Marcuse addresses homo group
Contrasts males and females in ‘Undergarments and Armor’

By JENNIFER C. HAGGERTY Editor in Chief

Undergarments and armor are seemingly two completely different items, but there is a connection between them, as discovered at the Fall Honors Lecture Tuesday evening with nationally known artist Tanja Marcuse.

Marcuse has received numerous awards for her photography, including the National Foundation for the Advancement of the Arts Award, the Dutchess County Arts Fellowship, and the Center for Photography at Woodstock Photographers Fellowship. More recently, Marcuse was awarded the prestigious Siegmehlen Fellowship and a Kellogg Grant from Harvard University for her project, Undergarments and Armor. Just finishing a rough draft of her photographic book two weeks ago, Marcuse presented a part of her generous photographic collections of historical underclothes and armor in the United States and England.

“When people find out that I am photographing undergarments, they think it’s going to be very and they’re not. They’re clinical and, in some cases, very industrial,” Marcuse said.

Marcuse showed slides of her work, which focused on completely exhibited and moved through the past decade photographs varying from Yale. “My work facilitates between those who make, those who wear, and those who study,” said Marcuse.

Marcuse’s fascination with the detail of the body provided the foundation for her obsession with undergarments and armor, items that would frame the body and later represent the body that once sculpted. This aspect would be crucial to understanding why undergarments and armor has mesmerized her.

Marcuse has always been interested in the ‘individual’ body not an ideal ‘perfect’ one that people often try to achieve. She spent time photographing at the Temple of Olympia in Greece to learn more about the human form. “The fragment of the body is interesting to me,” she said, while reflecting on photographs of Greek artifacts from her abroad journey.

After Marcuse married in 1995, she began to photograph what she called, “the finish of the wedding dress.” These photos focused on her fascination with parts of the dress that became part of an autobiographical connection or an “alternative wedding album” for her. While displaying her slides, she reflected a moment on the skirt of the dress that resembles a sculpture.

“I never mentioned to my mother that I put a light inside [the dress]. Lucky it didn’t burn up!” she joked with her audi- ence. Marcuse admitted that she makes numerous photos, and what she described as the “little girl fantasy world.”

Marcuse’s interest in undergarments is ongoing. "I'm interested in the body, space pushing through to the outside, the skin underneath the skin. The body always seemed real, real central,” she said. “This first photo [of the lecture] shows that I'm interested in the body, space and form, it becomes a place you enter.”

(With text from page 8)

New year, new officers

By JAMES REYES Staff Writer

The newly elected Class of 2007 officers are eager to begin serving their class and taking on their duties and really be the voice of the students” said Melissa Mayfield, the organization was impressed with this year’s candidates.

Th [SGA] definitely is pleased. Even those who didn’t win were well qualified,” said Mayfield. “We’re glad they are so eager to get involved.”

The new officers will serve as representatives to their respective classes.

“We hope that they’ll fulfill their duties and really be the voice of the students” said Mayfield.

"It was disturbing to see the number of people being infected. It was no longer a question of how, but an increase in recognition," he said. "It was disturbing to see the number of people being infected. It was no longer a question of how, but an increase in recognition," he said.

Michelle Branch made the McCann center the first venue on her tour Oct. 2, 2003. For more cover- age, see pages 6 & 7. More photos and content can be found online at MaristCircle.com

By LOUIS P. ORTIZ III Staff Writer

While many people know Dan Renzi for his role on “The Real World,” he is not making a new name for himself on the college lecture circuit. On Tuesday, Sept. 29, the Student Programming Council (SPC) hosted an informational lecture on HIV given by Renzi, model and counselor.

SPC planned this night in hopes of creating a dialogue in the Marist College community on a topic not often discussed. It was a huge success, filling the cabaret to its capacity of 100 people.

A counselor at the Center for Disease Control (CDC) for six years, Renzi’s duties include guiding individuals with the HIV testing process. Renzi also participates in Federal Research programs, which gather information to assist places like the CDC in determining why individuals are infected with Human Immunodeficiency Virus (HBV).

Renzi decided to be an HIV counselor to talk to other people his age to figure out how to deal with HIV. Around this time, the CDC discovered that one of the major risk groups of HBV infection in this country were college-aged people. This was the first time a list of college stu- dents were being infected, especially women.

As a counselor at the time, Renzi said it was unnerving to watch as the rate of infection increased. “It was disturbing to see the number of people being infected. It was no longer a question of how,” he added.
Security Briefs: Family Weekend contributes to students' sobriety

Compiled By DAN ROY
Campus Editor

Alcohol related incidents this week

0!

0! Alcohol related incidents by dorm total:

1. Garfland — 8
2. Lenox — 7
3. Leo — 3
4. Upper West Cedar — 3
5. Shreaham — 2
6. Old Townhouses — 1
7. Marian — 1

NIGHTHAWK

9/29 — There was a hit and run accident in the Upper Hoop Lot at 12:50 p.m. Wednesday afternoon. The victim, a 1995 black Chevy, suffered a pushed in rear passenger bumper. The town police were notified. The Chevy obviously felt violated, but you know, some cars like to have things pushed into their rear bumpers. At least that’s what I hear...

9/29 — Less than an hour later in the McCann parking lot, there was another incident. At 1:35 p.m. a 1999 grey Honda had its driver side rear fender dented. The town police didn’t understand why the owner was so upset. “It’s a purple Geo. Dog crap can be poured on it, and it would be an improvement.”

Note: Not an actual police quote.

9/29 — The most exciting event of the week happened at 10:15 p.m. in the Donnelly parking lot. A security guard stumbled upon a parked Nissan that didn’t look quite right. Upon further investigation, it was found that the vehicle had flour dumped on the windshield, marshmallows stuffed under the door handles, and marshmallows skewered over the antenna like a shish kabob.

The vehicle had flour dumped on the windshield, marshmallows stuffed under the door handles, and marshmallows skewered over the antenna like a shish kabob.

Reflection: This was the first time in my memory here at Marist that there was not even one alcohol related incident during the course of a week. I knew it would be a slow weekend with the parents here and all, but none is surprising. As campus editor, I would like to commend everyone’s efforts that helped make this possible. Good work, frays, now let’s try for two in a row!

Prediction: Rather than telling you the dorm that you should start this weekend, I am going to tell you the song that I believe will be the next big party song on campus. Hey why not? This is my space and I can do what I want. The song that I think will be getting everyone’s booty bouncing is Andre 3000’s “Hey Ya.” It’s a fun loving song with a great beat. Not to mention the video is hysterical. So if you haven’t heard it, check it out. Runner up song: “Cry Me a River.”

9/30 — The fire alarm was set off in Townhouse C at 9:30 p.m. Thursday evening. The fire department came, and discovered that grease on the stove was the cause. Wow, someone must really have a beef with Olivia Newton John.

Dan Roy’s “Alcohol Fantasy Beat” is intended to be a parody and not a representation of The Circle’s editorial stance on drinking — illegal or otherwise — nor is it intended to be a statement regarding the official Marist College policy on alcohol consumption.

Opinions expressed by columnists are not necessarily those of The Circle editorial board.

To get local weather forecasts, movie listings, and an updated calendar of events, check maristcircle.com

Call ext. 2429 or visit maristcircle.com to submit events for the campus calendar.

Music at Marist

Saxophonist to replicate Monk’s legendary music

Due to an editing error in some editions of the Oct. 2, 2003 The Circle, Student Government Association candidate Paola Molina was misidentified in a photo caption on Page One.

Molina was a candidate for freshman president running against candidate Corinne Hughes. Molina was identified as Maryellen Conway, candidate for freshman secretary. Conway’s picture also appeared on the cover and was identified properly.

The Circle regrets the error.

Correccion: Paola Molina
Candidate for freshman president

Friday, Oct. 10, 2003
“Rosenzantz & Guildenstern Are Dead” 8 p.m.
Nelly Goletti Theater

Saturday, Oct. 11, 2003
Mall Trips
12 p.m. - 8 p.m.
Bus departs from Midrise

Tuesday, Oct. 14, 2003
Survival Bingo
9 p.m.
Cabaret

Saturday, Oct. 18, 2003
Autumn in the Park
11 a.m.
Bartlett Park

Thursday, Oct. 23, 2003
Resume Marathon
9 a.m.
Center for Career Services

Thursday, Oct. 30, 2003
The William & Sadie Effron Lecture in Jewish Studies
8 p.m.
Nelly Goletti Theater

Jazz saxophonist Gary McCoury will be the opening act for the Music at Marist concert series’ fall 2003 season. The free concert, a compilation of compositions by the legendary Thelonious Monk, will be held in the PAR on Wednesday, Oct. 15, at 8 p.m.

McCoury has arranged several Monk works to be played by a jazz quartet. Accompanying him while he plays soprano, tenor, and baritone saxophones, will be fellow members of the West Band including Vito Sepantra on trumpet, Teddy Arnold on trombone, Scott Arancio on piano, and Rose Sparrow on drums. The concert will also feature local musicians Thomas Cunane on vibraphone and Charlie Knicely on bass.

Thelonious Monk was one of the most prolific jazz composers of the twentieth century and one of the founders of the bebop movement during the 1940s and 1950s. Monk was highly respected by other musicians, who continue to explore his compositions today through performance in ensembles ranging from small combos to jazz orchestras.

To receive a copy of the complete fall Music at Marist schedule, call the music department at x3342, or e-mail arthur.himmelberger@marist.edu.

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HIV lecture: An issue from the ‘Real World’

Continued from Page 1

of morals or right and wrong, as it was in the 80s—it was a question of control. Everyone was blaming themselves and others. They drank and put themselves in precarious situations that can put harm on themselves and others.

According to Renzi, drugs are a large factor in increasing sexual activity.

“Cryostal myths is a common factor in the infection of the HIV virus among college students,” said Renzi.

He commented on the criticisms college students receive in relation to underage drinking, pre-marital sex, and taking drugs.

“I do not believe you (college students) are bad and behaving badly. I believe society is not doing a good job educating you,” said Renzi. “I think when people talk about HIV, they talk about it as a virus with all these medical explanations, but fail to talk to you about who you are and why you do the things that you do. I encourage you to make choices for yourself and not be afraid of what others will say.”

Renzi reminded students that the CDC is there to listen to concerns. They are also there to assist with problems and do not demonize individuals for their decisions.

“When you’re in college and you’re thinking about what you want to do with the rest of your life, take a step back and worry about what you are going to do on a daily basis to stay alive,” said Renzi.

When asked for their reactions, students agreed the lecture was a good experience. Elizabeth Parrilla, sophomore, said, “I thought it would be cool to see a character from a reality TV show that I am a big fan of and possibly get an autograph. Looking back, however, it was a great experience that I learned a lot from.”

Nikki Berson, junior, said, “My motivation for attending this lecture was to see Dan from the real world speak and listen to a new and fresh perspective on HIV and its history. He was very straightforward and never preached about the information. His humor made the crowd very comfortable and I felt his presentation was done very well.”

Student's, siblings participate in fun festivities

Marist families were invited to join on campus during the Annual Family Weekend. As honorary guests they participated in breakfasts, barbecues, lectures and concerts.

The President's Breakfast, held in the McCann center on Saturday, was one of many scheduled events during the three-day Family Weekend.

Many activities were scheduled back to back on Saturday. Patty Cunningham, whose son is a student here, found herself rushing between events.

“We’ve been so busy with all these activities... this is the first time we’ve seen our son all weekend,” said Cunningham.

An estimated 1600 people attended the breakfast, making this the largest breakfast Marist College has ever held. Families were seated according to their student’s majors to allow them to mingle with the dean and faculty of their department.

Marist College President, Dennis Murray, welcomed the parents to the breakfast and gave a brief history and description of Marist and its facilities. After his address, he joined in mingling with the Marist Families.

Faculty were seen sitting with families, discussing curriculums, campus, and becoming more familiar with students in their department.

“The families were more than happy to talk to Dr. Murray and the deans,” said Marie Austen, director of first year programs.

This event was a first for Marist College. The President’s Breakfast was formerly known as the Dean’s Breakfast, and was held in the Student Center instead of the McCann center. In order to accommodate the growing size of Family Weekend, the breakfast was moved.

“We wanted to expand Family Weekend, which is why we changed the breakfast to include Dr. Murray. Hosting it in the McCann center helped to make it more formal,” said Austen.

Following the breakfast, the music department came together to perform a concert for parents and families.

The concert opened with a performance by the male a cappella group, Time Check, followed by the female a cappella group, The Sirens.

Janet Davis then directed the Marist College Singers and Chamber Singers in renditions of “The Word was God” and “Battle of Jericho.” Led by director Arthur B. Himmelberger, the Marist College Band performed a number of 80s pop songs and “On the Hudson,” dedicated to the Hudson River Valley Institute.

As a finale, the Marist College Band and Singers came together to perform Irving Berlin’s “America.”

The concert was a success, drawing an audience twice as large as last year.

Time is Running Out! Do you have all your books for this semester?

The Bookstore will begin returning all remaining fall semester books at midterms.

STORE HOURS
Monday — Thursday: 9 a.m. to 7 p.m.
Friday: 9 a.m. to 5 p.m.
Saturday: 10 a.m. to 4 p.m.

Faculty’s ‘Recent Work’ on display

“Recent Work” by Marist College’s art faculty can be viewed in the Steel Plant Studios Art Gallery through Oct. 16. More than 40 works by full and part-time faculty are on display, including mixed media, painting, giclee printing, digital printing, pastels, drawings, photography, digital photography, and linocut, a form of print making.

The exhibit is dedicated to Frances Reese, long-time Marist trustee and benefactor who passed away in July. It can be viewed during gallery hours, from noon to 5 p.m. Monday through Friday, and Saturday from noon to 4 p.m.

More than 1600 attend annual family weekend, parents, siblings participate in fun festivities

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Events Calendar

Friday

7 p.m.  
Women’s Soccer  
Marist vs. Niagara  
Leonidoff Field

8 p.m. - 10 p.m.  
Athletic Department Reception  
McCann Center  
Director of Athletics Tim Murray, Marist coaches and the entire Athletic Department invite alumni and friends back to Marist for the Fifth Annual Athletic Department Homecoming Reception. RSVP to Sandy Morales in Athletics at extension 3304 ($10).

9:15 p.m.  
Marist Hockey vs. W. Conn. State  
Mid-Hudson Civic Center

10:30 a.m. - 1 p.m.  
Computer Science Alumni Reception  
LT 125

1 p.m.  
Athletic Department Reception  
McCann Center  
Director of Athletics Tim Murray, Marist coaches and the entire Athletic Department invite alumni and friends back to Marist for the Fifth Annual Athletic Department Homecoming Reception. RSVP to Sandy Morales in Athletics at extension 3304 ($10).

11 a.m.  
Crew Alumni Reception  
Marist Boathouse  
Crew shells will be available for those ambitious alumni who want to relive their glory days on the Hudson River.

11 a.m.  
Men’s and Women’s Swimming / Diving  
McCann Center Pool

11 a.m.  
Women’s Volleyball / Men’s Volleyball Club  
McCann Center

11 a.m.  
Foy Townhouses Dedication  
To honor President Emeritus Richard Foy for his outstanding leadership of the College from 1958 to 1979, all alumni and guests are welcome to attend this special dedication ceremony.

11 a.m.  
Heritage Reception  
Student Center Cabaret

1 p.m.  
Marist Football vs. LaSalle University  
Leonidoff Field

1 p.m.  
Alumni Baseball Game  
McCann Baseball Field

1 p.m. - 3 p.m.  
Reunite with Marist Faculty  
Campus Green

2 p.m. - 4 p.m.  
MIPO Open House  
Fontaine Hall, First Floor

2 p.m.  
“Rosencrantz & Guilderstern are Dead”  
Nelly Goletti Theatre

2 p.m.  
MCCTA Reception  
Student Center PAR room

2 p.m.  
Alumnae Softball Game  
Varsity Softball Field

3 p.m.  
Women’s Soccer  
Marist vs. Canisius  
Leonidoff Field

4 p.m.  
Computer Science Alumni Reception  
LT 125

4 p.m. - 6 p.m.  
Faculty Art Exhibit  
Steel Plant Studio

4:30 p.m.  
MCCTA Reception  
Student Center PAR room

6:30 p.m. - 8 p.m.  
All-Class Reception  
Rotunda

Saturday

8 a.m.  
Crew Alumni Reception  
Marist Boathouse  
Crew shells will be available for those ambitious alumni who want to relive their glory days on the Hudson River.

10 a.m.  
Tenth Annual Alumni 5k Fun Run  
Champagnat Courtyard  
Current cross-country athletes and alumni will race for fastest time for both men and women. Pre-registration is encouraged.

11 a.m.  
Foy Townhouses Dedication  
To honor President Emeritus Richard Foy for his outstanding leadership of the College from 1958 to 1979, all alumni and guests are welcome to attend this special dedication ceremony.

Noon  
Heritage Reception  
Student Center Cabaret

Noon - 4:30 p.m.  
Homecoming Picnic  
Campus Green

1 p.m.  
Reunite with Marist Faculty  
Campus Green

1 p.m.  
Alumni Football vs. LaSalle University  
Leonidoff Field

1 p.m.  
Alumni Softball Game  
McCann Baseball Field

Alumni Memorial Mass  
Our Lady Seat of Wisdom Chapel  
Marist Chaplain Father Richard LaMorte will celebrate Sunday Mass in the Chapel to remember deceased alumni.

1 p.m.  
Women’s Soccer  
Marist vs. Canisius  
Leonidoff Field

2 p.m.  
Alumnae Softball Game  
Varsity Softball Field

Sunday

10:15 a.m.  
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1 p.m.  
Women’s Soccer  
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Leonidoff Field

2 p.m.  
Alumnae Softball Game  
Varsity Softball Field

Alumni!  
Want to become a part of the inner circle?  
Register as a user with MaristCircle.com from Thursday, October 9, 2003, until Friday, October 17, 2003, and you will be entered into a drawing to win one of three Circle T-shirts!

Special thanks to the Alumni Office for providing calendar information.
Tonight, Hest returns to Marist for an acoustic performance in the Cabaret at 9 p.m. The event is free and open to students.

Hest, whose vocal stylings have been compared to legends like Bruce Springsteen and Bob Dylan, has been venturing beyond the New York area to develop something in regions outside of the Big Apple. “I played around New York a lot [in college]. My best following is here,” Hest said. “It took playing with hardcore collectors, the album contains no unreleased material. A few of the tracks appeared on the band’s follow-up album ‘Eat A Peach,'” others appeared on the Duane Allman ‘Anthology Volumes 1 and 2’ and one an appeared on the ‘Dreams’ boxset.

While this album may not appeal to hardcore collectors, for anyone who does not own this album or only owns the original release, this is an essential buy.

The Allmans were never a studio band; they thrived on live-stage performances. A perfect example would be the band’s signature song “Whipping Post.” The song appeared on the bands self-titled debut album as a mere five minute cut. On “At Fillmore East,” the cut goes on for more than 20 minutes with extended solos by guitarists Duane Allman and Dickey Betts. The Allmans also show great talent when considering their shorter songs. The opening cut “Statesboro Blues,” a cover of the Blind Willie McTell, shows the Allmans at their finest. Duane Allman’s slide fills and Dickey Betts lead solos are the pinnacle of guitar interplay. These two men could play off each other better than any other guitar duo in musical history. Nobs other Allman Brothers song shows their ability to play the blues as well as this. The album also contains other Allmans’ live favorites, such as the Dickey Betts penned instrumental “In Memory of Elizabeth Reed.” Featuring an extended intro and extended solos from both Duane Allman and Betts, the track runs over five minutes longer than the studio version on the band’s second album “Idlewind South.” “Elizabeth Reed” turned out only to be a prelude to Dicky Betts' amazing song writing ability and guitar work as he would go on to pen many of the band’s hits includin...
Above: Dakona musicians Brook Winstanley (left) and Shane Dueck gave a solid performance Oct. 2.
Left: Dakona singer Ryan McAllister led the group through a 45-minute set of songs from “Perfect Change.”

Inset: McAllister, seen here during “Trampoline,” also played guitar.

Right: McAllister was animated throughout the set, playing to all sides of the stage.

For color version & more Dakona pictures, visit www.MaristCircle.com
Pop sensation Branch kicks off solid fall tour

BY JAMES REYES

Lines began to form at 3 p.m. in front of the McCann Center Thursday, Oct. 2 for the Michelle Branch concert debut.

The pop sensation kicked off her “Where Are U Now?” tour with an approximate audience of 1,500.

Fans rushed into the gym as soon as the doors opened at 7 p.m. in order to get the closest spot on the floor.

Long process

The Student Programming Council (SPC) completed a long, difficult process Thursday evening when many students were enjoying the concert. SPC first had to gather a consensus of possible genres and artists to submit for approval.

Choosing the artist, however, was a lot easier according to SPC President Kristin Burgle.

“When it comes time to pick the artist, one always stands out among the rest,” said Burgle.

An aspect that attracted SPC to Branch was that she would be the first mainstream female artist to come to Marist since Jewel’s performance in 1995. It was also convenient that Branch was beginning her tour in New York.

Branch’s music is to the heart and relates to most people due to its authenticity and originality. She started a new trend in music; she is a female artist who writes and sings all of her own songs.

Her first album, “Broken Bracelet,” was an acoustic based self-released project that didn’t bring her much recognition.

Branch’s second album “Spirit Room,” brought her into the music spotlight with many number one chart topping hits. That album alone has become the longest running Billboard Top 100 record for the last 18 months.

Her latest album, “Hotel Paper,” released on June 24, 2003 was long anticipated. It’s first hit single “Are You Happy Now?” was received with great reviews and became a top ten single. This album proved to be more in depth than the first two and reveals a lot of personal information about Branch that she normally wouldn’t express.

One of Branch’s best qualities is her ability to write music that reaches a broad range of fans. The audience was ranged from twelve-year-old girls who came with parents to Marist male students. There was also a geographic representation with people from as far as Pennsylvania and lower New Jersey.

Melissa Hansen, Mahopac, New Jersey, felt the destination was convenient that Branch was beginning her tour in New York.

“‘Broken Bracelet’ was an acoustic and sort of intimate performance. ‘Hotel Paper’ put into that song. ‘Everywhere’ was also a geographic representation of her fans. The crowd response was invigorating. Wall to wall, fans sang aloud to the lyrics. During Branch’s more popular songs, such as her number one hit ‘Goodbye to You,’ which she performed solo on her acoustic, the fans could be heard singing louder than Branch.

“For the first part of the concert, Branch’s voice sounded a little timid and higher than normal. ‘I’m a little nervous, it’s my first night on tour.’ Branch admitted.

Some thought she was nervous because she was performing among her peers (Branch being only 20-years-old).

“I guess this is what I have for skipping college. I have to go back and play for all you guys,” Branch said jokingly.

Branch soon got over her anxiety and the concert got better with memorable moments such as her performance of “Everywhere,” where she began playing solo on her acoustic guitar. Another unforgettable moment was Branch and her two guitarists’ jam session which acted as an intro to her hit single “Empty Handed.” One of the best moments would have to be her heartfelt performance of “One of These Days” in which she sat on a stool center stage, closed her eyes and sang her heart out accompanied by her keyboardist. The crowd could feel the pain and passion that Branch put into that song.

Branch is definitely not a diva on or off stage. Her stage performance was confident yet modest.

Gina Rancicelly, frosh, was impressed with Branch’s performance.

“Branch is so comfortable up there yet so composed at the same time.”

The crowd response was invigorating. Wall to wall, fans sang aloud to the lyrics. During Branch’s more popular songs, such as her number one hit ‘Goodbye to You,’ which she performed solo on her acoustic, the fans could be heard singing louder than Branch.

“This has been a pretty good show, nothing broke, everything worked pretty well,” said Branch before she stepped off stage.

For color version & more Michelle Branch pictures and facts, visit www.MaristCircle.com

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& Michelle Branch — October 2, 2003

Concert Review

Staff Writer

JEN HAGGERTY / THE CIRCLE

Above right: Michelle Branch walks onstage Thursday evening to an enthusiastic audience.

Top inset: Branch sings “All You Wanted” to audience.

Bottom inset: Branch accentuates her lyrics during her opening song.

Right: Branch serenades audience.

Left: Branch prepares for her fourth song, “Everywhere.”
Allen’s “Anything Else” could have been something more, something else

By Chris Gallo

Staff Writer

“The Wolf” is a worthy rock album that rocks harder than anything else out today. Featuring 42 brutal minutes of crunchy guitars, bright keyboards, pounding drums and head bangers everywhere with his first album, a stinging salvo of drinking anthems and youthful enthusiasm. “The Wolf” brings some more of that, but also shows a softer, more thoughtful side of Andrew W.K. Let’s face it, this isn’t incredibly deep or profound music, but it’s a fun party metal CD that doesn’t take itself too seriously.

By Alex Panagiotopoulos

Staff Writer

The mighty heads of ‘80s party metal are dying off. Van Halen, Poison, Journey, Motley Crue and Def Leppard are all on life-support, literally and figuratively. Abominations such as Three Doors Down, Nickelback and Evanescence have put all on life support, literally and figuratively. Abominations such as Three Doors Down, Nickelback and Evanescence are. It’s a pure Woody moment when he delivers his witty view of life: “I would commit suicide, but I realized that wouldn’t solve all my problems.”

The story centers on Jerry Falk, a neurotic twenty-something comedy writer, who is, to put it simply, afraid. He can’t say no, especially to his manager, who is, to put it simply, afraid. He can’t say no, especially to his manager, who is, to put it simply, afraid. His earlier film “Annie Hall,” Allen gets something more, something else. “American Pie IV” (enough already!). What it

The first thing that catches your eye about “The Wolf” is the musical backbone of the album is also a little different than “I Get Wet.” The band slows down the tempo a little bit, giving the album a feeling reminiscent of an anthem. The actual music is a little more complicated this time around, including some guitar shredding and wild chord changes, as well as some intense keyboard playing. The whole thing sounds like Journey and Twisted Sister took steroids and drank heavily for a year and then had a baby with Lemmy Kilmister from Motorhead.

The album really doesn’t even come to a grinding halt; most of the songs could possibly be released as a single. This is a rare CD which has almost no filler whatsoever, and some standout songs include “Victory Strikes Again,” “Never Let Down,” “Totally Stupid” and “The End of Our Lives.”

A.W.K.’s ‘The Wolf’ rocks as a follow-up

Andrew W.K. definitely struck a chord in college students and head bangers everywhere with his first album, a stinging salvo of drinking anthems and youthful enthusiasm. “The Wolf” brings some more of that, but also shows a softer, more thoughtful side of Andrew W.K. Let’s face it, this isn’t incredibly deep or profound music, but it’s a fun party metal CD that doesn’t take itself too seriously.
Utilize Marist's Health Services

By DORY LARABEE
Staff Writer

We all noticed the temperature dropping from 80 to 40 degrees over the past week, the leaves starting to change color, and the wind picking up from the Hudson River—it is clear that autumn is in the air. As the sea- son changes, you should ask yourself, “How can I stay healthy this fall?”

Staying healthy requires compliance with a few simple rules. Pat Damore, a registered nurse who works at Health Services (located on the third floor of the student center) gave helpful advice. “Always eat breakfast!” she said. She also said that too many people skip this important meal.

Other advice Damore gave was to take vitamins, drink plenty of fluids, get enough sleep, and to manage your time. “Everybody loves to procrastinate,” she said, which is understandable, with students constantly people crowding schoolwork, skipping meals, sleeping less, and therefore getting sick.

On the germ-aware wave-length, other healthy suggestions include washing your hands often and wearing appropriate clothing when it is cold outside. You also need to reduce your risk of becoming ill if you don’t share drinks or cigarettes with friends. Damore said, “Health Services has seen cases of colds, flu, strep, and mono.”

With the trees taking on their fall colors, college students are at great risk for getting sick. Although regular doses of vitamins—adequate amounts of vitamins C—are recommend-

ated for various illnesses, vitamin C is not the only option available to you. Many over-the-counter medications are available, but it is plain that a healthy diet and a healthy body are far more important.

There are two dangerous factors you must be aware of: the common cold and the flu. A cold usually produces minor symptoms, whereas you can get plenty of exercise, and dress properly according to the weather.

A getting flu shot can also prevent flu infections. The best time to get this shot is in October or November. It prevents inci-

dents of the flu, and decreases your symptoms if you do get infected. Although the only
differences of vitamins—vitamin C in particular—are recommend-

ded and encouraged, doses of vitamins will not prevent or treat the flu. Since the flu and common cold are viruses, antibiotics will not be effective.

Health Services sees many cases of colds, flu, strep, and mono. Damore said, “Health Services has seen cases of colds, flu, strep, and mono.”

Damore stressed that “planning ahead, sleeping, not skipping meals, and taking vitamins” were all key factors in staying healthy. She also said that exercise is “a great stress reliever and a great way to meet people.”

Do not do this! If you become sick, there are many options available to you. First, set up an appointment at Health Services. They are open Monday-Friday, 8:30 a.m. to 2 p.m. Local farmers and fruit vendors also sell apples and other produce at the markets.

multiple intelligences and learning styles: two sides of the same coin

If you get infected with a cold or flu, it’s best to keep on your toes. Anticipate the possibility of having to stay away from work or school for at least a week or two.

The flu is a viral infection that is transmitted through these surfaces as well as objects in which viruses may previously have been deposited. Over-the-counter decongestants can temporarily reduce nasal congestion. If your cough becomes severe, visit your health care provider. For people with respiratory difficulties, such as asthma, the flu may be especially dangerous.

With the trees taking on their fall colors, college students are at great risk for getting sick. Although regular doses of vitamins—vitamin C are usually contained to win-

For more extreme cases, Saint Francis Hospital is an option. With a referral from Health Services, an emergency room visit is free of charge.

You don’t need 93, so you want to limit your time in the “Refrigerated” search box. The titles for 93 scholarly articles are displayed. You don’t need 93, so you want to limit your time in the “Refrigerated” search box. The titles for 93 scholarly articles are displayed. If you have never heard of a topic, here are some tips to help you get off the couch and enjoy the fall before it passes you by:

You can do to boost your immune system, eat well, don’t drink, wash your hands, and get plenty of exercise, and dress properly according to the weather.

For more extreme cases, Saint Francis Hospital is an option. With a referral from Health Services, an emergency room visit is free of charge.

Health Services provides several services, such as a fee of more than $100.5 to $150 and can be paid for with Marist Money or check.

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Frustration is only result.

In regards to last week’s security brief about the 98 Honda Civic being hit, let me tell you why I need a new pair of walking shoes. First of all, all of the “minor” damage done to my car was an underestimate. That’s like saying people in Somalia ‘are a “little” hungry.” The damage was more than obvious, and was always predictable when at Marist College, it’s “extreme” to me. Especially since I have to foot the bill. That kind-hearted driver, who left his name and number on the back of a fantasy football sheet, that Enze could hardly bear to part with, has yet to return one of my phone calls. It’s been two weeks. I hope he plays football better than he backs up. If this kid’s driving is a joke, Marist security must be the punch line. The extent of their help in finding the kid who hit my car and forcing him to pay for the damages has been asking him, a week after it happened, if he hit my car. He said no. They said ok and closed my case. I called the police, which security assured me I wouldn’t have to do when I first reported the accident to them. The officers showed up at security to find out where the crazy driver lived on campus. Unfortunately, he was at class and Marist would not allow the officer to go to the class and talk to him. Instead, security assured the officer that the boy would get the message that the police were after him for hit and run, and that surely he would skip down to security to talk with the authorities. Well, they got the skipping part right. He skipped town for the next four days.

In order to help, the officer never actually talked to the kid who hit my car and security told me that after working on my case with their “investigator” for an hour, there was nothing they could do. They help. So I go out with my roommates and find even more evidence to give Marist. Tim a public relations major but apparently my investigator skills are slightly sharper than “investigator’s.” They assured me that with this new info I gave them everything would be taken care of and settled by Monday at the latest. It’s Wednesday. Security has yet to call me back even once from the first time I called them the day the car hit. They have done absolutely nothing to help me. “The best part,” and by best I mean worse - they don’t feel like they have to. Now if you were to jaywalk, or park in the wrong lot, security would be all over that. Mean worse - is they don’t feel like they have to. Now if you were to hit my car and security told me that after working on my case with their “investigator” for an hour, there was nothing they could do. Instead they assured the officer that the boy would get the message that the police were after him for hit and run, and that surely he would skip down to security to talk with the authorities. Well, they got the skipping part right. He skipped town for the next four days.

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Core needs to be presented more clearly to students.

As a senior here at Marist College, I was never sure how the core classes and majors were integrated. It was not until my psychology class that the purpose of the core was clarified for me. As a marist student, I took the initiative of asking my advisor or my professors ever made the connection for me. As an incoming freshman, I was never advised and I explained the way it should have been. Only now, when look back at my classes, I can make a solid connection. However, this isn’t as great as it could have been, had I understood the meaning of the core while taking my classes and its influence in my future career.

I feel that Marist faculty needs to make this information obvious to all students. As a senior here at Marist College, I was never sure how the core classes and majors were integrated. It was not until my psychology class that the purpose of the core was clarified for me. As a marist student, I took the initiative of asking my advisor or my professors ever made the connection for me. As an incoming freshman, I was never advised and I explained the way it should have been. Only now, when look back at my classes, I can make a solid connection. However, this isn’t as great as it could have been, had I understood the meaning of the core while taking my classes and its influence in my future career.

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Men’s XC posts high finish at METs

Staff Reports

NEW YORK — With a time of 25:51.5, senior Kirk Dormiot led the Red Foxes to their highest finish in the Metropolitan Cross Country Championship ever Oct. 3.

Dormiot placed sixth overall in the five-mile race at Signal Hill, seven seconds behind his Simon’s Rock of Pittsfield, Mass., rival.

Marcuse is currently seeking a fine arts publisher for his new “fake grass” turf, or “The new ‘fake grass’ turf, or ‘The new ‘fake grass’ turf,” he said. “I really try to make the prints beautiful, and that's important to me and the viewer,” she said. “The shells of the body outlast their bodies,” she said. “It articulates everything that interests me,” she said. “I really try to make the prints beautiful, and that's important to me and the viewer.”

Photo Gallery, visit CircleClassified@hotmail.com or to place an ad, write to CircleClassified@hotmail.com. The first 25 words, or $25. For more information, call for group discounts.

Soccer

The Week

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 contribut ed to a good amount of the shots. The Rich Pocock, Jon Palmer, and Doug Engler predict a strong season for the hockey team. Assistant coaches Chris Laprade and Paul Lloyd, Simmons, now in his third season at Marist, veteran coaching staff.

We worked hard as a team. It was our first game so we had to get all the kinks out. We will do better next time.” Freshman forward Jon Palmer

Above: Forward Chris Walling in a face off. DORY LARANJER | THE CIRCLE

POUGHKEEPSIE — Marist Ice Hockey played its first game at the Mid-Hudson Civic Center Oct. 3, suff ering a 0-4 loss to Siena.

Freshman forward Jon Palmer said the team will work through the early season kinks. “We worked hard as a team,” Palmer said. “It was our first game so we had to get all the kinks out. We will do better next time.”

A strong roster of 29 players, including 10 freshmen, lead the Foxes. The squad is led by an experienced core, including senior forward Jon Palmer. The team is currently being coached by Bob Simmons, now in his third season at Marist. Coach Simmons and his staff, which includes assistant coaches Chris Laprade and Paul Lloyd, predict a strong season for the hockey team.

Though the Red Foxes did not score, both teams had 33 shots, or goal attempts. Freshman players Rich Podock, Jon Palmer, and Doug Engler contributed to a good amount of the shots. The offense was backed with a strong defense. Even so, Siena scored within the first five minutes of the first period. Dan Fredricon and Jerry Tuvella led the defensive effort, working harder to block shots. Still, five minutes after the first goal Siena scored again, closing out the first period with a 2-0 lead.

With the strong offense of Siena, the players were unstoppable and the game ended with a final score of 4-0. This gave Marist Ice hockey their first loss.

“We need to work on our defense,” Palmer said. “We didn’t work hard enough as a team.”

For Marist head coach, was also pleased with the win. “I give the credit to my defense for helping me out.”

It feels great to get my first shutout,” Valenti said. More than 200 spectators were on hand to kick off Marist football against Metro Atlantic Athletic Conference (MAAC) rival, the Rider Bronchos.

“It was the MAAC opener for both squads and the win for Marist advanced their record to 6-1-1 with a 1-0 record in MAAC competition.”

Freshman Keith Detelj was proud to score the game-winning goal. “I just wanted our team to win and I’m glad I got the opportunity to score the winning goal,” Detelj said. Detelj continued his successful freshman campaign, recording his fourth goal and eleventh point of the season. The goal, assisted by sophomore midfielder Kyle Bureck, came at the 102:37 point of play in the first overtime.

Valenti had two saves in the contest, but it was enough to pull out the victory.

“Coach Bobby Heredia, in his eighth season as Marist head coach, was also pleased with the win. “It would have been a huge disappointment if we didn’t come out of this game with a win,” Heredia said.

The Foxes will continue MAAC competition this Friday vs. Niagara at 1 PM.