Kerry holds lead in Democratic pack

By KATE GIGLIO
Staff Writer

As this first month of 2004 draws to a close, Democratic primary candidates for president are focusing on making it to the ballot in November.


The recent Iowa caucuses showed great hope for Sen. Kerry, who was not expected to win yet came from behind to pull ahead of the other more highly regarded candidates. Kerry has led the New Hampshire polls since his win in the Iowa caucuses last week.

Kerry began his career as a United States Senator in 1984 and is currently serving his fourth term. He co-founded the Vietnam Veterans of America, and also became a spokesperson for Vietnam Veterans Against the War.

Sarah Gunner, Marist freshman, sees Kerry’s past as a veteran of the Vietnam War as beneficial, since he be to be elected. “As a veteran, he understands the conflict in Iraq and would be the best man to come to power and help the people of Iraq realize their full potential as a nation,” she said.

General views for presidency

Quoted on CNN.com as saying “This is the first election I’ve had since home-room student council representative. This is a big step for me,” Wesley Clark, former Supreme Allied Commander of NATO, hopes to become the first general to become president since Dwight D. Eisenhower was elected in 1952.

Clark had a long and fruitful military career and hopes to bring his military experience to the office of President. Clark has been very vocal in his opposition to President Bush’s decision to attack Iraq, claiming he has many ideas on foreign policy. However, he has been somewhat obtuse on issues of domestic interest.

Candidate for the average American

Sen. Edwards has been marketing himself as a champion of regular people. A trial lawyer until 1999, he stopped practicing when he ran for and won a seat in the Senate that same year. His relative novice status in the world of politics can be both in and out of his favor. While his lack of a lifelong political career can be seen as a lack of crucial experience for the job of U.S. president, some people may see this as a good thing — having a more rooted, in-touch-with-the-public president who is perhaps not jaded as other seasoned politicians.

Different from Bush?

Former Vermont Gov. Dean is also among those hopeful of representing the Democratic party on November’s ballot. Though there has been speculation that his policies are too liberal for him to be elected president — he was ranked the seventh most liberal Senator — Dean dismisses this criticism.

Travelers rethinking political views after weeks in Havana

BY STACEY L. CAGWELL
Copy Editor

HAVANA, Cuba — 1950s cars litter the streets, broken down buildings speak of a Havana that once was and people wait in lines in hopes of everything from bread to bases. Shelves are bare of food and medicine reveal the harsh reality of the effects the United States embargo has on Cuba and tell the tale of a government, a possibility that could clarify itself at the polls.

The upcoming presidential election, however, has the possible power to turn this once economically flourishing island into what it was and adversely change the lives of Cuban citizens.

During winter intercession, 34 students and two Marist faculty members were given the opportunity to examine their own ideologies as they traveled to Havana for the second three-week spring break course ever offered by the college to study the impacts of the embargo on Cuba and the advanced methods of healthcare and education available to Cuban citizens.

The trip came at a crucial political time as people everywhere begin to form and cement their personal opinions about whom they would like to see as the next President of the United States.

Those involved with the Cuba program, though, found themselves more closely examining their previous views towards government, a possibility that could clarify itself at the polls.

Matthew Hannon, Marist junior and a Democratic voter who participated in the Cuba program, said of his experience, “I like to think I vote for a candidate for more than one issue, however, if a candidate did come out against Cuba, I’d think twice of supporting him.”

Hannon believes that his ideology changed slightly as a result of his abroad experience.

“Before I went I would have frowned on a candidate that came out as a very anti-Cuban stance,” he said. “Now I will make a full facial frown, showing my teeth, and cringing my eyes-brows.”

Elizabeth Lucia, junior, also felt the experience in Havana helped her to think more clearly regarding government.

“My political ideologies, over all, has shifted more towards liberal than conservative since studying in Cuba,” Lucia said. “I think more emphasis should be put on social responsibilities, specifically health care.”

According to Marist Institute for Public Opinion poll results released Tuesday, John Kerry, Howard Dean and John Edwards are leading the democratic race throughout the country, of which all three voted in opposition to strengthening the embargo on Cuba. On the other hand, Joseph Lieberman voted in favor of the embargo, if a candidate did come out against Cuba, I’d think twice of supporting him.”

Above, a building in Old Havana is a striking architectural sample.

New Hampshire Primary Results

KERRY 39%

EDWARDS 12%

CLARK 12%

LIEBERMAN 9%

KUCINICH — 2%

KERRY

PHOTO: DAVE KOZAR

Above, a building in Old Havana is a striking architectural sample.

SEE KERRY PAGE 5
Campus Editor

1/22 — It didn’t take long for students to start drinking again. On Thursday, at 1:40 a.m. a Midrise student was taken to St. Francis for excessive alcohol. Confiscated from his room were two cans of Coors Light, two half full bottles of Kognac, one bottle of Starko Polish vodka, and one fake ID. It kind of sounds like a Willy Wonka recipe, doesn’t it? Like when he threw a sneaker into a pot to give it kick. Rolling Rock bottles, one of the bottles fell out of his bag and shattered on the floor. “Uhhhh,” is all the student could say. The remaining five bottles were confiscated. But hey, I guess that is why they call it Rolling Rock... wow, that’s good.

1/24 — The kid in this one definitely wins the magna cum laude for the week. An RA was making rounds in Champagnat around 1:17 a.m. Saturday morning. One room was being a little noisy so he knocked on the door. A genius from inside proceeded to answer the door holding your beverage boglies my mind. Especially when it’s a Mike’s!

1/25 — Two guests tried entering Marian ille—pally last Sunday at 4:25 a.m. They were both escorted off campus. When asked why they tried to get in, one responded, “The new ‘Newlyweds’ was on at 4:30. We missed it on Wednesday because we watched ‘Celebrity Mole: Yucatan’ instead.” Geez, I know what you’re saying. I had the same problem. Luckily, I taped “Newlyweds,” so you can come over here to watch it whenever you get a chance.

Safety Tip: Students are cautioned to use only reliable taxi cab services for transportation. Taxi companies must be licensed by either the city or town of Poughkeepsie. The cab should be marked with the company name or logo. Do not take rides from unmarked cabs. If there are any problems with the driver i.e. poor driving or harassment, call security.

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Back for a week, already busted

Security Briefs: Back for a week, already busted

Compiled By DAN ROY
Campus Editor

THURSDAY, JANUARY 29, 2004 maristcircle.com PAGE 2
Hypothermia, frostbite put stinging in winter

By Kate Giglio
Staff Writer

Let it snow, let it snow, let it snow. Although this season is the “sprint” one, the weather is not yet an accurate illustration of that. To make it through the exceptionally cold weeks of winter 2004, one must remember some important guidelines. And as the cold continues to fall, speech becomes slurred, the visibility decreases, and the body’s temperature drops below 95 degrees. As body temperature reaches the 95-degree level, the early signs of hypothermia also include fatigue, cold and pale skin and intense shivering; the latter stops between 90 and 86 degrees. As body temperature continues to fall, speech becomes slurred, the muscles go rigid, and the victim becomes disoriented and experiences eyeground problems.

Frostbite is literally frozen body tissue – usually skin, but sometimes it can go deeper. It must be treated properly in order to prevent permanent damage to the tissue cells. Children are at a greater risk for frostbite than adults, as heat from their skin is lost more rapidly than in adults. Frostbite is extremely and should be treated at a hospital. As it takes about thirty minutes in extreme cold for frostbite to set in, you may not become afflicted on your way to class; however you should be aware of this for other excursions that require you being outdoors for an extended amount of time.

The early signs of hypothermia also include fatigue, cold and pale skin and intense shivering; the latter stops between 90 and 86 degrees. As body temperature continues to fall, speech becomes slurred, the muscles go rigid, and the victim becomes disoriented and experiences eyeground problems.

To prevent both frostbite and hypothermia you should wear three types of layers when going outside in the cold. A synthetic layer, of perhaps polyester or Capilene, should be closest to the skin, a synthetic layer, of perhaps polyester or Capilene, should be closest to the skin. A layer of wool or synthetic fabric to absorb sweat and retain insulation is second, followed by an outer layer of windproof material to keep the cold out.

Fingers and toes are also common locales of frostbite. To protect fingers, ideally you should wear mittens, as they are warmer than gloves. But since gloves are more convenient than mittens, you should try wearing a light pair of gloves underneath a pair of mittens in case you need the use of your fingers. To protect toes, wear two pairs of socks. One pair will absorb sweat from the feet and the other will provide a barrier from the cold.

Footwear is also important. Wear something made of sheepskin or other natural materials. Something like the popular sheepskin Ugg boot both wicks moisture away from the foot, keeping it dry, and also insulates the foot in below freezing temperatures.

Dehydration contributes to hypothermia. Drink a lot of water, and avoid alcohol, caffeine and cigarettes, which dehydrate the body.

So, as the wind whips and temperatures drop below zero this winter, take care of yourself. Be aware of the forecasts and wind chills, and when possible, stay inside. Spring 2004 will surface, at least in theory. Definitely, it’s a good idea to keep warm in the meantime.

As you prepare to venture to the dining hall or the library, you must put your spitefulness aside or Midrise for their cloying tendency to wear flip-flops to lunch, you must put your spitefulness aside. As it takes about thirty minutes in extreme cold for frostbite to set in, you may not become afflicted on your way to class; however you should be aware of this for other excursions that require you being outdoors for an extended amount of time.

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Inclement weather. But unless we’re expecting the storm of the century, it’s probably not a good idea to skip writing the paper or any test you have, or paper that is due can easily be avoided by a conveniently timed day off due to inclement weather.

The purgatory of inclement weather is the postponement of classes. This announcement incites a near-riot in most dorms and apartments after receiving the news. The excuses begin and it’s unlikley that anyone is going to go to class anyway. If an 8 a.m. class was cancelled, then why should you have to go to the 9:30? And it’s simply not “fair” that your roommate’s class was cancelled and yours was not. And what if you get all the way there and the teacher doesn’t show up? A postponement, like an “optional” attendance day at class is simply another excuse for students to stay home.

So you get up, you call the inclement weather line, and that heavier-set recorded voice tells you that classes are indeed cancelled for the day. Since we graduated our “full house” days, there will probably be no snobbing or ‘Nickelodeon marathons, but you could count on some late sleeping and immature playing in the snow.

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And most likely, although students can’t seem to make it to class due to the weather, a trip to the convenience store seems like a perfectly viable idea. And since you’re going to be stuck at home all day, you might as well start the festivities a little earlier. In case you can’t go out tonight. Due to the weather. Yeah right.

As you prepare to venture to the dining hall or the library, you must put your spitefulness aside or Midrise for their cloying tendency to wear flip-flops to lunch, you must put your spitefulness aside. As it takes about thirty minutes in extreme cold for frostbite to set in, you may not become afflicted on your way to class; however you should be aware of this for other excursions that require you being outdoors for an extended amount of time.

College Life

On campus course, snow’s use is cancellations, procrastination

Snow days were a staple of elementary and high school. Now you hear the snow forecast the night before, and woke up in the morning to watch the local news or listen to the radio. You crossed your fingers and waited for your school’s name to be announced or appear on the screen. And if it did, you got a day off from school. And if you were lucky, a three-day weekend. For this you got a day off full of fun (sledding, movies, etc), and if you were lucky, a three-day weekend. As it takes about thirty minutes in extreme cold for frostbite to set in, you may not become afflicted on your way to class; however you should be aware of this for other excursions that require you being outdoors for an extended amount of time.

Snow days at college are completely different. You hear the snow forecast and start calling the emergency weather line, hours, maybe even days in advance. A single flurry induces frenzied cheerful confessions about possible “Saved by the Bell” marathons, sleeping in, and the maximum amount of missed classes.

At college, snow days are like a “Get Out of Jail Free” card. Any test you have, or paper that is due can easily be avoided by a conveniently timed day off due to inclement weather.

The purgatory of inclement weather is the postponement of classes. This announcement incites a near-riot in most dorms and apartments after receiving the news. The excuses begin and it’s unlikely that anyone is going to go to class anyway. If an 8 a.m. class was cancelled, then why should you have to go to the 9:30? And it’s simply not “fair” that your roommate’s class was cancelled and yours was not. And what if you get all the way there and the teacher doesn’t show up? A postponement, like an “optional” attendance day at class is simply another excuse for students to stay home.

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College DOT must act now for pedestrians' sake

Perhaps the main conclusion that can be drawn from the recent New York State Department of Transportation Route 9 pedestrian safety study is that the Marist College pedestrian education and enforcement campaign was successful.

Several pedestrian statistics from town police confirm that thejaywalking nuisance has been drastically reduced, if not nearly eliminated.

Consider that in the first wave of enforcement, on various days from March 2003 to May 2003, the number of vehicular and pedestrian summonses issued per police were nearly 50 percent.

During the fall semester, town police issued 10 times more vehicular summonses than pedestrian summonses. No Marist students faced disciplinary action as a result of any jaywalking offenses.

The DOT's study showed that 97 percent of pedestrians in the Marist corridor were observed crossing legally.

Apparently the visible presence of pedestrians in localities that local residents claimed illegally swarmed their crosswalks, decreasing the quality of life and causing gridlock, has been reduced.

In making the Route 9-Marist corridor of Poughkeepsie likely the only location in the state where jaywalking laws are actually enforced, the town and the college have reduced, at least momentarily, the illegal pedestrian.

A much larger problem remains — irresponsible, erratic drivers.

According to the DOT's study, the average speed across the Marist corridor of Route 9 is 37 mph. While seven mph above the legal limit of 30 mph, speeds are much more severe, speeds in excess of 55 mph and as high as 61 mph were recorded during the observations in September and October 2003. In the 40 mph corridors, the traffic approaching from the north and south of the college traffic approaching Marist from the south averaged 44 mph, while traffic approaching from the north averaged 49 mph.

As is typical during the fall semester, town police issued 10 times more vehicular summonses during the fall of 2003. Of the aforementioned town police summonses, 134 were issued for speeding, and 118 were issued for red light violations.

As is typical since the beginning of the school year, the DOT included in its report to send an additional 250 students back and forth across the highway daily as residents of the Fulton Street housing complex. This is essentially that the college, DOT and town work to implement the recommendations set forth in the DOT's study.

Not just the short-term recommendations, either.

The DOT also recommended that the education and enforcement campaigns continue — but a question remains: When students' jaywalking is no longer a quality of life problem for residents, will the college need to pay for a continued police presence to enforce residents' vehicular violations?

Most importantly, the DOT recommended that the speed limit in the Marist corridor be permanently set to 30 mph, as opposed to the current situation, where the lower speed limit is only in effect between 7:30 a.m. and 9:30 p.m. The college has already been in contact with the DOT regarding this change, which needs to be implemented as soon as possible to ensure the continued safety of all pedestrians crossing in the area.

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The long-term (read: more expensive) solutions proposed by the DOT included installing countdown signals at the Donnelly crosswalk in the area. With the current light at the main gate to match the pedestrian path that most students use, and the college has already been in contact with the DOT regarding this change, which needs to be implemented as soon as possible to ensure the continued safety of all pedestrians crossing in the area.

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Cuba trip has profound effect on Marist travelers’ political views

which, after their abroad experience, could affect students who once supported him.

Assistant Dean of the Marist Abroad Program, Duleep Deosthale, said the intent of these programs is to open the minds of students, which sometimes involves changing political and personal ideologies.

“Going abroad creates (and) allows a student to see another perspective,” he said. “When issues come up, it allows them to reflect upon another system ... to basically be able to appreciate and understand what those differences are, but to make an effort to understand.”

He feels that in many cases it is that attempt that changes one’s thought patterns.

“It allows people to explore, but the idea is to give them another option, another perspective.”

Matt West, senior, and part of the Cuban culture program, can attest to Deosthale’s theory.

“The only political things that I knew about Cuba before heading down there was Castro’s name, it was communism and the Cuban Missile Crisis,” West said. “Now I have a full scope and breadth of it.

West was touched by the experience and wants to vote in favor of candidates who support removing the embargo, but realizes that it will not be an easy process. “I think the embargo needs to go. But I am not sure if the candidates that we have in the Senate can basically be able to appreciate and understand what those differences are, but to make an effort to understand.”

All I know is that John Edwards couldn’t win. “I’ve never watched his campaign, but I know if you go back, he’s going to lose. I don’t know if he’s a Democrat, upon closer inspection of his stances and policies. Dean really isn’t all that different from Bush, which might work for him if he gets picked to represent the party because he might be able to sway people on the fence who like Bush’s policies, but aren’t partial to Bush in general,” says Krista Saubert, a freshman at Tulane University in New Orleans.

Lieberman’s leadership experience

Sen. Lieberman is familiar with the American presidential race, as he was Al Gore’s running mate for Vice President in the 2000 election. Lieberman has spent more than 30 years in politics, 14 of them in the Senate.

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DeGraw headlines in Nelly Goletti Saturday

By JEN HAGGERTY
Editor in Chief

The work of Bob Dylan, The Beatles, James Taylor, Billy Joel and Van Morrison all run through the mind of pianist Gavin DeGraw when creating music.

Even at a young age, DeGraw fantasized about being discovered in the Apollo Theater in New York.

“My dream was to play at the Apollo,” said DeGraw. “I grew up watching it and I wanted to be that random white guy that would shake the house.”

While the amateur status is no longer an option, DeGraw said that he still definitely wants to play at the Apollo someday.

Becoming a professional musician only occurred to the 26-year-old when he found himself in his dorm room writing songs rather than the Ihca College classroom.

“The luckiest thing that I’ve had is knowing what I’ve wanted and what I’m going after,” he said.

After leaving Ithaca, DeGraw moved to Boston where he attended Berklee College of Music while singing in a rock band and solo on the side. He left after a year and found himself living in Manhattan in 1998.

From open mic to headline tour

“My favorite thing to do is to go to an open mic because I like to go in without people knowing [anything] about me,” said DeGraw.

DeGraw’s passion to perform in an open mic night led to his success a few months after moving to New York.

He was able to fake his way into an open-mic night at Wilson’s, an Upper West Side bedroom. After the successful performance, Debbie Wilson, the club’s owner, signed on to be his manager.

However, he decided to decline a record deal until the spring of 2002. DeGraw explained the dedication to an album is like a marriage.

“You realize you’re going to be married to it [the record label] and you don’t want to marry the wrong person,” explained DeGraw.

“Chariot” was released in July 2003 after four and a half months in the studio.

Fast forwarding to the present, DeGraw’s 2004 tour so far has been successful.

“It’s cool to hear people yell out requests, especially ones not on the album,” said DeGraw. “It’s so much fun having people sing the lyrics back.”

DeGraw said that he liked different tracks on his album for various reasons, but the most notable was “I Don’t Want To Be.”

“I like it because in a lot of genres of music, the artist comes out to say who they are and where they come from and I wanted to put that in music,” he said. “I could come out with who I am and it may not be for everyone, but at least I know who the hell I am.”

DeGraw also wrote new songs to accompany those on “Chariot” for the Saturday evening set.

In 10 years, DeGraw hopes he’ll still be touring and making albums.

“I want to make as many records as I can before I get hit by a bus or fall through a manhole,” he joked.

Don’t wait 10 years before you hear this performer live.

Check him out Saturday in the Nelly Goletti Theater at 8 p.m.

“Guaranteed it won’t be like anything you’re used to,” DeGraw promised.

Georgia native Tolcher psyched for Poughkeepsie performance

By JEN HAGGERTY
Editor in Chief

Songwriter Michael Tolcher originally planned to become an Olympic runner, not a musician, before a serious injury caused him to rethink his plans.

The ironic part is that he found a great fan base at the 1996 Olympics not for athletics, but for grooving in the Olympic Park.

“It was a leap into something I had never experi-
enced before,” he said. “It was incredible. Everyday I went and stood in a crowd of people that travelled across the world.

Tolcher, a Georgia native, will be opening for Gavin DeGraw Saturday in the Nelly Goletti Theater. Some of his earliest performances not only included the Olympic Games, but also the Atlanta Federal Penitentiary, where his father was a resident chaplain.

“I would do it in the chapel full of multi-murderers and drug lords and they would listen to me sing about,” Tolcher said.

The best compliment was when (a prisoner said) “I felt like I wasn’t in prison at all and he thanked me for that moment.”

Tolcher was influenced by a wide range of music, including the Foo Fighters, Tupac, James Taylor and the Indigo Girls. In addition, his experiences with music range from the church choir to competitive break dancing.

“When I started writing I listened to less and less music to get inspiration;” he said.

His first album, “I Am,” is set to release on April 6; he also wrote all of the songs.

“I’m really happy with it. It’s close to my vision of what it would be and sound like,” Tolcher said.

The last song added to the album, “I Am,” is Tolcher’s favorite.

“I feel like it is one of the few songs on the record that’s really an expression of me;” he said.

Other songs on the album also address the world as he sees it.

“Mission Responsible,” the first track on the album, focuses on the similarities of various people.

“Chariot” is on the music charts this week.

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