Game 3 Winner vs. Game 4 Winner, MSG, 9:30 a.m.  
Game 8: Game 5 Winner vs. Game 6 Winner, FSNY, 11:30 a.m.

### Sunday, Finals

Game 7 Winner vs. Game 8 Winner, FSNY, 11 a.m.



JAMES REILLY/ THE CIRCLE

Senior guard Nikki Flores has managed the floor the last four years for the Foxes. In 2008, she compiled 292 points, 92 assists, 92 rebounds, and an 88% free throw percentage. Flores led the team into the Sweet 16 last year, and will look to lead her team to at least a repeat performance.

# 2008 MAAC Preview



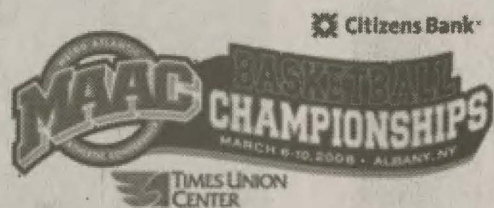
## Tournament Brackets



David Devezin #24

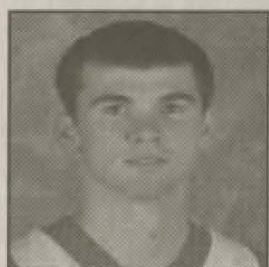
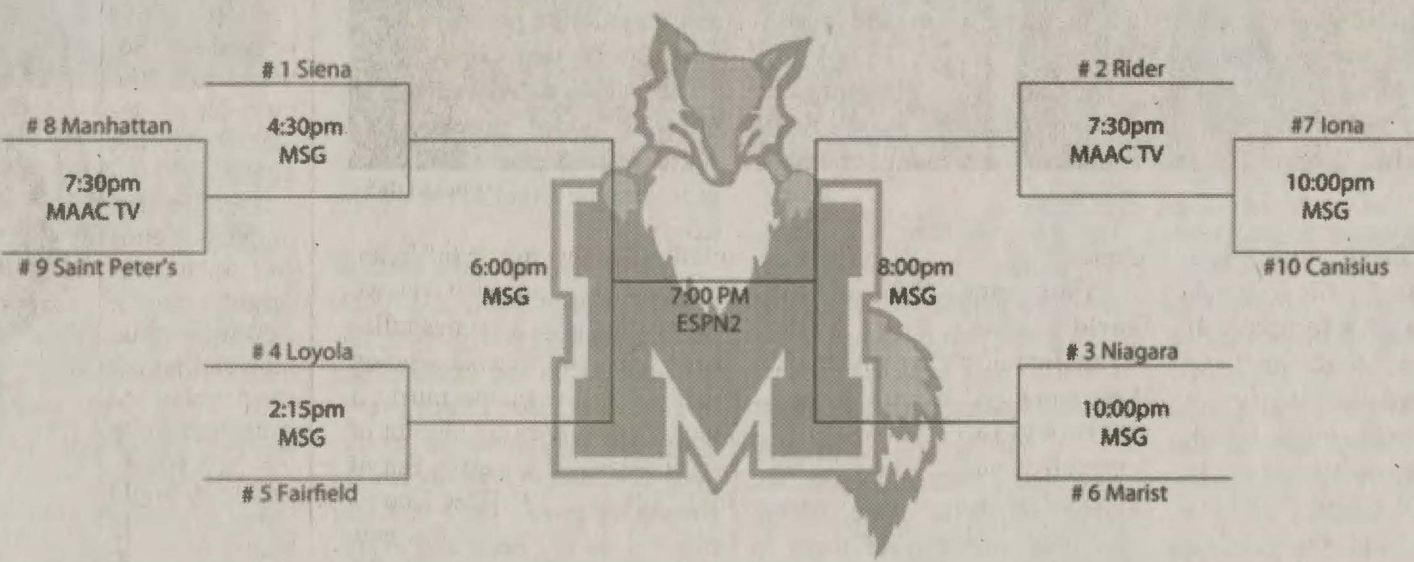


Louie McCroskey #1



2008 Citizens Bank Metro Atlantic Athletic Conference  
Men's Basketball Championship Bracket  
Times Union Center - Albany, NY  
March 7-10, 2008

First Round Friday March 7    Quarterfinals Saturday March 8    Semifinals Sunday March 9    Championship Monday March 10    Semifinals Sunday March 9    Quarterfinals Saturday March 8    First Round Friday March 7



Ben Farmer # 22



Spongy Benjamin #42



Rachelle Fitz #12

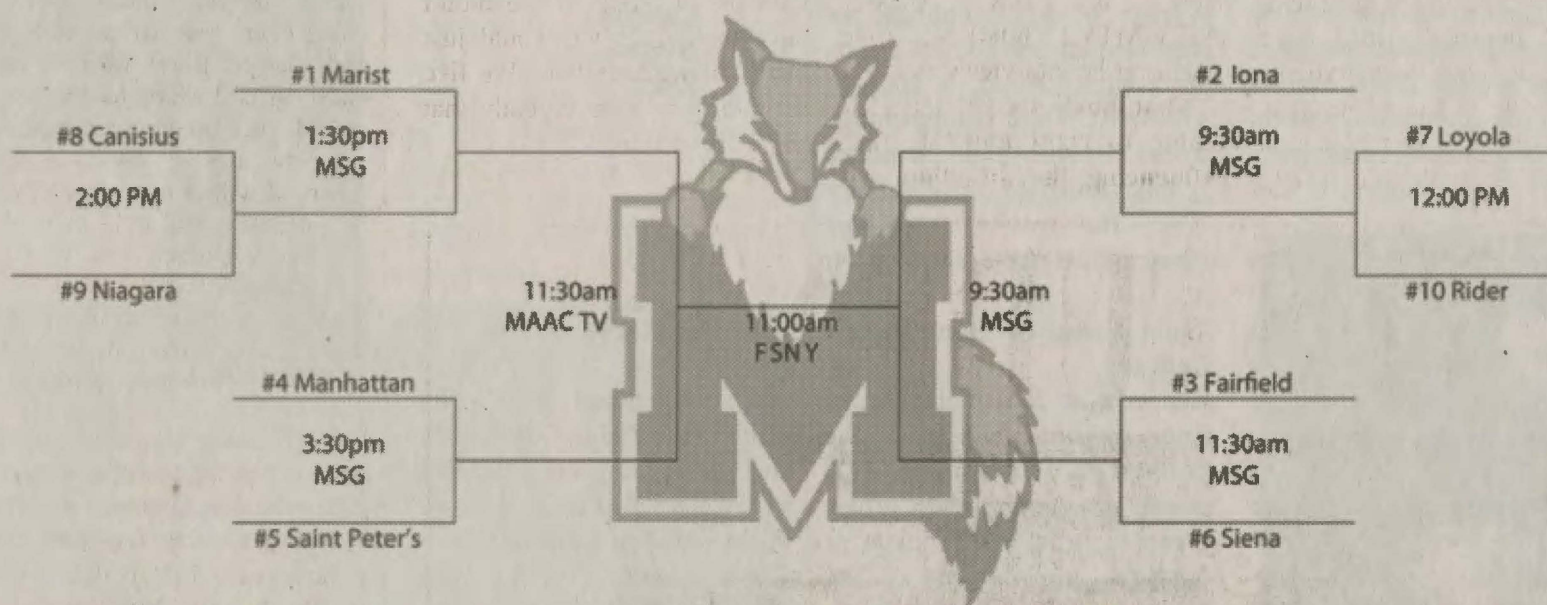


Erica Allenspach #10



2008 Citizens Bank Metro Atlantic Athletic Conference  
Women's Basketball Championship Bracket  
Times Union Center - Albany, NY  
March 6-9, 2008

First Round Thursday March 6    Quarterfinals Friday March 7    Semifinals Saturday March 8    Championship Sunday March 9    Semifinals Saturday March 8    Quarterfinals Friday March 7    First Round Thursday March 6



Nikki Flores #22



Elise Caron #5



Meg Dahlman #14



Lynzee Johnson #31

For all your MAAC Tournament updates, visit [www.maristcircle.com](http://www.maristcircle.com)

## Armor for Sleep bassist talks new music and old fans

By JOSEPH WALSH  
Circle Contributor

New Jersey based rock quartet Armor for Sleep has been making a name for themselves since 2002 through their signature instrumental sound and attention grabbing vocals.

Their latest effort, "Smile for Them," has brought them mainstream success with hit singles "Williamsburg" and "Hold the Door." I got a chance to talk with bass guitar player Anthony Dilonno about the new record, Brooklyn hipsters, and "Transformers."

**Are you guys touring right now?** We actually just got off tour a week ago, so currently we aren't touring.

**I ask because looking at your tour dates, you are on the road a lot more than the average band.** Yeah, it's great. It's been something really good for us to play in front of people and get our music out there while playing with other bands from different genres.

**"Smile for Them" is your third album. Do you feel that you have earned your way onto shows like TRL as opposed to acts that are created for MTV and mainstream consumption off the bat?** I really don't know because I don't concern myself with that. We are our band and that is all I really worry about. We started as a band in 2002, and we toured in a van for a very long time. So I would say we've paid our dues and it's nice to start to have different things happen for us that were goals in mind when we started the band.

**Ben Jorgensen [singer /guitarist] appeared in a Rolling Stone article regarding fashion. Has your much discussed change of style altered your live performance or the way people perceive you?** I don't know. I guess I've never really concerned myself with that. We just wear what we want to wear. I don't shop at designer clothing stores. I'm not trying to impress anyone. There are plenty of bands with certain shticks, but we've never really been a band like that. I don't really know that we're going for a certain look or anything.



PAMELA LITKY

**Have you faced any hipster backlash for the track "Williamsburg," a fun poke at the Brooklyn scene, or have people realized that it's just a tongue and cheek thing?** I think people should realize that. But we have faced a little backlash, just a few things on message boards and stuff.

The song was written about people who take themselves too seriously, they are sort of feeding what we were trying to get across. There are plenty of people who say, "That's hilarious," and they can laugh at themselves; which is what we were going for. I'm glad the song is there because we have seen some interesting reaction to it.

**If you could pick the next single what would it be? Do you have any ideas for a video?** At this time I probably can not say. We've been throwing out some ideas for different songs but we don't even know what the next single is going to be. It's a cooperative decision with the label, art management, and our friends even. There are some disagreements with what songs should be good but you know at some point, you have to settle. For this record, everything has been really good because things have been so obvious to everybody. Everyone is on the same page, which is great. The next one is going to be something pretty

insane.

**Your song "End of the World" is on the "Transformers" soundtrack. Were you guys fans of the show and toys growing up?** I was. I was really young, but I remember that I used to love it when I was a kid. I don't know what happened but I remember very few things about the show besides, at one point in my life I had the pajamas, and the sheets and stuff. But you know I was like super young. I think the rest of us kind of felt the same way about it. I know Ben was a big fan of the show also.

**I feel like its one of those shows that you love when you're a kid but you easily forget when you're older due to the quality; probably also due to the fact that it was so terribly written. It was just exploiting the fact that we were going to buy the toys.** Exactly. I mean, the show was created to sell merchandise.

**Have you had a favorite interview so far?** I can't really say. Nothing comes off the top of my head [for a publication]. I know probably the best interviewer I've ever done an interview is Jim Shearer [MTV/MTV2 host]. I love whenever he interviews us.

**What music are you guys listening to right now? Is that influencing the direction you**

**might take new music in?** Yeah, of course. I mean whatever we are listening to at all times influences, you know, what's going on in our lives, or the music. I know Ben is listening to a lot of Bryan Adams. He's a big fan of that. I think PJ [DeCicco - Guitar] is listening to the new Silverchair record a lot. We always have an interesting mix of what everybody in the band is listening to. That's kind of what separates of from other bands in our genre.

**I read on your Web site that for Valentine's Day, you invited the fans to have cupcakes with you before the show. Oh yeah, that was fun.**

**I thought that was really nice. I've never heard of a band that has done something like that who has also achieved the amount of mainstream success that you guys have. People kind of get the image that artists on MTV don't have the same level of interaction with the fans as ones that are less renowned.** I think we do [things like] that because those are who the most important people to us are: the people on our street team and the people who have been with us all along. If we didn't have them then we would just have fair-weather fans. We like to give back to everybody that has supported us.

## Upcoming spring trends

Bright colors, floral patterns, seventies styles, safari prints and gladiator sandals are trends for spring worth splurging on.

By COURTNEY SAVOIA  
Staff Writer

Spring is right around the corner and everyone knows what that means. Warmer weather, the beginning of baseball season, and spring fashion has arrived. So, what are the must-have staples for spring 2008?

One of the biggest trends for spring is bright colors. Yellow, pink, blue and purple are popular and can brighten up a simple pair of jeans. If bright colors aren't your thing, you can try wearing them in smaller quantities such as in a pair of flats, a bracelet or a headband.

A pop of color can really bring an outfit together.

Another important spring look is floral patterns. Red and light pink flowers have been incorporated into mini-dresses and blouses, making this design a hit on the runways. Gardening and flowers are two things that are associated with springtime and using them as an inspiration for clothing is a creative idea.

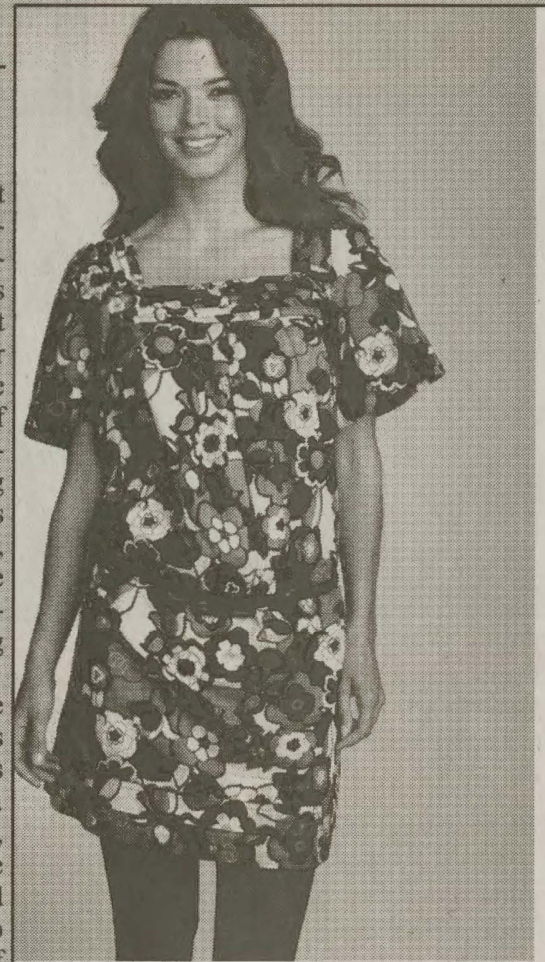
Many might think this look can be done wrong and they would be correct. Too much design in any garment is disastrous, so this look should reflect a simple elegance. I think that in a day dress, a floral pattern looks sweet and pretty. Nordstrom has some simple and classic floral dresses by Halogen and Marc Jacobs that would spice up any wardrobe.

Seventies styles have re-emerged with a new twist. The bright colors and bold patterns add embellishment and reflect the energy of that era. These styles can also be found in casual dresses and tops, and are versatile for wearing day to night.

Forever 21 is on board with this trend and offers some dresses in bright plaid patterns. They also sell loose-fitting tunic tops elaborately decorated in fun designs. Now you can buy an outfit sporting this trend all for a great price.

One of the things I love about fashion is that it enables us to look into the past. With certain styles from past decades coming back every season, we get a chance to study some of that fashion and get ideas for our own wardrobes.

Ethnic or safari prints have been seen on the runways during fashion week and have trickled down to department and specialty stores. Old Navy has done a lot of advertising for its spring collection. It features short dresses, halter tops in bright colors and patterns, and rompers. Colors such as forest



WWW.NORDSTROM.COM

Halogen Printed Trapeze Dress, Nordstrom, \$128

green and maroon are used to echo that tribal feel.

After viewing this collection, I really like a lot of the looks. By choosing to wear a blouse or top that is beautifully adorned means that the rest of the outfit needs to be kept simple. The best way to wear this look is by pairing a top with a simple pair of jeans or khaki pants to set off the entire look. Old Navy also offers a wide array of jewelry and accessories to complete this look, such as chunky beaded necklaces and bright hoop earrings.

Sandals and flip-flops are always essential for spring but there are also variations on them to keep up with the trends. This spring, many sandals contain bold patterns and prints. Sometimes just wearing a fancier style sandal can make a plain outfit exciting.

Gladiator sandals have also emerged on the runway and in certain stores. I really like this style of sandal and plan on investing in a pair for spring. I bought a gold pair of gladiator sandals a few years ago during the spring and felt like they added elegance to my look.

The great thing is that gladiator sandals can be worn with some many different looks. They look nice with a pair of denim capris, shorts or a flowy skirt of dress. Most of them are flats but this spring I have seen some with a bit of a heel, making them feel dressier. They are versatile and work with almost any outfit you choose and with the right accessories you too can feel like a Roman goddess!

Spring is one of my favorite seasons mostly because of the fashion. I love to wear skirts and casual dresses again after a long winter. It's exciting to see how our favorite basic styles are altered every year and give us an opportunity to try something new. I hope you too will consider adding some of these trends into your spring wardrobe. Happy spring shopping!

# MARIST STUDENTS

Need shirts with your dorm,  
team, club or organization's logo  
screen-printed on them?

Then stop in and see us at,

## MILLMAN'S T-SHIRT FACTORY

GREAT PRICES !!

QUICK SERVICE !!

12 Fowler ave., Poughkeepsie  
(Take Route 9 South to 44-55 East  
12 traffic lights 1Block down on left.)

454-2255 FAX 454-5771

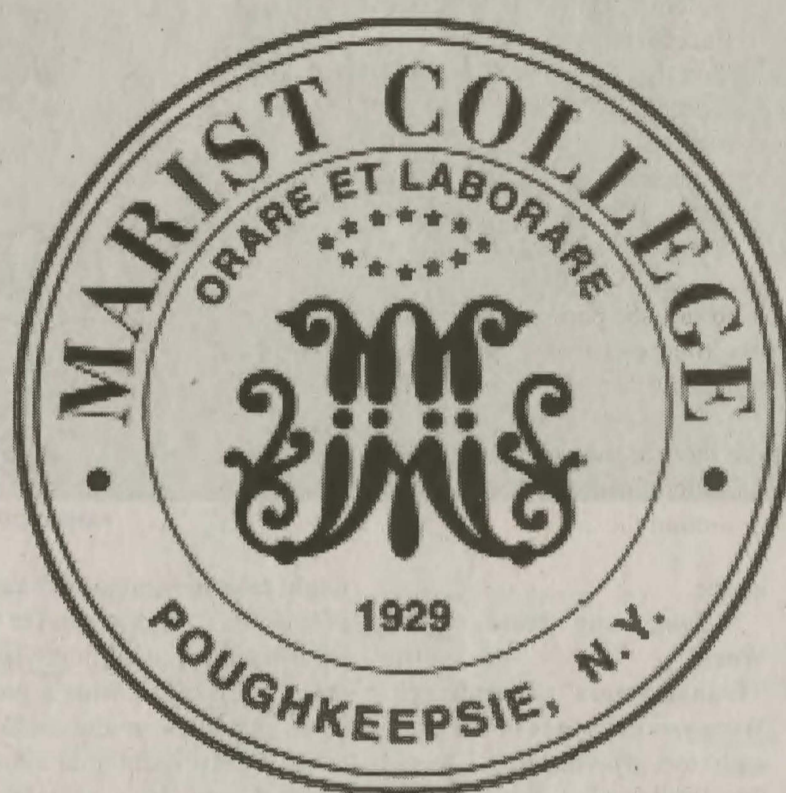
www.millmanstshirtfactory.com

(E-mail inquiries to: themillpok@aol.com)

Serving the Marist Community since 1978



# THE CIRCLE



The student newspaper of Marist College

## WHY WORK FOR THE CIRCLE?:

- \* Gain valuable writing experience
- \* Create a portfolio for potential internships and employment
- \* Experience a newsroom environment firsthand
- \* Build connections with peers and faculty
- \* Inform the Marist community of local and on-campus happenings

Questions?

Contact us at: [writethecircle@gmail.com](mailto:writethecircle@gmail.com)

Margeaux Lippman - Editor-in-Chief . Gerry McNulty - Faculty Advisor

# Features

THURSDAY, MARCH 6, 2008

www.maristcircle.com

PAGE 9

## Students get creative during the winter season

By CAITLIN NOLAN  
Circle Contributor

I was in my room, trying to procrastinate for as long as possible when I heard a crashing noise outside of my door. It did not sound dangerous, and in fact it was followed by laughter. I opened my door to find that my next door neighbors, who I am proud to call my friends, had devised a game of water bottle bowling. Granted, the noise was a bit over the top and the game did not go as well as planned (that using tennis balls as a substitute for bowling balls never yields the same results), but we were at least entertained for a while.

It is almost March and still the winter's snow and bitter cold plague us. While snow fights and sledding can be fun, it is imperative for people to find ways to entertain themselves while remaining indoors. Bowling is always an option, but there are other things that students can do to keep the cabin fever at bay.

For instance, who does not love a good dance party? I see no problem with blaring the music

and singing along until your neighbors decide that enough is enough. Or perhaps the Cabaret would tickle your fancy. The Cabaret never gets old. Friendly faces, fried food, and the luxury of never having to step outside for those lucky ones who live in Champagnat and Midrise.

I personally love a good trip to the mail room. The excitement, the anticipation, and the possible jubilation one experiences when they see that yellow slip in their mailbox that just screams 'someone loves me!' is just precious.

The very same inventor of water bottle bowling came up with the ingenious plan of a relay race around our dorm. The course involved combing your entire way through the 8th floor dorm and whoever reached the middle lounge first won. Needless to say, she participated in this alone, but this very time consuming and tiring exercise can be applicable for any dormitory of choice.

These ideas, as out there as they may seem, will certainly leave you entertained. If all else fails, spring break is just around the corner.

## Column about nothing

### What's in a Nail?

By ASHLEY POSIMATO  
Staff Writer

I hate the different lengths. I loathe the obtrusive cuticles. I am disgusted with the jagged finish. I despise the sharp, un-buffed angles. I am repulsed by the remnants of electric blue polish that has been chipping away for nearly a month. And if a sufficient explanation has not yet been provided I will just blatantly announce that I abhor my fingernails, and all that they represent. It does not help, by the way, that as I sit here typing I am forced to recognize these disgusting, brittle, un-manicured extensions of my fingers, as an intrinsic part of my external self. Blech!

It might not seem typical to ascribe such strong emotion to a seemingly insignificant entity; making it vital to divulge the legacy that precedes my current frustration, one that has been incubating for over nineteen years.

Although I have many theories about the source that has incessantly fueled the fire behind my feelings, I have not yet been successful in identifying a single foundation.

And so the list of possibilities, starting with the most preliminary and following chronologically to my present presumption. All have contributed largely to the hatred I hold for my nails, so in no order of importance...here goes:

I was sixteen-years-old and going to the senior prom. Not only was it incredibly cool to get asked, but my parents were actually allowing me to go! Good-bye being babied, hello independence. My only issue was with the multitude of mandatory preparations. Not exactly identifying as a prim and proper princess I was a little apprehensive about

taking down my ponytail, and embracing my inner woman, and I was every bit a woman thank you very much, hello did I not say SENIOR prom? Anyway, assistance from my mom was going to be necessary if I was to rearrange my appearance with any level of success. First it was the dress. I must preface by saying that being 4'11" and in an elegant dress shop is not exactly the most comfortable of situations.

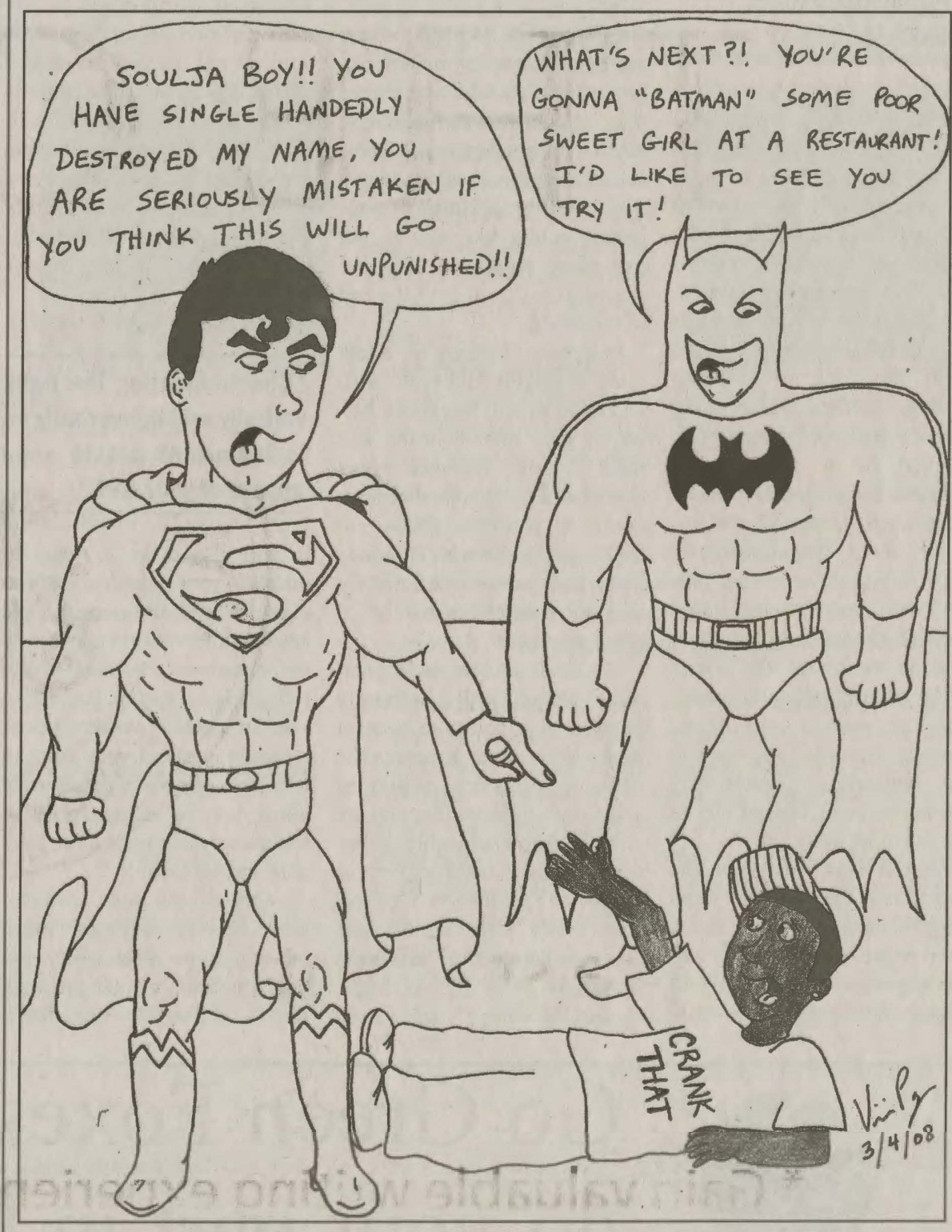
We can forget about the fact that every dress with any amount of flare from the waist down made me look like a wedding-cake topper, and let me just say that I after trying on thirty-eight dresses I was finally forced to accept the fact that whatever dress I finally chose, no matter how beautiful the intricate detail ran along the bottom, would have to be altered dramatically to compensate for what I lacked in height.

Also a perfectionist, this caused initial devastation, however in response to my mother's encouragement, God bless her, I eventually acknowledged my shortcomings (no pun intended) and selected the dress that was designed to compliment the top rather than the bottom. Satisfaction, not perfection, but the prom would go on! So, so must I! Next was the hair which was a pleasure in relation to the near breakdown I suffered while shopping.

A pleasure, despite the discovery my mother made as I sat in the stylist's chair.

As I flipped the pages of the magazine that was providing entertainment during this entirely too long of a process, my mom noticed my nails. My fingertips were red from the biting that I was still doing to ensure legitimate and justifiable victory over the couch cushions, which have by the way been upgraded to leather over the ten year span.

## cartoon corner BY VINNIE PAGANO



Territorialism increased analogously.

At the sight of my hideous hands with no chance of salvation my mom suggested, actually she demanded that I get a full set of tips, acrylic ones. Not having long nails since infancy I was immediately excited by the opportunity.

The nails were incredible, for the first time in my life my hands had fingers rather than sausage links. It was not the fake nails that projected eventual hatred, but the process of removal.

As I tried to re-enter reality once the magic of the prom, which was a majestic fairytale, subsided I returned to my athletic lifestyle which required I amputate the acrylic nails.

After prying and soaking and screaming and crying I suffered my second prom induced breakdown. A project that amounted to four hours of agonizing self-destruction I managed to de-claw myself, and I have no problem using the animalistic connotation because what took place would indeed qualify as primitive behavior.

With my real nails almost completely removed, my post-prom hands looked significantly worse

than they ever had before. I call this theory "the after-prom aftermath."

Regardless of the damage I imposed on my nails, they have been able to revitalize and return to me numerous times, and in their fullest capacity. They have remained loyally attentive to my needs, yet I continuously abandon theirs.

As I stare at the little survivors attached to my fingertips I finally realize the nostalgia they emit. They symbolize struggle and rejuvenation.

They are reminiscent of my past and hold promise for my future. Sure they may lack natural shape and strength, but the truth is they're not so bad. With my eyes now welled-up I vow to alter my attitude. I must rework my priorities and take care of the ten little warriors that have always taken care of me.

As I begin to try to locate the necessary nail care tools, the newly formed tears glaze over my eyes. My vision blurs! I can no longer see! Someone get me some nail polish!

## A Prize within a Prize

Want some cash? Got a great shot of some students or Marist life in general? Send 'em to [circleshots@gmail.com](mailto:circleshots@gmail.com). The Admissions department of Marist and The Circle have teamed up this semester to bring you the first ever Marist Photo Contest. The contest is aimed at finding the most artistic photos that represent what Marist is all about. Submissions for the contest will be reviewed by the e-board members of The Circle where the best four will be picked, published in the paper, and best of all, awarded cash prizes. First place will win \$100, second gets \$75, third is awarded \$50, and fourth wins \$25. This isn't the end for these pictures though. Admissions will further review the submitted photos, where those that are selected by the department will be offered yet another, cash prize. A \$50 all-rights award will be offered to any picture selected by the Admissions Department. These selected photos may be featured by Marist Admissions, the Yearbook, and/or other Marist Offices. The Marist Admissions marketing department circulates to nearly 50,000 people. Credit for each photo will be given wherever credits are required. So if your passionate about photography, get the camera out and send us what you got. Only small .jpeg format pictures will be accepted for submission (a larger file will be required if selected as a winner of the competition or selected by the Admissions Department). All photos should be titled with name of the photographer in this format; LAST NAME\_FIRST NAME. Please specify in your e-mail's "subject" line that the e-mail is a submission for the "Marist Photo Contest". Three submissions will be allowed per person and minor adjustments to photographs (such as cropping and other minor changes) are acceptable. Under no circumstances will photoshop projects or creations be accepted in this contest. Regardless of the fact that these pictures may be used by Marist College in the future, the artistic qualities of submitted photographs matter greatly. So grab your camera, have fun, and you could get paid for just being a part of Marist.

## Love to Travel?

Travel, make \$\$  
and have fun

<http://www.earnvacations.com/aparadise-found/landing1/Online/Offline>

## Great off Campus Housing Available for 2008-09 Near Marist

House at 41 Kelsey st. 5 bedrooms, 1.5 baths. Brand new kitchen, rugs, floors, roof, heat, off street parking.

Multi Family house on East Cedar. 6 bedroom 1.5 bath\* Beautiful Jacuzzi, gas fire place, huge living room, deck yard, off street parking.

Multi-Family house on the beginning of North Hamilton  
7 bedrooms, off street parking, all new appliances, updated in 07. Cable in every room.

All units have been updated in 06-07  
All less than 1 mile from campus  
All utilities included!!

Can rent for multiple school years  
Email: [Doughboypizzas@aol.com](mailto:Doughboypizzas@aol.com)  
- steve

845.705.8889

# THE CIRCLE Health

THURSDAY, MARCH 6, 2008

www.maristcircle.com

PAGE 10

## Calming communication to manage stress

By CHRISTINE SAVOIA  
Circle Contributor

With spring just around the bend, you're probably being hit left and right with all sorts of sticky situations you'll need to talk your way through. Many students are beginning to interview for summer internships, and for seniors who are going to get a less-than gentle push into reality this May, interviewing for those fulltime jobs is going to be a big priority. You may be shocked by a grade when midterms are posted and find it necessary to speak to your professor about that ghastly C that's soiling an otherwise perfect GPA. And let's not forget the hellish housing process: what to do about the friend whose priority points are dragging the rest of you down, agreeing on where you want to live, demanding to know why housing screwed up and placed you in Upper West, etc.

If you are one of those people who stresses easily, the main thing to remember is to relax. An overload of unnecessary tension is going to wear down your mental health and possibly

affect you on a physical level. According to WebMD, stress can not only make you irritable, jumpy, and unable to concentrate, it can also cause muscle tension, headaches, stomachaches and nausea. So if you don't want to tackle all of your issues feeling like you've got one nasty hangover, the first step is to realize it isn't the end of the world.

In terms of looking for a job, think positively and realistically. Doing so will fare much better on your mental health and most likely increase your chances of accomplishing your goals. If you're expecting to find a dream job with an amazingly high salary, you're likely to find yourself immersed in disappointment.

For the interview itself, planning ahead will definitely increase your ability to connect to the interviewer. Research the company's history, activities, and values to show that you are already knowledgeable about the organization and are serious in applying for the job. This will also boost your confidence, which will be one of your most important tools.

Communicating the right

amount of confidence both verbally and nonverbally enhances your overall image. It is important not to seem too overconfident or too unsure of your self. Firm handshakes, maintaining eye contact with the interviewer, sitting upright, and speaking in a strong (but not overbearing) tone are all easy ways to accomplish this.

Answering questions truthfully

**"Communicating the right amount of confidence both verbally and nonverbally enhances your overall image. It is important not to seem too overconfident or too unsure of your self."**

ly will also make it easier to maintain your poise, even if you may be embarrassed by the answer. Interviewers may throw out questions unrelated to the job, such as asking you about your strengths or weaknesses as a person or about your goals in life. Being honest will naturally allow you to remain positive and make you appear more likeable and personable.

Approaching your professor about a bad grade requires much of the same principles, but you'll definitely want to tweak them a bit. For one thing, here it

actually might be okay to show a little bit of stress. I can't speak for all of them, but most teachers like to see that students actually care about their grades and work hard to achieve them. Dropping the smallest of cues to imply that, inwardly, this whole bad grade ordeal is slowly sapping your life force, may help to get a little sympathy out of your professor. However, you do

want to demonstrate confidence here as well if you truly believe you deserve something better. I think one very important motto people should live by is "Don't burn your bridges". So, even if the professor did make a mistake, keep in mind the fact that he or she is still in your life for another half a semester and be polite when asking them to take a second look.

If the bad grade is your own fault, going in to talk to your teacher is better than getting mad at the world. Getting angry or sad can aggravate your mind-

set as a whole and begin interfering in your ability to perform sports, do work, or maintain relationships. Setting up an appointment with your professor communicates that you do take the class seriously and raises your image in the eye of the professor. If you ask how you can improve your grade, he or she is most likely going to tell you what to do, sacrificing those fifteen minutes in office hours will most likely pay off.

As for housing issues, the two words to remember are "honesty" and "compromise." Don't be afraid to make your wishes known to the rest of the group. Likewise, don't assume your opinion is the only one that matters. There's bound to be issues you will have to deal with during this process, so make sure no one in the group is keeping anything concealed. Say six of you swore you'd all be living in Fulton and one member decided to slack off last semester, now single-handedly dragging all of your points down. If the rest of you still like "lazy friend" but want him out of the group because he didn't do his part, be honest with him. When explaining the situation, focus on his

actions rather than his personality. "It's unfair you didn't pull your weight" works better than "You're a lazy idiot."

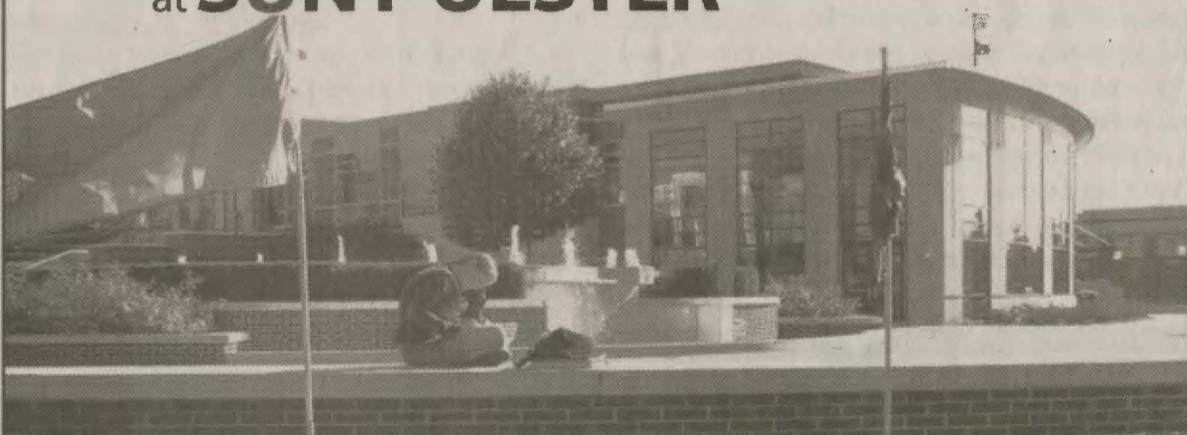
As a group, everyone will need to be honest about where and with whom they want to live. This is where compromise will come into play. Be assertive if you feel no one is listening to your opinion and try to pick up on nonverbal cues from other members who appear to be keeping quiet just to keep the peace. You are all most likely friends, so if you want to maintain healthy relationships and decrease everybody's stress level, be open and work together toward a common goal.

In all of these situations, remember to keep your cool and maintain a sense of confidence. If you feel like you're not being heard, stand up for yourself, but keep in mind the degree to which you are being assertive. Above all, be yourself, and you'll be able to deal with stress much better.



Go Green Foxes: remember to recycle & do your part in helping the environment

What's COOL  
this summer?  
SUMMER SESSION  
at SUNY ULSTER



Catch Up on  
Required Courses!  
Boost Your Skills in  
Writing~  
Math~  
Science~  
...and more!

**COURSES IN**

- |                |                       |
|----------------|-----------------------|
| Accounting     | Information Literacy  |
| Art            | International Study   |
| Biology        | • Ireland             |
| Business       | • Brazil              |
| Chemistry      | Mathematics           |
| College Skills | Music                 |
| Communications | Paramedic             |
| Computers      | Philosophy            |
| Earth Science  | Physical Education    |
| Economics      | Police Basic Training |
| Education      | Psychology            |
| EMT            | Sign Language         |
| English        | Sociology             |
| French         | Spanish               |
| History        | Theatre Arts          |

Two Convenient Sessions  
MAY 19-JUNE 30  
JULY 1-AUGUST 11  
Stone Ridge • Kingston • ONLINE  
1-800-724-0833  
admissions@sunyulster.edu  
www.sunyulster.edu

**SUNY Ulster**

Edit like it's going out  
of AP Style.

Join *The Circle*.  
Tuesday nights.  
7pm.  
LT 211.

Build your resume and learn  
the inner workings of a  
weekly publication.

E-mail WriteTheCircle@gmail.com  
for details.

# Softball goes 2-3 at College of Charlestown Invitation

By JUSTINE DECOTIS  
Staff Writer

The Marist Women's Softball Team traveled to Charleston, South Carolina over the weekend for the College of Charlestown Invitational.

The round-robin style tournament included games against UNC-Wilmington, Akron, East Tennessee, College of Charlestown, and Howard. The Red Foxes battled to a 2-3 record, bringing their season record to 4-6.

In the first game Friday against UNC-Wilmington, the Foxes were treated to a complete game by pitcher Megan Rigos. She allowed one hit and two runs along the way with nine strikeouts, as Marist coasted to an 8-2 win.

At the plate, right-fielder Jessica Green went 2-for-4 with three RBIs and a two-run homer. Marist lead the whole way, scoring seven runs over the first four innings. UNC-Wilmington came back with two runs in the bottom of the fourth, but that was as close as they got the whole game. Marist added one more run in the top of the sixth to round out the scoring.

In the second of two games Friday, the Red Foxes faced Akron and dropped the close game by a score of 2-1. Akron pitcher Christina Swierz kept the Foxes quiet throughout the game, striking out twelve. Marist was having particular trouble with her change-up.

"We really struggled with the change-up and couldn't seem to make any adjustments," Marist head coach Erin Layton said following the game.

In the loss, Melissa Giordano had two of the team's three hits and drove in the only run for the Foxes. Heather Viola started the game for the Foxes and went six solid innings, allowing two runs on six hits.

Saturday was a rough day for the team, as they began by losing to East Tennessee 16-1. The game did not start well for the Foxes, as starting pitcher Kristen Merlino allowed six runs in the top of the first.

The scoring for East Tennessee continued in the third when they pushed seven more runs across the plate.

Eight starters for East Tennessee had hits and seven collected at least one RBI during the offensive onslaught. The Foxes were only able to

manage four hits against East Tennessee pitchers Marissa Haverman and Amanda Hardy.

Game Two on Saturday against the College of Charlestown was a classic pitchers' duel. The game was scoreless until the top of the eighth, when Kristie Shifflett hit a two-out, two-run home run off of Marist starter Megan Rigos.

The Red Foxes were unable to score in the bottom of the eighth, ending the game.

The two teams mustered only ten hits combined in the game and both starting pitchers went the distance.

Marist bounced back from a tough Saturday, winning Sunday 7-2 against Howard.

The Foxes' bats that had been so quiet the day before banged out a season-high 13 hits. Caitlin Carpentier started for Marist and earned the win. She pitched four innings, allowing five hits and no runs with seven strikeouts. Megan Rigos pitched the final three innings for Marist and gave up two runs. All nine outs recorded by Rigos came via the strikeout.

Marist jumped out to an early lead, scoring four runs in the bottom of the first and tacking on two more in the bottom of the



JAMES REILLY/ THE CIRCLE

Senior starter Meghan Rigos pitched a one hit complete game on Friday against UNC-Wilmington, striking out nine in the process. She is currently 3-2 on the year with a stellar 1.85 ERA. This weekend she pitched 19.2 innings with a 1.42 ERA and 29 strikeouts. Marist is 4-6 so far. Melissa Giordano, Alison Catenacci, and Pamela de la Llave led the four Foxes offensively. Giordano collected two hits, one RBI, and scored two runs. Catenacci knocked in two runs on three hits. De la Llave

# Women's lacrosse loses first game of season to Albany

By MATT SPILLANE  
News Co-Editor

By taking a 3-2 lead over Albany with 13:26 remaining in the first half, it appeared as though the Marist women's lacrosse team might be on its way to a triumphant start to the 2008 season. However, the Great Danes took over from that point, outscoring the Red Foxes 13-3 the rest of the way and taking a 15-6 victory over Marist.

The contest, originally scheduled as a home game, was moved to Albany due to snow storms in the Hudson Valley area. It was Marist's second consecutive scheduled home game that was moved or postponed. The team was supposed to begin its season at home on Wednesday, Feb. 27 against Lafayette, but inclement weather forced that game to be

rescheduled for March 13.

Six different players scored for Marist, which was down 7-4 at the half, but Albany proved too much down the stretch. The Red Foxes trailed by four for most of the second half, with Albany holding onto a 10-6 lead for an 8:00 stretch, but then the Great Danes rattled off five consecutive goals to seal the win.

Albany, 2-1 this season, was led by sophomore midfielder Kayla Best, who tallied four goals. Midfielder Jodi Battaglia and attack Tee Ladouceur, both freshmen, recorded three goals each for the Great Danes. Marist head coach Tanya Kotowicz said that Albany took advantage of its chances while the Red Foxes could not convert theirs.

"They craved the ball," she said, "and we didn't capitalize on our opportunities. We kept losing our momentum and making fun-

damental mistakes."

Junior midfielder Cristin Begley, who had a goal and six groundballs, said that Albany was also a hard-hitting club that played a dirtier, more physical game. Senior goalkeeper Liz Burkhard, who made 13 saves, agreed.

"They were very aggressive," she said, "and some of the calls went their way."

Both players said that possession time was also a deciding factor in the game, with Albany boasting a 16-7 advantage in draw controls.

"They can make or break the game," Begley said.

Albany also outshot Marist, 40-22, including firing 12 more shots on goal than the Red Foxes. Marist's goals were scored by Begley, sophomore midfielder Liz Falco, junior midfielders Stephanie Garland and

Megan White, junior attack Kate Noftsker, and senior attack Ali Carnabuci.

Falco led Marist with five shots, all on goal, but could not get much offensive production throughout the game. The team's tandem of preseason Metro Atlantic Athletic Conference (MAAC) co-players of the year, Falco and senior midfielder Lindsey Diener, combined for just one goal and one assist against the Great Danes. Kotowicz said that the highly productive pair was not necessarily shut down by the Albany defense, but that the Marist offense as a whole had opportunities, but simply failed to convert.

However, Kotowicz did say she was pleased that the offense spread the ball around, resulting in six players tallying goals for Marist.

"That is one of our biggest goals, to show that everyone is a weapon," she said. "We're not a one man show. It shows we are a dominant force as a team."

Kotowicz said that her team must improve its fundamentals and that the Albany loss has forced her club to pick up the intensity in practice.

"It was a wakeup call," she said. "It was a blessing in disguise."

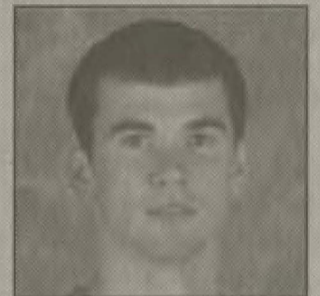
Burkhard and Begley said that their team must work on communicating better, stopping runs, and countering opponents' goals. Marist was scheduled to host St. Bonaventure on Wednesday, March 5, after publication, in the Bonnies' first game of the season. The Red Foxes then travel to Sacred Heart (2-1) on Sunday, Mar. 9, for a 1 p.m. matchup.



## Roarin' Red Foxes

Marist's male and female star performer for the weekend of Feb. 29- Mar. 2

**Ben Farmer**  
Basketball, Senior



Farmer's last two regular season games at Marist were some of his best performances as a Red Fox. He averaged 18 points in their two games this weekend and had a career-high with 20 points on Senior Day. The senior will look to stay hot as his team enters the MAAC Tournament this weekend.

### On the horizon:

The MAAC Tournament begins this weekend in Albany, N.Y. Marist will enter the tournament as the No. 6 seed and will take on No. 3 Niagara on Saturday, Mar. 8 at 10 p.m.

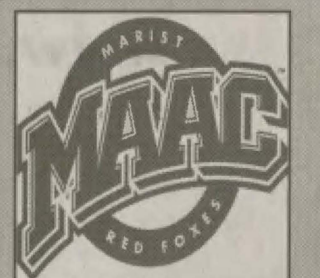
**Erica Allenspach**  
Basketball, Freshman



The freshman guard won her fourth MAAC Rookie of the Week honor on Monday after her performances this weekend in two games against Saint Peters. She scored 14 points in the away game, and also added career-highs in assists and steals with five each.

### On the Horizon:

The Red Foxes will begin MAAC Tournament play on Friday, Mar. 7 at 1:30 p.m. The undefeated Marist heads in as the No. 1 seed and will face the winner of Canisius vs. Niagara



\* Photos courtesy of  
www.goredfoxes.com

## Calling all journalists, photographers

## and graphic designers

## Want to join The Circle?

# Email writethecircle@hotmail.com

# THE CIRCLE Sports

THURSDAY, MARCH 6, 2008

www.maristcircle.com

PAGE 12

## Red Foxes drop three-game series to Presbyterian College

By RICH ARLEO  
Sports Co-Editor

Going into this weekend's series, head coach Dennis Healy wanted the Red Foxes to tighten up their defense, but after a weekend where they dropped two of three, he believes it was sloppy defense that was one of the biggest reasons for their two one-run losses.

While the Red Foxes only committed two official errors this weekend, Healy wasn't happy with his team's overall defense, citing overthrows and misplays leading to a few unearned runs, which loomed especially large in their one-run games.

"Overall [the defense] wasn't very good," the coach said. "We had a throwing error that cost us 2 runs. It's the little things. This is similar to what we went through early last season."

Marist lost their first game on Friday night by a score of 2-1. It was a pitcher's duel which saw junior left-hander Josh Rickards yield just two runs on seven hits in six solid innings of pitching.

"Rickards was good...he battled, pitched down in the zone, which is a traditional Rickards game based on what we've seen in his three years here," Healy said.

Marist scored its lone run on an RBI double by junior left fielder

Brian McDonough.

### Saturday's win

The team was able to pick up their first win of the season on Saturday in what was a completely different game from the previous days. After combining for a total of three runs on Friday, the two teams exploded for a total of 28 runs on 26 hits, four of which were homers.

Starter B.J. Martin gave up six earned runs in 4.1 innings pitched in a start classified by Healy as not bad, but not good either.

Sophomore shortstop Richard Curylo had a good weekend for the Foxes despite the loss. He had two hits, a stolen base, and scored the only run of the game for Marist on Friday. He had an even better game on Saturday, going 2-for-4 with a solo home-run and three runs scored.

He wasn't the only guy who had a solid weekend however, as a few Red Foxes really stood out offensively.

"Richie played great on Saturday," Healy said. "Ryan [Gauck] has been good pretty much all six games... McDonough swung the bat good this weekend and Bryce Nugent started at catcher on Saturday and had a three run homer, his first college hit...Kenny Anderson's going to be a key for this team's offense... we need to

get him going. We're going to be pretty good offensively once we get past the 10-15 game mark."

Next weekend and beyond

Aside from the offense, the team will need to get its pitching in line in order to get the ball rolling this season. Healy was happy with the performance of the majority of his bullpen this weekend, and he talked a little about how he expects his starters to shape up the rest of the way.

"The bullpen was terrific this weekend," Healy said. "Peterson and Martin, when they get to the 20-25 inning mark they'll settle in. We have our starters for Friday and Saturday set. Rickards and Martin will start the first two games this weekend."

Marist will head to West Virginia this weekend to take on Marshall in their third three game series of the season. Coach Healy wants to try to tighten up the defense once again, and believes that his team needs to start making "that big play."

"When we have a lead late into the game...we need to make that big play to get us over the hump once we do that we can get going," he said.

The Foxes will try to starting making those big plays and earn some more wins starting this Friday against Marshall, with the first pitch scheduled to take place

at 3 p.m. Saturday and Sunday's games are scheduled to start at 1 p.m.

### Upcoming Schedule

- 3/7 at Marshall
- 3/8 at Marshall
- 3/9 at Marshall
- 3/14 UNC Asheville
- 3/15 UNC Asheville
- 3/16 UNC Asheville
- 3/18 George Mason
- 3/19 George Mason
- 3/22 at Fairfield
- at Fairfield
- 3/24 at Fairfield
- 3/25 vs. Fordham
- 3/26 at Rhode Island
- 3/29 at Rider
- at Rider
- 3/30 at Rider



JAMES REILLY/THE CIRCLE

The Red Foxes won their first game against Presbyterian College, 15-13, last weekend in Clinton, S.C.. Marist will head to Asheville, N.C. to take on UNC Asheville for a three-game set beginning on Mar. 14. The 1-5 Red Foxes will have to wait until Mar. 25 before they can return home to Poughkeepsie. Marist will need to tighten up its defense in order to have success in the team's upcoming series.

## 2008 Spring Career Conference

Graduating?...

Need An Internship?...

Looking For A Job?...

Want To Meet Professionals

In Your Chosen Field?

Thursday, April 3, 2008

4 p.m.—7 p.m.

McCann Center

Meet Employers Seeking To Fill  
Their Staffing Needs!

Questions?

Contact Career Services at x.3547  
[www.marist.edu/careerservices](http://www.marist.edu/careerservices)

Dress Professionally And  
Bring Multiple Copies Of  
Your Resume!