Olympic Gold Medalist Speaks At Marist
by Samantha Accurso, Staff Writer/Intern

In February 2010, Ron Freeman, founder of the International Medalist Association (IMA) and two-time Olympic track and field medal winner, spoke to students, faculty, staff, and community members alike at Marist College in Poughkeepsie, NY to inspire and encourage the belief that anything is possible.

Through his motivational presentation, titled, “From Africa to the White House: Ways for Individuals and Student Collectives to Work to Raise the Local Consciousness of and Empower the Well-Being of Blacks in the 21st Century Worldwide,” Freeman worked to instill a sense of empowerment by daring those in attendance to look inside themselves and contemplate complex questions like “what will your legacy be?”.

Freeman is perhaps best known for bringing his team to gold in the 1968 Olympics in Mexico City with a record breaking time of 43.2 seconds in the individual 4 x 400 meter race, a record that went on to stand for more than 20 years. However, in addition to his athletic accomplishments, Freeman is also known for his work as a humanitarian, diplomat, and peace activist, typified by the peaceful protest against racial discrimination when he and his fellow teammates stood on the podium during the medal ceremony wearing emblematic black berets.

Income Tax Tips Offered To Marist International Students
by Samantha Accurso, Staff Writer/Intern

For the past six years, Marist College has put together an annual information session offering international students the opportunity to gain more knowledge on the process of filing both state and federal income taxes.

This year, the session was run by Karen Tomkins-Tinch, coordinator of international student programs, Center for Multicultural Affairs/HEOP and Julie Kelly, Marist College’s designated school official (DSO) for homeland security and federal regulation of international students. Together, it is their responsibility to oversee and regulate approximately 50 international students that have taken up an education through Marist. Marist’s international students join the college from places such as India, Brazil, Germany, and Canada. They bring an important sense of diversity to the ever widening sphere of culture at Marist.

The income tax session was held in March 2010 in the Library. Kelly and Tomkins-Tinch guided students with step-by-step instructions on how to fill out their 2009 income tax forms. International students are required to fill out a number of forms to comply with the requirements of their visas and international schooling standards. Every international student receiving collegiate education within the United States is required to file form 8843 as a means for the federal government to regulate the whereabouts and actions of
Red Cap Cleaners Receives Diversity Award
by Jennifer S. Meyers

At the 19th Annual Dr. Martin Luther King Jr. Breakfast ceremony in January 2010, Pierritte Ruhland, the owner of Red Cap Cleaners, received the award for Workplace Inclusiveness for her efforts on increasing and accepting diversity in the workplace.

The Dutchess County Regional Chamber of Commerce nominated Red Cap Cleaners for this award in Workplace Inclusiveness, where as Ruhland didn’t even know that she was nominated at all.

“I was very surprised,” Ruhland said. “It was very nice that we were recognized. I never really thought about it to tell you the truth. We’re just here to do a service for the community.”

Deborah Porter, communications internship coordinator at Marist College and customer of Red Cap Cleaners also attended the breakfast and thought that it was “admirable.”

“For any company to win a diversity award means that they foster an environment that is accepting and encouraging employing those who are not like them,” said Porter.

Ruhland has been with Red Cap Cleaners, now a family owned business, for 30 years and she plans to have her two children, John Ruhland and Christina Hawkinson, take over the business in the future. Throughout the years, Ruhland has always welcomed diversity in her business and defines it as “not to notice.”

“Diversity is extremely important in the workplace,” says Porter. “When you have diversity, we build understanding and corporation upon a diverse group of individuals.”

Diversity in the workplace has been a rising issue for several years. But for Ruhland, diversity is welcomed and her employees work together as equals.

“We’re all equal,” Ruhland says. “Diversity doesn’t matter when someone is looking for a job. We all do our job and it’s just doing a job.”

The Red Cap Cleaners has many diverse individuals with ethnic backgrounds from Koreans, blacks, and Hispanics, and all of them end up becoming part of the family at this small family business.

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Cancer Patients Are Assisted by the Corporate Angel Network
by David Mielach and Melissa Greco, Staff Writer/Intern

1,479,350. That is the estimated number of people who will be diagnosed with cancer in 2009 according to the National Cancer Institute. Of those 1,479,530 an estimated 562,340 people will die from what has become the second leading cause of death in the United States.

One organization, however, is making an attempt to lower these numbers.

This organization, the Corporate Angel Network, has been helping those with cancer since 1981 by providing free flights to cancer patients on unoccupied seats of private business flights. The White Plains, NY based Corporate Angel Network strives to help all cancer patients, bone marrow donors, and bone marrow recipients who are ambulatory and not in need of medical support while traveling.

“Traveling for cancer treatment is never an easy task,” said Sara Gunn of the American Cancer Society. “While the Corporate Angel Network assists with transportation, the American Cancer Society can help out with accommodations through our many Hope Lodge locations across the U.S., including in New York City. Located just steps from Penn Station, Hope Lodge NYC is the only free facility of its kind in the New York metro area providing lodging and support services for those who must travel far from home to access specialized cancer treatments.”

Despite the fact that the Corporate Angels Network has helped more than 30,000 people since its opening, they hope to help more.

“Since 2000 the number of people we have helped has tripled,” said Peter Fleiss, Executive Director of the Corporate Angel Network. “However, we are still only able to help half of the people who apply per month. Our hope in the coming years is to get more lift capacity with more corporations and corporate routes so that all patients who apply can be helped.”

The network was started largely due to the work of Jay Weinberg, the owner of a Mt. Vernon, NY Avis, Priscilla Blum, a licensed commercial pilot,
In an effort to diversify food options for the Marist College community, the college and Sodexo Campus Dining Services collaborated and established the Valley Café, formerly known as the Organic Café, in an attempt to expose students, staff, and faculty to healthier and more sustainable dining.

The Valley Café is a buffet-style meal every Tuesday from 11 a.m. to 1:30 p.m. that convenes on the second floor of Marist’s Student Center in the Cabaret. With assistance from Steve Sansola, associate dean of student affairs, and Mohamad Charafeddine, general manager, Executive Chef Anthony Legname and Marketing Coordinator Victoria Banks are responsible for coordinating the Tuesday café. “Everyone is trying to be more health-conscious about the things they eat,” said Banks. “The Valley Café shows me that you can eat well while being organic, regional and while using healthy ingredients.” “This is a great venue for my passion of diverse cultures and foods and the ability to share and educate my audience,” said Legname. “I look for ingredients that are not only interesting and different, but that fit our theme- local, sustainable, regional and organic.”

Legname is a supporter of the Dutchess County Bounty, an organization that promotes networking between local agriculture producers and culinary businesses, which aids in fulfilling the mission of the Café. “When I choose the weekly menu I first see what is seasonally available and ensure the quality of product meets our standards,” said Legname. “I am very fortunate that we have established a great working relationship with various vendors to provide us with our foods.”

Additionally, Legname selects the weekly menu while fusing the actual ingredients with an educational themes or trend, such as Black History Month, Diversity Week, and Thai or Vietnamese inspired dishes. This aspect of the café exposes diners’ taste buds to international flavors and styles of cuisine. With the knowledge of Chef Mia

Annually, the Marist College Fashion Program produces the Silver Needle Fashion Show, an entirely-departmentally generated display of student and faculty talent in all facets of the industry. The 2010 Silver Needle Fashion Show addressed the theme of Fashion Democracy.

“The use of the word “democracy” in this case relates to the origins of the word rather than the political connotation it has gained in today’s society,” said Student Director Suzanne Cadden, senior. “A true democracy is the ‘rule of the people’- it is something that all members of society are connected to and involved in.”

The goal and message of this year’s show was to expose the reality that all people, regardless of societal and national boundaries, subconsciously and routinely partake in fashion as an art form-the art of decorating and celebrating your body.

“The intention of our Show Directors in picking this theme was to highlight the universal nature of fashion,” said Cadden. “Essentially, the theme of our show aims to demonstrate fashion’s ability to touch all types of people, all over the world in their everyday lives - it is the ultimate form of unlimited creative expression.”

The exact show title, “Fashion dl’mekra∫l,” as printed on all marketing materials, uses the International Phonetic Alphabet, drawing parallels between the boundless universality of expression through fashion and the defiance against the confines of language barriers as counteracted by the use of IPA.

While Fashion Democracy addresses the role fashion plays in everyday life, this theme has inspired our designers to take creative energy from street fashion, uniforms, and even avatars from the internet cloud, and translate those sparks into modern fashion,” said Program Director Radley Cramer.

Freshmen designers will showcase their interpretations of “model citizens,” dressing models of every age, shape, size and background. Sopho-
Students From Hawaii Adjust To Marist
by Melissa Greco, Staff Writer/Intern

While the Marist College campus is bubbling with people from all corners of the tri-state area, there are a handful of students that have traveled the approximate 5,000 miles to attend college here. Currently, there are about 20 students from Hawaii attending Marist and over 40 applications for the upcoming fall 2010 semester.

“These students not only bring geographic diversity to Marist, but also a cultural aspect,” said Corinne Schell, director of undergraduate admission.

In recent years, the Admissions Office has increased networking efforts in Hawaii. Most students were introduced to the idea of attending Marist while meeting with a college counselor or upon encountering Schell at various career fairs. “When I first started planning for college, I was pretty set on staying in Hawaii,” said sophomore Helen Chang. “I was okay with it for a while, but I felt like I was missing a big part of life. There is so much outside of my tiny island, and I barely know any of it.”

While Marist offers a variety of appealing aspects, such as a beautiful campus, small classes and an engaging social environment, Hawaii is still very far away. The differences between the northeastern and south pacific regions of the U.S. create an equivalent to the culture shock experience of studying abroad. “I had a really tough time [adjusting], just because New York is so different from Hawaii in every possible way, especially at a school that not many Hawaiian people know about,” said freshman Danielle Evangelista. “If I were at school on the West Coast, it would be a completely different story. Not only are there a lot more people from Hawaii, but there are stores that sell snacks and food from Hawaii. It’s not some crazy exotic place on the other side of the world.”

Aside from adapting to an unfamiliar culture, Hawaiian students realize the aspects of home that they took for granted and that they now truly appreciate. “The food, oh gosh, that’s something I definitely miss,” said Chang. “I miss my mom’s home-cooked meals the most, but being away from home has allowed me to experience a hell of a lot.”

Homesickness is something most college students endure, but for these students hailing from Hawaii, “homesick” is an understatement. “I’m pretty good at adapting to my surroundings, but I do go through waves of homesickness,” said Chang. “At this point, I’ve learned to handle it pretty well.”

“I don’t even know how I ‘deal’ with it,” said Evangelista. “In a way, I don’t. We can’t do anything about it—just complain. I don’t really have a proactive approach; usually it just passes. But trust me, the good stuff at Marist outweighs the bad.”

Friends, activities, the Admissions Office and support from fellow Hawaiians on campus provide the support and stability students need to maintain a positive, uplifting attitude about their Marist home. “I cannot emphasize this enough,” said Evangelista. “I love my friends!”

As for post-graduation endeavors, most students express hope in returning to Hawaii, but know that a realistically successful future lies on the mainland. “It would be nice to return home,” said Chang. “My parents kind of expect me to go back to Hawaii. It’s hard because I’m straddling a line between serving my family and serving myself, but I see myself in a city, generally because of my advertising major. The next two years may bring very important changes in my life, and as scary as that might be, I welcome them.”

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Dining Services

Pham, specialist in Thai cuisine, this semester’s Café has featured a south pacific flare. “Personally, I think the Café is very diverse and creative,” said Banks. “Two weeks ago, I was introduced to some French items I had never tasted before. Another week, we were introduced to some African cuisine. I just think it’s one of the passions of our chef to expose us to different types of food in an atmosphere where having an open mind and trying new things is embraced.”

The Café will continue to expand on its gourmet internationality, while maintaining the organic, local and green components. “Since foods are a cultural group’s expression of lifestyle, I intend to expand internationally and offer tastings that fuse cuisines from around the world,” said Legname. “My hopes are to teach about different cultures through food.”
Three Marist College Students Honored
By IBM
by Samantha Accurso, Staff Writer/Intern

Sean Goldsmith Michael Lavacca, and Deyaa Abuelsaad may seem like your average college students, but in reality, they’ve got a whole lot more going for them. As computer science majors at Marist College and employees of IBM, these students have harnessed their intelligence to develop an open source database to provide resources to neighboring middle and high schools.

Known as Sakai, branded at Marist as iLearn, is a program that allows teachers to give students a real “hands-on” experience both in and out of the classroom.

For their achievements in the creation and maintenance of this application, these three Marist students have been recognized by IBM with the 2009 Best of Solutions and People’s Choice Award, in recognition of their poster board and accompanying presentation. Out of all IBM participants in the challenge, including employees and staff members from all age and experience levels, these three students came out on top, which is no minor accomplishment.

Titled “Project Cloud 9; A z-powered Learning Environment,” this software runs on a large scale, more powerful server, known as a z-series server. This upgrade works to provide reduced energy output and costs, while also consolidating information for a smoother, simpler web experience. The move from an x86- or p-server was also inspired by the desire to run a system completely through IBM, allowing greater innovation, more availability, and better control over every aspect of its processes.

When the system was first developed for widespread usage, Goldsmith, Lavacca, and Abuelsaad had to first prove its capabilities through a “proof of concept” test. This experimentation was done by offering the program, entitled Greystone, to surrounding high schools including Marlboro, Carmel, Highland, Our Lady of Lourdes, and Poughkeepsie Middle School. Each school was given its own version of the software, with its own customized interface, known as a skin. One teacher per school was assigned to incorporate the system into the classroom environment, and within no time, it began to really catch on. Students and teachers alike raved about the experience of Greystone, praising its great resources and accommodating support from creators. Offering resources such as electronic handouts, assignment banks, real-time chat rooms, lesson playbacks, and a virtual teacher collaborative forum, the site makes learning both more fun and accessible for everyone.

Currently running version 2.62, with version 2.63 to become available in early May 2010, the creators are working to push the limits of the program even further. “Right now the system falls short with delivering a ‘personal effect;’ the live experience and simulation of a real classroom are lacking,” explains Lavacca. “But soon we hope to incorporate the use of screen shots, host sessions, and video chat capabilities to truly create a live, virtual classroom.”
Students Living Alternative and Sustainable Lifestyles
by Melissa Greco, Staff Writer/Intern

With the growing development of green initiatives in response to pressing environmental issues, certain Marist students have been taking the necessary strides to live an alternative lifestyle that lessens their carbon footprint and makes a contribution to the solving of this global issue.

“There are many opportunities that help guide students in living a greener life through Sustainability Day, Dumpster Dive, Farmer’s Market, Sustainability House, and other activities that the campus provides,” said sophomore Myriah Anderson. “They create fun ways in which one can become involved in spreading the awareness and importance of living a sustainable lifestyle.”

Despite environmentally conscious upbringings, some students have been enlightened and inspired by Marist faculty members on an interdisciplinary level. This aids in finding an on-campus outlet to pursue lifestyle changes and share a common ground with others, hitting close to home. “I took Environmental Issues with Professor Tompkins,” said sophomore Jessica Kent. “It was the most informative and fantastic science course I’ve ever taken. He really drilled home how important sustainability was, and I learned more than I ever expected to come out of that class.”

For Anderson, who hails from Texas, Dr. Richard Feldman was essential to introducing her to the green initiatives available to students at Marist and in New York.

Living sustainably isn’t an inconvenience for these students, it’s a necessity. Issues, such as the meat industry, the water crisis, recycling, composting and reducing energy use, are main themes that dictate a sustainable lifestyle. “The meat market is very harsh on the environment,” said Anderson. “The amount of resources put into producing meat to put it on your plate is outrageous.”

In regards to the water crisis, approximately one percent of the Earth’s water is fit for human consumption, and according to Kent, only .0024 percent of that water is actually clean and drinkable. “I do as much as I can as an individual to make sure I don’t shrink that number even more,” said Kent. “I make a big deal about not buying water bottles. You can always catch me with my reusable water bottle. It’s practically a limb.”

“We currently are in a crisis of water availability and have to realize that in the future we have the issue of water scarcity to confront,” said Anderson.

Senior Ada Fox has embraced the classic “reduce, reuse, recycle.” She composts most of her waste, is a practicing vegetarian, and, like Kent, regulates her water usage.

“I’m always aware about the amount of waste I’m producing and try to cut it down whenever I can,” said Fox. “[I] consolidate errand runs when possible. I also reuse things like crazy. I can always find a use for empty plastic containers- “free” Tupperware. I’ve cut out meat from my diet because it’s just not grown sustainably in the U.S.”

While the green movement has become a constant presence in everyone’s lives, many people ignore the problem, despite the concrete facts and figures. These students all agreed that forcing this lifestyle on others is neither effective nor productive. It has to come from within. As for their own efforts...

“I am aware that the choices I make are beneficial to the environment,” said Anderson. “Personally knowing that the lifestyle change I made is making me one less person contributing to the exploitation of resources and greenhouse gas emissions, gives me faith that there are many other people that do the same.”

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Angels

and Leonard Greene, the founder and President of Safe Flight Instrument Corporation, who all had firsthand experiences with cancer. Due to the combined efforts of Greene, Blum, and Weinberg, the Corporate Angel Network was born with its first flight taking place on December 22, 1981. On that flight the first ever patient of the organization was brought home for Christmas and then to treatments.

Today the network has grown to include flights provided by 500 of America’s top corporations including 56 in the top 100 of the Fortune 500. Some of the top companies working in coordination with the Corporate Angel Network include PepsiCo, Texaco, AT&T, and International Paper.

The cancer patients are not the only ones feeling the effects of the network.

“Every time there has been a patient on a flight I’m on, it’s been exciting and fun to talk to them,” said John T Dillon, Former Chairman and CEO of International Paper, according to a quote posted on The Corporate Network’s website. “Last year, I had a little boy on board who was a fantastic fellow. I’ve communicated with his family since then. It’s a great experience that I hope other companies will understand and follow up on.”

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Marist Alum Appointed NSN
New Jersey/New York President
by Desmond Murray, Editor, Diversity Works

Jason Murray ’83, a resident of Teaneck, N.J. with 23 years of sales experience, has recently been elected as the president of the New Jersey/New York metro chapter of National Sales Network (NSN).

Previously, Murray served as board member, working closely with corporate partners and he has been a member of the organization for more than 10 years. In 1997, Murray held the office of first vice president and membership director.

Currently, Murray is president & CEO of Murray Abundant Network, LLC and has worked with employers such as Merrill Lynch, Wyeth Pharmaceuticals, Citibank, Earl G. Graves Publishing Co., Inc., and Roche Laboratories.

As president of this sales organization, Murray has some goals for NSN which include organizational effectiveness, sponsor recruitment, utilizing media resources and membership recruitment.

According to Murray, NSN will assist its membership with enhancing each member’s professional career with leadership development and professional sales programs.

“Moving forward, professionals are faced with reinventing themselves, re-evaluating career plans and in certain instances, forced to take a step back in one’s career or a lateral move just to maintain employment,” said Murray.

Murray is a graduate of the HEOP Program at Marist College in Poughkeepsie, NY and received a bachelor’s degree in Business Administration.

NSN is a not-for-profit membership organization whose objective is to meet the professional and developmental needs of African-American sales and sales management professionals. The organization has 16 chapters in states nationwide www.nsnnjny.org, www.salesnetwork.org.

photo by Desmond Murray

Marist Administrator Receives Award at Lincoln – Douglas Luncheon
by Melissa Greco, Staff Writer/Intern

Deborah Reeves-Duncan has dedicated herself and contributed to the Marist College community for the past 22 years. However, when Reeves-Duncan received an award for her outstanding Poughkeepsie community involvement, it was apparent that her generosity extends to all aspects of her life.

In February 2010, the Poughkeepsie Neighborhood Club, Inc. honored eight influential and active members of the community before 200 attendees at the 92nd Annual Lincoln-Douglass Luncheon held at the Poughkeepsie Grand Hotel in the City of Poughkeepsie, NY. The Poughkeepsie Neighborhood Club, Inc. has been active in civic affairs since 1913, encouraging its members to join various civic organizations. Those who were honored have embodied the objectives of this organization, displaying dedication and commitment to enhance the lives of surrounding community members. Reeves-Duncan was one among the eight honorees.

“Deborah has always been a very active member in her community, of her church and at the college,” said Marist colleague, Cheryl DuBois, associate registrar in the Registrar’s Office. “She is just one of those people who became involved in community service because she believes active involvement makes a difference in the lives of those around her and enriches her own life. She was honored because of that.”

Born in Poughkeepsie, NY, Reeves-Duncan attended F.D.R. High School in Hyde Park, N.Y. and later received her psychology bachelor’s and master’s degrees at Marist College. Over the years she has participated in various organizations, from the Association for Equality and Excellence in Education, Inc. to the Coalition for Domestic Violence in Dutchess County.

“I never assume a challenge is too big to tackle,” said Reeves-Duncan. “I envision the challenge as having many parts that need to be broken down. I believe that education and determination are the keys to accomplishing different goals in one’s life.”

Currently, Reeves-Duncan works as a counselor through the Marist Office of Special Services.

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Olympic Gold

Though a simple act, the gesture made waves, and has inspired others to handle negativity in a similarly peaceful and constructive way, reinforcing the idea that our actions have power. In his lecture, Ron explained that the statement he made at the Olympics has permanently changed his life, for it has shown him (and hopefully others) that we must stand up for what we believe in; in his own wise words, “if your heart is in it and you believe you are right, don’t back down.”

Through the lecture, Freeman conveyed to attendees that we are the leaders of tomorrow and what we do, think, and say has an impact on the world in which we live; it is through the vision of one that the vision of the world is born. He encouraged everyone to “accept others despite their differences, despite their skin colors, and despite their languages,” for it is these differences, this multiculturalism, that connects the world.

This multicultural belief stemmed from Freeman’s understanding of the connective power of sports. Running is what allowed Freeman to meet some of his closest friends, men from Kenya and Germany, with whom he has built friendships that have lasted and remained strong over the years.

“It is through sports that we are given the opportunity to interact with people we may normally never have been able to, while learning basic communicative skills like fair play, team work, leadership, and how to win and lose”, said Freeman. “It is sports and activities of the like that teach us about others, while simultaneously working to teach us many important things about ourselves.”

It was through track and field that Freeman came to learn what his true passions are: inspiring others and giving back as much as possible to those in need. This is why Freeman, who holds a bachelor’s degree in Political Science from Arizona State University and a master’s degree in Counseling from Kean University, has worked to initiate IMA, a multi-functioning organization that focuses on assisting those living in inner cities. Through this organization, Freeman has worked to provide hot meals, tutoring, scholarships and housing to those in need. In addition to this work, Freeman’s concern for youth combatants, child slavery, and lacking educational systems in Africa, has inspired him to work to partner up with organizations like The United Nations, the U.S. Department of State, the U.S. Department of Education, the U.S. Department of Labor, UNESCO, USOC, UNICEF, and WHO to fight back against inequalities.

Freeman has done so much good in Africa that in 2007, he became the first American ever to be given the Olympic Gold Medal for his social work. The United Nations, the U.S. Department of State, the U.S. Department of Labor, UNESCO, USOC, UNICEF, and WHO to fight back against inequalities. Freeman has done so much good in Africa that in 2007, he became the first American ever to be given the Olympic Gold Medal for his social work.

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Tax Tips for Foreign Students

all alien residents. This short, two page form asks basic questions such as the filer’s name, address, type of U.S. visa, country of origin, and attending academic institution. Failure to complete and submit this form could lead to future problems when traveling or attempting to obtain additional or extended stay visas.

Another form discussed was the 104NR-EZ, required to be completed by all international students who’ve held jobs while working to complete their studies. These students can only work on campus or at an authorized internship in order to comply with government regulations. The 104NR-EZ form entitles international students to possible tax refunds from the national government. Taxes are taken from most working people’s checks, but only some earn enough to be required to turn that money over to the government. All other tax payers, including international student workers, are entitled to have that money refunded to them. The completion of this form is not required, but it can only benefit the filer. In addition to this form, all working international students are also required to fill out and submit a W2 form, as are all working U.S. residents. Another form, the IT-203, issued by New York State, is available to all nonresidents and part-year residents. However, this form may not be worth the time and effort needed to put into it for the small refund the state will offer.

Though a complicated process, Marist makes things a bit easier by running this session. The Multicultural Affairs Office requires that all international students attend to receive the necessary information.

Juliana Vilasboas, a junior, international business major from Brazil commented on how helpful she found the seminar. As a U.S. resident for less than two years, governmental procedures can be confusing. However, after attending this session, Juliana stated that she really felt that she “got all the information she could possibly need.”

All 2009 tax forms were due no later than April 15, 2010 and should have been mailed to the Department of the Treasury, Internal Revenue Service Center, Austin, TX 73301-0215. Filers do have the option of hiring a service to complete these forms for them for a minimal fee, and should visit www.istaxes.com for more information. The Center of Multicultural Affairs, under the guidance of Tomkins-Tinch, asks that any international students with problems or questions please contact the office for further assistance.

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Students Travel Overseas To Attend Marist And Play Tennis
by Jennifer S. Meyers

Marist College has served students well in the academic field in many ways. It is an excellent school for business, communication and the college provides many clubs to help get students more involved with their college life and to help them meet people from around the world — As far around the world as say Switzerland and the Netherlands.

Junior Nicolas Pisecky and freshman Joris van Eck have traveled half way around the world to come to Marist College to exceed both in their academic life as well as to play the sport of their passion: Tennis.

Pisecky has traveled from Lausanne, Switzerland to come to Marist to major in international business with a minor in global studies. He speaks multiple languages including French (his first language), Swiss German, German, and English. His friend from home, Loic Sessagesimi, a senior, has recommended Pisecky to the head coach of tennis, Tim Smith, to consider a college career here at Marist in both academics and sports.

“I was pretty excited,” said Pisecky. “I was kind of lost at first since I didn’t speak English and Loic was my only connection.” In Europe, the college’s do not have programs where they allow students to play a sport and go to school simultaneously which made Marist more of a reason for Pisecky to come to the U.S. “I had a good scholarship here and I liked the place, so I didn’t even try to look for any other schools,” said Pisecky.

Upon entering Marist, Pisecky was given a tennis scholarship. Since beginning his tennis career at Marist, he has won awards such as “Player of the Week” and the tennis team has won the MAAC Championship in 2008 and 2009.

“I knew his ranking and it was similar to Loic’s,” said Coach Smith. “And Loic has been a tremendous addition to our team. So I knew Nic would fit right in academically and to the tennis team.”

Not only does Marist have a couple of talented tennis players from Switzerland, the college has also recruited an individual from the Netherlands. Joris van Eck from Maastricht, Netherlands transferred to Marist in spring 2010 majoring in international business. He speaks multiple languages, just as Pisecky, including Dutch, Spanish, German, French and English. “New York is totally not what I expected,” said van Eck. “They [the tennis staff] help you more here, they really care about you. In the Netherlands, it’s more about being independent.”

Eck heard about Marist while playing in a tennis tournament in Belgium from one of his competitors Dennis Mertens who happened to work for a company named Overborder.com, sports and studies in the USA, which specializes in students studying abroad. “The location [of Marist] is good and I want a job in business,” said van Eck. “And after a few days I felt comfortable, it was not hard for me to adapt.”

The tennis team has been a great resource for both Pisecky and Eck to meet people. “It was nice to have international teammates,” said Pisecky. “Even though they’re not from the same country, they’re more similar than American people. It’s nice to have both European and American friends.”

This year, the tennis team has international players from Switzerland, Germany, Netherlands, and Australia. In the past they have had athletes from Paraguay, Mexico, Norway and Austria. From the U.S., they have had players from New York to California with Iowa, Missouri, Texas and Arizona.

“When I think of diversity, I think geographic as well as cultural,” said Coach Smith. “In the past 11 years at Marist, I had players from 20 states and 17 countries. Now that’s diversity.”

Coach Smith grew up in a middle sized town outside of Buffalo, N.Y. “Having the good fortune of my dad being an athletic director and my mom special Ed., we had kids on our teams from numerous ethnic and cultural backgrounds tossed in with the special needs children my mom taught,” said Coach Smith.

He has also spent part of his life in the Navy. Coach Smith’s ship was stationed in Japan for a world’s fair and while in Japan, he visited the Hiroshima Museum. “It was in the navy that I was exposed to many cultures and had my first hand experience with feeling like a minority,” said Coach Smith. “There was probably 75 to 100 people in the museum when I first went in and I was the only Caucasian. No one spoke English and everything was in Japanese; I felt very alone.”

But this experience, he said, has made him more aware of diversity. “I think that this has made me

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Olympic Gold

the Jappo Humanitarian Award. The Jappo Humanitarian Awards were created in 2005 to recognize individuals and institutions that have decided to make the development of sport in Africa a priority in their daily actions. The awards are spread over five categories: best policy for the development of sports infrastructure, fair play, promotion of sport in Africa, sports humanitarian actions and promotion of sports for people with a disability.

The Freeman presentation, which coincided with the 2010 Winter Olympics games, was put together by the Marist College Center for Multicultural Affairs (CMA) under the guidance of assistant director Nadine Lewis, and with over 80 people in attendance, was certainly a success.

Senior Marist student Michelle Conston agreed, exclaiming that she was really impressed by the.

40 Under 40 Award Honors Marist Administrator and Alums
by Jennifer S. Meyers

The Greater Southern Dutchess Chamber of Commerce is held its fifth annual Forty Under Forty awards ceremony, which is designed to “honor the young people shaping the Hudson Valley region.” More than one thousands guest attended this affair which was held at the Mid-Hudson Civic Center in Poughkeepsie, NY.

Patricia Harris - Jackson, associate director of admissions for Graduate & Adult Enrollment at Marist, was one of the recipients for this award and four Marist alumni also received the award.

They are Elizabeth Clarke Cookinham ’99/’03M, Julie Gerrard ’97, Stacey A. Hawkins ’92 and Christine Henning ’93.

At Marist, Jackson’s job entails recruiting students for the graduate program by building academic partnerships with minority organizations, underrepresented populations and law enforcement agencies. Jackson has been at Marist for three years and since then, she said that enrollment has been up.

“It’s higher than it’s ever been in the past five years,” Jackson said.

Cookinham received a bachelor’s degree in business administration and marketing and a minor in public relations from Marist, and a master’s degree in counseling graduating in 2006. She also attended the Argosy School of Psychology at the University in Georgia receiving a bachelor’s degree in sociology and psychology graduating Magna Cum Laude in 2003. She also attended the Argosy School of Psychology at the University of Arkansas where she received her master’s degree in counseling graduating in 2006.

Jackson also serves the Hudson Valley region by doing community services by being involved in several organizations. These include acting as the vice president of the local graduate chapter in the Iota Alpha Omega Chapter of Alpha Kappa Alpha Sorority, women of domestic violence, and working at clothing and food drives, the soup kitchen, and attending meetings for the Haiti relief efforts; she does community service every weekend which resulted in her receiving this award.

“To me, community service equals my life,” Jackson said. “Just a simple thank you will suffice for me; I don’t do it for the awards.”

Cookinham, a 1999 Marist graduate, received this award for the work that she has done at New Horizons Resources in Pleasant Valley, N.Y. She acts as the company’s foundation director which entails for her to act as a general media liaison for the agency and the foundation to raise public awareness with people living with disabilities.

“I do all of our fundraising, planning, marketing and public relations,” Cookinham said. “It’s challenging given the economy but we do the best we can do.”

Cookinham received a bachelor’s degree in business administration and marketing and a minor in public relations from Marist, and a master’s degree in business administration, also from Marist, in 2003.

In the community, she serves on the board of directors of Dutchess Outreach, Marist College Mid-Hudson Alumni Chapter, the Hudson Valley Artisans Guild, and the Ryan McElroy children’s Cancer Foundation. Upon receiving the award, she said: “I knew that I had been nominated but excited when I heard that I was selected.”

Hawkins, a 1992 Marist graduate, serves the community by providing healthy food options by giving quick and easy home ingredients through her
website www.timesavorgourmet.com. She started off using her business degree from Marist by starting a small business consultancy firm where she helped small businesses figure out how to strategize their business and get them going.

In 2002, after having her second child, she sold her business and started www.timesavorgourmet.com which she is now receiving the award for. “I really enjoy what I do,” Hawkins said. “It was a tremendous honor to be recognized by my peers and the community for the work that I have done.”

Hawkins also attended the Culinary Institute of America in Hyde Park and became a certified professional chef, receiving her certificate in June of 2009. She also possesses her own television show called “Real Meals with Stacey Hawkins, the Time Savor Gourmet”, and wrote two cookbooks: “100 Real Meals” and “The Lean, Green & Low Carb-hydrate Cookbook.”

In the community, Hawkins works for the Junior League of Orange County, Newburgh Historical Society and St. Luke’s Cornwall Hospital Ladies Auxiliary.

Hawkins hopes to take her business to a national level by hosting a cooking class while promoting her business. “I want to spread the time savor gourmet philosophy, idea and technique to a national level helping thousands of people make healthy food quickly and easily,” Hawkins said.

Gerrard serves the community by working in the business development and managing program at Integrated Enterprise Solution, Inc. in Poughkeepsie, NY. She maintains partnerships with organizations the company works with and creates marketing plans for new businesses.

“I was honored to be a recipient of the award,” Gerrard said. “I didn’t expect to get it from a standpoint from more people that are more worthy of it, that it wasn’t something I would receive this year.”

Gerrard is the vice president for the Board of Directors for the Council on Addiction Prevention and Education of Dutchess County. She is also an active member of the Dutchess County Economic Development Corporation Business Excellence Awards Working Committee, Vassar Warner Home Personnel Committee and the Golf Committee at Abilities.

Jackson and the four Marist alumni attended the fifth annual Forty Under Forty awards ceremony in March 2010 and will continue to do community service in the future. Marist staff and members of the Alpha Kappa Alpha Sorority were also at the event.

“Marist provided me an excellent foundation upon which to build my success,” Hawkins said.

LaMela Selected As 2010 Intern of the Year

Amanda LaMela, a senior Fashion Merchandising major with a minor in Public Relations and Business Administration is this year’s recipient of the 2010 Marist College Intern of the Year Award. LaMela, a resident of Marlboro, NY received her award in April 2010 at the Field Experience Recognition Luncheon at the Marist College main campus.

In addition, seven Marist students were recognized and given plaques representing the various schools at this institution.

They are Allison Duffy, Communications with a concentration in Journalism and Sports Communication; Nicolas Pasquariello, Information Systems; Deanna Gillen, Political Science; Jennifer Argen, Business Administration with emphasis in Finance; Jacob Cawley, Biology; Jennifer Lemke, Criminal Justice; and Jennifer Dopp, Psychology/Special Education.

Desmond Murray, assistant director of Field
Continued on page 15
more aware to ensure that in my coaching, I utilize the opportunity to bring students from different racial, cultural and ethnic backgrounds,” said Coach Smith.

One of Coach Smith’s favorite tennis players and a person he has had a chance to do workshops with was Arthur Ashe, a professional African American tennis player. “What a role model for the importance of having encouragement and putting diversity into your own life, your family and people you teach or coach,” said Coach Smith.

But coming from Europe to America, most people would agree, is not an easy thing to do. “I think it’s easier if you play a sport and you play on a team than coming here not knowing anyone,” said Pisecky. Eck also felt that the tennis team played a great role in finding friends as well. “They were my first friends,” said van Eck. “I really enjoy spending time with them, on court and off court. They all came here for the first time [the international players] and they know how exactly to deal with it and it made me feel comfortable.”

When coming to a new country, all international students must learn to adapt to the new environment and accept the cultural differences. “My way of living has changed a little,” said van Eck. “I think you have to do that to be comfortable here. I won’t forget my own culture, but on some level, I have to adapt.”

Another difficulty for both athletes was the language barrier and for Pisecky, he found people unaware of the whereabouts of Switzerland on the map. “People in America don’t know the difference between Sweden and Switzerland,” said Pisecky. “So they always think I speak Swedish. People are curious—they want to know how it is back home and what language I speak, I get that a lot.”

The language barrier was also a concern for Coach Smith in determining the proficiency of English of the students. “I guess if a student can speak three languages, they can navigate through Marist academic courses,” said Coach Smith. “My international students collectively have on average over a 3.5 GPA and all have graduated. That’s no brag, just fact.”

When asking both athletes, if given the opportunity to do it all over, if they would choose Marist again, they both said yes. “Definitely,” said Pisecky. “I like it here.”

Coach Smith has also played an important role in these students life and has created a bond with them through the sport of tennis. “I’ll tell you when I’ve formed a good bond with my players,” said Coach Smith, “when they invite me to their wedding.”

“Everyone becomes family here,” said Ruhland. “That’s how we operate. We have many long standing employees, some of whom who have been here since they were teenagers. We all work together in harmony and respect.”

Diversity can be defined in many ways. Ruhland believes that diversity should never be an issue in the workplace because when it comes to finding a job, everyone should be treated equally.

“It’s critically important to foster an environment of inclusiveness where everyone feels valued and moral because of that. . .will be high,” said Porter. “It’s great to see a company like the Red Cap Cleaners voluntarily make diversity a part of their work environment.”

Finding equality in the workplace is one of the issues with allowing diversity in the workplace because of all the different backgrounds. But for Ruhland, that will never be an issue for her business.

“For me, diversity can be not to notice. When we get to the point when we don’t notice, and recognize each other as equals, that’s how we work together with ease.” Ruhland said.

“Tennis

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She has assisted students with disabilities, established the “Healthy Relationships and Domestic Violence Awareness” workshop, and developed a myriad of programs, such as Social Communication Support Group and mentoring program. Additionally, she is an adjunct professor at both SUNY New Paltz and Marist College. Reeves-Duncan serves on the Marist College Affirmative Action Advisory Committee and the Marist Professional Women’s Mentor Program.

“I think everyday Deborah shows her special qualities,” said Linda Pisacano, associate registrar at Marist. “Her beautiful smile and big heart draws people to her. She is a very understanding and warm person.”

Reeves-Duncan has received countless awards, from “Who’s Who Among American Universities and Colleges for Undergraduate and Graduate Students” to Outstanding Young Women in America. In 2008, she was acknowledged for 20 years of service to Marist College as a dedicated employee. “It is not any big act that showcases the qualities that led to Deborah being honored,” said Dubois. “Instead, it is all the little everyday things she does. It’s the way she treats students. It shows in the lasting friendships she has developed over a lifetime. It shows in the love she has for her mother, children and family. It shows in the dedication she has to her faith. She is just an incredible woman.”

Andrew Overton, a senior political science and communications major and Allison Duffy, a senior communications major with a double concentration in journalism and sports communication were recently recognized at the annual Dean’s Circle dinner that was held at The Artist’s Palate in the City of Poughkeepsie. The dinner is sponsored each year by Pat Taylor, graduate school and fellowship advisor in the Center for Career Services. The academic deans and the academic vice-president are generally in attendance at this event.

Duffy has already lined up a full-time job and will begin working at Major League Baseball in June 2010. Overton plans to attend graduate school at American University in the fall 2010.

Fred Opie, associate professor of history and director of African Diaspora Program, will be leaving Marist College at the end of the spring 2010.

Opie and his wife Tina, who had previously taught at Marist, will become faculty members at Babson College in Massachusetts.

Opie received a bachelor’s degree in education from Syracuse University and a Ph.D. in history from the Maxwell School of Citizenship and Public Affairs at Syracuse University.
Diversity Facts About Marist College

by Desmond Murray, Editor

The Center for Multicultural Affairs was created in September 2008. “The mission of the center is to empower students at Marist College by providing academic services that lead students to successfully complete a college degree and become active contributing members of the global society of the future, and engaging the Marist College community at large to ensure the academic, professional and social success of all students by creating a climate of justice, promoting access and equity, and maintaining an educational environment that cultivates the rich contributions of all cultures.”

The Marist College Professional Women’s Mentor Program was founded in November 2008. The program seeks to develop a system of mentorship opportunities in which more experienced professionals provide guidance, wisdom, and inspiration to female administrators for the purpose of ongoing professional development.

The Marist College Diversity Website was created in February 2008. The purpose of this website is to summarize diversity efforts going on at Marist and to provide a portal that links to information about diversity-related activities and resources both on and off campus.

There are at least 27 languages spoken at Marist College. They are Farsi, German, Polish, Dutch, French, Spanish, Chinese, Gaelic, Arabic, Turkish, Italian, Hebrew, Yiddish, Latin, Russian, Portuguese, Swedish, Samoan, Hungarian, Japanese, Hindi, Punjabi, Mandarin Chinese, Urdu, Telugu, Cantonese and Malay.

The Liberty Partnerships Program (LPP) is funded by the New York State Education Department and has been sponsored by Marist College since 1990. The goal of LPP is to provide services to students that motivate them to graduate from high school and enter post-secondary education or the workforce as highly competent and compassionate adults.

For 41 years, the Higher Education Opportunity Program (HEOP) has helped to increase the numbers of under-represented students that attend Marist. In fall 1969, Marist became one of the original 24 institutions to sponsor H.E.O.P and began with 18 freshman students. More than half of these students came from New York City and the remainder were Dutchess County residents. Approximately 50% of those original students graduated.

An American With Disabilities Act (ADA) coordinator position was created in 1997 to ensure compliance with federal regulations and to educate Marist on issues of accessibility.

Marist College created the Affirmative Action Advisory Committee in 1997.

The Marist Upward Bound Program was founded in 1966. It is a federally funded college preparatory program designed to generate in participants the skills and motivation necessary to persist in completing their secondary education and enter and complete a program of postsecondary education.

Marist College has eight student clubs that represent racial and gender groups which are funded by the Office of College Activities. They are: A.R.C.O. (Appreciating Races Creating Opportunities); Asian Alliance; Black Student Union (BSU); Gaelic Society; Gender Equality; International Students; Italian American Society; and LGSA (Lesbian Gay Straight Alliance).

The Dr. Martin Luther King Scholarship was created in 1967 to attract minority students to Marist.
mores were assigned to utilize non-traditional garment components, ultimately requiring these designers to seek out inspiration from the unknown, engaging the farthest stretch of the imagination. Meanwhile, uniform-inspired pieces will make their way down the runway, created by junior designers. Senior merchandising and design majors will feature their collaborative efforts as their collections are modeled down the runway.

“All of these sections relate back to the concept that fashion is a far-reaching and limitless phenomenon that touches people of all types all over the world,” said Cadden. “Themes for each class are chosen [and] are specific, while still giving the students a chance to really take them in their own personal direction. This makes for a very diverse offering as well as some very interesting garments.”

As for the level of professionalism and grandeur by which the department orchestrates the show, the Silver Needle Fashion Show is the largest non-sports event that Marist annually coordinates. With more than 2,000 guests in attendance of the two shows, over 100 designers and 250 garments are highlighted, supported and facilitated by approximately 300 production team members.

“The Silver Needle Fashion Show gives Marist students a tremendous platform to show the sweat and tears they have put into their collections,” said senior Connor Heaney, Cadden’s assistant. “It’s a celebration of their work and their accomplishments.”

The show is also an opportunity for Marist College to display its growth and development on an interdisciplinary level. “It serves as a way to involve various departments within the college,” said Cadden. “For example, we use only student models and dressers, we utilize the school’s media department for our soundtrack, and there have been multiple collaborations with the art department.”

The matinee draws in the Marist and Poughkeepsie community, as well as local high schools and prospective students. Conversely, the evening show has mostly been a sellout crowd in years past, attracting respected and influential individuals of the fashion industry and Marist College, proud parents, alumni and students. It is at this show that scholarships and awards are announced, cocktail receptions are held, and seniors walk the runway.

“The show has received increasing amounts of praise and publicity,” said Cadden. “Each year people who have seen the show return and cannot say enough good things about the level of professionalism in its execution.”

Experience, presented the awards to the intern recipients in front of an audience of more than 138 employers, Marist faculty and staff, and students.

One college-wide award is given to a student who has received the highest rating score of all of the various schools from a panel of judges. The other awards are given to recipients in the schools at Marist.

LaMela has been a dean’s list student for all of her semesters at Marist and has participated in a Marist abroad experience at the Lorenzo De’ Medici program in Florence, Italy.

LaMela has participated in three internships including DFS Group in San Francisco and W Magazine and Gucci America in New York. In addition, LaMela was a promotion freelancer for Women’s Wear Daily and is currently an advertising freelancer for W Magazine in New York City.

LaMela was the recipient of the Mary Abdoo Memorial Fashion Scholarship Award; Marist College Hudson Valley Academic Award; and the Silver Needle Fashion Scholarship for Outstanding Junior Merchandising Student.

The annual award, given by Marist’s Center for Career Services since 1993, recognizes a graduating senior for outstanding achievement in experiential education, which includes internships, co-ops and student teaching assignments.

The keynote speaker at the luncheon was J.R. Morrissey ’88, designer, Morrissey, and Marist alum, based in New York City. At the luncheon, Stephen Cole, Executive Director of the Center for Career Services presented the 2010 Marist College Intern Employer of the Year Award to the New York State Department of Environmental Conservation.

Past recipients of the employer award have been MTV Networks, Target, Morgan Stanley, Maggy London International, Dutchess County Sheriff’s Department, Center for Enhanced Performance at U.S. Military Academy, St. Francis Hospital, IBM, Enterprise Rent-A-Car, American Cancer Society, Central Hudson Gas and Electric, Northwestern Mutual Life, Paine Webber and Madison Square Garden.