



# The Circle



The student newspaper of Marist College

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Thursday, March 31, 2011

## A personal account of tsunami strike in Japan

By JENNIFER MEYERS  
Features Editor

I was sitting quietly in front of the television with my mother at the kitchen table, as if it was a normal day. I was visiting my parents in Sagami-hara, Japan, a city within Tokyo, for spring break. I was particularly excited to be with them because I have not seen them for seven months prior to this break. As I was enjoying some Japanese television shows, I started to feel something very peculiar.

The ground felt as if it was vibrating under me. I looked up to see the ceiling fan shaking and making an awful noise. The television went blank. I looked at my mother and said "Mom, the house is shaking..." and with her eyes widening she quickly told me that it was an earthquake and to run outside. She grabbed our dog Milo and that's when things started to fall off of the shelves.

Friday, March 11, 2:46 p.m. I couldn't exactly comprehend what was happening to the house until my mother said the word "earthquake." While we were outside, I could see the earth shaking from side to side and the cars bouncing up and down. My mother and I not

knowing what to do but stand still until it was over. I have never felt an earthquake before and it was the most terrifying experience of my life.

As soon as the earth stopped shaking, my mother and I went back into the house and saw that the news was already on. They quickly told us that the Miyagi and Iwate prefecture was hit by an 8.9 magnitude earthquake and a massive 23-foot tsunami was heading their way. The people in towns within these prefectures had between 15 and 30 minutes to get to higher ground.

I watched the news as the massive wave was heading toward Miyagi. My mother and I watched and listened to the broadcaster saying over and over to the people watching the news in Miyagi and Iwate to get out; they would not survive if they stayed. Unfortunately, for over 9,000 people, that was true.

About 10 towns were severely damaged by the tsunami, six fires emerged in Tokyo, and minor damage was reported in other prefectures. Whole towns were swept clean from surfaces and washed away into the ocean. We continued to watch as the tsunami destroyed civilization. We watched people running for their lives. Large ships were

SEE TIPPED OVER, PAGE 4



THE HUFFINGTON POST

Above is a picture of a piece of landscape in Japan before the tsunami. Below is a picture of the same landscape after the tsunami.



## Marist students will 'Paint the Campus Purple'

By JIM URSO  
Sports Editor

This coming week, Marist College joins Paint the Campus Purple, a week-long nationwide cancer awareness campaign to encourage student involvement in Relay for Life, which will be held on Friday, April 15 from 12:00 p.m. to 12:00 a.m. at the college's Riverfront Park. From April 4 to April 10, the Marist Relay Committee will replace Marist red with Relay purple, with decorations and a series of promotional events to generate excitement for Relay.

"From Fashionology sales to purple hair extensions and an array of purple balloons around campus, it is sure to draw attention and encourage people to come out and join the millions of people worldwide participating in Relay for Life," said Nicole Dopp, co-chair of Marist's Relay for Life Committee.

Events will include a survivor speech and video presentation held on Monday night at Campus Ministry, a day's worth of purple menu options in the cafeteria on Tuesday, a purple hair extension salon provided by Poughkeepsie's Bella Luci Salon on

Wednesday, purple fashion and cupcake sales furnished by Marist's Fashionology program and the Hudson Valley's CuteCakes on Thursday, and a wear purple day which will mobilize an army of purple Relay recruiters on Friday.

"Last year only one day of events was done," said Sarah Parsloe, who is a senior at Marist and an intern for the American Cancer Society in Poughkeepsie. "This year, we're trying to do a sequence of events that helps build some buzz and momentum."

Aside from the aforementioned initiatives, Parsloe said they hope to reach students by encouraging people to paint their Facebook pages purple and those in freshman dorms to paint their doors purple.

"One of the goals this year is to get more freshman involved because they tend to be more involved in on-campus activities," Parsloe said.

For Parsloe, this project fits into her capping class, her public relations internship with the American Cancer Society in Poughkeepsie and her aspiration to work in the health communication field. However, more than anything, the project has poignant

personal relevance. She remembers first becoming involved with Relay for Life when her grandmother was stricken with cancer.

"To me, this is something worth putting as much time as I can into because so many people will benefit," Parsloe said.

Marist's Relay is open to the Poughkeepsie community members, who are invited to join teams, walk along Marist's Riverfront property, and enjoy food, music, games and cere-

monies to honor those who have experienced cancer. Marist, who has partnered with the Culinary Institute of America, aims to raise more than \$60,000. Hitting that amount would represent a 25 percent increase from last year. To sign up for Marist's Relay, visit <http://relayforlife.org/maristcollege> or e-mail [Anna.Trocino\(at\)cancer.org](mailto:Anna.Trocino(at)cancer.org). For more information about the American Cancer Society, call 1-800-ACS-2345 or visit <http://cancer.org>.



COURTESY OF KATE MCGANN

Students enjoy the nice day during last year's Relay for Life event. This year, the event will take place on Friday, April 15, at the Riverfront Park.



## THIS WEEK

Thursday, 3/31

### Dance Ensemble Ticket Sales

7 p.m. - 8:30 p.m.  
Champagnat Breezeway

### Women's Lacrosse vs. Denver

7 p.m. - 9 p.m.  
Tenney Stadium

### MCCTA presents "Oliver"

8 p.m. - 10 p.m.  
Nelly Goletti Theatre

Friday, 4/1

### MCCTA presents "Oliver"

8 p.m. - 10 p.m.  
Nelly Goletti Theatre

### SPC Movie: "Green Hornet"

10:00 p.m. - 11:30 p.m.  
Student Center  
PAR 346

Saturday, 4/2

### MCCTA presents "Oliver"

8 p.m. - 10 p.m.  
Nelly Goletti Theatre

### SPC Movie: "Green Hornet"

10:00 p.m. - 11:30 p.m.  
Student Center  
PAR 346

### Men's Lacrosse vs. VMI

3 p.m. - 5 p.m.  
Tenney Stadium

Sunday, 4/3

### MCCTA presents "Oliver"

2 p.m. - 4 p.m.  
Nelly Goletti Theatre

Monday, 4/4

No events scheduled.

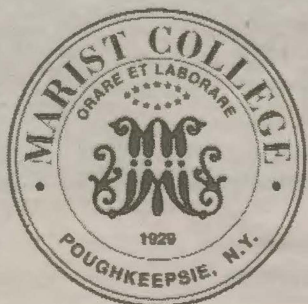
Tuesday, 4/5

### Game Society Meeting

9:30 p.m. - 11 p.m.  
Student Center  
SC 348

Wednesday, 4/6

No events scheduled.



## Security Briefs Tour de Housing Selection options

By CHRIS RAIA  
Staff Writer

Over the weekend, two freshmen visitors rang my doorbell in Upper West at two a.m, walked in like they owned the place and told me they knew exactly where they were. They just had to go to third floor... of Champagnat. I heard about a big Hoedown party being broken up, I overheard a security guard say the words "tried to get away but rolled his ankle," and one of my friends seriously hurt her arm while attempting to dance on roller skates at the Magic Roller on Disco Night. It's very possible that isn't quite funny to her yet; I may have just gotten myself in trouble, so feel better! Since I never directly heard these stories from Marist security, it's a shame I can't include these stories in this article. Er, except for what I've already included.

### 3/22 Sheahan

An entry officer at Sheahan confiscated two bongos and other drug paraphernalia from a student's backpack. Surprisingly, this is new. We have stories about all kinds of alcohol being confiscated at freshmen dorms, but rarely do we hear about somebody having a bong in their backpack. Ugh, I really wish I wasn't currently humming "bong in their backpack" to the tune of "Bombs Over Baghdad." Thanks a lot, Outkast. **10 points**

### 3/23 Gartland

A noise complaint was called in Gartland for loud music at around 2 a.m in the morning. For all you freshmen out there looking forward

to the housing process, the paper thin walls and neighbors either above or below you are some of the negative aspects of the Gartland apartments. However, those cons are canceled out by the following (deep breath): the view of the Hudson, the Gartland Wall, the community atmosphere, snowball fights, having your own stoop, KanJam, Polish Golf, and perhaps most importantly, having a key to your front door instead of an entry officer, so you can bring in all the bongos you can carry. I'm kidding. Bongos are still frowned upon when you're sophomores. **5 points**

### 3/24 Midrise

A 30 pack of Pabst Blue Ribbon was confiscated from a student's backpack at the entry desk of Midrise. Way to keep it American with PBR, guys. Take an extra **5 points** for your great taste in cheap beer. But while we're here, how about we make a list of some of the advantages of living in Midrise? You're in the same building as the cafeteria, so if you currently live in Champagnat and enjoy laughing at shivering Leo kids or Sheanites while you eat ice cream and sit in your shorts and a tank top, Midrise might be your play. You're also closer to academic buildings, you don't need to worry about cleaning a kitchen, and even though he might occasionally take away the alcohol you illegally obtain, the entry officer is there to be concerned about your safety. **35 points**

### 3/26 Foy

I lied. Nothing actually happened in Foy; I just felt bad because Gartland

and Midrise got some free advertising for the housing selection process. So, some advantages of Foy: you can get to Dyson Center in exactly two minutes without ever having to change your normal pace of walking. The rooms are enormous, you don't have noisy neighbors upstairs or downstairs, and you have a basement. Also, you have a balcony, which is the only aspect of Foy I personally like better than what I had at Gartland. The balcony absolutely makes up for not having a stoop.

### 3/26 Fulton

There were two different noise complaints and two different parties broken up in Fulton over the span of an hour. Security responded to the first house and found an unauthorized party (how does one go about authorizing a party? I want to go to an authorized party before I graduate). Over 60 guests were asked to go back to their respective homes. A few minutes later, while finalizing the paperwork, security heard noise coming from a nearby Fulton house and broke up yet another party. This was hosting close to 40 guests. The efficiency of this weekend's security is unbelievable, but that's not what I'm concerned about right now. I'm more concerned about the sight of almost a hundred dejected students leaving the Fulton complex. It had to have been like the Exodus. **50 points**

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

### Letter from the Editor

An area of our publication that we have consciously tried to improve and bolster is our news section.

Frankly, we want to get a better read on Marist's heartbeat. What makes campus tick?

What's important to Marist students and what do YOU want to read about?

Unfortunately, I don't have the perfect answer and neither does anyone on my staff.

Help us to be more relevant and pertinent to your lives.

Our sports coverage and feature

pages are routinely in-depth, but we're striving further.

In our quest to delve deeper into campus life, we need your help. Point us in the right direction.

Yours in print,

**Philip Terrigno**  
Editor-in-Chief

## The Circle

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# Guest speaker details true cost of eating meat

By JENNA GRANDE  
News Editor

On Wednesday, March 23, the junior level honors ethics course hosted guest speaker, Beth Feingold. Feingold spoke about the food industry in America. She primarily focused her discussion on concentrated animal feeding operations, also known as CAFOs, and their environmental impact.

Preaching to a class filled with about 40 students, Feingold engaged the audience in an environmental discussion about raising awareness of how and where our food products are made and the different impacts agriculture—more specifically, the meat industry—has on the environment. Feingold began by explaining the importance of studying this industry for public and personal health reasons. She also stressed the importance of recognizing how current meat harvesting practices affect the quality of our air, water, soil and food.

These four areas were the main concerns in Feingold's presentation. She explained not only the physical science of what is happening to our air, food, water and soil qualities as we pollute them with waste from our current meat production system, but also the political component to all of this. At one point during her presentation, she stopped and asked the audience if we thought that the Clean Air Act and Water Act regulated the runoff and air and water quality from CAFOs. A large portion of the room was shocked to learn that this is not the case and it is, in fact, a largely unregulated sector of business.

During the PowerPoint presentation, there were audible gasps and



COURTESY OF JENNA GRANDE

Beth Feingold, above, spoke to Marist students about the environmental costs and dangers of the United States meat production system. Feingold encouraged audience members to examine their eating patterns and to be aware of their food sources. She also encouraged students to ask dietary questions about their food.

murmurs from the audience in reaction to some of the more powerful statistics and revelations. For example, one of the topics that shocked most audience members was when Feingold discussed the use of antibiotics in livestock. Eighty percent of all antibiotics produced go to livestock, to prevent them from becoming ill; the remaining 20 percent go to human medical needs. She explained that as these animals develop resistance, we do too, since we are eating treated and drugged meat.

Feingold also took the time during her lecture to explain the concept of environmental justice. Environmental justice is the "fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income with respect to the develop-

ment, implementation, and enforcement of environmental laws, regulations, and policies" (<http://epa.gov/environmentaljustice/>).

Though simple to define here, Feingold explained, its implementation is more complex. Oftentimes, people in urban areas do not have access to fresh fruits and vegetables and resort to eating cheaper foods that will give them more calories per dollar. This perpetuates the need for mass-produced products, like meat that goes to fast food industries.

This industry also affects the poorer residents in rural areas that must face the problems of poor air, water and smells from CAFOs in neighboring places. Their air is more polluted due to the waste produced, and the waste oftentimes

runs off into water supplies and contaminates clean water. The smells of the waste and slaughter also make it difficult to breathe in the air.

The lecture was in part organized by the honors ethics class, which has hosted a variety of speakers and films this semester. The class has spent a portion of their class time learning about food ethics and incorporated this lecture into their course work. There were also students present from outside the honors ethics course, including students from introduction to environmental issues classes and other interested students. Many of the audience members left buzzing about what they learned.

"Pretty much, my ethics class is based on this," said junior Ryan Hoffman. "It is a very important and relevant topic to today's society that most people do not recognize. I am glad I came."

Feingold expressed hope that people would soon make some dietary changes and "vote with their fork" the next time they sat down to eat. "By sharing my personal experiences of ethical eating, people will make the necessary changes to their diets," she said simply. She also hopes that "people will take a stand for environmental justice and realize who their meat based diets are truly affecting."

Feingold is a student at John Hopkins University studying public health. She also holds two master's degrees from Yale University in public health and environmental science, and a bachelor's degree in geology from Vassar College. For more information on Feingold's work, visit <http://jhsph.edu>.

# Core curriculum on its way to transformation

By MONICA SPERANZA  
News Editor

Dr. Martin Shaffer, dean of liberal arts, talked about the upcoming changes to the core curriculum at last Wednesday's SGA meeting. Currently, all undergraduate students need to complete 51 credits of core (48 when skipping College Writing I). In the new proposal for a revised core, students will only need to take 46 credits for core. The requirements would break down into academic foundation courses (seven credits), distribution sequence (36 credits) and capping (three credits).

Academic foundation courses will include first year seminar and writing for college, replacing college writing I and II. The courses will each focus on a theme—cultural diversity, nature and environment, civic engagement or quantitative reasoning. The distribution sequence would be divided into breadth requirement (what the current core distributions cover) and interdisciplinary connections sequence (four courses from an in-

terdisciplinary topic).

The point of revising the core this way is to get students "thinking creatively about their core." With the current curriculum, the core areas are specified in such a way that many times students pick the "easiest" courses just to get it done.

The last time the core curriculum was changed at Marist was in 1984. To devise the current proposal, the Core Committee looked at comparable colleges to find out what they are doing to improve their core and figure out what works well and what does not.

"A lot of schools are trying to go towards a theme now," Shaffer said. The theme of Marist's new core will be integration of disciplines and skill-intensive courses. Shaffer talked about the first-year seminar and capping being writing and public-speaking intensive, acting as bookends from freshmen to senior year.

The bulk of the core revamping process is in the hands of the Core Committee. Committee members meet with various organizations and departments on campus, draw

up drafts, take surveys and tweak the proposal when need be. Once the proposal is as worked out as possible, it will go to the Academic Affairs Committee. Provided the AAC votes yes, it will then go to a plenary vote where all full-time faculty members can vote for or against the new core. If a plenary vote can be done by May, getting it in motion will probably be a two-year process, since classes are scheduled well before the academic term in which they will appear.

According to Moira Fitzgibbons, director of the core program, the freshmen class entering in the fall of 2013, at the very earliest, would be the first class to have the core changes apply to them. Many things need to happen even after it is passed by a plenary vote, like figuring out the course catalog. The main concern for the Core Committee is to make sure everything is thought through before the changes are carried out. Apparently, other schools that have gone through similar changes in curriculum where they hastily implemented the changes without

sorting through potential problems first ended up with a mess.

Like Shaffer, Fitzgibbons stressed the importance of the first-year seminar. What would be unique about Marist's first year seminar is that each would be specific to the teaching professor's expertise. For example, Fitzgibbons, an associate professor of English, could do a seminar about "disability in film and literature."

"The core can be an occasion for a dialogue between interdisciplinary subjects," she said. It will produce not only dialogue, but a larger sense of interconnectivity.

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## From Page 1

tipped over and washed onto shore, resting on sidewalks. It was as if we were watching a movie.

It felt like hours had passed by while we were watching the natural disaster take place. After the tsunami settled, things became eerily quiet. My eyes were glued to the television; I hoped that it was some kind of sick joke.

Many people lost their lives on March 11, and to this day I cannot believe that it happened. Where I was in Sagami-hara, which is about 200 miles from Sendai, I felt an earthquake at about a five or six magnitude out of 8.9. The news dominated every channel and devastation was the topic. Trains stopped working and people had to sleep at the train station. Survivors were taken quickly to shelters. As if the tsunami wasn't enough, March 12 also was a day of extremely bad news.

Fukushima's Nuclear Power Plant Daiichi Genshiryoku Hatsu-densho exploded causing radiation to spew into the air. This scared my mother more so than the tsunami. If affected by radiation, it could cause the possibility of cancer or worse health conditions in the future. People living within 20 to 30 kilometers of the Fukushima power plant had to evacuate. My father told us that we were safe from the radiation and told us not to worry, but that was not enough to calm me or my mother's nerves.

As I watched the news over the next few days, stories of missing and found people arose. People walked back to their destroyed homes to find people from whom they were separated and to see if anyone survived. It was heart-breaking to see people yelling out

names of their loved ones. We saw that people in the shelters only got one rice ball a day to eat. Families were separated for days until they found each other, and some did not reunite at all. Many people are either missing or dead.

Although my family lived 200 miles from Sendai, people were still panicking. Stores were sold out of toilet paper, water, bread, dry foods or anything that could last a long time. People are anticipating another evacuation if necessary. Tokyo is still affected by the tsunami because of rolling blackouts to conserve energy for the power plant. My parents are still getting rolling blackouts today.

We watched the news about the tsunami devastation and the radiation scare day after day. There have been over 800 aftershocks including a 6.5 magnitude earthquake on Monday, March 28 (Sunday, March 27 Eastern Standard Time). Rebuilding the cities is anticipated to cost billions of dollars and is said to be the most expensive disaster in world history.

When the day came that I had to come back to Marist, the last thing I wanted to do was leave my family. I'd rather stay with them and work through this disaster with them. But, unfortunately, that was not an option.

When I came back to New York and searched for news online, I saw that the main topic was the nuclear explosion. I couldn't believe that I had to search for more information on how the cities of Sendai and Tohoku are dealing with the disaster. It seemed as if the reality of the tsunami was phased out by the radiation scare. The media automatically gave primary concern



Courtesy of Jennifer Meyers

Jennifer Meyers pauses for a moment during her ceremony, called a Seijinshiki or "Coming of Age" ceremony. In Japan, 20 years old is the age that one becomes an adult. Women wear a traditional kimono during this ceremony and men wear suits. Speeches are given to adults while they listen to advice on their new responsibilities as adults. After the speech, they are free to go off and celebrate with their friends.

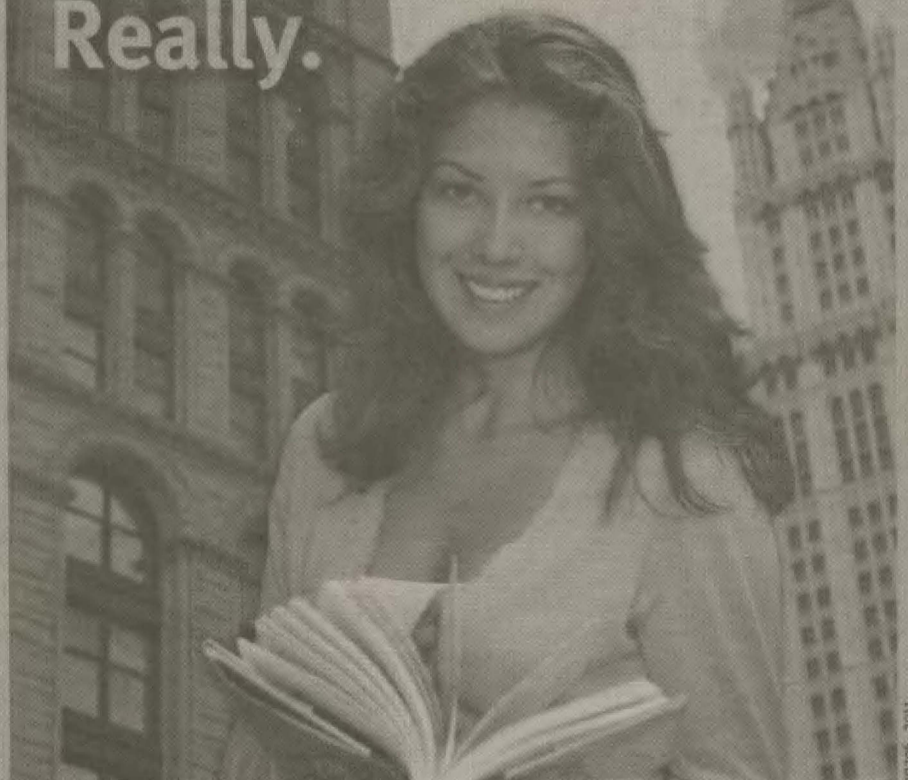
to the radiation because of the possibility of it traveling over to the U.S. It's sad to see how blinded people have become because of the radiation scare and it almost seems like they have forgotten about the people who are still not able to contact their family members.

The devastation is still very real. People are still suffering and frightened. I've heard so many heartbreaking stories from the tsunami and still wish that it wasn't real. My family is grateful that we didn't know anyone living in the two prefectures. I was born and raised in Japan and I have a very close connection to this country.

Knowing that a country you love so much has experienced this natural disaster is a lot to take in. But the only thing to do is move on.

Every single commercial that played between news stories was about helping one another and community. You won't see people shoving in line when they wait for food and you won't see anyone stealing. If they continue with this mindset of helping each other and keeping their head high, Japan will recover and the tsunami will be a thing of the past.

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■ **Summer Session I begins  
Tuesday, May 31, 2011**

■ **Summer Session II begins  
Wednesday, July 13, 2011**

## The Mid Hudson Valley Cafe tackles far east cuisine

By **BEN BRUCKENTHAL**  
Circle Contributor

The Valley Café, known by the Marist community for offering healthy and organic lunches that appeal to a more sophisticated demographic, has recently stepped its game up. Last Tuesday the Valley Café displayed an excellent selection of their Asian style dishes that were uniquely featured and organized in the very first Asian Experience.

Having been able to witness the beginning phases of its construction including filling a goldfish pond with water one bucket at a time, and seeing signs posted all around the cafeteria and Cabaret, I knew this experience would be too good to pass up. I was right. Tickets sold out quickly and the Cabaret was packed with eager students and faculty who, I assume, appreciate and/or love Asian food.

The menu of the Asian Experience consisted of 14 dishes and beverages. Dishes included the Fak Tong Gang Ka, a pumpkin coconut soup, Szechwan eggplant dip, Singgang beef, hot & sweet Shanghai Chicken, and Mandarin style fried rice, were offered in a buffet. The "Action Station" was stacked with an array of fresh vegetables for a crunch stir fry as well as an endless selection of sushi rolls made by K&T Sushi. The dessert station presented each patron with the choice of an Orange Ginger Mousse, Vegan Lychee Cupcake with a coconut

glaze or an Asian fruit salad dressed with a papaya mint sauce to complete their meal. Finally, to wash all these delicious foods down, beverages including a Jasmine Green Dream, Buddha's Best Brew (non-alcoholic), Singapore Sweet Sling, and Mocha Locha were elegantly decorated with edible flowers.

As you can see, the food options were incredibly difficult to choose from but I was able to have a sample of almost every dish. Out of the buffet items, I enjoyed the Fak Tong Gang Ka and the Singgang beef. The soup was delicious! The hint of coconut in the Fak Tony Gang Ka was just enough to complement the richness of the pumpkin base. The Singgang beef was also great. The meat was tender and the sauce that accompanied it was both sweet and savory, a key aspect of Asian style cooking. I was also able to try both the vegetable stir fry and sushi. Vegetables including carrots, red and green peppers, red onions and

**Those working the event were kind and enthusiastic...the chemistry was superb. Echoing sounds of people laughing and expressing their satisfaction harmoniously filled the room.**

crunchy snap peas were seasoned perfectly and sautéed brilliantly. Now for the sushi; rolls including spicy tuna, spicy shrimp, California,



FLICKR/JONATHON MCINTOSH

It was sushi rolls and Chinese lanterns as far as the eye could see at the Valley Cafe.

cucumber and the cream cheese filled Philadelphia were each a bite of heaven. The desserts were equally satisfying. I tried the Orange Ginger Mousse and was very pleased by its taste and texture but it was too dense. It was a little too heavy for my liking. Finally, out of the several beverages that were offered, I found the Jasmine Green Dream quite refreshing.

If the food wasn't enough, the Cabaret itself was transformed into an Asian oasis. Burgundy colored drapes hung from the windows, huge papier-mâché orbs frequently seen in Asian restaurants floated above the diners and a 4x4 fish pond filled with goldfish was platformed center stage in the middle of the

Cabaret separating the sitting area from the food stations. Those working the event were kind and enthusiastic, if not more excited than the diners themselves. The chemistry was superb. Echoing sounds of people laughing and expressing their satisfaction harmoniously filled the room.

All in all the Asian Experience was a huge success. After every last sushi roll was eaten, every tray of Singgang Beef was cleared, and all of the Jasmine Green Dream was guzzled down, it is safe to say that the Valley Café's attempt to provide a delicious, healthy and organic lunch achieved more than it could have ever possibly envisioned.

## Safely handle the approaching spring fever epidemic

By **MICHAEL BERNARDINI**  
Circle Contributor

As the saying goes, "March comes in like a lion and goes out like a lamb." At the moment I do not know what lamb has the gall to be this cold and this windy. Regardless, warm weather is upon us, and that

can mean only one thing—full-blown spring fever. The sun stays out longer, the snow melts, and a constant state of relaxation is induced. However, before you decide to swap the Uggs and coffee cups for flip-flops and suspicious-looking water bottles, it's important to keep a few things in mind...

**Academics and alcohol make for a very poor combination.** I understand you don't want to violate your professor's attendance policy. However, there's nothing more embarrassing than slurring answers to questions, wearing sunglasses indoors, and looking like a general hot mess in front of a room full of sober people.

**Vomit is not the Earth's natural fertilizer.** If you're going to decide to drink in more than just the sun, do it wisely. Periodically sip some water or find some shade. Constant sun exposure + copious amounts of alcohol = dehydration.

**Walking home is not an option.** Now that you can finally stand outside without feeling like your limbs are falling off, it doesn't mean you can take a leisurely stroll home from the bars. Walking through the sketchy neighborhood surrounding Backstreet? I'll pass.

**"Daging" should not be included in your vocabulary.** A shortened blend of the words "day raging," while fun to use, is hardly appropriate. The general population

of Marist has things to do during the week. We don't care to hear your techno music and repetitious screaming of the word "SHOTS!" on a Wednesday afternoon.

**Be different... actually wear clothes.** College hardly has a strict dress code... sweatshirts, leggings, tank tops, you name it. But just because your skin is longing for some Vitamin D, that's no excuse to dress like a homeless man or Britney Spears circa 2007.

I am all for warm weather; and after a winter of cabin fever and an incessantly white campus, I feel we have earned this as a collective whole. But, with everything, it must come in moderation. Spring Weekend isn't too far away, and I guarantee Saint Francis doesn't want the smell of cheap tequila and sunscreen emanating from the Emergency Room entrance. So bask in the sun but be smart about how you soak up your vitamin D: drink maturely, pay for a cab and don't reveal every inch of skin you have at the first sign of spring.



FLICKR/LANCASHIRE LASS

If March comes in like a lion and goes out like a lamb, those wool lined Uggs will be thrown away across campus come the first week the weather stays above sixty.

# Dough Boys Pizza & Ale House

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Carnivore or Vegetarian

Richie Landscaper (Bacon, BBQ & Buffalo sauce)



## The cadets behind the camouflage: ROTC

By KATIE GRAZIANO  
Staff Writer

Remember when you were younger and were told to make sure that you are passionate about whatever you choose to do when you grow up? Sophomores Kyle Davis and Will Ryan are taking this advice to heart and working hard to ensure that they end up doing something that they care about.

Davis and Ryan have a little bit more in common than the room they share in Midrise. Both are cadets in the Reserve Officer's Training Corp at Marist, who dedicate some of their time each week to physical training, learning how to be a leader, ROTC class and participating in a Field Training Exercise.

"I want to do it," Cadet Ryan said. "I'm only young once. I might as well serve my country."

Ryan was prepared for the ROTC at Marist, as he attended a military high school for seven years prior to college.

He actively sought out a Catholic school with an ROTC program.

Cadet Davis's experience was a little bit different. He did not go to a military school prior to Marist. Davis graduated from Don Bosco Preparatory High School in Ramsey, N.J. Nonetheless, Davis was sure that he wanted to join the ROTC. He felt prepared for it because of leadership roles that he took on during his time at Don Bosco. Davis participated in soccer and track, as well as assisted with stage managing the plays at school. He saw the ROTC as a way of helping his future career.

"Most of my family served with the military," Davis said. "I wanted to do my part also. I knew that I

wanted to do federal work...It [The ROTC] is like a resume builder."

"The ROTC is basically a four year internship program," Maj. John McBride said. "As long as you meet the requirements of that program, you're guaranteed employment."

McBride said that about half of the students who join the ROTC at Marist had known that they wanted to take part in the program.

"There's a couple of different ways that we get students," McBride said. "They apply for the ROTC scholarship, and they visit several different schools that have ROTC programs, and they find what is the best for them."

McBride said that in some cases, students are interested in the ROTC for financial purposes. Marist tries to recruit students that have expressed a past interest either in Marist or the ROTC.

Davis said that his high school did not push the ROTC as much as the army. He said that only one person from the ROTC visited while he attended Don Bosco. However, this year, Davis paid a visit to his high school in an effort to represent the ROTC.

Just like sports teams, the ROTC hosts interested students. This February, high school seniors and juniors stayed at Marist and participated in ROTC labs, and had some fun with the ROTC members in activities like dodgeball and bowling.

"We have a lot of people now without any army background," Davis said. "They come in cold. We warm them up...it's our job to acclimate them to the ROTC environment. It's baby steps."

"When the freshmen arrive, they're assigned to a squad, and there's a sophomore or junior who's



KATIE GRAZIANO/THE CIRCLE

Sophomores Davis and Ryan are both roommates and cadets in the ROTC program.

placed in charge of them, so that cadet becomes the person who gives them immediate guidance on what to do in the program," McBride said. "Their role is part supervisor, part mentor."

Davis deemed a squad leader as a "big brother" figure.

"[The ROTC] gives you a lot of opportunities...It's an accredited course now...It teaches you leadership," Davis said.

Both Davis and Ryan had unique spring breaks because of the opportunities presented to them as members of the ROTC.

"I got to go to Hawaii for \$4.25," Ryan said, "And it was...for the meal."

While he was there, Ryan participated in training at the University of Hawaii.

Davis, on the other hand, had an entirely different experience.

"I was able to go train with the Federal Air Marshals," Davis said.

Ryan mentioned another stand-

out experience to him in his time in the ROTC.

"We got to volunteer once. That was nice. We built some camp grounds at a national park."

Besides great life experiences, Davis said that another added benefit of being an ROTC member is the assistance with graduation debt.

"If someone goes the active duty route," McBride said, "their starting salary is \$50,000 with full benefits."

McBride explained that within five years of being in active duty, a person's salary increases to \$85,000, and after 10 years of being in active duty, a person makes \$120,000.

After graduation, Davis wants to be involved in federal government work, and Ryan mentioned that he is interested in becoming a state trooper. Ryan said, in regards to his military ambitions, that he hopes to become an officer.

## Internet useful, does not beat reporting skills

By VALERIE PISCITELLO  
Circle Contributor

"Searching for the truth," was the standard of journalism of reporters Bob Woodward and Carl Bernstein from the 1970s Watergate Scandal, and is still the standard of journalism today.

On a sunny Saturday morning, March 26, the Associated Press sponsored a conference at Marist, "Digging Deep: Training for Reporters and Editors." There was a record number of attendees from Marist journalism students and professors, to Associated Press editors and local newspaper writers.

Speakers included Dr. Lee Miringoff, director of the Marist College Institute for Public Opinion, Mary Beth Pfeiffer, projects writer for the Poughkeepsie Journal, Rick Pienciack, national investigative editor of The Associated Press, Lyn Lepre, associate professor, Kevin Lerner, visiting assistant professor at Marist and Sean Lahman, database specialist of the "Democrat and

Chronicle."

The concept of journalists still "searching for the truth" was presented by Sean Lahman, a writer from the Democrat and Chronicle in Rochester, N.Y. and also a regular contributor to Watchdog Blog. He spoke of the journalism tools portrayed in the film, "All the President's Men," and how they are similar to the tools in today's journalism, with one missing element: the Internet.

Many of the speakers at the conference discussed the Internet, social media, databases and data visualizations, all vital tools to help journalists in today's media.

"The Internet is indispensable," said Lepre, who discussed "Practical tools for Digital Digging." She said that the Internet is a tool, and that is all; it should supplement your research, not replace it.

Mary Beth Pfeiffer, from the Poughkeepsie Journal said that "investigative reporting is the future of reporting." She emphasized the importance of familiarity with computer programs such as Excel and

Access."

Lerner discussed the relationship between social media and reporting. Facebook and Twitter can both be vital tools for reporters. They aid in promotion, building community, trendspotting, pushing out stories and crowdsourcing. Twitter allows for a river flow of news via users' "timelines." Twitter is a surprisingly great medium for receiving and producing news content.

Olesia Plokhii managing editor of The Millbrook Independent, said the conference had "no sweeping revelations about journalism," but had very "specific nuance tips to take away."

The conference was very personal and informal.

"People here are humble, not pretentious," Plokhii said. "[There is] no fear in these walls, we are all thinking about how to do our job better."

This conference was a great experience for students and local reporters who were interested in getting ahead by learning some tips and networking with other re-

porters and editors. In a few weeks, Plokhii will be heading over to Cambodia to write for The Cambodia Daily newspaper.

Jane Sutter, the president of the New York State Associated Press Association, offered some advice for current journalism students.

"The job market is really tight. You have to be creative about where you look for work and you have to be open-minded about what kind of job you take after school," she said.

She also suggested that students learn multimedia skills and try taking a broadcasting or video class to become more acquainted with uploading videos.

"All of our reporters [at the Associated Press] know how to capture videos; you must have a broad knowledge," Sutter said.

For struggling reporters, Pfeiffer said, "ideas for stories are all around us."

It's important for young writers to build their stories the way that Woodward and Bernstein did, even without the familiar tool: the Internet.

# Feminists discuss stigmas and gender issues

By MICHAEL GAROFALO  
Features Editor

It is referred to as the new F-word, junior Mary Kaltreider said; feminism. But the reason why is somewhat hard to determine.

"It has become a dirty word, people don't understand it, and it's not taught very well," Kaltreider said.

Professor Kristin Bayer, who teaches in Marist's history department, suspects that its misuse may be the cause of the term's modern stigma.

"With the misconceptions and the lack of understanding, people don't identify as feminists anymore, even when they actually believe in a lot of what feminism is striving for today," Kaltreider said.

Certainly, there is some ambiguity in the number of different types of feminism. Not only have there been different waves of feminism throughout history, but even today there are individuals who distinguish themselves differently from other self-described feminists.

"Everybody does their feminism differently too," freshman Claire Mooney said. For instance, Kaltreider describes herself as a liberal or cultural feminist. Some of her beliefs would likely differ from other kinds of feminists today.

Author Naomi Wolf is a power feminist. According to "Gendered

Lives: Communication, Gender, and Culture," Fifth Edition, by Julia T. Wood, Wolf places personal responsibility on women themselves, "including their success in traditionally male activities." Wolf believes that victims only exist if they accept such a role.

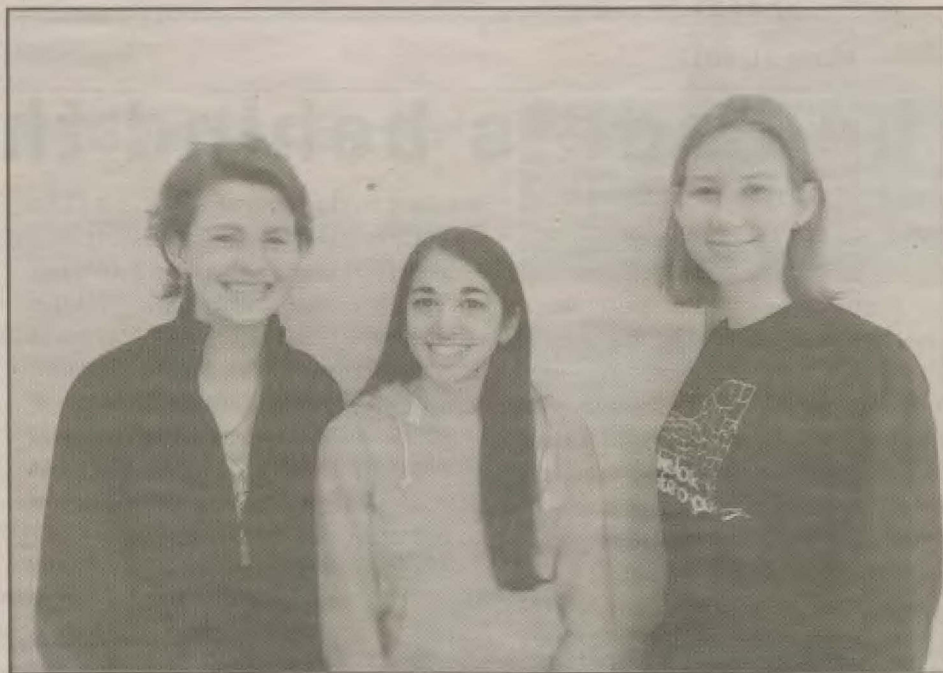
Her ideas are met with resistance by some other feminists, who argue that Wolf's theory does not suffice for all women, specifically those in an economically disadvantaged position.

It is no surprise that even individuals with similar beliefs can have striking differences in their social and political views. Bayer acknowledges the wide array of feminists today.

"Within the current American political culture, there are people who identify themselves as feminists, while at the same time identifying with certain religious practices, a wide variety of political parties and issues focusing on gender and sexual identity," she wrote in an e-mail correspondence.

The three students I met with mostly spoke about the social implications that feminism addresses. They agreed that certain gender stereotypes were responsible for dictating proper behavior – depending on gender.

But it is not only girls who face social stereotypes. Mooney said that



MICHAEL GAROFALO/THE CIRCLE

Kaltreider, D'Ambrosca and Mooney (left to right) gathered to discuss feminist issues.

some people she speaks with can identify with the social behaviors expected of men.

Despite their own embracing of feminist ideals, the girls acknowledge reasons why some might be hesitant to do the same.

"Men probably don't want to say it too, because it has a stigma of the angry, militant, hate-everybody [attitude]..." junior Gina D'Ambrosca said.

One source of hesitation among males is likely the very prefix 'fem,' which sounds like femininity.

Kaltreider acknowledges that language plays a role here.

However, she does not believe that it should prevent men from getting involved. In fact, these are the men that she believes are the most confident, such as author and SUNY Stony Brook professor Michael Kimmel, who spoke at Marist last semester.

The girls identify greatly with egalitarianism, a term that would likely be more acceptable among different audiences, due to a lack of any social stigmas or associations.

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happening with news,  
sports, and more on  
campus!

Why didn't I  
think of that..

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szlea

## Trying to win the heart of 'The Ellen DeGeneres Show'

By NICOLE PERNICE  
Circle Contributor

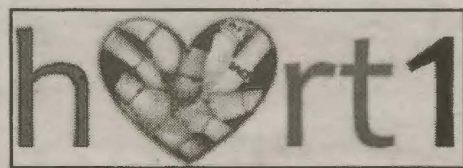
To raise awareness about bullying and dating violence and to gain support for this year's 25th Annual Silver Needle Fashion Show, the fashion program and heart1 have joined together to create a video based on the theme of empowerment, and have sent it into "The Ellen DeGeneres Show."

This year marks the 25th anniversary of the annual Silver Needle Fashion Show, a student-produced event by the fashion program at Marist College. The show features heart1, a non-profit organization that strives to raise awareness for young adults involved in dating violence. Its goal is to "heal a heart, remove the '1,'" of the one in three young adults involved in a physically and/or emotionally abusive relationship. To raise awareness of both her cause and the growth of the Fashion Program at Marist, student Danielle DeZao, founder of heart1, has created the video to submit.

This past month, talk show host Ellen DeGeneres released an important message on her show in regards to her United Against Bullying campaign. She has invited guests on her show to share their inspiring stories and has allowed others to send in videos and write to

the show about their personal experiences. As Communications Manager of this year's fashion show and a fashion merchandising student, DeZao has teamed up with the rest of the production class, her heart1 club-members, and Marist College Television, to film their own version of "The Ellen DeGeneres Show." President of the Marist College Dance Ensemble, Arianna Cesa, played the role of DeGeneres and interviewed DeZao about her role as founder of heart1 and how bullying and dating violence are interrelated.

"I wanted to put the spotlight on



FROM JOYFULHEARTFOUNDATION.ORG

this cause to give it a voice, and let its victims know that they are by no means alone," said DeZao, who has made it her goal to create an outlet of hope and understanding that she wishes was available to her while in the midst of an abusive relationship. "People need to wake up and see it. If it's not them, it's one of their friends."

The video imitates "The Ellen DeGeneres Show," with Cesa dancing with the audience, played by members of heart1 and the production

class, and including a serious yet humorous interview. In addition to the reenactment of the talk show, co-directors of the fashion show, Chris Traina and Kim Warren, give a background about the Silver Needle Fashion Show. Both students talk about their responsibilities as co-directors and their effort to support heart1.

"She's really taken this organization to new heights," Warren said.

DeZao has already raised \$2,000 with the help of donations by selling heart1 bracelets, hosting events and speaking out publicly about her experiences with teen dating violence.

"When people care, it makes a huge difference," DeZao said.

The video for The Ellen DeGeneres Show can be viewed on YouTube and at the organization's website: <http://removethe1.com>. Follow

heart1 on Twitter: [removethe1](http://removethe1), and on Facebook: [heart1](http://heart1). To find out more about the Silver Needle Fashion Show and how to purchase tickets, visit <http://ticketmaster.com>. The show will be held on May 5 at 2 p.m. and 8 p.m. at the Mid-Hudson Civic Center in Poughkeepsie, N.Y.

If you or someone you know is in an abusive relationship call the National Dating Abuse Helpline at 1-866-331-9474.

## Ark Music Factory produces more teen pop 'stars'

By MELANIE LAMORTE  
A&E Editor

Earlier this month, Rebecca Black became a YouTube sensation with her awfully written but annoyingly catchy tune, "Friday." Just as we're beginning to get the "fun, fun, fun, fun," lyrics out of our heads, the company that produced her is continuing to crank out an army of young teen pop "stars."

Black is not the only young teen to have a song produced by Ark Music Factory. The company, a small, independent record label located in Los Angeles, operates by discovering and recruiting young singers. Their website, overwhelmingly pink and popping with teeny-bop graphics, boasts Rebecca Black's success and the future success of a number of other young "stars."

Ark's Myspace page offers a variety of song clips from their bright new up-and-comers—and they're all painful. Where the shrill of "Friday" ends, the screechy "My Jeans" begins. It's the gossipy, preteen tune sung by 12-year-old Jenna Rose, who can't stop freaking about the teen celebrities who own the same jeans as her. While some talented young singers and songwriters struggle for years to be noticed, these girls (who seem to have only moderate talent) are having professional music videos produced and

are becoming YouTube stars. How can this be?

Ark Music Factory does provide music, lyrics and videos for these young ingénues—for a price. At around \$2,000 per song, the music videos seem to be a way for wealthy parents to try and get their children noticed by the music industry. Now, with Ark Music Factory at the pinnacle of its notoriety, these young teens are getting plenty of exposure, but unfortunately it's mostly negative attention for the squeaky vocals and unimaginative lyrics.

The interesting part about these young singers is that they're not all grossly untalented. YouTube is chock-full of acoustic performances of the songs and previous performances by the singers. A talent show performance was posted on YouTube featuring Jenna Rose in 2009 and she actually has some skill. For such a young girl, her voice seems surprisingly mature and refined. The music and lyrics that Ark Music Factory provided for her mask some of her natural talent with corniness.

Whether or not the rest of the girls make it big in the serious music industry remains to be seen. Their parents won't be able to pay for their songs forever. But no matter how many snide remarks we make about Rebecca Black, she is cer-

tainly laughing all the way to the bank. She's been planning interviews for "Good Morning America" and "On Air with Ryan Seacrest," and she plans to donate much of her newfound wealth to the relief efforts in Japan.



FROM ARKMUSICFACTORY.COM

The record label that brought us "Friday," delivers more teen-pop tunes.

If you want to hear some sugary-pop music by marginally talented teen girls, listen to "Crush on You," by Abby Victor, "Butterflies," by Alana Lee, or "Fly Away," by Ariana Dvornik. Perhaps Ark Music Factory is providing a stepping stone to their big break, but in the meantime, we can all laugh a little.

## Ryan Recommends

By RYAN RIVARD  
Managing Editor

**John Legend "Rolling in the Deep" (Adele Cover)** – Adele's vocal prowess is difficult to rival. However, John Legend prevails at showing off his own vocal chord dexterity in his a cappella cover of the British singer's breakout hit, substituting Adele's country-twang soul for minimal bluesy rhythms and gospel choir background.

**Death Cab For Cutie "You Are a Tourist"** – "You Are a Tourist," from Death Cab's "Codes and Keys," is heavily rooted in nostalgia, echoing the 80s with a bass line that could have been an outtake on a Cure album. The song coasts on this bass groove juxtaposing against bouncy guitar riffs.

**Fleet Foxes "Bedouin Dress"** – Another sample from the Seattle folk band's sophomore album "Helplessness Blues." "Bedouin Dress" has a country-tinged, mellow ramshackle vibe that gradually progresses to a more elaborate arrangement with orchestra strings and luscious backing melodies.

**Justice "Civilizations"** – After being teased in Adidas commercials, the new single from the French electronic duo that isn't Daft Punk is available to enjoy. "Civilizations" starts off sounding like Daft Punk covering Black Sabbath's "War Pigs," but shifts to intergalactic places that would make David Bowie (see the song below) proud.

**Flaming Lips & Neon Indian "Is David Bowie Dying?"** – The psychedelic dreamteam collaboration can now be heard online. Wayne Coyne of the Oklahoma City-based rock band and chillwave Neon India's Alan Palomo joined musical forces for a recording session that produced a limited edition 12-inch record (only 1,000 copies made) that is already sold out. If you are one of the many people who couldn't get their hands on the record, the four songs can be found online. "Is David Bowie Dying?," a highlight from the EP, showcases two masters of their respective music niches. The Lips provide dissonant guitar stabs, churning electrical grinds and distorted beats. Just after the two-minute mark, Neon Indian starts to shine through with shimmering synths that burst through the frightening pink cloud of dissonance created by the Lips.

# 'Oh, what a night'; a review of 'Jersey Boys'

By EMILY BERGER  
Copy Chief

As the beat of "Oh, What a Night" slowly permeated the ears of the audience, no matter their age, the impact Frankie Valli and the Four Seasons made on pop culture became apparent. The story told at the August Wilson Theatre, called "Jersey Boys," profiles four men who had to fight for what they believed in, and did what they knew: play music. They all knew they wanted to shine, but it took many attempts to create what would make them stars. The boys started in the Garden State, but have now made it to New York and perfectly bring the nights of 1963 to Broadway.

Frankie Valli, or Frankie Castelluccio, was a typical "Jersey boy" who found himself in a crowd of friends who would take care of him, but also led him to destroy every piece of innocence he may have had. Without the events of his teenage years, though, he could have never been a part of the Four Seasons. His best friends from his youth became two of the founding members of the Four Seasons, who helped shape the kind of musician Frankie would become.

It took many attempts to realize the group's identity, starting as the Variety Trio, next, the Varietones, then the Four Lovers. Much later, they became the Four Seasons, after being inspired by a local bowling alley. Once they had the winning set of men to create the Four Seasons, they quickly realized that their band would be the only family to which they could commit. The original members of the band included Tommy Devito, who took on the role of creating and trying to run the group, Nick Massi, who is portrayed as a man who said what he felt, but didn't always have something great to say, Bob Gaudio, who remained as the brains while he wrote for the group, and shined both on the stage and backstage, and Frankie Valli, the falsetto-singing frontman.

From the very beginning of the show, the people in the audience can feel the passion of the group and feel the music as they dance in

their seats. The majority of the audience comes to the show to hear the music they knew and loved while the songs were still on the billboard charts. The show perfectly divides enough time between playing the songs of the past and telling the story of Frankie and the boys. The crucial play points of the Four Seasons' career and Valli's family life gave the audience a pathway into the lives of the four original Italian mobsters turned great musicians. The crowd gets a bit of the theatrics of Broadway, along with a

Cry," "Walk Like a Man," and "Who Loves You," the audience was destined to sing along and attempt the high notes only Valli could perfect. The audience members didn't need to be middle-aged or born in the age of the housewives to appreciate the music, since the songs will forever be classics. Even without knowing the words, as the songs were thrust upon the audience, each person couldn't help but to clap their hands or at least tap their feet.

Many plays before "Jersey Boys," featuring the songs of great bands

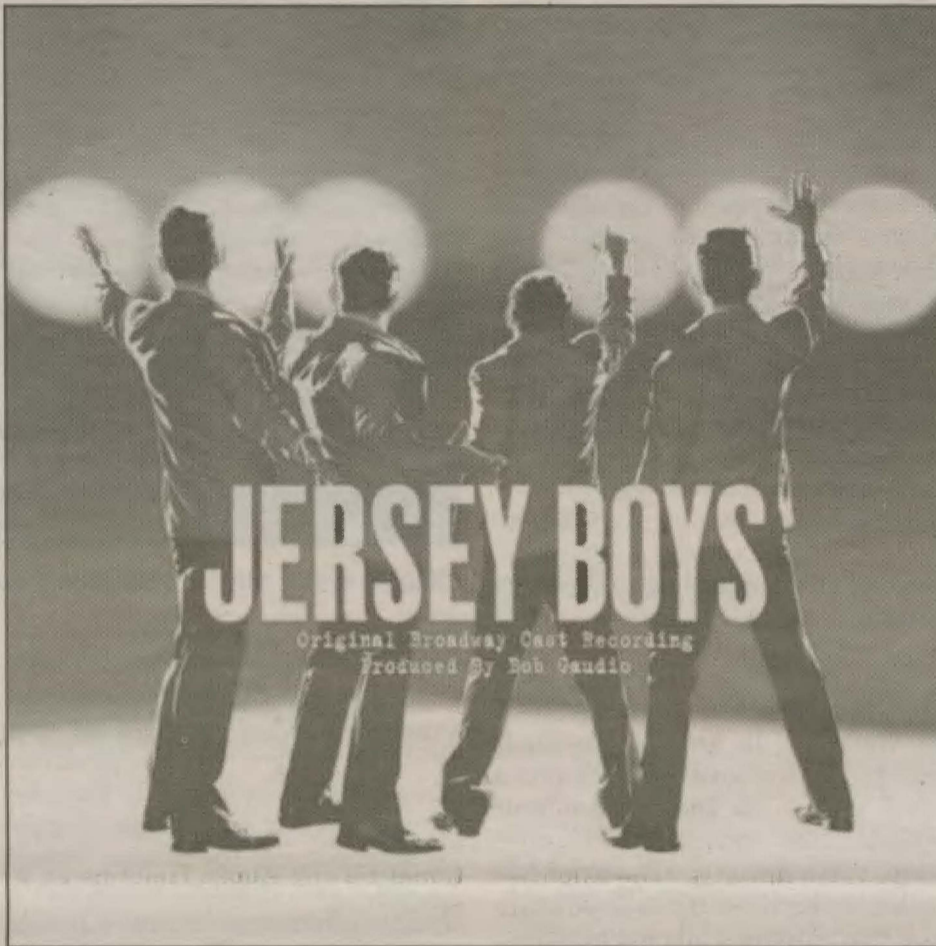
to utilize it. "Mamma Mia!" doesn't have to push a storyline because the songs are relatable, so creating a story using the songs works. With "Jersey Boys," the songs don't tell a tale, just the story of the Four Seasons. This distribution of acknowledging what The Four Seasons' real lives were like lets everyone in on their secrets, and allows the audience to know what the performers went through to accomplish their success. The cast doesn't need anything outlandish to put on a show, just Frankie's high-voice and the passion they have on stage. After decades of playing great music, Frankie Valli and the Four Seasons were admitted into the Rock and Roll Hall of Fame.

"Some men are born great, some men achieve great things, and some men have greatness thrust upon them....then f\*\*k it up."

These boys had the spirit and talent born inside them; they just needed to find the right combination to reach their goals. They achieved great things and were born with the power to do so, but it wasn't as simple as just applying the talent they had.

After hitting utter success, greatness couldn't last forever. The band disbanded and left Frankie Valli reminiscing of the great nights of 1963. As Valli's story lived on, the greats will forever be played and known by generations of young men who want to walk like men or the couples who never want to take their eyes off of one another.

This play made me believe that I clearly wasn't born at the right time; it left me wanting to wear the costumes, be able to appreciate Bob Gaudio's music and to always replay "Sherry." Frankie Valli will forever be an icon to pop culture, and the story of his Jersey boys is told with a perfect amount of humor and still was capable of explaining the tragedies in the men's personal lives and then lives together as a family. This balance created the magic of Broadway without needing anything more than their Jersey accents and Billboard hits.



FROM THESEATS.COM

Broadway's "Jersey Boys" charms audiences with great music and performances.

feeling of being at a Frankie Valli concert. With nothing fabulous, over-glamorous or tantalizingly flashy, this show displays a storyline that doesn't need glitz to be sold. Frankie Valli and the Four Seasons were performers, and the theater setting wasn't an excuse to have the band not simply perform. With the up-tempo dance moves that fit the era and the rhythms of the music perfectly, there was no doubt that the show wouldn't entertain.

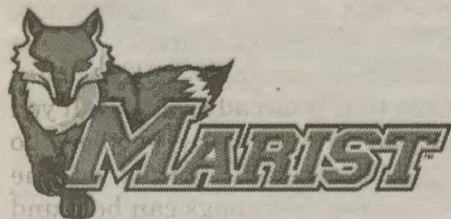
With songs like "Oh, What a Night," "Sherry," "Big Girls Don't

and groups have flopped due to a storyline that is conjured into something else, pushing the songs to mesh together in a timeline. "Jersey Boys" does something better. The men did what they knew, which led them to their success. The play does exactly that: it simply tells their story how it was. It uses their lives to formulate a plot and uses their songs to entertain.

The play doesn't have to create any theatrical magic because it was all in their story. Other plays like "Mamma Mia!" have been successful by knowing the music and how

## The Fox Trot

### Quick hits of the week in Marist athletics



#### Softball

The Marist Softball team won four of six games over the week, splitting doubleheaders against Holy Cross and Princeton and sweeping a doubleheader against Temple.

On Saturday, the Red Foxes took on Holy Cross at home. The Crusaders won the first game 8-3, while the Red Foxes took the second 3-2. In game two, freshman pitcher Paige Lewis pitched a complete game, striking out six and giving up one earned run over seven innings.

The next day the Red Foxes went to Princeton. The first game was a slugfest with the Tigers winning 8-

6. In the second game, sophomore pitcher Emily Osterhaus went the distance, striking out nine.

Marist returned home to face Temple on Tuesday, winning both games of the doubleheader by scores of 1-0 and 12-4. Lewis pitched again in game one, giving up only four hits. Game two saw the Red Foxes fall behind 4-0 before they scored 12 unanswered runs. Junior Nicole DiVirgilio had five RBIs and extended her hitting streak to 15 games.

Next up for the Red Foxes is their MAAC opener, a doubleheader against Siena on Saturday, April 2 at Gartland Field.

#### Track & Field

The Marist track and field teams started their season last Saturday at the Monmouth University season opener.

On the men's side, distance runners turned in a strong performance. Red Fox runners sophomore Mike Nicoletti and freshmen Kevin O'Sullivan and Nick Salek finished first, second and third respectively in the 10,000-meter run. Sophomore Billy Posch finished first in the 5,000-meter run.

Freshmen Nick Hughes, and Billy Hild, senior Pat Duggan and sophomore Will Schanz also recorded top

10 finishes for Marist.

For the women, sophomore Addie DiFrancesco finished third in the 5,000-meter run. Several other runners achieved personal bests, including sophomores Kelley Gould, Rachel Bremer, Rachel Lichtenwalner and Ashley Jensen, junior Elizabeth O'Brien and freshman Amanda Luccarelli.

Marist will return to the track at the Sam Howell Invitation at Princeton University this Friday and Saturday, April 1 and 2.

## How to make the treadmill your personal runway

By DAYNA VASILIK  
Graphics Editor

It's true, fashion affects fitness. According to <http://Medicinenet.com>, experts say that it is important to do the right workout, but it is also important to wear the right clothes while working out. WebMd writer Carol Sorgen suggests that what you wear to the gym can keep you motivated and can improve your performance.

"Putting on a flattering outfit motivates people to actually go to the gym or to exercise in public," said performance coach Dr. Larina Kase in an interview with Sorgen. Go figure: It's important to stay fashionable at the gym.

### You never know who you'll run into.

You just entered the gym and you've already broken a sweat. It's not because you're that out of shape, but because you just bumped into that cute guy you hooked up with last weekend. As you bolt past him in the most discreet way possible, you wonder, "Ugh, why couldn't he have seen me in the adorable ensemble I was wearing earlier?" Bumping into someone you would much rather see at times when you're looking most fabulous is enough to get the wind knocked out of you. It's normal to not look like a pageant queen while working out, but who says you can't sweat in style? According to the 2011 March issue of Shape Magazine, studies show that teams who wear red jerseys win more games and feel positive about their game.

Researchers also believe it can inspire athletes to push harder. Although you might not be a member of a sports team, scientific proof confirms that wearing the color red makes you feel and appear more confident. You may not be scoring touchdowns, but maybe you will walk out of the gym scoring a date or reaching a goal that once seemed impossible. Color yourself confident!

### Friends forever or fitness foe?

While many say to work out with a pal, a friend isn't necessarily your best accessory while hitting the gym. Self Magazine reminds you to make sure your workout buddy is in similar shape as you are. Just like an unhealthy friend can break your diet, an unfit friend can be the reason you work out less often or not as hard. Your friend can also cause you to arrive later and leave earlier, and distract you from pushing yourself as hard as you normally would.

### Saving the world, one step at a time.

Have a thirst for earth-friendly products? Quench it with BPA-free Sip N' Go Water Bottle. This pink bottle is only \$7 on <http://buysipngo.com>, and is small enough to fold up into your pocket. This convenient, reusable water bottle keeps you hydrated and makes saving the earth and staying fit look easy! Inspire while you perspire.

Still need help losing those packed on pounds? By packing your backpack for the gym with all your needs and ne-



LU\_LU/FLICKR

Sweating in style helps you feel good about your body long before the workout is done.

cessities, you will feel prepared and organized, making your workout more enjoyable. You can also save time by throwing in what you need for your class after the gym. By sporting an eco-friendly backpack, you can be prepared for your workout while supporting the green movement. The Ecogear Glacier backpack is only \$26 at Sears, and is designed from recycled water bottles and nontoxic dyes. The padded straps give you support while you support the environment.

### More trendy tips for toning up:

- In order to get fit, make sure your clothes fit.
- Turn up the heat by wearing a cotton headband to hold your hair back
- Don't forget these workout bag necessities: bobby pins, extra hair ties in case yours snaps, big sunglasses, oil pads, antibacterial cream, cell phone (but leave your phone in your bag; the gym should be your stress-free zone) and dry shampoo (when you know you're going to break a sweat).

## Schpeel on Wheels: America, Fiat has come back

By REGGIE NEDERMAN  
Staff Writer

It was announced recently that Fabbrica Italiana Automobil Torino will make its return to the good ole' U.S. of A. The emergence of the Fiat 500 in Europe has been widely accepted since its release in the 1950s, and now the Italian automobile manufacturer hopes to have the same effect in the American automobile market.

Fiat has long been driven towards innovation. The company was founded in 1899 in Torino, Italy and found its place in the racing world in the early 1900s against rivals Lamborghini and Ferrari. Fiat owns the Italian automobile manufacturer

Alfa Romeo, as well as Maserati, which they acquired in 1993. Under Fiat, the global company has produced cars such as the Fiat Spyder, the Maserati GranTurismo, Maserati Quattroporte, the Alfa Romeo Competizione 8C and now the Fiat 500. Boldly, Fiat is coming back to the states with the debut of the Fiat 500.

The Fiat 500 is available in more than 80 countries, and has won countless awards on its design. As documented by the automobile manufacturer's site, <http://Fiatusa.com>, the Fiat 500 has most recently won 60 international awards, "including being named 2008 European Car of the Year and 2009 World Car Design of the Year." The 500, which some-

what resembles the Volkswagen Beetle and BMW Mini Cooper in size and shape, is a sub-compact car that is acclaimed for its power and efficiency. With the success of the Volkswagen Beetle and the BMW Mini Cooper, Fiat thought, why not offer the car in the states?

The American Spec Fiat is going to come with a four-cylinder, 1.4 liter engine, which provides 101 horsepower. That might not seem like something to shout about to the average American automobile consumer, but the 500 is a small, light car, weighing about 2,000 pounds, so the engine comparably provides the power one wants to zip around corners, as well as good speed off the line. Another great characteristic of the 500 is its fuel efficiency. It's been reported that the car can get around 38 miles per gallon.

The introduction of the car to the United States came with some improvements as well. Since the 500 has to meet U.S. safety requirements, the Fiat has come to be safer than the European model, and comes with a newly designed interior to fit the "fuller-figured" Americans.

Recently, as I read my daily automobile blogs, forums and sites in the morning, I found that someone had captured pictures of the newly constructed "Fiat of Manhattan." I gazed at them in awe, because they show that Fiat is coming in strong, now

owning prime real estate in Manhattan. Even more recently, as I was driving back home to my native land of Long Island, I passed – yes, you guessed it – a Fiat dealership that was overtaking an unnamed car dealer.

The Fiats are taking over America. That's right, I said it. Fiat has been offered in the states before, and many people have experienced the joy of driving one, and the joy of repairing one as well – the current 500s are said to be built strong! Now, people will be able to enjoy Fiat again with the Fiat 500.

The car's exterior is pretty sporty, and has been featured on the programs "Top Gear" and "Top Gear Australia." For those of you looking for a little more power and sportiness from the Italians, yet still want the Fiat 500, look into the Abarth 500, which will be offered in the states as well. This version of the Fiat 500, outfitted by the long-time Fiat modification company Abarth, will provide a turbo that pumps out a staggering 170 horsepower along with interior and exterior modifications. If that's a little bit too much for you, you could stick with the base model (and go slow...er).

I have high hopes for the Fiat "Cinquecento" as well. I cannot wait to see them on the road, and I think with time, the 500 will become just as well-known and appreciated as the Mini and Beetle.



D H WRIGHT/FLICKR

Little do passers-by know that this cute, compact car packs a 101-horsepower punch.

# Swap Sudafed side effects for natural allergy remedies

By ALYSSA DIGIROLAMO  
Staff Writer

As spring approaches with longer days, heightened temperatures and blooming flowers, the season also arrives with one stressful catch: allergies.

While some of us will be able to escape spring with only a few sniffles and sneezes, the rest of us battle through the most painful of sinus infections.

**Eucalyptus oil is a forerunner in herbal sinus treatment. To treat a sinus headache, this oil can be rubbed on the temples to soothe pain.**

Although the average pharmacy is stocked with sinus relief medications — such as decongestants like Mucinex and Sudafed that relieve nasal congestion and pain by loosening and drying out the mucus — you pay the price using these over-the-counter medicines. Staff writers at <http://webmd.com> cite dry mouth, dizziness, sleeplessness, headache, nausea and vomiting as common physical side effects of these medications, as well as psychological

side effects of nervousness and feeling disoriented. Such side effects outweigh the relief actually given by the taking of such medicines and leave the allergy-prone to suffer through the spring season.

Meanwhile, the glory of herbal remedies is often overlooked by the average person. While mainstream media leaves most allergy sufferers uninformed of non-pharmaceutical remedies, there are several possibilities to relieve sinus pain at the easiest convenience.

Eucalyptus oil is a forerunner in herbal sinus treatment. The cooling qualities of this oil are used to naturally cleanse the senses. To treat a sinus headache, this oil can be rubbed on the temples to soothe pain. Additionally, eucalyptus oil can aid decongestion if used in a sinus steam. Certified aromatherapist and health writer Beverly Marshall provides easy steps to create this home remedy at <http://wlnaturalhealth.com>.

First, combine four to six cups of boiling water with four to six drops of eucalyptus oil in a glass bowl, hold your head over the bowl with a towel draped over your head, and finally, deeply inhale the steam for about 15 minutes. Voila! Your sinuses are clear and mucus-free. Eucalyptus oil can be purchased at



JOELK75/Flickr

This little number works wonders for your sinuses, if you don't mind sticking it up your nose.

health food stores, such as GNC and The Vitamin Shoppe.

Nasal irrigation is a yogic cleansing method used to rinse the nasal passages. Popular brand names, such as NetiPot, copy this ancient technique. Naturopathic doctor Cathy Wong shares universal instructions on how to use nasal irrigation at home at <http://altmedicine.about.com>.

In a sanitized container, mix ½ a teaspoon of non-iodized salt, eight ounces of filtered water, and ½ teaspoon baking soda in a sanitized container. Tilt your head to the side and using a NetiPot or nasal bulb syringe (both can be purchased at

pharmacies and health food stores), pour the mixture into one nostril, allowing it to flow easily out from the other. Perform nasal irrigation over a sink to avoid messiness.

Both eucalyptus oil and nasal irrigation are naturally cleansing methods that can be performed at home, without a doctor's prescription. There are no side effects or alternate reactions to either remedy; just be sure you have no personal allergies to any ingredients. After experiencing these herbal remedies, you will walk away feeling decongested and fresh.



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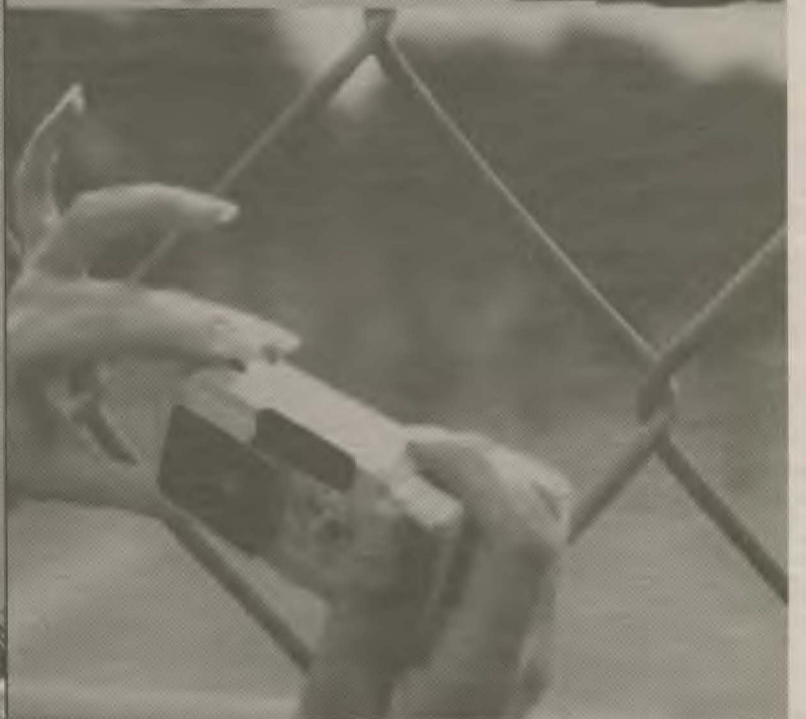
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# Handshakes allow for self-expression from Foxes

By PHILIP TERRIGNO  
Editor-in-Chief

They must follow their coaches' system, play within NCAA regulated parameters and adhere to academic and athletic policies.

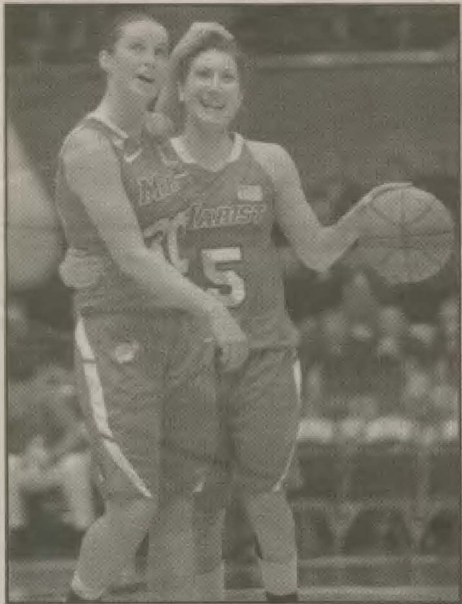
Student athletes on the ultra-successful Marist College women's basketball team lead regulated and scrutinized lives through their commitment to competing at the Division 1 level.

It's a commitment that leaves very little room in the area of self-expression – except for a creative and energetic handshake ritual.

Who better to organize the pregame palm slapping than Maria Laterza, the 6-foot-3-inch senior with her home borough in her twitter handle (@bkLynLaterza) and enough personality to stretch from Poughkeepsie to the Verazzano bridge.

"Last year, we were never like a rah-rah type team," Laterza said. "I couldn't see why we couldn't have the handshakes and have it be like, 'yeah, this is our thing.'"

After the arena's PA announcer calls their names, the five starters rise from the bench and pass Laterza individually on their way to



RYAN HUTTON/THE CIRCLE

Marist was bounced from the NCAA Tournament in a loss to Duke. The Foxes beat No. 7 Iowa State in the first round.

## Baseball begins conference play with series win

By ERIC VANDER VOORT  
Sports Editor

The Marist baseball team played their home and conference openers last weekend, winning two out of three games against Metro Atlantic Athletic Conference foe, Fairfield. The Red Foxes followed this up with a 3-1 loss at Bryant on Tuesday afternoon.

Marist and Fairfield played a doubleheader on Saturday at McCann Baseball Field, with each team taking one game. Behind the three-hit performances by sophomore first baseman Mike Orefice and senior left fielder Ricky Pacione, the Red Foxes won the first game 7-2. Sophomore pitcher Dan Zlotnick got the win, improving his record to 5-0.

The second game of the day turned into a pitcher's duel, with Marist junior Chad Gallagher going eight strong innings, only giving up two runs. The Stags ended up winning the game that was scheduled to go

center court.

Don't expect to find any simple high-fives or fist pounds here – each routine for all five starters is pre-planned and choreographed.

Take Erica Allenspach's for example, a routine so intricate that sophomore walk-on Suzette Garnett was consulted by Laterza to help finalize it.

"At the end, we throw up an 'O' for her since she's from Ohio," Garnett said. "Then we clap our hands twice and lift it up. It's like LeBron [James] does, because we are witnesses to Erica."

Although Allenspach's routine pays homage to her native state, not every routine is an allusion to the players' place of origin.

For instance, Elise Caron's handshake routine ends with an emphatic snap of fingers on both hands instead of shooting an imaginary hockey puck or lacrosse ball.

"Elise wanted to have fun with it, something that could give her a little bit of a laugh," Laterza said. "She's normally always so intense."

Junior guard Corielle Yarde's signature greeting consists of briskly running up to Laterza, launching herself into the air and bumping hips with the senior.

Should Yarde feel shortchanged that she doesn't get a long, drawn out routine like some of her teammates? Are all handshakes not created equal?

"It's because Corielle can jump out of the gym," Garnett said. "When it was my turn to do it with [Yarde], I was like, 'Can you please not jump that high?' And Maria goes, 'I don't jump high, just kick your knees up. It looks like you're getting up.'"

The origins of the pregame handshakes can be traced back to last season's Pack the House game against the Iona Gaels, when the ceremony was first implemented.

"I remember that was a big game," Laterza said. "We wanted something to keep us going. It's cool, it's fun and I like being kind of a hype-man."

Director of Basketball Operations

only seven innings in 11 innings by a score of 3-2. The loss ended a 12-game win streak for the Red Foxes.

"You can't win all your conference games," Gallagher said, "but you try to win every series."

Gallagher is 4-0 with a 3.11 ERA in six starts this season.

The three-game series ended on Sunday, with the Red Foxes taking down Fairfield by a score of 5-2. Senior pitcher Kyle Putnam won his third straight start, giving up two runs on four hits in 5.1 innings. Orefice, junior third baseman Jon Schwind and sophomore shortstop Zach Shank each went 2-4 with an RBI, and Ricky Pacione extended his hitting streak to 13 games.

On Tuesday, Marist had trouble getting the bats going in a 3-1 loss at Bryant in Smithfield, R.I. The Bulldogs' pitcher Brian O'Neil scattered six hits over seven innings, giving up only an unearned run.

The beginning of the conference season comes after one of the strongest non-conference starts in



RYAN HUTTON/THE CIRCLE

Senior forward, Maria Laterza (above), has helped bring a new pregame tradition to the Red Foxes. Players now have unique handshakes that they perform prior to each game.

Cori Chambers, a 2007 Georgia graduate that is the Bulldogs' all-time leader in three-pointers made with 282, had a different experience with on-court self expression during her playing career.

"Coach [Andy Landers] didn't really like [handshakes]," Chambers said. "They kind of started and ended in one game. Coach was really all about the name on the front of the jersey."

The Red Foxes, under head coach Brian Giorgis, are recently removed due to a 71-66 loss to the Duke Blue Devils in the second round of the NCAA tournament.

"Coach [Brian] Giorgis is pretty laid back with the things that he does," Chambers said. "He's focused on the task at hand. Any coach would cut down flare like that if you weren't getting the job done. If the focus becomes on handshakes and not on making baskets, any coach would be upset."

During a 2010-2011 campaign, Marist played 23 away games, pregame introductions provide for a sense of normalcy in foreign environments.

"We try not to do the flashier ones on [the road]," Laterza said. "The

only ones we do on the road are Corielle [Yarde's] and Kate [Oliver's]. It's a respect factor but we did it at Duke. We had to. It reminds us that this is what we do every night and we're gonna keep on doing it."

A reporter from the Circle asked Laterza during a post-game press conference earlier this season if she planned to officially name a successor to her handshake-choreographing throne.

The heir apparent, Laterza said, is Garnett.

"It took a while and I was really thinking, 'who is going to do it the best?'" Laterza said. "I can't think of anyone better than [Suzette] to do it."

Don't expect Garnett to be satisfied with the status quo-plans are already in place to revamp some of the routines.

"Everyone has to have a handshake next year," Garnett said. "Brandy [Gang], Corielle [Yarde], Kristine [Best] and everyone else who is starting is going to have one. No more high-fives. They're going to be cool."

the program's history. Marist received one vote in last week's USA Today Coaches Poll, which is believed to be a program first.

"They've really come into their own in this first 18-game stretch," Marist head coach Chris Tracz said. "We have a good identity as a team."

The win streak included sweeps on the road against Richmond, Delaware State, Towson and George Washington.

"We got rolling in the right direction and just kept going," Tracz said. "Trips are always great. You can learn more about your ball club on the road, and they've shown that they're mentally tough and focused."

"The winning streak was nice; we hit the ball a lot," Gallagher said. "The offense was able to pick up the pitching."

Marist scored in double digits in six games during the win streak. However, Tracz believes that the most important reason for the team's success has been their pitch-

ing.

"The biggest key has been our pitching," he said. "Coming into the year we knew we had to pitch better and play better defense, and we've been doing both."

Gallagher and Zlotnick are leading the way with their respective 4-0 and 5-0 records, and the team overall has a 3.92 ERA with an opponent's batting average of .250 against.

"We haven't had this type of success on the mound in a long, long time," Tracz said.

Gallagher attributes the team's success to an intense offseason.

"We came together well as a unit in the offseason, especially as a pitching staff," he said. "We put in a lot of hard work and it's paid off so far, but there's still a long way to go."

This weekend, the Red Foxes will travel to Buffalo, N.Y. for a three-game series against Canisius.

## A family no more: Prescott, Rusin and Watson depart

By JIM URSO  
Sports Editor

After Marist's win against Niagara in the opening round of the MAAC tournament, players sat at the press conference and spoke about the family atmosphere and togetherness in the locker room.

"I wish you guys could see it [the locker room]," one player said. "We're like a family."

Even though Marist lost the following night, there was a sense that things were turning around.

Less than three weeks later, the Marist athletic department announced that guards Sam Prescott and Candon Rusin, as well as forward Menelik Watson, have left the program, effective immediately, and will transfer out of Marist.

Martin said the remaining players on the team have not spoken about the departure of Prescott, Rusin and Watson.

"We're really focused on the kids in the program, and what we have to do to get better," Martin said of the three players who departed. "We just have to keep getting better."

"They're great kids with great families," Martin said of the three transfers. "I believe they will do really good things elsewhere."



RYAN HUTTON/THE CIRCLE

Sam Prescott (above) scored 34 points against the Iona Gaels on Feb. 13. Prescott, along with guard Candon Rusin and forward Menelik Watson are no longer affiliated with the team. The trio accounted for more than 32 percent of Marist's points. Since the start of the 2010-2011 season, four players have left Marist.

Coming off a 6-27 season, the Red Foxes will lose a trio which accounted for over 32 percent of Marist's points this past season.

Prescott, who averaged 11.4 points per game to lead the team in scoring, was possibly the team's most promising young talent. On Feb. 13,

Prescott electrified the McCann Center with a hot hand that led to 34 points. Rusin, who averaged 7.8 points per game, ranked third among teammates.

The news, however, was not all bad for Marist. According to <http://gothamhoops.com>, Marist received two verbal commitments on Tuesday.

Christ the King's (Middle Village, Queens) T.J. Curry and Chavauhn Lewis of St. Mary's (Manhasset, Long Island) have committed to the Red Foxes. Curry and Lewis will join Isiah Morton, a quick point-guard from St. Augustine Prep (N.J.), as well as Xaverian's (Brooklyn, N.Y.) Manny Thomas next year. The Marist athletic department could not comment about the rumored commitments due to NCAA regulations.

This past season, Marist lost guards R.J. Hall and Dejuan Goodwin for the second half of the season due to academic issues. Also, sophomore Rob Johnson transferred from Marist after the fall semester. Prescott was ruled academically ineligible for the second semester of his freshman year.

After the MAAC tournament, Marist announced that Martin will return next season.

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