



FEATURES

British Invasion: one student's foreign take on Marist

Page 5

LIFESTYLES

What to do when you're sexiled

Page 7



The



Circle

The student newspaper of Marist College

VOLUME 65, ISSUE 3

FOUNDED IN 1965

THURSDAY, SEPTEMBER 23, 2010

Marist students to take on Manhattan this spring

By **LEANNA BRITTISS**
Circle Contributor

Beginning this spring, Marist College's communication and fashion department will be launching a pilot program, offering a select group of students the chance to live, work, and play in the Big Apple.

Marist in Manhattan will launch during upcoming 2011 spring semester. This special program will present a full-time internship and web-based course work, which will be based out of New York City. The goal of the program is to offer students 12-15 credits of online courses and 6-9 internship or field experience credits.

This will allow participants to gain professional experience, make career contacts, increase knowledge of the communications or fashion field, and more importantly, give the student a competitive edge in the job market.

Fashion department's internship and placement coordinator, Lydia Biskup agrees that the program is a very unique and important opportunity for students.

"Four days a week you will be completely emerged in a company," said Biskup. "The experience and connections you will make will be ex-

tremely important and beneficial to your future."

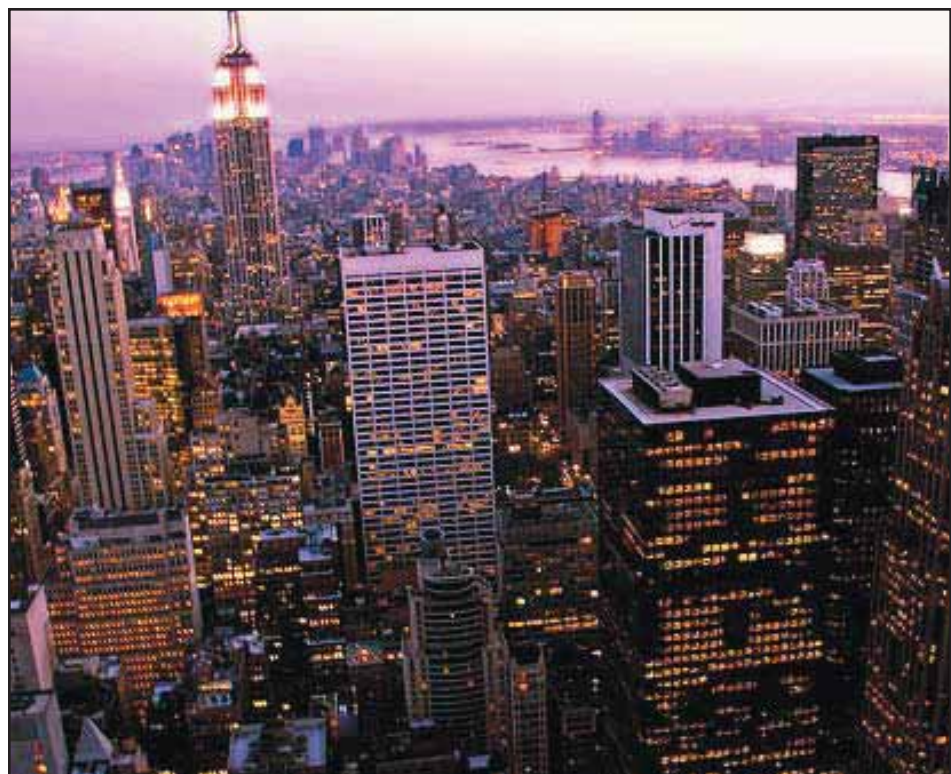
The fact that Marist in Manhattan will take place in New York will be great experience because it is hard to name a place that offers as much as the city does to young adults. It offers the chance to experience working in New York, while living life in an inspiring city.

Director of the communication internship program, Gerald McNulty, was the leader in getting this program passed. He believes that the opportunity to live in the city will bring the communications department at Marist to the forefront of its field.

"This program gives it participants a unique opportunity to emerge themselves in the New York City media atmosphere," said McNulty. "New York is truly the media capital of the world."

Allure magazine, *Vogue*, Chanel, MTV, CBS Sports, *Vanity Fair* and Conde Nast are just a few of the companies on the long list available to possible prospective interns in the program.

The price of participating in the Marist in Manhattan program is relatively the same as a semester at Marist, the only difference being the varying price of housing. Students



ERIC YANG/CREATIVECOMMONS

This spring, Manhattan will become the new stomping grounds for a select group of Marist students. Participants in the "Marist in Manhattan" program will take part in an internship, as well as online courses, immersing themselves in the city atmosphere.

selected and enrolled in the program will reside in the DeHirsh Residence, located on 92nd St. and Lexington Avenue on the Upper East Side of Manhattan.

Students who wish to participate next semester must apply by Oct. 1

by submitting an application, a \$50 processing fee and two faculty recommendations. Any student interested in learning more information or acquiring an application can visit the communications office or contact Gerald McNulty directly.

Adobe Creative Suite demonstrated to campus

By **CAITLIN NOLAN**
Managing Editor

On Tuesday, Sept. 14 Information Technology offered an exclusive Adobe presentation that showed students, faculty and staff the ins and outs of Adobe Creative Suite 5 and Adobe Acrobat Professional. The sessions, organized by Marist computer store manager Pam Maurer, ran throughout the day and covered the advantages CS5 and Adobe Acrobat have to offer for any level of user.

"So many people on campus can benefit from such a tutorial," Maurer said. "We have digital design, fashion design, communications and so many other departments where students are extensive adobe creative suite users."

Tim Plumer, Senior Solutions Engineer at Adobe Systems was available to answer any question a person might have concerning the programs. Plumer has had more than ten years' experience in implementing and selling Acrobat-based solutions for the business and

graphics community. His passion for the program stems from the depths of the tool and provided in-depth coverage of the featured programs.

Plumer gave presentations on features that will help the faculty, staff and students of Marist. The session went on to feature what any student will utilize beyond Marist and as they venture into their careers. Many students were eager to gain insight on the programs featured.

"Adobe CS5 is groundbreaking software that allows people to create and produce dynamic websites and content for the internet," senior Danny Jagoda said. Jagoda is an Information Technology major and has had extensive exposure to the programs covered.

"Without CS5 and its predecessors, we would not see such rich content on the web as we do today," Jagoda said. "It's not always easy to be able to learn the programs. It's a very intuitive tool and extremely detailed. Being able to put that you mastered the program down on your resume... potential employers will be all about that."

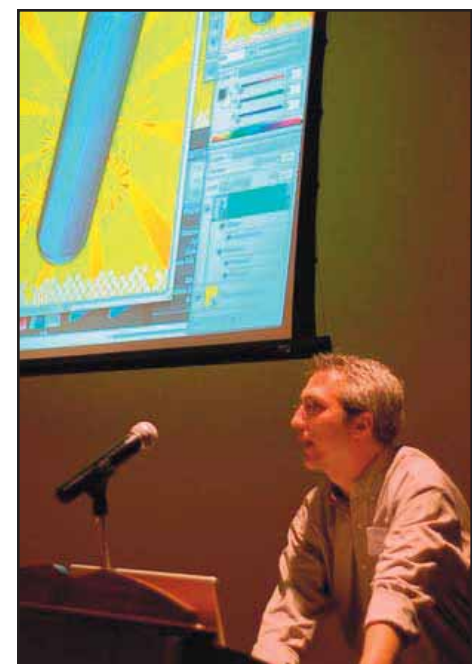
Many facets of Creative Suite were covered, including the integration of Adobe Bridge with other creative applications, making it easier and faster to get to many files projects in use. Plumer also demonstrated faster and easier ways to utilize Photoshop, Illustrator and InDesign. Moving forward from the technicalities of Adobe Creative Suite, the session explained how new Creative Suite Live tools that accelerate key aspects of the creative workflow and in turn, will change the ways students work together.

Amanda Cappuccio, President of ADDO at the New York Institute of Technology, is an avid user of the software and could not stress the importance of some level of knowledge.

"As a computer graphics and animation major, it's very important and relevant to know how to use the programs," Cappuccio said. "What I like most about the software is the compatibility factor. You create something in Photoshop and then open that file in Illustrator easily. Being able to

integrate these programs adds a new layer of complexity and graphic style to any art piece you're making.

SEE ADOBE, PAGE 3



CHRIS DENBOW/CREATIVECOMMONS

Like above, presentations that highlighted all Adobe has to offer were given on campus September 14 for anyone interested in learning more about the software.



THIS WEEK

Thursday, 9/23

No Events Posted

Friday, 9/24

No Events Posted

Saturday, 9/25

Marist football vs. Morehead St.

Tenney Stadium
12 p.m.

Shopping Shuttle

Poughkeepsie Galleria
\$1 day pass
\$5 semester pass
12 P.M. to 8 P.M.
Bus leaves Midrise every hour on the hour

Sunday, 9/26

Celtic Day in the Park

\$5 w/ Marist ID
Bus departs Midrise to Mills Mansion
12 p.m. and returns 5 p.m.

Marist volleyball vs. St. Peter's

McCann Center
2 P.M.
Free admission

Men's soccer vs. La Salle

Tenney Stadium
2 p.m.
Free admission

Monday, 9/27

Lecture: The Global Water Crisis

Dr. Maude Barlow
Nelly Goletti Theatre
7 P.M.
Free admission

Tuesday, 9/28

No Events Posted

Wednesday, 9/29

Men's soccer vs. Fordham

Tenney Stadium
7:30 P.M.
Free admission



Security Briefs

Security surprised by Leo trifecta

By CHRIS RAI
Staff Writer

Over the span of 36 hours, I spilled water on my computer, rendering it completely useless; I misplaced my house keys, lost my cell phone in a taxi and got pulled over for speeding (no ticket, I guess that makes things better). Oh - I also fell down the hill outside my house walking to my 9:30 a.m. class yesterday. To the one girl who was walking behind me and saw that happen: thank you for not laughing too loud. As you can see, I've had quite a week. I need a pick-me-up. Desperately. It's a good thing I write a newspaper column every week about other people having horribly awful days. This will make me feel better.

9/14 - Route 9

Police were stationed on Route 9 for six hours. In those six hours, they caught six students jaywalking across Route 9. I hate jaywalking laws so much. I'm from the Washington D.C. area and went to high school four blocks away from The Capitol. We had to practically play "Frogger" with oncoming traffic just to make it to first period on time. Now, Route 9 has made me put jaywalking on the same level of crime

as murder, so whenever I go home, I'm standing on the sidewalks with French people wearing CIA or FBI shirts, waiting for the little green man to tell me it's safe to cross the street. Ugh. I'll give 5 points to the invisible bird whose chirps tell us to start crossing the street at Beck. Just because I like that.

9/17 - Leo

Three students were found intoxicated in the same room over the weekend. All of them were sent to St. Francis. "I don't think we've ever seen a triple play before," security said. Let's call it the Leo Trifecta. I like that. 45 points

9/18 - Champagnat

There a physical altercation between a male and a female student. FIGHT! FIIIGHT!!!! Wait a second. Hold the phone. Why was the there a physical altercation between a male and a female student? I don't like that at all. There must be multiple sides to this story. I haven't heard any, so I'm not going to embellish. No Points until I'm given the full story.

9/19 - Midrise

Somebody went around Midrise with a permanent marker and

wrote expletives on a few doors. The next morning, the rooms' owners and housekeeping had to wash off the vandalism. Rude. People have enough to deal with, so don't make them wash their own front doors because you think bad words are funny. If you want to vandalize, make it awesome like the graffiti you see on the walls of Manhattan or DC or, really, any other big city. Make it artistic. Make it so nobody even wants to wash it. Make it so it's a gift, not a prank. Or just leave the doors alone. 5 points for Housekeeping, minus 5 from Midrise.

One last note before this week concludes: please be careful, everybody. If most of these stories happened to one of my friends, I'd wait a few days and laugh with them. I can't imagine the state I'd be in if someone I loved were involved in one of the incidents we see from Mr. Gildard in our email inboxes. So please, look out for your friends. Sometimes, the biggest difference you can make is making sure your night is as uneventful as possible.

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

Letter from the Editor

It's hard to believe that less than a month ago, Marist geared up to welcome the Class of 2014 and summer was still on the minds of many. Now, class (and the work) is well underway and this week's issue covers all that's new and improved on campus.

The cover features the highly anticipated Marist in Manhattan program which gives fashion and communication majors a chance to experience life in New York City. News continues with a way in

which technology may sway the youth vote in the upcoming elections.

Improvements to the McCann Center are underway and Sports has all the details to what exactly is planned for the beloved recreation center.

Features profiled one senior who enjoyed who her Italian abroad experience so much; she's considering going back for her last semester. Check out A&E for a review of Vampire Weekend's concert at Radio City Music Hall.

Opinion encourages readers to

pay it forward and make a difference through a cause that's near to their hearts. Lifestyles shows readers how to turn their walk of shame into a stride of pride and profiles some fashionistas who can be found strutting their stuff on campus.

So, if you're looking for a way to put off that research paper, sit back and dive in.

Happy reading!

Caitlin Nolan
Managing Editor

The Circle

The Student Newspaper of Marist College

Editor-in-Chief: Jacel Egan
Jacel.Egan1@marist.edu

Editor-in-Chief: Thomas Lotito
Thomas.Lotito1@marist.edu

Managing Editor: Caitlin Nolan
Caitlin.Nolan1@marist.edu

Managing Editor: Philip Terrigno
Philip.Terrigno1@marist.edu

News Editor: Amanda Lavergne
circlenews@gmail.com

News Editor: Alyssa Longobucco
circlenews@gmail.com

Opinion Editor: Heather Staats
circleopinion@gmail.com

A&E Editor: Ryan Rivard
circleae@gmail.com

Features Editor: Jennifer Meyers
circlefeatures@gmail.com

Lifestyles Editor: Robin Miniter
circlehealth@gmail.com

Sports Editor: Jim Urso
circlesports@gmail.com

Sports Editor: Scott Atkins
circlesports@gmail.com

Staff Writers: Mike Walsh, Dayna Vasiliuk, Casey Fisk, Rachael Shockey, Patrick McGinn

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

Copy Editors: Marygrace Navarra, monice Speranza, maria Sorreni, Taylor Mullaney, Madison Callado, Lauren Wennell, Brianna Kelly, Jennifer Hill, Dayna McLaughlin, Nguyen Pham

Photography Editor: Ryan Hutton
circleshots@gmail.com

Graphics Editor: Dayna Vasiliuk

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

Web Editor: Marina Cella
marina.cella1@marist.edu
Web Editor: Gail Goldsmith
Gail.Goldsmith1@marist.edu
Advertising Manager: Liz Hogan
circleadvertising@gmail.com
Distribution Manager: Pete Bogulaski

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

From Page One

Adobe product unveiled at Marist

Also what I like about Adobe is that it's user friendly. They don't throw in complicated menu systems, so you can navigate easily and really take control of the program and use it to create your vision. This software has been used by industry professionals for years because it simply works and now with the newest version, CS5, they show no signs of slowing down."

After a brief break, Plumer returned to highlight the various aspects of Adobe Acrobat Professional for viewers. In the hour-long session, Plumer showed how to create a data collection workflow from a desktop using Adobe Acrobat, PDF and the free Adobe Reader. Acrobat and PDF provides the right vehicles to conduct a survey, collect registration information or gather enrollment data, all of which can become vital tools in any research methods class or office setting.

"Most people do not know the full

extent of what you can do with these programs," Maurer said. "These sessions weren't to sell a product or make money. By attending a seminar, you can realize the full potential of these programs."

Promotion for the information sessions took on many faces. Information Technology employees banded together on Twitter to promote the events and continue linking to the RSVP page on Marist's Computer Store website as well as Plumer's own Twitter for more information on the topic. In addition to the Twitter campaign that was launched with a vengeance, hundreds of yellow fliers promoting the event and containing contact information for the event could be found across campus.

Adobe will be back on campus during the spring semester for additional how-to and information sessions and more information will be available as the date approaches.

Will technology sway the vote this time around?

By HEATHER BILANCIONE
Circle Contributor

With the 2010 general election nearing, some candidates have begun to wonder if Tweeting and Facebooking will be their key to success or if the oversaturated social networking scene play a role in the lack of young voters filling out ballots this year.

Obama's innovative campaign strategy to clinch the youth vote made history in the 2008 presidential election. It caused the number of young voters to rise so high, that his election victory was named "the year of the youth vote" in an article by *TIME Magazine* in 2008. Obama utilized sites such as Facebook and Twitter during his campaign. Today he has more than 13 million followers on Facebook and more than 700,000 people waiting to see his "tweets" on Twitter.

In lieu of Obama's success, both candidates and voters of the upcoming general election have begun to question if the in-your-face approach of social networking, is really the best route for candidates to take in order to gain the youth vote this election.

Didi Barrett is running in the 2010 election for New York State Senate. She's been a resident of Millbrook, N.Y. for 23 years, but her name isn't recognized like Obama. That is why Barrett and her campaign team feel technology has brightened her future and helped her gain numerous supporters.

Taitia Shelow, the Communications Coordinator for Barrett's campaign, said she has personally noticed how integrating technology into Barrett's campaign has led to an influx of supporters. One of the most important aspects of Barrett's campaign is making sure she

reaches out to the youth.

"As the mother of two young adults I know very well the importance of new media in communication," Barrett said. "Engaging young voters and inspiring them to be active participants in their local, state and federal government is one of the major reasons I am running. You are our future and it's critical that young voters are involved in shaping that future."

Many of the candidates running in the Dutchess County general election have some social networking sites that display information about their campaigns. Andrew Cuomo, Eric Schneiderman, Tom Dinapoli and Alyssa Kogon are just a handful of the local candidates with active Facebook accounts.

"I think social technology is the fastest way to reach people as they are connected to it 24 seven," Alyssa Kogon said. "You can also use it as an influential tool in that it allows you to control your own press."

Kogon, who is running for New York State Assembly, said integrating the use of technology is a strong asset to her campaign.

"Without a doubt social media is the new 'mall' – it's where young people hang out," Shelow said. "The best way to reach young voters is to go to the places they congregate."

While there is support for using technology in campaigns, some people feel the opposite and believe too much technology will have a negative effect on the young voter turnout for this election.

David Carr of the *NY Times* suggested in his 2008 article, that Obama's heavy usage of social

MEMORY IMPROVEMENT SEMINAR!

presented by

Memory Renaissance Center


A Seminar uniquely designed for students to:

Improve Memory in 2 hours • Eliminate Exam Panic
Develop Memory Techniques Not Taught In School!

Saturday, September 25th
choose a class: 10AM or 1PM

For registration on line:
memoryrenaissancecenter.com
or call 845-559-5599 • Seating is limited.

Seminar location:
Mercury Grand Hotel 2170 Rte 9, Poughkeepsie, NY



Ronald Linchner, Director



networking combined with the youth's already established obsession with social media sites may start to cause reverse effects for candidates.

"There are dangers here," Carr wrote. "By becoming a ubiquitous presence in the digital lives of its supporters, the Obama campaign could become like that friend who IMs a little too often."

This, in turn, could seriously hurt the chances of candidates running in the general election who plan on integrating technology into their campaigns. In fact, Carr isn't the only one who feels technology won't be a major factor in this general election.

Jessica Boscarino, a political science professor at Marist College, said, "A cooling effect has begun to take over."

"I'm sure technology has helped somewhat; but the question is will that translate into votes," Boscarino said. "I personally feel they're preaching to the choir and they won't see as many young voters as Obama did."

Boscarino said she feels the biggest issue on the minds of young voters right now is the economic situation.

"My general opinion is there will be less enthusiasm amongst the young voters in this election and I've been hearing from a lot of my students that they are becoming cynical of the choices being made right now; particularly because they are frustrated with the economic situation," she said. "They aren't having as many job prospects as they had hoped coming out of college."

She said that their worries may prevent them from actively participating in the general election, which would be the opposite of

what took place during the presidential election.

CBS released an article on their website entitled, "Young Voters Cooling towards Democrats", regarding this lack of young voter interest. They too indicated the cooling trend Boscarino foreshadowed for the 2010 election.

The results of the Pew Research Center study, discussed in the article, showed that young adults' enthusiasm is indeed crumbling from what it was during Obama's campaign. During the presidential election, "turnout among 18 to 29 year olds was the highest in years, making up roughly 20 percent of the voters in many states" according to the survey.

"That percentage, however, dropped by half for the gubernatorial races... young adults were also the least likely of any age group to identify themselves as regular voters."

With a little more than a month until the general election, the consensus seems mixed in regards to how much technology will impact the young voter turnout.

Shannon Farrell, a Marist college senior, believes candidates of the 2010 election shouldn't just be adapt these technologies because they are "hip" or "cool;" there is much more to young voters than that.

"I think the most important thing a candidate can do to get that youth vote is to make it clear that they have an interest in our vote," Farrell said. "As adults about to go into the real world they must make it clear that they take us seriously as adults and care about our transition period into the real world."

Fight apathy through engagement

By JENNA GRANDE
Circle Contributor

While doing my political science homework, I got fed up with the reading. It discussed how Americans appear to have lost the urgency to take action for a cause they truly believe in.

What if it didn't have to be this way? Our generation faces the issues of climate change, economic recession, world hunger and conflicts in the Middle East to name a few. What if people everywhere took a stand for something they believed in?

It doesn't seem like work when giving back or taking a stand because it's enjoyable and worthwhile. Evaluating your attitude, approach and stance on issues are ways to make your time, not only at Marist, but also throughout your life.

So this is my challenge to you: pick a cause or a charity, a viewpoint that will keep you involved. Take on a worldview philosophy and truly look into what is going on worldwide.

Take 15 minutes of your day to stop and read about what's going on, whether it's the *Poughkeepsie Journal*, or the *New York Times* (available in many locations on campus). Overcoming the weights that bring you down is one of the most liberating experiences a person can have. To prove my point, I talked to some students who are running for Student Government positions for the freshman class.

Kristy Stevko, who is running for President of the Class of 2014, gave me a true, genuine reason for running.

"I ran because I really love this school," Stevko said. "I wanted a chance to be extremely involved with the school and with my class. I wanted to make a difference for my freshman year."

Stevko knows what issues she would like to deal with that pertain specifically to Marist.

"I talked to a lot of people and most people see problems with the cafeteria and the times activities are scheduled. Instead of having some of the really popular events on a weekend have it during a week when more kids are around," Stevko said. "Also, no one really knows when some of the events are and students end up missing events they really wanted to go to, like the second Red Fox Rumble."

Vice President of the Class of 2014 candidate Brianna Richards agrees with Stevko's point of view. She, too, proves that she has taken the time to talk to students with the aspiration of helping make a difference.

"Considering we have a really large class, I'd like to get a consensus of the class concerning any individual or collective issues," Richards said. "One issue I'd like to address is the cafeteria hours, and the food selection on the weekends. I'd also like to create a sense of unity in the class, perhaps by having more collective functions as a class. You know, doing more activities together."

Stevko and Richards also have concerns they want to address for life after Marist.

"I think a general issue is the lack of knowledge of what is going on. I think ignorance is really a big problem in the U.S. and worldwide. I also think the lack of care is an even worse issue than not knowing about what's going on," Richards said. "People know they should recycle but they don't because they find it difficult or are lazy."

Stevko added, "People are always complaining about things that are wrong, things that are bad. But people don't do anything about the issues bothering them. They don't



SERAKATIE/FICKR.COM

From Marist-level issues to larger causes like global warming, there are plenty of ways to get involved in at various levels to make a difference in a worthy issue.

step up to the challenge. Even if they aren't going to step up, they should bring it up to someone else who can. Everyone talks about how bad the economy is but no one is doing anything to learn the real issues. No one wants to take the blame for anything."

If you find yourself without a body of friends to speak to about your aspirations to incite change, consider turning to your professors. They are often excited to share ideas and engage in conversation with you to inspire the changes you seek. I talked to Dr. Richard Feldman, my environmental science professor, and he said he hopes to inspire students so they can possess environmental awareness.

"There is too much at stake to teach Introduction to Environmental Issues as simply a natural science core course," Feldman said. "Yes, I do hope to inspire the students to become environmental stewards. Marist students have an

important role to play in educating themselves and acting upon their knowledge to not accept business as usual. What you do, how you live, does matter, for you, the rest of humanity, other species, and your future generations."

I'm not preaching about becoming more environmentally aware, but rather, take advantage of the resources and opportunities we have here at Marist. There is a library filled with thousands of books, waiting to be read. There are professors and staff members who would love to be engaged in intelligent conversation. There are thousands of students here who would enjoy joining you in campaigning for a worthy cause.

So find your issue. From the cafeteria hours to equal rights, there are ways to make changes at the school, local and national level. Take this time to engage in the world you live in for yourself, and generations to come.

Fashion department defines model students

By COLLEEN KOPCHIK
Circle Contributor

When the fashion department sent out an e-mail on Sept. 17 about the model tryouts for their annual Silver Needle Fashion Show, it seemed harmless. The e-mail discussed various things from model availability to important dates to be free. But there is something in that e-mail that just didn't feel right. After all the important dates and necessary information, there is a section that lists the requirements to be a model.

Women must be at least 5 feet 8 inches and a dress size 6-8 while men must be at least 5 feet 10 inches and a size 38-40 regular.

The e-mail was sent MAR-UG to every single Marist undergraduate student and was addressed as "Dear Marist Students." Everyone got this

e-mail inviting them to tryout to be a model regardless of age, sex, race, year, height and dress size. So, doesn't it seem counterproductive to, in one breath, list requirements that students must obtain to be a model and also say that it is open to all students?

A very small amount of students are going to fit into those very strict guidelines, making the students that don't fit into to them feel separated and undesirable. The media does enough to make young people scrutinize themselves on a daily basis; the last thing needed is an e-mail coming into our inboxes telling us that we don't fit the model requirements to participate in our very own school function.

I asked a few of my fellow students about their feelings on the e-mail and responses ranged from nonchalance to feelings of stupidity and an-

noyance with the e-mail. Sophomore Janae Myers spoke strongly of the issue.

"Our community is diverse," Myers said. "What makes 5 feet 8 inches and between the sizes of 6 and 8 ideal? We need to accommodate each body that is out there: short, tall, thick, or thin – whatever it may be. We are all unique, and we all deserve to be represented."

It is completely understandable that the Silver Needle show wants to mirror reality, but then why not use real people – people of all shapes and sizes from 5 feet 2 inches to 200 pounds? Why should someone's size matter? If you are going to design clothes, design them for the range of people that will be wearing them and not just a model.

It is offensive to be excluded from taking part in a function because of how tall I am or what size dress I

happen to wear. Just as any 5 feet 8 inches size 6 student, a 5 feet 2 inches size 12 student is just as deserving to walk down the runway next to his or her fellow schoolmates. We are all equally deserving to audition and partake, just as we all received the same e-mail inviting us to take part.

It is worrying that our society has built up a certain ideal to a point that there are requirements to walk in a school fashion show. It is even more worrisome to me that no one even seems to question it anymore. It has become almost an expectation to look a certain way to take any part in the fashion world. But this is the Marist world, not the fashion world. And if the auditions are open to all students, then every single Marist student, regardless of looks, deserves the very same chance as the next.

Former abroad student falls in love with Florence culture

By JENNIFER MEYERS
Features Editor

When Marist senior Katherine Welcome stepped onto her flight to Florence, Italy for a study abroad session last spring semester, she didn't realize that she would fall in love with the city and decide to go back for her second semester of senior year and possibly return for graduate school.

"When else are you going to be able to go and live for more than three months in a different city?" Welcome said. "There's no other time in your life that you can do that and not have to worry about finding a job or living expenses."

Welcome not only visited Florence, but also Venice, Prague and Sienna. Interning for EuroAdventures, she also traveled to Hungary, the Czech Republic, Spain, Germany, Greece and Austria.

She attended Instituto Lorenzo De' Medici, the Italian International Institute in Florence, where she took a variety of classes including the Italian language and interesting courses such as the Philosophy of Alchemy, Astrology and Magic.

"We learned our birth charts, the stars alignment when we're born and how it makes our personality traits different," Welcome said. "It was really interesting, they don't offer anything like that at Marist."

The institute mainly consisted of American abroad students, so Welcome did not have to worry too

much about learning Italian while abroad.

"In Florence, so many people spoke English that it's weird if someone didn't," she said.

While she had many glamorous adventures in Europe, Welcome encountered some cultural differences including people automatically recognizing that she was American.

"I was walking down the street and some kid said 'Oh you're American.' And I said, 'How did you know, I didn't say anything.' And he's like 'I could tell by the way you're walking,'" Welcome said. "That was weird."

While abroad, Welcome stayed in an apartment with seven other abroad students from Marist, four of which she already knew. The apartment consisted of three floors, two bathrooms, a kitchen and a laundry room. Welcome said that the apartment was "amazing."

"From my own room, I could see the Santa Spirito Church," she said. "And the apartment was right near the Arno River and we were on kind of the more non-touristy side of the river so it was nice to separate from everyone."

Welcome has her heart set on returning to Italy for second semester of senior year, but complications arose as to whether or not she will be able to graduate on time.

"If it doesn't work out for next semester, I'm definitely going to go there for grad school," she said. "I just want to experience the cul-



JAIME SPINELLI/THE CIRCLE

From left to right: Maddie Wessels, Carly Marshiano and Katherine Welcome.

ture more. I loved Florence and everything it had to offer."

Welcome is an advertising major with a minor in business. If she chooses to go back to Florence for grad school, Welcome said she would get a masters degree in graphic design.

What about the rest of Europe? "I think I would start in Florence and then travel around and see where I like," Welcome said. "I would see where I would potentially like and see where I can see myself working and living."

The city of Florence has captured Welcome's heart. She insists on returning and does not worry about the consequences of the future.

"It was a once in a lifetime op-

portunity that I would like to do again," she said.

Many students abroad gain life time experience while studying abroad. For Welcome, her experience turned into a life altering decision that won't rest until she steps foot in Italy again and pursues her graduate education in a foreign country.

"I just loved it there," she said. "It was an amazing experience and I just don't see any other chances. This is the only time that I could go to another country while not having to worry about a job or finding an apartment or anything too severe. I can just enjoy myself, and I just want to experience the [Italian] culture more."

Study abroad...At Marist?

By KELLY CAMPBELL
Circle Contributor

To some students that attend Marist College, going abroad means living in Poughkeepsie.

Trisha Patel, a junior from Birmingham, England was the only student chosen from Aston University to come to New York for a year to study abroad. To Patel, adjusting to a new country is a means of survival.

"I thought it would be an easy adjustment since we speak the same language, but its not," Patel said. "It's a bigger shock than you'd expect."

One of the most obvious differences to Patel is the nightlife.

"The clubs here are completely different. We went to Mad Hatter and the girls were really bad when they were dancing," Patel said. She explained that bad was in reference to the promiscuity of the dancing as opposed to the lack of skill.

After surviving her Mad Hatter experience, she survived another almost life endangering experience. Because the driver's side of a car is on the right side in England, Patel looked the wrong way and almost got hit by a car.

"The cars are driving the wrong

way here, they really are," Patel said.

Another one of Patel's main struggles was figuring out the metric system. When ordering Chinese food, she was asked if she wanted a pint or a quart. She responded with, "What does that even mean?"

Patel's expectations of America were not too high. When asked of her thoughts of Americans before coming to New York, she said, "I thought all Americans don't care about anything and are obese."

After Patel's initial few weeks abroad at Marist, she changed her views of Americans.

"Everyone here is really nice and friendly," she said.

Marist College has a large study abroad program. About 500 students leave the country every year. The international program at Marist is very prominent and selective; Patel is the only student who is here as an exchange student for the year.

"It helps them to become more open-minded and accepting of differences," said Karen Tomkins-Tinch, the coordinator of international student programs at the center for multicultural affairs.

"In a broader sense, it promotes peace through understanding," Tomkins-Tinch said.

cartoon corner

By Mike Vogel



Exciting clubs entice incoming Freshmen at Marist

By CASEY GALASSO
Circle Contributor

Since classes kicked off Aug. 30, 2010, life at Marist has been in full swing. No matter where you look, you'll find friends gathered on the green for a game of frisbee, rushing to class, or heading over to the Rotunda to grab a bite to eat. For a majority of students, this is part of their routine. Returning to college is what they've looked forward to all summer. Marist is their home away from home. What about the students, however, who have yet to forget that special bond with the college? What about those who have never been away from home for more than a night? Will they be able to find their niche here at Marist?

Change is never easy, as many students of the class of 2014 realized after moving in Aug. 28.

"It was a big adjustment being away from home," said freshman Sarah Cordiero. "I have never shared a room with someone, or been away from home for very long. It is totally different living with someone who has a different schedule than I do."

Social skills aside, many incoming freshmen have admitted to having trouble adjusting to their new lives here at school.

"The hardest adjustment by far was going downstairs to what I thought was unlimited cafeteria

access, only to realize it closes at either 10 p.m. or 7 p.m.," freshman Mike Charest said. "My eating schedule still hasn't recovered."

With limited mobility, most freshmen are locked inside the invisible walls surrounding the college. Luckily, the Marist campus is always brimming with life. Immersing yourself in the activities the college offers is the easiest and most exciting way to ease homesickness. Some students, such as freshman Michelle Ederer, found comfort in participating in sports teams they were also a part of in high school.

"I joined cheerleading because I have been doing it all my life, and I don't think I'd be able to go without it," Ederer said.

Being involved with athletics creates a bond between teammates that truly is unbreakable, Ederer said.

"If it wasn't for being on the team this year, transitioning into college would've been a lot harder," she said.

Can't commit to the rigors of the varsity sports team schedule? Intramurals are offered during both the fall and spring semesters and are open to all, regardless of athletic abilities. If you missed the Sept. 15 deadline for fall intramurals, you can always pick up a copy of the varsity sports schedules in the McCann Center and support the



ROBIN MINITER/THE CIRCLE

Marist women's rugby tests courage, strength, balance, and dedication.

Red Foxes as they partake in your favorite sport.

With a vast multitude of clubs on campus, there's something for everyone. Cordiero joined MCTV, the campus television program.

"Clubs are a great way to get involved," she said.

"I've always wanted to try fencing, so here at Marist I joined the club team," freshman Lexi Mendyck said. "It's great to join clubs because you get to meet people outside of your classes

and dorm."

Campus Ministry, one of the more popular groups at Marist, has already had over 600 freshmen sign up. Still recruiting members, the club participates in community service in the Hudson Valley, and also holds various types of meetings for the many faiths at Marist.

No matter what freshmen decide on joining, whether it's a club, an intramural, or a varsity sport, adjusting to life at college is a slow and steady process.

A solution to stop and go traffic waves

By MICHAEL GAROFALO
Circle Contributor

University of Washington Research Engineer William Beaty has been watching the movement of traffic jams in Seattle, Wash., since 1998, and has concluded that a single conscientious driver can substantially help improve the flow of traffic.

According to Beaty, a bird's eye view of certain kinds of traffic jams illustrate that the "wave" of stopped cars appears to move backwards from its origin as more cars are forced to come to a complete stop. He makes the analogy that the jam is a solid crystal, with one end dissolving and the other end constantly growing.

For drivers, a repetitious pattern of stopping and accelerating is typically practiced. The driver ahead of you brakes and so you must follow up behind. The driver behind you follows, and the jam persists.

The solution is one that Beaty essentially discovered inadvertently. In trying to drive a constant speed, he allowed a larger space between his vehicle and the one ahead. He created a buffer zone.

In his YouTube video, Beaty describes his observations:

"...but in my lane they [the waves of cars] were perfectly uniform...everybody behind me has no reason to be doing the stop and go driving."

He equates the improved driving method with that of a semi-truck driver, who most people assume drive with buffers due to their increased stopping distance relative to passenger cars. As a matter of fact, this method allows for significantly less stopping.

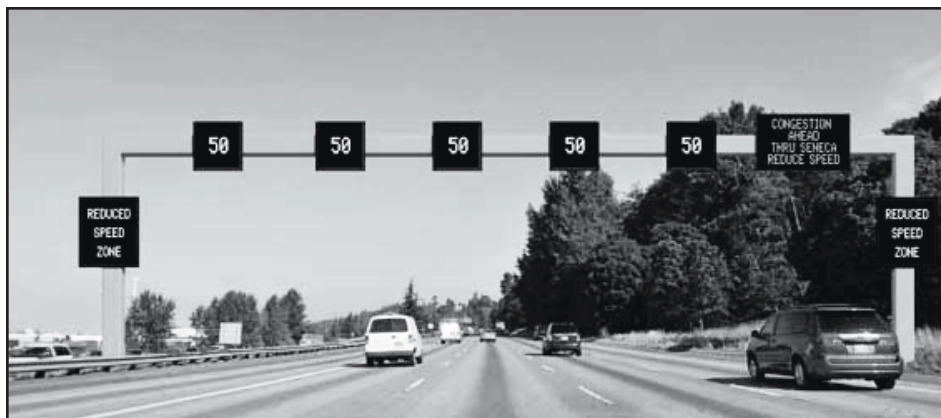
The gap that Beaty leaves ahead of him provides relief for drivers who previously could not reach their exit because of bumper-to-bumper traffic. According to Beaty, many drivers are unaware of their tendency to follow too closely. This competition perpetuates jams and leads to further blockage.

"If you try to block lane jumpers, then you are a tailgater," Beaty said.

Marist freshman Emma Dambach is frustrated with tailgaters, who she says are "trying to beat me at some game."

Her commute from Kingston requires a trip over the Mid-Hudson Bridge, which is often congested at peak commute times.

As for the Marist community, junior and recent transfer student Elizabeth Wanyo



FROM SEATTLETRANSITBLOG.COM

Active Traffic Management model for the Intelligent Transportation Systems.

consistently experiences the Beck Lot congestion. However, she described several Marist drivers as "courteous" – a useful trait in highway jams.

A modern technological method for addressing traffic jams has been recently implemented in Seattle on Interstate 5. Active Traffic Management (ATM) functions by lowering the speed limit before cars even reach a major jam, thus cutting the jam off at the supply end.

This technology is not necessarily new, however according to Beaty, traffic physicists in Europe have implemented this method before.

He is currently undecided on the overall success of the technology in his area, which would require quantitative data like commute times before and after, and more observation.

Seattle Times reporter Mike Lindblom has experienced this new method four times now, and said that technology may be helping but lacks "definitive information about how effective these are."

However, Lindblom said, "They began in August which tends to be the lightest traffic month of the year. And, the Washington State Department of Transportation is not fully using the technology by drastically slowing the speed limits, way upstream of the congestion sites. They are just gradually tweaking their system commands."

For more information about traffic jams, and an extensive facts from William Beaty, visit <http://trafficwaves.org> and watch the video on the home page.



Sexual Healing: sexile, a not-so-lonely island

By RACHAEL SHOCKEY
Staff Writer

So your roommate committed the ultimate act of greed and asked you to surrender the room to his or her night of eroticism. When one does not have their own personal booty call on hand, sexile means flopping on the couch, eating leftover Chinese while watching "Futurama," mourning over the sex that your greedy roommate is hogging to themselves. Spending an evening stewing over your troubles, combined with resentment for the person you have to live with and bitterness over the fact that you're not getting laid, makes for a wildly unhealthy experience in sexile. Your experiences are what you make of them; your time in sexile by no means has to be glum or nonsexual. The following are a few suggestions for transforming your time away from your room into a solo erotic endeavor.

1) The self-pleaser's staple.

The most obvious way to satisfy yourself while sexiled and partner-less is to masturbate. Alas, where can you do it in private when you're locked out of your room? The shower, of course! It allows not only for privacy, but also climate control, easy cleanup post-orgasm and added stimulation from the water pressure. Masturbation is a wonderful, built-in perk of being a human, of which many people never take advantage. A University of Chicago study of 3,116 people between ages 18 and 60 determined that 61 percent of men and only 38 percent of women claimed to have masturbated in the past year, as reported last year by Michael Castleman from *Psychology Today*. Planned Parenthood attributes much of our shyness toward masturbation to feelings of shame as-

sociated with the act. On their website, Planned Parenthood estimates that "approximately 50 percent of women and 50 percent of men who masturbate feel guilty about it." They also sharply articulate the reasons we should abandon the guilt we associate with self-pleasuring. "Masturbation," they say, "is one of the best ways we can learn about our sexuality. It can help us explore the types of touch we like the most and help us learn how to get excited and how to reach orgasm."

In the words of musical genius Jason Derulo: enjoy ridin' solo.

2) Practice Moaning.

This is not to say that you should practice moaning to fake pleasure; rather, it should be treated as an exercise to release inhibitions about having loud sex. On her website, long-time sex educator Sue Johanson encourages us to, "Use all the expressions that would make your mother threaten to wash out your mouth with soap – 'screw me hard' kind of language." Experimenting with different sex noises and dirty talk can up your sexual confidence and get you revved up for your next adventure with a partner. The greatest opportunity to throw out some grunts and groans is while driving (alone). Driving with the windows up is one of very few scenarios in which we can be certain that no one will hear us. It's a place to vent, cry and pretend you're having the wildest ride of your life. It can be especially fun to moan at an intersection, where people can see you, but so long as you're stealthy, they'll probably just assume you're singing along to the radio.

3) Read this.

Claire Cavanah and Rachel Venning, the founders of sex boutique chain Ba-

beland, published the book "Moregasm" this year. It's a compilation of information that Venning and Cavanah have acquired over the years, on pleasuring (of all varieties), sex toys and anatomy. Accompanied by bold, beautiful illustrations and photography, there is never a dull moment in this 263-page point of reference. In their intro, the authors explain "We all have gaps of knowledge and secret curiosities about sex. Whatever you're curious about, keep asking...we wrote this book to champion great, realistic sex." While the book primarily caters to women and the female orgasm, it contains helpful tips for people of every gender and sexual orientation. The anatomy sections break down butts, breasts and vulvas to their most basic parts, and offer suggestions for pleasuring each one. Head over to Barnes & Noble, find a secluded corner, and see what "Moregasm" can teach you.

4) Get warmed up for next time.

The Marist Fitness Center doesn't close until midnight; if you're not the one getting laid just yet, why not head down to McCann and exercise your skills in the meantime? Lift weights and stretch your limbs in between sexual encounters so that you can bust out some impressively limber acrobatics next time. If your roomie doesn't give you the sexile heads up until late at night, you can always do push-ups and lunges in your living room/common room too. Passers-by will be oblivious to your motives, and that will make it all more fun.

Start getting pumped for the next time your roommate forces you to be ingenious in your entertainment methods. In the words of musical genius Jason Derulo: enjoy ridin' solo.

As told by (a) Ginger

By CASEY FISK
Staff Writer

Dear Casey,

I have always said that I am all about equality when it comes to dating — I don't need a boy waiting on me hand and foot. However, I have been with my guy for a while now and we split everything down the middle: meals, groceries, a night out. I hate to say it, but it would be nice to be treated every now and then. Am I being hypocritical?

-Going Dutch

Dear Dutch,

I agree with you about equality in a relationship — I'm all for it, to an extent. I think the responsibilities of domestic duties and upholding communication should be split equally between both parties in a relationship. However, I refuse to let chivalry die without at least a few frantic shocks from a female defibrillator. If you have been with him for quite some time now, he should by now have a firm grasp on the type of person you are. Unless you are the most patient and strategic gold digger this side of the Mississippi, I don't think it's the girth of his wallet that's been keeping you around and he knows that. I do not think it is hypocritical of you to desire being treated here and there, as long as you are willing to do the same every now and then.

Dear Casey,

My parents and I rarely talk when I'm at college. Yet, when I get back home, I am still under their strict thumbs — this seems a bit unfair. What would you do?

-Ms. Independent

Dear Ms. Independent,

I understand it can be a difficult transition from footloose and fancy-free college life to back to living under your parents' roof. Though you are a legal adult with a life outside and away from your parents, it is my guess that you are not entirely self-sufficient yet, considering you are returning to their home. Unless you've scooped enough ice cream or sat enough babies over the summer to pay your tuition, I'd bet your parents are footing most of the bill for you to go here. Respect your parents' rules if they are within reason; do not inconvenience or disrupt their lives at home by loudly stumbling in at 4 a.m. or not picking up after yourself. If you find their requests to be unreasonable, don't disobey them; instead sit down and have an adult conversation with them as to why you feel they are unfair. We are adults now, and it is expected of us to be more adept and considerate communicators with mature reasoning and rationale. Look to compromise with your parents, not to challenge their authority.

Send your questions to
circlehealth@gmail.com!

Facebook-less for a fortnight: Week two

By CHRISTINA O'SULLIVAN
Circle Contributor

Seconds before I deactivated my Facebook account two weeks ago, Facebook sent a final plea to try to retain my membership. Five pictures of me with friends from high school, camp and Marist popped on the screen, with captions reading, "Maura will miss you!", "Vinny will miss you!", etc.

This incredibly creepy sendoff seemed a fitting goodbye for a website that passes off photo comments and "likes" as meaningful human interaction; a website that randomly pulls pictures, appealing to my nostalgic side, to guilt me into staying a member of its weird, information-addicted cult. How do you know if my friends will miss me, Facebook? You don't know me!

Pressing the "deactivate" key was liberating, like I had just escaped the novel "1984." I poked my sleeping roommate and whispered, "I'm free!" "Mrahh," she said, and rolled over. What now? I thought. Normally, if I underwent a minor life change, I would update my Facebook status. Clearly, that was no longer an option, so I

kept it to myself, something I've been learning to do these days.

I do miss it a little. I miss friend requests. Lately, I've bonded with several acquaintances in different classes and clubs, but since none of us have been able to send friend requests, I don't know who is interested enough to take that little step to learn more about me. A friend request is aptly named; it's like saying, "I think I like you, can I learn more about you?" and I haven't been able to send or receive that message.

Also, I've been pretty out of the loop when it comes to events and meetings. Ultimate Frisbee uses Facebook messages to say when and where practice is. I've been too lazy to text someone, so I haven't gone. And if a friend of a friend has had a Fulton party, I probably would have been invited, had the inviter merely needed to click on my name in their friends list.

Other than that, I have really enjoyed my free time. I replaced Facebook with elaborate breakfasts, reading outside and another form of Internet crack, <http://Stumbleupon.com>. I'm still in the habit of mindlessly checking a website. I need a buffer be-

tween an activity and schoolwork, so I check my Foxmail eight times a day. Sometimes I actually read security updates.

I've been staying in touch with two of my best friends studying in Europe through e-mail, which is basically the same as Facebook messaging. The next ring of second-tier "best friends" is tricky, though, because I'm not going to write e-mails to each one of them. That's exhausting. They're a bit mad at me and I guess it's understandable. I've cut myself off from easy communication with them.

I would prefer to live in a world without Facebook. In the end, I think that concentrating your time and efforts on the present would pay off more than sitting for hours in front of a computer. Unfortunately, that is not the world we live in. In two weeks, my social experiment will be over and I can reactivate my account, but I may not. My life is calmer now, without the thrill and stress of constantly connecting to the Internet.

Which is better: staying in the here and now or regularly reaching out to distant friends? That's the question, friends. Stay tuned for my four-week update.

A girl's guide to rocking "the walk"

By DAYNA VASILIK
Staff Writer

When you wake up in his bed, you might lay there with a smile on your face thinking to yourself, *what a fun night*. You danced all night with your friends, finally made use of that sexy dress that you've been dying to wear — and that's when it hits you... "I have to walk home in this?!" You might not love that dress so much now. I don't know what's worse: that fact that you are wearing the same outfit two days in a row, or the fact that you're donning that same stiletto and a strapless dress getup around campus. Let's face it, it's only 8 a.m., and you've clearly had your workout for the week.

Hatters, hickeys and hideous hit-and-runs.

Well no sweat ladies — actually, yes — think sweats! If you wore leggings under that dress the night before, borrow a sweatshirt from your boy and make it cute. As far as the shoes, put them in your purse or wear those Prada knock-offs proudly and go for the retro 80's look that all of young Hollywood seems to be gunning for.

If you weren't thinking ahead and didn't wear leggings, take one of his plain white button ups and layer it. You can either tuck it into the skirt you wore or belt it around the dress from the night before. Clean up your makeup by running a finger under your eyes to clear the smudged eyeliner and splash some cold water on your face to reduce any signs of a rough night. A loose ponytail with some wispy little pieces hanging softly around your face will tame the beast

enough to give you the "messy sexy" look, but also keep everyone guessing...did they or didn't they?

From V.I.P nights to vampire bites.

After your walk home that may have felt like forever, you may be feeling a sense of relief that you weren't spotted by anyone you know. While you're all smiles about to tell your roommate what happened, she brings something to your attention that really bites — literally. Not only is it disappointing that there is nothing left to the imagination about your scandalous night, but now you have to hide out until the Scarlet Letter-esque branding on your neck disappears. Hickeys are never tasteful, it's one thing to act like an animal at night, but looking like you were attacked by one the next day is never sexy.

Luckily, girls have it easier than the boys when it comes to hiding these hideous hickeys. We can camouflage them by wearing scarves, necklaces and of course wearing your hair down. Wear light foundation on the marks and shoot for cover up that is yellow or green tinted. This will lighten up the redness instead of making your hickey darker than it already is. After drinking your tea (caffeinated to relieve the hangover, of course) place the warm tea bag on the hickey to reduce swelling, or place cold teaspoons on your neck. According to the Mayo Clinic, hickeys heal faster when you apply ice many times throughout the day because it reduces the arterial blood flow and decreases bleeding. In other words, the sooner you put ice on your neck, the less likely your hickey will last. As far as the badgering and teasing

of your friends go, you're on your own! You can either start thinking of good excuses: (how about the classic, "my curling iron slipped and burnt my neck!"), or simply joke back saying, "If you think mine is bad, wait till you see what I did to him...?" Let's just hope next time you're at Hatters, your lover is a little less hungry and you're a little more careful.

Clean up your act.

Now just because you didn't go back with some crazy Poughkeepsie local doesn't mean you didn't have your share of fun too. Since you may be a hot mess in the morning too, there are a few things to help heal the hangover woes. Grab some comfy clothes. The last thing you want to do is waste your weekend away in bed not accomplishing anything (remember that test Monday?). Don't think you have to hide out just because you don't feel your best that day. Get up and get moving! As for those heavy looking bags under your eyes, join your hickey pal for some tea. Taking a tea bag and placing it on your eyes with help to deflate the puffiness, making them less noticeable. Use a creamy yellow concealer under your eyes to reduce the redness. Choosing a lighter shade with yellow undertones to blend in with your skin over using a darker shade saves you from looking like a raccoon, not pretty!

When these beauty blunders aren't enough there is always coffee, Advil and some good girl talk. Whether your weekend was innocent or scandalous, remember you have a full five days to recover...before you do it all over again!

Top 10 free iPod applications

By ROBERT PETERPAUL
Circle Contributor

Over the years, Apple has advanced its business in all aspects of technology and the entertainment industry, making it a household name. Presently, one of its most popular innovations is the iPhone. The iPhone allows for endless virtual entertainment with the touch of one's finger. Many of the hours spent glued to "iProducts" are owed to Applications, or "Apps." Setting aside the fart machines, lie detectors and virtual guns, here are 10 of the best free applications available for download.

1. Yelp

In a new place? Looking for something to do? Yelp has your answer. Use this application to search for local restaurants, bars, shops, hotels, entertainment and much more. The best part of this app is that you can read reviews from locals, so you know what to hit and what to miss.

2. Facebook and Twitter

These two apps make it easy to stay connected with all your friends. You can

use both social networks just as you would on the computer, except you can do it anywhere; so it's cooler! It sure makes stalking people a heck of a lot easier!

3. Bump

Now you can share all your information with people by simply — you guessed it — bumping your phones together. With just one bump, you can become friends on Facebook, Twitter and other websites, trade contacts, photos, events and more. Gee, sounds like one hell of a bump!

4. Shazam

Can't figure out what that catchy tune is called? Want to share it with everyone? With Shazam you can put your phone up to the music device, and, within seconds, get the name of the song and a link to download. You can even send songs to your contacts!

5. Virtual Table Tennis

Pretty self-explanatory, this realistic app has been the top app download for a while, but you better hurry and download it, because it's only free for a limited

time!

6. Cook's Illustrated

Let's face it: cafeteria food gets old. When you download this application, you get step-by-step recipes for whatever meal you're in the mood for. This could come in handy when you're sitting in Foy, wishing your mom would drive up and make dinner for you.

7. Pocket Karaoke

You're standing on line for Hatters, stumbling around drunk and waiting to get your dance on. What sounds like a good idea? Karaoke! This hand-held version allows you to sing songs from your iTunes library and record them so you can listen the next morning.

8. Night Vision

Having trouble walking around in the dark? Got a top secret mission to execute? Whether you're clumsy, a spy or just looking for a sweet addition to your phone, try this application! Night Vision accesses your camera and allows it to work in the dark. No more stumbling around!

9. Celebrity Mashup from Replace your Face

Put pictures of you and your friends into this app. With your pictures, choose from tons of celebrity headshots to create hilarious celebrity mash-ups. Now you can take a picture of that one friend you swear looks like Taylor Swift and see if you're right!

10. Lose it!

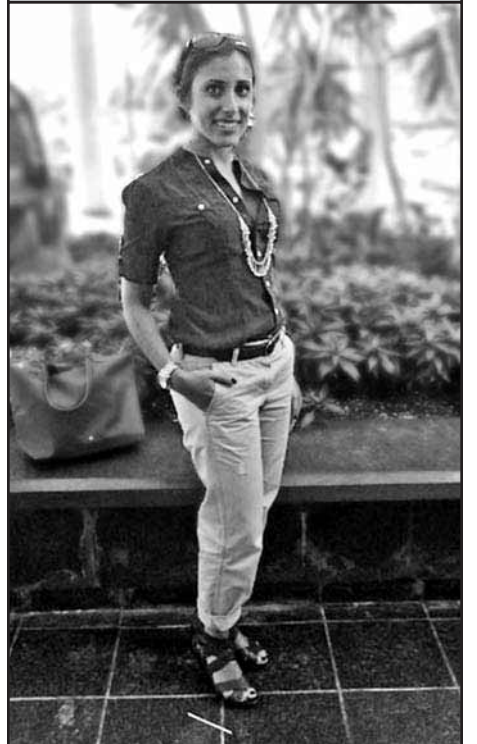
If you are trying to cut back on the pounds, and hitting up the McCann Center occasionally just isn't working, download this one! You set your weight loss goal, and establish daily calorie budgets. Each day you record your food intake and the exercise you do so you are sure to stay on track.

Style Sightings

Every week, our resident fashionista will be pounding the Marist pavement in search of some of the hottest threads on this side of the Hudson.

By DAYNA VASILIK
Staff Writer

After eyeing the girl with flawless skin in my fashion class, I knew I had to introduce myself and ask her where she got her outfit...not just because I absolutely loved it, but she must have been creeped out by me staring at her for an hour and fifteen minutes.



DAYNA VASILIK/THE CIRCLE

Class act: Dadamo dresses for success.

This stylish junior is Arielle Dadamo, a business marketing major and fashion merchandising minor. After only speaking with her for a short while, I could tell that her outfit wasn't the only thing that is sophisticated and classy. With the inspiration to dress effortlessly business casual (after all she did have an 8 a.m.), Dadamo dressed in boyfriend chino khaki pants and a navy blue button down shirt. I couldn't get over her adorable wedges or understand how she could bare walking in them. Dadamo swore that the shoes are extremely comfortable, and considerably affordable for shoes! I think what I loved most about this outfit was the fact that it is chic for someone 19 years old like Dadamo or a woman in her 30s. It's smart to invest in clothing that is modern; you can always make it trendy with big chunky jewelry, a statement bag, a printed scarf or a stylish extra piece from Forever 21. Along with Arielle's glowing skin, she had a glowing personality, which is something that never goes out of style.

Her tips and tricks:

1. Just by adding a watch, heels, and a necklace your outfit can easily go from boring to chic.
2. Go up one size then you normally are in pants at J Crew.
3. Since <http://endless.com> has free returns, purchase two different sizes of your favorite shoes and return the pair that doesn't fit.



RICKY ROMERP/FLICR

Free iPhone and iPod applications keep you informed, organized and entertained

Dough Boys Pizza & Ale House

51 Fairview Ave.

845-454-4200

We accept Marist Money and all
major credit cards

Marist Specials

16 large gourmet pizza s \$10.99

(Sat. + Sun. all day, Mon.-Fri. 5-11 p.m.)

Chicken Bacon Ranch

BBQ or Buffalo Chicken

Carnivore or Vegetarian

Richie Landscaper (Bacon, BBQ & Buffalo sauce)



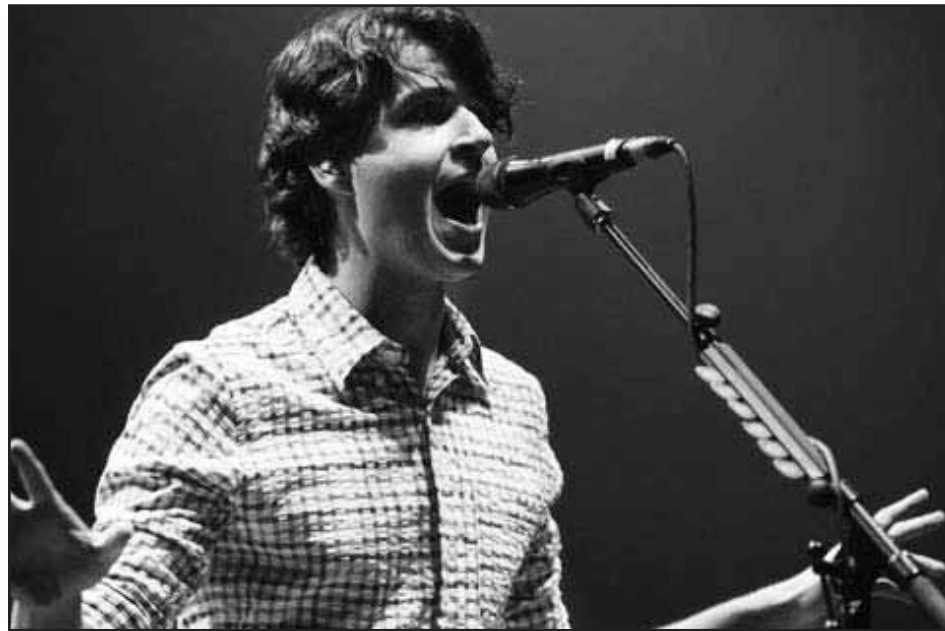
Fang free Vampire Weekend

By **EMILY BERGER**
Copy Chief

With the rhythm of their music, the acoustics of Radio City Music Hall and the playfulness of the lyrics illuminated the simplistic set of Vampire Weekend, both visually and musically. Vampire Weekend is a band characterized as indie rock, New Wave and always fun. This New York City band sold out three night stay at Radio City Music Hall last week, and had the majority of the venue filled even after a closing of the Long Island Railroad.

Vampire Weekend songs are very simple and catchy, which makes them popular. Each song runs about two minutes long and is easy to listen to. Just listening to one of their songs can make someone happy. The set list played one after another to keep the audience moving, playing songs from their self-titled album and January released album, "Contra." The entire audience was dancing the majority of the concert.

Beach House and Dum Dum Girls opened, while Vampire Weekend amped up the entire audience by taking the stage to "All I Do is Win" by DJ Khaled. Beach House's set was a complete wall of lights to look like a star-lit sky, and illuminated pyramids to look like tents, and as Vampire Weekend originally came out, they seemed to have no set at all compared to Beach House. As the set list moved, as did the set. Chandeliers came down, a wheel that seemed like an optical illusion and a map of "Port of Contra" was used, which was exactly what they



FROM BROOKLYNVEGAN.COM

Ezra Koenig serenades Radio City Music Hall with his voice and jazz hands.

needed to add to their songs. The lighting and the simplistic additions were all that was needed to create the right setting for their music. The lighting choreographed the set and made the band even more tantalizing.

The band played exactly like their albums. Many bands aren't capable of doing so. The band truly played for the audience-everything a fan would want to hear.

VW also played a cover of Bruce Springsteen, "I'm Going Down," to slow down the show and illustrate the diversity the band could handle.

Their playful music lit up the venue, which was the perfect size for the band. An outdoor setting or larger venue wouldn't exemplify their music because it would overpower the sound of their songs. In

every part of Radio City, you can feel the music, where in other places you can feel exactly where you are sitting and how much you've paid. The only negative aspect as lead singer Ezra Koenig said was how "formal" the setting was, especially from the general admission they are used to. The seats restrict one who wants to truly enjoy the music and dance along with the lighthearted sound. Koenig also added how "self-conscious" New York City can be, and how they should let their fears go and let their bodies sway along. They even demonstrated the best dance moves that go along with songs. They described how holding your arms up and moving your fingers go along to one of their hits.

SEE VAMPIRE WEEKEND, PAGE 12



By **RYAN RIVARD**
A&E Editor

Trent Reznor & Atticus Ross "The Social Network" Soundtrack Sampler – Trent Reznor teamed up with longtime collaborator Atticus Ross to create the score for David Fincher's ("Fight Club," "Zodiac") film adaptation of Facebook's origins in "The Social Network." Reznor announced his involvement in the film last July, and described it as "really f***** good. And dark!" Reznor released five songs for free to give fans something to sample until its release. The songs have a minimalist sound with a shady air of nerdism thanks to the old-school videogame "bleeps." It feels appropriate. And for any Nine Inch Nails fans, there's no need to worry, as you will feel at ease listening to these instrumental bits. The full soundtrack will be released on Sept. 28 and will be available in CD, Blu-Ray, digital, or vinyl formats through Reznor's independent record label, Null Corporation, at NullCo.com.

Chromeo "I Could Be Wrong" f/ Ezra Koenig of Vampire Weekend – The iTunes edition of this Canadian electrofunk duo's third album, "Business Casual," comes with a special treat featuring the dapperly dressed frontman, Ezra Koenig, of Vampire Weekend. The presence of Koenig brings more 80s hipster party than business to the track. He feels right at home among the bouncy synth waves, joining in on a goofy dialogue about a girl between Koenig and Dave 1 of Chromeo. Koenig gives revelation-worthy advice. The whole exchange is hokey in way that mirrors Chris Rock and Michael Jackson's conversation in "You Rock My World." There's also a sax solo. Relationship advice, 80s nostalgia and sax-what more could you want?

Cee-Lo Green "I Want You" – Although it's no "F*** You," the latest offering from the Green's upcoming "Lady Killer" album is as soulful as the upbeat breakup song. Taking the intensity from 10 to about a two, "I Want You" is soothing and pleasant-retro with a splash of modern bliss.

Kanye West "Lord Lord Lord" f/ Mos Def, Swizz Beatz, Raekwon & Charlie Wilson – Speaking of retro with modern bliss, "Lord Lord Lord" is the latest from Kanye West's G.O.O.D. Friday series. "Lord Lord Lord" is another monster epic (although falls short of "Monster") clocking in at just less than eight minutes that preserves the soulful, laidback Kanye we all know and love. The track also features a rare verse from producer Swizz Beatz, who usually uses the mic to hype tracks rather than drop wordplay.

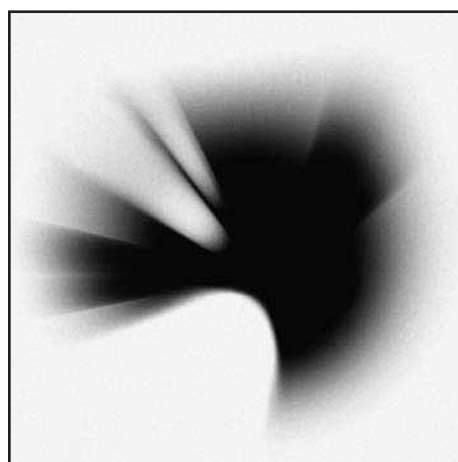
Album Review

Linkin Park evolves sound on "A Thousand Suns"

By **PATRICK MCGINN**
Staff Writer

My, my have the boys of Linkin Park changed. Almost ten years after their debut release, "Hybrid Theory," Linkin Park cuts "A Thousand Suns," a melodic, synth heavy concept album. Co-produced by vocalist/guitarist/keyboardist Mike Shinoda and heavyweight producer (no pun intended) Rick Rubin "A Thousand Suns" is the sound of a band breaking farther away from their teenage angst filled roots that started with 2007's release "Minutes to Midnight" and further into the realm of social conciseness and maturity.

The days of singing about overbearing parents and horror story romances are over. Linkin Park is now a band with a message, a message that flows through the music seamlessly. The album tells a story of a nuclear apocalypse and the mess civilization is in after the blast. The title of the album is taken from the J. Robert Oppenheimer quote "If the radiance of a



FROM AMAZON.COM

thousand suns were to burst at once into the sky that would be like the splendor of the mighty one." This is not a light listen by any means. It's a tale of destruction, loss, love and the potential dangers of the modern age.

With this change in attitude comes a drastic change in sound. "Blackout" sets the mood of the album. Sure Chester Bennington's signature soft to full blown howl vocals are still there, but instead of the usual heavy riff laid down by guitarist Brad Delson, a synthesizer

is put in its place. Delson's guitar takes a back seat for the majority of the album. It's there and can be heard, but it's the Pro Tool and keyboard work of Mike Shinoda complemented by the drumming of Rob Bourdon that shines throughout the album.

"The Messenger" is an unexpected treat-a stripped down acoustic ballad. The standout song on the album though is "Burning in the Skies." It's the crowning achievement of the album; everything that is exceptional about Linkin Park's new sound is encompassed in "Burning in the Skies." The perfect blend of instruments, studio craftsmanship and lyrics are all heard here-a mopey guitar and piano. Bennington offers up a menacing chorus "I'm swimming in the smoke/ of bridges I have burned/so don't apologize/I'm losing what I don't deserve." The lyricism on the album is above average throughout, without a doubt Linkin Park's strongest lyrical output to date.

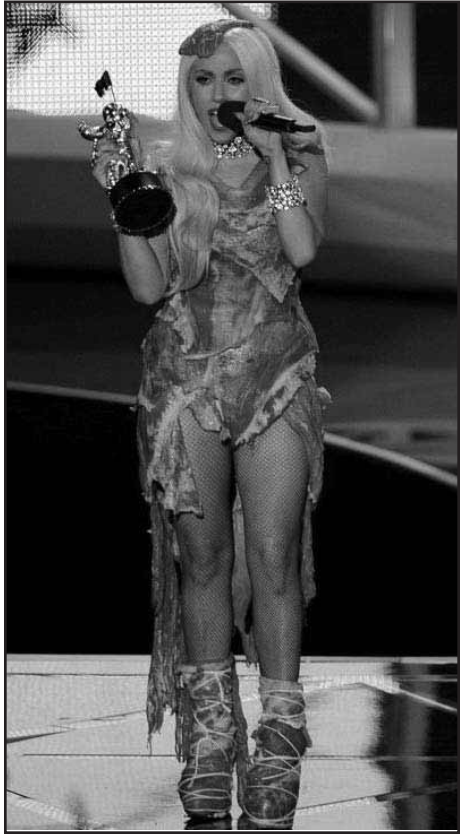
SEE "A THOUSAND SUNS," PAGE 12



The circle is looking for writers

For the Arts and Entertainment section

All we hear is political Gaga



FROM METRO.CO.UK

Lady Gaga sporting her meaty dress at the MTV Video Music Awards. Lady Gaga later appeared on the "Ellen DeGeneres Show" to explain the ideology behind the look.

By MICHAEL BERNARDINI
Circle Contributor

April 2009. The second G-20 summit meets in London; a major earthquake kills over 300 people in Italy; Croatia and Albania are admitted to NATO; and Lady Gaga reaches number one with "Poker Face." Yes, a year and a half ago, the pop songstress' budding career reached international superstardom. Coming from eccentric regular in the New York club scene to an overnight sensation, Gaga took the world by storm. Now seventeen months later, she can be seen anywhere and everywhere. Despite still churning out music the way the Keebler elves churn out cookies, the performer has taken on a new cause: politics. And I'm sick of it.

While I am all for pop anthems about phones and Fernando and paparazzi and playing cards, someone who was once a guilty pleasure more talented than Ke\$ha and more inventive than Britney, has rapidly turned into an over-exposed wannabe politician. Last time I checked the lines of pop music and politics were as starkly contrasted as

apples and oranges. However, Gaga has taken it upon herself to discuss such topics as Arizona's illegal immigrant bill, the "don't ask, don't tell policy," and sexual abuse.

Here are a few examples for all intents and purposes: last month, Lady Gaga protested Arizona's SB1070 law enforcing a stricter illegal immigration policy while performing a sold-out arena show in Phoenix. She screamed, "We have to be active. We have to protest...I will yell and I will scream louder." Following this month's MTV Video Music Awards (where she accepted her Video of the Year Award in a dress made of raw meat), she commented, "If we don't stand up for what we believe in and if we don't fight for our rights, pretty soon we're going to have as much rights as the meat on our own bones." Last week, she posted a seven and a half minute video to YouTube demanding senators and citizens join her in a repeal of "don't ask, don't tell," which prevents gays and lesbians from being out and proud in the armed forces.

There is nothing wrong with someone having a cause near and dear to their heart. What she is doing is hon-

orable and noteworthy and someone in her position of her status can probably attract a large chain of followers. What she preaches makes sense to me and I fully support it. What I do not support is someone with zero political clout trying to enlighten (or spoon-feed) an army of "little monsters." I understand that getting a prominent figure to speak out on such a wide-range of social issues is helpful in raising awareness to a wide audience, specifically the younger generation. Yet, I am fully able to educate myself on such issues and can make an opinion or get involved in a cause all by lonesome. I refuse to take advice from someone who wears unitards and gallivants with a "disco stick." In all honesty, we're not hearing about global warming from Justin Bieber or assisted suicide from Katy Perry.

News and politics must be removed from these tasteless tunes, and Gaga is only making it harder. As the phrase goes, "You can put lipstick on a pig, it's still a pig." Well, you can put a few political ideologies and an American flag on a pop star, but it's still a pop star.

From Page 10

Album Review: "A Thousand Suns"

Linkin Park does their greatest tribute to U2 on "Iridescent," a track that instrumentally mimics U2's signature sound. Delson's guitar is nearly identical to that of the Edge's, while Bourdon takes a beat right out of Larry Mullen Jr.'s book. Hints of U2 influence are sprinkled throughout "A Thousand Suns," but it's on "Iridescent" where it's most apparent.

The album never loses focus on the concept that they present before the listener. There is never a moment when it doesn't make sense. As complex a topic the concept is, it never leaves the listener perplexed. This problem can plague a concept album, especially one done by an ambitious young band such as Linkin Park.

For all the positives that "A Thousand Suns" has, it is far from a perfect album. At times the studio work is a bit much. Songs are sometimes lost amidst the constant strive

for that big sound. Also the one to two minute tracks like "Empty Spaces," "The Radiance" and "The Requiem" are just unnecessary.

The final tracks on the album prove to be the weaker ones. Mike Shinoda picks up the mic to rhyme on the tracks "Waiting for the End," "When They Come for Me," and "Wretches and Kings." Over the new sound Shinoda's rhymes sound bulky and stale. Perhaps these songs were an effort to please the diehard fans that are not willing to accept Linkin Park's new sound.

It's safe to say that "A Thousand Suns" is Linkin Park's finest LP thus far in their career. There is no denying that this album has its flaws but overall the pros outweigh the cons. "A Thousand Suns" is another step in Linkin Park's musical evolution. If they can build off of this excellent release, it will be exciting to hear what Linkin Park will do next.

From Page 10

Vampire Weekend at Radio City Music Hall

Their hits like "A-Punk" and "Cousins" were played in the middle of the set and ended with "Walcott." Every song they played was well known from both albums, where each song didn't need a catchy chorus to make the song popular. With lyrics like, "In December drinking horchata. I'd look psychotic in a balacava," and "Who gives a f*** about an Oxford comma?" give each song the appeal of effortlessness and having minimal metaphoric ideas. Vampire Weekend says exactly what they mean, while making it

rhyme and making it fun. Some lyrics need to be explained, but that's what makes them so entertaining.

These preppy boys in their Sperry's, cardigans and blazers show off their fast moving songs with their fast moving videos and transform this into a show with rapid lights and cause a constantly moving audience. Vampire Weekend left the stage with a very satisfied audience because they gave what the fans wanted each night at Radio City.

Album Review

Weezer returns with "Hurley"



FROM AMAZON.COM

By SHANNON DUNCAN
Circle Contributor

"Hurley," Weezer's latest album, is their first record for indie label Epitaph. Possibly the most striking feature of the album itself is the cover: a close up of Jorge Garcia ("Lost"). Rivers Cuomo told Spinner, "I just loved this photo of Jorge Garcia it just had this amazing vibe. We didn't want to do a fourth self-titled record and we knew people would refer to it as 'the Hurley record' even if we left it without that title, so we just called it 'Hurley.' No words are on the cover because all we wanted was his amazing face." Garcia has stated that he is honored to be a part of the album.

While some of the band's work of the 2000s was disappointing to fans, "Hurley" is sure to give them hope once more. The album is filled with power-pop, head shaking anthems that you can't help but keep on repeat.

"Memories," the opening song, starts the album off with a catchy nostalgic vibe. "Trainwrecks" slows down the tempo, giving off the impression that the band does not really care what other people think. Placed at the middle, "Where's My Sex?" reveals the quirky edge that listeners have come to expect. With the acoustic "Unspoken," fans are shown the beauty in Cuomo's rough voice. "Hurley" finishes off with "Time Flies," which describes the revenge of any songwriter.

The album may not be perfect, but it has catchy refrains and quality lyrics that surpass the band's recent productions. And if the 10 songs on Hurley don't fulfill your thirst for Weezer, the deluxe addition contains four bonus tracks. Furthermore, this November, the band will be rereleasing an expanded version of their 1996 "Pinkerton" with an additional album of outtakes and rarities. They have also announced that a new studio album will be coming sometime in 2011.



McCann Center improvements set to begin

By JIM URSO
Sports Editor

The sounds of clanging hammers and electric drills familiar to those who pass the newly developed, nearly completed Hancock Center will soon be absent. However, another building on the Marist campus will soon be under construction.

The Marist College Athletic Department recently announced plans to enhance the James J. McCann Recreation Center with an 11,660-square-foot addition. The 8.5 million dollar project, which was approved by the town of Poughkeepsie in late August, will begin in mid-October. The construction will provide a number of improvements for players, coaches, and fans.

The main improvements for players and coaches will include new



RYAN HUTTON/THE CIRCLE

Construction on the McCann Center will add offices and locker rooms, revamp the lobby and bathrooms and enhance seating within the McCann Field House.

locker rooms and offices for the men's and women's basketball teams. The addition will be built on the back end of the McCann Center. The storage building behind the Field House will be torn down in October to accommodate the new basketball facilities.

"These additions will really help our basketball programs," Marist Athletic Director Tim Murray said. "The prior space used by both basketball programs will be given to the Olympic sports, providing them much needed space."

For fans and students, the lobby and bathroom facilities will be redone to accommodate crowds and reduce long waits. Also, more comfortable "chair-back" seats will be added for the 2011-2012 season. The south end zone of the McCann Field House, which currently houses the student section and band, will remain unaltered. Big bleachers, like those in the student section, will be added to the north end zone. Some additional seating will be developed on each side of each end zone to create what Murray calls a "bowl feel."

"When you add 'chair-backs' to the east and west bleachers, your capacity goes down because they take up room," Murray said. "To maintain our current capacity, additional seats will be added in the North bleachers (opposite the student section) and on each side of those bleachers."

With some of the seating in the McCann Center developed over 30 years ago, new seating will create

more hand rails and aisle space to coincide with current building regulations.

The capacity of the McCann Field House will remain at 3,200. For those hoping for enlarged capacity, there's a fundamental reason why the McCann Field House will not be expanded.

"We want to maintain the demand for tickets," Murray said. "Three-thousand seats create demand." Recently, the Times Union Center in Albany, NY, the home of Siena's men's basketball team, had to eliminate the number of available seats to maintain demand.

"It's not easy to fill 5000 seats nightly," Murray said. "Without heavy demand, people don't buy season tickets. They don't buy them in advance. Usually, they will just buy them the night of the game. With our current capacity, the opportunity for a good atmosphere night in and night out is attainable."

According to Murray, construction will be finished by the start of the 2011-2012 academic year. Most of the early construction will take place behind the McCann Center, so events and student use of the facility will not be disrupted. A second phase of construction within the building will start in the spring.

The continued development of the Marist Athletics brand is not reserved to the restructuring of the McCann Center. The athletic department also recently signed an apparel contract with Nike. The deal will provide each of Marist's 23



RYAN HUTTON/THE CIRCLE

Nike will now provide each of Marist's 23 Division I sports with apparel. Junior wide receiver Michael Rios (above) sports one of the Red Foxes' newly acquired football jerseys.

Division I sports with Nike uniforms, footwear, and other equipment. Murray said the deal was completed late last spring. In the past, the men's and women's basketball teams have held separate apparel deals.

"The deal is the continuation of the building a brand with a quality partner like Nike," Murray said. "Three years ago we reframed our logos. We've been trying to keep a close eye on where and how they're used. This contract is the next step in terms of doing that."

Volleyball hopes to rebound after losing six straight

By MIKE WALSH
Staff Writer

After making its first ever appearances in the MAAC Championship match last November, it looked as though the women were poised to return to the tournament and earn a victory in the 2010 version.

Senior Allie Burke described the feeling of playing in the game, "It was pretty surreal, beating Fairfield was incredible and with ESPN News Broadcasting, it was a much bigger event." Classmate Joanna Foss added, "It was great to see how the program has progressed since I got here as a freshman, and I can only see it getting better in the future."

After finishing out last season with an impressive 18-13 overall record, Marist opened up its current campaign 5-3. However, no road to a championship is easy, and the Red Foxes are finding this out as they currently find themselves deep in the throes of a six match losing streak.

Marist graduated three seniors last season, like Lindsey O'Dell. A big hole was left when star setter Dawn Jan departed. Dawn had a impressive 1,142 assists last season,

good for nearly 10 per set. The Red Foxes also had to replace Alexandra Schultz, the team leader in both kills and points.

Coach Tom Hanna has done a superb job restocking the talent cabinet though, and this year's newcomers are off to a hot start. Portage, Michigan product Grace Hill, is making Hanna look good by leading the team in kills and points early on this season, and Audra Brady has slid in nicely to help replace Jan.

With five seniors on the team this year, they are even more experi-

**"It was pretty surreal, beating Fairfield was incredible and with ESPN News Broadcasting, it was a much bigger event."
-Allie Burke**

enced than last year's crew. Raeanna Gutkowski is undoubtedly the team's emotional leader after her battle with osteosarcoma last season. Emily Broski has been entrenched as the team's do-it-all Libero for over a year now.

Left side hitter Joanna Foss has been first or second on the team in kills since freshman year. Lindsey Schmid has started all but five

games in her Marist career and led the nation with 69 service aces last season.

Burke, who started all 30 games as a freshman and followed up with solid sophomore and junior campaigns, said, "The experience of having three years under your belt helps you to take everything with a grain of salt. We can show the girls how to compete in pressure situations."

Despite the losing streak, the Red Foxes have not been playing poorly. With the start of conference play coupled with a tough tournament at the University of Rhode Island, Marist has hit a transition spot of their season.

Burke calmly explained that this streak was not anything too serious and that the team had simply been playing inconsistently. "We have had opportunities to win, but we couldn't close out," she said.

"We have been doing good things on the court against some good competition. We just have not been doing quite enough good things to win the match," Foss said.

This issue was illustrated in the team's most recent loss on Sunday to Canisius. Marist was staked to a 20-16 lead in the fourth set before succumbing to the Golden Griffins

and falling 25-23. Burke said that even in the loss Marist hit .266 for the match, which is usually good enough for a win in the MAAC. However Canisius hit an outrageous .285, which seems to be common with Marist opponents recently.

Coach Hanna has taken this streak in stride as well. The Red Foxes still have 16 conference matches left and know they are a dangerous team in the tournament. Burke said that Hanna will be putting them in situations in practice where they will have a late lead and have to close it out. "Practice will be more defensive oriented this week," she said.

Marist has been getting good showings at the McCann Center this season, especially from other student athletes. "The fan support has been good at our games so far, but we always would appreciate more fans coming out to our matches to show some support," added Foss.

Marist will have two opportunities this weekend to begin turning the season around as they head to New Rochelle to face Iona Saturday, before returning home for a match with St. Peter's Sunday at 2 p.m.

Brooklyn natives bring brains to the line

By PHILIP TERRIGNO
Managing Editor

Phede Celestin's apparel choice of black sneakers, black shorts and a gray Marist football t-shirt gives a dull appearance, but conversation with the 6-foot-five-inch, 317-pound offensive lineman proves to be much more colorful.

When asked if the Red Foxes will be able to handle the dominant defensive fronts they will face this season in the Pioneer Football League (PFL), "There is no defense that is unstoppable," Celestin explained. "Basically, I have to use a line from the movie '300' to explain. 'Even a God-King can bleed.'"

An athlete who responds to a question with a film quote, instead of simply toeing the company line? Slightly unusual, but certainly refreshing.

Equally unusual for a varsity athlete, playing a major sport on the Division I level was Celestin's former course of study. He spent all of last year as a biochemistry major and maintained a respectable 2.9 GPA in the spring semester while taking science courses and a computer programming class.

Celestin has since switched his major to international business, a less rigorous course of study but still one that can make good use of his personality traits.

"[My] leadership qualities from football and my ability to solve problems quickly [will carry over to my new major]," Celestin explained. "When it comes to group work, I am the guy that makes the atmosphere just right for everyone to work with each other."

Perhaps the most important group on a football team is the offensive line, an area in which even as a

sophomore, Celestin is the oldest player.

Celestin earned a starting spot on the offensive line this season, joining four freshmen that compose a brand new unit.

"I'm not going to make excuses – we are a young team, but it comes down to the [offensive line,]" Celestin said. "We have to stay on our blocks and give the [running backs] the opportunities that they need to score."

Raised by a single mother who emigrated from Haiti to the East Flatbush section of Brooklyn, Celestin carries a reminder of his heritage and roots with him at all times: a creased and worn Haitian flag pinned to the face of his backpack.

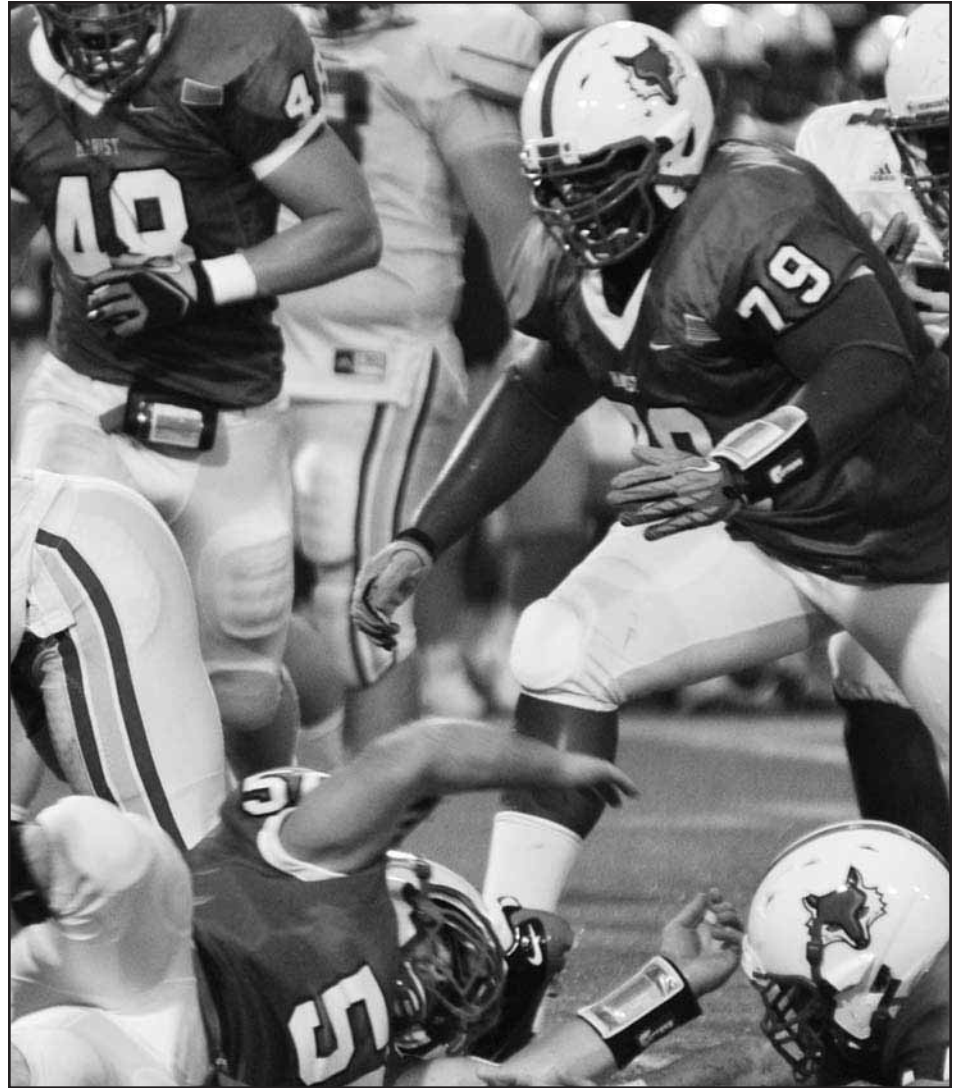
"[I carry the flag] just to remember where my mom came from and how hard it is for her now to survive," Celestin explained. "It's just another reason to keep working hard, focus and remember why I'm here."

The reason he's here – in addition to getting an education and contributing to the Red Foxes, is to pursue his dream of playing professional football in the NFL.

Celestin was recruited out of Canarsie High School by several Ivy league schools in addition to Penn State and Rutgers, but none of those schools offered him a better financial aid package than Marist.

"[Going pro] means helping my family," Celestin said. "Watching my mom struggle to take care of us, I'm doing this for her. I just want her to be happy and not have to worry [about money]."

Making it to the NFL is no easy task, especially from a small school in the Northeast that competes in the Football Championship Subdivision.



RYAN HUTTON/THE CIRCLE

Starting nose tackle Terrence Turner double majors in biomedical sciences and chemistry. Turner hopes to attend medical school upon graduation from Marist.

"We always want [our players] to pursue dreams, but here's a reality check: Less than 3 percent of college players go on to compete in the NFL," coach Jim Parady said. "We will provide players with all of the coaching and facilities. If you want to separate yourself into that top 3 percent, you have to make training and developing your body a priority in your life."

Still, Celestin is undeterred – a great attitude for any athlete to possess.

"Coming from where I'm coming from and experiencing what I've experienced, I know that nothing is going to be easy for me," Celestin said.

Part II: Terrence Turner

In a back corner of the cafeteria last Friday, senior Terrence Turner was buried behind textbooks, notebooks, graphing paper and a calculator large enough to resemble a concrete slab.

It's certainly not the place – or setting – where you would expect to find a college student enjoying the beginning of a weekend.

Then again, Turner isn't like most college students.

The 6-foot-1-inch, 315-pound starting nose tackle on the football team is a double major in biomedical sciences and chemistry and has been about as aggressive in pursuing his career goals of attending medical school, as he is chasing the quarterback on it.

Turner has completed internships at the Albert Einstein College of Medicine, St. Francis Hospital and the Family Practice Center of Hyde Park.

Many students will check out of the academic world after their four year undergraduate degrees are completed, but Turner still has a long road ahead of him.

"A traditional M.D. program runs from four to six years, typically," Turner said. "A Ph.D. program will typically run four to five years and then you would complete a fellowship for a year or two. There is also a combined degree, which takes eight to nine years to complete. I plan to continue on and get both high level degrees."

After red-shirting his freshman season in 2006, Turner made the switch from the offensive line to the defensive line in 2008.

"Terrence is a smart guy, so he could learn the [nose tackle] position, which we needed right away," Defensive Coordinator Scott Rumsey said. "He wasn't a starter on the offensive line at that time, so it didn't really hurt us [to move him]."

The Brooklyn, N.Y. native plans to stay locally for medical school after his graduation from Marist, but Turner has one more season of football to play before he can commit himself fully to post-graduate endeavors.

The Marist defense is dealing with the loss of Kevin Foley and Nick Andre, two linebackers that combined for 179 tackles last season.

"[They] are missed and you can't replace that type of talent," Turner said. "I do think that we have really good players here."

Turner has made a name for himself in the Marist community with his academic achievements and extremely disruptive play on the field.

"When I'm off the field I'm one person, but when I'm on the field and I'm getting into it – I'm a different person," Turner said. "I pride myself on being a teammate but in the games and in practice, I have a good time. You have to know when to turn that off. In the community you have to be manner tempered."



RYAN HUTTON/THE CIRCLE

Raised in Brooklyn by a single mother who emigrated from Haiti, Phede Celestin pins a Haitian flag to his backpack as a reminder of his mother's struggles. Celestin's wit and vibrant personality serve him well on the football field and in the classroom.

Red Foxes shutout Howard, return to .500

By **SCOTT ATKINS**
Sports Editor

The Marist men's soccer team shutout Howard Saturday afternoon at home to improve their record to 3-3.

"I think we were flat in the first half," head coach Matt Viggiano said. "But we fought through that and came back for a convincing win."

The win comes after what might have been their toughest two matches of the season, a 1-0 victory over Adelphi and a 2-0 loss to the defending champions, Virginia. Viggiano admits that he was satisfied with the difficulty of the early schedule because it will prepare them for conference play.

"[The schedule was worked out that way] for a reason," he said. "We played those team so we could be ready to play in-conference. And all those tough games were on the road, so we feel that we're prepared for anything."

Even with the shutout handed to them by the Cavaliers, the Foxes proved that they could play with the best.

"Our guys played even with them for most of the match," Viggiano said. "While there was a confidence

boost, we've also now set the bar for ourselves. We have to understand how good we can be, and now go out and play that way every day."

Marist has had some trouble in the past with closing out weaker teams, like their 2-1 victory in the opener against Army (0-6). There was some concern that those struggles were continuing against Howard as the Foxes sluggishly competed in the first half. The two squads entered halftime deadlocked at zero, but the home team emerged from the locker room ready to prove that they were the better team.

In the 62nd minute, junior Lucas Szabo ripped a shot into the top corner of the net off of a direct kick to give Marist a 1-0 lead. The goal was Szabo's third of the season and second off of a direct kick. Viggiano acknowledges how invaluable it is to have a player such as Szabo who can score on a free kick.

"Those are great goal scoring opportunities," he said. "Any time you have a guy who can score off the dead ball it's great so the fact that we can take advantage of those situations helps immensely."

Sophomore Stephan Brossard quickly followed up with a goal of his own in the 66th minute. Brossard and Szabo are tied for the

team lead with three goals. Senior Steven Morales would then tally his first score of the season in the 75th minute as the Foxes closed out the Bison 3-0.

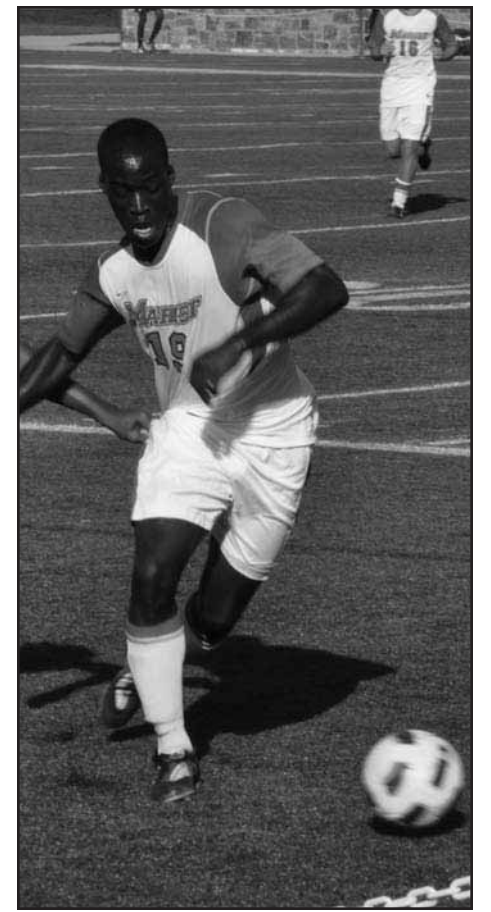
Most impressive was the Marist defense, which did not allow a single shot on goal. Their ability to dominate in the possession game was also a major factor in the win.

The last time a Marist team allowed zero shots on goal in a game was in 2004, when they won the MAAC and advanced to the NCAA tournament for the first time. Viggiano is curious to see if his team can live up to their potential.

"I think we have the ability [to play in the NCAA tournament]," he said. "But we've got to go out there and prove it."

With Saturday's win, the Foxes moved up to fifth in the National Soccer Coaches Association of America (NSCAA) Poll for the North Atlantic Region. Iona (third) and Fairfield (seventh) were the only other MAAC teams included in the poll. However, Marist was the only team from the conference to be on the TopDrawerSoccer.com 2010 Men's Tournament 48 Ranking, in which the top 48 teams in the nation are ranked. Marist rounded out the poll at 48.

The Foxes host La Salle (0-3-2) in a 2 p.m. match on Sunday, Sept. 26.



DAN NOVEMBER/THE CIRCLE

The Foxes (3-3) have three remaining out-of-conference games before they open up MAAC play at Iona on Oct. 15.

SCHOLARSHIPS ARE AVAILABLE TO ALL MARIST ALUMNI

MARIST

GRADUATE OPEN HOUSE

SATURDAY, OCTOBER 23

DYSON CENTER, 10 A.M.

CHOOSE FROM:

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

*Online Format Available | **Graduate Program Offered on the Florence, Italy Campus (LdM)

WWW.MARIST.EDU/GRADUATE/OPENHOUSES • GRADUATE@MARIST.EDU • 888.877.7900



Stop Fire Before It Starts
Get Out, Stay Out
Marist College Safety and Security

Sponsored by:
Student Conduct Safety & Security Housing & Residential Life
<http://www.marist.edu/security/>

MARIST INTERNATIONAL PROGRAMS

GO AWAY!

**SPRING 2011 SEMESTER
EARN A \$500-1000 TRAVEL VOUCHER
ON SELECT PROGRAMS**

ROME	VENICE	TUSCANIA	THREE CITIES	
MADRID	PARIS UNCW	LIMERICK	AUCKLAND	HONG KONG
INDIA	THAILAND			

START YOUR ONLINE APPLICATION AT
WWW.MARIST.EDU/INTERNATIONAL