



The



Circle

The student newspaper of Marist College

VOLUME 65, ISSUE 25

FOUNDED IN 1965

Thursday, April 28, 2011

RateMyProfessors release Top 25 lists for 2010-2011

By MONICA SPERANZA
News Editor

Marist students and faculty alike are well acquainted with the website <http://ratemyprofessors.com>. The website allows students from institutes of higher education in the U.S., England, Wales, Canada and Scotland to go online and rate their class instructors based on overall quality, helpfulness, clarity, easiness and "hotness." Recently, RateMyProfessors has released a list of top universities and professors in the U.S. as rated by students.

This is the fourth year RateMyProfessors has put out the lists, which include "Top 25 Highest Ranked Universities," "Top 25 Rated Professors at the Universities," "Top 25 Highest Ranked Junior Colleges," "Top 25 Rated Professors at the Junior Colleges" and "Top 10 Hottest Professors."

For the 2010-2011 academic year, the highest ranked university was Brigham Young University and the highest rated professor was David Mease, a business professor from San Jose State University.

The website is owned and operated by mtvU, MTV's college network (MTV acquired the site



JENNA GRANDE/THE CIRCLE

Now on <http://ratemyprofessors.com> students can rate a university's campus. Marist's overall campus rating is 4.1 out of five, while overall student happiness is at 4.8. "School reputation" is the highest rated factor.

2007). The website has been functioning since 1999 and all 11 million comments on the site are student-generated. There are currently 6,500 institutes and 1,000,000 instructors on the website, which are ranked using a five-point scale. The rankings used to compile the Top 25 lists are

weighted by year—more recent years are more heavily weighted. For example, ratings from 2010 have a weight of 60% while ratings from 2008 have a weight of 25%. In addition, universities and professors are only considered for the lists if they have a minimum of 30 ratings.

RateMyProfessors is meant to be an informational tool for students and universities. Students use the site to give their opinion of an instructor as well as to investigate what other students think about professors. Now students can also rate their institute's campus based on several factors including things like school reputation, clubs and organizations, and food on campus. Universities can take these ratings into account to help improve the campus as well as the quality of professors.

There are 839 Marist professors on RateMyProfessors with an average rating of 3.14. In regards to campus ratings, the overall school rating is 4.1 with overall student happiness at 4.8. Going through these ratings, "school reputation" is generally pretty high—surprisingly so, considering the nature of Marist's social reputation. "Food on campus" and "social activities" are the lowest rated. One commenter wrote: "I feel as if Marist should have had more mandatory activities for freshmen to get involved and meet each other. They kind of just threw us all out there and were like, 'make friends.'"

Though the average professor rating could be higher, Marist students enjoy being at Marist, regardless.

Marist claims victory at national case study competition

By JENNA GRANDE
News Editor

From April 19 to the 22, four Marist communication majors with concentrations in sports communication traveled to the University of North Carolina at Chapel Hill to compete in an annual case study competition. Seniors Kaiti Decker and Jim Urso, and juniors Brittney Garofolo and Luke Teitelbaum presented their results to a panel of experts.

Their assignment was divided into two phases. The first phase consisted of completing the assigned case study, which analyzed the athletic departments of two North Carolina universities, Elon and University of North Carolina at Greensboro. The study analyzed the schools' departments in the years after the switch to a Division I athletics status in the 1990s. The team was also required to explore further initiatives for the schools.

On the first day of the competition, the students then gave a 10-

minute presentation for a possible reclassification for another university, the University of North Alabama, to be considered a Division I athletics school. The Marist team reached the conclusion that the University of North Alabama should remain in the Division II category in order to avoid severe budgetary concerns at the school while also better supporting academics on campus.

The team was advised by Associate Professor of Communication Arts Keith Strudler. Strudler also chairs the Marist Communication Department and founded the college's sports communication program.

According to a press release on the website, "Winning is fantastic for them, and they absolutely deserve it," said Strudler. "But what's really awesome is how great their ideas were and how professionally they worked as a team. This is a testament to how seriously they've all taken the entire educational process."

Both undergraduate and gradu-

ate students had the opportunity to take part in a competition evaluating the assigned topic. There were separate competitions and judging panels, however, for the undergraduate and graduate teams.

The win came as a major improvement for Marist, after not placing in the top rankings last year, as case study coordinator Dr. Coyte Cooper of the University of North Carolina noted. Ithaca College finished second, while last year's winner, Loras College, tied for third with Georgia Southern University.

April 19 was the only day that the team was actually competing in the case study competition. With the remainder of the time, the team spent their days listening to guest speakers, lectures and panels by various figures in the sports communication field. For example, on April 20, there was a panel discussion on NCAA regulations, agents and amateurism featuring big names like Jason Belzer, president of Global Athlete Management Enterprises,

Inc. and current agent serving college coaches; Joby Branion, the director of East Coast Operations for Athletes First; Jamal Brooks, former NFL player; Marcus Wilson, the assistant director of NCAA's enforcement staff; Brad Wolverton, senior editor, The Chronicle of Higher Education.

The competition brought "recognition for our unique program in sports communication," Urso said in the official press release.





THIS WEEK

Thursday, 4/28

No events scheduled.

Friday, 4/29

SPC Movie: "The Roomate"
10 p.m. to 11:30 p.m.
Student Center 346
PAR

Saturday, 4/30

Men's Lacrosse vs. Detroit
3 p.m. - 5 p.m.
Tenney Stadium

SPC Movie: "The Roomate"
10 p.m. to 11:30 p.m.
Student Center 346
PAR

Sunday, 5/1

h<3rt1 Spring Benefit Concert
2 p.m. to 6 p.m.
Champagnat Green

Monday, 5/2

Instrumental Recital
8 p.m. - 10 p.m.
Student Center 346
PAR 346

Tuesday, 5/3

Author: Don Keelan "Conspiracy on the Hudson"
4 p.m. - 6 p.m.
Student Center
Cabaret

Beginner Piano Recital
7 p.m. - 9 p.m.
Student Center 346
Performing Arts Room

Game Society Meeting
9:30 p.m. - 11 p.m.
SC 348

Wednesday, 5/4

Sodexo Customer Appreciation Day
11 a.m. - 1 p.m.



Letter from the Editor

Welcome to the second to last issue of The Circle for the semester.

On our front page, we have a story on RateMyProfessor's Top 25 lists of the 2010-2011 academic year based on students' comments and ratings. Spoiler alert: there are no Marist professors who made the Top 25 list nor was the college on the Top 25 Universities list. Curious to know where Marist stacks up against the rest? Turn back one page to the cover and find out. But onto good news, our backpage

Sports section highlights the Men's and Women's Tennis team for winning their respective MAAC Championships. On behalf of The Circle, congratulations to both Tennis teams.

In more sports, the baseball team won two out of three games against St. Peter's improving their record to 25-13 and 5-9 in MAAC play.

If you're not really into sports, flip to our A&E section to read my review of Vassar's spring concert with of Montreal. Big fan of museums? Read Melanie Lamorte's recap of

her trip to the Newseum, "Washington D.C.'s most interactive museum."

And last but not least, Facebook has become more gay friendly. The most popular social networking site now allows users to post same sex relationship statuses. Turn to Opinion and read Casey Fisk's editorial on this monumental change.

Happy reading.

Ryan Rivard
Managing Editor

Security Briefs Spring still waiting to be sprung

By CHRIS RAIA
Staff Writer

This spring has been awfully gloomy. Poor seniors. This spring semester has been rainy, snowy and constantly overcast. We still haven't had Sundress Week and instead of featuring rapper Sam Adams, our spring concert featured a man named Samuel who I'm convinced tricked Marist into thinking he was a legitimate musician. Spring 2011 just hasn't been the same. Last year, for reasons that just can't be explained unless you believe in heavenly intervention, Marist College canceled all classes on April 20. This year, April 20th is just... it's just a Wednesday. I'm sad and nostalgic, but at least there's always next year. I'm sorry, seniors.

4/13 Champagnat

Two kids got stuck in an elevator in Champagnat for several minutes. That situation could go so many different ways. The optimist in me hopes that they were boy and girl strangers, the elevator fiasco gave them the perfect meet, and they're currently dating. The pessimist in me is picturing myself stuck in an elevator with my biggest fear (mimes), freaking out, murdering one of them and spending the rest of my life in jail. Then I ignore both the optimist side and the pessimist side, and I think of Dwight Schrute

establishing a "pee corner" in Dunder Mifflin's broken elevator. And then I giggle.

4/14 Upper West

Security was busy in Upper West this week. This time, there was a fire alarm that coincided with a very pungent odor of marijuana in the air. I think I remember that day. I heard someone outside say "Either someone's smoking outside, or there's a skunk nearby." I don't really understand why people want to inhale something that can easily be mistaken for a skunk's stink. Whatever. To each his own. **10 points**

4/15 Champagnat

Alcohol confiscation. I know, typical. But this one is different! It wasn't at the entry desk; it was outside! Freshmen were written up for drinking outside out of red Solo cups. It's almost May and that is the first time I've been able to write that. That's a crime. All of you freshmen who lost priority points and got written up for enjoying yourselves during a beautiful day on a beautiful campus, consider yourselves martyrs. Thank you for reminding us all that it's springtime. **15 points**

4/16 Foy

A Poughkeepsie local was asked to leave campus because he was fishing through the Foy dumpsters looking for recyclables. I know that

we live on a private campus and these things happen to keep us safe, but the man is just looking for some cash, and in the process, he's going green by recycling. This is why I propose another new on-campus employment opportunity to go along with the snow shoveler position I proposed in the winter. We could pay a few kids the minimum campus employment wage to take the recyclables students just throw away and turn them in for cash. The accumulated money could be donated to the local Poughkeepsie homeless shelters. Paying a few students minimum wage wouldn't hurt Marist College in the least. The students would be thrilled because they're getting a paycheck. And the school would get great PR for giving back to the local community. Everybody wins.

4/16 Student Center

Security spotted a student asleep on the couches by Student Activities. I've done that before, so I can't blame him. Those couches are comfortable. But then security woke him up and he immediately vomited. That, I can blame him for. Don't vomit in front of security officers.

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

The Circle

The Student Newspaper of Marist College

Editor-in-Chief: Philip Terrigno
Philip.Terrigno1@marist.edu

Managing Editor: Ryan Rivard
Ryan.Rivard1@marist.edu

Editor-at-large: Tom Lotito
Thomas.Lotito1@marist.edu

News Editor: Monica Speranza
circlenews@gmail.com
News Editor: Jenna Grande
circlenews@gmail.com

Opinion Editor: Casey Fisk
circleopinion@gmail.com

A&E Editor: Melanie Lamorte
circleae@gmail.com

Sports Editor: Jim Urso
circlesports@gmail.com
Sports Editor: Eric Vander Voort
circlesports@gmail.com

Copy Chief: Emily Berger
emily.berger1@marist.edu

Copy Editors: Ashley Lampman, Brenna McKinley, Dayna McLaughlin, Taylor Mullaney, Marygrace Navarra, Nguyen Pham, Dean Silfen, Elora Stack

Lifestyles Editor: Rachael Shockey
circlehealth@gmail.com
Features Editor: Michael Garofalo
circlefeatures@gmail.com

Photography Editor: Jon O'Sullivan
circleshots@gmail.com

Graphics Editor: Dayna Vasilik

Web: www.maristcircle.com
www.twitter.com/maristcircle

Web Editor: Brendan O'Shea
brendan.oshea1@marist.edu

Advertising Manager: Liz Hogan
circleadvertising@gmail.com

Distribution Managers: Dayna McLaughlin, Chris Raia

Faculty Advisor: Gerry McNulty
gerald.mculty@marist.edu

PLEASANT RIDGE SPECIALS

6 Large Pies + 50 Wings = \$84.99

1 Large Pie + 2 Dozen Wings + 2 Orders of Mozerella Sticks = \$33.95

3 Large Pies + 1 Dozen Wings = \$39.95

75 wings = \$35.99



OVERALL SOLUTION?

call 845-483-1400

TO PLACE YOUR ORDER!

Math has never been this pleasant...

Facebook at the forefront of recognizing same-sex relationships

By CASEY FISK

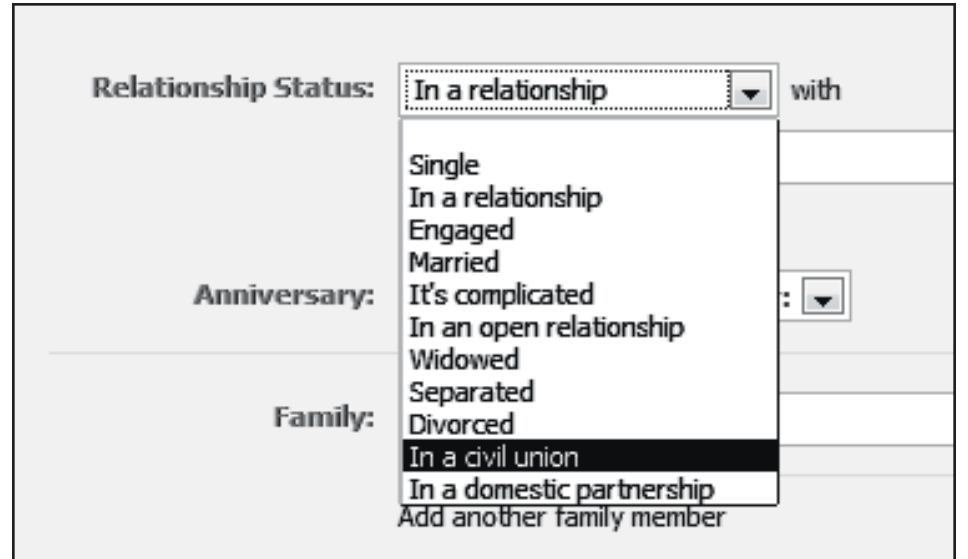
Opinion Editor

I am currently in a relationship. You may not know that from looking at me, unless perhaps you observe that my claddagh ring's heart is turned in, or you happen to catch me holding hands with my significant other, but short of sensory evidence that someone is in a relationship, how is anyone to know who's taken by who? Facebook. Any of my 1,100 friends (I really need to do some spring cleaning on my friends list) can take one quick look at my profile and immediately see that I am in a relationship recognized by the Facebook community. The ability to choose women or both men and women has been available since the dawn of Facebook. Interestingly enough, however, not until recently did Facebook offer the relationship options of civil union and domestic partnership to those users engaged in a same-sex relationship.

Let's face it, some people take their Facebook relationship status

as seriously as wearing a wedding ring. As for a same sex couple to finally have their true relationship status recognized, at the very least by the cyber community which often reveals more about ourselves than our everyday interactions, is not something to be overlooked. I am not saying that this is groundbreaking stuff, but I hope that it is a move in the right direction. The cyber community crosses state lines and legal boundaries to recognize gay and lesbian relationships. Currently in the United States of America (you know, the one always up on its soapbox about freedom, equality and the pursuit of happiness) there are only five states that recognize or will soon recognize same-sex marriages and only six that alternatively recognize some sort of same sex civil unions or domestic partnerships. On Facebook, it doesn't matter what state you hail from or currently reside; if you want to be known as apart of a same sex relationship, you have that right.

Senators should take note from the cyber democracy of Facebook



CASEY FISK / THE CIRCLE

Screen shot of the updated Facebook relationship status options available to users.

that is by the people (well, Mark Zuckerberg) and for the people (and Mark Zuckerberg's future children's college funds, and private jet funds). As far as I know, there are no plans for Facebook to begin acknowledging relationships between man and beast or inanimate objects, and, more importantly, the world hasn't imploded from recognizing same sex relationships as legitimate partner-

ships. I can only hope that in time as a younger generation moves into Senate, that the familiarity and comfort with same sex relationships will make them recognized not only on laptop and smart phone screens by closed circles of friends and Facebook users, but on legal certificates sanctioned by the United States government country wide.

GRADUATING? WHAT'S NEXT?

On Campus Graduate Programs

- Accounting (M.B.A.)
- Computer Science (M.S.)
- Software Development
- Education (M.Ed.)
- Educational Psychology (M.A.)
- Professional Teaching Certification
- Information Systems (M.S.)
 - Information Systems Management
 - Information Technology Management
- Mental Health Counseling (M.A.)
- Museum Studies (M.A.)*
- Public Administration (M.P.A.)
- School Psychology (M.A.)

* Graduate Program offered at the Florence, Italy Campus

Online Graduate Programs

- Business Administration (M.B.A.)
- Communication (M.A.)
- Educational Psychology (M.A.)
- Professional Teaching Certification
 - Information Systems (M.S.)
 - Information Systems Management
- Information Technology Management
- Public Administration (M.P.A.)
- Technology Management (M.S.)

SCHOLARSHIPS ARE AVAILABLE TO ALL MARIST ALUMNI

**GET STARTED TODAY! VISIT DYSON 127 OR
WWW.MARIST.EDU/GRADUATE**

MARIST

Measuring up: Does the media create unrealistic standards?

By COLLEEN KOPCHIK
Circle Contributor

Britney Campbell is a normal eight year old living in San Francisco. She puts on her mother's make-up, has a love for fashion and dreams of someday becoming a singer or actress.

She is also being injected with Botox every three months by her mother in order to transform her into a superstar, as recently reported by the UK Sun.

With the media's constant obsession over who is too fat and who had a nose job in Hollywood, it is easy to understand how the media has blurred the lines of the movie star fantasy and reality. Has the media gone too far in turning us against ourselves, or is the media even to blame?

Shannon Roper, associate professor of communication at Marist College, said that media can affect one's self-image.

"As a culture we are more visually orientated," she said. "With the evolution of technology, I feel like there is a stronger potential for a media influence, even at a younger age than we've seen in the past."

The average American is exposed to over 3,000 advertisements a day, according to the Media Awareness Network, and will spend more than nine years of their life watching television, according to The Sourcebook for Teaching Science.

"Media is certainly more present in our lives than ever before," Roper said. "It saturates the mind more and more. In combination with the [media's] messages and the messages that kids get at home from parents or role models, it can lead kids to believe they have to look a certain way."

Receiving these types of messages at a young age can lead to greater insecurity issues later in life.

The issue with media may not so much be how much media we encounter, but the ideals that are being projected in the media.

"There is an idealized view of what men and women are supposed to look like," Roper said. "But when we look at it statistically only three to five percent of the entire worldwide population could ever achieve the look of a supermodel or Hollywood actress."

Linda Dunlap, professor of psychology at Marist College, agrees that the standards of the media are unrealistic.

"Thin, tall, perfection of hair, makeup, clothing [are images perpetuated by the media]," Dunlap said. "This is difficult if not impossible to ever achieve. Perfection should not be the goal, but rather doing the best with what we have to work with. Striving for an ideal is a recipe for failure."

And these stereotypes are all before what Roper calls "media tampering."

"Photoshop is not something that is uncommon when used to make those few tweaks to make people look better," Roper said.

In an unscientific poll of 33 female Marist undergraduates ages 18 to 22, all 33 women claimed to have felt pressure to look a certain way in their lifetime. Of the 33 women, 27 still feel the pressure to look a certain way on a regular basis, 14 have considered getting cosmetic surgery and two have had a cosmetic procedure.

"It's really a taboo subject to talk about outside your group of good friends," said one survey participant, who wished to only be referred



THINKPANAMA / FLICKR

Professor Roper believes the media portrays cosmetic surgery as a routine solution.

to as Kate.

"Our whole lives we are taught to be confident to outsiders, but in the same breath we're told we are never good enough as the girls in the movies," she said. "I don't consider myself a self-conscious girl, but I don't know one girl who has never questioned how she looks or measured herself up to some higher standard."

Each of the survey participants spoke about media's influence on how they viewed themselves or even their futures.

"You have to be pretty to do just about everything," said another survey participant.

Television shows such as Bridalplasty and The Swan only perpetuate the vicious cycle.

Roper said that cosmetic surgery has become "mainstream."

"Throughout time, humans have been drawn to beauty in people, nature, art, etc." Dunlap said. "There is absolutely nothing wrong with us

liking to look at aesthetically pleasing things. There is something wrong with us believing we are not worthy or acceptable if we do not match the ideal."

Recent media has provided some hope in rebuilding a healthier image. Dove launched their Campaign for Real Beauty back in 2004 and it has continued to be a thriving campaign. Other companies have also begun to feature more realistic and attainable kinds of beauty, including the controversial TV show, "Mike & Molly."

"The media will continue to promote what we like to look at," Dunlap said. "That is natural. We can't reverse what the media presents; we can discuss what it means to have a healthy look. The change must come from outside the media. Emphasize learning to love ourselves just the way we are."



Check us out on
the web!

www.maristcircle.com



Ryan Sojima

Menacing pigs and costumed wrestlers – it must be of Montreal



By RYAN RIVARD
Managing Editor

of Montreal is a band that's known for featuring nudity, horses and puppetry in their live performances. Maybe that's one of the reasons why culture blog Flavorwire named them in their list of 25 musical acts you must see. The Athens, Ga. based band played their second show of their North American tour at Vassar College last Saturday. Although there was no nudity, horses or puppets, the show was by no means a warm-up.

Frontman Kevin Barnes adopted his glam rock on-stage alter-ego Georgie Fruit, and commanded the Walker Field House with veteran stage presence. Barnes sported a beret adorned with a red bow, dressed in red spandex leggings and denim shorts, fashioning a style that was a cross between Shirley Temple, a psychedelic schoolgirl and a dash of Cindy Lou Who. He danced on stage like a neo-Mick Jagger, David Bowie and Prince



RYAN RIVARD/THE CIRCLE

rolled into one. On two occasions, he warned the audience of their songs' convincing powers to make you groove to the rhythm.

The schizophrenic funky psychedelic rock flavors of "Godly Intersex," "Suffer For Fashion," and "Grolandic Edit" carried the band through the continuous setlist. The band performed "Holiday Call" from their latest EP "thecontroller-sphere," a song that jolts and jumps from electronic trance to twangy Middle Eastern rock, gradually building towards disorienting cacophony.

During songs, performers took the stage and acted out skits – blending performance art, theater and comedy with music. The result was a show that mirrored a baroque styled Broadway musical. of Montreal created an intimate experience while remaining faithful to their extravagant theatrics. Whether its performers dressed in menacing pig costumes tossing a toy doll or American flag spandex suits with capes, or even giant-breasted vikings, of Montreal was still able to establish and maintain a close connection with the audience.

Performers routinely jumped off the stage and crowd surfed. Some chucked plastic Easter eggs filled with mysterious treats into the crowd. Barnes even paraded the front row while bassist Davey Pierce jumped up and down in a dance pit.

Stage theatrics and Barnes showmanship aside, of Montreal's other members displayed tremendous musicianship, many of them constantly switching instruments



RYAN RIVARD/THE CIRCLE

of Montreal showcased their quirky concert style last weekend at Vassar College.

throughout the night, some even doubling up on instruments to replicate the band's rich textured studio recordings in the live setting.

Behind the on-stage chaos was a triangular arch in the back wall of the Field House, which provided an opportunity for experimentation with projected video onto the walls. At times, the background would be covered in vibrant psychedelic flowers or patterns and other times the screen would be divided into sections, displaying a video feed of the members, juxtaposed with kaleidoscopic images.

In the midst of main set closer "She's a Rejecter," wrestlers dressed in luchador costumes joined took the stage for a wrestling match. Barnes nestled side-stage out of the spotlight while of Montreal provided the soundtrack to the brawl in an extended jam session. Post-match,

the band exited, promising to be back soon.

The defeated wrestler returned to the stage for a rant on his revenge, and somehow his ramblings transitioned to an inspirational speech on never giving up on your dreams. If there's anything you should walk away with from an of Montreal show, it's that anything is possible, including meshing wrestlers, dancers, pigs and a woman dressed in a sequined bikini wearing an eagle mask with psychedelic rock. Your limitations are your imagination.

Barnes and company returned and performed the encore songs, "Plastic Wafers" and "Heimdalsgate Like a Promethean Curse," before exiting the stage with a blown kiss to the crowd. They ate it up.

The Newseum: Exhibiting the art of news

By MELANIE LAMORTE
A&E Editor

The Newseum, is one of Washington D.C.'s most interactive museums, providing an entertaining and informative look at the history and the art of modern day news and media. Located in our nation's capitol, the Newseum is a unique multimedia experience, sure to pique the interest of any media lover, or simply anyone with a cultural curiosity. For those traveling to the D.C. area this summer, the Newseum is a sight worth seeing.

Like any other museum, the Newseum has a series of exhibits for a variety of different areas. Each floor and each room has a different focus within the media. One of the most interesting exhibits that visitors first see is a room dedicated to the media coverage of the Berlin Wall, complete with real segments of the wall itself and a watchtower. The pieces of history stand before visitors, sparking a genuine interest in how news is gathered, and its importance in world events.

At the Newseum there are entire rooms filled with photographs displaying excellence in photojournal-

ism. Historical timelines are found in almost every exhibit, along with clippings and front pages of some of the most recognizable newspapers today. A powerful exhibit chronicles the events of Sept. 11, and how the news was gathered that day and its aftermath. Other exhibits are dedicated to technological advances in news throughout the years including radio, television and now, the Internet. Visitors are even able to deliver their own newscast while being recorded, to demonstrate broadcast journalism.

With videos, pictures, relics and activities around every corner, the Newseum is never boring. There are iPads to play around with, television broadcasts to watch and old newspapers to read, appealing to all senses.

Far from being a dry, solely educational experience, the Newseum combines creativity, information and entertainment. Surrounded by some of the most acclaimed art museums in the nation, the Newseum in Washington D.C. holds its own. The media is one of the most powerful influences in our lives today, and this ever-changing museum is definitely worth a visit.

Summer in the City

Lehman College–City University of New York

Session 1 – May 31st – June 30th

Session 2 – July 5th – August 3rd

Visiting Students Welcome!



- 600 Graduate and Undergraduate sections to choose from
- One-Stop application/registration process with no need to come on-campus
- Earn up to 6 credits in 3 weeks
- Small class sizes with personalized faculty attention
- Day, evening, online, and hybrid courses
- Convenient Bronx location 15 minutes from Manhattan via 4 & D lines, 20



The circle is looking for writers

For the Arts and Entertainment section

Ban bland from your diet with seasoned cooking skills

By NGUYEN PHAM
Circle Contributor

Concentrating on final projects and exams can be a feat for unfed students distracted by hunger pains. A dining hall plan can only satiate one's cravings for so long. The food begins to taste bland, and going out to eat on a regular basis becomes too expensive. Learning how to cook is important, especially at Marist, where living the suite life can begin as early as sophomore year.

Many college students have grown up relying on their parents' cooking, and don't know where to start in learning to do it themselves. As young adults, we can pick out meats and vegetables we like, but what we often forget is that having a spice rack in your dorm room or kitchen is essential.

According to the article "How to Learn Simple Stovetop Cooking" at <http://ehow.com>, "The taste of a food is not always how many great ingredients go into it as much as what kind of seasoning you use."

Daring food enthusiasts can browse through cooking websites such as <http://allrecipes.com>, <http://foodnetwork.com> and <http://cooks.com> to discover common spices all recipes require, as well as more fine-tuned spices to experiment with. For now, here are the most universal seasonings, all of which are attainable on a college student budget.

Salt. Whether you are baking or cooking, adding salt to your food will make a huge difference. It may be frowned upon because it can trigger high blood pressure, but having some of it is vital to our bodies, according to <http://ehow.com>.

"Salt is the oldest cooking flavoring in the world," writes Cassie Damewood, a contributor to <http://ehow.com>. She explains that salt brings out the flavor in pasta, fruits, vegetables and

baked goods.

Common as it is, it's easy to neglect to buy a shaker of salt for personal use while living in a dorm, but when it adds a kick to everything from steamed carrots to cookies, it's worth setting aside 99 cents for it on your next mini-trip to Rite Aid.

Pepper(s). It is almost instinctive to add pepper along with salt to savory meals. Salt is typically added first, then pepper. Pepper brings out zest in meals. For salt and pepper, try to buy spice containers with grinders; it will make the food taste fresher!

For more sweat-inducing recipes, pepper is combined with other spices like chili powder and cayenne pepper to bring the heat. If your taste buds hanker for spiciness, I recommend adding cayenne pepper to your collection as well, because the taste of it is very different from regular pepper. Skip it if you prefer your food mild.

Another popular pepper is crushed red chili peppers to put on top of food. But if that's too expensive, go with hot sauce.

Garlic. Warning: Cut garlic into small pieces, even if you bought the jar of minced garlic. Many can relate to the "I took a big bite of garlic and cried" scenario. No need to be afraid of garlic, though. Garlic brings out an amazing smell, and tastes good in meat and vegetables. It is even good for you!

Garlic can help prevent cardiovascular disease, cancer, strokes, aging and increased blood pressure, explains contributing writer Tahira Farooqui at the Science Advisory Board.

Garlic works best in its freshest form, so it is advised to buy garlic fresh and to add it to your cooking as late as possible. Adding garlic late increases your chances of taking advantage of these health benefits. It also helps you avoid burning the herb (garlic burns easily).



EXFORDY/FLICKR

Don't be scared of the array of spices out there; they'll save your once bland chicken breast.

Lemon. Though lemons are technically a fruit, you can use its peel, known as lemon zest (grated very small), as a seasoning. Lemon zest reinforces the citrus flavor lemon juice provides, but it also contains oils from the tree that the lemon juice cannot provide. Not the entire peel qualifies as lemon zest. Once you begin to see white parts of the peel, it is time to stop grating. The white part tastes very bitter.

Lemon juice is often used to bring out the freshness in baked goods and savory meals. Not much lemon juice is used in recipes, but it does make a difference. Lemons do not cost too much at the supermarket and they have a decent shelf life in the refrigerator. If all fails, just add the leftover lemon juice into a sweet (or sour) cocktail over the weekend.

Lemon zest and juice can be found prepared in jars at the supermarket, but making it fresh yourself makes a difference.

Goya Adobo. Typically used in Hispanic cooking, this collection of seasonings may cut your seasoning

shopping in half. They have flavors for meat, seafood and vegetables. And if you are not a fan of salt or pepper, they have flavors that do not include one of the two. "A simple shake is all it takes," exclaims their website, <http://goya.com>.

Soy sauce. For another twist on ethnic cooking, try soy sauce. If you are trying to cook Asian-inspired cuisine, having soy sauce is almost a must. Soy sauce is the base for many fried rices, meats and seafood. But be wary; soy sauce is typically high in sodium, so if a recipe asks for soy sauce, adding salt may not be necessary.

With these six (or more) spices in your kitchen cabinet, your culinary skills will immediately improve. After mastering these spices, you will definitely be more comfortable with taking on potent spices like oregano or curry powder. Be sure to follow any instructions on amounts of seasonings and spices to add to your cooking, for they can make or break a dinner.

Sexual Healing: Examining dramatized threats of cunnilingus

By RACHAEL SHOCKEY
Lifestyles Editor

If you read any form of online news, you've probably heard about the impending doom associated with performing oral sex on vaginas this past month. The latest round of buzz about the correlation between coming into contact with HPV and increasing personal risk of oral cancer has been interesting in presentation, to say the least. While it's invaluable important for us to know that HPV is a relatively common sexually transmitted infection, and that it has been linked to a host of cancers, it's also important to question the integrity and neutrality (or lack thereof) expressed in these new reports.

With online journalists sensationalizing the story—by overemphasizing the oral sex factor of this equation—in attempts to maximize readership, it's difficult for readers to gather a fair, thoughtful perspective on this "new" finding (one can actually find online articles documenting informed

speculation that HPV causes oral cancer from as early as 2007). AOL News headlined their coverage simply and sensationally with "Oral Sex Puts Men at Risk for Oral Cancer;" back in 2007, *Coco Masters* from *Time Magazine* came up with a similar headline, and then began the article with an admission of her own misleading means of drawing in potential readers: "Oral sex can get most men's attention."

Reporting from this racy angle downplays the facts and commands that too much attention be given to generalizations. Within both these articles and the actual study, people are working under the assumption that men who perform oral sex do it on women, simultaneously neglecting women who perform oral sex on other women.

"Women can get it from men as well although their chances are lower, according to doctors," writes Lindsay Goldwert at *New York Daily News*, offering a shout-out to women who perform oral sex on men, but still assuming that the whole world is

straight and cis-gender. The findings would presumably be compatible if lesbian, gay, bisexual and transgender people were included in research, but in none of these articles do the researchers or reporters allude to including people of different genders and sexual orientations in further studies. Doesn't everyone's risk of cancer deserve to be assessed?

With online journalists sensationalizing the story—by overemphasizing the oral sex factor of this equation—in attempts to maximize readership, it's difficult for readers to gather a fair, thoughtful perspective on this "new" finding.

Then comes the issue of shifty presentation of the actual facts (as in the information the reader gets after the blaring, excessive mentions of oral sex).

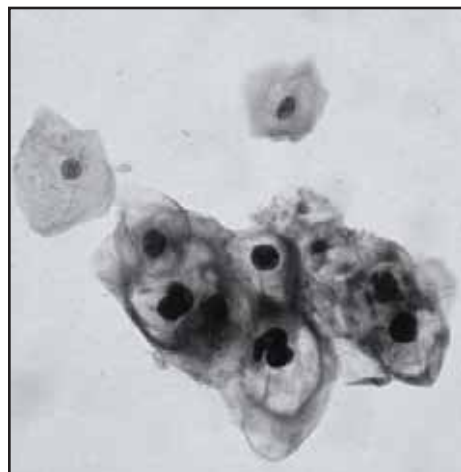
"When you look at the cancers associated with HPV in men — including

penile cancer, anal squamous cell carcinoma, oral cancers — it's very close to the number of cases of cervical cancer that occur in the U.S. in women every year. We need to adjust the public's perception... that only women are at risk," researcher Dr. Maura Gillison said, in an interview with *Coco Masters*. In the AOL News article, contributing writer Mara Gay calls the oral sex factor a "devil" of a culprit, and quotes oral cancer research director Brian Hill calling the increase in HPV-related oral cancer "an epidemic."

The trouble with framing the findings on the correlation between HPV and cancer as an apocalyptic threat is that it should not come as a great shock. In 2009, the CDC reported in a fact sheet on the STI that, in addition to cervical cancer, vulvar, vaginal, anal, penile, head and neck cancers can be caused by HPV. HPV can cause cancer in people of all sexes, genders and sexual orientations, and in the world of carcinogenic HPV, oral cancer is the greatest concern for men who perform

CONTINUED ON PAGE 9

From Page 8



EUTHMAN/FLICKR

HPV is known to cause cervical, anal, vulvar, vaginal, anal, penile, head and neck cancers.

oral sex on women.

“Women can get it from men as well although their chances are lower, according to doctors,” writes Lindsay Goldwert at New York Daily News, offering a shout-out to women who perform oral sex on men, but still assuming that the whole world is straight and cis-gender. The findings would presumably be compatible if LGBT people were included in research, but in none of these articles do the researchers or reporters allude to including people of different genders and sexual orientations in further studies. Doesn't everyone's risk of cancer deserve to be assessed?

Then comes the issue of shifty presentation of the actual facts (as in the information the reader gets after the blaring, excessive mentions of oral sex).

“When you look at the cancers associated with HPV in men — including penile cancer, anal squamous cell carcinoma, oral cancers — it's very close to the number of cases of cervical cancer that occur in the U.S. in women every year. We need to adjust the public's perception... that only women are at risk,” researcher Dr. Maura Gillison said, in an interview with *Coco Masters*. In the Aol News article, contributing writer Mara Gay calls the oral sex factor a “devil” of a culprit, and quotes oral cancer research director Brian Hill calling the increase in HPV-related oral cancer “an epidemic.”

The trouble with framing the findings on the correlation between HPV and cancer as an apocalyptic threat is that it should not come as a great shock. In 2009, the CDC reported in a fact sheet on the STI that, in addition to cervical cancer, vulvar, vaginal, anal, penile, head and neck cancers can be caused by HPV. HPV can cause cancer in people of all sexes, genders and sexual orientations, and in the world of carcinogenic HPV, oral cancer is the greatest concern for men who perform oral sex on women.

Coming into oral contact with HPV has become a more common cause of oral cancer than smoking in men (and probably in other, neglected demographics as well). Is this an important statistic to know? Absolutely. Do boys and men in our society need more protection from HPV than they are currently getting (e.g. Gardasil shots for males)? Indeed. Are the threats of HPV any greater in straight men than they are in women, transgender and non-heterosexual people? No. While we should take this risk seriously, and use condoms and dental dams in casual oral sex, we should also remain wary of sensationalization and scare tactics implemented by writers to produce a more intriguing story.

It's important to put these frightening reports into an unbiased, real life perspective. Fifty percent of sexually active people in the U.S. will contract some form of HPV in their lifetimes. While more than 25,000 men were projected to be diagnosed with oral cancer in the U.S. in 2010, far more men were predicted to contract bladder and prostate cancers. And while these reports tout that oral cancer is of particular concern to young men, compared to other types, the median age of diagnosis of oral cancer in recent

years has still been 62.

The findings would presumably be compatible if LGBT people were included in research, but in none of these articles do the researchers or reporters allude to including people of different genders and sexual orientations in further studies. Doesn't everyone's risk of cancer deserve to be assessed?

It's important to put these frightening reports into an unbiased, real life perspective. Be responsible with your sex life, and get tested for HPV regularly, but don't let the hype scare you out of having informed oral sex. Head and neck surgeon Dr. Mark D. DeLacure puts it best: “This is not a call to stop having oral sex. People have to continue living their lives; however, we make the best choices when we know all the risks. If you've got a sore tonsil that is still a problem after a couple of weeks and particularly if it's localized to one side, I would say that's a sign it's time to talk to a doctor.”

BASSO LAW

WE CAN HELP!

Save Our Number Now!

1 877 BASSO LAW

FREE INITIAL CONSULTATION

IF YOU
NEED US...

WWW.BASSOLAW.COM

CREDIT CARDS ACCEPTED

© 2011 BASSO LAW

ATTORNEY ADVERTISING: PRIOR RESULTS DO NOT GUARANTEE A SIMILAR OUTCOME.

Don't bring it all home to Mom and Dad, store it close to school!



Get a special rate available for students and faculty

-Free Cart Use

-VIP Pricing on Packing Supplies



-Climate/Humidity
Controlled Units

-Extended Access Hours

-Rental Trucks

Call or visit

845-224-3362

2169 South Road • Poughkeepsie, NY • 12601



It's all about you.

www.hampshireselfstorage.com

Off-Campus Housing

210 North Hamilton(2) 3 bedroom
apts.

41 Kelsey Rd. - 5 bedroom house

102 East Cedar St. - 5 bedroom house

75 Fairview - (2) 4 bedroom apts.

49 Fairview - Multi-family 8 bedrooms

Excellent deals for
students

Email:

FairviewRental@Aol.com

Phone: 1-845-891-3127



The Fox Trot

Quick hits of the week in Marist athletics

Men's Lacrosse

The Marist College men's lacrosse team improved to 7-6 after a 12-7 victory over the Holy Cross Crusaders on Tuesday night. Connor Rice tallied seven points with three goals and four assists. Jack Doherty also had a hat trick for the Red Foxes.

The victory is the Red Foxes sixth in a row, a streak that started with a 13-7 decision against Virginia Military Institute.

Three of the wins have been in

overtime, including Saturday's 8-7 win over Manhattan. Marist closed out regulation with a 3-0 run to tie the game, and sophomore Jim Marks netted the game-winner in overtime. Marks had two goals and an assist on the day to lead the Foxes.

With the win, Marist improved to 3-2 in conference.

The Detroit Titans will visit Poughkeepsie for a 1 p.m. matchup on Saturday to close out the regular season.

Softball

After a weekend off, the Marist softball team traveled to West Point for a doubleheader with Army. The Black Knights took game one by a score of 5-3, while the Red Foxes won game two 11-1.

In game one, junior outfielder Ashley Corriss went 3-3. She hit a two-run triple in the second inning, the only inning in which Marist scored. The Red Foxes were held to one hit the rest of the game.

The bats came to life in game two

for Marist. The Red Foxes batted around in the fifth and scored five runs despite only two hits, and added four more in the seventh. Sarah Comody, Nicole DiVirgilio, Alyssa Zahka, Danielle Koltz and Lindsay Durant all recorded two hits in the game.

Freshman pitcher Paige Lewis improved her record to 14-6, throwing a complete game giving up one run on seven hits.

Marist will travel to western New York this weekend for doubleheaders against Canisius and Niagara.

Men's basketball inks two more recruits

By ERIC VANDER VOORT

Sports Editor

After the Marist men's basketball team beat Niagara in the MAAC tournament, head coach Chuck Martin was ecstatic. On the way off the court, he gave an enthusiastic high fives to members of the band. The way the Red Foxes played, there was reason to have hope for the future.

Less than a month later, it was announced that Sam Prescott, Candon Rusin and Menelik Watson were transferring out of Marist. That feeling of optimism was long gone.

"Marist Men's B-Ball... here's to another comically bad season! My apologies underclassmen," read the Facebook status of a Marist senior.

All hope is not lost though. Two weeks ago, Marist announced the signings of two more recruits, New York City natives Chavaughn Lewis and T.J. Curry. Lewis and Curry join guard Isaiah Morton and forward Manny Thomas, who signed in the November signing period, for the incoming class of 2011.

Both Lewis and Curry come from a culture of winning at New York City Catholic schools. Lewis is from Queens and played at St. Mary's Manhasset, while Curry hails from Brooklyn and played at Christ the King High School.

Martin has made a point to make a name for Marist among high school players in the Tri-State area.

"When I got the job, I wanted to recruit New York City hard," Martin said. "We hadn't really been able to do that, but now we're starting to get into New York more."

Martin stressed the importance of the winning culture Lewis and Curry come from.

"They both come from tremendous programs," Martin said. "We need to bring a winning attitude to Marist."

The combined record of the two schools last season was 51-8. The Red Foxes have only won seven games over the past two seasons.

Lewis, a 6-foot-5-inch forward, averaged 23.9 points per game this past season. NYhoops.com rates him as the sixth-best player in New York State and describes him as "deceptively quick"; He "gets to the

basket with ease."

Curry, 6-foot-1-inch, has played both guard positions. He played an essential part of the Christ the King team that went to two straight state federation championships, and averaged 7.9 points a game. NYhoops.com says that Curry "does a little bit of everything."

Martin thinks the experience Lewis and Curry already have will be a great asset at the collegiate level.

"Both are tough; mentally tough and physically tough," Martin said. "They've been around the block. They've played in tough environments. They've played against kids who are going to the Big East, the ACC."

All four incoming freshmen are from the New York City area. They will have a large void to fill, with the transfers accounting for almost 40 percent of the team's scoring. Martin is confident, however.

"The recruiting class as a whole is tremendous. We have one of the best in the MAAC. I'm really, really excited."



RYAN HUTTON/THE CIRCLE

Marist head coach Chuck Martin (above) hopes that recruiting New York City players will "bring a winning attitude to Marist."

Baseball takes two of three from St. Peter's

By ERIC VANDER VOORT

Sports Editor

Marist got a much-needed series win this week as they took two out of three games from Metro Atlantic Athletic Conference foe St. Peter's.

After having won just one of their past seven games, Marist turned their fortunes around with a non-conference 3-2 win over Binghamton. The Red Foxes scored all three runs in the eighth inning, capped off by freshman Nick McQuail's two-out RBI single.

Next on the schedule for Marist was St. Peter's. The series against the Peacocks comes just in time for the Foxes, who have recently been on the wrong end sweeps by Manhattan and Rider. The Jaspers and Broncs are respectively first and second in the conference standings, while St. Peter's went into the series in eighth place with a 2-6 conference record.

A doubleheader at St. Peter's was originally scheduled for Saturday, but rain forced the games to

be moved to after Easter Sunday. The teams played two games on Monday afternoon and finished the series on Tuesday.

Marist's offense exploded on Monday as the Foxes took game one in Jersey City by a score of 14-7. All starters recorded at least one hit. Senior center fielder Mike Gallic went 2-4 with four RBIs and freshman right fielder Pat Welsh belted a three-run homer, his second of the season. Red-shirt junior southpaw Chad Gallagher threw eight innings giving up seven runs, but three were unearned.

The Red Foxes kept the bats going in game two and combined with a good pitching performance from red-shirt senior Eric Alessio to win 7-1.

Alessio, making his first start of the season, went 5.1 innings while giving up one run on five hits. He improved to 2-1 on the season with an ERA of 2.22.

"He's been throwing well, so we shook things up and put him in the seven inning game," Marist head coach Chris Tracz said.

Designated hitter Eric Helmrich went 3-4, hitting his third home run of the season as he improved his average to .435. Four other Red Foxes had two hits in the game.

The series concluded on Tuesday, with the Peacocks taking the final game 6-4. Marist had built up a 4-2 lead, but errors were costly as the Red Foxes gave up two runs in each the seventh and eighth inning. Sophomore pitcher Chris Bielak got the loss, although the two runs he gave up were unearned. Marist had five errors on the day.

"We didn't take advantage like we needed to in the last game," Tracz said, "but winning a series is always a good thing."

The Red Foxes' bats were still hot despite the loss. Marist out-hit the Peacocks 12-9, led by three hits from designated hitter Bryce Nugent and third baseman Jon Schwind.

It seems that Marist has recovered from their slump and turned the season around. Despite that 1-6 stretch, the Red Foxes still lead

the conference in both batting average and ERA. They are the only team with a batting average above .300 (.303) and have a team ERA one point better than undefeated Manhattan.

Marist is now 6-9 in MAAC play, with Niagara, Iona and Siena the conference opponents that are still left on the schedule. The top four teams in the conference make the postseason tournament. Marist is currently in sixth.

"We're still in control of our own destiny," Tracz said. "I think our best baseball is ahead of us."

This weekend, the Red Foxes will host Niagara with a doubleheader starting Saturday at noon and the final game of the three-game set Sunday at noon.

Note: Marist took on Army in the Hudson Valley Baseball Classic and Hudson Valley Renegades Stadium on Wednesday. The Circle went to print before the game took place. Next week's issue will feature a recap of that event.

Marist tennis dominates MAAC Championships

Men's Tennis

The Marist men's tennis team continued their MAAC dominance last week, winning their fourth conference title in a row.

Marist took to the court last Thursday at the UTSA Billie Jean King National Tennis Center in Flushing, N.Y. for the MAAC Men's Tennis Championship. The top-seeded Red Foxes defeated Fairfield 6-0.

Seniors Landon Greene and Nicolas Pisecky claimed the match's first point with an 8-6 doubles win. Junior Matt Himmelsbach and sophomore Joris Van Eck won 8-4 in doubles as well.

In addition to taking both doubles matches, Marist swept the singles matches. Freshman Lorenzo Rossi won 6-3, 6-3, Van Eck took his match 6-3, 6-1, Pisecky was victorious by a score of 6-2, 6-4, freshman Will Reznek easily won 6-0, 6-1, and Himmelsbach added a 6-2, 6-3 victory.

Himmelsbach was named Most Outstanding Performer at the championship.

The Red Foxes, who have lost one conference match in the last four years, will now head to the NCAA Tournament for the ninth time in program history.



COURTESY OF MARIST ATHLETICS

Will Reznek (above) is a freshman on the Marist tennis team. Reznek won his match in the MAAC Championship against Fairfield, as the men's team defeated the Stags 6-0 to take home their fourth conference championship in a row. The Marist women's tennis team won the MAAC title as well, beating Fairfield 4-3. The championships were held at the UTSA Billie Jean King National Tennis Center in Flushing, N.Y. Junior Matt Himmelsbach and freshman Marielle Campbell were named Most Outstanding Performer at the Championship.

Women's Tennis

The Marist women's tennis team took home a conference title as well, getting revenge on Fairfield 4-3 at the MAAC Women's Tennis Championship at UTSA Billie Jean King National Tennis Center.

Marist was the second seed, having lost 4-3 at Fairfield earlier in the year.

The Red Foxes started the day with two wins in doubles. Sophomore Kelsey Raynor and junior Erin McCarthy won 8-6, and seniors Jeannie Lukin and Retta Byron claimed an 8-5 win.

Sophomore Joana Sun won 6-0, 6-4, but two straight set wins by Fairfield tied the score at 2. Byron then won her singles match 4-6, 6-2, 6-2, which was followed by another Fairfield win.

The deciding point was left up to a singles match between freshman Marielle Campbell and Fairfield's Nikki Jackson. Jackson took the first set 7-5, but Campbell cruised through the final two sets 6-2, 6-3.

Campbell was awarded Most Outstanding Performer for the tournament.

The title is Marist's first since 2008.

YOU MEAN I CAN TAKE COURSES ABROAD AND STILL GRADUATE ON TIME?!

MIP NOW ACCEPTING APPLICATIONS FOR SPRING 2012. APPLY ONLINE AT WWW.MARIST.EDU/INTERNATIONAL

MARIST INTERNATIONAL PROGRAMS
MIP | LIB 334 | INTERNATIONAL@MARIST.EDU | 845.575.3330