

THE CIRCLE

The student newspaper of Marist College

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THURSDAY, OCTOBER 5, 2006



JAMES REILLY / The Circle

Volleyball senior tri-captain Jaime Kenworthy recently overtook the number one spot on Marist's career kills list. She has 997 in the beginning of her final season.

Banned books read, discussed

By REBECCA ROSE
Staff Writer

On Wednesday, Sept. 27, a small group of Marist students gathered at the Banned Books Read-A-Thon to celebrate their freedom. The Banned Books Read-A-Thon is just one of the many activities that take place nationally during Banned Books Week every year.

The Banned Books Read-A-Thon was orchestrated by junior Nicole Donolli. Nicole is a resident advisor at Gartland who became interested in banned books while researching programs that she could run for students on campus. Nicole discovered that books such as "Huckleberry Finn," "Goosebumps," "To Kill a Mockingbird," and "Of Mice and Men" were among the list of banned books. The list contained books that have themes such as sex, rape, indecent language, violence, adolescence, retardation, religion, racism, wizardry, and murder. Although these themes can be harsh, they all play a role in our daily lives. One person who attended the meeting said, "If you turn on the news for ten seconds, you'll see that someone was raped."

There were many excerpts read during the read-a-thon. Tom Goldpaugh read from "The Catcher in the Rye" by J. D.

Salinger. This book was banned for its use of profanity. Thomas said that banning books is a good thing because it means that what was written has meaning. People are frightened when words have too much meaning. Thomas said that banning books makes more people want to read them. The only reason that Thomas read "The Catcher in the Rye" was because he was told that he wasn't allowed to.

Dr. Moira Fitzgibbons read a passage from "The Canterbury Tales" by Geoffrey Chaucer. In the excerpt, a woman, who has been remarried several times, is being ridiculed and called a slut for all of the sexual acts that she has performed. She counters this attack by saying that everyone has been given specific body parts that should be used for pleasure. At the time that this book was published, it was wrong to talk about sex. Also, the book was written in English. At the time, not many people read in English. Most texts were religious and written in Latin. The church leaders were unhappy by this publishing because it meant that the public was more informed.

Many issues were raised when Donolli read a passage from "To Kill a Mockingbird" by Harper Lee. Donolli said she read the excerpt because it

showed moral character and integrity. The book was challenged because of its mention of rape and racism and its use of language.

Those who attended the Banned Books Read-A-Thon were appalled by the amount of books that had been banned.

One person who attended the meeting said, "Discussions at the right age by a teacher about the sensitive themes mentioned in the books would teach [the children] why these themes are wrong."

Everyone at the read-a-thon seemed unanimous in their opinions about the banned books. The consensus was that banning books was wrong. One attendee said, "Why not let the ideas in and then let the people decide whether they agree with them or not?" It seems that the only upside to the banning is that people want what they can't. This makes banned books even more popular.

Raising awareness about banned books is not an easy task. It is however, a task that Nicole will be taking on again next year. She is excited that she got to be a part of the Banned Books Read-A-Thon.

"It's starting out very small," she said, "but it's an important issue."

To read more about banned books or Banned Books Week, visit www.ala.org/bbooks/.

Remembering Amsterdam: Dutch pancake style

By JACLYN LAWLOR
Circle Contributor

What do students normally remember when they study abroad? The usual answers involve the people they met, the sights they saw, the places they traveled, the nights they partied, and the FOOD! When I look back on the semester I spent in Amsterdam, I have so many amazing memories, and Dutch pancakes are one of my favorites. Every country has its staples: gelato in Italy, baguettes in France, fish and chips in England, and Dutch pancakes in the Netherlands.

My favorite restaurant in Amsterdam happened to be The Pancake Bakery on the Prinsengracht, located down the street from the Anne Frank House.

What was once a warehouse owned by the Dutch East India Company, is now a hidden eatery renowned for "the best pancakes in town." Townies and tourists alike flock to this restaurant, which doesn't even open its doors until noon but is packed until 11:30 at night. So what makes these pancakes so sensational? I'll let them speak for themselves:

Indonesian

Pancake filled with chicken, onions, mushrooms and leek in an Indonesian peanut sauce, served on a bed of bean sprouts with seroending and a salad.

Canadian

Pancake filled with crispy bacon, onions, mushrooms, ham, cheese and curry sauce.

Brazilian

Pancake with walnut ice-cream, mocca/caramel sauce, amaretto, almonds and whipped cream

English

Pancake with William pears, vanilla ice cream, chocolate sauce and whipped cream.

These are just a few of the choices on the menu. Think of them as crepe-like omelettes and the clouds may clear a little... My mouth waters just glancing over the menu and remembering the aromas coming from the open kitchen. My advice to anyone and everyone is to travel to Amsterdam and try them for yourself! Visit <http://www.pancake.nl/> to learn more about this unbelievable restaurant and stop by the Study Abroad Office to plan your semester in Amsterdam...



Senior WR Prince Premepeh catches a pass during Saturday's homecoming football game against Bucknell. The Red Foxes fell in the game, 48-19 to the Bison.

News Briefs

World News

Democratic People's Republic of Korea announces testing of nuclear weapons

The North Korean government announced Tuesday that it plans to conduct a nuclear test at an unspecified future date. Prior to the statement, issued by the North Korean Foreign Ministry, the DPRK had only asserted its right to conduct such tests.

Thus far both the U.S. and Japan have condemned the announcement as belligerent and unnecessarily provocative. John Bolton, the American ambassador to the U.N., said that the matter should be taken to the Security Council.

In its statement, North Korea maintained that nuclear tests were needed to ensure its security as a deterrent against military action from nations like the United States.

Six-way multilateral talks regarding North Korea's possession of nuclear weapons had previously broken down. Testing of medium and long range ballistic missiles added further tension on the international stage.

National News

Pennsylvania schoolhouse killer revealed tendencies towards molestation

A lone shooter killed five students in a small Amish schoolhouse in Lancaster County Pennsylvania on Monday. The gunman, Charles Roberts IV, entered the school and held the occupants hostage.

After letting all males and three women with babies loose, he bound the remaining females' feet. He shot 10 girls at close range, and then killed himself when police forces entered through a window. Five girls are still hospitalized, four in critical condition.

Police said Tuesday that suicide notes and interviews with his wife indicated that Roberts may have molested two younger family members 20 years ago, and that he desired to do now.

Congressman Foley may have had cybersex with underage congressional page

Representative Mark Foley, R-Fla., resigned Friday after allegations that he had sent inappropriate and sexually suggestive e-mails to a former male congressional page, then 16 years old. Other former pages have also come forward, delivering transcripts from 2003 to ABC News detailing internet sex with the Congressman.

House Speaker Dennis Hastert is currently leading an investigation to determine what information was known prior to the story breaking last week. It is unknown at this time just who, if anyone, had explicit knowledge of Foley's alleged activities.

Foley revealed Monday that he is an alcoholic, and is currently receiving treatment at a Florida center. His attorney released a statement on Tuesday that the congressman was molested while a teenager by a clergyman, and that Foley was coming out as a gay American.

Marist News

Annual career conference is back

Marist College will be sponsoring its annual Career Networking Conference on Thursday, October 5 in the James J. McCann Recreation Center on the Marist College Campus.

Close to 75 employers will attend this event to interact with students and alumni from Marist throughout the Mid-Hudson Valley regarding full-time employment, internships, and summer jobs. Some of the firms attending include Bank of America, Hudson Central, Enterprise Rent-A-Car, Ernst & Young LLP, IBM, Madison Square Garden, Morgan Stanley, Northwestern Mutual, Progressive Insurance, State Farm Insurance, Target and Travelers, Inc.

During this year's career event, there is an emphasis on firms seeking candidates for technology positions. In addition, a Big Four accounting firm will be participating in the networking conference.

The expo at Marist College will be held from 4:00 - 7:00 p.m. For further information, contact Marist Career Services at (845) 575-3547.

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

A&E: FORGET REGRET AND EXPERIENCE THE WONDER THAT IS RENT

Brittany Fiorenza critically analyzes the amazing experience of the acclaimed play.

HEALTH: SLEEPLESS NIGHTS CONTRIBUTE TO MORE THAN JUST TIRED MORNINGS

Why a lack of sleep just might be contributing to any number of serious health problems.

3399 North Road
Poughkeepsie, NY 12601

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THE CIRCLE Campus

THURSDAY, SEPTEMBER 28, 2006

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Security Briefs

Leo leaves new reputation with John Gildard with St. Francis visits and Kung-Fu fighters

By **ANDREW MOLL**
Leader in homeland security

A PSA from Security Director John Gildard to the young ladies at Marist. There has been a spate of sexually explicit phone calls to women, so if you receive such a phone call, hang up, don't encourage the caller, have a male friend record the call, don't put your names on your incoming message, and make sure to call security.

9/26 - 7:18 P.M.

A student attempted to enter Midrise with four cans of Keystone Light and a can of Busch Light. The cans were confiscated by security and then promptly destroyed so that no one could ever speak of these beers ever again. Consider it something that should be a part of the Patriot Act.

9/27 - 1:27 A.M.

In Champagnat, an intoxicated student was taken to St. Francis after they were found

seated on the floor of a bathroom. Let me tell you, I've been in the bathrooms in Champagnat, and I barely wanted to walk in there, let alone sit on the floor. But maybe things have improved. Like, maybe they got a paper towel dispenser. Lucky freshman.

9/27 - 9:30 P.M.

Kids, watch your cars: A student reported that two hubcaps have been stolen from their car in the Fulton parking lot. Either somebody really needed to fix up their vehicle, or security is getting quite serious about people parking without the proper passes.

9/28 - 11:40 P.M.

The Benoit RD reported that a shopping cart was sent down the staircase to the lower level of Benoit. Nobody is too sure how the cart got there in the first place, and it was eventually returned to Eckerd's. I blame Johnny Knoxville, actually. Or Eckerd's, for making their carts so darn ride-able.

9/30 - 2:24 A.M.

A Leo resident was taken to St. Francis after being a tad too intoxicated. More on this in a minute.

9/30 - 3:19 A.M.

In front of Leo, a couple students decided to go at it, Kung-Fu style. One kid attempted a karate kick, but the other was able to block it with his knee. Unfortunately, this resulted in what may have been a broken leg, and the student was taken to St. Francis. Says John Gildard, "Practice your Ninja Turtle moves on your pillow."

9/30 - 11:00 P.M.

Another Leo resident was taken to St. Francis by Fairview for intoxication. Seriously, what the hell happened at Leo last Saturday?! You've got kids being taken to the hospital and other kids re-enacting Mortal Kombat. Something probably needs to be done here, like a residence intervention. We'll all sit

Leo down and tell them how their actions are hurting us and that they need to stop and think about what they're doing. Then maybe they'll end up in rehab with Pete Doherty. (If you get that joke, then kudos to you. If not, well, you're really missing out, not gonna lie.)

9/30 - Noon

Around Fulton, a student fell off their bike and ended up breaking their wrist. This actually isn't very funny. Wait. Wait a minute. Yes it is. It sounds like it would have been quite funny to see. No offense.

9/30 - 11:50 P.M.

St. Francis got another Marist patient, as an intoxicated student was found by the Donnelly greenhouse. (Probably a Leo resident) It's a good thing the student was found. Because mowing grass is the number one cause of death amongst drunk college students.

10/1 - 3:30 A.M.

Over at St. Peter's, a fight broke out among a few students. Once security showed up, the kids said they were friends and everything was good. Personally, I would have preferred to have a huge Outsiders-type rumble, only to have SNAP show up, and then we have a Tarantino-esque stand-off. Basically as many violence/rumble based pop culture references as possible meshed into a super fight. And the winner? The Celebrity Boxing champion, Dustin Diamond. Don't ask me how he got involved, he just did. What has he been up to lately, anyway? Nothing dirty, I hope.

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

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8 p.m.

Friday, Oct. 6 -
Sunday, Oct. 8 -
Family Weekend

Friday, Oct. 6 -
Papa Doo Run Run
9 p.m.
McCann Center Field
House

Saturday, Oct. 7 -
Band/Singers Concert
2 p.m.
McCann Center Field
House

Saturday, Oct. 7 -
Poverty Neck Hill
Billies
9 p.m.
McCann Center Field
House

Sunday, Oct. 8 -
Ceili Rain
12 p.m.
Campus Green

Tuesday, Oct. 10 -
SPC Student
Coffeehouse
9 p.m.
PAR

* Tickets on sale for the Verizon Wireless Tour featuring The All-American Rejects on Oct. 5 in the McCann Center. Tickets are \$10.

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

Opinion

Let the voices of the Marist community be heard.

THURSDAY, OCTOBER 5, 2006

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Connecticut calls No Child Left Behind unconstitutional

By DAN BLACK
Staff Writer

As all other students of Marist's school of education probably are, I am very concerned with the state of education in this country and especially concerned with the government's influence upon it. It was a comfort, recently, to learn that the state of Connecticut shares this concern. This past August, Connecticut Attorney General Richard Blumenthal sued the U.S. Secretary of Education, Margaret Spellings, alleging that her interpretation and implementation of No Child Left Behind is unconstitutional.

Bravo Connecticut; how wonderful it is to know there is a political agenda in this country that focuses on something other than money and exploiting whomever it takes to acquire it. I

have read over Blumenthal's appeal to the U.S. District Court; it sounds reasonable. The people of Connecticut believe the standards the Federal Government imposes on their education system should be accompanied by appropriate funding. They further believe that their standardized testing systems should be acceptable alternatives to the federal "high-stakes" standardized tests, respecting that Connecticut's students rank with the highest achieving in the country.

Unfortunately, it doesn't appear the federal government believes Blumenthal has a case. Most of the lawsuit was dismissed on the premise of jurisdiction, the idea that Connecticut has no grounds to challenge federal power in this particular arena. I find this interesting, mildly anyway, that a state government cannot chal-

lenge the federal government in cases that concern the teaching of that state's children. Whose children are they? Who rightfull-

I'll ask the blatantly obvious question: what about the child? By whose authority must a child fail to learn in order to stimulate the political leaders responsible for his or her education into action that prevents the failure of future children?

ly exerts power over what and how they learn and how, specifically, that learning is measured? These questions, poignant they may be, cause me less distress than does the statement Federal District Court Judge Mark Kravitz made in regards to why the state of Connecticut cannot yet bring No Child Left Behind to trial.

In dismissing some of Connecticut's more pressing grievances, Kravitz stated that the law cannot be challenged

until the state of Connecticut has, in fact, broken it. I believe it is very important for us, any of us that have an interest in protecting the rights and futures of children, to consider carefully the meaning and implications of Kravitz's words. By forcing Connecticut to break the law before they can legally appeal its legitimacy, the federal government is forcing the state to 'leave a child behind' before they can challenge the merits of the very Act that purports to 'leave no

child behind;' the curators of this legislation are its own undoing. But all irony aside, I'll ask the blatantly obvious question: what about the child? By whose authority must a child fail to learn in order to stimulate the political leaders responsible for his or her education into action that prevents the failure of future children? I believe if Blumenthal has a case then it ought to be addressed, the denial a child's education is an unnecessary step.

The State of Connecticut has reassured its citizenry that this is not over, they are not giving up. I applaud them, and am behind them 100 percent. The federal government has promised to deliver results that are not realistically attainable by those responsible for doing so at the ground level. This is a sustained attack from institutional authori-

ty that has overstepped its bounds to strike out against victims as innocent as they are defenseless: American children. Connecticut has realized its role, its obligation even, of speaking truth to power and is doing just that. If indeed this conflict continues, so too will my writing about it.

I am confident that the Bush Administration will keep me well supplied with raw materials for criticism, not the least of which are prevalent already, as they've always been: the abuse of executive power, the efforts of executive power to expand its power, and its continuous assaults on fundamental human rights. Now that these infractions are targeting children, it is a fight in which nearly everyone has something at stake.

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

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Forget regret and experience the wonder that is RENT

By BRITTANY FIORENZA
Circle Contributor

Mind blowing performances, overflowing theaters, and profound social commentaries – these are the universal expectations of any play. However, in addition to common expectations, what

one leaves the theater actually enlightened. In today's world, that is definitely something unique.

"Viva La Vie Boheme" captures the essence of the entire play, which follows a group of friends and lovers living "at the end of the millennium." The diverse group includes universal representations



BRITTANY FIORENZA / THE CIRCLE

The intertwined relationships of the characters in RENT cover all aspects of love and life including the controversial issues of homosexuality, drug use, and AIDS.

is to be anticipated when you see RENT is the unexpected. The hopes of the audience are fulfilled in this play and

and being defiant towards all conformity. "There's only us / There's only this / Forget regret or life is yours to miss / No

other road / No other way / No day but today."

When my friend and I walked into the Nederlander Theatre we were surprised to see just how tiny it was – there wasn't even room in the audience for a pit. The stage was simple, set up with folding chairs, platforms, spiral fire escapes, and of course, Fender guitars. To the far left of the stage the musicians were a part of the "grunge/boho" set. If anything, the fact that the musicians were visible only added to the pulse of the show. Try and picture it: a jam-packed theater and a cast decked out in outfits similar to Kurt Cobain and his infamous green sweater, as well as plenty of plaid and in the case of the Mimi, the exotic dancer, leopard leggings. The feel of the theater personified the communal social commentary the play is known for, and by the end I felt like I had just lived an entire year in the Doc Martin's of these bohemians.

Think of your favorite picturesque scenes in the movies (refer Audrey Hepburn as Holly Golightly, standing in front of Tiffany's at six in the morning, if you must). Well, RENT is a culmination of all those favorite scenes. One specific view that really pulled at my heart was when Roger, the tortured musician, stands alone on stage and the spotlight envelops him as he belts out "One Song Glory."

Equally amazing is the scene in which Maureen, the performance artist, puts on a one woman act protesting the eviction of Avenue A's tenants (for your information, this is where the title "RENT"

comes in. All of these people are just trying to pay their rent; it's that simple, and still, that complicated. During this scene, the audience actually began acting as though they were a part of the protest. The voices of these actors were unreal; I was especially impressed with Crystal Hall's solo during "Seasons of Love." I constantly had chills, and the energy the performers emitted was something inescapable. Their emotions were reflected in the audience.

At the end of this play that deals so closely with love and death, poverty and "selling out" the audience gave a standing ovation to the cast and walked from this tiny theater into the bustling streets of New York City. I stared down the



BRITTANY FIORENZA / THE CIRCLE

Shown above is the art on the walls outside of the Nederlander Theatre where RENT is staged. The art serves as a reminder of the beauty of life and forces the audience to continue to think about RENT's message even after the completion of the show.

street and noticed the art on the walls and the eccentricity of it all and realized just how strongly RENT had affected me. If I hadn't seen the play I would have never known what I was missing but now that I have, I am so in awe of the incredible message RENT sends through beautiful music and a moving storyline.

Belarusian poet Valzhyna Mort shares beauty and passion with Marist community

By JUSTINE MANN & CASSANDRA BOLGER
Circle Contributors

Valzhyna Mort's deep and soulful Belarusian accent draws you in. Even in a language unintelligible to me, her poetry has rhythm and beauty. Her first poem of the evening is in Belarusian and the audience is captivated. The language barrier is overcome with passion.

This Wednesday, Sept. 27, Mort came to Marist to read some of her work. The poet was born in Minsk, Belarus and has been taking the literary world by storm with her witty prose and musical lyrics. She started writing in high school but "desperately want[ed] to be an opera singer." She remembers spending the best years of her childhood in an opera hall, playing hide-and-go-seek. Mort now mixes her two passions, music and writing, while combining her education as a linguist. At the young age of 24, she is releasing her first book of poetry in English and is already an accomplished author over seas. Her book, *Factory of Tears*, will be released in the spring of 2008.

Mort's poetry is based on her life experiences and her surroundings. She tells the audience of her childhood breakfasts, watching the lottery wheel every morning. This memory is the

inspiration for her poem, aptly called, *Lottery Wheel*. She notes that her poems are usually sad; she announces, "And now a love poem. I don't have many, that is

[Mort's] poems are never the same in different languages. She respects the music of the words and does not try to translate her poems directly. In one of her poems Mort decided to keep only two lines of the original and created the rest of scratch.

why I always announce [them.] so [they] seem special." The audience is alert and laughing at Mort's unexpected witicism.

Her poems are never the same in different languages. She respects the music of the words and does

not try to translate her poems directly. In one of her poems Mort decided to keep only two lines of the original and created the rest from scratch. Mort respects her work by taking the time to value each line and because of this meticulousness it sometimes takes her years to finish a poem. Her poem *Musical Locusts* took one full year to complete, having started in the summer and then waited until the next summer to finish it. She said by the end of the first summer the feeling was gone and it became "an autumn poem" or a sadder poem. Mort's words are bare and real. She says: "It is the rhythm of the music. My poems have changed since I am here. I am more tranquil."



COURTESY OF WWW.BLUEFLOWERARTS.COM

On Wednesday, Sept. 27, Belarusian poet Valzhyna Mort read some of her poetry at Marist College. At the young age of 24, the poet writes in English and Belarusian and her poetry is full of rhythm and beauty.

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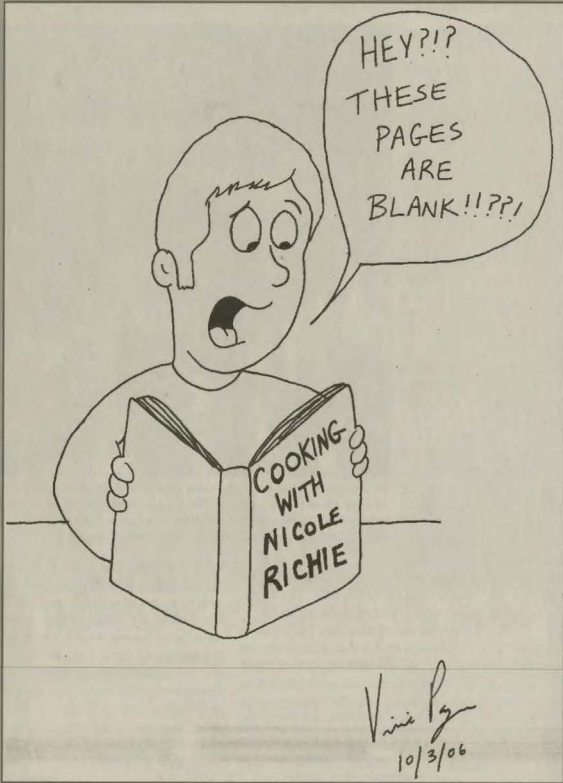
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Features

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The column about nothing Things to Do While Sexiled

By **MORGAN NEDERHOOD**
Staff Writer

Almost everyone will go through the experience of being sexiled at least once in their collegiate lifetime. It is almost like a right of passage, and you are bound to have times when you walk into your room, notice something doesn't quite add up, and then realize that a quick exit is the best option. In case of emergency (as well as for my own amusement while I postpone my homework), I've developed a list of things to do when sexiled. I'm not recommending that you do all of these - some might result in your roommate punching you in the face - but you can nonetheless imagine them in your mind and smile at the ideas. So, let the games begin:

MAKE YOUR PRESENCE KNOWN - It's your room, too, so why should you have to shy out of your own room? If they leave a signal or some sort of warning on the door, then I guess that they are somewhat justified. But, if you walk into your own room and your retinas start bleeding from the nastiness in front of you, then shame on them. Stand proud, act like nothing odd is happening and make noise...a lot of noise. Try turning up your cell phone to full volume on a fantastically bad ring tone, and pray that your friends call you. Or, call your friends, hang up when they answer, and wait for them to call you back. If you have no friends to call you, then turn on your cell phone's alarm and wait for the obnoxious ruckus to begin.

TAKE YOUR TIME - If you rush to evacuate your room, you're likely to forget something, which will only result in you needing to re-enter the love den. Make sure you have everything you need for a proper sexile: laptop, money for food at the vending machines, headphones, iPod, and DVDs (you never know how long it will be). While you're at it, you should sit down and make a quick checklist of supplies. Grab a change of clothes and your books for tomorrow's class just in case you're sexiled for the night. Most importantly: take the numbers of some reliable friends who

will let you camp out in their room in case you need to stay out for the night. No one wants you camping in the stairwell or any other creepy place like some sort of odd troll.

TIME LIMIT - Decide on a time limit for your roommate. This is something that you should probably go over with your roommate beforehand, but sometimes a crisis arises before you've ever reviewed the guidelines. In that case, you have to decide what an acceptable time limit is for your roommate and his or her boy/girl-toys. My motto: if you can't do something within two hours, then you shouldn't be doing it at all. Honestly people, two hours should be enough - this isn't a marathon. So, assign your roommate a time restraint (with or without their knowledge), and don't feel obligated to say a second past your limit.

SUSTENANCE - I can't stress this enough: sexile is based upon survival of the fittest. Most humans can live up to seven days without water and up to ten days without food, so plan accordingly. Pack yourself plenty of food, and it's usually wise to store extra food in strategic locations around your residence hall. Be sure to keep frozen meals in a friend's fridge, and feel free to freeze just about anything you want so you can thaw it out during times of emergency. No one should ever be sexiled without having a jar of peanut butter on hand. Peanut butter is the universal food as you can spread it on just about anything, and it even tastes good by itself. Whatever you do, make sure to pack enough for a long-term banishment from your room. I would hate to catch you hunched over your last red M&M whispering, "My precious;" nor would I enjoy seeing you try to ration anything else in your third hour in the basement lounge.

In all, sexile is an adventure. It's a jungle out there, and survival is based on who can and can't adapt to the harsh world of foraging for candy, fighting the squirrels for fallen crumbs, and learning to store emergency sustenance in odd locations. Oh, and you might want to invest in an inflatable mattress - you never know how long you might be stuck in the lounge.

The Circle editors present...

1 2 3 4 5 Numbers 5 4 3 2 1

Yeah, we know they're everywhere and no one really notices 'em, but they need their five minutes of fame. So we're going to host a photography competition about them.

Submit your most creative display of numbers and win a \$50 gift certificate to Ritz Camera!

Submissions must be digital in format and sent to: writethecircle@gmail.com

Please, no 35mm prints.

Thanks and good luck shooting.

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The Circle welcomes reader contributions for new features...

I Saw You...

Have you ever seen someone that caught your eye? You exchanged glances or even a few words, but then they disappeared and you never saw them again? Well 'I Saw You' is here to give you a second chance.

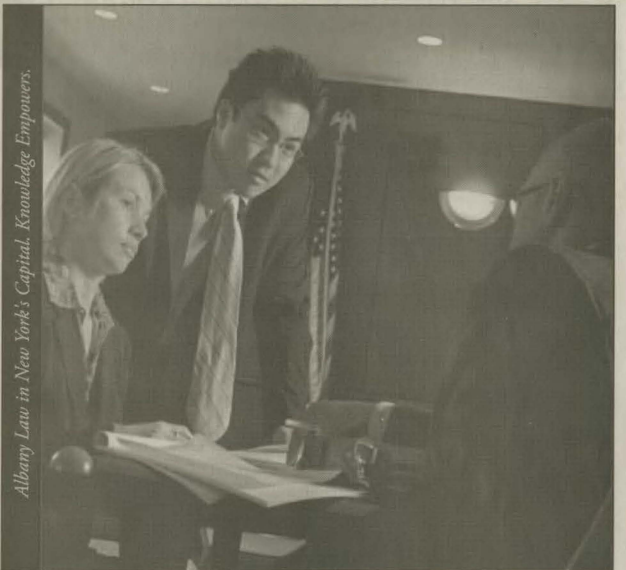
Forget about regretting; send a message to that guy or girl. And don't forget to read, there might be a message waiting for you.

Send submissions to writethecircle@gmail.com.

Example:

Last Tuesday you were bartending at the Loft. I wouldn't forget that blonde head of hair. I bought a few drinks from you but I wouldn't tell you my name. I was playing hard to get but now I have changed my mind. Go ahead ask for my name again.

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Health

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Sleepless nights contribute to more than just tired mornings

By ALEXANDER TINGEY
Health Editor

According to a recent survey, Americans sleep two hours less on average than they did 40 years ago. In addition, the quality of sleep received today is less fulfilling according to researchers. With sleep deprivation comes more than just an extra slap on the 'snooze,' according to a Chicago University study individuals who are in a continual state of sleep deprivation were more susceptible to a myriad of ailments.

In the past two years alone we have seen the rise of brand name sleep aids, such as Lunesta and Ambien. The national average is around seven hours a night, with many people getting less than half that amount. Lawrence Epstein, M.D., the regional medical director for Sleep Health Centers in Boston, Massachusetts, and former president of the American Academy of Sleep Medicine

suggests that individuals need between eight and nine hours of sleep per day to be fully functional, as reported by CNN.

A simple way to determine whether or not you are receiving an ample amount of sleep can be judged by how quickly you fall asleep when you do go to bed. On average, people fall asleep in 15 minutes, though some will take less time and some will take more. Epstein notes that if you are falling asleep within one or two minutes of going to bed that you are indeed sleep deprived. Another way to monitor your sleep is to keep track of daytime drowsiness. Chronic daytime sleepiness is not normal, says Michael Twery, Ph.D., acting director of the National Center on Sleep Disorders Research.

Aside from a bad case of bed head and some expected crankiness, researchers have found that sleep deprivation can lead to abrupt changes in appetite, weight gain, diabetes

risk, the strength of your immune system, and even your chance of developing depression.

A 2004 Chicago University research team discovered that restricting a night's sleep to four hours had dramatic effects upon leptin and ghrelin, two brain chemicals which regulate eating patterns and hunger. Researchers concluded that receiving less than seven hours of sleep per night puts individuals at a much greater risk for obesity (which is good news for all you late Sunday sleepers).

Epstein explains this phenomenon: stating that "chronic sleep deprivation causes changes in metabolism that produce a state that stimulates hunger." Those who are sleep deprived are also more likely to forego daily physical activity, and are more likely to drink beverages which contain caffeine.

It's a universal morning staple: coffee. But recent studies indicate that increased consumption of coffee can be a

cause of insomnia, and may help perpetuate the vicious sleep deprived cycle of life. According to researchers at Chicago University, consuming five or more caffeinated drinks per day could provoke further sleep deprivation.

Aside from the obvious physical effects of shorting yourself in the sack, the current trend in medical research suggests that sleeplessness is a contributing factor to clinical depression. "Positive moods are lower in people with sleep loss," reports Van Cauter, a professor of medicine at Chicago University, "and mood isn't stable over the 24-hour cycle. People have lower moods in the morning. They also have higher levels of cortisol, the stress hormone. All those changes are typical of clinical depression."

Among a group of women, ages 30 to 35, it was found that those receiving less than 6.5 hours of sleep per night



were twice as likely to develop resistances to insulin, a condition which if continued has been shown to cause some types of diabetes. CNN news reports that "the study shows so far, that individuals need to produce 30 to 40 percent more insulin to dispose of the same amount of glucose when receiving less than 6.5 hours of sleep a night."

It's tough to get a full night's rest with midterms around the corner, and your roommate's all night toga parties, but with a little time management and some coercion on the part of the roomy, a good night's rest can still be had. If you or a loved one suffers from chronic sleep deprivation, please contact Health Services or your general care physician.

Healthy Habits

By SARAH GUNNER
Staff Writer

The Mid-Hudson Valley is a great place for locally grown produce that is cheap and delicious. Two independent grocery stores, Adams Fairacre Farms and the Amish Market, are within a 10 minute drive of Marist, and both of them carry fresh, local herbs, fruits, and vegetables.

Adams Fairacre Farms is located on Route 44 in Poughkeepsie. It was established in the early 1900's as a farmstand and is still family-owned and run to this day. They choose to sell local produce as often as possible, and this allows the prices to be far lower than at Stop and Shop. Not only do they stock locally grown foods, they also have a huge gardening section, carry hard to find meats and fish, and devote an entire area to hand-

made candies and chocolates. Amish Market is a relatively new grocery store north down Route 9 in Hyde Park, directly behind the strip mall with the restaurant Twist. Also carrying fresh produce, they have a wonderful bakery and ready-made section that carries everything from fried plantains to salmon cakes.

These two groceries are great alternatives to shopping at a traditional chain store. They have significantly lower produce prices, carry plenty of hard-to-find specialty items, and also support the local farming economy in the area we call home while at Marist. Shopping at them is always an adventure in tastes, sights and smells, and it is hard to leave without a little treat for yourself or a friend.

Check them out; you won't be disappointed.

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Science Briefs

By ALEXANDER TINGEY
Health Editor

Tired of pulling out your hair? Study finds genetic cause

Trichotillomania, a psychological disorder which drives an individual to compulsively pull out their hair, eyelashes and eyebrows affects approximately 3 to 5 percent of the American population. Appearing in early adolescence, 'trich' can wreck havoc with a young person's self-esteem. There is good news, however; researchers at Duke University have found that trich may be brought on by a genetic mutation.

"This is an important first in understanding the

genetics of not only trichotillomania but any disorder where people have unwanted behaviors that they can't control," said Dr. Allison Ashley-Koch, the study's author and a researcher at the Duke University Center for Human Genetics.

When research began, experts focused in on a gene known as SLITRK1. They believe this gene is also connected with a related impulse control disorder: Tourette's syndrome. While their research focused on 44 families, experts found that mutated SLITRK1 genes accounted for nearly 5 percent of cases where trich was present.

The mutation in question has some serious roots, as this gene is involved in the formation of connective tissues between brain cells. One of the research's main goals is raising the awareness that these people aren't crazy, but rather, the result of a biological hiccup. This, researchers hope, will raise the self-esteem of those afflicted with trich, and help to treat this.

Be sure to check out MCTV's Friday night line-up:

6:00 - MCTV News
6:30 - FoxDen
7:00 - THAT'S A SHAME! (repeat)
7:30 - Showcase Presents

*Line-up re-airs four times each day, at
9 a.m., 2 p.m., 6 p.m. and 10 p.m.

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Marist opens an eight-court tennis facility near the Fulton Townhouses. Some of the most advanced court technology available was used to create the Pavilion, giving Marist one of the premier facilities in the area.

Successful tennis programs earn stellar new facility, men's tennis team shows they deserve their new courts

By NATE FIELDS
Staff Writer

In its' first contest at the glistering new Marist Tennis Pavilion, the men's tennis team proved themselves worthy of their new home. The Foxes manhandled visiting Siena 7-0 last Wednesday, winning all three doubles matches and losing only one set in six singles matches.

The win for Marist came in both its' first Metro Atlantic Athletic Conference (MAAC), and dual contest this fall. The second doubles tandem of senior Ray Josephs and junior Greg Marks blanked their opponents 8-0, and Josephs later rolled to a 6-0, 6-4 victory at third singles. The only Marist player requiring a third set was senior Frankie Algier, who dropped his first 4-6, but rallied for back to back 6-3 victories to take sixth singles.

The Foxes notched a resounding victory, but their new home was the real star of the afternoon. Opened for the start of the current semester, the still unfinished eight-court facility is located across Route 9 near the Fulton Townhouses. Some of the most advanced sport court technology available was incorporated into the Pavilion, giving Marist one of the premier tennis facilities in the area.

Among the notable features is the playing surface, Deco II, which is the same surface used at

the US Tennis Center in New York City. In addition, state of the art lighting from Musco Incorporated allows the tennis teams to host night matches.

Marist's President, Dr. Dennis Murray, was in attendance, and called it, "an exciting day for Marist and the tennis program."

In discussing the courts, Murray doled out praise to both head coach Tim Smith and the players.

"We now have courts as good as our players," Murray said. "And I have to give Tim [Smith] credit for developing this program without adequate facilities, so this is a tribute to him."

Murray was not the only dignitary in attendance, however, as virtually the entire athletic department administration was on hand to witness the match.

Especially involved in the addition of the Pavilion to Marist's sports facilities was Marist Assistant Athletic Director for facilities, Tim Heneghan, who recognized the valuable addition to the campus and athletic department.

"It's gratifying for the team to finally have a facility of their own, it's a jewel in their crown," he said. "It's flattering that we [the athletic department] were able to build something that the whole campus has been using. It's been packed right up to 11 p.m. when it closes."

Although the courts are func-

tional, Heneghan said that there are still improvements to be made. A pergola is being added to the south side of the courts, and will provide a covered area for spectators. Windscreens are being erected on the three other fenced sides to shelter players from the elements, and benches for the players and spectators are still in the works.

While the facility is intended for use by the entire college community, a major factor in the decision to add the courts was the men's and women's tennis teams' success in recent years. According to the athletic department website, the men's team has carried a 66-19 record since 2001, to go along with four consecutive MAAC championships between 2000-2003.

The women's team has been successful as well, holding an impressive 52-18 mark since 2001, and capturing the regular season MAAC title in 2005.

Assistant Sports Information Director, Mike Ferraro, shared similar praise as Murray for the two tennis programs.

"It's something that's really special for two programs that have achieved so much in the last few years," he said.

With performances like Wednesday's domination of Siena, the team proved the college and athletic department's efforts were not misplaced.

Red Foxes look forward to Metropolitan Championships

By DANIEL BARRACK
Circle Contributor

For the second consecutive meet, the Red Foxes ran a partial squad, and for the second consecutive time, it had little effect on the team's performance. The men's cross country team finished 19th out of 42 teams at the Paul Short Invitational at Lehigh University on Friday. The Red Foxes finished the meet with 478 points, trailing first place Villanova with 103 points.

Girma Segni again lead the Red Foxes with a time of 25:01 in the 8,000-meter course. That time placed Segni 26th out of 277 runners. Sophomore David Raucii and junior Tom Williams contributed to the team's success as well. Raucii finished 42nd overall with a time of 25:12, while Williams finished in the top half of the field at 108th with a time of 25:51.

"I am glad that we finished in

the top half of the field, but to be perfectly honest, I thought we were flat. I was impressed with David Raucii and Tom Williams, they had a good day," head coach Pete Colaizzo said.

The team's next meet will be the Metropolitan Championships on Oct. 6 at Van Cortlandt Park. If anyone questioned the team's focus, they do not need to question the preparation the team has put in for this next meet.

"This next meet has been the team's focus since the season began," Colaizzo said.

Besides the Metro Atlantic Athletic Conference (MAAC) Championship on Oct. 27, this meet is the most important for the team right now. The end of the season is crucial.

After the MAAC Championships, the Red Foxes set their sights on the NCAA Northeast Regional on Nov. 11 and the IC4A Championships on Nov. 18.

Greyhounds outrace Foxes

By ANDY ALONGI
Managing Editor

The Loyola Greyhounds outraced the Red Foxes in a five-game women's volleyball thriller on Sunday at Loyola on its parents' weekend.

After the Red Foxes jumped out to a 2-0 lead, the Greyhounds rallied to win the final three games to take the match. The match contained 32 ties and 15 lead changes.

The final score favored Loyola, 28-30, 25-30, 30-28, 30-28, 16-14.

Sally Hanson and Jaime Kenworthy, who had a match-high 27 kills and 14 kills, respectively, both paced Marist during the contest. Hanson also hit an impressive .553 on the match. Junior Christy Lukes added 10 kills in the losing effort.

The pair of senior captains are now ranked first and second on the Foxes all-time kills list. Kenworthy has 997 kills on her career while Hanson is second with 976.

Marist volleyball head coach, Tom Hanna, said the milestone is great for both players.

"It's a great milestone for both of them to be so highly regarded in program history," he said. "Both players will go over 1,000 kills. That speaks highly to their contributions to the program."

Freshman setter, Dawn Jan,

had 62 assists during the five-game match.

Defensively, the Foxes had a strong effort from four players including senior tri-captain Kim McEathron, Jan, sophomore Kelsey Schaffer and Kenworthy. The quartet all had double-digit digs. McEathron led with 24 digs while Jan and Schaffer followed with 14 and Kenworthy added 12.

Loyola proved to be too strong; they had four players who tallied double-digit kills to match the Foxes offensive output.

Marist is on a two-match losing streak and its Metro Atlantic Athletic Conference (MAAC) record fell to 2-4. Loyola improved to 3-3 in the conference. The Greyhounds are in a three-way tie for fourth place.

The Foxes return to action this weekend when they take to the road to face the fourth place Rider Broncs for a MAAC match-up on Saturday, Oct. 7. The match is scheduled to begin at 3 p.m.

Hanna said every MAAC match gives the team two opportunities.

"Every MAAC match does two things," he said "It gives us a chance to improve our seeding for the conference tournament time, and it gives us an opportunity to perform at a higher level consistently against an outside opponent."

Men's soccer drops a heartbreaker

By JOSEPH FERRARY
Staff Writer

The Marist men's soccer team dropped a heartbreaker to Metro Atlantic Athletic Conference (MAAC) rival Fairfield as the Stag's Sam Bailey scored the game's only goal with 32 seconds left in regulation on Sunday.

With the win, the Stags improved to 6-2-1 and 2-0 in MAAC play, while the Red Foxes dropped to 3-5-1 and 0-1-1 in the MAAC. This was the fifth time in nine games that the Red Foxes were shutout.

The only goal of the game was set-up by a free kick from midfield which was taken by Tom Clements. Clements' kick traveled into the Red Foxes' 18 yard box where it was misplayed by two Red Fox defenders.

Marist goalkeeper Daniel Owens was caught in no-man's land as the ball bounced to Bailey who headed the ball into the open net in the 89th minute.

Although his team did not win the game, Marist head coach Bobby Herodes was pleased with

well, along with Alexandra Lauterborn," Roper said.

Coach Roper believes that those players who have contributed significantly in practice may start to see more time on the field.

"We might be able to get more players time, those who have stepped up," Roper said. "I hope to get some players in who have worked hard in practice and contributed positively to the team."

Next up for the Red Foxes is another MAAC rival, the 2-9 Saint Peter's Peahens, who Marist will face at Saint Peter's, Friday at 4 p.m.

Coach Roper is looking forward to seeing how her team rebounds Friday, and hopes they can turn things around against the Peahens.

"Hopefully we can step on the field and dominate and put some balls in the back of the net," Roper said. "We have to make sure everyone's confident for the next two games. We have an uphill battle in all of our upcoming MAAC games, but if any team is capable of doing it, we believe we are. We know it won't be easy but this team has great leadership and remains positive."

Fairfield sealed the victory when Frobey scored in the 63rd minute to give Marist its' second straight MAAC loss. Despite the Red Foxes' struggles, they were able to draw some positives out of the loss.

Marist junior captain, Melanie Ondrejik, tallied her second goal of the season when freshman Teresa Ferraro fed her a cross that Ondrejik would chip in during the 87th minute of play.

The goal came in the final 10 minutes of the game and put an end to the Red Foxes' streak of bad luck, so they look to use that spark as a building block for going forward in the season.

"We were pleased we were able to score and play strong in the last 10 minutes of the game," Roper said. "The team was able to get that monkey off of their back."

Some other positives included the strong play from some of the Marist reserves who came in during the second half.

Coach Roper was pleased to see some of her players who have worked hard in practice come in and contribute late in the game.

"Lauren Dziedzic and Teresa Ferraro stepped up and played



Roarin' Red Foxes

Marist's male and female star performer for the weekend of Sept. 29 - Oct. 1.

Pedro Genovese
Tennis, Senior



Genovese won the Flight 1 singles championship and Flight A doubles title with classmate Frederico Rolon at the UCONN Invitational.

On the horizon:

Marist will be at home to take on Montreal and Hartford at 8:30 a.m. and 12:30 p.m. respectively.

Jaime Kenworthy
Volleyball, Senior



Kenworthy tallied 14 kills in a loss to Loyola. She is now first all-time on the Foxes' kills list with 997 as of Tuesday Oct. 3.

On the Horizon:

The Foxes will travel to Rider on Saturday to face the Broncs in a MAAC contest.



* Photos courtesy of www.goredfoxes.com

tough on a team," Herodes said. "We need him to play, and we can't hold him back because of conference play."

In the first game of the season against Army, Detelj and Army goal keeper John-Michael Gallogly both went after a ball in the Army box. Gallogly won the challenge and in the process injured Detelj's ankle.

The Red Foxes hope to find their offensive stride as they play host to MAAC rivals Saint Peters on Friday at 7 p.m. and Manhattan on Sunday at 1 p.m. Both games will be played on Leonidoff Field.

[Detelj] is only at 50 percent, it is

Foxes score late, fall short as Bucknell spoils homecoming

By BRIAN LOEW
Staff Writer

Last minute fanfare from Marist quarterback Matt Semerano was not enough to save the Red Foxes from defeat as the Bisons rained on the Red Fox homecoming parade.

Bucknell ran off with a 48-19 victory on Saturday at Leonidoff field.

Bucknell improved to 3-2 with the win as Marist fell to 1-4 during their final game of a four-game home stretch in front of 2,417 fans.

Bucknell's ground attack struck early when wide receiver Daniel Zvara broke off down the right sideline for a 51-yard touchdown run that put Bucknell up 7-0 with 11:42 left in the first quarter. Zvara was the first of six Bisons to put six points on the board.

Just 44 seconds into the second quarter, running back Peter Kaufman added to the Bison lead with a 12-yard touchdown run up the nearside to make it 14-0 Bucknell.

Not four minutes later, with 10:42 left in the half, quarterback Terrance Wilson pitched the ball to A.J. Kizekai who stormed for a 35-yard touchdown run down the far-side to tack up another score, making it 21-0 in favor of the Bisons.

Two possessions later, with

2:40 left in the half, Wilson and Kizekai hooked up on the same play and turned their second 35-yard run into another touchdown, and it looked like Bucknell would go into the half up 28-0.

But Marist quarterback Steve McGrath had other ideas, as he found wide receiver Tim Keegan open in the end zone. Keegan was immediately leveled but held onto the ball and gave Marist a touchdown with 19 seconds left in the half. Bucknell would walk into the half with a 28-7 lead, as Marist barely avoided being shut out for eight consecutive quarters.

On Bucknell's second possession of the second half, they cushioned their lead as full back Josh DeStefano took the hand off from quarterback Marcello Trigg, converting a 9-yard run into a touchdown, and putting Bucknell up 35-7 at 9:59 left in the third quarter. Starting quarterback, Terrance Wilson, who went 0-5 passing, was taken out of the game after he was hit hard, injuring his shoulder on Bucknell's first possession of the half.

Trigg had no problem stepping in for Wilson as he took the ball into the end zone himself on a 1-yard quarterback sneak upping the score to 42-7 Bucknell with 14:15 left in the game.

The next end zone trip would

be made by Marist as Ray Fiumefreddo took the hand-off from Marist's second quarterback of the game, Mike Sangiorgi, and made a 4-yard touchdown run to close the gap a bit to 42-13 with 3:19 left in the game after Marist kicker Bradley Rowe failed to convert the extra-point kick.

Fiumefreddo's first collegiate touchdown came after running back Keith Mitchell broke off on a 53-yard run, bringing the ball down to the 4-yard line. Though it was exciting, Fiumefreddo said it was bittersweet.

"It didn't feel the same being down 30 points," Fiumefreddo said. "We've got to get those 'Ws' on the board."

Bucknell converted its final touchdown with 1:28 left in the game when Corin Erby, who had three rushes for 61 yards, rushed the ball 47 yards to put the final seven points for the Bisons on the board, making it 48-13 Bucknell.

With just 11 seconds left in the game, Semerano, who completed seven passes for 74 yards, found wide receiver Mike DiGiaino and completed a lofting 41-yard pass. DiGiaino's leaping catch, his only one of the game, put the Foxes on the 9-yard line which segued into Semerano's 9-yard pass to wide receiver Chris Ferguson as time ran out. This



JAMES REILLY / THE CIRCLE

Senior captain Nick Salls (10) makes a tackle against the Bucknell offense in Marist's homecoming loss on Saturday at Leonidoff Field. Salls had nine tackles including two solo tackles in the Foxes 48-19 defeat.

at this point and move forward."

Fiumefreddo commented that the offense is going to need to come out with more intensity earlier in the games to get the win.

"We've got to come out in the first quarters and put some more points up," Fiumefreddo said. "We've got to come out with some more intensity."

Marist looks to turn things around as they go on the road on Saturday for the first time in a month to play their first Metro Atlantic Athletic Conference (MAAC) game in Philadelphia against La Salle at 1 p.m.

"I mean we've been struggling, quite honestly, offensively," he said. "Mike DiGiaino made a great catch on that, and we kept competing so that was a positive."

The Red Foxes ailing offense worked on being consistent this week, Parady said, but it was not enough.

"We focused a lot on our consistency. Again we didn't get it, we were third down and three in the first half a couple times, and we didn't get the first down," Parady said. "We just have to go back and re-establish who we are

"I was pleased that we kept competing at the end of the football game," Parady said. "We were able to get it down there [in the red zone], and I think it's important for our team."

With the Red Foxes' offensive point total in the last two games being seven and zero, Parady said it was nice to see an offensive spark, even if it came at the

Marist campus honors football player Sherwood Thomas with memorial service.

The Marist College community gathered to mourn one of its members taken over the summer last Wednesday, Oct. 4. Friends and fellows student remembered a life and potential ended all too soon.

Sherwood Thomas

died this past June, following a fight in Poughkeepsie. The cause of death was a stab wound. Thomas had just finished his sophomore year at Marist. He had played football for the school his freshman year.

The memorial service was held at

9:15 p.m. in the Chapel



Courtesy of goredfoxes.com

Marist Red Foxes roll through all flights and six teams at UCONN Invitational

By JONATHAN KNOTH
Circle Contributor

This past weekend, the Marist men's tennis team traveled to the University of Connecticut where they squared off against prime competition.

Other teams in the tournament included the University of Rhode Island, Uconn, Holy Cross, Boston University, Quinnipiac, and Sacred Heart University, all prestigious tennis programs.

Marist sent six players to the finals, with five to come out victorious.

Senior Pedro Genovese battled through Flight A only to find himself down 5-2. However, with persistent play, he won five straight games.

Head coach Tim Smith said Genovese never gave in, especially with his serve.

"He then threw professional-like serves, and broke [his opponent] once in the second set to win 6-4," he said.

Furthermore, Marist continued to stun its opponents in Flight B as Ray Joseph and Greg Marks sailed through their competition to face each other in the Flight B finals. It was a match that Coach Smith said "was not indicative of the score." Marks defeated Joseph in straight sets, 6-4, 6-2.

Flight C was almost identical as two Marist players reached the finals as well. Unlike the aforementioned Flight B, the finalists in this match-up, Federico Rolon and Frank Algier, elected to decide the winner at the Marist tennis courts for a very respectable reason: both players have tests early in the week. Later in the week, these two Marist students will play, and Coach Smith will hand out the hardware.

When asked why Rolon and Algier did not finish the tournament at Uconn, Smith said, "Marist is committed to the term student-athlete, not athlete-student. Henceforth, with both of them having exams early in the

week, we thought it would be best to get them back early so they could hit the books rather than the hard-works."

Jeff Nguyen saw great success in Flight D, and his victory was hard fought. In a grueling match that lasted over two hours, Nguyen finally emerged the champion, winning the third set 10-8, which is known as a super tie-breaker.

Moreover, in doubles play, Genovese and Rolon teamed up to win the Flight A doubles match against Quinnipiac University, 8-5. Precision serving and aggressive net play allowed them to control the last five games of the match and win four of them.

Marist plays its' last fall home match of the year this weekend against international competition, the University of Montreal, at 8:30 a.m. on Saturday, Oct. 7. Following their University of Montreal match-ups, the Red Foxes will oppose the University of Hartford at 12:30 p.m.

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