

Surfing on your couch,
the new trend
LIFESTYLES Page 6



Your favorite middle school
band dream comes true
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The



Circle

The student newspaper of Marist College

VOLUME 69 ISSUE 2

FOUNDED IN 1965

Thursday, October 2, 2014

Marist's Fede makes NFL debut with Miami Dolphins

BY AVERY DECKER
Sports Editor

The Marist football program made history Sunday afternoon when former Red Fox Terrence Fede played in his first professional, regular season game in the NFL, becoming the first student from Marist to accomplish this feat.

That wasn't the only historic event from the Dolphins game against the Raiders. With 8:13 left in the third quarter, Fede recorded his first tackle on Raider's former 1000-yard rusher Darren McFadden. He became the first former Marist football player to record a tackle in a NFL regular season game.

The game took place at Wembley Stadium in London as the NFL tries to extend its reach to Europe. Fede, a 2013 Marist graduate from Nyack, New York, played his first snaps of the season after missing the first three games with a knee injury he sustained during preseason.

Fede was taken in the seventh round of last spring's NFL Draft, another first for a Marist football player. He was the 234th overall pick in the draft and with every pick that went by, Fede's chances of

being drafted and making history dwindled.

Fede's historic run for Marist started in his senior year. His dominance on the defensive line not only helped lead Marist to become Pioneer Football League co-champions, but also earned him the Pioneer Football League Defensive Player of

the Year award.

His 13 sacks were enough to set the Marist single-season record while his 30.5 total sacks over his college career are the most all-time by a Red Fox. He also led the entire Football Championship Conference in sacks-per-game. No Marist football player had ever won any major

award from the Pioneer Football League.

Prior to his junior year, scouts began to notice Fede's ability on the football field.

"A couple scouts came in and started talking to me," Fede said in an interview last year. "The light bulb went off that I could be drafted."

When it comes to the defensive end's success on the field, Fede credits his coaches, saying, "They weren't going to let me be content."

Prior to playing at Marist, Fede was a threat both on the football field as well as the basketball court for Nyack High School. He was named First Team All-State in football along with All-Section, All-Country and All-League honors.

His high school football coach was ecstatic when Terrence made it past the Dolphins final cuts and onto the season-opening roster.

"It's very exciting," Fede's high school football coach John Castellano said in an interview with LoHud.com. "I told him on the phone I was very, very proud of him."

Making a NFL roster is extremely difficult, especially for a seventh-
SEE "SEVENTH", PAGE 3



PHOTO COURTESY OF MIAMI DOLPHINS
Terrence Fede played his first professional, regular season game in the NFL on Sunday with the Miami Dolphins in London, England.

Faculty art exhibition highlights creative process

By BERNADETTE HOGAN
Opinion Editor

"An artist's work is their soul standing naked for all to see," reveals Ed Smith, Gallery Director and Professor of Art at Marist.

This past Thursday, September 25, the Marist College Art Gallery officially opened with its Annual Art and Art History Faculty Exhibition: "Plans, Sketchbooks, and New Work" in an inaugural ceremony from 5:00 p.m. to 7:00 p.m. Located in the Steel Plant Studios, a 3,200-square-foot concrete chamber with a lofty ceiling, the initial reception was a hit. Featuring outstanding pieces completed by faculty members in a grand display of different mediums, the exhibit provided a brief insight into the minds of these talents.

The exhibition is strategically formatted and designed to attract curious stragglers to enter. The line of focus leads from the photography of Dan McCormack, to Richard Lewis's stimulating animations, to the precise paintings of Donise English. Presented are intricate sketchbooks of finished and unfinished work showing the thought processes behind each artist's design to demonstrate meaning and creative

conveyance. Miniature terra-cotta sculptures and a finished bronze work diversify the scene alongside graphic and painted murals. Ed Smith's wax mold of a human torso is a fantastic piece and will eventually be converted into a bronze sculpture. This demonstration of unfinished work helps gallery goers conceptualize the artistic procedure, where artists attempt to convert something good into a thing of greatness.

Professor Smith, along with Grace Henderson, a digital media major with a minor in graphic design and art history, coordinated the night, allowing art students and curious aesthetes alike to collide in a combustion of vibrant culture and vitality. Refreshments and a generous banquet was served to invite burning queries and opinions of students for the artists, transforming the Steel Plant into a hiatus of style and sophistication.

Smith delineates that the purpose of the faculty exhibition is "to show that the faculty doesn't just sit around all day on a dusty shelf, or in an office waiting for students to pay some attention to them—they DO something." Marist's art program is a diamond in the rough, a
SEE "THRIVING", PAGE 3



PHOTO COURTESY OF MARIST PUBLIC AFFAIRS
One of the featured works is Professor English's paintings. Above is "Untitled", 2012-2014, oil on canvas, 64" x 58."



THIS WEEK

Thursday, 10/2

Fall 2014 Career & Internship Fair
3:00 p.m. - 6:00 p.m.
McCann Center Arena

MCCTA presents "The Diversners"
7:30 p.m.
Nelly Goletti Theatre

Friday, 10/3

MCCTA presents "The Diversners"
7:30 p.m.
Nelly Goletti Theatre

SPC Movie: "Tammy"
10:00 p.m.
SC 3101 (PAR)

Saturday, 10/4

MCCTA presents "The Diversners"
8:00 p.m.
Nelly Goletti Theatre

SPC Movie: "Tammy"
10:00 p.m.
SC 3101 (PAR)

Sunday, 10/5

MCCTA presents "The Diversners"
2:00 p.m.
Nelly Goletti Theatre

Wednesday, 10/8

Majors and Minors Fair
SC 3101 (PAR)

Friday, 10/10

SPC Movie: "Neighbors"
10:00 p.m.
SC 3101 (PAR)

Saturday, 10/11

SPC Movie: "Neighbors"
10:00 p.m.
SC 3101 (PAR)



Letter from the Editor

The advent of October is bringing some cool weather, but things are heating up in *The Circle* (especially in the showers - check the Security Briefs).

Check out the News Section to learn about our artistically inclined faculty who showcased their work at the faculty art exhibition. Further, read about Marist graduate Terrence Fede who just completed his first professional football game for the Miami Dolphins.

Another football star Caylin Moore is making headlines in Features, but for a slightly different reason. The Fullbright winner just spent four weeks this summer studying in Wales.

Get crafty in Lifestyles and learn how and where to buy those home-made products to perfectly compli-

ment your home.

Turning to politics, the Opinion section tackles National Voter Registration Day and the Scottish Referendum. Break out your tissue box when you read one student's tribute to the life, career and dedication of Derek Jeter.

If you're at an all time low after reading about Jeter, flip over to Arts & Entertainment to hear all about the All Time Low concert last Thursday.

Finally, head over to sports to get your recap on football, volleyball, men and women's soccer and tennis.

We'd like to make a correction in regards to the article "Fashion department hosts successful reprise show" from last issue. The photo on the front page was attributed to *Boston Herald*, but it's actually courtesy of the Marist Fashion Department.

Lastly, we would like to say good

bye to our adviser Gerry McNulty. McNulty has been *The Circle's* adviser for the past eight years. After hearing rumours of his departure, we accosted him in his office last Wednesday where he finally admitted that he was stepping down. It's a great loss, but we will journey on. We will miss you, and all we can do is stand on the Digital Toolbox desks and salute you: "O, Captain, My Captain."

We also welcome our new adviser Ryan Rogers and look forward to continuing a strong relationship with our adviser.

In the meantime, enjoy the issue and the beautiful fall weather.

Amber Case
Co-Managing Editor

Kathleen O'Brien
Co-Managing Editor

Showers and strangers uproot campus

By GILLIAN FOSS
Staff Writer

Fall has officially arrived, but not everything is filled with pumpkin spice and everything nice. This week brought a variety of incidents involving security, ranging from a slew of unwanted guests to a river-front fender bender.

9/17 7:40 p.m. James A. Cannavino Library

Three students from Highland High School were found hanging around the area outside of the library. When asked why they were at Marist, the male trio said that they were "looking to meet girls." The security guard sent them back across the bridge to Highland, dateless, with a recommendation that next time, they just try Tinder.

9/18 6:41 p.m. Leo Hall

Three rogue skateboarders were checked by security outside of Leo Hall, and it was quickly discovered that none of them actually attended Marist. Although they were asked

to leave campus, the skateboarders earned props from security for having a mode of transportation around here that isn't a Razor Scooter.

9/19 1:11 p.m. Lower Fulton

A fire alarm in a Lower Fulton house was activated due to the steam from a shower. After the incident, the showering student was gently reminded to keep her showers under three hours.

9/19 9:30 p.m. Champagnat Hall

A bag check at the entry desk of Champ resulted in the confiscation of three 24-oz. cans of Four Loko. The student's alcohol was seized and promptly tossed in the dumpster, because as the security officer put it, "this s*** is better off in the garbage."

9/20 12:54 a.m. Leo Hall & Champagnat Hall

A female student living in Leo Hall called security, requesting that they revoke her intoxicated boyfriend's guest privileges and escort him off

campus. As he waited at the entry desk, another female student gave him her number. Minutes later, the same male guest was found attempting to get a new visitor's pass for Champ, and was then finally escorted off of campus. Although his night didn't exactly go as planned, he gave new meaning to the expression, "if at first you don't succeed, try again."

9/22 11:18 a.m. Longview Park Riverfront

Two cars attempted to pull into side-by-side parking spaces down at the Riverfront, misjudged their approach, and banged into each other. After inspection of the incident, it was determined that nothing was injured except for their pride.

As always, John Gildard urges everyone to make smart choices this semester. In particular, he urges students to make the habit of locking their doors when leaving their rooms in order to ensure that everyone's belongings remain where they should be. So throw on that sweater, lock your door, and enjoy everything that autumn at Marist has to offer.

The Circle

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Present and future construction in the works

BY MICHAEL CONWAY
Circle Contributor

Marist College is comprised of 34 buildings and structures. With such an extensive campus, it's important for the Marist community to constantly update the structure of the buildings and their technology. The projects that will modernize Marist are already taking place around campus, but some are still in the works.

The Lowell Thomas Communication Center and the Rotunda are some of the buildings that are already undergoing a little face-lift, which many students took notice of upon their return to campus this past August. Many were hoping to return to campus and capture some breathtaking sunset skies with the signature Rotunda at the forefront of the photo, but were disappointed to still find it in the process of an update.

The Rotunda, undoubtedly Marist's most unique structure, will now feature large glass windows and a stone structure. In an effort to modernize the building and correct some water damage, construction began at the end of Spring 2014 semester, and has been ongoing throughout this year and will continue until its scheduled completion in November.

"The Rotunda construction project is moving along well and should be done around Thanksgiving 2014," said Chief Public Affairs Officer, Greg Cannon.

The Rotunda project, however, has seen its share of construction delays due to some unforeseen problems with



PHOTO COURTESY OF MARIST PUBLIC AFFAIRS

The Rotunda project saw a few setbacks when water damage and stone deterioration was found when the project began last spring.

The stone. "The construction had a few setbacks once it began as we found some problems concerning water damage and deterioration of the stone," said Cannon. The Rotunda was a major project for Marist College, yet there are some other major renovations coming to the campus.

Among these buildings that need an update are some of the housing buildings that are located across the Marist campus. Gartland Commons, which are apartments that serve as housing for sophomores, has reconstruction in the works that will begin in 2016.

"An upcoming project scheduled to be finished in the fall of 2016 is the renovation of the Gartland Housing. Phase I of the project is to replace the

Fontaine Annex with a new housing building, and then Phase II will include the replacing the current Gartland buildings with completely new housing buildings," said Cannon.

The renovations to Gartland Commons is more of a complete reconstruction, given the addition of a new housing building. This project is one of the largest renovations that will take place on the Marist campus, in order to fulfill a need for housing.

"This new construction project will add about 200 new beds to Marist Housing, increasing the amount of sophomores who can live in the Gartland Commons," said Cannon.

The expansion of the Gartland Commons is not the only addition to the Marist Campus, as the science department will be getting a new

home and look as well.

"Another addition to the campus buildings will be a new science building which will be located on the other side of Route 9," said Cannon.

Cannon also stated that the new science building is too far off to have an estimated start or finish date and that they are not sure what will become of Donnelly Hall when the new science building is complete. The new science building, when it's completed, will allow for new aspects to the Marist science curriculum to be debuted, expand upon current science programs and update existing ones.

"The new science building will establish our Physician Assistant's program. The building will also allow us to expand upon our athletic training program, biology, and our allied health service programs," said Cannon.

Renovations, amongst other things, make Marist a modern college as well as a college that can quickly adapt to the need of the students and faculty. It is interesting to look around the campus and see these new renovations and updates alongside that of the old and archaic structures that stand as staples on the Marist campus. Buildings like the Bryne House, Greystone Hall and Kieran Gatehouse show the history of Marist though their ancient structures and architecture. With the new science building, housing buildings and other renovations, Marist will be a refreshed and more modern campus, yet still have an aesthetic that highlights its historic buildings.

From page one

Marist football alum records first NFL tackle

round pick. Fede was one of only a handful from the 2014 NFL Draft's seventh-round that made it on his team's roster.

Castellano continued in his interview, saying, "apparently, he's worked hard and he's made a nice impression. He's got great upside. He studies hard in the classroom; he's leaned on veterans for some advice."

"I am able to use my speed and transition it into power," Fede noted last year. He added, saying, "I feel as if I am very versatile."

Fede showed that versatility in his debut Sunday, lining up at multiple positions on the defensive line.

On the last play of the game for the Dolphins defense, Fede was in on a sack on Raiders' quarterback Matt

McGloin. Originally, he was credited with 0.5 of a sack, which was later subtracted as officials awarded the entire sack to fellow defensive lineman Derrick Shelby.

Fede might see slightly less time next Sunday, when the Dolphins 2013 first-round pick Dion Jordan returns from his suspension following a failed drug test.

While making an impact on the stat sheets in limited minutes, and being able to successfully pressure the Raiders' quarterback multiple times, Fede can become a force to be reckoned with behind the Dolphins starting defensive line.

The Miami Dolphins next game will be Sunday, Oct. 12 against the Green Bay Packers at 1:00 p.m.

From page one

Exhibition showcases professors' art passions

growing and successful home to thriving artists and their pupils. Smith says that these art professors are "active artists," meaning that they are actively involved in making art, rather than someone who simply theorizes. They sculpt, paint, draw, design, shoot photographs, lecture and exhibit—all sharing a common adoration for guiding the youth.

Why do such successes spend their extra hours at Marist rather than in a studio making art? Simple. For these professionals such "extra hours" are not merely a tedious day job, they are integral pieces of the interest and satisfaction that art brings.

"The studio is the place to be. However, while in the studio you only ever hear one voice. The voice inside your head. And let's be honest, everyone wants to do something of merit. So we teach. That way we can deal with greatness and do something good—hopefully we are good at both," Smith said. The ability to nurture and guide young artists is more than enough of a reward.

Interest in the exhibit is rapidly growing, with records showing 1000 visitors in 2013, 800 in 2012 and 700 in 2011. Smith attributes this success to Marist as a whole, and the higher level of excellence the school demands.

In addition to the current exhibit, throughout the year, the Steel Plant hosts a number of regional artists and their works in addition to a student showcase in the spring.

Upon encouraging his basic drawing students to attend the event, Smith entreated, "How many times do you get the chance to be a young educated person? Once. You may be one of us, a 'lifer,' and you may not be, but you will be a person."

Faculty members with works on display listed in sequential order are: Dan McCormack, Laura Kaufman, Stephen Petruccio, Steven James, Lawrence P. James, Laura Toonkel,

Richard Lewis, James Luciana, Donise English, S. Wrenn, Joseph Ventura, Jackie Gregory and Lois Walsh.

The art department employs eight full time faculty members in addition to a number of adjunct professors. Concentrations in painting, drawing, photography, digital media and graphic design are offered as well as electives.

The exhibition will be open from Thursday, Sept. 25 to Friday, Oct. 17. Gallery hours are Monday through Sunday 12:00 p.m. to 5:00 p.m.

Moore shares unique summer Fulbright experience

By MICHELLE COSTELLO
Editor-in-Chief

This past summer, junior Caylin Moore made Marist history when he became the college's first undergraduate to be awarded the prestigious US-UK Fulbright Summer Institutes scholarship. Moore was one of just nine American students chosen to study at the University of Bristol in Wales from May 30 to June 5.

Moore, who is also a quarterback on the football team and an economics major, found out about the Fulbright scholarship opportunity through an email. For the US-UK Fulbright Summer Institutes program, applicants can choose from nine different colleges in the UK to apply, each with its own theme of study for the summer. Moore chose to apply to the University of Bristol program, where the theme was "Slavery and the Atlantic Heritage."

The application was due this past February, and he worked on it with Pat Taylor, Marist's graduate school and fellowship advisor. Moore had to complete two essays, community service statements and provide letters of recommendation in addition to the general application.

At the end of the spring, Moore received an email that Fulbright was interested in interviewing him after reviewing his application. Moore viewed this in itself as an accomplishment, since most students don't even make it to this stage of the process.

Moore interviewed over the phone for the scholarship, and originally did not have high hopes.

"I felt like I blew it after the interview," Moore said, even going so far as to throw his application away and make peace with the fact that he wouldn't be receiving the scholarship.

His phone interview was strategically held in the chapel, so he recalls praying afterwards to clear his mind.

To his surprise, shortly after, he received an email from Valerie Shreiner from the Fulbright Institute, congratulating him on being chosen to study at the University of Bristol for the summer.

Immediately after reading the email, Moore happened to run into Pat Taylor on his way out of Donnelly Hall. He remembers giving her a hug and showing her the email on his phone. He also called his mom, who cried upon hearing the news.

Moore, who is from south Los Angeles, didn't always dream of being a Fulbright scholar.

"If you would have told me 3 years ago I would be studying in the UK, I would have laughed at you," Moore said.

Moore says that college wasn't even supposed to be in his original plan; he says that achieving a 3.8 GPA his first semester was better than he ever performed in high school. Upon coming to college, something "just clicked."

When Moore arrived at the University of Bristol, he and the other

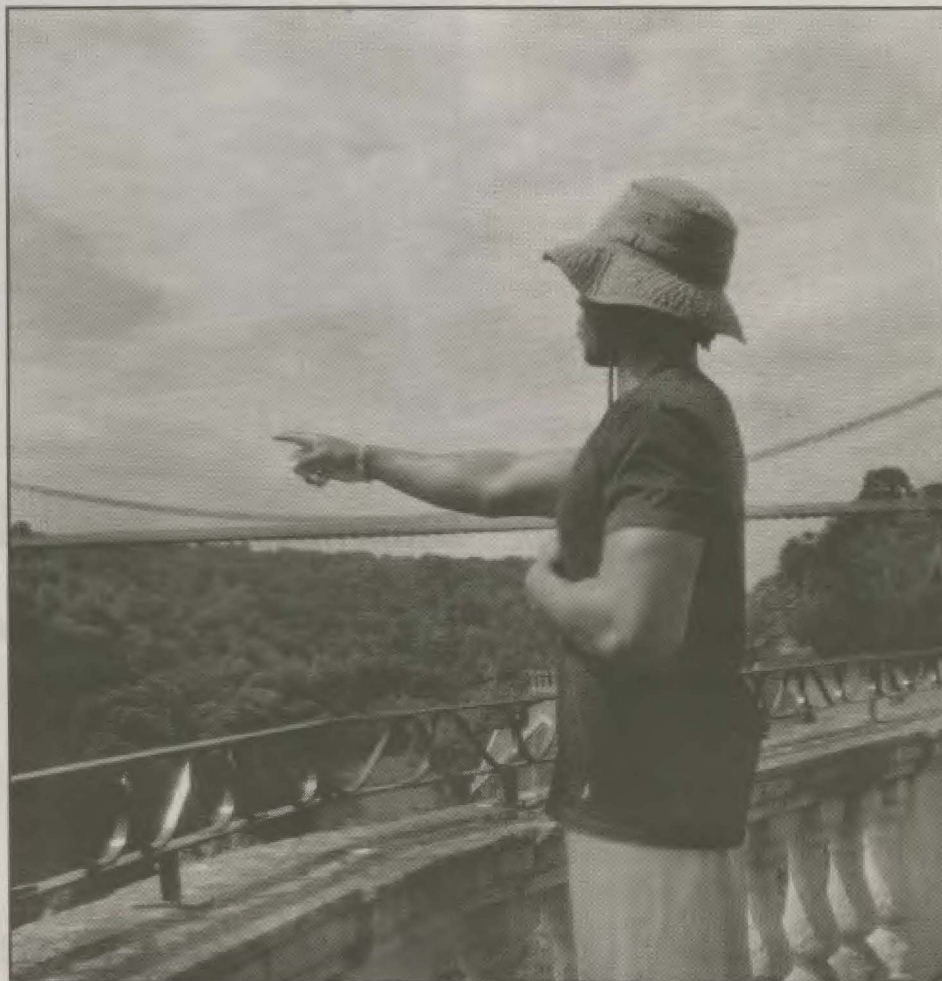


PHOTO COURTESY OF CAYLIN MOORE

Moore explores Wales with the US-UK Fulbright Summer Institutes program.

American students lived in the dorms with the other British students.

"We stayed in a place that looked like Hogwarts," he recalled.

Despite being in another country across the ocean, Moore surprisingly didn't experience much culture shock. Coming from California, Moore experiences some culture shock even coming to college on the East Coast. When he arrived in Wales, Moore said he was able to accept the differences of living in a new country and learn from them.

Moore feels that his studies at the University of Bristol, overall, helped him to gain more perspective on himself as an African-American male. He believes that studying the trans-Atlantic slave trade in a different country allowed him to learn things not normally taught in American schools, like the systematic oppression of minorities in the United States.

"In another country you can see things differently," Moore said. "You can see more unfairness."

He completed a dissertation about continuity in the post-emancipation society at the end of the Fulbright program. In addition to the objective knowledge he gained from his studies, the program also allowed Moore to learn more about himself and his own capabilities.

He remembers that some of the other program members seemed to have applied to study at the university "to come back with pictures or souvenirs," but Moore had more practical motivations.

"I went there to come back with answers," Moore stated simply. He learned that "more work needs to be done" in terms of equality in the

U.S.

"One thing I learned is to question everything; why things are the way they are," he added, including learning to understand why certain places are wealthy or poor, or dangerous or safe through examining the immense amount of wealth present in Wales.

Among his favorite memories from his time in the UK were an archeological dig at a Viking warrior burial ground, visiting the Roman baths in the city of Bath and being invited to the University of Bristol ball.

When he returned home to the West Coast, Moore was appeared on television in L.A. two times. He also was invited to speak at the city halls in L.A. and Carson, a neighboring city about the Fulbright program.

Now that Moore has completed the US-UK Summer Institutes program, he hopes to continue his prestigious studies. He hopes to go to graduate school after Marist, at either Harvard, Cambridge or Oxford. He is also thinking about applying for Fulbright, Rhodes or Truman scholarships for his post-graduation studies.

Moore is very thankful for the opportunity he had through Fulbright at the University of Bristol. The program offered him a greater perspective on what someone is capable of, something he said people who come from his situation never get.

"It shows what you could do with faith and hard work," Moore said.

"I want to thank God for this opportunity," he said. "It's so rare, not many people get to do something like that."



PHOTO COURTESY OF CAYLIN MOORE

Moore attends the program's Berkeley Castle archeological dig.



Soylent: student tries new liquid food-substitute

By SHANNON BALES
Features Editor

“What if you never had to worry about food again?”

The innovators of a new and unusual food-substitute craze “Soylent” believe that one drink could provide all of the nutrients needed to sustain the human body.

As it is defined by its official website, “Soylent is a food product (classified as a food, not a supplement, by the FDA) designed for use as a staple meal by all adults.”

Originally developed and tested by a group of busy, budget-conscious entrepreneurs in San Francisco, Soylent is a combination of powdered ingredients, water and oil that replaces all of the nutrients normally derived from a person's daily food intake with less empty calories. Soylent's webpage guarantees: “Each serving of Soylent provides maximum nutrition with minimum effort.”

“Food was such a large burden,” Soylent founder and tech engineer Rob Rhinehart told Lizzie Widdicombe of the *New Yorker*. “It was also the time and the hassle. We had a very small kitchen, and no dishwasher.”

The name “Soylent” is a reference to Harry Harrison's 1966 science fiction novel “Make Room! Make Room!” which was adapted in the 1973 film “Soylent Green.” The movie tells a tale of a dystopian future marked by pollution and overpopulation. Throughout the film, society subsists on

wafers called Soylent Green — only to discover in the end that the wafers are made of people.

Although Rhinehart's Soylent isn't made of people, the site states that “it is inspired by the idea that we must have an eye toward sustainable food sources as the world's population growth increasingly taxes our resources.”

Headquartered in Los Angeles with production facilities in California and Colorado, Soylent initially appealed to the trending “life-hack” culture of the Silicon Valley. However, since the advent of this affordable and efficient substance, people have been tweaking the readily-available recipe in a global online community. D.I.Y. Soylent drinkers altered the original recipe to suit their dietary restrictions, lifestyles and body types. The personalized recipes go by names like “People Chow,” “Liquid Cake,” “Crude Food” and “Schmoylent.”

“I've been drinking People Chow for about a week now,” said Marist senior Garrett O'Reilly. “I definitely feel a lot healthier than I used to and I don't have to spend nearly as much time or money as I used to just on food.”

He believes that Soylent offers an opportunity to save time and money for those who struggle to buy health foods on a minimum wage budget.

“The shopping for, preparation of, and cleaning up after food does not outweigh the joy of eating for me,” he explains. As a self-proclaimed picky eater, O'Reilly found

that he was struggling to find inexpensive, healthy foods that he actually enjoyed before he started drinking People Chow.

For O'Reilly the beginning of the transition to an all-liquid diet was about trial and error. With a daily dosage of People Chow split between two Nalgene bottles, the liquid's consistency was gritty — “it was really thick, almost like a bottle of sand and water.” He let some curious coworkers try cups of the beige liquid in the beginning when he was still tweaking the mixture for grittiness and they had similarly negative responses. O'Reilly decided to experiment instead, with roughly half the amount of powder mix in each bottle of liquid, substituting in a real meal — which he has started referring to as “Muggle food” — to make up for the rest of the day's calories.

“I'm glad I thought to try adding more water, because if I hadn't, I probably would have given up on it,” he said.

O'Reilly plans on trying originator Rhinehart's recipe in the near future.

“I'm eager to get my shipment of the official Soylent so I don't have to mix up the powder myself,” he says, “I think paying a little more will be worth that convenience.”

The wait for a supply of official Soylent can be up to 10 to 12 weeks as the company tries to handle the influx of orders related to the general media buzz on the topic. The company accepts all major credit cards as a form of payment for the stark white

pouches of Soylent powder and shampoo-like bottles of fish oil. New Soylent drinkers can choose to make a one-time order while continuing fans enjoy the ease of a monthly subscription.

However, it can be difficult to maintain the Soylent lifestyle without the support of fellow enthusiasts.

“I miss the sensation of eating something solid,” said O'Reilly. “I've heard this is a feeling that takes getting used to.”

He relies on the suggestions of D.I.Y. Soylent forums for ways to deal with these cravings.

“I've also heard some people use People Chow to make pancakes,” he said. “While that idea seems counterintuitive to the idea of People Chow and Soylent, it's something I plan to try at some point.”

On the opposite end of the spectrum, students who eat solid food at the Ricketts House dorm at California Institute of Technology feel left out as the majority share D.I.Y. Soylent recipes at social outings. These busy engineering and physics majors find that the bland goo suits their heavy workload.

As for the future, Rhinehart told the *New Yorker* that he believes that, “we'll see a separation between our meals for utility and function, and our meals for experience and socialization.”

O'Reilly says that he still enjoys one solid meal a day, and an occasional “real dinner” at night with his girlfriend.

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We deliver!

*Not to be combined with any other offers

*Must be mentioned when placing order

Couchsurfing: The new way to travel cheap

By JULIANA PERCIAVALLE
Circle Contributor

Travel is expensive enough that it is nearly inaccessible to most Americans. International flights can put a dent in your bank account and studying abroad even for a short-term program, can put a hole in your wallet if you don't budget properly. Even hostels can be overly plush and expensive and the cheap ones are often loud and unkempt.

Americans value their privacy more than most. Perhaps because of that, websites such as Couchsurfing, Airbnb and Warmshowers are just starting to become mainstream even though Couchsurfing has been around since 1999. According to their website, there are 5.5 million "couchsurfers" worldwide.

Couchsurfing and Warmshowers are essentially free services, although you do not have to pay to book rooms, it is implicitly expected that you bring something for your host. Warmshowers is mostly geared towards bikers.

The idea of sleeping on a stranger's couch probably doesn't seem appealing to a majority of people, especially those who like their hotel comforts. But as an increasing number of people who travel do so with a tight budget, they have begun to turn to these networks for a place to stay. These websites are also advantageous to those who are under 21 or don't have a credit card to book a hotel room.

Peter Neiger, who has biked

from Washington, D.C. to Los Angeles and from Los Angeles to Missoula, Mont. with his partner and a friend, has nothing but positive things to say about his experiences with Airbnb and Warmshowers.

"We had nothing but great couchsurfing experiences but a couple stand out. In Santa Rosa we stayed with a guy named Trevor who was an amateur beer brewer," said Neiger. "In Arcata we stayed with a few girls for a couple days and hung out with them and went to the Kinetic Sculpture Race."

"In Spokane we stayed with two college students; They were just really fun to hang out with and they took us to a bunch of breweries," Neiger continued.

"Couchsurfing is a really good way to see cities because locals know better places than you will find just searching online or going to tourist traps."

These services are not just for people in their twenties either. Kelly Kidwell, a student at Tulane University in New Orleans, said that her parents and sister have used Airbnb while visiting her.

"The [Airbnb room] they used in New Orleans during Mardi Gras was owned by this adorable old lady and it was super nice. It was cheaper than a hotel room and had a full kitchen and pull out couch for my sister." They had similarly positive experiences in Romania and New York City.

Of course these room-sharing services aren't without their risks. Google "couchsurfing horror stories" and you'll be treated to a plethora of stories about travelers,

mostly women, encountering creepy hosts. Unfortunately, it is necessary to remain vigilant and take precautionary measures while traveling regardless of where you decide to sleep. These Web services do, however, attempt to mitigate risk with a system of ratings for both hosts and guests.

"There are so many built-in market mechanisms that rule out sketchy people and incentivize hosts to maintain good reputations," said Kelly Barber, who has participated in home exchanges in Germany, Florida and Louisiana. Because of this, Barber said she has never felt unsafe using these services.

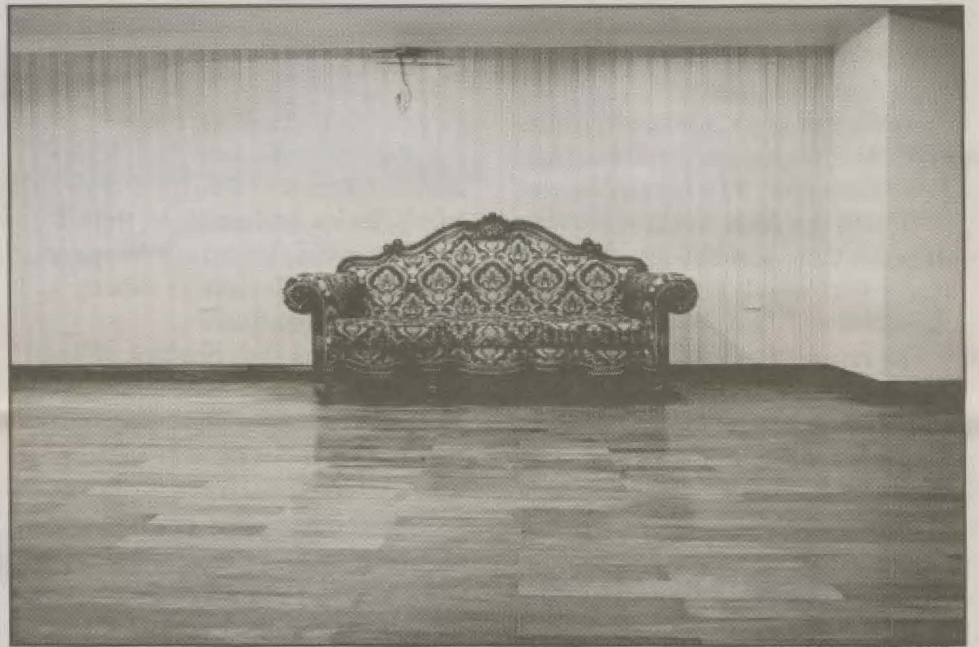
Santana Whatley, a student at Jones County Junior College in Mississippi, confirms this.

On a trip to New York City, she

and a female friend stayed at an apartment in Harlem found through Airbnb.

"We left our stuff out in the open and everything," she said. "Also, I think it's safer than hostels, which seem to be socially accepted, at least among young people." She also recalls the hostels in New York having too many rules, like not being able to check in after 11:00 p.m. and only being allowed a small bag.

So, will couchsurfing replace hotels in the near future? Probably not, since not many people's houses can accommodate travel groups and special events. Additionally the idea of sleeping on a stranger's couch is still uncomfortable for many. However, it is definitely worth a try for your next trip.



LUCASETTI/FICKR

Couchsurfing not only saves money, but helps foster new friendships.

How to avoid gaining the "Freshman 15"

By ELIZABETH HEHIR
Circle Contributor

The first few weeks of college are a haze of Friday nights and gathering with friends on Saturday mornings over French toast sticks. Actually, that's most of freshman year and it's awesome until it's been a month and you don't know what the inside of McCann looks like. The "Freshman 15" is a reality for so many college freshmen who have no choice but to eat dining hall food, but it doesn't have to be. By being aware of what you're eating and maintaining a decent workout regimen, you can avoid gaining weight and maybe even lose a few pounds.

The best way to stick to a fitness goal is to do it with a group. Fortunately for all freshmen, you're always surrounded by 1,000 others who are also trying to stave off the pounds. If you and a couple of your closest friends decide to hit the gym together a few times a week, you're more likely to go than if you planned to go alone. There's more motivation to trek to McCann if you're not alone.

If even your friends can't get you to

the gym, try signing up for fitness classes that you risk failing if you don't attend. While you've already missed out on fall semester classes, plan on attempting to get into a one credit class, like boxing or yoga, for your second semester. There are also plenty of intramural teams, from basketball and Zumba to badminton and volleyball, that you can sign up for.

By the time it gets to winter and the wind is blowing off the Hudson and freezing you straight through to your spine, the number of people at McCann will drop drastically. If you can't bring yourself to go out in the snow, get a few friends together in someone's dorm room and search YouTube for some exercise videos. Turn on Jillian Michaels or a 40 minute yoga tutorial, anything is better than nothing and it's fun when you're with your friends. If all else fails, never underestimate an abs circuit and some old-fashioned pushups before dinner.

A benefit of being an upperclassman is having your own kitchen and being able to decide what you will cook on a day-to-day basis. Unfortunately, freshmen don't have this lux-

ury yet and they are subjected to whatever Sodexo serves. Before grabbing pizza for the third time in a week, take another walk around the dining hall and check for healthier options. Designate a day in which you will have salad instead of loading up on calories. If possible, don't walk near the dessert trays or risk succumbing to pound cake and cookies. If you have a sweet tooth, make dessert your reward and not an everyday event. Only have dessert on cupcake Tuesday, or promise yourself ice cream only on your hardest class day, but don't pile on the dessert seven days a week.

Worse than swiping cookies from the dessert stand every day is Pleasant Ridge at 2 a.m. four times a week. Yes, their chicken bacon ranch pizza is delicious, but if this becomes your lifestyle you'll quickly notice changes that you don't necessarily like. The occasional P-Ridge is acceptable (it's a Marist tradition), but make sure pizza isn't your main source of food.

Unfortunately, even if you think you're grabbing a healthy option in the dining hall you might not be. That is the reality of dining hall

food. The solution is downloading the My Fitness Pal app and logging your calories and exercise so that you're aware of how much fuel your body actually needs and what is excess. This app allows you to track your weight and body measurements while giving you set numbers of how much food you need. You'll also realize that a serving size of French toast sticks is five, not twelve. Most Sodexo foods are on My Fitness Pal, so it's easy to log your foods on a daily basis. Make it part of your routine so you'll stick with it.

Nobody wants to leave their dorm in May and be 15 (or more) pounds heavier than when they arrived in August. Unfortunately, this is the reality for many freshmen. If you and your group of friends are resolute in your fitness goals, you can be part of the freshman class that loses weight instead of finding it. The trick is attempting to eat healthy whenever possible and not be fooled into thinking that walking to Fontaine on Mondays and Wednesdays counts as your exercise for the week.

The perks of buying homemade

By NICOLE BURGAGNI
Circle Contributor

In today's society, consumers have plenty of choices when it comes to shopping. They choose where to shop, what to buy and how much to spend. With the rise of technology over the past decade, retailers have made it even easier for shoppers to stay on trend with just the click of a button. As online shopping continues to gain momentum, people around the world have connected with others and seen what else they can buy outside of their local malls. Instead of buying the same cookie-cutter manufactured items, men and women have been looking for new ways to shop for unique pieces that will set them apart.

Websites like Etsy, Artfire and DaWanda have taken online shopping to another level by offering their customers products that are personalized and homemade. These trendy websites mix old traditions of handcrafting with the new technology of online shopping, providing shoppers with distinctive goods that cannot be

found in chain stores.

Etsy, along with other online retailers, has just about anything and everything a shopper could want, from vintage clothing and jewelry to engraved gadgets and gizmos.

These websites provide a space for crafty people and small business owners alike to sell their products to people across the world without having to open a single store. Vendors are able to display all of their product offerings using various styles, making shopping easier for the consumer. Most items on these websites are made to order and do not go through mass production, ensuring customers receive unique gifts and products.

Several months ago I decided to check out these websites to see what all the rage was about. I had been looking for a gift for my brother and his new fiancée for their engagement party, but I kept finding the same engraved picture frame over and over again. I took my search online and stumbled upon Etsy.

The website was professionally laid out and had a search bar on the top of the page to

help me get started. I punched in "engagement gifts" and over 250 pages appeared with tons of custom-made items and knick-knacks. My search was finally over. I was able to design and plan out my own gift, which would be handcrafted and sent to my house within three weeks. Pleased with my purchase, I decided to go back

and look for items that I normally would get in the mall. Since then, I have bought numerous pieces of jewelry, phone cases and personalized items for my dorm room.

Next time you are searching for a remarkable gift or even want to try selling your own products, check out homemade online retailers like Etsy.



GUSPRASADKAUR/FLICKR

Homemade goods and crafts can make great and unique gifts for any occasion.

Culture Corner: A surreal Switzerland

By KATHRYN SCHMALZ
Circle Contributor

Travel is a topic very near and dear to my heart. I recently spent a year abroad in the enchanting city of Florence, Italy. There, I had the incredible opportunity to not just explore the culture of Italy, but the cultures of nearly 17 other countries in and around Europe. Nearly every city took my breath away with its own individual charms and nuances. However, I must admit that, I left my heart in the amazing, breathtaking beauty known as Switzerland.

I can clearly remember dragging myself off of the stuffy bus at 4 a.m. after an eight hour

drive. I took in a long, deep breath of the crisp, clean air. The air seemed to have been untouched by any human exposure, pollution or otherwise for quite some time.

After a quick nap, I was eager to see what Switzerland had in store for me. A group of other students and I walked along the quaint streets of Interlaken where a single car or bus seemed to pass once every 20 minutes. It was hard not to take in the incredible views of the soaring Alps that surrounded us like skyscrapers in New York City. The cottage-like buildings below were dwarfed by the sheer magnitude of these mountains. As we walked, they only seemed to get

more magnificent. It wasn't until I reached the top of the ski slope that I noticed how amazing their power truly was.

In the interest of full disclosure, the only reason I chose to visit Switzerland was for the chance to tell my friends and family that I skied down the Swiss Alps. Therefore, I made it my first priority to find the closest ski shop.

However, I realized this was not my average ski slope when I listened to the directions needed just to reach my starting point. I was required to lug myself, ski boots and skis on a bus, train, gondola, another train and finally up the ski lift, in that order.

So, as many of you can expect, it was a huge relief when I reached the top of the slope. Yet, when I reached the peak, the simple pride that was soon to be gained from my downhill trek was replaced with the pure joy to be where I was. I was no longer simply surrounded by the beautiful Alps as I was in the town, but I was now standing among them.

I was on top of the world where no one could touch me. Every fear, hesitation or worry that was in my head at that moment had vanished. The only thing I could think to do was savor that moment. Yet, no matter how long I stood there for, it was never long enough. There are really no words to describe the

beauty that I encountered.

As I mentioned, I traveled to many countries before and after that moment, yet I still find it hard to compare standing at the top of the Swiss Alps with any other view. But, it would have to be the lake which was found nearby by accident.

On the last day I spent in Switzerland, my friend and I decided to explore further. We hopped on a city bus which curved along the winding roads, passing streams, small towns and cobblestone streets. Finally, through a line of trees, we glimpsed a lake.

Quickly escaping the confines of the vehicle, we ran to the water's edge. There was the beautiful view of a lake with water so blue it could blend in with the sky; surrounded by none other than the Swiss Alps. The mountain peaks were beginning to thaw out and the greenery was beginning to show. The sight once again took my breath away.

I was now starting to realize that I could expect nothing less from this amazing country. Although, the chocolate was delicious and the people were incredibly nice, it was the view that increased my desire to explore Switzerland again.

So, in short, for any nature-lover or anyone who is just trying to find the best view in the world, I suggest Switzerland. It will not disappoint.



ERICCHUMACHENCO/FLICKR

The Swiss Alps will definitely not disappoint on a weekend getaway.

Derek Jeter: A legacy of greatness

By ADRIANA BELMONTE
Circle Contributor

When you think of Derek Jeter, what comes to mind? Yankees fans might say the captain. Fans of other teams will probably think classy. Keith Olbermann, on the other hand, would probably say “overrated,” but let’s not get into that. Most people have an idea of who Jeter is and the impact that he has had on the game of baseball. Since his debut in 1995, he has been a model of consistency, excellence, and ability. He was named to the All-Star team 14 different times and won five World Series Rings, five Silver Slugger Awards, five Gold Glove Awards, two Hank Aaron Awards and a Roberto Clemente Award. On top of all of that, Jeter was the captain of baseball’s most infamous team: the New York Yankees.

Many fans feel that Jeter is overrated, but they are wrong. He retired with over 3,400 hits and over 1,300 runs batted in. In the postseason, Jeter ranks first in games played, at bats, plate appearances, runs scored, hits, total bases, doubles, triples and singles. What is even more important to note is that he accomplished all of this while playing without the use of performance enhancement drugs.

While some records are tainted because of players like Manny Ramirez and Alex Rodriguez, Jeter’s records stand cleanly and proudly. It is because of his solid character that Jeter has become an incredible role model over the past 20 years. Little kids look up Jeter and see a player who has never tested positive for any drugs, who has never been ejected from any minor or major

league baseball game, and who has respect from players in not only baseball but all other professional sports leagues as well. Just take a look at Michael Jordan’s RE2PECT commercial.

This season has been known as Jeter’s farewell tour and while it is understandable that many have grown sick of

hearing his name everywhere, they need to understand why it is happening. At first, I even began to grow wary of the media talking about him nonstop this year, especially at the All-Star Game. But then, I watched Jeter take the field and I watched him bat. I saw how he interacted with his teammates. I saw the respect both his teammates and his opponents had for him. It was then that I realized that Jeter deserves this atten-

tion. There are not many other players out there that have such universal respect. Not many other players have done what Jeter has.

Jeter captured the hearts of fans not only with his everyday play and work ethic, but also by showing his true talent on the baseball diamond. There was

do in his last at bat? He got the game-winning hit. As Mariano Rivera said in a postgame interview, “It doesn’t even surprise me.” And why should it? Since Jeter stepped onto the field 20 years ago, his illustrious career has been drafted like a movie script. The kid who grew up wanting to play for the Yankees ends up becoming one of the greatest players ever. His 3,000th hit was a homerun. His last hit at Yankee Stadium was a hit to right field that won the game. His final game ever was against his team’s biggest rival, the Boston Red Sox, at Fenway Park. He exited to a standing ovation after getting a hit in his last at-bat.

At his last game on Sunday, the Red Sox honored him with a classy pregame ceremony. The festivities featured not only former Red Sox captains Carl Yastrzemski, Fred Lynn and Rico Petrocelli, but also former captains from other Boston teams: Bobby Orr, Troy Brown and Paul Pierce. Arguably though, the highlight of the ceremony was an appearance by Pete Frates, the young man that inspired the ALS Ice Bucket Challenge. The tribute displayed how a player like Derek Jeter was able to bring two teams together, despite their fierce rivalry.

As I sat in front of my television on Sunday and cried my eyes out over Derek Jeter, I realized that this is an end of an era, especially for the Yankees and their fans. Gone is the last of the Core Four. Gone is the captain. I am not saying that the Yankees cannot survive without Derek Jeter but without their captain leading them, things are never going to be the same.

Farewell Captain.



Liberty Voice

Yankees Captain Derek Jeter retires after playing nineteen seasons for the New York Yankees. A five-time World Series Champion, Jeter reached 3,000 hits in 2011.

On Thursday, Sept. 25, Jeter stepped on to the field at Yankee Stadium for the final time in his career and what did he

The Flip, The Mr. November homerun and The Dive, among many others. When the Yankees needed someone to come through for them in the regular season or postseason, Derek Jeter always answered the call. That is why he was the captain; he was their leader both on the field and in the clubhouse.

On Thursday, Sept. 25, Jeter stepped on to the field at Yankee Stadium for the final time in his career and what did he

The time to vote is now: It’s your right

DBY ROSE SHANNON
Staff Writer

Last Tuesday, Sept. 23, was National Voter Registration Day, a day many Marist students probably did not even know about.

I am guilty as well.

I only knew about the day when I saw girls from one of Marist’s sororities, outside the cafeteria, helping fellow classmates register.

I told them what they were doing was great and they asked if I needed help registering.

I told them no, because not only was I registered to vote, but also had mailed my form to receive an absentee ballot. I was the only one who gave them that response.

I am not surprised and it would not shock me that a large portion of students would say they are not register to vote or even plan on voting in November’s midterm elections.

I get it—young people shrug about voting, they do not care about politics or they claim to have more “important things” on their plate. However, voting and political participation are important.

This angers me for many reasons.

I have always believed one should take full advantage of voting in every election in which they are eligible

Since I was 18 years old, I have voted in every single election, both locally and nationally. It feels great to vote and get that cute “I Voted Today” sticker.

As an American, I take the right to vote seriously. As a woman, I am extremely thankful that because of others,

I have the right to vote and am able to have my political voice be heard.

I don’t know where the idea originated that it is okay to not be up to date and informed about what is going on in the world—the one outside our “Marist bubble.” I do not understand why people think that it is okay to be dumb about politics.

Here is the simple truth: being unaware about what is going on in the world, especially in your own country is not attractive anymore.

I am not sorry.

We are in college, and therefore we are treated like adults; we should act in accordance and voting is a part of that. Personally, I think that being educated about politics, the world and news is an attractive quality.

I understand we have classes on Nov. 4, the day of the midterm elections.

I understand not everyone can go home to vote, even those who live locally.

But, there is a wonderful invention called absentee voting that will solve this problem and it is very simple to do. All one has to do is go on to their town or

city’s Registrar of Voters website, download and print the absentee ballot form, fill it out and mail it back.

I recommend the easiest option, which is having the Registrar mail you your ballot to the Marist address. Once you have received your ballot, all you have to do is fill it out and mail it back. You buy your stamp and envelope in the mailroom, fill out your ballot and mail it back all in less than 30 minutes.

So do not tell me you do not have time to go to the mailroom, mail something, check your mailbox, fill out the form and mail it back.

Even the busiest person has time for this.

If you are not registered to vote, you can do that either in person or by mail the same way. If confused, call the registrar or ask your parents, both will be willing to answer any questions.

This is why voting matters: in the next three to four years, we will all graduate and be in the real world. The decisions the government, both locally and nationally make will have a direct effect on all of us, maybe not today, but in the future.

Speaking of that: I do not want to appear sexist, but girls, you especially should vote this November. Many important issues relating to women are on the table this year, including abortion rights, access to birth control, equal pay

in the workforce and combatting sexual assault on college campuses.

For your voice to be heard, vote for the candidate that shares your views. Women cannot leave their personal health, financial stability, and safety up to others.

I think we all forget sometimes that countless women fought for the right to vote, so show them you are thankful by voting this year.

There are countries around the world in which women are oppressed and still cannot vote.

If you do not vote, it is slap in the face to all the women around the world who want to vote but cannot because of various circumstances.

It is not even October so everyone still has enough time to register and vote. Prove society wrong. Young people can care about politics and can make intelligent decisions in the voting booth.

Prove me wrong when I say that most Marist students only care about what is happening inside the “Marist bubble.”

Do not wait two years until the presidential election.

Vote now.

Exercise your constitutional right.

Institute a change.

Make your voice heard.

Yes, no, maybe so? Scots choose to stay with U.K.

By **MATTHEW MAGGIO**
Circle Contributor

Scottish nationalists went home disappointed on Thursday, Sept. 18 after the failure of the referendum vote that asked the question, should Scotland become an independent country? The vote for "No" led the majority with 55.3 percent leaving 44.7 percent of the population unhappy with the current political situation in the United Kingdom. However, the question remains, why have a referendum at all?

The creation of a united England and Scotland dates back to 1707 when the two crowns of Scotland and England both rested on the head of Queen Elizabeth I. It was under her rule that the parliaments of Scotland and England hammered out the Acts of Union in 1707 which created Great Britain. This union would prove to be one of the most successful unions of all time. Together, these countries were able to create a colonial empire that spanned the seven seas, and defeated the armies of Napoleon (and half of Europe). They held their island by land, air and sea against the Fascist war machine that crushed other nations in its path. It is be-



CONSTITUTIONAL MAKING AND CONSTITUTIONAL CHANGE

Yes to independence or no to stay unified? Scotland votes to remain with the U.K.

cause of their union that the U.K. wields the status of a major superpower and defender of freedom. Their history alone binds them to a certain brotherhood that cannot be denied, which is why it is so surprising to discover that they should seek a division.

What drives these two lands apart today are petty concerns compared to their achievements in the past. Many people still identify ethnically as Scottish and want to see an independent Scotland take the world stage. Others want to

take full advantage of Scottish oil reserves as an independent nation rather than allow a joint Parliament to decide what happens to the Scottish resources. A large part of the movement centers on the political majority that controls Parliament in Westminster. The majority leans toward the Labour Party, which currently holds a minority in both the House of Commons of Scotland and the House of Lords. The Conservative party (chiefly English) holds the majority and the seat of Prime Minister.

Recently, Scots have been calling for "devolution," the transfer of local power to Scottish Parliament members that legislates at a lower level than the Parliament at Westminster. Debate has forestalled any recent bills from passing in the past, causing many Scots to believe they are not being represented properly.

One of the most important lessons to take from this event is the implication of successfully dividing a nation. Many other independence movements are now on hold for fear of failure. Catalonia, a territory of Spain, has recently been making great strides in support of independence, creating fears of yet another possible divide. If nations choose to divide themselves for short-term gain, Europe will grow weaker economically and politically.

Smaller governments will need to work with fewer resources and weaker currencies. Smaller militaries will require the international community to defend their freedom if they are ever threatened. It is important to remember that we live in times when we need to work together to build and protect a better tomorrow rather than fall apart to satisfy short-term gain.

Does nail polish really prevent date rape?

By **MALLIKA RAO**
Circle Contributor

The statistics are no joke. The White House recently issued a report saying that 1 in 5 female students on college campuses is sexually assaulted or harassed during her time as a student. Many of those women are survivors of sexual abuse while under the influence of a toxic substance.

As a female student, these statistics shock me. What is particularly alarming are the biased opinions toward the issue that fail to realize the situation is severe; most of which are politically motivated. You can easily hear arguments from right-wing pundits such, as those of Glenn Beck, that dismissively label the college atmosphere as a "hookup culture," while those on the left refrain from using such baseless terms and work actively to encourage colleges to take action. Essentially, the former side seems to not actively solve the problem by retreating to the archaic idea of always blaming the woman.

Adding fuel to the fire is a controversial new product created by four North Carolina State University undergrads to combat rape on college campuses. Ankesh Madan, Stephen Grey, Tasso Von Windheim and Tyler Confrey-Maloney believe that nail polish will help women defend themselves in the face of rape. While well-intended, I

find the idea to be rather ludicrous and don't believe in its long-term purpose. It certainly does not help that the "creators" behind this product are males.

How the nail polish works is apparently as a litmus test of sorts, intended to detect the date rape

even outside of the political landscape. Feminist bloggers have come out on the offense about this issue like trench warfare soldiers in World War I. Now, I do not claim to be a feminist by any means, but I understand their concern. The societal tendency to vic-

students. It is about time that we change the conversation of sexual assault to focus on the male students and how to educate them to treat women better, something that I personally always believed was common sense.

Tracey Vitchers, the chair of the board for Students Active For Ending Rape (SAFER), clearly agrees. On a post for ThinkProgress.org, she posed the following question, "Are you talking to young men about the importance of respecting other people's boundaries and understanding what it means to obtain consent?"

Additionally, in an article for Salon Magazine, Jenny Kutner asks, "Is this really a market we should continue to applaud entrepreneurs' (notably male ones) tapping into? Or might these resources be better allocated trying to teach people not to rape?"

Lastly, intoxication is not the only cause of sexual assault. People need to be mindful of the fact that a nail polish thought to prevent date rape will not prevent sexual assault. We need to educate men on how to treat woman properly, something that seems straightforward yet is somehow difficult given the shocking statistics. Women also need to learn to defend themselves in this increasingly fearsome world.



New developments in date rape prevention inspire North Carolina University students.

drugs found in spiked drinks with a change of color. You put your finger inside the drink, and see what happens. Aside from sounding rather unhygienic, this idea does not exactly allow women to take back control of their bodies.

I cannot believe that men are making decisions regarding women's bodies and sexuality,

timize the female seems to trivialize the truly heinous crime that is sexual assault.

If use of this nail polish were to go viral across college campuses, girls who refuse to buy the product will potentially be viewed as cowards and the "blame the victim" mentality will only spread further, this time amongst fellow female

Fall concert review: All Time Low rocks Marist College

By DANIEL ABRAMSON
Circle Contributor

Marist College's big concert of the semester occurred on Thursday, Sept. 25. This year, Marist's Student Programming Council did not disappoint in bringing a big name to campus. The pop-punk band, All Time Low, performed for a large crowd in the McCann Arena that night, and it was quite an event to remember.

The band has been around since 2003, having formed while still in high school in Towson, Md. Since their formation, All Time Low has released five studio albums, five extended plays and eighteen music videos. Two of their albums have been at the top of Billboard's list of rock albums.

An up and coming band named Brick + Mortar opened the show, combining indie rock, drums and



COURTESY OF FLICKR.COM

The band sang classic songs like "Dear Maria Count Me In" and "Weightless".

bass and pop to make a unique sound. The duo of guitarist Brandon Asraf and drummer John Tacon worked to create an interesting mix of genres, convened in their entire set list. As for the headliner, All Time Low enthralled fans by playing a collection of their hits, such as "Dear Maria, Count Me In," "Damned If I Do (Damned If I Don't)" and "Weightless." The crowd cheered and screamed for the

band throughout the show with fists in the air.

There were more than 500 people at the concert and they did not leave disappointed. Leader singer and rhythm guitarist Alex Gaskarth, lead guitarist Jack Barakat, bassist Zack Merrick and drummer Rian Dawson put on an impressive show filled with energy and enthusiasm. The band had not performed a show in about two months, but that did

not stop them from having fun with the audience and playing their hearts out.

It was evident how many of All Time Low's fans were at the concert. While Gaskarth and Barakat made conversation, jokes and sexual innuendos, the crowd had a largely positive response. It seemed that the majority of the audience was female, yet there were surely some male fans of the band as well.

All Time Low even announced that they were working on another album and that they are going on tour in the United Kingdom. They have not released any music in over a year and have not released an album in two years, so this is big news for fans.

Overall, Marist definitely chose a good act to come to campus. I cannot wait to see who will be headlining this spring.

"Death & Taxes" offers Family Weekend entertainment

By AUSTIN CHRISTENSEN
Circle Contributor
Austin is a member of MCCTA.

This past family weekend, the Marist College Club of Theatre Arts (MCCTA) and the Office of Student Affairs worked together to present the dinner theatre production of "Death & Taxes."

Boasting two sold-out performances, "Death & Taxes" tells the story of Granville Powell (portrayed by freshman, Dan Ahl) and his announcement bid for the White House. What starts out as a lighthearted night with potential sponsors (the crowd themselves) turns sinister when Powell is murdered. Police inspector Mack (portrayed by senior Brianne Kai), must then determine

who of the five suspects committed the heinous act.

Despite the severity of the situation, the cast still manages to provide plenty of laughs along the way. Raquel Medina, in particular, delivered many of the chuckles as the eccentric old woman, Pearl Powell.

Also among the cast was Evan Brucia as the calculating Nick Spencer, Conor Bergstorm as the smooth-talking Jasper Kipperling, Gabriela Morris as the flirtatious Track Kipperling and Jessie McFee as the soft spoken Clarissa Powell.

"The shows went great," said cast member and junior, Evan Brucia. "The audience really warmed up to us quickly and it was exciting getting to interact with them. It's something I've never been able to do

as an actor before." The actors' enthusiasm seems to have been shared by the audience as well.

"Although it was small-scale, the overall production was well put together. It was a fun hour of theatre," said Zach Russo, a junior.

With all of the talent onstage, it's easy to forget how much time and effort it takes behind the scenes to make a show great. Emily Crescitelli, a senior, acted as the production manager for "Death and Taxes." As such, it was her responsibility to make sure everyone involved in the event was on the same page.

"With an event like dinner theatre, there is a lot more that needs to happen than people realize," explains Crescitelli.

Indeed, she is considered to be the liaison between everybody, including the Office of Student Affairs and Sodexo.

"We have to make sure parents fill the seats, that dinner and timing is organized, and that the show is ready to wow the audience," Crescitelli added.

And not to be forgotten, of course, is the director. Tara Higgins, also the president of MCCTA, was in charge of pulling this show together for family weekend in a matter of weeks.

"Death & Taxes" will be remembered as a successful installment in the family weekend dinner theatre tradition.

Nick Santino brings original songs to Coffeehouse

By DANIEL ABRAMSON
Circle Contributor

Marist has brought many singer-songwriters to campus for their Coffeehouse events. Nick Santino might have been their most talented musician so far.

Santino was formerly the lead vocalist and rhythm guitarist for A Rocket to the Moon, which was a rock band signed to Fueled By Ramen. He enjoyed success with the band, as both their albums "On Your Side" (2009) and "Wild & Free" (2012) charted on both the US Rock charts and Billboard Top 200. The latter also charted on the US Alternative charts.

Unfortunately after seven years as a group and three group member changes, the band broke up. This left Santino to perform solo and he's been touring ever since. Marist was one of his many stops.

Santino put on an impressive show, playing and singing his original music on guitar. This was his



PHOTO COURTESY OF MARIST SPC

Santino will be touring the UK with The Maine this October.

first show since he performed at the Vans Warped Tour in August. He was a little rusty from his time off, but powered through and showcased his impressive vocals and songwriting abilities. He performed for about an hour and entertained the crowd with both his music and

stories. People laughed, cheered and had a good time.

When the show was finished, I asked him how his band went from local shows at Braintree, Mass., to millions of views on YouTube. He told me how marketing on the internet played a big role

and he was actually discovered on MySpace. He also gained significant interest from Pete Wentz of Fall Out Boy, who had also heard the music of A Rocket to the Moon.

Overall, Santino put on a show that enticed his listeners and created a new fanbase in the Marist community. This October Santino will be going to the U.K. to tour with The Maine. He released his first full solo album this past May entitled "Big Skies." It performed rather well, climbing to number three on the iTunes Singer-Songwriters chart.

You can follow Nick on his official Twitter @NickSantino, on Instagram @nicksantino or his official Facebook page.

Make sure to come to any of the SPC Coffeehouse events for this year; the talent brought to campus will not disappoint.

Women's tennis prepares for spring

By NIKOLAS DOBIES
Circle Contributor

The Marist men's tennis team possesses a championship tradition, winning 11 MAAC titles in their history. Last season Marist competed in the NCAA tournament at the eighth ranked University of Texas Longhorns in Austin against the Longhorns. The team also has not lost a game in the MAAC in the past five years, the last loss coming in April 2009. Since then the Red Foxes have run the table in the MAAC compiling a record of 31-0. The reason the team has seen this much success is the ability to land good recruits from all over the world, who are willing to work hard and come together as a team.

This year, the men's team has already begun preparing for the spring season, participating in the Brown Fall Classic at Providence, Army Shootout at West Point, Ivy Plus Tournament at Princeton and played a match at the University of Connecticut. The team is led by head coach Tim Smith, assistant coach Ron Lane, captain Matteo Giudici and co-captain Joe Dube.

Most recently, the Red Foxes traveled to Storrs, Conn., for a match against the UConn Huskies. The Red Foxes prevailed by a 4-3 decision, with the teams of Giudici and

Fletcher defeating Palmer and McEntee 8-5, and with wins coming from Rudolf Kurz at first singles, Dube at third singles, Justin Chanthalangsy at fifth and Timo Tanzer at sixth singles.

"It was definitely an exciting match with three of our freshmen really showing up," according to coach Smith. "Chanthalangsy won 6-2, 6-1, Kurz won in a third set tiebreaker, and then at 3-3 with the final match on the line, Tanzer dominated the third set tiebreaker to win the match for our team. Although our third doubles team of Giudici and Fletcher came back and won their match, our doubles are still a work in progress."

The team also won all three of its doubles matches against Farleigh Dickinson and earned a victory against MAAC rival Niagara on the first day of the Army Shootout on Sept. 19. Marist doubles team Joe Motta and Fredrik Bjerke defeated Arvis Berzins and Gonzalo Quintana 8-6 in the Red Foxes closest contest against FDU. The Marist doubles team of Giudici and Fletcher defeated Jacob Whalley and Adam Chan 8-2, while the team of Tanzer and Julien Hochner defeated Diogo Garnel and Arnaud Valentin 8-5. On the second day of the Ivy Plus tournament, Kurz led the way for the Red Foxes by picking up two victories against seniors in the top of the



COURTESY OF MARIST ATHLETICS

Marist tennis captain Matteo Giudici (Parma, Italy) is pictured above in a match earlier this year. Last season, Giudici earned All-MAAC Singles second-team honors.

draw. Kurz dropped the first set 6-3 in both of his matches but earned come back victories against Matt Hagan from Iowa, as well as Shaun Chaudhuri from Harvard. In the vic-

tory against Hagan, Kurz won the final sets 6-2 and 10-2, and grinded out 6-4 and 11-9 set victories against Chaudhuri.

The goal now for the team moving forward is to continue to play well in the MAAC, and bring home another MAAC title.

"If our freshman play well then we should have a great shot at another MAAC title," coach Smith said.

This year the most challenging opponents in the MAAC include Monmouth, Fairfield, Niagara and Quinnipiac, all of which should be in contention for the MAAC title. When asked about the coaching style of Smith, captain Matteo Giudici replied, "He shows a great level of enthusiasm and energy, which definitely helps fuel our team in practice and he always thinks about how he can improve the program."

In order to reach that goal the team has a rigorous practice schedule in place that will prepare them for the upcoming MAAC schedule. Currently, the team practices four times a week for two hours, while in the winter they focus on both playing and conditioning to ensure they are ready for spring. With hard work, and dedication throughout the fall and winter, the Red Foxes should be more than prepared for MAAC play as they look to win their 12th MAAC championship.

Women's soccer falls in MAAC play

By OLIVIA JAQUITH
Staff Writer

The Marist women's soccer team dropped its first Metro Atlantic Athletic Conference game, falling 2-1 to the Manhattan Jaspers on Sept. 27 in Riverdale, N.Y.

Freshman Brianna Robinson put Marist on the board early when she scored her first career goal off a rebound at the 12:27 mark. After senior defender Shannon Garrity cleared the ball off the line following a shot by sophomore midfielder Juliette Loccisano. The Manhattan defense could avoid the danger as Robinson booted it in. The Jaspers responded quickly, however, in the 20th minute when senior Aislinn McIlvenny raced along

the far right side and swung a ball into the box for junior Sam Washuk to chest into goal, tying the score.

The deciding score of the contest came from McIlvenny, who shot the ball from 18 yards out and placed it inside the far post. Her goal at the top of the 40th minute proved to be the difference as the Jaspers took a 2-1 lead into halftime—one they would hold on to for the rest of the game.

Frantic play yielded a physical second half, as one player from each team picked up a yellow card. Marist senior defender Marissa Mertens was cautioned in the 63rd minute for an aggressive slide tackle on Manhattan senior midfielder Kaeyln Angelo. Manhattan freshman center back Emily Center was given a yellow card

in the 67th minute after trying to establish position on a Manhattan free kick.

Senior Andrea Wicks made six saves in the first half, including one effort by Washuk, who is known for her work rate up top. Freshman Ashley Houghton came in for the primarily defensive second half. Robinson finished with four shots and sophomore Shannon Leonard scored a pair of shots for Marist, while Washuk and McIlvenny combined for 11 of Manhattan's 17 shots in the contest.

The Red Foxes (1-6-1, MAAC 0-1-1) will return to Tenney Stadium for a clash with MAAC rival Siena (4-5-2, MAAC 1-1-0) at 7 p.m. on Oct. 1.

Men's soccer draws in New Hampshire

By OWEN CONDON
Staff Writer

The Red Foxes men's soccer team took the trip up north on Friday night to play their last non-conference game of the season against the University of New Hampshire Wildcats. Marist (4-2-2, 0-0 MAAC) was coming off of their first bad loss of the season, when they were taken down by St. Joe's 5-1.

Early on, it looked as if this game could turn ugly too, as the Wildcats stormed down the field and got a shot off that looked to be heading to the back of the net. Luckily for Marist, the ball took a loud clang off of the post to keep the game scoreless. Marist marched right back down the pitch and got a chance of their own, only to be turned away by New Hampshire goalie Travis Worra. After that, the game was a stalemate for the next 20 minutes or so, until New Hampshire

lined up for a corner kick 29 minutes in.

Until junior Midfielder Jesus Tudela lined up and placed a beautiful ball into the box to find midfielder A.J. Albers on a strong header to the back of the net for a 1-0 Wildcat lead. However, the Red Foxes would not be deterred. They pushed back right away and three minutes later senior midfielder Matty Berman hit freshman Brandon Curtis with a pass that Curtis took and shot right past the keeper for the equalizer.

Now it was time for the Red Foxes defense to come to the forefront. After allowing seven shots in the first 30 minutes—four on net—the stubborn Marist defense allowed only three shots for the rest of regulation. However, the Red Foxes had offensive problems in the second half, as they were only able to muster up four shots. Marist also had a difficult time

finding good scoring opportunities, taking one corner in the first half, two in the second half and zero in overtime.

But Friday's game was not a story of the offense, but rather the stingy, bend-but-don't-break defense of the Red Foxes. They were able to hold off the Wildcats attack for a while, but when they could not, freshman netminder Mark Rajovic stepped up and put on a show.

New Hampshire came out of the gate quickly in overtime and started firing on all cylinders, but Rajovic was there and made three key stops to keep the game at a gridlock and give the Red Foxes a chance. The offense was unable to get a shot off in the two overtime periods but the defense stepped up and earned Marist the draw. The Wildcats attack was fast and furious, but the Red Foxes defense was always a step faster.

Upcoming Schedule

October 4: vs. Fairfield
7:00 p.m.

October 6: @ Iona
3:00 p.m.

October 13: vs. Brown
7:00 p.m.

Upcoming Schedule

October 4: @ Fairfield
7:00 p.m.

October 6: vs Iona
7:00 p.m.

October 15: vs. Quinnipiac
7:00 p.m.

Marist football drops heartbreaker

By JOHN FORNARO
Staff Writer

With the first win of the football season in reach, first time starter Anthony Francis managed the game as best he could for the Red Foxes. An eventual 36-yard touchdown with 12 seconds left squashed all hope for Marist and shed a new ray of light on conference opponent San Diego.

The energy was quickly sucked out of Tenney Stadium after San Diego quarterback, Keith Williams, scrambled to his left on fourth down to find a wide open Reggie Bell, waiting in the end zone to catch the game-winning touchdown.

"The two defensive ends contained and just tried to rush," Marist defensive lineman Demetrius Williams said after the game. "I don't really know what happened in the secondary."

Williams played a pivotal role for the entire game with multiple pass deflections and even a defensive touchdown when he recovered a forced fumble from teammate, Mike Kagafas.

A simple miscommunication on defense became the difference between the Red Foxes being 1-4 and a frustrating record of 0-5 for the season. The 20-16 loss to Pioneer Football League opponent, San Diego, makes the Red Foxes 0-2 in conference play early in the season.

"The loss can't define the game," said head coach Jim Parady. "It was a great effort by our guys. We were right there until the end of the football game."

The Red Fox offense showed signs of improvement after scoring their first offensive touchdown in three games. Coach Parady altered his of-



COURTESY OF MARIST ATHLETICS

Marist safety Matthew Semelsberger gets behind the offensive line to make a tackle on San Diego wide receiver Trevor Barney. Semelsberger had back-to-back tackles for loss in this game, and was a key component of the Marist defense.

fense by giving sophomore quarterback, Anthony Francis, a chance to take control and earn the first win of the season.

"I thought he was very calm. I thought he'd be a lot more nervous," Parady said regarding his new quarterback.

Francis managed the game well going 11 for 23 with 131 yards and one touchdown.

Also, senior Matt Tralli led the Red Foxes with 6 receptions for 65 yards. Tralli and Francis seemed to be on the same page as Francis looked to Tralli to make crucial catches when a drive needed some life.

"Our game plan worked pretty good today," Francis said. "We didn't play as well as we needed to, but a lot of good things happened. We try to take the positives out of

everything and I was pretty happy with the way the whole team played."

Senior running back Atiq Lucas ran for a team high 90 yards on 26 carries and helped to make the game easier for the first-time starter. Emmanuel Onakoya also rushed for 36 yards on just five carries.

Junior quarterback Ed Achziger, started the previous four games but was held out of today's matchup with an ankle injury. Achziger was seen calling plays next to Coach Parady on the sideline, wearing street clothes and a walking boot.

"He hurt himself back in week one and has been playing through the injury," Parady said. Achziger re-aggravated his injury last week against Drake, which caused the sudden change of signal callers.

"We're not really sure where the diagnosis will end up but right now he's in a boot for at least another week," Parady said.

When asked if Francis will remain the starter for the rest of the season Parady replied, "Once Ed gets healthy we will make a final decision on that, but yeah, Ed's out for next week."

Francis will receive another chance to earn the first win of Marist's season next week. The Red Foxes will travel to Indiana to match up against conference opponent, Valparaiso. The game will begin at 1 p.m on Saturday, Oct 4.

Remaining Schedule

Saturday, October 4 @ Valparaiso
1:00 p.m.

Saturday, October 11 vs. Dayton
12:00 p.m.

Saturday, October 25 vs. Campbell
12:00 p.m.

Saturday, November 1 vs. Jacksonville
12:00 p.m.

Saturday, November 8 @ Stetson
3:00 p.m.

Saturday, November 15 vs. Davidson
1:00 p.m.

Volleyball knocks off preseason favorite

By ADRIANA BELMONTE
Circle Contributor

When asked about being named MAAC Libero-of-the-Week for two consecutive weeks, Marist senior Brooke Zywick responded, "I wouldn't have won either of the awards without the rest of the girls on my team. We all work together as a unit."

The Red Fox unit now has nine straight victories, remaining undefeated in MAAC play as they continue their hot streak.

On Wednesday, Sept. 24, in a rematch of the 2013 MAAC Championship, Marist (13-2, 5-0 MAAC) defeated Fairfield (6-8, 2-2 MAAC) in four sets. The atmosphere was intense, as Marist faced the rival who defeated them in last year's tournament.

"There was definitely a lot more energy going into this game," Zywick said. For the first time all season the Red Foxes dropped a set, losing the first one by a score of 32-30. However, they came back strong

in the second set however, winning 25-20. In the third set, Marist took the lead after a kill by sophomore Devon Dawson and went on to win 25-21.

The final set was a nail-biter and featured two ties that ultimately ended with Marist winning 27-25 as a result of two forced attack errors. Sophomore Amanda Schlegel led the charge with a .556 hitting percentage, 54 assists, three service aces and 15 digs.

Brooke Zywick had a match-high 31 digs and a service ace. Gena Russo and Becca Jones combined for 42 digs while Liz Gassman had a .357 hitting percentage to go with seven kills.

Courtney Shaw slammed 15 kills while Mackenzie Stephens had 12 kills of her own. For the Fairfield Stags, Bella Guanciale had 27 digs and Marilyn Peizer had 22 kills with a .346 attack percentage. Carsen Mata had 32 assists.

Marist was victorious again in the next game, defeating the Manhattan Jaspers (8-6, 2-2 MAAC) in

three straight sets with scores of 25-18, 25-21 and 25-18. Senior Marisa Gilbert had a .714 hitting percentage and 10 kills. Amanda Schlegel recorded 36 assists and three service aces.

Courtney Shaw and Dawson each slammed seven kills while Stephens had nine kills and a .353 hitting percentage. Zywick and Gena Russo had a combined 24 digs on the day. For Manhattan, Sydney Volovski and Claire Van Dyk each had nine kills, with Van Dyk also recording 11 digs. Malia McGuinness had 15 digs and six kills, while Teodora Peric completed 29 assists and Allie Yamashiro had 12 digs.

In their final game of the week-end, Marist took down the Iona Gaels (4-11, 1-3 MAAC) in three sets, 25-19, 25-15 and 25-22. Kelsey Lahey had a match-high 10 kills. Shaw recorded 13 digs and eight kills while Brooke Zywick completed 12 digs of her own.

Marisa Gilbert had a .357 hitting percentage and eight kills while Schlegel completed 33 assists and

two service aces in the game. Stephens had a .312 hitting percentage and 8 kills while Russo had 11 digs on the day.

Marist hopes to continue their winning stretch as they play their next two road games. They first face Quinnipiac this Saturday, Oct 4, at 1:00 p.m. On Sunday, Oct. 5, also at 1:00 p.m., they will face Fairfield once again.

Upcoming Home Schedule

Saturday, October 11 vs. Siena
5:00 p.m.

Saturday, October 18 vs. Rider
1:00 p.m.

Sunday, October 19 vs. Saint Peter's
1:00 p.m.