Galleria mall to double its size

by CHRISt GroGAN 
Asst. News Editor

Marist is not the only place undergoing major construction. The Poughkeepsie Galleria, already the largest mall in the area, is planning to double in size next year.

According to Monica Freer, Poughkeepsie Galleria marketing director, the mall is hoping to increase in size by 500,000 square feet for a total of 2.1 million square feet.

It is a long process to accomplish the major construction such as the plans that are being proposed, according to Freer.

Plans were presented to the Town of Poughkeepsie during the summer to expand the mall, according to Freer. At this time, the public could ask questions and voice concerns about the expansion, according to Freer.

Reaction from the public was generally positive. The plans for the expansion are moving forward. Students will be able to continue to visit the mall throughout the construction process. As of now, the mall is not related to the Galleria's plans.

Rhino Records, a music chain with a store already in New Paltz, is setting up in the College Mall. The new Lowes Home Improvement Warehouse is being constructed in the area south of the mall. The new Lowes store will be part of a chain of over 400 home improvement stores. The stores are similar to Home Depot.

Galleria mall to double its size

by TIM SORENSON
Staff Writer

There is the sound of a new drum in town.

Rhino Records, a music chain with a store already in New Paltz, is setting up in the College Mall across Route 9 next to Chipotle.

Rhino started in 1973 with a store in Los Angeles and has been going strong for the past 25 years. According to owner Steve Ferber, this is not a typical mall music store.

“Our business is to buy, sell and trade,” Ferber said. “We have a huge variety of both new and used music.”

Through buying and trading, he said, Rhino is able to get a variety of music that is almost as cheap. It helps to add to the variety of music the mall is already offering and open up new options to customers.

Lisa Ferruggia, general manager of the new store, said buying and trading music is all about helping people find new music.

“We want to help expose people to as many types of music as possible,” she said.

She also said that even though the store is not a huge media outlet, the selection is still top-rate. They concentrate mainly in CD and vinyl record sales.

“May we not have everything, but we’re really good on special orders,” Ferber said. “If we don’t have it, we can get it pretty quickly.”

Inside, customers can find many different selections. All genres of music are represented along with a “Rhino Recommends” section.

College Bowl puts student, faculty minds to the test

by JILL GIConDo
Staff Writer

College Bowl puts student and faculty knowledge to the test.

Heather Goldner, student government associate vice president for academic affairs, said this even helped increase interest in learning.

“This program is the Student Academic Council’s way to enhance academic endeavors on campus,” she said.

SGA and college activities cosponsored the tournament. The game is in a format similar to Jeopardy with questions being asked by a moderator.

Six teams participated in the tournament often related to the “varsity sport of the mind.”

Two faculty teams and four student teams rushed to beat the buzzer when asked questions in various academic questions.

Senior Charles Leone said he and his friends have participated in several tournaments and would like to be part of an intercollegiate team.

“I think we have done well and it’s a lot of fun,” he said. “It would be fun to travel and meet people from other schools.”

Guldner said this year they are trying to find a team for the ACTC competition.

College Bowl will be held again on Nov. 13, at 5 p.m. in the Nefli Golfini Theater.
THE CIRCLE

Community

NOVEMBER 5, 1998

PAGE 2

Security Briefs
A Martha Hall resident's car was broken into in the Student Parking Lot located between Rooms 23 and 27. The resident was asleep inside her car on October 27 when she was awakened by a loud noise. The thief then entered the car and took her wallet, keys, and some money. The police department is investigating.

Weekend Weather

FRIDAY

SATURDAY

SUNDAY

hi 64

hi 64

hi 64

low 46

low 46

low 46


A friendly game of "Capture the Flag" was held on Saturday when a student who was a member of the soccer team came to campus looking for a flag. He later ran aground and was seen running around the area.

Effects of light and color on health

Union Arts and Learning Center is offering a workshop with Dr. Marc Grossman, O.D., entitled "The Effects of Light and Color on Health." The workshop will take place in the Student Center on Tuesday, November 17, 1998, from 1-4 p.m. Please call Scott Neville at x4052 for more information.

Arboretum expands north

Marist is taking an inventory of the foliage. In 1995, a discussion between William Peronne, assistant professor of biology and Thomas Casey, assistant professor of philosophy, resulted in the desire to turn the Marist campus into an Arboretum. Casey's project concerns the involvement of students in accurate biology and environmental classes using the campus as the outdoor laboratory. The college plans to establish an Arboretum on campus, the new property will be used for environmental studies, and to encourage students to participate in the study of the natural environment.

In your opinion

Should Marist open up the campus to the community by renovating the waterfront?

Marist may have spent more than $10 million renovating the Mid-Rise campus waterfront, but one thing that has not been considered is the effect on the community. According to Tom Greenawalt, chairman of the Student Government Association, Marist is limited in what it can do because it is a private institution.

The man was found in a cardboard box on campus last Tuesday, November 10, 1998. He was later identified as a student, but it is not known what caused his death. The police are currently investigating the matter.

The report received by Police was still a missing person report from Champion Lower Level. The police will continue to investigate the matter.

A fire alarm was set off in Champion Hall at 1:30 p.m. Friday. No damage was reported, but a number of students were forced to leave the building.

A friendly game of "Capture the Flag" was held on Saturday when a student who was a member of the soccer team came to campus looking for a flag. He later ran aground and was seen running around the area.

Yes, because the waterfront is too beautiful to be wasted.
- Boosted, Nelson junior

No, because it would allow too many random people on campus.
- Kevin, Senor junior

Yes, but it can be used towards more revenue for the college.
- John, Senor senior

GOOD WEEKLY INCOME

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PAGE 3

Access overlooked in waterfront renovations

We in no way want to encourage any type of foot traffic on those tracks because it's very dangerous.

Some Roel Brown's sale of the property is going to be a very difficult decision because it is an accessible and easy way to get down to the waterfront.

The college decided last year to apply for grants to refurbish the Mid-Rise campus waterfront. According to Tom Greenawalt, chairman of the Student Government Association, Marist is limited in what it can do because it is a private institution.

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Social Security aids youths

Should the subject of Social Security arise, many young people would say that they do not believe the program will be there for them when they need it in the future.

Many young people would feel an obligation to help their aging parents. Many young people are also aware of the impending Social Security crisis.

CAMPUS CANDID

Safety is the primary concern

Colleen McColloch, president of the Student Government Association, said "We want a turn lane near the future campus. They were considering a house from Olive Street to the common library."

"We did not meet the DOT to get back the overage. We had been waiting for the DOT to get back the overage," he said.

Colleen McColloch said she would finance options to get around Route 9, such as a real estate program that Finance can also be approached with real estate program."

"The best way to do this would be to get a turn lane near the future campus and walk across the street," she added.

Vehicle donation aids Lung association

By donating a used or worn vehicle to the Lung Association of Northeastern New York, residents of New York can help support the efforts of the Lung Association of Northeastern New York, which has a variety of programs to assist those suffering from lung disease.

The vehicle donation program allows car owners to avoid the inconvenience of selling or trading a used vehicle, and it also provides funding for the Lung Association of Northeastern New York, which has a variety of programs to assist those suffering from lung disease.

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In an attempt to reach out to those suffering from lung disease, the Lung Association of Northeastern New York has a variety of programs to assist those suffering from lung disease. This includes programs to help those suffering from lung disease, such as the Lung Association of Northeastern New York, which has a variety of programs to assist those suffering from lung disease.

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Getting to know senior John Tallardy

by Emily Kucharzcyk
Features Editor

Senior business major with concentrations in finance and international business from West Chester, Pennsylvania.

That would you do on a sunny day?

"I'd love to go down to Costa Rica and bond a movie. It's all about making new friends. He plans on moving to L.A. when he graduates.

Senior John Tallardy said he likes joking around with his friends. "I hate boring people. I like to be as honest as I can. I'm realistic. I like competitive sport. Surfing is great. I've played since eighth grade. Playing lacrosse and surfing. Day."

What's your favorite thing(s) to eat?

"Cereal for breakfast is a good start. I'd love to go down to Costa Rica and bond a movie. It's all about making new friends. He plans on moving to L.A. when he graduates.

The Circle Features

Good nutrition: important for healthy, happy semester

by Elizabeth Cabrera
Managing Editor

Everyday, college students face the dilemma of having to make health and nutrition choices. Many students come home from high school and have been socialized to make food choices for them. Now that they are making decisions for their own selves in college, they need to make conscious efforts to take care of themselves.

Junior Mike O'Brien, director of health services and a registered nurse, said food plays a big role in how someone looks, feels, and performs physically.

"Students should be mindful that they should eat a balanced diet, consisting of protein, complex carbohydrates, fruits, and vegetables," said O'Brien. "They should also eat at least once a day."

O'Brien said fat is important in the diet. Americans eat too much fat. Most of the fast foods, such as pies and burgers, contain too much fat. Other foods, such as rice and vegetables, have a low fat content.

Complex carbohydrates, such as bread, rice, pasta, and fruit, supply the body with energy and growth. Some complex carbohydrates, such as white rice, are less nutritious. However, other complex carbohydrates, such as brown rice, are more nutritious.

"The body needs to contain all of these forms of carbohydrates," said O'Brien. "You need a balanced diet to be at your optimum.

Water is another necessity and everyone should have at least six to eight glasses a day. Water helps your body by flushing your system of waste and can be easily replaced.

What's your favorite thing to drink?

"Water is another necessity and everyone should have at least six to eight glasses a day. Water helps your body by flushing your system of waste and can be easily replaced.

What are some healthy snacks?

"Water is another necessity and everyone should have at least six to eight glasses a day. Water helps your body by flushing your system of waste and can be easily replaced.

What is something you have always wanted to do?

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What do you think is the most difficult time adjusting to college life?

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Student shares internship experience to urge others

Talving at the internship at NBC NewsChannel 4 was far the best that I have ever encountered. Personally, I had many second thoughts about what I was getting myself into and whether I would be able to handle it. There were many late nights, long hours, and an insane amount of work. But the thought of Monday morning doesn’t go too far from my mind. It doesn’t have to be that way.

One day, I decided to do something about it. I bought a good book and read myself to sleep on the flight the other night. Don’t get me wrong, but the thought of Monday morning doesn’t go too far from my mind. It doesn’t have to be that way.

The uniqueness of this internship comes from the people that put it together. I am proud to be a journalism major at Marist, but for a school that touts itself as a leader in the field of journalism, I was surprised to see the lack of experience they have contributed to the large bank of knowledge I have gained so far. What I have learned from these experiences is that everything is relative. To solve that problem I bought a good book and read myself to sleep on the flight the other night. Don’t get me wrong, but the thought of Monday morning doesn’t go too far from my mind. It doesn’t have to be that way.

This internship was an amazing opportunity to work with some of the best journalists in the industry. It was an experience that we all live for at college. I realized that missing meals would mean not eating for hours at night. I doubted my ability to survive in a professional environment as well as with those who are far more experienced than myself.

All of this was made possible by the internship. If exhaustion is not what puts you to sleep, it will be. I am glad I attended Marist because I have been lucky. I have had two internships that I will never forget, and I am grateful for the opportunity to work with such a talented group of people.

Emily Kucharczyk
Features Editor

When Dr. Barnett Slepian was assassinated last week, not only was a life prematurely ended but women’s autonomy was threatened.

Dr. Slepian was a prominent fertility doctor in New York City. He was one of the few doctors that provided abortion services to women in the New York area. When the providers of abortion services are threatened, the fate of female autonomy be?

The trenches have been dug into a trench and fire at will. Whether or not one may will and will not read or listen to the material at this institution. But you may be asking yourself — with women’s autonomy? Well, what is women’s autonomy?

Women’s autonomy is threatened when they are denied the right to abortion services. This is a heinous murder.

You may be asking yourself — with women’s autonomy? Well, what is women’s autonomy? No, this time, I am sure it is not. The Constitution guarantees women the right to choose.

I am glad I attended Marist because I have been lucky. I have had two internships that I will never forget, and I am grateful for the opportunity to work with such a talented group of people.

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The Jersey side

Tara Quinn

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November brings Turkey and Election Day; but are they one and the same?

Political Scene

In the nineties, we have become used to reading articles about the comparison of presidential candidates. As the election season begins, the media begins to compare the candidates in terms of their political beliefs, personal lives, and past experiences. This comparison is not new, as the media has been doing it for decades. However, the media has taken this comparison to a new level in recent years.

The reason for this is that the political landscape has changed significantly over the past few decades. In the past, the media would focus on the candidates' political beliefs, their past experiences, and their personal lives. However, in recent years, the media has begun to focus on the candidates' social media profiles, their fashion choices, and their personal lives in a more intimate way.

The media's focus on the candidates' personal lives has been controversial. Some people believe that this focus is a violation of the candidates' privacy, while others believe that it is an important part of the political process. However, it is undeniable that this focus has had a significant impact on the election season.

The media's focus on the candidates' personal lives has also had a significant impact on the candidates themselves. In recent years, candidates have become more willing to share their personal lives with the media, and this has led to a more intimate and personal election season.

The election season in the nineties is a fascinating and intriguing story. It is a story of change, of progress, and of hope. It is a story that reminds us of the power of democracy and the importance of free and fair elections.

Students

I have always enjoyed reading about politics, but I have never really been interested in the candidates themselves. However, in recent years, the candidates have become much more interesting to me. I find myself following their social media profiles and reading about their personal lives.

The candidates' personal lives have become a significant part of the political process. In recent years, the candidates have become much more open and transparent about their personal lives. This has led to a more intimate and personal election season.

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Defending the Art of Broadway Stage

The cast of Rent is engaging in critical issues and entertaining performance. The music features young actors and actresses and is geared at a mature, younger audience. Rent first opened in 1996 at a community theater in New York City.

It might be true that this year's presidential elections are different because of the internet. However, the social media profiles of the candidates have become a significant part of the political process.

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"Unity Fest" brings good music, times

by BRICKY WHITTLE

The nationwide "Unity Tour" put on a new standard for live music at the RSU Center on November 5.

"Unity Tour" is a four band set out working to bring unity across the country. Each show is a different set of bands and each show brings in a new city. On November 5, the tour stopped at the RSU Center for a show not mentioned here that was called "The Unity Fest".

The highlight of the show was The Mighty Mighty Bosstones, a Boston area band that has been around for six years and is finally breaking out in a national audience. If you never heard All Out War, then you are missing out.

All Out War's new CD titled "For Those Who Call Out In The Darkness" is new out and is going to be a crystal clear record for the band. It includes seven songs from there previous album "The War Of Age", which included the U.S. release tour. This CD includes six songs, as well as some newer songs by the band. The tour is touring now on the War Of Age Tour, and will be touring with Envy, and The Mighty Mighty Bosstones.

The CD is a combination of metal and modern hardcore. It preserves a huge crosses potential and a soul patch with music sound like Slayer and old thrash metal. A brilliant short one. If you have a fan of metal or hardcore or just want to hear something new, this disc from All Out War is the right one. The band is a perfect blend of metal and hardcore that will make fans stronger for the music.

If you are a fan of metal or hardcore or just want to hear something new, this disc from All Out War is the right one. The band is a perfect blend of metal and hardcore that will make fans stronger for the music.
Soccer: Men could enjoy success in '99

It can definitely be said that this year's squad was better than the last. But then again, how could it possibly have been worse? With the bulk of the team returning, including a healthy Joe Capone for the full season, all the ingredients are there for a winning recipe.

"Our kids didn't back down in the playoffs," said Brian Garafola, one of the team's seniors. "And that's all well and good, but those are not the games that are important. The games in the big leagues are the games that are important."

While Garafola's comments were made after the defeat of Marist in the MAAC tournament, they apply to almost any level of play. Winning games is important, but success on the big stage is what really matters.

"It's becoming a gradually winning team," said the coach. "We're making progress now, and it's starting to show in some of our performances.

But the biggest change this year is the attitude of the players. They're more confident and playing with more intensity.

"We have the right track for next season," said Garafola. "We're starting to play the way we should be playing, and it's starting to show in our results.

So, while the soccer team may not have had the success they were hoping for this year, there is hope for next season. With a few changes and some hard work, the team could be on its way to some success in the future.

Ice Hockey team 3-2 with Penn St. visiting on Friday

The Marist College hockey team faces an important game on Friday night when they host the Penn State Nittany Lions at the Marist College Arena. The Red Foxes have a chance to improve their record and gain some confidence with a win against the Lions.

The Red Foxes have had a mixed season so far, with a record of 6-5-1. They have had some strong performances, but also some letdowns. A win against Penn State would be a good way to build momentum for the rest of the season.

"We're looking to improve our record and gain some confidence," said Coach Joe Capone. "We've had some ups and downs this season, but a win against Penn State would be a big step forward for us.

The Lions have had a solid season so far, with a record of 11-2-0. They have had some strong performances, but also some losses. A loss against Marist would be a tough blow for their confidence.

But the Red Foxes are playing with more intensity and confidence this season, and that has shown in some of their performances. A win against Penn State would be a great way to continue that trend.

The game is being played at the Marist College Arena, and tickets are available at the door. It's going to be a great game, and both teams are going to come out fighting. This is one you don't want to miss!
Sports

Allen runs wild during Red Foxes’ victory over Dorthy and St. Francis

by THOMAS RYAN
Sports Editor

J.J. Allen is starting to make a career of having career-games. The durable senior tailback carried 34 times for a school-record 316 yards and four touchdowns in the Red Foxes' 41-6 dismantling of the St. Francis Red Flash.

Allen's huge day raised the return of Kevin Doherty to the Marist College Campus. The former Red Foxes defensive coordinator made his first trip to Poughkeepsie after leaving in the off-season to take the head coaching position with the Red Flash.

Doherty was one of four former-Marist players and coaches who are now with St. Francis College, one of last year's Metro Atlantic Athletic Conference champions.

Doherty and his team finally got their .horseback in what will be the final home game for the Marist seniors.

Women place first, men second at MAAC's

by JENNIFER CLOVER
Staff Writer

The awards just keep piling up for the men's and women's cross country teams.

Sunday, Oct. 1, brought forth the ultimate challenge for these two teams, that have proven to be the very best runners in the country this year. Each team tied for first and won its respective race.

Both teams now set their sights on the MAAC championships, which according to the head coaches, will be a major step towards the ultimate goal of finishing first in the MAAC.

The women's team returned home from the MAAC championships with the first place finish, while the men finished in second. However, both teams will be looking to prove that they have the strength that they have been working for all season.

The Red Flash remained consistent, as reflected by freshman lead runner Lisa Grudzinski. "I knew we could definitely win this meet if we were all on track," she said.

The Marist women stood up to the challenge, winning their first MAAC championship, in only the second year of the conference, beating Manhattan on their home course by the score of 29-48.

Grudzinski continued to be the front-pack force for the Red Foxes, as she picked up another victory.

Her time of 18:46 led the way for the MAAC as she won the championship race in her first season. The time was also good enough for 28th place in the history of the MAAC.

The young runner knew that there were reasons on her to do well this meet, but she still continued to run at the talent level that she has proved she could.