



The Circle

The student newspaper of Marist College

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Intern gains marketing experience in Africa



BILL LYONS/ THE CIRCLE

Above: While interning in Africa, Lyons and Dr. Sand visited many impoverished African villages, like the one pictured above. For these citizens, selling products like Coca-Cola allots them a chance of a steady income and the possibility of overcoming poverty.

Below: While in Africa, GLOBALTEAM aimed to better the wholesale merchandising of Coca-Cola products through training sales and marketing teams. They also made available various merchandising equipment, like the display seen below.



BILL LYONS/ THE CIRCLE

By **ALYSSA LONGOBUCCO**
News Editor

While most internships present students with a unique perspective of their desired field and the chance to forge connections with other professionals, rarely do they become a life-changing experience. On occasions though, an internship comes that leads students down a life-changing road, whether to the job of their dreams, or in Bill Lyons' case, to Africa.

Lyons, a senior marketing major at Marist, spent his summer taking advantage of a unique internship opportunity in Kenya, Africa. Under the mentorship of his professor, Dr. Greg Sand, Lyons worked with GLOBALTEAM International Marketing Consultants, Inc., in an effort to improve the Kenyan distribution of several Coca-Cola Company products, including Dasani Water and Minute Maid Juice through South African Breweries (SABCO). For Lyons, the chance to work for such a good cause, in a unique international setting, was an opportunity too good to pass up.

"The opportunity to go was huge for me, huge for my resume and a once in a lifetime international experience," Lyons said. "International consulting is a great way to see the world and experience different cultures. Dr. Sand teaches his class through his extensive world travel, showing us pictures and telling us stories. I have had him for two semesters and heard enough stories to realize that going to Kenya with him would be a very good decision on my part."

While in Kenya, Lyons' main mission was to work with the poor, vul-

nerable citizens of different regions, including Nairobi. He participated in an in-field marketing audit of Kenyan retail outlets, checking on the distribution of various beverage brands, the pricing of products and the availability of merchandising equipment, including racks, displays and coolers, often in stores that resembled shacks with dilapidated tin roofs. Not only did selling the Coca-Cola products bring pride to the African people, but the project also proved to Lyons how beneficial large companies can be to developing nations.

"Local people love Coca-Cola because of its American image and they love it because it provides jobs for some of the poorest people in the world," Lyons stated. "I remember standing on the outskirts of a five million person slum and there was a coke stand. Big businesses, while often portrayed to be bad, can be very helpful to developing countries. Government in Kenya and in many emerging nations are riddled with corruption, but if you look at Coca-Cola and other big businesses, you realize that you have companies creating a variety of different skill level jobs that will stay for as long the company does. Probably [for] life."

To culminate his internship, Lyons prepared a presentation to a sales team of over 200 personnel from South African Breweries. With the help of Dr. Sand, Lyons led five training sessions for the company, training marketing and sales managers, sales supervisors, sales representatives and merchandisers, ensuring that the repercussions of his internship and time spent in Africa would benefit the people of Kenya for years to come.

Marist revamps criteria for applicants

By **AMANDA LAVERGNE**
News Editor

The SAT/ACT is no longer going to be a requirement in the admissions process for future students applying to Marist.

"The whole staff was adamant about this change and had been toying with the idea for several years," Brian Apfel, associate di-

rector of admissions, said.

Apfel said that the SAT/ACT had always been meant as an indicator on how students will do in college but felt that it wasn't fair to "punish students who were bad test takers."

"Even though I am jealous of this new policy, I think that it makes a lot of sense," senior Lisa Odoardi said. "There used to be so much

pressure put on the SAT and ACT when I was applying to schools."

As stated on the Marist website, Apfel reinstated that they want to focus more on students' whole high school experience.

"We want to look at what classes they took, if they challenged themselves by taking AP classes or IB curriculum," Apfel said. "It's more impressive to see students who go

above and beyond on a day-to-day basis rather than how they do on a four hour test."

Marist first made this announcement to the public at a regional reception on Long Island.

"Both times we have publicly announced this decision, we received a standing ovation," Apfel said.



THIS WEEK

Thursday, 9/9

No Events Posted

Friday, 9/10

Wellness Fair
12 P.M. to 4 P.M.
McCann Center
Free Admission

Jason Schneider - Comedian
9 P.M.
PAR
Free with valid Marist I.D.

SPC Presents: Sex & the City 2
10 P.M.
PAR
Free with valid Marist I.D.

Saturday, 9/11

Marist v. Bucknell football game
Tenney Stadium
6 P.M.
Free Admission

SPC Presents: Sex & the City 2
10 P.M.
PAR
Free with valid Marist I.D.

Sunday, 9/12

New York Mets v. Philadelphia CitiField- Queens, N.Y.
1:10 P.M. (10 A.M. departure from Midrise)
\$25 (Sold at College Activities)

Monday, 9/13

No Events Posted

Tuesday, 9/14

No Events Posted

Wednesday, 9/15

Slam Poet: Gabriela Garcia Medina
9 P.M.
PAR
Free with valid Marist I.D.

Thursday, 9/16

No Events Posted



Security Briefs

Foy avoids a blaze, fulton camps out

By CHRIS RAIA
Staff Writer

8/29 – Lower West

The hoods of four vehicles were damaged, but there was no car accident. Actually, none of the drivers were present when the damages occurred. Apparently, somebody came home from the bar and jumped from hood to hood. Nobody knows why. **10 points**

8/30 – Upper Fulton

First fire alarm of the brand new school year! Last year, fire alarms were boring-- usually burnt popcorn or frozen pizza. I'm feeling good about the fire alarms this year, though. The first one was set off by a fog machine! That's wonderful. **12 points**

9/3 – Fulton

An intoxicated upper classman was found, "sleeping in the bushes." He was checked out by his RD and allowed to go home. Take that as an example, freshmen. Earn your priority points to eventually live in Fulton so that you can ignore the fact you have your very own bedroom and sleep outside. **15 points**

9/4 – Gartland

Another person sleeping outside! This time, a drunk student was

spotted sleeping on a bench by the Gartland wall. I can't knock that decision – that wall is the greatest, most relaxing place on campus. I miss it almost more than my friends in Europe. **15 points**

9/4 – Foy

Last story of the week – we'll end on an unusual note. Around 2 a.m., a student arrived home and realized he forgot his key. So, he tried to get in by breaking his screen. However, in his attempt to pop the screen out, he cut up his hand severely enough to warrant a hospital visit. That's not quite good enough to close out the column, so it's a good thing it's not over. In climbing to the window, he broke a gas pipe, causing gas to spread everywhere. So, if somebody went out for a cigarette, turned on an oven, or maybe even just flipped a light switch, Foy would have erupted in flames faster than The Burrow in the sixth Harry Potter movie. Thankfully, Foy was evacuated, the gas leak was fixed, and nobody was harmed. **Points? I say one billion...**

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

8/28 – Champagnat

A freshman was spotted vomiting outside the building and sent to the hospital. I'm including this story as a disclaimer: Being sent to the hospital is never funny while it's happening. It's terrifying. It's happened to a few of my friends, so I know how scary it can be. However, once we know everyone is safe, It's fair game to laugh about it. So if I ever come off as insensitive or mean, I do apologize in advance.

Letter from the Editor

At last, we have our first issue of the *Circle*. In times before, the Circle staff would provide our readers with simply a product, and nothing about the thought process of why we write what we write.

With a new school year, a new feature—the weekly letter from the editor—is in effect. Each week, you will be briefly prefaced as to what is put into the issue by one of the Editors-in-Chief, or one of the Managing Editors. Hopefully this provides you with a sense of context and even

more importantly, involvement. Now, for the purpose of brevity:

The "theme," if it exists this week, is offering information to the newcomer, along with a roundup of the summer. Profiled, is a student's opportunity to intern in Africa.

There's a roundup of "The Jersey Shore," as well as an expert eye on Emmy fashion.

For those interested in what the area has to offer, we have a compendium of what nearby towns on our Metro-North are known for. For those interested in what life itself has to offer, consider yourselves prefaced to the safe-sex services of

ferred on campus and in Poughkeepsie, as well as a little entertainment on the side.

Our readers returning to the campus, specifically the ones living in upper Fulton, and Upper West Cedar, will recognize the problem of parking addressed in Lot 3.

This is a first issue we think will give you good indication of what the Circle has to offer this semester.

Happy reading!

Thomas Lotito
Editor-in-Chief

The Circle

The Student Newspaper of Marist College

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Addition of Terminal Road parking spurs anger for students

By HEATHER STAATS
Opinion Editor

Well here I am. According to those horrible countdown clocks I have a mere 200 something days until graduation. For the second year, I reside in what many of us fondly refer to as "Middle Fulton" (the area that isn't New Fulton, but also isn't up on the hill). Just as last year, I received a parking sticker for Lot 3 (the Upper West Cedar lot) that contains two parking lots close to the Upper West Cedar townhouses, along with an adjoining lot that stems closer to the upper Fulton townhouses. Only this year, I received the jarring news that the Lot 3 sticker includes a different parking area – the Terminal Road lot.

Automatically, my response was one of frustration. Over the past year I had been stuck parking in the Terminal Road lot periodically, and nothing made me angrier than needing to walk the extra two minutes to my front door. I lived in Fulton (gosh darn it!) therefore, I should be able to park closest to Fulton. Even when that lot was separate from the Fulton and Upper West Cedar lots, I found it difficult to park close to my house. Now that the lots are one in the same, I'm worried that the problem will multiply.

Last year, the Terminal Road lot was assigned the number seven and it housed juniors at the low end of the credit spectrum. Many of these students disliked the area, and I

know I always had a mini conniption whenever I needed to park in that area because the rest of the spots in Lot 3 were taken. John Gildard, director of safety and security, explained that many other students complained that while they were assigned a Lot 7 sticker, Lot 3 (which was closer to their residences) had many available spots.

"Some people who register for parking don't end up bringing their car," Gildard said. "We were winding up with empty spaces in Lot 3 and therefore more people from Lot 7 would park in Lot 3 and get ticketed. Those students were angry that they were being ticketed for parking in a space that wouldn't end up being used by a Lot 3 permit holder."

To alleviate the runaround of registering and reregistering vehicles when openings arose, the Office of Safety and Security decided to merge Lot 7 with Lot 3 this year. But Gildard cited other reasons why his office felt this was the best solution.

"It encourages people not to drive to the west side of campus to their classes or to the McCann Center," Gildard said. "They shouldn't be parking in those lots anyway, so this encourages people to follow the parking rules so they don't lose their space and end up far away."

Senior Chris Traina, who is a fellow second-year Fulton resident, does not find this logic sound.

"If I bring my car to campus I should be able to go to the grocery



ROBIN MINITER/THE CIRCLE

Many students find Lot 3's Terminal Road unnerving in appearance. For these students, this lot is an absolute last resort when the canned foods finally run out.

store, the mall, to the train station for my internship, and the Arteaga Center without fear of losing a spot close to my house," Traina said. "Otherwise, you're unnecessarily stripping me of the privileges of having my car."

I find myself siding with Traina on this aspect of the change. It's true that some students on the east side of campus like to drive to the main campus, but more often than not, we are travelling to destinations off campus. That's the whole point of having a car at your disposal. But there's more at stake than sheer convenience.

Christina Keavaney, a senior, avoids moving her car because she hates the idea of needing to park in

the Terminal Road lot.

"It looks like a junkyard, not a parking lot," Keavaney said. "It doesn't fit in with the other lots on campus and that makes me feel uneasy."

Kate McGann, another senior, also finds it discomforting to park in the Terminal Road lot.

"I just got a job as a bartender which means that my shifts don't end until 3 a.m. or 4 a.m.," McGann said. "And when I come home that late, there isn't a security car in that lot. It makes me want to park further away in Beck because Terminal makes me that uncomfortable."

SEE "EXPANSION" PAGE 4

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Expansion of Lot 3 fuels student complaints

From Page 3

Gildard responded to this by suggesting that students use SNAP.

"It is a college lot patrolled by security," Gildard said. "SNAP is also available as well as security escorts if SNAP is unavailable."

But will students take that option?

"I don't think people will call them," senior Kelly Gallucci said. "I hate walking back from there at night, but at least then I wouldn't be waiting by myself in a dark parking lot for SNAP or security to show up."

Parking in Lot 3, as with all other student lots, is available on a first come – first serve basis. I wonder if things wouldn't be better for all students if we were assigned individual parking spots.

When I spoke with Gildard, he reminded me that students do not pay for parking and that nobody has ever been turned away for a parking sticker. According to northeastern.edu, students at Northeastern University in Boston pay as much as \$775 per semester (a total of over \$1500 per year) for round-the-clock parking.

Perhaps if we paid for parking it would be more feasible for security to assign us individual parking spots that guaranteed us the same spot daily. However, the responsibility of towing cars is a daunting prospect for security when they have so many other responsibilities as well.

Our parking system certainly seems imperfect. However, I feel that the pros outweigh the cons. Permits are free and given out by seniority – not priority points like

housing. Everyone above freshman standing is given the opportunity to have a spot on campus. That spot may or may not be conveniently right outside your door.

The downside is a lot like Terminal Road. Marist needs to address the issues that students have with the lot. If it were fully paved, well-lit, and constantly patrolled at night, I know I would feel more at ease parking there. However I recognize that the option is there for me to call S.N.A.P. or security if I do find myself feeling unsafe.

In technical terms, Lot 3 houses four parking areas – two immediately surrounding the Upper West Cedar townhouses, one in close proximity to the Fulton residents and the Terminal Road lot. In other words, there should be plenty of space for everyone. So why is

it that already some of us have needed to park in the Beck Place parking lot at the bottom of the hill? Because we, the students, aren't being responsible enough.

If you have a friend visiting from their off-campus house or from out of town, ask them to park in the Beck Place parking lot. Try to recall a time when you have driven around in circles cursing all of the cars without Lot 3 permits on them. In the end we all need to do our best to meet each other halfway. We as students need to obey the parking restrictions. Security must also enforce those rules for everyone and do their best to patrol the Terminal Road lot at night. It may be a flawed system, but I think I'd rather park a little further from my door than shell out an extra \$1500 for a prime spot.



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Talking Tarot: let the Chariot pull and go forth

By JENNIFER MEYERS
Features Editor

So here we are again at Marist College. We are all entering into a state of shock, wondering where the time went. College is a place where you test your individuality and face what you fear the most. What most of us call the “real world,” takes over at the end of college, but comes into our lives as a freshman. The “real world” starts here, today, in the present reality.

The Chariot signifies us turning away from our past and from our confinement of childhood, to prepare ourselves to venture into the world of college to prove that we are ready for the future. To be prepared for such an adventure, we must be courageous and we must purposefully charge ourselves into the challenges that are set in our way for advancement. The Chariot’s number seven, signifies just that; advancement.

As we leave the comfort of our home, we bring with us parting gifts from our loved ones. These parting gifts symbolize the love that our family has for us. It is

not only difficult for us to leave the flock, but for our parents to see us soar into adulthood. We see the Chariot’s rider holding the Magician’s wand which shows the rider’s ambition and power to manifest what he wants the most out of this life journey. The two sphinx-like creatures represents the polar opposites within ourselves that will ultimately pull the chariot in the right direction.

They serve as our protection and our conscious self to make sure that our ego does not get involved when making decisions. The very idea that we are finally on our own can often lead to zealous behavior, which then conflicts with our ego. Those who are in the path of our chariot get trampled along the way. This can also be caused by the fact that we are afraid of being on our own.

Notice the invisible reins that are controlled not by us, but by a higher authority. This could be a professor that we become close to and that will help us achieve what we want most. These professors can help us to move beyond our ego-driven selves to see the bigger picture that living life

doesn’t have to be done alone. We are not alone when we may need help from someone; we are not solely in charge when we’re afraid of doing everything on our own. There will always be help.

Returning to the two sphinx-like creatures, notice that they are both looking in opposite directions. This signifies our opposing directions in which we may not know which path to take. This could mean that you may have a thought that you want to pursue, but a doubt stands in your way. You must trust yourself to overcome the doubts you may have and understand that your ambition and self awareness that college is where you want to be is the right path for you. You chose this path to college in the understanding that this experience will lead to a better life. Rather than waiting for things to get better, just say “screw it” and let the chariot pull full force into what your life entails. Eventually, these opposing paths will reconcile.

Although the Chariot has many good things to say about moving forward, you must be aware of the “shadow” side of this card. Don’t



“Feeling ambitious?” so says the Chariot. think that the only way of receiving good credit from those you love is through achievement of work. Family will always support you. Don’t let this thought succumb to low-drive, just go for it. You’re here now for a reason, don’t think, just go.

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Students run ESL program for staff

By GAIL GOLDSMITH
Web Editor

Marist’s English as a Second Language (ESL) program offers both student tutors and the college employees they teach the opportunity to expand their language skills. Eight volunteers tutor 10 college employees, who speak Spanish and Chinese as their first language.

Started by Cassandra Rosado, class of 2010, the program was designed to help students and college employees enjoy an integrated and mutually beneficial learning experience interaction.

The student-run program now operates under the umbrella of Campus Ministry’s Community Service program. Emily Fiore, a senior Spanish major and public praxis minor, is using the program as the required capping project for the praxis minor.

The ESL program also complements the work of the Department of Modern Languages and Cultures, which offers French and Spanish majors and minors, along with a Bilingual Education Concentration.

Jamey Morrow-Polio, who began coordinating the ESL program after Rosado graduated, stated that the program is not only tailored to the learning needs of participants, but also their personal needs.

“We’re all about no-questions-asked,” Morrow-Polio said. “Lessons are private, so there’s no concern for embarrassment. We recognize that some people can be a little sensitive about that process. We respect that.”

Sam Young, a junior psychology and special education major, appreciates the independence tutors are given to structure the curriculum to the needs of their learning partner in the one-on-one tutoring sessions.

“All the people we tutor are on very different levels,” Young said. “We play games and we act out common conversations to increase comprehension.”

Young finds the experience has helped her with coursework in curriculum planning, scaling and customization.

“Jamey mentioned it to me and I thought I would try it,” he said. “Especially as an education major, this is a really rewarding and enjoyable experience.”

Rachael Shockey, a Spanish minor, shadowed Young for a few sessions before tutoring an employee and native Spanish speaker last fall.

“I wish I would have had more time with her,” said Shockey. “I learned a lot about her family and life and used that in lessons. She had kids, so we went over conversations that she would need for a doctor’s appointment or for a parent-teacher conference.”

Morrow-Polio finds the work intellectually rewarding, but also because of the participants’ approach to the material.

“They really want to learn, which is nice to see,” Morrow-Polio said. “You don’t always see that, even in college classes. The participants are really thankful—this is stuff they can really use.”

‘Jersey Shore’ brings the heat to Miami



FROM JAUNTED.COM

Snooki, Pauly D, JWoww, and the rest of the gang party in Miami for the second season of MTV’s popular hit show “Jersey Shore.”

By MEGHAN WALSH
Circle Contributor

GTL, creepin’ and fist pumping came back in full swing this summer for the second season of “Jersey Shore” (Miami Edition). After last season’s bar fights, romances and lack thereof, many of us had high hopes for this season of “Jersey Shore.”

The first episode started the summer off with promises of in-house hookups, girl fights and trouble in paradise for Ronnie and Sammi. Following episodes showed the unleashing of “single Ronnie” and created a relatively solid storyline for the rest of the season, featuring Ronnie making a fool of himself night after night and Sammi accepting him back. After this repetitive story lasted for

several episodes, things got interesting when JWoww and Snooki decided to confess all they know about Ronnie’s past to Sammi. Fearful of losing their friendship with Ronnie, doing this face to face was beyond what the girls were ready for. The girls decide to write Sammi an anonymous letter exposing all of single Ronnie’s dirty laundry. Sammi did not wait long to get over her anger toward Ronnie and claim that she was still in love with him despite all that he had done to her.

While this drama continues between Ronnie and Sammi, there has been a breakup between Snooki and her boyfriend from home, as well as a few sleepovers with her and Vinny. Rumors tell us that Vinny will be with another member of the house (Angelina) in coming weeks which is

sure to spark a girl fight between Angelina and Snooki.

It would be impossible to discuss this season of “Jersey Shore” without bringing up the most recent episode and brawl between JWoww and Sammi. After Sammi finds out that Snooki and JWoww wrote the anonymous letter, Sammi becomes cold and passive-aggressive towards the two of them. She refuses to help make the girls’ dinner that she suggested, and doesn’t eat any of the meal that JWoww and Snooki put together. With tension in the house, it was only a matter of time before something happened between the girls. Angelina started the fight by saying that JWoww was bad-mouthing Ronnie on the phone to her boyfriend and Angelina denies ever saying anything when JWoww and Vinny confront her about it. Somewhere out of this, Sammi gets involved and next thing you know words are said, JWoww is in Sammi’s face and then the first blow comes from JWoww to Sammi. Now hair extensions are flying and nails are ripped off, and the episode ends. This episode brought over 6 million viewers, and with the ending promising more fighting to come next week, even more viewers are expected this Thursday.

Even though this show has gained a lot of media attention for its negative portrayal of Jersey and the Italian-American community, it has continued to steal the hearts of many teenagers for two seasons. The show is mindlessly entertaining and a good excuse to stay in on a Thursday night rather than watch all of the creepin’ going on out on the town.



By RYAN RIVARD
A&E Editor

Any new Kanye West song – Love him or hate him in the post-Taylor Swift VMA incident era, the fact of the matter is Kanye West creates good music. “Power,” his comeback single samples King Crimson and echoes the fiery passion West showed on previous classics like “Jesus Walks” and “Can’t Tell Me Nothing.” West took the track to the next level by teaming up with Jay-Z and Swizz Beatz to record an unorthodox remix. The revised power trip contains new verses and samples including an ingenious use of Snap’s “I’ve Got the Power.” But that’s not enough for Mr. West, he announced on Twitter that every Friday until Christmas he will release a new track as part of the series he calls G.O.O.D. Friday (in reference to West’s record label, G.O.O.D. Music.) So far, West joined up with Raekwon (Wu Tang Clan) to release a Justin Bieber remix, released an epic rapfest called “Monster” featuring Jay-Z, Justin Vernon of Bon Iver, Rick Ross, and Nicki Minaj, and not to mention releasing the uplifting “See Me Now” with Beyonce and Charlie Wilson. West playfully pokes fun at himself in the latter track. (“Uncle Charlie by the way / And I’mma let you finish but I got Beyonce on the track.) His latest G.O.O.D. treat, “Devil in a New Dress,” is an old-school Kanye soul-sampling jam. His (still) untitled album is set to drop on Nov. 16.

Linkin Park “Wretches and Kings” – “Wretches and Kings” marches with Nine Inch Nails industrial angst and side steps with hip-hop swagger. Mike Shinoda drops Public Enemy references and Chester Bennington comes in for a screeching chorus. This track, along with their first single “The Catalyst,” suggests a more industrial-sounding Linkin Park compared to their previous album “Minutes to Midnight.” If anything, this album will be worth checking to experience other adventurous sounds that come out of the album.

Cee Lo Green “Fk You”** – The viral hit from Cee Lo Green is the complete opposite of the angsty, attention-grabbing, vulgar title. The song is a 60s flavored soul pop gem complete with soaring choir backing vocals. The song rose in popularity after the release of the “unofficial” video that depicts animations of the comical lyrics of the song. The whole package is light-hearted and cathartic. It’s an F-bomb fueled by peace, love, and positive energy. That’s something we all need.

Fashion at Emmy Awards

By DAYNA VASILIK
Circle Contributor

There are two reasons girls watch award shows: one, to see their favorite man all dressed up in the so sexy tux and two, to ogle at all the amazing jewels, dresses and accessories that are standing next to the eye candy. So don’t worry if you forgot to tune in ladies, we’ve got all the fashion and eye candy here. No worries though it won’t be as long as Heidi Klum’s legs, were making this short, sweet, and skank-free!

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From Page 6

Fashion report on the 62nd Primetime Emmy Awards

Glee glam needs standing ovation

Diana Agron went for the fairy tale princess look, wearing a Carolina Herrera gown and an up-do done right. The gown was elegant with a mix of pale pink and black lace, patterns down the dress, and a black ribbon to tie it all together. The dress is possibly too old fashioned for this young star, but she looked unique without being over-the-top.

Lea Michele, the 24-year-old "Glee" star, looked stunning at the Emmy Awards. Her fitted mermaid style sweetheart-top dress made my mouth drop. Michele's character on "Glee" never falls short so it was no surprise to see her be anything but modest. Her hair could have been styled more for such a special event, but with the touch of sparkle on her neck she certainly stole the spotlight from the "Glee" cast just as she does on the show. Own it girl, Kim K. should be flattered to use your compact!

Jane Lynch, winner of Supporting Actress in a Comedy Series for her role in "Glee," looked beautiful wearing the one-shouldered trend of the night. The hilarious actress' purple Ali Rahimi gown was no joke. The dress was gorgeous yet not too over the top. Not to mention her skin was glowing.

The neat-freak on "Glee" sure cleans up nicely! The big blue eyed Jayma Mays glowed in a strapless blue gown from Burberry Prorsum.

Her wardrobe on "Glee" suites her adorable look, but it was nice to see the uptight character go out of her comfort zone and let her hair down (the right way).

For the best dressed man, I would have to say it was Neil Patrick Harris. The confident actor, singer and magician can now add trendsetter to his résumé. He always struts his stuff, but I really loved the sharp gray tux with the partial black lapel. The Calvin Klein suit has a modern twist while keeping it classic. Oh, and did I mention the cutie snagged the award for guest actor in a comedy series for "Glee" and for hosting the Tony Awards. Neil even has a chance at a third Emmy this year where he's nominated for Outstanding Supporting Actor in a Comedy for "How I Met Your Mother."

Other Fashionable Gleeeks: Heather Morris rocked a metallic gold column dress from Ina Soltani. Cory Monteith wore a Giorgio Armani two-button notch lapel tux with a silk black tie and a simple classic white dress shirt.

Vampire Diaries kills the carpet

The "Vampire Diaries" star Nina Dobrev killed it at the Emmy's. Not only did she get the up-do right, but her makeup was soft yet striking. Her hair wasn't too stiff or overdone and her champagne one shoulder Zuhair Murad gown sparkled down the red carpet. This gown was perfect for her age, and stole the focus from the older women



FROM WETPAINT.COM

Neil Patrick Harris and partner David Burtka look dapper at the 62nd Primetime Emmy Awards.

Up do's and don'ts

The girl that is always runway ready should have made a quick runaway to fix that hair! I am a huge Kim Kardashian fan but her soft up-do was a slight disaster. We all know Kardashian isn't known for having a soft look; the gorgeous reality TV star is rarely seen without makeup or hair perfectly styled. However, when it came time for Kardashian to step it up at the Emmy Awards, it was a slight fail. Obviously she was trying to go for

the Greek goddess look, but her hair made her look like a slob! Her up-do was a bit bumpy on top and appeared too stiff. Kim's hair is always absolutely gorgeous and would have looked better if she used less hair-spray and not pulled it back so tight. On a better note, her white Grecian Marchesa gown was sophisticated and chic. I usually like Kim in more fitted gowns but this dress was something worth keeping up with.

Always Accessorize

Stealing the accessories of the stars is much easier than it looks. I drooled over Heidi Klum's Lorraine Schwartz crystal bib necklace. Unfortunately, we can't afford the real deal but the Mod Cloth version is just as stunning. For \$45, you will shine like a star!

Kim Kardashian's cute and elegant Lorraine Schwartz cuff can be mimicked by a simple \$8 cuff from Girl Pops. You don't have to be all dressed up to don this piece. It can literally take you from jeans and a tee to night out. Nice pick Kim K.

As for the cutest hair accessory on the red carpet Kerry Russell wore a huge (but not over barring) white flower in her doo. Not only does it add such a chic and simple touch but it can be rocked from classroom to cocktails. You can pick up our pick for just under \$4 at GoJane.com.

Movie Review

'Going the Distance,' the best romantic comedy of the year

By JOSIE JONES
The Daily Iowan

I'll admit it: I've never really understood the point of relationships. And long-distance relationships — ha, they don't stand a chance. So it's no surprise that when I started to watch "Going the Distance," I was a bit skeptical.

I expected an unrealistic plot and lovey-dovey moments that would make my eyes roll. But after 97 minutes, I wanted more — more bar trivia, more soundtrack music, more airports, more love. "Going the Distance" may be the best romantic comedy of the year, because it portrays an actual relationship and, simply put, is hilarious.

The film follows the story of Erin (Drew Barrymore) and Garrett (Justin Long) as they attempt to create a meaningful and lasting long-distance relationship. The two meet at a Centipede videogame machine in a bar. After a hookup DJ'd by Garrett's roommate, Erin and Garrett start a fun, flirty relationship. The catch: Erin's summer internship in New York ends in six weeks, and she will soon move back to finish graduate school in San Francisco. After an awkward car ride and a gushy love scene in the airport, Erin and Garrett vow to make their relationship work.

With Garrett in New York City and Erin in San Francisco, the couple

struggle with sexual urges, physical dependency, and the differing time zones. Visiting each other every three months just isn't enough, and their time together is complicated thanks to Erin's sister, Corrine (Christina Applegate) and Garrett's roommate Box (Jason Sudeikis).

But that's the beauty of the story — it's actually realistic. Both Erin and Garrett struggle with their jobs, something a majority of Americans are experiencing. They both have busy schedules, so finding time for each other is difficult. Living across the country from each other makes talking even more difficult because of the time differences and being there to support one another is a battle in itself.

Sure, there are a few scenes that make you shake your head in disapproval. But what do you expect? It's a romantic comedy, after all. No actual man is going to fly thousands of miles to surprise his girlfriend at work with roses. No actual man is going to tell his girlfriend exactly what it is he wants. No smart woman is going to pass up an awesome job opportunity to move in with her boyfriend. But who knows, maybe I'm just cynical.

But the real reason "Going the Distance" is successful is because it's hilarious. I don't remember the last time I actually laughed out loud at a romantic comedy. Be warned —

it is somewhat vulgar, but it works.

The jokes are created mostly by the supporting actors in the film. Box continually comments on Erin and Garrett's conversation through the bedroom walls. Corrine makes her daughter play statue when she wants her to be quiet and views dry humping as the most serious part of

her marriage.

Maybe it's the reality of Garrett and Erin's situation or the comedy in the film, but either way, Going the Distance wins audiences over. The movie gives you the feeling as if anything is possible. And everyone can use a little hope once in a while.



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Rolling right along with a Hudson Valley railway getaway

By **ROBIN MINITER**
Lifestyles Editor

At a mere 100-or-so minutes, the Metro-North train ride to Manhattan allows ample opportunity to snag a quick catnap. But in speeding right along, riders miss some of the best gems that our Hudson Valley has to offer. Why not stop and explore? One look out your train-car window and you'll understand why it's not about the destination, but the journey.

Poughkeepsie: Get movin'

Riders — commuters and vagabonds alike — board with backpacks and briefcases at the Poughkeepsie train station. Leaving hourly, the line keeps a convenient schedule for the day tripping rambblers. Before the final boarding whistle sounds, head on over to the Caffe Aurora at 145 Mill St. A cozy pasticceria nestled quietly a few blocks from Marist, its old-world aesthetic boasts creamy filled-to-order cannolis and the frothiest cappuccinos this side of Little Italy.

Beacon: Eat a popsicle, explore a castle

Only a few minutes down the line lies Beacon, an old factory town — once dubbed the “Hat Making Capital of the U.S.” — rich in the arts (it boasts Dia:Beacon, one of the world's largest contemporary art galleries) and architectural revival. Zora Dora's Micro Batch Ice Cream and Paletas at 201 Main St. — a popsicle shop infused with the whimsy of Willy Wonka — features creamy treats peppered with the savory likes of caramel corn and chili powder. The highlight of this sidestep, however, comes in the form of a boat tour launching from the Beacon landing to the infamous Bannerman's Castle situated

on Pollepel Island. Recognizable to any Marist intern heading to their 9-5 in the city, this crumbling edifice has survived centuries of haunted folklore and a short stint as an ammunitions storage facility. Accessible solely by boat for a small portion of the year, Hudson River Adventures offers a guided tour and history of the lonely castle on the water.

Cold Spring: Take a walk on the wild side

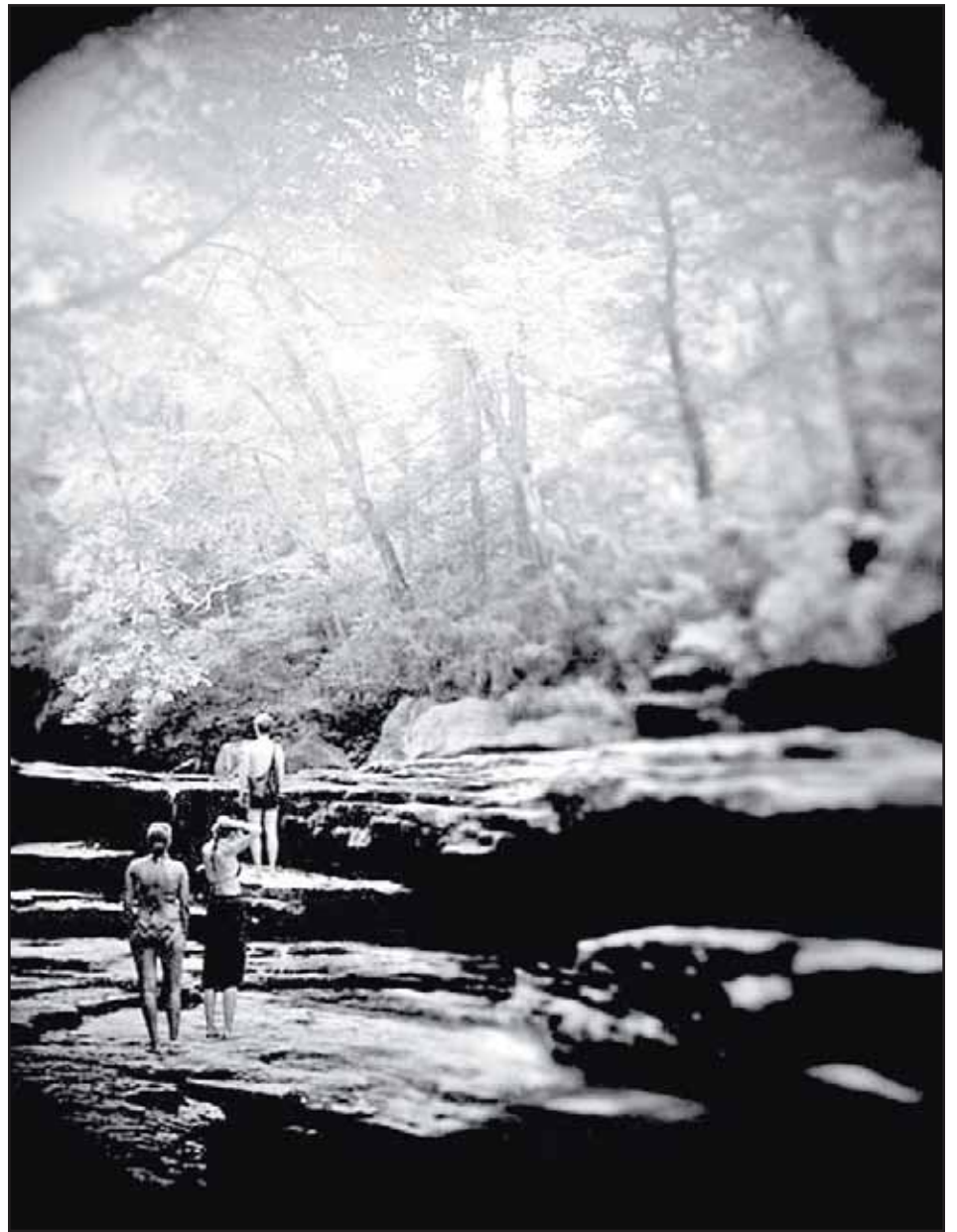
Within walking distance of the train station is the intermediate level 3.8 mile Bull Head Trail on Mt. Taurus. From the top, hikers can see for miles around with Breakneck Ridge, the Shawangunks, and the Catskills sitting majestically off in the distance. For you water bugs, Hudson Valley Outfitters now offer paddleboard and kayak excursions and instruction.

Garrison: Channel your inner Monet

A stop at Garrison gives wanderers time to step back and, well, smell the roses. At Olana, the Persian-style home of Hudson River School artist Frederic Edwin Church, visitors are welcomed to explore this architectural marvel as the take in the scenery of the valley below. The house's galleries are available to tour, as well as a smattering of other seasonal outdoor activities. Carriage rides, anyone?

Tarrytown: Get Rattled

Spook-enthusiasts will be delighted and chilled by the Sleepy Hollow Cemetery, made famous by Washington Irving's Tale (and, consequently, site of his final resting place). Take a stroll upon the shady grounds and through the Old Dutch Church, all having solidified their place in legends and lore. The Pocatino River flows nearby, purport-



ROBIN MINITER/THE CIRCLE

To frolic like the locals, utilize the Metro-North train line for your next staycation.

edly the spot where the Headless Horseman frightened Ichabod Crane into his untimely demise. If you're not chilled to the bone at the end of your visit, end your day with a lantern-guided tour and a nighttime photogra-

phy workshop in the cemetery grounds.

For an added twist, bring a bike or fly solo — you never know what local treasures you just may stumble upon.

For more information, please visit: www.prideofthehudson.com; www.hudsonvalleyoutfitters.com; www.olana.org; www.sleepyhollowcemetery.org

Sexual Healing: Healthy, savvy sex at Marist

By **RACHAEL SHOCKEY**
Staff Writer

Welcome to (or back to) Marist! As you plunge into the college social scene, there's a solid chance that you'll be looking to have sex, whichever way you choose to go about it. By now, you may be aware of the basics — wrap it up, stimulate the clitoris, lube is your friend, the pull-out method never, ever works, etc. But who ever said that one's undergrad years are for just sticking to the basics? The only three constants you should uphold in your sex life are practicing safety, respecting yourself and your partner (or just yourself) and helping yourself achieve that big O.

Be safe:

I learned there are more sexual health resources in the area than meets the eye. Marist's Health and Wellness Center provides STI testing and women's health screenings, and they can write prescriptions to be filled at local pharmacies. They can also administer vaccines, but you must first get a prescription for it from an outside physician.

The only three constants you should uphold in your sex life are practicing safety, respecting yourself and your partner... and helping yourself achieve that big O.

Be smart:

For full-service sexual health assistance, Planned Parenthood is but a five minute drive from campus. Located at 17 Noxon St., the center sees walk-ins from 8:30 a.m. to 1:00 p.m. on Mondays. Their walk-in services include STI and HIV tests, pregnancy tests, Depo-Provera shots, HPV vaccines and UTI tests. They also conduct abortions, “well woman visits” (pap tests and the like) and men's health screenings. Emergency contraception is always available at Planned Parenthood, along with pretty much any other sperm-blocker you can think of. “We offer every method of contraception approved by the FDA,” said Anne Matsui, vice president of external affairs. “The only thing we don't do is

sterilization.” Planned Parenthood charges for contraceptives and other services based on individual income. Few places are quite as caring and accommodating.

Have fun:

Aforementioned constants aside, there's no better place to find new frontiers in Poughkeepsie than at Giggles, an adult toy store in Hyde Park. Everything about this store is impressive: its size, its array of products, the employees' friendliness and its cleanliness (that last one is rare; how many times have you seen an “Adult Outlet” sign on a highway right above what looks like a moldy doghouse?). Laura Cerchia, a Giggles employee, is more than happy to talk to customers about the products and offer advice. “There really is something in here for everyone,” she said. “No one will come in this store and not like at least one thing.”

There are hundreds of novelties in there that vibrate, tingle, moan and taste like strawberries. In particular, the store has wide selections of vibrators and costumes. When I checked out the costumes, I saw plenty of

skimpy frocks designed for women. I was getting worried by the one-sidedness until Cerchia pointed out another wall stocked with ample silk briefs and man thongs. Three cheers for equality!

In addition to their vibrators and dildos, Cerchia suggests that sex toy amateurs check out their movies and their fun massage oils to aid in sexual exploration. For those who appreciate the world of sex but aren't planning any salacious evenings soon, she recommends their section of naughty party supplies. No matter who you are, it's impossible not to enjoy an oversized, boob-shaped cake and penis pasta.

Before I reluctantly left the store, Cerchia quoted the Giggles motto, one that I think we should all propose to any potential sex partner: “Have an open mind, and if you don't, don't come in.”

Here's to hoping that you'll approach the new year with the missions of both Giggles and Planned Parenthood in mind: open up to new sexual experiences, while still respecting and worshipping your body. Now, go have some good, clean fun.

Fridge fixins for a fabulous face

By DAYNA VASILIK
Circle Contributor

Do you have a craving for gorgeous skin? Of course you do! Spas and salons offer facials that make your skin softer, reduce acne, make pores appear smaller, get rid of blackheads and more. Unfortunately, these expensive facials can dry up your wallet. Some treatments even suggest that it takes more than one facial to see the best results. However, for you college students on a budget, you will be pleased to know that you can dig into some satisfying facial results — right from your kitchen.

Cheers to a fresh face!

People who have normal or oily skin should try the champagne trick. The fermentation of the grapes in the champagne helps fight free radicals and the tartaric acid helps lighten skin and even out skin tone. The bubbles in the champagne help constrict pores to give your skin a gorgeous glow. The carbon dioxide in champagne helps to detoxify the skin as well. While you may be nervous to use champagne because of the alcohol content, most toners actually have up to 60 percent alcohol; meanwhile champagne contains only 14 percent. Often, skincare products use alcohol that your body can't break down. So, when the party is done and your friends have packed up, dab a little

of that leftover champagne onto a cotton ball and give your face a party of its own.

When life gives you lemons...

Lemons have enzymes that cleanse the skin. Putting just a little bit of lemon juice on your face or mixed into a homemade facial helps tone your skin. Lemon juice is a wonderful way to help fade discoloration and reduce the appearance of acne scars. Although the juice isn't a miracle quick fix, it's a juicy way to cut yourself a slice of inexpensive beauty.

Sweet like honey

Honey can be used head to toe. This miracle goo will make you grin from ear to ear after it makes hair shiny, treats acne, prevents aging, heals wounds, prevents infections, cures athlete's foot and reduces swelling. Honey contains a substance called glucose oxidase: when combined with water and oxygen, glucose oxidase forms gluconic acid and hydrogen peroxide, the very same stuff you probably have in your beauty cabinet right now. Glucose oxidase is in many popular brands such as, Burt's Bees, Banana Boat, Origins Organics and Prairie Naturals.

Using honey is absolutely safe for all skin types. Honey is a sweet remedy for skin blemishes and acne scars because the honey actually kills bacteria deep in your skin. This natural anti-microbial treatment

has antioxidants that make your skin appear silky smooth. The antioxidants honey contains helps to prevent wrinkles and fine lines. The results will leave you with a major sugar rush of delight!

Honey has enzymes that are proven to heal the skin and make it appear softer and smoother. Putting on a honey mask for 10 minutes before bed can help chapped dry skin. Skip the expensive facial and create your own mask by mixing a crushed uncoated aspirin and a spoonful of honey. The salicylic acid in the aspirin helps remove dead skin, clean out pores, and reduces oil, while the honey still keeps your skin moisturized.

Besides sprucing up your complexion, honey also acts as a medicinal remedy. Now, athletes aren't the only ones that can get athlete's foot. This fungus is caused by sweaty feet and moist shower floors. At bedtime soak a cotton ball with honey and place them in between your infected toes and cover your feet with socks. This trick is known for reducing redness and itching in less than 10 days. Though it might not seem ideal to sleep with this gooey syrup in between your toes, look on the bright side: after doing this treatment for a week you can treat yourself to a nice fungus-free pedicure.

So next time you are hankering for a little pick-me-up, look no further than your mini fridge... you may just find your next beauty cure-all.

As told by (a) Ginger

By CASEY FISK
Staff Writer

Q. Dear Casey,
The other day my roommate walked in on me, well, getting it on. We just met last week and can't say we are the best of friends. Now, I feel like she's been very cold to me. What do I do?

-Caught Red Handed, sophomore

Dear Red,

Well, I take it that your roommate did not jump into bed with you for some quality roomie bonding time or at the very least prop up the tripod and make herself useful. You may feel uncomfortable bringing up "the incident," and understandably so. But, if this is going to become a regular occurrence in your abode, she deserves some fair warning. Perhaps put a white board on the outside of your door and draw a nice suggestive wink face on it the next time you're indisposed. Speaking of doors, it may also do you some good to learn how to lock one.

Q. Dear Casey,
I recently came out to my best friends. However, as opposed to being excited and accepting me for who I am, they have been acting defensive and insulted that I didn't tell them sooner. How can I make them understand that this isn't all about them?

-Out 'n Proud, junior

Dear Out 'n Proud,

First of all, let me congratulate you on your recent venture out of the closet. I know that this process can consist of much peeking out and asking "Is it safe?" and possibly some retreating. I can only hope some sort of relief has come from coming out. This certainly isn't all about your friends — in fact it isn't about them at all. Best friends often feel entitled to know everything about you, but you do have a right to withhold information, or rather just to have some private thoughts and feelings. Give your friends a bit of time to get over their initial shock about your sexual preference. If their behavior persists, let them know that resenting you for not letting them in on your sexuality in a more timely manner is not worse than not accepting you, which is precisely what you were trying to avoid. Surround yourself with positive people and stay proud. You need support, not selfishness.

Send your questions to
circlehealth@gmail.com!

Month-long digital dieter forgoes Facebook

By CHRISTINA O'SULLIVAN
Circle Contributor

Last night I dreamt I was Facebook chatting a friend about our Art of Film homework. Of all the crazy and amazing scenarios my subconscious could have conjured up — such as fighting a dragon, flying over green valleys, making out with Brad Pitt — my dream consisted of sitting at a computer, scanning through a website.

This sad example of the passivity, hesitancy and ultimate mundane nature that is characteristic of the Facebook generation is leading me to make a decision that some may call insane.

That's right: by the time this article is in print, I will have deleted my Facebook.

Not permanently; just for one month. It'll be a cleansing of the

mind after four years of moderate Facebook usage. If I like my new life, I'll keep it deleted. I've been toying with this idea for a long time. Why? Simply because I think that Facebook's whole mission to connect people has led us to become more socially askew than ever.

We are so awkward. We click through random stranger's pages, learn random information about them, and act totally surprised when we meet them in real life. We debate if a status is appropriate to "like" and if a friend would be upset to be cut out of a profile picture. We judge people based on their favorite TV shows and books before we get to know them, before we even meet them.

I don't want to do it anymore. I want to remember that the choice to have a Facebook is just that: a choice. Yes, this might not

be the most opportune time to delete my connection to the rest of the world, considering five of my closest friends are 3,000 miles away in London, Florence and Madrid. But we will still have Skype. And the telephone. And old fashioned letters. I suppose in my Facebook-free life I might not be able to read my freshman year roommate's statuses about Michelangelo's David and the best flavor of gelato. But maybe she will write me, in her slanty, almost cursive-like handwriting, a silly poem about pasta that I can hang above my desk.

Maybe I will lose touch with a few hundred acquaintances who I don't see regularly at Marist; camp friends, junior varsity volleyball teammates who I don't talk to over the phone or have the patience to write letters to. But maybe that's okay. Maybe the majority of my 731 Facebook friends don't really matter.

Am I heartless? Possibly. I just know that my best friends mean the world to me and communicating with them some way is very important, but everyone else...well, I hope everyone is doing well. But, at the end of the day, perhaps I don't really care.

So adios, Facebook! I am devoting this month to reading books for fun, biking by the river, and writing letters to my loved ones. My life and my dreams will be 100 percent Facebook free. Suck it, Mark Zuckerberg.

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Ronald Linchiet, Director



More stringent social media policy needed

By **JIM URSO**
Sports Editor

It's no secret that social networking sites are changing the way people acquire and share information. More than 4,200 students on our campus are equipped with computers and familiar with the culture of electronic self-presentation that has developed throughout the Internet boom. While many perceive the young demographic to be experts in web 2.0 technologies, most communication scholars would attest that youth and social networking prowess don't equate.

Student-athletes represent their institutions in a more visible degree, making their use of social networking sites even more dangerous to the reputation of an organization. With the high visibility of its athletes, The Marist Athletic Department has a unique opportunity to serve as a jumping off point for effective use of social media policy throughout this institution. However, to do so, they must develop a more stringent and transparent social media policy. Currently, many student-athletes are posting questionable comments that reflect poorly on the college. For instance, if you are one of point guard Devin Price's nearly 300 followers, you can read his 140-character testimonials, many of which include disparaging language. At the beginning of the year, athletes are required to attend National-Collegiate-Athletic-Association (NCAA) meetings. In these meetings, athletic administrators brief student-athletes on regulations for different topics including social media. Price attended his NCAA meeting, but according to Twitter, the meeting wasn't too interesting

"At this NCAA meeting hopefully this shit go by fast cuz I'm tryna go to bef," Price said via Twitter @Devin_Price on Sept. 1 at 9:45 p.m.

Maybe Price should pay more attention. Earlier this summer, he reported his dejection for having to return to Marist via Twitter. Soon after, he apologized for his tweet. However, explicit language continues to appear on his Twitter feed. Just minutes before tweeting about his NCAA meeting, Price mentioned his dissatisfaction with the Marist cafeteria food in an expletive manner. "Hungry as fucc n this caf aint got shit n it," Price said at 9:17 p.m.

Price's Twitter profile design is a picture of himself in a Marist uniform, running the point in the McCann Center. Sophomore forward Dorvell Carter also routinely includes profanity with racial overtones and derogatory comments about women in his tweets.

Price is not the only athlete posting inappropriate comments on Twitter. After a staff member from The Circle read comments from women's basketball transfer Kristen Danella, they mentioned the remarks to the Marist Sports Information Department. Soon after, Danella removed this staff member as a follower.

These are just a few examples of a problem that every organization is facing. At the heart of this issue is a growing conflict within intercollegiate sports about the free speech rights of athletes versus the ability of higher education institutions to preserve their reputation. Now, many college athletic programs are instituting public social media policies, and Marist may soon need to follow suit.

"Many schools completely ban the sites," Marist Sports Information Director Mike Ferraro said. "However, we are an institution of higher learning, a place where you learn how to become an adult, how to handle situations and how to be responsible. Taking away these sites doesn't help in that process." With the exploding popularity of Twitter

and Facebook, Ferraro has recognized a change in the nature of his job description over the past two years.

"You can't monitor everything that happens 24 hours a day, seven days a week," Ferraro said.

Recently, his central priority in NCAA meetings has shifted to social media. At meetings, athletes are required to sign a form saying they are responsible for content on their page.

The veteran SID describes the "evolutionary process" of understanding the ramifications of poor social media use and the difficulties in curtailing it.

"We want everyone to be vigilant here," Ferraro said. "If it does happen, we recognize it, flush it out and deal with."

However, with social media being a relatively new phenomenon, the monitoring process is difficult, and the consequences for student-athletes who post unfavorable remarks and photos are often ambiguous and relative to each team and case. Ferraro wouldn't comment on the individual disciplinary measures of any Marist student-athlete.

"Those are private conversations, and they need to stay that way," Ferraro said. "Each case is different."

Ferraro did confirm that derogatory language, messages with racial overtones, and posting content detrimental to members of the organization or the organization as a whole is frowned upon. No official guidelines have been established by the MAAC or the Marist Athletic Department. When asked about the process on the men's basketball team, Martin confirmed Marist's in-house approach.

"We have our own internal rules on the team that we do not disclose to anyone," Martin said. "I don't know if we discipline them, in a conventional sense, but we are trying to

educate them."

If we use the men's basketball team as a case study, these free-lance and inconsistent methods for monitoring, educating and disciplining simply aren't working. The coaches' input is important, but they are not media professionals. Many colleges and universities have developed social media policies and worked to initiate them. Many of these schools, including Auburn, Iowa, Ohio State, Miami and North Carolina have made their parameters public. Marist must create a more uniform social media policy, make it public and work to enforce it. Many collegiate athletic social media policies contain internal sanctions that range from recommendations to remove a posting or photo to dismissal from the team and non-renewal or reduction of athletic grant-in-aid. A clearer policy would trump the informal system that is currently in place.

Some critics will argue that placing a restraint on student-athletes is unfair. The microscope on student-athletes isn't going away, so why not be proactive and take advantage of it? Athletes are a distinct group on campus, and if a specific social media policy is developed for them, chances are it will escape the confines of the McCann Center and permeate other areas of the campus. Other student groups could follow the example set by athletics. The athletics department could change the culture; they could set the standard.

As an institution of higher education interested in adapting to our changing environment, instituting a policy is in the spirit of our existence. With proper education, student-athletes could use their high-profile status to benefit themselves and the institution.

Foxes dazzle in men's soccer win over Black Knights

By **SCOTT ATKINS**
Sports Editor

With 19 players returning, including their top four scorers, the Marist men's soccer team is poised for a breakout year.

"We think we can be a very good team," head coach Matt Viggiano said. "Our goal is to be an NCAA Tournament team."

Viggiano will be looking for a continuation of the steady improvement the Foxes have shown during his four year tenure as head coach. Marist's eight wins in 2009 were the most since the 2005 campaign, as they finished fifth in the MAAC, missing the conference championship by just three points.

The familiar faces in 2010 will include a 2009 First Team All-MAAC selection and Third Team All-North Atlantic Region forward in Krystian Witkowski, who finished last year season with four goals and three as-

sists as a sophomore. Now a junior, Witkowski will lead a strong group of goal scorers that include '09 MAAC All-Rookie Selection Stephan Brossard and '09 Third Team Academic All-American Joe Touloumis. Brossard, a sophomore, lead last year's team with 18 points, while Touloumis, a senior, lead the team in game-winning goals with three.

"We're looking for our guys who have been here for the last few years to be our leaders," Viggiano said. "They've been through the wars so I know they'll be ready to go."

The squad will also consist of seven incoming freshmen, including three goalkeepers who will compete for time on the field. Viggiano is optimistic about his incoming class.

Returning in goal is last year's starter Joe Pilla. The senior will be looking to build on what was an outstanding 2009 between the pipes,

twice being named MAAC Defensive Player of the Week.

"I expect Joe to keep clean sheets," Viggiano said. "I expect him to continue his solid play that he showed last year. Joe's a great goalie there's no doubt about it."

Pilla and the Foxes welcomed Army to Poughkeepsie on Wednesday night for their season opener, and from the start, the Black Knights were playing a physical game.

"We have to get used to the physical game," Viggiano said. "Teams are going to be trying to do that to us all year long."

But the Foxes were up to the challenge and Brossard notched the first goal of the young season at 28:52 to give the home team a 1-0 lead. Brossard's conversion was the first of what could have been several in the first half. The Foxes' had a major opportunity to go up 2-0 in the final seconds of the first half as

senior Desmond Farrelly ripped a shot only feet away from the goal that was blocked by an Army defender. Viggiano was not happy with the missed opportunities.

"We have to put teams like this away," he said. "We were playing a team that we are better than and good teams need to close out games like that."

In the 60th minute, junior Lucas Szabo put the ball in the back of the net off of a perfectly struck free kick that resulted from Army goalkeeper Michael Fiuk being charged with an illegal handball. Szabo's beauty proved to be the game winner after a late Army goal, as Marist was able to hold on for a 2-1 victory.

The Foxes now sit at 1-2 after dropping matches to Davidson and Appalachian State in the Davidson Adidas Classic. They will look to bounce back at Adelphi on Thursday at 7 p.m.

Ex-Fox leads pack of Danish hopefuls

By PHILIP TERRIGNO
Managing Editor

Headlining an article in the sports section of a Danish newspaper, the title read: "Amerikaneren og brodristeren."

Translation: "The American and the Toaster."

As Jake Dembow and a newspaper reporter sat inside the 2009 Marist graduate's apartment in Aarhus (pronounced OR-HOOS), Denmark and discussed his decision to play and coach football in the Scandinavian country, the conversation turned from sports to practical living.

Dembow had been getting along just fine in his new surroundings but noticed that a glaring hole existed in the design of the Danish toaster, a simple open-face, flat grill.

"I don't know who designed the Danish toaster – but I'm not impressed," Dembow joked to the reporter. "There's no top. You turn it on, but all of the heat escapes. Its not very efficient."

After a moment of amazement in silence at the revelation that Dembow had proposed, the writer responded profoundly.

"You know, you're right. That really isn't very efficient."

A simple remark about this household appliance became the headline of a feature story written about Dembow, but also mirrors the manner in which he has made it a priority to poke, prod and enhance everything around him.

His biggest improvement project to date? The players of the Aarhus Tigers American Football Club.

A member of the Danish American Football Federation, the Tigers function like a low-level American semi-pro football team.

Players pay membership dues, rent their equipment and hold full-time jobs. Members are guaranteed practice time twice per week and one game on the weekends.

Simply put, the Danes are long on enthusiasm but short on experience and football IQ.

Luckily for Dembow, who was contracted through October 2010 to play on and coach the team's offensive line, English is commonly spo-

ken in Denmark and interest in football is one lesson he can skip.

Viewership of NFL and college football games is unusually high for a region in which rugby and hockey are the premier contact sports. Games are rebroadcasted on the Internet and television from packages that the NFL and ESPN offer strictly for international audiences.

"They really have an affinity for [football]" Dembow said. "Its just that when you go out on the field, it doesn't necessarily translate."

His teammates inept playing techniques make reinforcing the fundamentals a priority.

Fellow American and teammate Brian Woodward believes that Dembow's stern, but respectful method of teaching is effective.

"Jake has taught them not only technique and X's and O's," he said. "But also a lot about work ethic and the kind of attitude it takes to be a solid football player."

Slowly, concepts gel and the players are able to apply what they have learned.

"Jake is able to help the [offensive] line adjust to the defensive front so we can better [our] blocking and pass protection," teammate Thorbjørn Nielsen wrote in an email.

Whether or not the team's success this season can be attributed to Dembow, the Tigers have been dominating their college-rules officiated, 48 minute contests.

Aarhus has won the first seven of its 10 scheduled games this season, including a 51-0 thrashing of the Horsens Stallions and a 45-0 romp over the Odense Swans.

A perfect season would likely result in the jump from the premier division to the national league, an upgrade to DAFF's top conference.

Unlike the Tiger's anticipated move up the ranks, Dembow's path to the second-largest city in Denmark wasn't paved immediately after receiving his diploma.

After spending time with two different indoor football teams, Dembow coached high school football in his hometown of Merrimack, NH while also keeping track of his profile on [http:// europlayers.com](http://europlayers.com).

The social networking site is a tool for athletes looking to attract attention from international clubs in hopes of signing a contract and was



COURTESY OF JAKE DEMBOW

Playing in the Danish American Football Federation's premier division, Jake Dembow's Aarhus Tigers have posted victories in seven of their first ten games this year.

invaluable in Dembow's talks with teams from France, Spain and Germany in addition to the Tigers.

Dembow settled on the Tigers, who cover his living and travel expenses, in part because they allowed him to heal from a December 2009 back surgery before joining them in March 2010.

"The accommodations I receive from the Tigers are actually on par with what [American] indoor players would receive," Dembow said. "As far as salary is concerned, most players in the smaller indoor leagues receive about \$250 [per game]."

The medical procedure was a microdisectomy necessary to correct a nagging back injury that was preventing Dembow from intense weight training.

Even at a reduced size of 6'3" and 260 pounds, 20 pounds lighter than his normal playing weight, Dembow has remained a force on the field.

"Jake is dominant at his position," teammates and fellow American Brian Woodward said. "Not just marginally better, but dominant."

Fitness and strength training are not ingrained heavily in Danish football culture, creating a nightmare for any player forced to play opposite the blocker who started 44 consecutive games at Marist.

"[I] played a game against a couple of defensive linemen who were probably around 300 pounds," Dembow said. "These are also the same guys that are smoking on their sideline. They're hard to move for one play and it gets easier."

Although Americans are not featured on every DAFF team's roster – there are restrictions on how many foreigners a squad can have – they are sparsely present from college programs both large and small.

During his career at Marist from 2005 to 2008, Dembow witnessed the dissolution of the MAAC football league and spent his senior season on a Red Foxes team that competed

as an FCS independent.

In 2010, Marist will enter its second season as a member of the Pioneer Football League, a national conference.

"I feel fortunate to be part of the group that kind of got the wheels rolling," Dembow said. "To get from where we were, to now be able to recruit at the national level."

For years, the only success Danish football fans have known was through Morten Andersen, the NFL's all-time leading scorer and fellow Dane.

For aspiring Danish football players looking to create a legacy of their own, the perfect place to start is under the tutelage of Dembow.

"We'll get maybe 75 to 100 people to our games, we don't have any bleachers," Dembow said. "Its totally stripped down, totally pure. Just guys going out because they love to play and want to get better. It's really special."



COURTESY OF JAKE DEMBOW

After four seasons of playing college football at Division 1-FCS level (formerly I-AA), Dembow (center) brings a wealth of knowledge and playing experience to Denmark. His teammates have embraced his role as a teacher and friend.



COURTESY OF JAKE DEMBOW

Operating like a low-level American semi-pro football team, members of the Aarhus Tigers pay membership fees and also hold full-time jobs. Dembow (left), is the only true professional on the team since he is the only paid member. In addition to playing on and coaching the offensive line, Dembow manages the club's u-16 football side.



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