



The Circle



The student newspaper of Marist College

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Syria discussion panel sparks major campus interest

By JASMINE GUERINE
Circle Contributor

It is common for events of activism to be created and implemented by college clubs or organizations. However it is uncommon that they start organically from individual students and turn into large events. Last week, two Marist seniors decided to change that.

Janene Starr and Claire Mooney took on a mission to create awareness, as they both have a passion for change and the noble desire to make a difference.

"Activism is something that once you've tried it, you can no longer avoid it. Activism is addicting like that," Mooney, a political science major, stated. "Humanitarian concerns has always struck a chord with me, I've been given so much, honestly, I really feel I have a moral obligation to give back somehow."

Starr echoed that opinion.

"Activism is I think just being conscious of what's outside of you, it can be small scale, for example, taking action in your community, or something as large as world affairs," Starr said.

Starr and Mooney's activism started with their concerns over the conflict in Syria. They had

growing worries about the United States' continued involvement in the Syrian civil war, and they were also surprised and concerned about the campus' lack of

portunity to inform their peers.

With campus officials' support and a lot of foot work the two seniors put together an educational panel in five days. The event took

to answer a question through the lens of their academic background.

Student turnout superseded both Mooney and Starr's expectations. Hancock 2023 could have passed for a large class with one too many overrides. Students arrived to the event early and were genuinely enthusiastic. Even a few professors showed up to watch and support the event. Everyone was engaged and asking questions, which helped to create a stimulating environment.

"At the panel, people stayed after to talk to the professors more. That was really exciting," Mooney said.

In the end, the panel was a success. A large group of students walked away with their questions answered and a clear understanding of the complex issue. A protest was held after the panel in front of Hancock, allowing Mooney and Starr to execute their original plan. While it didn't share the same attendance as the panel, it did make Mooney and Starr's message far more visible.

"There were a couple of people who came up to us and said they would check it out or call a representative," Starr said.

SEE "GENERALLY," PAGE 3



FROM WILLIAM VRACHOPOULOS/FOX PHOTOGRAPHY CLUB

Students engage with professors from the political science department on the U.S. approach to Syrian conflict.

awareness on this issue. This became apparent to them when they first tried to organize a protest against involvement in Syria. The idea for a Syria information and discussion panel quickly came to fruition. The protest also served as a rare op-

portunity to inform their peers. place in the Hancock Center's presentation room. Dr. Juris Pupcenoks, Dr. Artin Arslanian, Dr. Danielle Langfield, and Dr. John Knight all volunteered their time to participate on the panel, and Mooney served as moderator. Each professor had five minutes

Student center renovations near completion

By GREGORY RYCHARSKI
Circle Contributor

When work started on the student center renovations in late 2012, students were told an ambitious completion date. The renovations, which include a larger cafeteria, new classrooms and a brand new state-of-the-art music building, were supposed to have been completed by the time students returned for the fall 2013 semester.

However, as students arrived back on campus, they found the green fence surrounding the project still standing, the whirl of construction equipment still in the air, and all aspects of the project, from the music building to the cafeteria still unfinished.

As students began to return to Marist for sports and music camps, breakfast, lunch and dinner were served in a small, temporary tent located on the Jazzman's Green. This temporarily solved the cafeteria issue, as it didn't open until Sunday, Aug. 25. This delayed opening was moved even further back as the opening day approached,

and the temporary cafeteria was moved to the campus green, starting with the annual Family Barbeque on Saturday, Aug. 24. The new dining hall finally opened at 4:30 p.m. on Monday, Aug. 26.

Another delay occurred in the third floor breezeway in the student center, which links the rotunda to the Champagnat entrance of the building, and it did not open until two weeks after the dining hall. Three new music classrooms on the third floor were affected by this, as well as the Performing Arts Room, College Activities, Student Government Association and the multipurpose rooms located in the breezeway.

It was anticipated that classes would only have to be relocated for the first week of school; however, it was not until Monday, Sept. 9 that the three music classrooms opened, and College Activities and Student Government Associations moved into their new spaces. The Performing Arts Room and the multipurpose rooms are still unfinished at the time of writing.

Other delays and relocations include moving the offices of the Music Department to St. Anne's Hermitage, moving rehearsal locations for music ensembles to the McCann Center, Lowell Thomas and St. Anne's, the opening of the Cabaret on September 11, and the relocation of several student-run clubs that used the Performing Arts Room and the multipurpose rooms to other rooms across campus.

"We do not want to rush the workers," Bob Lynch, the director of College Activities said "These are professionals, and we want them to get the job done right. We thank both students and faculty for their patience."

Lynch stated that the Music Department rehearsal hall and music offices will be relocated to the new multipurpose rooms as soon as they are completed in the end of September or early October. This is similar to an arrangement used during the Spring 2013 semester when renovations began.

Justin Butwell, the director of the physical plant at Marist, states that the project was de-

layed for issues that all complex construction projects face, including inclement weather, the condition of the student center when the project was started and the available workforce for the project. He also denounced two rumors that have been circling around campus: that the Student Center renovations are over-budget, and that this has caused the postponement of proposed renovations to the second floor of Lowell Thomas.

"With regard to the proposed renovation of the second floor of Lowell Thomas, bids for the work were received earlier this summer and were higher than we expected," Mr. Butwell explained. "We had proposed an accelerated schedule for the project, and that may have led to higher bid prices. The project scope and schedule will be reviewed with cost savings in mind, and be re-bid over the winter."

Butwell expects that the renovations for the Student Center will be completed before the end of the Fall Semester, but no specific month has been confirmed.



THIS WEEK

Saturday 9/21

Shopping Shuttle
12:00 p.m. to 11:59 p.m.

Sunday, 9/22

SPC Broadway: The Lion King
9:00 a.m. to 5:00 p.m.

Monday, 9/23

"Beyond the Wall" Poster Sale
9:30 a.m. to 6:00 p.m.
Campus Green

Tuesday, 9/23

"Beyond the Wall" Poster Sale
9:30 a.m. to 6:00 p.m.
Campus Green

**Fall 2013 World Film Program:
"Growth and Transformation"**
7:00 p.m.
Library

Thursday, 9/25

**Department of Philosophy and Religious Studies Fall Speaker Series:
Sheila Lintott**
6:30 p.m. to 8:00 p.m.
Henry Hudson Room

Letter from the Editors

The school year is truly upon us now, with students settled into their classes and living areas and ready to enjoy everything that this great campus has to offer. In this week's issue of *The Circle*, students are defying typical Marist bubble stereotypes, and staying in tune with real current events, as seen with the Syria discussion panel held on Wednesday, September 11. Students appear not only to be enjoying a balance of campus life and leisure, but also actively pursuing knowledge in global events.

Meanwhile, on campus politics have taken off as the Student Government Association (SGA) focuses on the issue of sustainability and how to make our campus eco-friendly.

Our Lifestyles section has decided to bring back an old favorite: the Sexual Healing column is back. This column is meant to be educational (with a fun twist) and serve as a resource for students, and should be treated as such.

Also in Lifestyles, our writers take a look into juicing as a dietary option. The costs--both physically and monetary--may shock you.

In our Opinion section, students take on a number of hot-button issues, including the heavily-debated issue of the separation of church and state.

A&E dives into a review of the top summer blockbusters, and fills you in on what summer movies you may have missed.

And finally, our Sports section profiles senior Joe Candarelli for his accomplishment of being named a varsity football coach despite his status as a student.

With so much going on, is it any wonder why Marist was ranked in the Top 10 in the *U.S. News and World Report* for the Northeast Region? Our campus is not only filled with intelligent students, but with people who truly make the most of their time and involvement here. As they say at Freshmen Orientation, "The end depends upon the beginning." Enjoy this week's paper!

Garrin Marchetti
Editor-in-Chief
Jenna Grande
Managing Editor

New mistakes ring in new semester

By DAVE CENTOPANTI AND DANNY LEMMEN
Staff Writers

We, Danny Lemmen and Dave Centopanti, are here to bring you the Security Briefs every Thursday... or every other Thursday. Something like that. Whatever, you're just going to pick up the paper when you see it lying around anyway. Aside from some breakfast pyrotechnics, this issue can be summed up in one word: bo!d. So pour yourself a glass of melon vodka and slip into something a little more comfortable. These are your peers. This... is Marist College.

9/9 12:00 p.m. Presidents Lot

A student got booted for parking in the President's lot. Now, people at this school have been known to have a certain sense of entitlement, but you might be taking it a step too far when you try to snag some pavement next to DJM's Toyota. As much as I feel for somebody that can't find a spot when the lot's full, hit up Terminal like the rest of us.

9/13 3:30 p.m. Champagnat Hall

This Friday the 13th, the Witching Hour was between 3:30 and 4:30 p.m. At 3:42, some lucky entry guard in Champ scored some raspberry rum and melon vodka. At 3:50, he sweetened the deal with a couple Four Loko and a fake Maryland license. Finally, at 4:14, he completed the hat trick by sniffing out some vodka cleverly disguised in a Poland Spring bottle. The Associated Press named him Player of the Week.

9/13 9:44 p.m. Leo Hall

First floor, Leo Hall. R.A. confiscates the following: one half gallon of Smirnoff Passionfruit vodka. One quart Admiral Nelson's spiced rum. 1.75 liters Smirnoff vodka. one liter Jagermeister. One quart Smirnoff Raspberry vodka. One quart Smirnoff Passionfruit vodka. One quart Svedka vodka. Total: 2.25 gallons. Cost: approximately \$75. A trip to St. Francis: priceless. Just kidding, that shit's expensive.

9/14 1:34 p.m. Upper Fulton

The fire alarm was set off in Block 4 of Upper Fulton. The cul-

prit: a batch of burned bacon and eggs. Come on, guys. I respect the decision for breakfast in the afternoon, but by now we should be past setting off fire alarms. Minus one for waking me up at 1:30. Minus two for wasting bacon.

9/16 3:40 p.m. James Canavino Library

An intoxicated student was found outside the library, swaying and slurring their words. With them was a mix of strawberry juice and vodka. So you're thinking... Friday night? Nope. Saturday? Nope. A little Sunday tailgating? Nope. This went down Monday afternoon. To the kid getting blasted alone on a weekday- Hey, with a little hard work and determination, you might be able to call yourself a functioning alcoholic someday.

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

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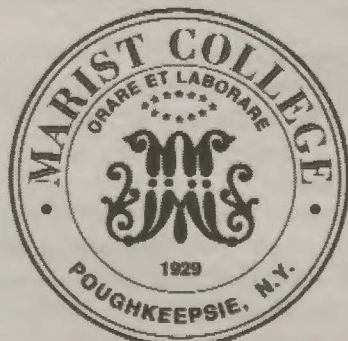
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Marist ranked tenth in U.S. News report

By ERIN MURTHA
Circle Contributor

This past week, the U.S. News and World Report released their rankings for the 2014 Best Colleges and Universities. Though the competition was tight, Marist earned the 10th spot on the list of Top Ten Northeastern Regional Universities. This is a remarkable accomplishment.

This is the first year that U.S. News and World Report has implemented a new system of ranking colleges and universities across the nation. Their newer methodology focuses on "reducing the weight of input factors and increasing the weight of output measures."

This essentially means that universities were ranked on the progress of their students throughout their college years more than their accomplishments as incoming freshmen (such as class rank, SAT scores, etc.)

Factors such as freshman retention and graduation rates held much more weight this year than in the past. The increasing number of freshmen that return to

complete sophomore year and graduate indicates that the school provides the classes and services that students need to be successful.

These two elements were crucial in Marist's ranking this year. The average freshman retention rate is at 89 percent, and the four-year graduation rate came in at an impressive 71 percent. The college was also ranked on factors such as student to faculty ratio (16 to 1) and selectivity of incoming freshmen. Only 31 percent of those who applied for the Fall 2012 semester were accepted.

Both students and faculty alike are thrilled with this landmark accomplishment. This has been a year of great change for Marist, both in its academic core curriculum and in its aesthetics on campus.

"Every year there are new and dynamic changes that offer terrific new opportunities for our students," Dr. Carolyn Lepre, associate professor and Honors Program Director said. "Our ranking is reflective of that."

Marist has continuously demonstrated its commitment to growth and progress in a market that is

increasingly demanding of the newly graduated college student.

"Every faculty meeting I go to I see professors from different majors proposing changes that are reflective of the industry, with a clear vision of not only where we are but where we're going," Dr. Lepre said.

The achievement isn't lost on the students of Marist, either.

"Marist deserves its ranking because I know it'll provide me with endless opportunities, and I've already met people who are eager to help me in any way possible," freshman Danielle Horbiak said.

While the ranking is certainly reflective of the pride and progress that has been put into Marist College, it's also projected to attract incoming students to the school. The school's statistics will be easily accessible on the U.S. News and World Report's website. In addition the new academic core is intended to attract a newer, more diverse type of student.

"If I were a high school senior searching for colleges, I would definitely consider Marist's high ranking because a school earns their ranking for a reason," freshman James Barry said.

Students and faculty agree that Marist's ranking is simply a published verification of the aims and goals we as a community have been continuously working toward. This is only the beginning of bigger and better things for Marist.

Dr. Lepre continues her admiration for the college's latest achievement:

"This is not the college that stands still. That's why we will continue to grow and become better."

For the complete details factored into Marist's ranking in this report, be sure to check out the U.S. News and World Report's website.

SGA update: sustainability takes center stage

By KATHLEEN O'BRIEN
Opinion Editor

The environment and humanitarian efforts took center stage at last week's Student Government Association meeting. Marist prides itself on its sustainability efforts and community service, and SGA plans to continue to develop that reputation through new initiatives and committees.

Student Body President Deborah Akinwunmi and Executive Vice-President Jane Tracy's campaign last year included sustainability efforts as one of their major goals. The first step toward the fulfillment of this goal was taken through the creation of the Sustainability Committee.

The Sustainability Committee bill was sponsored by Tracy and Senator Joe Theall, who chairs the Transportation Committee. The bill was approved unanimously by all members of the Senate and President's Cabinet. According to the bill, the committee will be established for five years, but the concept to make it a permanent committee in SGA was raised.

"Sustainability is something

many students on this campus take interest in. Making it into a committee was important to SGA because we can advocate more for sustainable programs through this venue," Tracy said.

One of the committee's plans includes the formation of a TerraCycle recycling program. The program was originally Sodexo's idea, but they were unable to gain enough interest through publicity. TerraCycle is a form of recycling that turns recycled goods into backpacks, laptop bags or jewelry. Tracy wants to use chips bags as Marist's product. There would be boxes set up around campus in which students would deposit their used bags. After the boxes are full, they are sent back to TerraCycle and each bag is worth either one or two cents. The money collected is then sent to a charity of Marist's choice.

In addition to TerraCycle, the committee hopes to start a ride-share program at Marist that would make bikes available to rent for students. The bikes would be stored in the back of the student center by the loading dock. College activities would be in charge of the

program, and the cost would be roughly \$1 per hour.

"Bike share and TerraCycle are two programs that we are very excited about and are something Deb and I took interest in when we were campaigning last year," Tracy said.

"This committee, along with the support of administration and students, can get these programs off the ground," she continued.

Finally, the expansion of the weekly farmer's market is a goal. The hope is to increase student and club involvement by allowing them to sell items alongside the other vendors.

In addition to sustainability, community service is a valued aspect of the Marist campus. Last year after Hurricane Sandy, Marist was involved in numerous events to raise money and help restore the affected areas, such as builds with Habitat for Humanity. As a result of these efforts, Marist was featured in a story by USA Today.

As the one year anniversary of Hurricane Sandy approaches, SGA is looking for new ways to continue their support for the victims. That

opportunity comes in the form of the Westchester Habitat for Humanity. The organization is holding a build-a-thon for the victims of the hurricane and is inviting anyone to join with a fee of \$10.

SGA is working in coordination with Marist's Habitat for Humanity to bring the event to Marist. They are still waiting for a response from the Westchester group but are optimistic.

"Our goal is to provide as much continued guidance and support for those affected by Sandy. Although we do not have all the details hashed out we will continually work towards providing help where we can" Akinwunmi said.

The event will fall under the jurisdiction of the Civility Campaign, which was officially made a committee of SGA last year. Currently, the campaign is being led by Akinwunmi, but SGA is looking to fill the position. Other open positions in SGA include two commuter senators, a resident senator and various positions on individual committees. If anyone is interested in applying, contact the Student Government Association.

From page 1

Syria panel event coordinators talk future plans

Generally, the campus mood has remained both apathetic and oblivious. However, there were plenty of students who were informed, concerned, and genuinely interested in this issue. The percentage of student indifference to the conflict outweighs the amount of those who are aware and committed to the cause.

Some of this apathy stems from a lack of understanding rather than

an unwillingness to care. When they were asked about the issue, several students admitted their confusion on the topic. The Syrian conflict is a pretty complicated foreign affair, but this enhances the importance of events like the discussion panel, and the role of student activism in general. If students can be informed then they may have offered more than an ap-

athetic glance to the peaceful protest.

When asked about plans for the future, Starr was eager to share her interests.

"The conflict in Syria has really sparked my interest in learning more about middle-eastern affairs in general. As far as Syria is concerned, for my capping project, I'm actually planning to organize a ben-

efit concert to raise money for refugee camps in Jordan, Lebanon, and other surrounding countries," she said.

Starr and Mooney say they are done with activism for now but are happy with what they have achieved. Another student somewhere may feel inspired by their actions and take up the torch for the next time it sparks.

Putting new priorities on priority points system

By MELISSA CONLON
Staff Writer

With the school year just underway, the Office of Student Affairs and the Office of Housing and Residential Life has introduced a newly revised priority points system for resident students, clubs and organizations. For students that are new to the college, the priority point system is used by the Office of Housing and Residential Life to place students in housing after their freshman year. However, this year a new system is in place for how points will be earned and awarded, as well as what the value of certain points are.

During the 2012-2013 academic year, a committee chaired by Associate Dean of Student Affairs Steve Sansola, came together to discuss the priority points system currently in place at Marist. The committee met about twenty times over the year, and it included administrators, students, representatives from the Student Government Association, College Activities, athletics, Campus Ministry, and many others. The committee came together to take a comprehensive look at the system and the additions that had emerged in previous years, and to look at how the value of priority points speaks to the college's mission

for students.

The main goal of the committee was to bring equity and consistency into the priority points system. They did this by revisiting the process and checking for efficiency among the categories along with their point value. Sansola noted that this was a huge undertaking that required a lot of work, but the framework and changes that were made represent a fairer process that allows students to have broader campus involvement.

Student total points now range from a maximum of 34 points for returning students, and a maximum of 30 for new students. Priority points are accumulated and calculated in several categories: Student's Grade Point Average, Housing Damage/Room Condition, Discipline, and Campus Involvement. Three of the four categories have undergone changes within the newly revised priority point system.

Starting with the first category, students' GPAs, which have previously been determined by cumulative average, will now be reflective of the previous semester's GPA score. Second, the category of "Housing Damage/Room Condition" had previously been two separate categories each worth a maximum of five points. The category is now a combination, which now has a maximum value of eight

points per year. Most of the overall changes occurred in the "Campus Involvement" category.

Campus Involvement had previously consisted of a maximum of eight points per year in any combination of clubs, activities and athletics. Under the new protocol, students have the option to expand their involvement in community service, sports or intramurals, as well as clubs, organizations and intercollegiate sports.

The newest addition to this category is the subcategory of "Service." Students can earn up to four points per year in this category, eight hours earn one point, and sixteen hours earn two points. This new subcategory is aimed at upholding the Marist mission statement of, "encouraging students, faculty, staff, and alumni to make service an important part of their lives."

Out of the eight points allotted in Campus Involvement, students can earn up to four points for service, two points for leisure sports (Red Fox Enrichment) and intramurals, and five points for clubs, organizations and intercollegiate sports. Students who spend a semester abroad with Marist International Programs or Marist in Manhattan will earn the same amount of points they earned in the previous semester.

Due to the many changes that have occurred over time, the Col-

lege Activities office needed to evaluate and reassign the criteria for how club members can earn points. The new criteria states the following: "All clubs must complete the minimum requirement of four activities per semester in order for members of that club to receive priority points." The full outline of priority point allotment and criteria for earning points within clubs is featured in the Student Handbook, online.

Ultimately, the new system aims to decrease the likelihood of students just signing up for a smorgasbord of clubs, athletics and organizations. However, they will have the opportunity to broaden their campus involvement and commit more fully to their interests. Changes to the priority points system for upperclassmen will go into effect during the Spring and Fall 2014 semesters for Fall 2015 housing lotteries. Meanwhile, the new system is currently already in place for freshmen and fall transfer students. The changes are slowly being implemented for upperclassmen students so they can become accustomed with the changes and understand how the new processes will work. For any questions or to view the changes, please visit the Student Handbook online on the Marist website.

Do you enjoy taking pictures?

**The Circle is looking for
photographers!**

For both on and off campus events!

Marist Athletics games!

The Circle will provide cameras!

**Please contact us if you are interested at
writethecircle@gmail.com**

What you need to know about the dining hall

By EMILY HOUSTON
Circle Contributor

Students every year are buzzing about the newest edition to the Marist College campus, and here is a hint: it's not the new freshmen class.

The long awaited completion of the brand new dining hall has been the talk of campus since it opened for service on Monday, Aug. 26.

Sodexo General Manager Mohamad Charafeddine discussed the different areas of the dining hall which the Marist community benefits from the atmosphere to ambience, from the space to the food.

Upon walking into the dining hall, obvious components such as space, layout and functionality are an immediately recognizable improvement from the old dining hall.

Some of the ways that help make a meal at the dining hall a better experience include the furniture and design.

The furniture has been upgraded and provides a more luxurious and "comfortable" experience. The walls on the other hand, although a less noticeable change, "were made to absorb sound so it does not bounce." This creates a "more peaceful and enjoyable" area to be in," Charafeddine said.

Now utilizing 50 percent more of the ceiling space, the dining hall has an open feel to it and can seat 725 people as opposed to the 500 in past years.

One area that contributed to providing more space for seating is the Great Hall. Once a walled-in outdoor courtyard, this area is now located in the center of the dining hall and from above, is surrounded by glass windows.

Three chandeliers, weighing over one ton each, are expected to go up this weekend and, once hung, will provide the finishing touches on the Great Hall that Charafeddine describes as looking like something out of a Harry Potter movie.

Besides just the cosmetic changes, Marist also maintained their commitment towards sustainability. Charafeddine said the dining hall contains "energy efficient lighting and equipment," and the newest edition to the sustainability family is the dish room.

"The dish room is a state-of-the-art system that uses less water and now allows us to compost on the premise," Charafeddine said.

While Marist has composted in the past, Charafeddine explains that in 2007, compost was brought back to Marist to be used for landscaping. Now, he says, that is all done on campus.

While the overall look and layout adds to the experience, the food is the main purpose of any dining hall.

"The goal is to have it as a restaurant," Charafeddine said. "Cooking in front of the customer showcases the restaurant mentality and the cooking-to-order is fresher, classier and more appealing."

While there is no longer a soft serve machine or "Cupcake Tuesday," the dining hall has added many different areas to benefit the students.

In addition to the stations such as the grill, pasta and pizza that Charafeddine refers to as "comfort foods," the dining hall now includes a sushi bar, a gelato area that is connected to the dessert bar, hydration station and an upgraded salad bar.

To decide what new stations to in-

clude, Sodexo staff members visited other dining areas to get a feel for what stations were popular, although, Charafeddine emphasized that the choices were largely "driven by trend and student feedback."

He spoke about how the dining hall staff truly takes into account what the students want to see.

"One of the most requested things has been to have more chicken, so from 11 a.m.-9 p.m. everyday you can ask for it at the grill to include in your salad or make a chicken sandwich," Charafeddine said.

Another way that Sodexo has improved upon what is already available has been through supporting local businesses.

"We are sourcing more local fruit and vegetables," Charafeddine said. "We will be highlighting it at the stations soon, [and] hormone free meat is the next step."

While the dining hall may look like it is near completion, there are still a lot of improvements happening behind the scenes.

"In the next couple of weeks we are opening an area called 'My Zone' for those with allergy needs such as peanut or gluten," Charafeddine said.

Located next to the pizza station, students with these needs will have swipe access to a room containing a refrigerator, freezer, microwave and toasters. This will allow, for example, students with gluten allergies the ability to have gluten free bread and use a toaster specifically for those with Celiac.

"I want to take the salad bar to the next level," Charafeddine said. "On one side I would like to have traditional salads, and on the other side, I would like to have more specialty salads such as quinoa and grains."

Charafeddine categorized these smaller projects by saying, "It does not happen all at once. Little by little we are getting where we want to go."

One project that is still in the works is a quiet dining area complete with glass windows and an outdoor patio dining area.

Charafeddine said that the quiet dining area will be for students who are "reading, alone or want to hang-out." He also described it to be "like Harvard," and considering Marist is often referred to as Harvard on the Hudson, the additional space will seamlessly fit into the look and feel of the rest of the dining hall.

He also said he expects the patio to be finished around mid-October, and will include an outdoor entrance up to the patio that leads into the indoor dining hall.

Overall, Charafeddine described the new dining hall in a unique way.

"It [the dining hall] is more than furniture. It is togetherness as a community," Charafeddine said. "Before, I felt that students would want to run out of here. Now they want to stay and socialize with their friends."

He talked about how some of the tables are made to seat up to ten people and, even still, students are pushing table together to be able to seat all their friends. Charafeddine said he loves seeing this because it "supports students coming together," and he enjoys seeing the togetherness.

The dining hall has always been a place centered around food and friends. Thanks to the new updates, the functionality only adds to the possibilities that are yet to come for Marist's newest member.

How to survive your freshman year experience

BY DEANA HASANDJEKAJ
Circle Contributor

Freshman year is arguably the best year of college for many reasons. First of all, you are thrown into a completely new environment with people you hardly know. Second, this is most likely the first time you have lived on your own without parental guidance. Finally, you are experiencing the next level of education: taking classes that you actually want to take with new people each semester.

When it's all said and done, you're only a freshman in college once, so here are steps you can take to ensure you have a fun, successful freshman year!

1. Avoid the Freshman 15: The cafeteria was much different when I was a freshman, as compared to current freshman who get the Hogwarts treatment. Since freshmen have unlimited swipes to a cafeteria with higher quality

food, it is easier to be tempted to get gelato or desserts every day. The best advice I can give you for not gaining the Freshmen 15 is to eat a healthy portion sized dinner. Once you start going up for seconds and thirds, that's when the pounds start packing on. Also, try to limit yourself to one or no dessert instead of grabbing five cookies to put on your plate.

2. Get involved: One of the easiest ways to meet people is to be active in a few clubs. Clubs that are specific to your major can allow you to get to know other students in your major and make connections. Intramurals and the Marist Dance Ensemble are also a relaxed, fun way to interact with others who are not necessarily in your major. Research some of the clubs and activities and maybe you'll find something new that you'll like to enjoy! Plus, clubs are a necessary component of gaining priority points for housing next year.

3. Plan out your day: In order to get your work done effectively without distractions, you need to figure out what time of day and what location suits your academic needs. Many people find that the library is a quiet environment that motivates productivity. Other people, such as me, find that working in your room is less distracting since there are no people around. Academics are obviously an important part of college, so try to set academic goals and keep track of when your assignments are due.

4. Don't stick to one group of friends: Many people make the mistake of trusting a few people at school and once you get to know them, you realize they aren't the right fit for you. My best advice would be to get to know as many people (especially on your floor or even entire residence hall) as possible so you aren't stuck to one group. The smaller dorms offer activities that can force you to so-

cialize with people in your hall. By associating yourself with different friends groups, you have a better opportunity to get to know more people and be happy with what friends you stuck with.

5. Don't confine yourself to on campus activities: Often times, many students are trapped in the Marist bubble and miss out on what's going on in the world. For a change of atmosphere, I would definitely recommend trying out new restaurants, going out to different places at night (with different people) and exploring nearby towns such as New Paltz. By not limiting yourself to Marist, you can have new experiences and more to do.

Once you adjust in the first few weeks academically and socially, you are set to have an amazing freshman year. Embrace your independence, discover your academic passion and make friends to last a lifetime.

Be a fashion forward male this fall season

By JULIA MULLANEY
Circle Contributor

With fall weather approaching, it is time again for the girls to break out their cute sweaters, cozy jackets and warm boots. But what about the guys on campus? With most fashion articles centered around girls, the men are left pondering over which baggy sweatshirt they should wear to class. Well, believe it or not, this season there are many ways for the guys at Marist to stay warm and comfortable while also making a fashion statement.

Rather than immediately resorting to an old sweatshirt, try sporting a cozy cardigan. Cardigans will leave you feeling just as warm while also showing off that you know how to dress well. Solid or striped, cardigans provide a happy medium between being comfortable and not looking like you just rolled out of bed. You can also wear a long sleeve shirt underneath for extra warmth if you're not quite ready to break out the winter coat. Cardigans have that perfect balance between baggy and fit which allows guys to keep feeling masculine and fashion forward. The price of a cardigan depends on where you purchase one but American Eagle Outfitters has some great styles for around \$50.

Perhaps winter shows up a little early this year and a cardigan is no longer doing its job of keeping you warm. That means it's time for the winter coat to make its way out of the back of your closet. If you do not own a winter coat, now is the time to buy one while there are so many different styles. If you're looking for a jacket that is warm and casual, try something from The North Face. These jackets are made for extremely cold temperatures, so they'll keep you nice and warm without making you feel like you're trying too hard. However, they tend to be more expensive, with most coats ranging between \$120 and \$230. If you're on a tight budget you can find them in outlet malls such as the Woodbury Commons for about twenty percent off the original marked price.

Another option for a winter coat is the always-sophisticated peacoat. Although it might not seem common among college students, peacoats are a great fashion statement that are sure to keep you warm during the late fall season. Peacoats have buttons to give them a more mature look and feel, and they come in a variety of colors. Peacoats are sold at almost every store that sells winter coats and they have quite a price range. If you are looking for an inexpensive peacoat, you might be able to find one on

sale in the men's department of Macy's. If you are looking for a pea coat of good quality, they are usually priced upwards of \$200 and can be found in almost any department store.

Pairing a cardigan or winter coat with a nice pair of jeans will allow you to be fashion-forward, comfortable and warm all season long. Some guys prefer light jeans while others prefer dark, but dark jeans tend to give a more sophisticated look. A nice pair of dark jeans will run you about \$40 to \$50 at American Eagle Outfitters,

or you can spring for the designer jeans such as Diesel or Lucky Brand for a much heftier price.

Looking good this season does not mean you have to sacrifice being comfortable or staying warm. Also, don't think that looking well put together requires you to wake up an extra half hour earlier every morning; it is just as easy to throw on a cardigan and jeans as it is to throw on a sweatshirt and sweatpants. Making a fashion statement this fall without breaking the bank should be easier than ever with these clothing tips.



JACKFRE2/FLICKR

With the autumn weather upon us, men can stay just as fashionable as women.

Following the trends from NY Fashion Week

By CORINNA WONG
Circle Contributor

September is the unofficial fashion month. Magazines become tomes, and the fashion industry's best are jet-setting to the fashion capitals of the world to watch designers showcase their latest collections. It's where celebrities, buyers, editors and more come together for this very special time called--Fashion Week. Fashion Week officially kicked off on September 5 in New York City. My fellow fashion enthusiasts have been live streaming the shows and browsing Style.com for reviews and photos to keep up with the latest trends for S/S 14, two seasons ahead of time. To keep everyone ahead of the curve, I've researched magazine and websites, scoured Style.com, and used my own observations to predict the biggest trends of the upcoming seasons.

The first trend that I've noticed is nothing new: crop tops. Crop tops were a huge trend on the runways in practically every collection. Peter Som showed a variety of crop top styles including stripes, a wrap, florals, and a crop high above the belly button. Long sleeved, boxy, or corset inspired, Som showed the greatest assortment of crop tops on the runway. The Proenza Schouler duo also showcased crop tops in many different prints in a wrap style, which shows just a triangle of skin. This is recommended for those who are uncomfortable showing too much. However, students who aren't

afraid to show some skin should look to Alexander Wang for inspiration. Wang's collection was all about bearing the stomach; button-downs that were only buttoned at the top, while crop tops and tops that exposed the side of the body were prevalent. If one thing is clear this season, it's that crop tops are here to stay.

Another trend that seems to be going strong is the slip dress. No show exemplified this grungy '90s trend better than Jason Wu. Wu not only presented clean and simple slip dresses in shades of white/eggshell, beige, black and light blue, but Wu also transformed the slip dress into an evening gown by adding a flower-like chiffon bottom. Helmut Lang's collection was also full of diaphanous slip dresses in monochromatic shades and a shocking hot pink.

Speaking of monochrome, it was the color palette of the season. Victoria Beckham's collection was shaded completely in black, white and grey to match the minimalist boyish tailoring and boxy cuts. Also in true New York City fashion, Narciso Rodriguez showed many monochrome dresses and separates. And although Ralph Lauren featured dresses in highlighter bright colors, approximately 67 percent of his collection was pure black and white. Lauren played with different prints (striped, floral, and checkered) in the color and overall, gave off a preppy, 1960s vibe.

For those students who are athletes, rejoice. Sporty is back on



ARTCOMMENTS/FLICKR

Crop tops and monochrome were just a few fashion trends seen on the runway.

trend. Tommy Hilfiger focused his creative energy on the surfer girl and her wetsuit inspired tops, shorts, dresses and skirts while Lacoste highlighted tennis. Lacoste's collection was full of drop-waist dresses with side pleats and piping in contrasting colors. Hilfiger's collection, on the other hand, was brimming with bright colors and geometric shapes. Mesh and net, popular sports fabrics, were also used in Vera Wang's collection.

The last major trend that fashion fiends everywhere took note of was the comeback of the logo. DKNY, whose 25th anniversary was celebrated during fashion week, went logo crazy by putting DKNY all over

dresses, shirts and pants. To keep this look tasteful, classic or muted colors like black and white should tone down the graphic print. Alexander Wang also put his logo on the back of a trench coat in block letters, and showed leather gloves laser-cut with his name on them.

From what I found in my research these five trends are predicted to be crucial to S/S 14 clothing. However, there were also mini-trends seen on the runway. Some of them include wide silhouettes, vests, fringe, matching sets and bermuda shorts. And now that New York Fashion Week is over, we can move on to analyzing trends from London, Milan, and Paris Fashion Week.

The benefits and dangers of detoxing

By CATHRYN VACCARO
Staff Writer

The latest fad in the health industry is juice cleansing. Juice bars have been popping up around almost every corner in New York City. So many people are trying these cleanses with the hopes of dropping a few pounds fast and detoxing their bodies. These juice cleanses can be beneficial to your health in moderation, but can be harmful when people replace meals with these juices, and basically starve themselves of other needed proteins and fats. One juice a day, not five, can really help maintain a healthier diet in the long run.

During a juice cleanse, the diet contains only fresh vegetable and fruit juices and water for a few days, or even several weeks. People usually buy these pre-made juices from a manufacturer, such as BlueprintCleanse, Organic Avenue and Pressed Juicery. Some even buy a juicer and make their own juices at home. If you really want to start and follow this strict diet regimen, get ready to drop a few bucks. BlueprintCleanse charges \$65 a day for its juices. Pressed Juicery offers a variety of different cleanse packages with five juices and one almond milk, running about \$70 a day. If you want to create your own juices, juicers cost anywhere from \$30 to \$300 alone. You also have to include the prices of all the produce you would need to purchase before you even start juicing.

One of the side effects of juice

cleanses is that you do not feel as full if you drink your meals instead of chewing them. Common side effects of juice cleanses include dizziness, fatigue, nausea and irritability. Some of the fiber and antioxidants found in the skins of fruits and vegetables are removed during the juicing process as well. This allows the body to absorb more fructose sugar easily, which can affect blood-sugar levels.

"You're creating stress, putting your body in starvation mode, and still going at life full speed ahead," said Tricia Williams, a Fitist holistic nutrition expert and founder of Food Matters NYC.

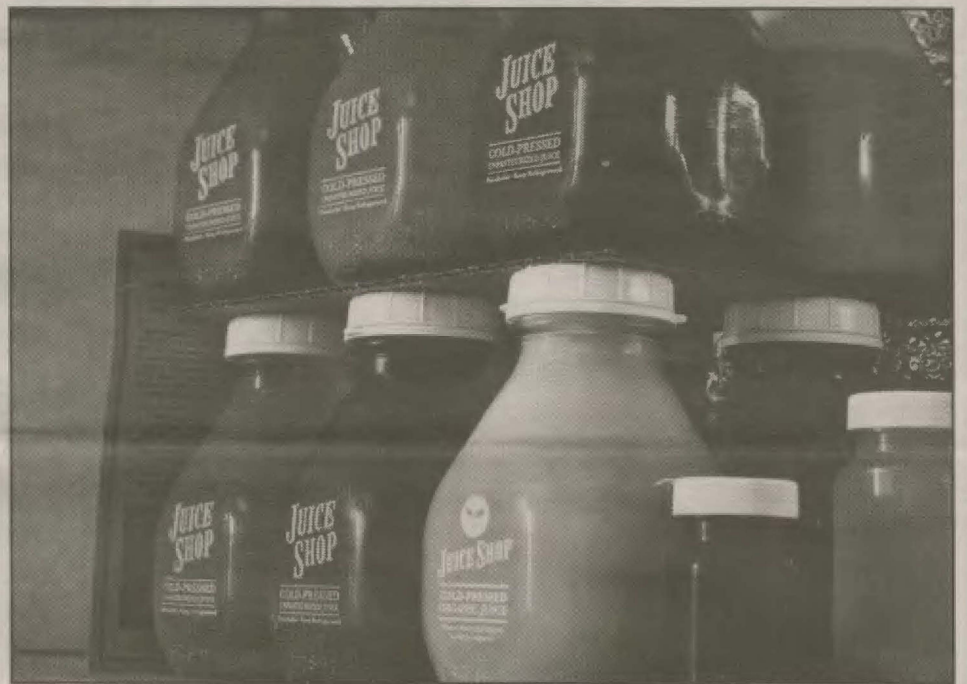
Junior Alessandra Gajano tried a juice cleanse. The detox lasted for a week, but Gajano explained that she was not able to complete the full week of the detox because she felt very tired and worn down during it. The first day of the detox consisted of eating only vegetables. The second day consisted of only fruits, and the third day consisted of eating both fruits and vegetables. Gajano made it to the fourth day where she only ate eight bananas and fat-free yogurt. She spent about \$80 in total on the produce she purchased. Gajano's view of the juice cleanse fad definitely changed after she tried to follow one of these strict routines.

"For me, the idea of detoxing was a cleansing experience, ridding my body of toxins," Gajano said. "This is how I viewed it before I went on one for a short amount of time. Maybe it works

differently for other people, but I did not benefit much from this detox. If the goal is to lose weight, doing a detox or juice cleanse may not be the way to go. For maintaining a healthy weight and to lose weight effectively, it may be best to just eat healthfully instead of somewhat starving yourself."

Livestrong.com explains that these juice cleanses or juice fasts leave out a significant amounts of the protein and fats necessary in a normal diet. Even though you will lose weight on juice cleanses, you will most likely put the weight back on right after the juice cleanse is over. These strict juice cleanse diet plans try to persuade consumers that these cleanses will get rid of the toxins

in their bodies. Some say that they really do feel more focused and energized after doing these cleanses, but the Mayo Clinic states that these feelings could occur because of the belief that they are doing something good for their bodies. It's always a struggle for people to really incorporate the right amount of fruits and vegetables in their diet. Juice cleanses could actually provide more than the recommended amount of daily servings of fruits and vegetables. Juice cleanses may be the best answer for people who want to lose weight and keep it off, but making healthier lifestyle changes to your diet and adding an exercise regimen will give you the results that you want in the long run.



MKOHOTTIS/FICKR

Common side effects of juice cleanses are dizziness, fatigue, nausea and irritability.

UTI: Universal Technical Institute or...

By ALYSSA ROSSI
Sex Columnist

Who ever knew that the acronym UTI would possess two completely different meanings to men and women come the 1960s? But really, who thought calling their institute "UTI" would really increase their credibility?

Anyway, the more common use of UTI, the one we know, and love to

hate, is urinary tract infection. According to U.S. National Library of Health, Medicine Net, Planned Parenthood, and the U.S. Department of Health and Human Services the cause of UTIs lies in germs and bacteria, 80 percent of the bacteria being E. coli, in your bowels... riveting I know.

Oh, and boys, don't think that you're in the clear. You are just as susceptible to urinary tract infections, but they are more prominent

in women because their urethra is closer to the anus than men's. But hey, at least you don't deal with the oh-so-pleasurable symptoms us women get more frequently than you've ever wanted to know; cloudy or bloody urine, low fever, pain or burning with urination, pressure or cramping in the lower abdomen or back, and the strong need to urinate often, even right after you just went. I know what you must be thinking right now, how jealous you are that we get to have all the fun for the 24 to 48 hours of symptoms.

Don't fret; a urinary tract infection is easy to treat. You usually get prescribed antibiotics for a three-day dose or seven-day depending on the amount of bacteria present. As soon as you suspect you have a UTI go to your healthcare provider immediately to avoid getting a kidney infection.

On the bright side, according to the U.S. National Library of Health, there are a lot of ways you can prevent UTIs. The most popular options:

- **Take showers instead of baths:** I guess Marist was helping us out by only offering the tiny nooks we call showers.

- **Go pee before and after sexual activity:** save yourself the misery and pause the moment if you have to.

- **Wipe from front to back:** if you don't do this, then I'm sorry, but you were potty trained incorrectly.

- **Avoid wearing tight-fitting pants:** I feel like this is the least popular option here at Marist.

- **Wear cotton-cloth underwear and pantyhose:** yes ladies, cotton pantyhose for all those chilly nights heading to Union Square.

- **Drink plenty of fluids:** water or cranberry juice, not cranberry juice cocktail we all know what happened to Regina George.

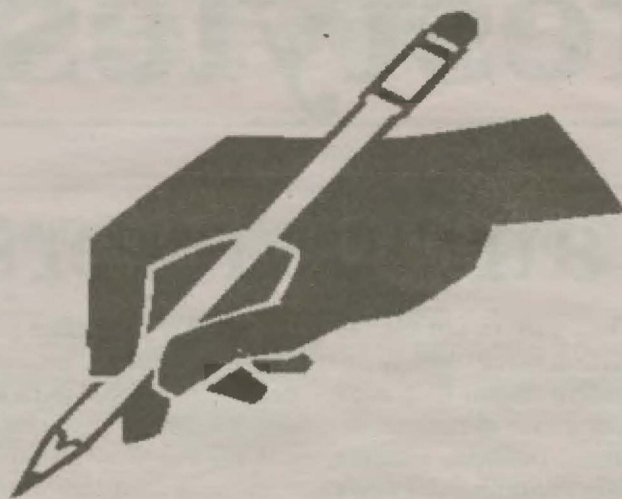
- **Eat yogurt:** yogurt has "good" bacteria. But legitimate yogurt, none of that Gogurt garbage.

Truthfully the lesson to be learned from all of this is, ladies and gentleman, is that next time you're coming home from your Saturday night at Union and you get the brilliant idea to stop at Pleasant Ridge, wash your hands before using the bathroom and be sure to wipe front to back. I promise you will thank yourself for taking the necessary precautions for avoiding a torturous day or two.



DESIGNCOLLECTOR/FICKR

Use the bathroom before and after sexual activity to avoid the trauma of a UTI.



The Writing Center



To Library 334

Across from the Center for Multicultural Studies.

Monday – Thursday, 10:00 am – 9:30 pm

Friday, 10:00 am – 4:00 pm

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Drop in, or make an appointment by visiting:

<http://www.marist.edu/writingcenter/>

Syria controversy stretches to Marist

By KELLY WALL
Circle Contributor

On August 21, the Syrian government led by the dictator Bashar al-Assad killed 1,300 people and mutilated many more of its own people. Although I do not condone or support any type of genocide, the way the innocent civilians of Syria were killed defies not only international law, but also a code by which human beings should live.

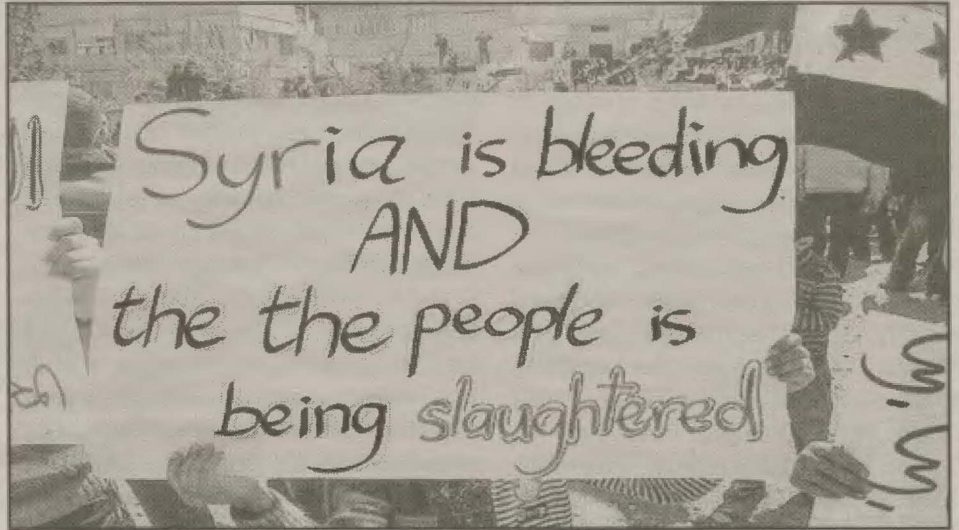
The heinous crime that the Syrian government committed has caused an international response. Whether American citizens agree with this or not, the United States has been given the title: "world police force." Since we as a country have this label, there was a need to initiate a worldwide response to uphold the integrity of international law.

During World Wars I and II, the use of chemical warfare was prevalent and this use led to mutilation and unnatural suffering of human beings. After the war, during the Geneva Conference for the Supervision of the International Traffic in Arms, it was deemed illegal to use chemical or biological weapons. All countries have upheld and respected the sanctity of this international law.

Unfortunately, we live in a world where some people don't always follow the rules and believe that they are higher than the law. That is exactly what Bashar al-Assad did when he attacked Syrians with the chemical sarin. If exposed to humans, sarin can lead to lung muscle paralysis or permanent neurological damage. Thousands of citizens suffered a torturous death that many cannot comprehend. Even though al-Assad was fully aware that the use of chemical weapons is banned, he still made the conscious choice to use them.

The international law banning chemical warfare was created so that people can live without fear of the inhumane toxins. This international law, upheld since after WWII, has put a limit to the amount of human suffering that can occur during war. If one country is to take the law into its own hands, then the sanctity of the law no longer exists. If no action is taken to reprimand the Syrian dictatorship for their actions then any country will think that they can use the chemicals without any repercussions. President Obama has made it clear that we as country need to take action.

As of right now, we have given



FREEDOMHOUSE / FLICKR

With the recent chemical weapons attack in Syria, the world is torn on how best to handle the situation and help the Syrian people.

Syria the option to surrender all chemical warfare products. If they are unable to comply with this rule, then the US has threatened an aerial strike. The international support has been vague; with Russia being Syria's biggest ally, they have not given the full support of anything. Even though it would be unwise for the US to enter a battle without international support, something must be done.

In my opinion, I don't think that we should have given Syria the option to hand over the chemical weapons, we

should have committed to an aerial attack.

The lack of international response to the Syrian war crime has deemed it okay for countries to use chemical warfare once, get a slap on the wrist and move on. If a country commits a terrible crime like Syria did, military action should be taken immediately. This sets a standard for all other countries that have considered or are planning to use chemical weapons. Action needs to be taken as a repercussion to the Syrian government's actions.

Massachusetts is one state divided by God

By AVERY DECKER
Circle Contributor

"Separation of church and state" is a phrase that traces back to January of 1802 to a letter written by Thomas Jefferson. Since Jefferson's coining of the phrase, it has been cited repeatedly in U.S. Supreme Court cases. Court cases such as Reynolds v. United States (1879) and Everson v. Board of Education (1947) are just a few of the cases whose ruling has cited Jefferson's statement.

Believe it or not, the line separating church and state is, to this day, still being argued and ruled on in Supreme Courts. A family in suburban Boston is at the front of this

ever waging war. They are challenging the wording of a pledge that almost all Americans know the words to: the Pledge of Allegiance.

As we all know, the Pledge of Allegiance offers up many nationalistic phrases but also, as of 1954, contains the phrase "under God." This two-word phrase is the source of conflict in the Massachusetts Supreme Court.

Although the identity of the family at the forefront of the challenge is being kept anonymous, David Niose is acting as the plaintiffs' representatives. Niose is the former president of the American Humanist Associations. He is claiming that the pledges use of "under God" violates the Equal Rights Amendment

of the Massachusetts Constitution and is an issue of discrimination against atheists. He goes on to claim that the repetitiveness of the pledge's reading in the public school system is a form of alienation towards atheists, who feel out of place and 'left out' because of this.

"It validates believers as good patriots and it invalidates atheists as non-believers at best and unpatriotic at worst," Niose said.

On the defense, Eric Rassbach, deputy general counsel for the Becket Fund for Religious Liberty, argues that to most people saying the pledge is not viewed as saying a prayer. It is not meant to have any religious meaning to everybody.

This court case really doesn't make sense to me. There have been plenty of cases very similar to this in the past and all of them, one way or another, argue using Jefferson's "Separation of church and state" entity. The Supreme Court has shot them all down and the phrase "under God" still remains in the pledge where I believe it should stay.

People in America are too sensitive when it comes to certain beliefs about religion, politics and other social issues. I am not very religious, and at the very least have yet to make a decision as to what I believe to be true about origin and other basic beliefs. It doesn't take priority in my life and I am perfectly happy with that (it might help that I do not fall into the almost 80% of America

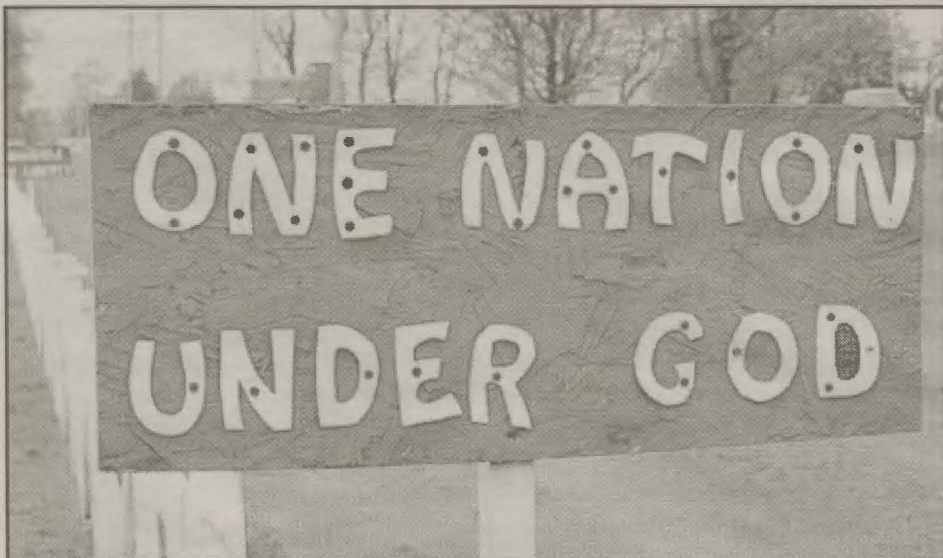
that is Christian).

However, I do respect that most of our country is Christian, 50% of those being Protestants and 23% being Catholic. 80% of America at the very least is those of a religion that believes in God. That's simply how it is. Sure America started as a melting pot, and I suppose you can say it still is today. The reality is that America isn't as diverse religiously as some might think.

Not knowing where I land on the religious spectrum, I am not offended one bit that the pledge has the phrase "under God" among its other nationalistic phrases. I don't think of it as a religious gesture, but more of a way to show support for my country.

People get too sensitive when it comes to these kinds of things. Let people believe what they want: the exact ideals that America was formed around. If people don't believe in the same thing as you, don't look at it as facing adversity, just realize that you're in America and that's what America is all about. The vast majority of America is composed of people who do believe in God. People are free to believe in what they want and that is the most important thing.

I believe the Supreme Court should (and will) rule that the phrase "under god" should remain in the Pledge. It is a traditional symbol for nationalism and would go better off untouched.



STEVENDEPOLO/FLICKR

This phrase in the Pledge of Allegiance added in 1954 has caused controversy over the years and most recently is being contested in the Massachusetts Supreme Court.

Christie signs law outlawing conversion classes

By SEAN P. FALLON
Circle Contributor

On Aug. 21, Arizona Governor Jan Brewer and her advisors released in a press conference that they would be implementing a mandatory Gay-to-Straight conversion program in all Arizona public schools come Nov. 1. In all likelihood that sentence made you cringe, which is what the headline of the satirical article likely aimed to do. Shortly after this was released from the website, SuperOfficialNews.com, many more "reputable" news sources began to publish the story as true, which led to numerous complaints lodged against the Arizona Governor.

The one thing about the satirical article that was overshadowed by the response of the public and the media, the principle organization mentioned within it, People Can Change, is a real entity.

Straight from the official website for the organization, People Can Change states their vision: "We envision a world in which all people with unwanted same-sex attractions who wish to reduce or eliminate their homosexual feelings have access to meaningful and effective resources and successful role models, and are free to pursue a path of change, if they so choose, without shame or ridicule."

To give credit where credit is due, their program seems entirely

about addressing adults. They look to be using more inwardly reflective methods, such as guided conversations about childhood and Bible readings, rather than being some monstrous entity which would advocate for involuntary conversion of children in schools as the satirical article suggests.

And while I may disagree with the premise of the organization, I find this to be an example which prevents me from vilifying these organizations, as some of them seem to refrain from the types of abuse towards children that have caused such popular outcry.

However, these camps as a whole often employ rather destructive means to achieve their goal of removing homosexual inclinations from their patients, particularly children. Practices like shock therapy, a form of treatment that was once widely used to deal with patients of various mental illness, have been employed in such camps to help remove the homosexuality from a person.

Testimonials from those who have gone through such therapy have claimed to have contracted numerous adverse side effects, such as substance abuse, depression and even suicidal tendencies.

What makes this all the more difficult to read is the fact that many of these camps specifically deal with children under the age of 18, some as young as 5 or 6, who, with the permission of the

children's parents, are subject to such psychologically devastating methods that they begin to repress their homosexual nature to simply avoid further torture. During a hearing regarding their legality, one man spoke, "I, a child, was shocked repeatedly by people who had my parent's permission to torture me."

There have been efforts to correct this practice toward children, most notably the bill that New Jersey Governor Chris Christie signed almost a month ago, which outlawed such potentially destructive practices. The second state in the union to do so, behind California, Christie hopes to protect those who are unable to stand up for themselves.

Christie, a Republican and baptized Catholic, is going against the leanings of his own party and religion to address this issue, stating, "I believe that exposing children to these health risks without clear evidence of benefits that outweigh these serious risks is not appropriate."

Having listened to the testimonies of people who have been subjected to these camps, and having reviewed the American Psychological Association's findings on conversion therapy, Christie signed the bill into law on Aug. 19, two days before the hoax article about Arizona broke and overshadowed the accomplishment.

As for my personal opinions, I

am conflicted. On one hand, I commend Governor Christie for protecting children from physical and psychological abuse.

On the other hand, the satirical article, which perhaps meant to draw attention to this issue ended up overshadowing it with charged opinions and a media frenzy. These camps, while I truly disagree with their premise, are not universally monstrous, and are occasionally little more than a means for homosexual adults to address something that has been a cause for great strain in their life in a group therapy environment.

I would tend to be in the camp with those who agree with Chris Christie, looking to universally restrict these practices so that no more children are harmed. Though, in reflection, some of these camps look less painful than what the media has made them out to be.

Would it be too much to just limit electroshock therapy and similar treatment for minors and make it more difficult for these camps to be approved for minors rather than outlawing them completely?

Regardless, the legislation that was made in the hopes of protecting the children of the state of New Jersey is certainly admirable, and I hope it sets a precedent for similar legislation across the country and the world.

Reality TV shows are Americans' new reality

By BRIANN NEWMAN
Circle Contributor

Who here has watched at least one episode of *Here Comes Honey Boo Boo*? Don't be ashamed; we all have our guilty pleasures when it comes to reality TV. My favorite would have to be *Dance Moms* with its great dancing accompanied by a bunch of crazy moms arguing about which dancer is the most talented. I never miss an episode. That is precisely how reality TV works; you watch one episode and you are hooked.

This addiction to reality TV has a major impact on society. Some people begin to focus more on what is happening in the lives of these reality TV stars than what is happening in their own lives. I have fallen victim to this.

Why does this happen? It's because American society places so much emphasis on wealth and fame, that those of us who are not lucky enough to have these things watch the lives of those that do. They make shows like *Married to Jonas*, because Jonas fans everywhere wish they could marry a Jonas and through the show, they viewer gets a glimpse of what it would be like to

become a member of the Jonas family.

For some people, watching reality TV may be a confidence booster. If you think your family is crazy, annoying and intolerable, just watch one episode of *Here Comes Honey Boo Boo* and you won't feel so bad about your family. Don't get me wrong-I love my family, but some of them are just so weird. At least I thought they were until I experienced *Mama June* and *Sugar Bear*. By watching other families on TV, people realize that they could have it much worse than a mom who wants to know everything that they are doing.

Reality TV also provides society with unrealistic expectations for love and romance. Shows like *The Bachelor* and *The Bachelorette* portray romantic dates and create amazing love stories, giving people high hopes for what their love life should be like. This "reality" TV show definitely does not give society an accurate picture of love and romance, but viewers, especially girls, love to watch it. Just the idea that any of the scenarios that occur on the show could happen cause their eyes to be glued to the TV. The attractive men also don't hurt. In the



PINCASPHOTO/FICKR

Reality shows present unrealistic expectations for life and , such as "The Bachelorette" and the assumption that every romance is a walk on the beach.

real world, you can't be placed in a house of 25 girls, or guys, in order to find your true love. You have to work for it and it will not always be a walk on the beach. Although the show has its share of drama, it fantasizes the idea of finding love with extravagant dates, expensive gowns and red roses. In the real world, girls are lucky to find a guy who will even bother to take them to a movie.

Although *The Bachelorette* is "reality" TV, it is more like fantasy. When the show ends, how many of them actually last? Five out of twenty-four. Once the couples re-joined reality, they realized their re-

lationship was not all sunshine and rainbows and romantic tropical dates.

Don't let this stop you from watching all of your favorite reality shows. Everyone is allowed to have their guilty pleasure, whether it is *Dance Moms*, *Here Comes Honey Boo Boo*, *The Bachelor* or any other reality TV show out there. Sometimes you need to escape your own reality, but don't let the romantics and theatrics fool you. These glamorous "realities" are not so glamorous when the cameras aren't rolling. They are just like normal people. Except Honey Boo Boo's family; they are just plain weird.

Fall concert preview: The White Panda and The Cataracs

By KELLY SMITH
Circle Contributor

On Aug. 27, the Marist Student Programming Council announced this year's fall concert performers to be The Cataracs and The White Panda. At first, the initial reaction to hearing the announcement may not have been positive. There were probably a few frowns, some head scratching, and some plain, simple confusion. But I can assure you that these groups will keep you on your feet and have you smiling all night.

The Cataracs are an American hip-hop, indie-pop band. The group consists of Niles "Cyrano" Hollowell-Dhar and David "Campa" Benjamin Singer-Vine who had temporarily left the group in 2012,

when he decided to put less focus on his musical career. Before David left the group, The Cataracs released several accomplished works. Their albums include "Technohop Vol. 1," "Technohop Vol. 2" and "The 13th Grade." One of their biggest feats is their production role in the song "Like a G6" by Far East Movement, which hit No. 1 on the Billboard Charts. They also received widespread recognition for their 2010 single, "Club Love," and their hit song, "Baby Baby" which was featured in the hit series, "Keeping Up with the Kardashians." The two have worked with artists such as Dev, Waka Flokke Flame, Shwayze and Selena Gomez. Gomez even stated that the song The Cataracs wrote and produced for her, "Slow

Down," was her favorite song.

The White Panda consists of Tom Evans and Dan Griffith (known as DJ Griffith). The duo's first few albums, "Versus," "Rematch" and "Pandamonium," landed the group a spot on Soundcloud's top five most-played artists of 2011. Their fifth album, "Bearly Legal," hit stores in early June of this year and received nothing but positive reviews. The White Panda takes various pop songs and mashes them together to create epic tunes full of different genres, artists and tempos. Take, for example, their song "Firefly." In this piece we hear Ellie Golding, The Lumineers, The Red Hot Chili Peppers and A\$AP Rocky featuring Kendrick Lamar. Sounds insane, right? Well, it is. Their

songs feature so much variety and so many great artists that you simply can't help but jump around like an idiot.

These two Electronic Dance Music (EDM) groups will keep you entertained for hours, especially if you love to dance. If you'd like to dress like the artists, the Rite Aid across the street is currently selling panda hats. Grab them while you can!

As a freshman, I have had limited time here at Marist. From what I've seen, I firmly believe that The Cataracs and The White Panda are a perfect combination for an unforgettable night by the river. Start getting ready for a night full of mash-ups, hip-hop, dancing and more.

Top 5 summer blockbuster films of 2013

By ANDREW AUGER
Circle Contributor

Whether it's the radiance of the sun beating down on the smooth sand of the beach or the smell of sizzling burgers on the grill, it's hard to name another time of year as luxurious and enjoyable as summer. Such is the case each season at the local cinema, as the period between May and August represents an occasion where studios spend hundreds of millions of dollars on big-name stars and plenty of explosions. In my humble opinion, here are the five best major releases that this summer had to offer.

5) "This Is The End" (Seth Rogen, James Franco, Jonah Hill)

There was no shortage of R-rated comedies this summer, with raunch-fests such as "The Hangover: Part III," "The Heat," and "We're the Millers" all making their mark at the box office. For my two cents, however, no film was as consistently hilarious as this post-apocalyptic comedy. Directed by Rogen and his writing partner Evan Goldberg, "This is The End" is appropriately crude and crass, busy with cleverly written gags and set pieces that'll have you curled up in laughter on several occurrences. It doesn't hurt that the star-studded cast are fully invested in the film, as each member of the ensemble play exaggerated versions of their real-life personas: Franco has a weird obsession with classical art, Rogen is rarely without a joint, Hill is overly and aggressively nice, and Danny McBride is just evil. All of these guys are clearly friends, and to see them take shots at each other is highly satisfying. "This Is The End" is a highly entertaining comedy with an interesting backdrop and fun surprises along the way.

4) "Fast and Furious 6" (Vin Diesel, Paul Walker, Dwayne Johnson)

Much like its direct predecessor (2011's "Fast Five"), "Fast and Furious 6" has a distinct understanding of how to straddle the line between

stupid and entertaining. These films have never been known for their writing, and this sixth installment is no exception. But issues such as soap-opera storytelling and clunky dialogue can be forgiven if the film also entertains. Director Justin Lin (in his fourth and final entry into the franchise) has become so refined at staging action sequences so absurd that they defy the laws of physics. "Fast and Furious 6" is the rare film where laughter is accept

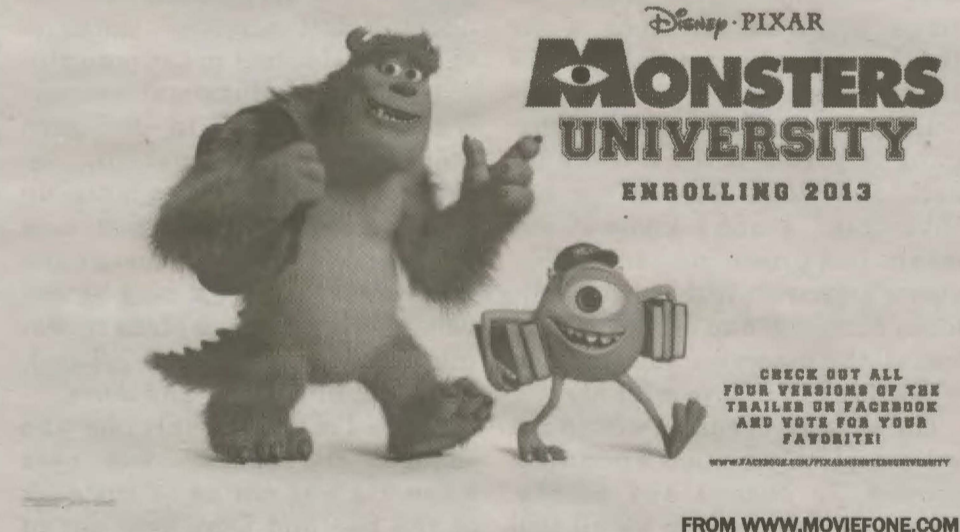
the upcoming "Star Wars: Episode VII." The cast has all matured well into their roles, and Cumberbatch is threatening in his mysterious villainous role. Michael Giacchino's score is appropriately epic, and the visual effects do not disappoint. "Into Darkness" may have been shunned by the fans, but taken purely as a form of summer entertainment, it's a fun adventure.

tor and co-writer Shane Black delivers on the snappy exchanges and plot subversions that he's become famous for in past works, such as "Lethal Weapon" and "Kiss Kiss Bang Bang." Downey Jr. is at his best here, and the supporting cast all play their roles well. The film proves Marvel is not afraid to take chances, even with their most established of characters. "Iron Man 3" soars much like its metallic star, and the future is bright for the Avengers Cinematic Universe.

1) "Monsters University" (John Goodman, Billy Crystal, Helen Mirren)

I could write a whole separate essay detailing Pixar's amazing success in creating sustainable entertainment for both children and adults. Since "Toy Story" hit cinemas in 1995, Pixar founder John Lasseter and company haven't been afraid to challenge audiences, flawlessly integrating very adult thematic material into fun adventures for the younger demographic. "Monsters University" is a film that particularly suits people of our ages; we grew up with the original "Monsters Inc." way back in 2001, and to return to these characters is extremely welcoming. Also, beneath the beautiful animation and references to college films of old, Pixar's usual maturity is reflected in "University's" final moments. Truth be told, the film is more honest about the college experience than most others; we see our characters go through failure, see their dreams encounter roadblocks, and we find ourselves more satisfied when they attempt to better themselves and overcome adversity. Per the Pixar usual, "Monsters University" is a funny, heartwarming film for all ages, with a strong message about our own expectations to boot.

Best of the Rest: "Blue Jasmine," "Lee Daniel's The Butler," "World War Z," "Man of Steel," "Frances Ha," "Pacific Rim"



FROM WWW.MOVIEFONE.COM

A poster for Monsters University, one of this summer's most critically acclaimed pictures and as argued by many, one of Pixar's most holesomely accomplished works.

able in serious moments, as it's clear that all those involved are aware of the Looney Tunes-esque nature of the destruction and mayhem. In other words, they're in on the joke, laughing right along with us.

3) "Star Trek: Into Darkness" (Chris Pine, Zachary Quinto, and Benedict Cumberbatch)

It is to my understanding that "Star Trek: Into Darkness" is among the most-hated of the franchise by Trekkies. I can't argue too much with these hardcore fans, as the film is derivative of many of the series' iconic moments. Story issues aside, "Into Darkness" is a nonstop adrenaline rush with an epic scale and flash-bang set pieces. J.J. Abrams has a visual style that is suitable for expensive action sequences, leading me to believe he'll succeed helming

2) "Iron Man 3" (Robert Downey Jr., Gwyneth Paltrow, Don Cheadle)

To follow one of the highest grossing films of all-time is no easy task, but Marvel Studios made it clear a long time ago that their long-term plans are in caring hands. The third installment in the "Iron Man" franchise is a significantly smaller blockbuster than its predecessor, "The Avengers," but much like that film, the strength comes in good writing. "Iron Man 3" is a character piece, much more interested in Tony Stark the man vs. Iron Man the machine. Themes of trauma and isolation are seamlessly interspersed between the laughs and slickly directed action sequences, giving "Iron Man 3" an emotional weight that's rare in other superhero films. Direc-

"The Last of Us": best game of the year?

By CHRIS POLLACK
Circle Contributor

Blood mixes with linen and mud. The only sounds are the patter of raindrops and muffled sobs. Joel kneels with dead weight in his arms. Sitting with my controller, I feel as though I'm doing the same.

If there's ever been an argument that video games are art, "The Last of Us" makes a good case. Emotions always run high in this third-person action-adventure game, reportedly driving some players to tears. Of course, in a world where most of the world's population is dead (or undead), grief isn't hard to come by.

The player hitches a ride with Joel, a rough-and-tumble middle-aged Texan, and Ellie, an apocalypse-hardened 14-year-old girl. In 2033, an unusual fungal disease known as the Cordyceps Brain Infection has wiped out most of the human race over the last 20 years. On a mission to find a cure, the duo embarks on the road trip from hell.

Like any good horror game these days, zombies take center stage. But developer Naughty Dog elected to use a different flavor of undead than we're used to. The virus in question is—horrifyingly—a real one, though it's currently only found in insects. The longer a subject is infected, the more dramatic the transformation is, resulting in grotesque deformities. Of the more unsettling creatures is the Clicker, an infected specimen whose head looks like an outcropping of tree

bark that uses sonar to see its environment. With a signature guttural gargle, it actively hunts for you in ravaged cityscapes. The game's use of sound is incredibly effective in a Pavlovian sense, making my heart rate spike when my Gatorade bottle once made a sound somewhat like the Clicker's call outside a play session. But many times your enemies won't look like walking mushrooms. The pair also come across survivors that are hunting "the man and the little girl" who escaped one of their traps.

The year 2013 has introduced some of my all-time favorite characters from any game. In March, I "wiped away the debt" with Elizabeth from "Bioshock Infinite." Then in August, I set off to save humanity with Ellie in "The Last of Us." Both Irrational Games and Naughty Dog played me perfectly. A combination of deep character development, stellar voice-acting, clever AI, and incredible animation made for NPC (non-player character) companions that were not only unobtrusive, but actually helpful and, dare I say, likeable. The opening scenes of "The Last of Us" especially showcased Naughty Dog's skill. Never have I become so emotionally invested in a character that I've known for all of 10 minutes.

The depth of the characters isn't limited to the protagonists, however. Since this is a horror game, you would think that the zombies and viscous hunters would provide

the bulk of the terror. But you would be wrong. Naughty Dog manages to create a narrative on society and the human psyche in general. It's terrifying on a whole new level because it's something already within all of us. That might sound a bit cryptic, but I wouldn't dare spoil anything.

Despite the hearty helping of firearms, "The Last of Us" is never called a shooter, and for good reason. The shooting mechanics leave much to be desired. Many of the weapons feel as though they were created simply to justify the upgrade system. A slight decrease in power or magazine capacity is commonplace and understandable, but the vanilla weapons (especially handguns) are crippled by a dismal fire rate and a large amount of sway that only becomes bearable after upgrades. In and of itself, this wouldn't have been terrible had there not been several scenes that required you to shoot your way out of a tight spot. With your handful of cartridges, headshots are essentially required in a game with an aiming system that's anything but precise.

These pitfalls, combined with my not-so-secret love of stealth games, caused me to stay covert for nights, waiting for every encounter. Fortunately for me, the stealth combat excels where the shooting does not. Enemies move realistically without being impossible to sneak up on and the covert kills are satisfying in a morbid sort of way. Especially

when combined with the bow, you can often strangle and shiv your way through entire chapters unseen. I've restarted encounters dozens of times trying to perfectly "stealth" a section. Though annoying at first, it's satisfying when you master an area. With practice, you can run a perfect route and choke out guards without breaking stride. But that just makes it all the worse when you reach the end of the area and discover that you can't move on until you initiate a firefight. Sometimes, it's the developer trying to get you to act in the mood of the scene, but that begs the question as to why you're even given the illusion of choice.

Ultimately, none of the gameplay misfires hold much weight. Though your disc may have a console name on it, "The Last of Us" is best enjoyed as an interactive movie. Yes, the gameplay has its moments, but the *pièce de résistance* of the title lies in the narrative: There are games that are far better shooters, more competent at stealth combat, and more creative with puzzles. But "The Last of Us" will place you in a world that will both delight and frighten you. It will keep you awake at night long after the console's been powered down. You might be mourning the loss of a virtual companion. Or maybe you're not sure if the sounds coming from the next room are coming from your cat or a flesh-eating monstrosity.

"Sons of Anarchy" hits hard with premiere

By ANDREW AUGER
Circle Contributor

"Sons of Anarchy" is never shy for the dramatic, but the opening episode of season six couldn't have been more earth-shattering. Tig drowning a porn producer in a bathtub of piss is kind of par for the course, but we also saw Otto get raped, Tara beat the crap out of someone in prison, Lyla get beaten...again, Loric shoot heroin, and an ominously Jax-looking little boy shot up a seminary school. "Sons of Anarchy" officially has no limits, and I love it.

The episode starts with a montage of Jax's sons, Gemma, and the crew riding through some stretch of northern California desert laced with a morally ambiguous monologue from Jax serving as background noise. A relatively peaceful opening, until you see Otto getting raped in a solitary confinement cell at the county prison. Evil Loric comes in to talk to Otto (except that Otto can't talk because he no longer has a tongue) about his sister's funeral service, and to confirm that Otto will continue to get raped as long as he's alive in prison.

Unfortunately, we also found out that August still wants Tig for the loss of Damon Pope and Jax agrees. Of course, you would like to hope Jax has some sort of secret plan for keeping Tig alive, but the future looks grim for poor Tig

Traeger. I see a possible foreshadowing of his demise during the Otis Redding scene, where he sings "Sittin on the Dock of the Bay," watching a cage full of dead Iranians sink under water.

Then we see Tara, who is struggling in prison while waiting for bail, and won't let Jax see her "like this." I don't know if she means in a prison jumpsuit or her short haircut. Either way, she looks battered, and seems to have lost all the innocence she once had when Jax fell in love with her.

The show re-opened a wound not yet completely healed when Lyla showed up burned and beaten, crying for Opie, whom we all still sorely miss. Meanwhile, Loric is continually weaseling his way into the troubles of SAMCRO as he talks to Clay and Tara in county. He essentially reaches victory over Clay by giving him solitary confinement, thus saving his life, and Clay, being the selfish monster that he is, takes the bribe and is now in Loric's Pocket. Loric also tricks Tara into admitting that she forged documents to talk to Otto and brought him an outside object, just to prove that he is pretty much in control of Tara's fate, which is scary in itself.

We also saw our fan favorite character Juice still struggling with his heavy guilt of treasonous club actions, and helping frame Clay. Juice says, "I love you brother," and Chibs replies, "I

know." Juice lets Chibs beat the crap out of him in the garage. By this point in the episode, I've seen about a full episodes' worth of shooting (shootout in the porn studio-warehouse-dungeon), screwing (also in porn studio-warehouse-dungeon), secretive subplots (Jax giving up Tig, Bobby moving into a new place without an oven and circling different areas on a map of Nevada, Loric's devious plans to manipulate Clay and Tara), body-dumping (Tig), and more.

I hope I'm not the only one who thought the episode was over when Tig was sitting on the dock of the bay and Clay opts out of general occupancy. On any other day with all of these events happening, Curt Sutter and I would spiritually shake hands, I would thank him for another great episode and be on my way. But wait, there's more! The episode continues and we get an interesting look into Loric's life and find out that he is a casual, or maybe not so casual, heroin user, and proceeds to push off into nothingness, naked in front of a mirror. Ah, so the villain does have a weakness? But wait, there's even more! That little blonde kid that kind of resembles Jax, that is somehow related to Nero's crew, enters the courtyard of what we presume to be his Catholic school and rolls up his sleeves to write more in his journal. This is where

we see the scars from cutting his wrists. Cue the sinister music. No, cue the church bells and birds chirping in the back ground. He just whipped out a KG-9, the same type of gun SAMCRO gave to Nero's crew. We then helplessly watch this boy walk into the school, see his notebook of writing and violent pictures, hear screaming, gunfire, and blood spattering on the windows. My mind was sufficiently blown.

This was an intense episode to say the least. I would be crazy to try and predict where this season will go, but here it goes. Tig is definitely on the watch list for the next major character to die. I hope that Juice is somewhat recovered from his mental instability, but we don't know for sure. Tara is suddenly a badass, Clay is a rat and will do rat things for Loric the heroin addict. I think Bobby is trying to go nomad with his questions, and circling of locations in nomad territory. I think Nero will play a bigger role in helping Jax, but I also think at some point they will have a serious altercation regarding differing opinions and Gemma. Finally, the school massacre will most definitely come back to haunt SAMCRO, and will most likely bring about a new threat from some sort of antagonizing law figure. Overall, the premiere was a great episode, and I can't wait to see the second one.

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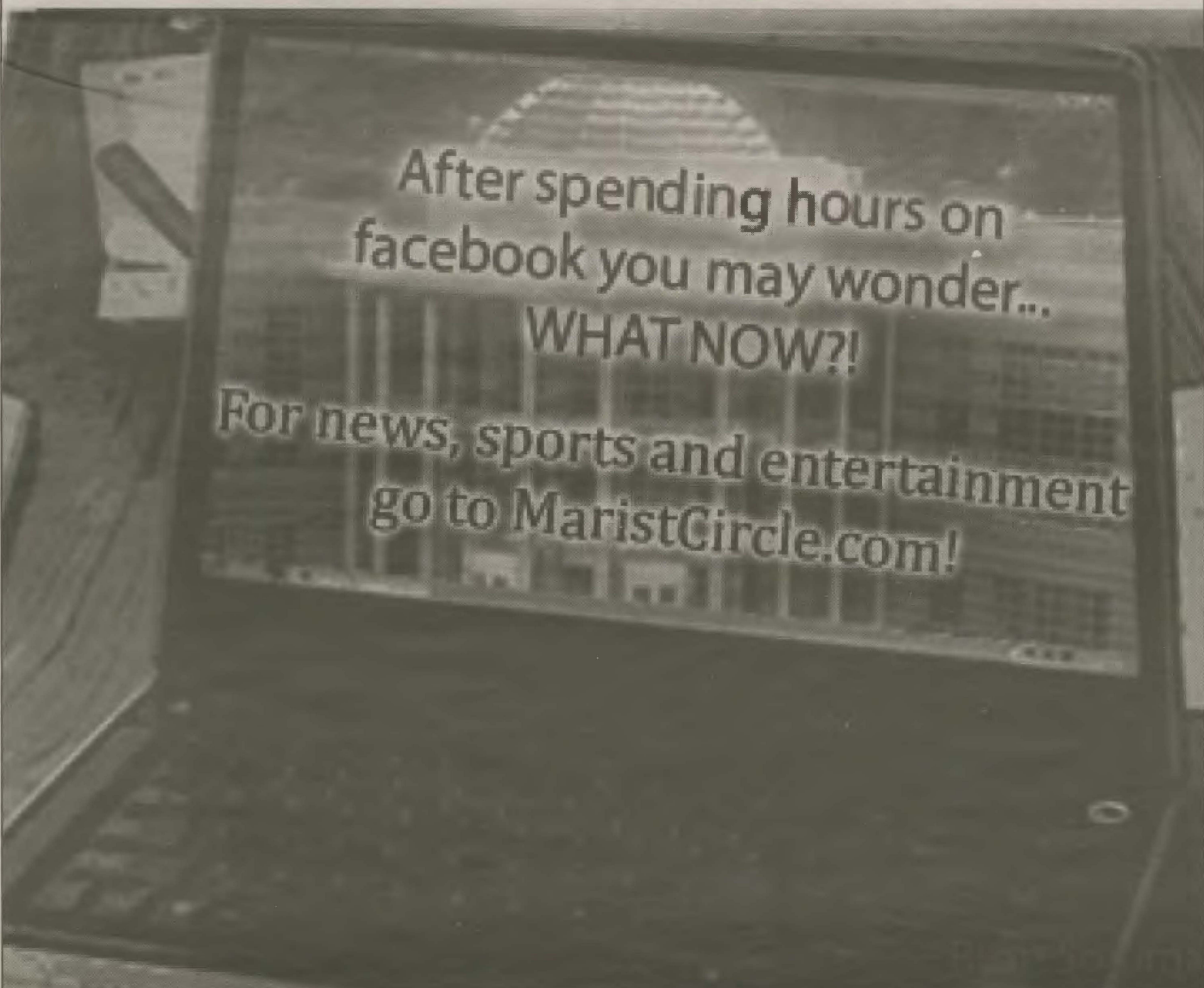
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Men's rugby opens with big win

By JUSTIN D'ANGELO
Staff Writer

Last year, the Marist Men's Rugby team won the Tri-State Conference Championship for the first time in school history. After beating Molloy and Vassar to lock up the championship, the Red Foxes traveled to Pittsburgh to compete for the National Championship. The Red Foxes were bounced from the tournament in the first round to Salisbury, the eventual National Champions.

This year, Marist has their sights set on yet another championship. Marist opened their rugby season this past Sunday with a dominant road win against the Hofstra Pride, 43-10.

The Red Foxes got off to a sluggish start in the first half. Hofstra jumped out to an early 3-0 lead following a Marist penalty. Marist

then regrouped, scoring the next 12 points off two tries. Hofstra came back to score a late try before the half to make it 12-10.

When asked about the first half, senior captain Joe Mahon said, "This is a team we knew we were better than. We had a slow start and they knew we were in their reach."

Whatever was slowing down the Red Foxes in the first half was certainly gone for the second. Within the first minute of the second half, Mahon scored his first of three tries of the day, putting Marist up 19-10 and never looked back from there.

"We really started pouring it on in the second half," Mahon said.

The Red Foxes tacked on a kick and three more tries, two by Mahon and one each by RJ D'Apolito and Andrew Lohr.

The Red Foxes played outstanding defense and were fundamentally sound in their tackling,

not allowing Hofstra to mount a comeback. As a result, Marist kept the Pride at bay without allowing a single point in the second half.

"It was really just a team effort, there were not that many stand out players," Mahon said.

One player Mahon did highlight was senior rookie RJ D'Apolito.

"It's really good to see a guy like RJ come onto the team and score a try in his first game." D'Apolito did not know he was getting the start until the bus ride to the match Sunday morning.

"I told him he's been working hard and he deserves it," Mahon said, who is certainly not regretting his decision to start D'Apolito.

After last season, the Red Foxes lost a lot of key senior leaders to graduation. Due to the low number of sophomores and juniors on the team, Mahon and company are relying on the freshman class to pick up the slack. Three of the

starting fifteen positions on the team are being played by freshmen Evan Toucey, Harrison Felman and Matt Velasquez.

"I was very satisfied with the way the freshman played," Mahon said.

Is it possible for the Red Foxes to pull off back-to-back conference championships?

"Yes. One-hundred percent yes," Mahon said. If you would have told me before the Hofstra match I would have been concerned. After yesterday, I feel very confident and I think we can only get better."

Before their season finale against rival Vassar, Marist's schedule is not an intimidating one.

The Red Foxes are back in action this Sunday when they head back to Long Island to take on Molloy College. Start time is slated for 1 p.m.

Ultimate frisbee set for season

By AVERY DECKER
Circle Contributor

As the 2013-2014 school year rolls through once again, another season of ultimate frisbee comes with it.

Frisbee is an ever-growing sport including college and post college players; ultimate frisbee provides the excitement and showcasing of athleticism that most sports entail. Marist's ultimate frisbee team competes at the club level and has been highly competitive at tournaments around the country.

The team is led and coached by captains Danny Lemmen and Kevin Gaffney, a pair of seniors who have played since their freshman year. Junior captain Jon Malloy is currently abroad in England.

"I believe our team can take a major stride this season. Even though we had a lot of success last season we have much room for growth. We have a good mix of experienced throwers and young cutters to hopefully return back to regionals and make a push for nationals," Gaffney said.

There is a very positive outlook on the coming season, with many tournaments lined up for the fall and spring. The team's first tournament will take place at Vassar College on September 21st and 22nd.

Tryouts are currently underway to see what freshmen and transfer students can make the cut, as well as returners who have refined their skills.

All returners, especially the incoming sophomore class, are coming

in with high hopes with a full year of Ultimate under their belt.

The experience is definitely a necessity to really see what Ultimate is all about.

Most people have probably never seen an organized game of ultimate frisbee ever played. It has similar rules to that of football in which you must catch the disc in the end zone to score.

There is a good combination this year of experienced upperclassman and young and athletic underclassman; carried by a sophomore class that last year was the biggest incoming Frisbee class Marist has ever seen.

This semester has several tournaments, including a home tournament that will take place right here at Marist on October 20th, which is

always a highly touted tournament for the team to defend the home turf.

The spring showcases several tournaments as well, including one in Saratoga Springs. The biggest tournament of the year for the team takes place in Georgia during spring break. The tournament, known as High Tide, spans a week and the entire team travels by bus to Georgia to compete.

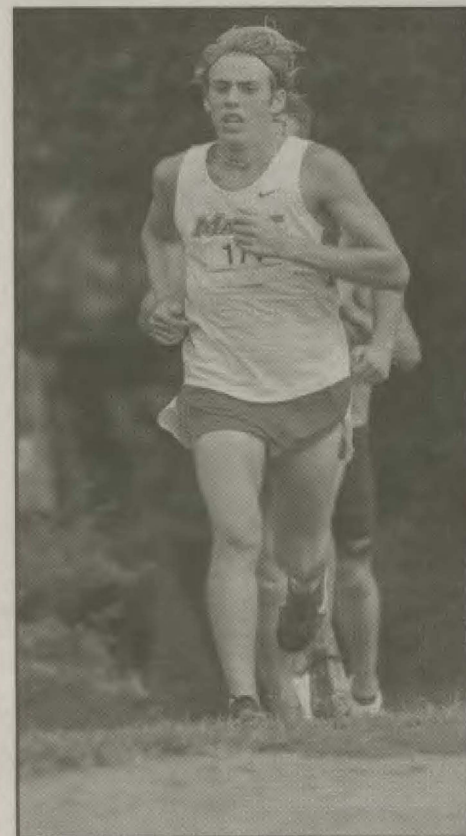
All in all, it should be a very competitive year for the Marist ultimate frisbee team, and a lot is expected of the entire team.

Nothing short of qualifying for regionals, followed by nationals will be accepted.

The team is very determined to achieve these goals, and improve individually and as an entire team.

Cross Country: Wolfie Invitational

By STEPHEN RAUM
Circle Contributor



COURTESY OF MARIST ATHLETICS

Senior Ken Walshak and the men's cross country team prepare to compete in the Iona College Meet of Champions this upcoming weekend.

This past Saturday morning at Stony Brook both the Marist men's and women's cross country teams finished in fourth place.

The meet featured elite talent including Providence, the top women's team in the nation, and several other top-ranked men's and women's teams.

Nine of the 15 runners that competed for the Marist men's team were freshmen, and the course was longer at 8,100 meters. Freshman Jake Hensler was the first to cross the finish line for the Red Foxes in 34th place with a time of 27:08.80. Sophomore Johnny Lee finished seconds behind in 36th place in 27:11.07. Coach Pete Colaizzo was pleased with how his young runners competed.

"This was a great introduction to the 5-mile distance for the new guys, Colaizzo said. They have adapted well and we are extremely pleased with their dedication and work ethic. The future is bright with these men."

The entire Marist men's team did not run at the Wolfie Invitational in preparation for this coming weekend.

As for the women, their entire varsity team did compete on a longer course as well (5,200 meters). The Lady Foxes were led by the 16th place finish of Kristen Traub with a time of 19:17.97 and Michelle Gaye's 19th place finish at 19:32.24.

"Our women have been working extremely hard in training and we are very pleased with their effort," Colaizzo said after the meet. "We look forward to a strong season with them and look forward to seeing their development as runners continue as well."

Up next for the Marist cross country teams is the Iona College Meet of Champions on Saturday, Sept. 21.

Cross Country's Road Ahead:

- 9/21
Iona College Meet of Champions
- 10/5
Paul Short Run
- 10/19
Princeton Invitational



COURTESY OF MARIST ATHLETICS

Sophomore Kristen Traub was the highest finishing Red Fox in 16th place. The Wayne, N.J. native came in with a time of 19:17.97.

Foxes shutout UNH in home opener

By GEOFF MAGLIOCCHETTI
Staff Writer

After a tough road trip that yielded four consecutive losses, the Marist Red Foxes men's soccer team picked up its first win of the season, a 2-0 victory over the New Hampshire Wildcats on Saturday Sept. 14. A crowd of 446 braved overcast weather for the Foxes' 2013 home opener, their fifth win in their past six Poughkeepsie debuts.

Sophomore Steven Arraiano tallied the game-winning goal while junior Nick Bramall put one in minutes later.

Goalkeeper Anthony Sokalski made eight saves in the shutout victory.

Head coach Matt Viggiano is pleased that his team finally has their first win under their belt.

"To get the first win off your back, especially at home, is an especially big deal for your team," Viggiano said. "I think it was deserved, and it helps us to move on for the rest of the season."

Viggiano was especially pleased with the play of Sokalski, who notched his fourth career shutout.

"[Anthony] continued to do a great job," Viggiano said. "He's been our MVP thus far."

Sokalski, a 2012 transfer from

Binghamton has impressed this season with a 1.60 goals against average in his second season with the team. He also leads the MAAC with 31 saves.

"I have to do my part in the back," Sokalski said. "The guys in front of me have tried so hard to get goals for me and it's important to not let them down. It took a couple of games but it finally came together, which is huge, especially at home."

While the Foxes did not score a goal in their first four games, Arraiano broke through for the Foxes in the 66th minute of Saturday's game. Seven minutes later, Bramall put the Wildcats out of reach with a clinching goal.

"We were on a four game losing streak [on the road]," Arraiano said. "So coming home and getting the win in front of our fans was a pretty big deal for us. We got the momentum and hope it will carry over into our upcoming games."

The Red Foxes didn't pick up any wins or goals on their road trip, but the players brought silver linings forward, labeling the trip as a learning experience.

"It's important mainly for the experience to gain on and move on forward in the MAAC," said Arraiano, pointing out that the Foxes' first opponent UC Irvine tied Indiana after

their Marist encounter. The Hoosiers won the NCAA men's soccer championship last season.

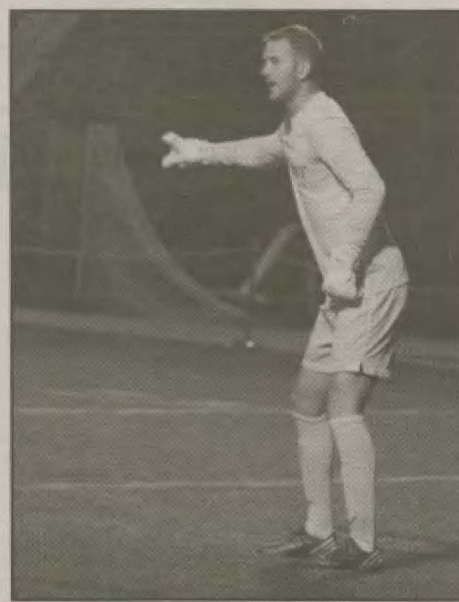
"We have to learn and to play on the road," Viggiano said. "It's tough especially on a banged up team like us."

Viggiano noted that the team is missing several scholarship players due to injury. To put things in perspective, he mentioned that in the team's 2-0 loss to Army on Sept. 11, the Foxes were only 12 players deep, in contrast to the Black Knights, who used 20 players. Viggiano, however, is confident his team can pick up the slack.

"We'll find a way to get through things," he said. "That's the mark of a good team, to go show strength in adversity. Hopefully [this trip] will prepare for the MAAC and help cope with the places."

After their season opening road trip, the Foxes will enjoy a mini-homestand, with Hartford and Sacred Heart coming to Poughkeepsie on Tuesday and Saturday of this week. The Foxes finish out their non-conference slate on the road against Brown before starting the MAAC portion of the schedule on the road against Rider on Oct. 5. The home MAAC slate kicks off Oct. 9 against Canisius.

"I thought particularly in the second half we were starting to find our



AMY MORSE/THE CIRCLE

Marist goalkeeper Anthony Sokalski was superb in the team's 2-0 home opening win over UNH. Sokalski finished with eight saves and finished with a shutout. He leads the MAAC with 31 saves.

identity against New Hampshire," Viggiano said. "We played the game we like to play by moving the ball around and playing very unselfishly. Obviously we talk about not losing games at home, protecting our house and all that other fun stuff. It's home where you find your identity and where you gain the confidence to go out and win on the road."

Women's soccer ties, falls on the road

By JOE FITZHENRY
Sports Editor



COURTESY OF MARIST ATHLETICS

Senior captain Samantha Panzner (kicking the ball) scored both goals over the weekend for the Red Foxes.

As MAAC play appears on the horizon, the Marist women's soccer team continues to battle their way

through a challenging non-conference schedule.

The team picked up a draw against Binghamton and suffered a heartbreaking loss to Cornell over the past weekend. The Red Foxes were the visitors in both games.

Sunday afternoon's match against the Bearcats featured a late goal from Binghamton to tie the contest at 1 and that would remain the final score.

Senior Samantha Panzner, who scored both goals on the weekend for Marist, gathered a loose ball and sent one past the Binghamton keeper to give the Red Foxes a 1-0 lead for the time being.

Binghamton would respond in the 74th minute with a goal from Sophie Sylla who managed to head it past Andrea Wicks and account for the final score.

The two teams combined for eight shots in the overtime period, but neither one quite managed to find the back of the net.

"What should've been a win on

Sunday was hindered by a lack of awareness by a few reserves, but for the most part, I thought it was a great showing for the majority of the time" head coach Katherine Lyn said.

The draw puts Marist at 2-3-2 on the season.

On Friday night, Ivy League foe Cornell grabbed an early lead in the 26th minute on a goal from Elizabeth Crowell who took a feed from Dempsey Banks.

Panzner evened the score at one apiece in the 50th minute, receiving a pass from Amanda Epstein on the left side of the box.

Wicks recorded four saves in the first half of action, before freshman Tyler Shelby took over in net for her first collegiate appearance.

Shelby, a Los Angeles native notched four saves as well.

"[Shelby] really stepped up her level, it was a last minute decision I had to make to reserve our starter for not only the next game, but the rest of the season. She kept us in

the game in the second half and it was great to see she could handle the pressures of Division 1 soccer" Lyn said.

The 98th minute was where the match turned in favor of the Big Red. Rachel Nichols was taken down in the box and rewarded with a penalty kick and a chance to give her team the lead.

Nichols landed her shot just to the right of the outstretched Shelby for a 2-1 lead, a score that would hold for the remainder of the match.

The Red Foxes will head on the road again on Wednesday to take on Big East foe Seton Hall. Kick off is slated for 7 p.m. Marist will then return home to Tenney Stadium on Saturday afternoon to host the Jaspers of Manhattan in the MAAC opener for both teams. It is the team's annual Pink Out game and is slated for a 4 p.m. start.

The Red Foxes have defeated the Jaspers in each of the last five seasons.

Former Marist wide out now a coach

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"We feel very comfortable to leave him with the tight ends alone at times," Parady said. "He really has a lot of the same responsibilities as the full-time coaching staff does and has certainly has commanded the respect of our players."

So is coaching the next step in Candarelli's football career? Potentially. His head coach has no doubts about his future.

"I think if he wants to get into coaching he'll be very successful

with it," Parady said.

Candarelli's main goal right now is to raise awareness about the dangers of concussions in football.

"Down the line as I move on in my coaching career I think the best way to raise awareness about the issue is to teach kids at a young age the proper way to play the game like tackling or being tackled correctly, in order to minimize the chances of these head injuries occurring," Candarelli said.

President Obama recently said he would never let his sons play

football (if he had any). That isn't Candarelli's plan. After all, how could he ever let go of the game he loves? He does admit, however, that he'd get them started at the proper age.

"I would definitely allow my children to play the game," Candarelli said. "However not until they get older and can fully understand the risks that this game poses."

To this day and for the days moving forward Candarelli refuses to quit on the game that has given him so much joy through the years.

Even if he can't participate on the field as a player any longer, his story has taught us all a valuable lesson in life...never give up on what you enjoy doing. Even if your plan doesn't work out the way you originally envisioned it, use Joe's story as motivation to never give up and keep doing what you love and what makes you happy.

"I think if he wants to get into coaching he'll be very successful."

Coach Candarelli refuses to say goodbye

By RYAN CALVI
Sports Editor

It all started with an ongoing battle between mother and son. "I just want to play football, Ma!" "No, it's too dangerous, I won't allow you to play, you're going to get hurt." "Trust me Ma, I'll be okay, I'm not going to get hurt."

He would suffer his first documented concussion in eighth grade, a sequence of events that he barely remembers. "I was playing defense and went to make a hit on a running back and the last thing I remember was seeing his face and his number 28 Irvington jersey," Marist senior and ex-wide receiver Joe Candarelli said.

"He just barreled into me and the next thing I remember came five minutes later when I was laying on the sideline with my teammates trying to take my helmet off. I lost consciousness for about 15-20 seconds but I don't remember about a five to seven minute span."

Candarelli was not taken to the hospital, but rather, reentered the game and played the entire second half. The following week he complained of head pain and saw a doctor, who broke the news to him for the first time. Little did Joe know, this would become a routine over the next decade.

Nine years and six concussions later, Candarelli wouldn't have it any other way.

Candarelli, 21, from Cortlandt Manor, N.Y. began his playing days during the eighth grade after his mom finally let him suit up. Most players get into football at much earlier ages.

"I had a very late start to the game compared to most players," Candarelli said. "Most guys had been playing since third or fourth grade, some even before that."

Candarelli was a decent football player at Kennedy Catholic High School in Somers, N.Y. where he played both wide receiver and defensive back. Many took notice of his talent on both sides of the ball, despite having such a late start.

Candarelli's uncle, Lou Leonardi spoke very highly of his nephew from the times he watched him play. "Joe was one of the most talented kids I've ever seen play," Leonardi said. "His passion and love for the game, I think, made him an even better player. It's a real shame his career was cut short due to this injury."

The "injury" that Uncle Lou is referring to is Candarelli's sixth concussion in the last nine years. An injury, which as the start of football season is upon us, has been receiving vast attention across all levels of the sport.

Concussions in football are becoming a very serious issue that coaches, players and league officials aren't taking lightly. Recently, the National Football League was forced to dish out \$765

million to retired players who are in need of medical treatment due to suffering concussions during their playing days.

The league also implemented several rule changes coming into this season, including potential fines and suspensions for plays that are deemed "with intent to injure a defenseless player's head."

Rule changes were also made at the collegiate level. Targeting and initiating contact with the crown of the helmet, or striking another player in the crown or neck area of a defenseless opponent with the helmet, forearm, elbow or shoulder has always resulted in a penalty.

Now, being flagged for the

art mouthpieces which are both supposedly able to reverse the trauma of high impact collisions," Parady said.

The team also has cut down on their practice sessions in the off-season. They don't have double-sessions in preseason like they did in years past in order to prevent the amount of contact the players encounter.

For Candarelli, these new implements unfortunately didn't work out for the best here at Marist.

But first, how did Joe end up playing football in Poughkeepsie in the first place?

Candarelli's love for the game

was given the news he never thought he'd hear and the news his mother had always feared for her son.

He was too hurt and physically wouldn't be allowed to play the game that he loved any longer because any more damage to the head could lead to catastrophic results.

"The hardest thing I've ever had to do was stand there in front of my brothers on that team and look at them with tears in my eyes and say I was no longer allowed to be out there on the field with them," Candarelli said.

"That was very upsetting and I felt really bad for him," Castelbuono said of the situation. "I couldn't imagine the feelings he was having because of how much our lives revolve around football."

Before we all start sobbing, the story does get better for Joe. Prior to this season, Coach Parady presented him with the opportunity to remain a member of the team but in a different type of way...as a coach.

"As soon as [Joe] knew that he couldn't play anymore, I knew I wanted him on the coaching staff," Parady said. "He's a positive influence that I wanted our players to be around."

Although Candarelli admits he'd give anything to strap on his pads and battle with his teammates again, he is very happy with his new role. "Coach Parady gave me a fantastic opportunity to use my knowledge and passion for the game and help coach this year. It's awesome and always something I have dreamed of doing," Candarelli said.

Candarelli currently serves as an assistant to the tight ends coach Pete Mahoney and is also very involved with grading, evaluating and studying Marist's special teams unit. His head coach has a tremendous amount of confidence in him, so much so that he often allows Candarelli to run drills on his own.

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COURTESY OF MARIST ATHLETICS

Candarelli (white shirt) is shown here with the tight ends of the current 2013 Marist football team. Candarelli was named an assistant to the tight ends coach by the team's head coach Jim Parady at the start of this season.

penalty will not only result in an extra 15 yards for the opponent but will also result in an immediate ejection from the game to the penalized player. Furthermore, if the player commits the foul in the second half or overtime of a game, he will be suspended from the first half of his team's next game.

led him to the decision to tryout for the Marist team as a walk-on. "In high school I decided that rather than go to a school because of football I was going to find the best school for me academically, that place was Marist," Candarelli said. "I did, however, tell myself that no matter where I ended up I would

"I was playing defense and the last thing I remember was seeing his face and his number 28 Irvington jersey."

Current Marist offensive lineman and housemate to Candarelli, Brandon Castelbuono likes the new rules but fears it is in a football player's blood to continue to be violent on the field.

"I like the new rules because they can help prevent head injuries," Castelbuono said. "However, we as players are never going to lose that killer instinct so I fear there's still going to be head injuries."

According to the team's head coach Jim Parady, Marist Athletics has taken the necessary precautions in ensuring player safety from an equipment standpoint.

"Two years ago we purchased all new helmets and state of the

try to play football." Candarelli ended up making the team in his sophomore year in 2011.

Unfortunately for Joe, his football career was forced to end last November after suffering his sixth career concussion. One thing that we know about concussions is the more a person suffers, the more likely they are to reoccur and it only takes the slightest bump on the head for it to happen.

"I went to make a block and committed the lightest tap of helmets with another player, nothing serious at all, but it caused a lot of damage," Candarelli said. "Immediately all of my symptoms rushed back."

After seeing several doctors, he



COURTESY OF MARIST ATHLETICS

Joe Candarelli was a wide receiver for the Marist football team. After suffering his sixth career concussion, he was told by doctors he couldn't play anymore.