



Bryant College's student newspaper since 1946

The Archway

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Need a good night's sleep? Look to see what you can do to be well-rested for finals.

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Weekend Weather

Friday
Flurries
Hi: 29; Lo: 22



Saturday
Partly Cloudy
Hi: 39; Lo: 24



Sunday
Mostly Cloudy
Hi: 37; Lo: 20



Weather from weather.com

Helping Hands Brings Happiness to Those in Need

By Elaine Chrzan
Archway Staff Writer

For the past three years here at Bryant, you may have noticed paper hands being sold around the holiday season.

For those who are unaware, each hand is a \$1 donation, which is raised to benefit children in the local area who are not as fortunate during the holiday season.

The money raised from the hands is used to purchase gifts for these children, to make their holiday a little brighter. This year will mark Bryant's 3rd Annual Helping Hands event. It will be held this Saturday, December 7.

Various clubs and organizations on campus volun-

"The sense of providing the children with such things as coats, sweaters and socks... things we take for granted, really makes a person think about how lucky they are."

- Allison DeMuis

implemented the program.

All three Helping Hands organizations are active at this time. In reference to starting up the Helping Hands program at a college level,

group is formed in September and holds meetings each week to plan this day. Hands can be purchased by any of the committee members and there is a table set up in the rotunda.

Allison DeMuis is the chair of the committee this year. She has been working very hard and finds it very rewarding to work with underprivileged children during the holiday season.



Maggie Grace

The Helping Hands bulletin board located outside of Salmanson Dining Hall currently displays the hands that people have purchased for their annual holiday fundraiser. This year, Helping Hands met and surpassed their \$3,000 goal.

Parkinson commented that is an entirely different ball game, and the program needs to be specifically adapted to the college atmosphere and life style, thus resulting in a slightly different product than the high school version.

In its first year at Bryant, \$4200 was raised and 40 children were invited. Last year, the program raised \$3800 and provided for 80 children.

This year, about 70 children are expected to attend, and as of Wednesday, December 4th, Helping Hands had reached their goal of raising \$3000.

The Helping Hands committee is open to all. The

Anyone looking to get involved can do so through various organizations on campus. Also, since there are so many children, volunteers are always welcome to come and spend some time with the kids.

By buying just one hand and supporting this cause, makes a tremendous difference in the lives of these children.

Parkinson states "Helping Hands is very special to me. I love working with the kids. It brings me such self-satisfaction. It is hard for me to see children in poverty because they are born into it. They did not have a choice. That is why I like working with the kids."

"The sense of providing the children with such things as coats, sweaters and socks, are some things that many of us take for granted. It really makes a person think about how lucky they really are during the winter season."

Parkinson has worked hard with his dedicated committee this year to provide a holiday event filled with fun activities and good cheer. "I think the Helping Hands committee is a special group of students."

They are kind and giving and I love working with each and everyone one of them. They have done a great job this year as always."

Multicultural Student Union: A Redefined Organization

By Keith Hanks
Archway Staff Writer

The Multicultural Student Union has redefined itself this year. They have expanded and acquired the Spanish Club and Pacific Realm as part of the organization.

The new organization maintains the name MSU, but with the additional organizations, MSU can now focus on becoming even more multicultural.

The shift from three organizations to one came when Pacific Realm and Spanish Club each asked for the help of MSU. Before the acquisition, each club had only a few hundred dollars allocated in their budget, compared to MSU's \$19,295 budget for the year. "We still don't have enough money," says Wayne Hayes, president of MSU, "we really need about \$30,000 this year."

The new MSU now has

an eboard. In addition to Hayes three Vice Presidents (VP Pacific Realm, VP Latino View, VP African American Enterprise). Each exist to oversee the three unique areas of the organization.

MSU is probably best known for their work with organizing Extravaganza Night, which will be held Friday February 28, 2003 at 7:00 pm. "This event has been the best at Bryant because of the people," according to Wayne Hayes, "sports teams, regular students and administrators are all welcome and encouraged to be a part of the show."

Extravaganza Night is a major event for this organization, however many may not realize the events that occur on a weekly basis which MSU is a part of. For example, Thursday December 5, 2002 the Intercultural Center held "Men's & Women's Nite Out," which MSU actively participated in.

MSU also annually participates in Helping Hands.

These events are all in addition to meetings that are held weekly on Monday's at 3:00 in Nick's Place. Meetings are typically informal and act often as an open forum for a preselected topic in addition to the clubs normal business. "Interracial Dating" will be the topic for the meeting on December 9th.

Conflict has arisen within MSU this year due to the incorporation of the three organizations. Hayes stated the biggest obstacle this year has been, "Integration, not just between the three organizations, but on campus in general."

Currently with the incorporation of the Pacific Realm and Spanish Club, MSU has had to redraft its constitution with the Student Senate.

The new constitution should to be completed sometime next semester pending

SPAC and Student Senate approval.

The 41 members of MSU are continuing to work at becoming a more visible part of the Bryant community.

The group is looking to add more events to their calendar. Funding is a significant problem for the group and has been limiting the number of events they sponsor and participate in.

Fundraisers are being planned to compensate for the lack of funding the group needs. MSU has an office located in the Intercultural Center, on the bottom floor of Hall 6.

For more information about becoming a member of MSU, contact Wayne Hayes at wrh1@bryant.edu

National News

Delay or Deception Risks War, Bush Warns Iraq

By Diego Ibarra
Knight Ridder Newspapers

President Bush pointed Monday to a looming Sunday deadline for Iraq to detail its illicit weapons programs and warned that stalling tactics to delay United Nations inspections would signal that Saddam Hussein has decided to risk war.

"Any act of delay, deception or defiance will prove that Saddam Hussein has not adopted the path of compliance and has rejected the path of peace," Bush said at a Pentagon ceremony where he signed legislation authorizing \$393 billion in military spending for fiscal 2003.

"America will confront gathering dangers early, before our options become limited and desperate."

Meanwhile, U.N. weapons inspectors paid a six-hour visit Monday to the heavily guarded Karama missile development plant in Baghdad. A subsequent U.N.

report said that some equipment that had been tagged by previous inspection teams was missing from the site.

According to the report, Iraqi officials said some

"America will confront gathering dangers early, before our options become limited and desperate"

- President Bush

of the missing items had been transported to other sites and that some of it had been destroyed by U.S. air attacks.

Also Monday, Iraqi air defenses fired on U.S. and British warplanes for a second consecutive day as they patrolled the "no-fly" zone over northern Iraq, U.S. officials said.

The planes retaliated. U.S. and British forces created "no-fly zones" following the 1991 Persian Gulf War to protect Kurds in the north and Shiite Muslims in the south from Iraqi aggression.

The United States maintains that Iraqi attacks on allied jets are a violation of the U.N. Security Council resolution passed last month.

That measure, passed unanimously by the 15-nation council, gave inspectors a mandate to search for weapons anywhere in Iraq at any time without any interference.

The resolution presented Iraq with a "final opportunity" to comply with disarmament before it faces "serious consequences."

Bush used his comments on Iraq, his first since inspections resumed last week, to lay out criteria for deciding how to deal with future Iraqi defiance.

"In the inspections process, the United States will

be making one judgment: Has Saddam Hussein changed his behavior of the last 11 years? Has he decided to cooperate willingly and comply completely, or has he not?" Bush said.

"So far the signs are not encouraging," he said, referring to Iraqi anti-aircraft attacks on allied planes and to Iraqi "letters filled with protests and falsehoods."

Bush said Iraq's weapons declaration, which is due on Sunday, "must be credible and complete or the Iraqi dictator will have demonstrated to the world once again that he has chosen not to change his behavior."

In a separate speech to Air National Guard leaders in Denver, Vice President Dick Cheney contended that confronting Iraq is essential to winning the war on terror.

"There is also a grave danger that al-Qaida or other terrorists will join with outlaw regimes that have these weapons to attack their common enemy, the United States of America."

That is why confronting the threat posed by Iraq is not a distraction from the war on terror. It is absolutely crucial

to winning the war on terror. Saddam Hussein is harboring terrorists and the instruments of terror," Cheney said, although he cited no hard evidence to back up those allegations, according to a transcript of his remarks provided by the White House.

Deputy Secretary of Defense Paul Wolfowitz, in London to meet with members of Iraqi opposition groups, said the only hope of "achieving the peaceful outcome is if we can confront the Iraqi regime with a credible threat of force behind our diplomacy."

If Iraq does not cooperate with weapons inspections and "inspectors are forced to go back to the old cat-and-mouse game the world saw so often before, then the effort to resolve this problem peacefully will have failed," Wolfowitz said in a speech to the International Institute for Strategic Studies.

White House spokesman Ari Fleischer said "The president is skeptical that Saddam Hussein will comply and it's too soon to say. One week is not adequate time," Fleischer said.

Hurdles for Foreign Students Take Toll on Colleges' Scientific Work

By Linda K. Wertheimer
The Dallas Morning News

America's move to shut the spigot on student visas after Sept. 11 has created a brain drain for universities that rely on top foreign students to help with scientific research.

Professors, graduate school deans and officials from national science societies say hundreds of foreign students recruited to work on projects in such areas as physics, math and petroleum engineering were kept out this fall because they couldn't get visas.

Some gave up and went to other countries instead. "Basically, some research projects are dying," said George McMechan, a scientist at the University of Texas at Dallas who is missing eight Chinese researchers this fall—a third of doctoral students he admitted. "There aren't enough people to work on them."

There is no national count of how many students are missing from graduate schools, but recent surveys of universities indicate few are exempt. University and science academy officials, who acknowledge the need for tightened national security, are pleading with the State Department to come up with a speedier way to screen visa applicants.

"There has to be a balance between openness in the global scientific enterprise and protecting ourselves," said Jordan Konisky, Rice University's vice provost for research and graduate studies. Konisky, a microbiologist, said he understands the government's concerns about stopping students from taking sensitive research information back to certain countries.

"We have to worry about this technology that's just flowing back and forth across international borders. This threat, no one likes it," he said. "But we have to have some kind of reasonable response."

A State Department spokesman said the denial rate for visas has gone up for all categories, not just for students. During the 12 months ending Sept. 30, 27 percent of applicants were denied, up from 23

percent in the previous year, said Stuart Patt, spokesman for the U.S. Bureau of Consular Affairs.

"We've heard about the concerns from the scientific community, and we are looking at how we can accomplish our national security responsibilities, and at the same time, improve the visa process so there won't be undue delays," Patt said.

The affected students, mostly from China, Russia and the Middle East, were denied admittance to the United States or were stuck in the approval process when the fall semester began. Many remain in limbo.

Since the Sept. 11 attacks, all applicants from seven countries identified as state sponsors of terrorism have had to go through extra screening. The visa process that once took two or three weeks now takes three to five months.

Losing even a few international students can damage a program, said Fred Olness, chairman of the physics department at Southern Methodist University. SMU physicists are doing research in high-energy physics, including development of high-speed computer modems for the future.

"We have to have some kind of security. Nobody is suggesting to throw open the borders to anybody who wants to come."

The government also needs to give consular offices better instructions on who can be admitted and what areas of science are of particular concern, said Victor Johnson, an associate executive director at the Association of International Educators in Washington, D.C.

"Because the government has not yet defined the criteria to describe what they're worried about, they're tending to cast a very wide net."

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Ryder Guilty, Sentencing Dec. 6

Knight Ridder Newspapers

Not happy with the "guilty" verdict, Winona Ryder may seek a new trial, even if she doesn't end up serving any jail time. The actress was found guilty of two felony counts of vandalism and grand theft Wednesday, relating to a shoplifting arrest at Saks Fifth Avenue on Dec. 12, 2001.

Ryder's lawyer, Mark Geragos, told NBC News that he plans to petition for a new trial. Possibly helping Geragos' petition, is a study conducted by the TV program "Celebrity Justice" that showed that no other defendant in Beverly Hills has been charged with grand theft and burglary.

The information contributes to the feeling of many observers that District Attorney Steve Cooley is making an example out of the 31-year-old actress.

One of Cooley's claims during his election campaign was that his predecessor was too soft of celebrity criminals.

"The media has decided on its own without any evidence that extraordinary resources were given to this case," Rundle said in response.

Sources close to the case said plea negotiations broke down over Cooley's insistence that Ryder plead guilty to a felony, and the "Girl, Interrupted" star's refusal to do so.

The jurors reached the decision after about five and a half hours of deliberations, which took place over two days.

The charges against Ryder carried a maximum sentence of up to three years, however, it is unlikely the actress will serve any jail time.

A sentencing hearing is scheduled for Dec. 6.

Military Recruiters Get a Hand From New Law

By Ron Hutcheson
Knight Ridder Newspapers

Military recruiters looking for a few good high school students will have an easier time finding them, thanks to a new federal law that requires schools to turn over students' names, addresses and phone numbers.

Congress ordered the school-to-military cooperation as part of the No Child Left Behind Act, the education overhaul that President Bush championed last year. The law, which went into effect in July, also forces high school administrators to let military recruiters onto their campuses.

The terms apply to any school, public or private, that gets federal money under the Elementary and Secondary Education Act. The only schools exempted are private ones with religious objections to military service, such as those run by Quakers.

The requirements are welcome news at the Pentagon, but some school administrators aren't at all happy about them. Schools that refuse to obey risk losing federal education money.

Parents can block the release of their children's names, home addresses and phone numbers by instructing school officials to withhold them.

Critics say the law is an invasion of students' privacy and an affront to the principle of local control over schools. They also question the need for the changes, since all of the armed services met their recruitment

goals last year.

School administrators were put on notice about the recruiting terms in October, thanks to a joint letter from Defense Secretary Donald Rumsfeld and Education Secretary Rod Paige, who urged schools to "work closely with military recruiters." They reminded educators that the disclosure requirement applies to juniors as well as graduating seniors.

Before the law went into effect, as many as 2,000 high schools barred military recruiters, out of about 21,700 high schools nationwide, according to Defense Department estimates. Most schools are extremely reluctant to share personal information about their students, especially since other federal laws severely limit the release of students' data.

"We've been very zealous about student privacy, and with good reason—the parents want that," said Bruce Hunter, director of public policy at the American Association of School Administrators.

The Defense Department predicts that easier access to high school students will significantly reduce recruitment costs, which have nearly doubled over the past decade, to \$11,600 from \$6,500 per new enlistee.

Many schools already were cooperating with military recruiters.

"We've been handing over that information anyway, for at least eight years probably longer than that," said Paul Jackson, a spokesman for

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Foundations For Learning

By Eb Mills-Robertson
Archway News Editor

What is FFL? The idea to develop a freshmen support program has been under construction for the past six years and just manifested itself this fall semester on the Bryant campus as Foundations for Learning.

It has gone through several forms over the past few years and is different from the Freshman Success Program of previous years.

Students are taught study strategies like taking notes and study skills. The concept is to make students incorporate these into their learning behaviors.

Why the FFL program? According to Dr. Laurie Hazard, Director of Academic Center for Excellence (ACE) as well as the co-author of the textbook 'Foundations for Learning,' used for the course, there is a disconnect between high school studying and college studying.

As such, there is the need to bridge the gap in order

for freshmen to succeed academically at the college level. Thus, first-year students are expected to become self-directed, independent learners.

“There is a disconnect between high school studying and college studying”

- Dr. Laurie Hazard

Currently, the system is a pass/fail course but is being considered by the curriculum committee as a compulsory credit course in the immediate future. The program consists of 27 professors who go through weekly training in order to teach the course.

According to Hazard, the success of the program is going to be measured by the comparison of grades of different classes. The GPA of students

who had taken FFL would be compared to classes of students who had never taken the course.

This would simply give faculty a sense of a general improvement, which could be attributed to FFL.

Many ACE tutors believe that this would be an enormous help to their work. Tutors can now concentrate on tutoring instead of teaching study skills. However, first year students are not terribly pleased with the idea of FFL. This is because some believe it takes more than a semester to change learning behavior.

Others felt that FFL was just a repetition of studying techniques that they already had acquired. At the moment, it is totally based on academics.

However, the program has the potential to develop and incorporate offices on campus like counseling services. This is because there are a lot more than just study skills, which affect academics and a student's success in the college environment.

Study Timeline from ACE

Before You Begin Studying

Get information from professor on the exam content
Get date, time, and location
Start looking for potential study partners
Five to Seven Days Prior to the Exam
Reread all of your notes
Create master lists
Two to Five Days Prior to the Exam
Use master lists
See professor with specific

questions

Read other sources
Confirm date, time, and location
The Night before the Exam
Talk your way through possible essay questions
Make a cram sheet
Get your materials together
Relax
Set your alarm
Get a good night's sleep
The Day of the Exam
Talk about key terms and gen-

eral themes while you get ready
Eat a meal heavy with carbohydrates
If exam is in the afternoon continue to review
Make sure pens and watches work
Get to the exam early

Good Luck!!

Relay for Life Sponsored by The American Cancer Society

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, diminishing suffering from cancer, through research, education, advocacy, and service.

The Relay for Life is an overnight event, comprised of teams of 8-15 people. Teams will spend 18 hours walking around the track to raise money to fight cancer. The relay celebrates survivors, funds research & education, and inspires others to become involved.

How do I get involved?

- * Volunteer for a committee to help make this event a success.
- * Become a team captain and form a team
- * Become part of a team

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For More Information from the ACS, contact Richard Bento: Richard.bento@cancer.org

Relay For Life will be held Saturday April 12th, 2003

Allergy Study

Have you suffered from allergy symptoms for 2 or more years?

If you are 12 yrs old or older and have symptoms of sneezing, nasal discharge, itchy nose, mouth or throat and itchy, watery red eyes you may be a candidate.

Clinical Partners, LLC is conducting a research trial to test an investigational medication to treat allergy symptoms. Qualified participants may receive compensation for time and travel. Call now for more info:

Clinical Partners, LLC
1524 Atwood Ave suite 330
Johnston, RI 02919
(401)454-3800

Festival of Lights

The 26th annual Festival of Lights was held Wednesday night December 4th. Each year the Bryant Community comes together for an evening of celebrating different religions and holiday celebrations. Held in the Rotunda, the Festival of Lights is concluded with the lighting of the Holiday Tree outside the Bryant Center.



Members of Hillel say a prayer as they light the menorah.



Andre McGlashan lights candles to honor the African-American Celebration of Kwanzaa.

Bryant Singers Holiday Concert

Saturday December 7, 2002
Grand Hall of the Bello Center
3pm
Selections from Les Miserables, choral classics, holiday selections and a sing along of carols and holiday pop tunes

Admission is Free!!

Special Olympics

Rhode Island

Now Hiring

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Applicants Will be Contacted for an Interview
In the Senate Office - 56273

Senate Office is located on the 3rd floor of the Bryant Center

For more information contact Keith Hanks
khh1@bryant.edu

Games are held annually at Bryant College
This year games will be held

Editor's Comments: Time Passes Too Quickly

Looking back over the semester, it seems that time has flown by at a pace that to me is just too fast. As we begin to stare finals in the face, I have to ask: Where has the time gone?

Maybe it is the fact that I will be starting my last semester here at Bryant in January, but I feel that this semester has come and gone too quickly.

Now for some of you, this may not be the case, but for myself, and many others, it is crazy to think that three months have passed, and we are finishing up the semester in just a couple of weeks.

Beginning in September, I took on the challenge of being Editor-in-Chief of *The Archway* having little previous newspaper experience.

To me, this was a rather daunting task, but I figured, why not? This could be that all-important resume builder, as well as a way to put into practice some of the management techniques that I am supposedly majoring in.

Now, with one semester's worth of "editor experience" under my belt, I have to say that taking on this role was one of the best things that I have done here at Bryant.

Now granted, there have been times when I have been unmotivated to put together anything resembling a newspaper, much less try and motivate the staff to do the same, but eventually everything falls into place and gets done.

Even if it happens ten minutes before the deadline! I am telling all of you this because with the coming of the holiday season and the New Year, it generally becomes a time of reflection and introspection.

Most people do this internally, but I have chosen to share my thoughts right here in my two columns of space. In September we saw the first anniversary of the attacks on the World Trade Center and the Pentagon.

As a country we braced ourselves for further attacks and disasters as the anniversary

drew near, and when the day passed with little disruption, we all breathed a sigh of relief, but one that caught in our throats just a bit.

Although we were spared that day, it is in the back of our minds that at some point, it could happen again. Fast forward to October when news broke of a Sniper in the Washington, DC area. With every shot that was fired, America was held hostage by the news coverage, and the speculation as to why this killing spree began.

It seemed that now, not only did we have to be aware of the external enemy, but an internal one as well. Amidst all of this we had the Winona Ryder shoplifting fiasco, midterm elections and now, a constant threat of war with Iraq.

Yet, despite all of this, we all remain safe in our little Bryant Community. Seemingly unscathed by all of the ugliness of the "outside world," it often amazes me just how sheltered we all become here.

We go about our day, and I wonder how many of us read a newspaper (besides this one of course) or watch CNN to see what is going on around the world. I am guilty of this as much as anyone.

I am now realizing just how ignorant I am about so many issues that will affect me as soon as I walk through that arch in May.

I have begun to think about these things a lot more as the time passes and I am coming to terms with the fact that soon, I will be out in the real world, outside of the "Bryant bubble" and more vulnerable to the everyday issues that I have been spared from for the first 21 years of my life.

I would just like to encourage you all to reflect on the past, educate yourselves in the present and look ahead to the future. I wish you all a safe and happy holiday season, and I look forward to providing you with even more information here in *The Archway* next semester.

Opinion

The Economics of Having a Girlfriend: Boyfriend's Dilemma



By Tom
Fischetti

Archway
Columnist

Prisoner's Dilemma, in addition to providing a terse introduction to game theory, exemplifies the moral implications that ensue from the decisions we make.

Derived from this application, Boyfriend's Dilemma explores how the boyfriend should responsibly approach the internal conflict created when the female exerts her coerciveness.

However, before the criterion that must be applied to arrive at the appropriate solution can be revealed, this unfortunately typical situation must be further explained.

Boyfriend's Dilemma manifests itself for the male prior to engaging in any private display of affection. Immediately before this fulfilling exercise is initiated, the girlfriend innocently requests for the boyfriend to divulge a significant piece of information regarding one of his close friends.

Typically, the female is either seeking the confirmation of a circulating rumor or attempting to procure some exclusive insight into a peculiar behavior by this friend.

Despite her explained intentions and promises not to reveal her newly acquired intelligence, however, this piece of information will typically be disseminated throughout her internal friend network and con-

sequently require some extensive apologizing to your friend on your part.

Boyfriend's Dilemma, as you have hopefully guessed by now, is whether or not the male should exploit his friend so that he may further expand his intimate awareness of his girlfriend, or protect his friend's reputation throughout the inquisition and subsequently suffer the unfortunate and inconvenient consequence: significant alone time with the tasteful literature underneath his mattress and/or erotic media pervading cyberspace.

Compelling the male to struggle between his natural propensity to participate in any "privately" stimulating activity and his loyalty to his friend, when Boyfriend's Dilemma emerges, the decision made may entail life-altering implications. Considering the severity of this situation, how should the male approach answering his girlfriend in the most economically responsible manner?

By providing his girlfriend with the requested information, the male risks severing the emotional fabric of the relationship with his friend; conversely, by refusing to disclose this information, the male ensures himself of an extended non-physical relationship.

The most significant component in arriving at a decision when confronted with Boyfriend's Dilemma, then, is the amount of effort required to "patch things up" with the affected party subsequent to the decision.

Consequently, to arrive at a decision, the boyfriend should ignore the amount of utility that would have to be forfeited and compare the amount

of effort that would have to be employed in remedying the ensuing situation from each decision.

Employing this maxim, the boyfriend should choose the option that requires the least amount of effort to remedy. Example 1 has been included below to more lucidly display how this decision criterion can arrive at the appropriate decision.

Example 1: Andrew, confronted with Boyfriend's Dilemma, has decided that by disclosing the information requested by his girlfriend about his friend Jeff, Jeff would most likely cease to converse with him.

Additionally, Andrew concludes that the only gesture capable of restoring their friendship would be New York Giants tickets.

Andrew's girlfriend, on the other hand, would initially be insulted at his disobedience, but would ultimately return to her normal temperament the next day as long as Andrew complements her on that sweater she bought last week.

Considering this, Andrew should withhold the information and deal with his girlfriend as opposed to Jeff.

I would like to take this opportunity to wish all my readers the best of luck with their finals and confrontations with future Boyfriend Dilemmas. Furthermore, although I've decided on the topics I will be exploring next semester, if there is any area that you feel demands attention, please feel free to e-mail me at trf1@bryant.edu. I would be more than willing to accommodate your requests.

SURVEY: ONLY 13% of AMERICAN YOUTH can IDENTIFY IRAQ on a MAP...



The Archway

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Guidelines for Comment

We welcome your comments and submissions on editorials, articles, or topics of importance to you. Only letters including author's name, and phone number will be considered for publication (phone numbers will not be printed, they are for verification purposes only).

Letters to the Editor of 300 words or fewer will have the best chance of being published. Also, except in extraordinary circumstances, we will not print submissions exceeding 500 words. All submissions are printed at the discretion of the newspaper staff. *The Archway* staff reserves the right to edit for length, accuracy, clarity, & libelous material. Letters and submissions must be submitted electronically.

Bryant College community members can email submissions to: archway@bryant.edu. Letters and articles can also be given to *The Archway* on disk. They can be left in *The Archway* drop box on the third floor of the Bryant Center or disks can be mailed through campus mail to box 7.

The deadline for all submissions is by 5 p.m. on the Monday prior to publication (for a complete production schedule, contact *The Archway* office). Late submissions will be accepted at the discretion of *The Archway* staff and more than likely will be held until the next issue.

Sports

Volleyball Finishes Season Strong Women Reach NCAA Tournament Four Years Running

By Chris Ludwiczak
Archway Sports Editor

Volleyball had another amazing season this fall, as they once again earned their way a ticket to the NCAA Division II tournament for the fourth straight year.

Three experienced seniors and five juniors led the Bulldogs. One returning sophomore and three talented freshmen complete their roster.

Coach Theresa Garlacy had high expectations for her girls coming into the season. With the majority of players being upperclassmen, most of the team had been in the position before and were ready to take it up a notch, so they did!

The Bulldogs had a great run in the NCAA tournament, making it all the way to the sweet 16. "It is the best finish ever for the program," explained Garlacy.

Bryant could have possibly gone even further in the conference games had the team not been battling several

injuries. Despite their difficulties, Garlacy feels that "the girls really bounced back and came through."

Michelle Muniz, from Puerto Rico, Lindsay Klotz from Michigan, and Jeannette Hannon, from Chicago are the three young freshmen that joined the squad this year. They definitely contributed their share of talent.

Two of the freshmen played in the outside hitter position, which is fundamental to the team's success; and sophomore Carola Pierluisi was a key contributor on defense.

Bryant had several individuals recognized for their performance this past season. Junior setter Britta Beckman was named setter of the year for the conference, All-Conference First Team and All-Region.

Freshmen Michelle Muniz, was conference freshman of the year, All-Conference First Team, region freshman of the year and All-Region as well.

"Our three seniors were the glue of our team," stated

Garlacy. Coach Garlacy had the following to say about her graduating players, "Bunni Akinnusotu, Northeast 16 Player of the Year, All-Conference First Team and All-Region selection has been a dominating personality on our team along with Sarah Smith, Second Team All-Conference and Kerry Beach, Academic All-American."

The three of them have made such a difference to our team and the Bryant community. All are strong academically as well. I couldn't be prouder of them."

Bryant finished with a record of 29-11. Their season ended Thanksgiving week, when the Bulldogs fell to the New Haven Chargers in the second round of the tournament.

Reflecting on the season, Garlacy realized that, the girls "never really focused on individual accomplishment this year, just on the team's success. The result was that many personal goals were reached by a group effort."

Volleyball

Bryant occupied two of the six spots on the NCAA Northeast Region All-Tournament Team:

Sarah Smith
Michelle Muniz

The National Field Hockey Coaches Association has announced that junior Elizabeth Gunn has been named a first team STX/NFHCA Division II All-America selection. Junior forward Heidi Chirigotis and junior midfielder Melissa Manseau were second-team selections.

Field Hockey Puts Bryant On the All-America Team

Campus Club Scene

Karate

The Karate club has had a great first semester this year.

The first demo performed was a self defense demonstration to the girls pledging Greek Life. The club showed them basic self defense that they could use if they ever get into trouble.

We also held our traditional demo in the Rotunda during Parents and Family weekend. This is when the club showed friends and family all the things that they have learned through out their years of training. We displayed many different skills including fighting, forms, self-defense and breaking boards.

The club has also competed in six tournaments all over New England this semester and has done very well, walking away with victories in almost all divisions and totaling almost thirty trophies so far.

The most important tournament attended was the Krane Nationals in Seekonk, Mass. At this tournament, Jarred Robitaille took 2nd place in 18-29 Men's Advanced Fighting.

More importantly, Alcy Araujo took first place in 18-29 Men's Intermediate Fighting and became the Krane national champion in his division. The results for all of our tournaments can be found on our website, www.bryantkarate.com.

We encourage anyone interested in the club to check out our website and get in contact with us. We will once again be accepting new students upon

returning from winter break so look out for our flyers and come join one of the most enjoyable and competitive teams on Bryant campus.

By Michael Lowy '04

Bowling

The men's and women's bowling team are very competitive and are very busy during the school year.

Our season runs from October to March. We compete in several tournaments and also within our conference. You can view our schedule, as well as a lot of other information about the team at <http://web.bryant.edu/~bowling>.

This year the bowling team split into two teams, the men's and women's team. Prior to this, there was not a lot of women interested in bowling on campus, so there was only one team.

Last year Karris Walsh (04) started forming a women's team. Last year the men's team finished in the top-64 in the nation and was invited to the national finals tournament. This year we have competed in two tournaments thus far; one in Allentown, PA and the other in Newburgh, NY. In Newburgh, we finished 8th out of 12 teams.

We travel anywhere from Vermont to New Jersey to Pennsylvania, and up until this year Atlanta, Georgia. College bowling is a very competitive sport. For more information, check out <http://www.collegebowling.com>.

By Mike Kubicki '03

Men's Rugby

The Men's Rugby Team has just finished one of its best seasons. The team started off with eighteen veterans, and were joined by eleven rookies this fall.

The rugby team started the season with three wins against the University of Hartford, Springfield, and W.P.I. Bryant lost its fourth game to Western Connecticut who was ranked 1st in the conference. They then went on to tie Rhode Island College, and beat Wesleyan University, to push them into the New England Championship. They beat Western Connecticut in the semi-finals and placed 2nd in New England after losing by a mere three points in the finals to Stonehill College.

They then advanced to the Northeast Championship Tournament, in Troy, New York, fighting their way to 3rd place in the Northeast championship. Because of the team's success this past fall they have moved up to Division II. The Bryant Rugby Team holds their games on the field adjacent to the tennis courts. This spring they will host the Bryant Rugby Tournament, and hold several games there. Come down and show your support.

Matthew Slack '05

Bryant Racquetball

Tournament:
December 7 & 8
Sturbridge, MA

The BULLDOG'S BEST

The Archway's athletes of the week

By Chris Ludwiczak

Additional Information

Submitted By: Chuck Sullivan
and Mike Cain

Deneva Fogarty



Name: Deneva Fogarty
Class: Sophomore
Age: 20
Hometown: Middletown, CT
High School: Middletown H.S.
Bryant Team: Basketball
Position: Shooting/Point Guard

Nickname: Dede
Biggest accomplishment in your sport: Just playing basketball in college, period.
Memorable sports moment: Senior year in high school when I scored my 100th point.
Interesting fact about yourself that might surprise people: Well, besides basketball and school Dede is all about sleeping and eating!
Superstitions: "I have these anklets and I always have to put on the left one on first, and then the right. Then I do the same with my shoes: left and then right."

Dede Fogarty (Sophomore, 5-5 Guard, Middletown, Conn.) - Dede scored a team-high 16 points, including 4 three-pointers, in the Bulldogs 62-64 loss at Le Moyne this past Sunday, Dec. 1. In addition she had three assists and a pair of blocks and steals. The loss dropped Bryant to 2-2 on the season, this after winning their first two contests in the Dominican Tournament Nov. 23 and 24 in Orangeburg, N.Y. over Queens College and Dominican College. Fogarty leads the team with 12.5 points a game and 4 assists per game.

Name: Stephen Parillo
Age: 20
Class: Sophomore
Hometown: Ansonia, CT
High School: Ansonia H.S.
Bryant Team: Bowling

Stephen Parillo



Nickname: Lefty
Biggest accomplishment in your sport: A few years ago when he beat his coach for the first time!
Most memorable sports moment: Bowling a 299 this past summer (which is also the highest score his father has ever bowled)
Interesting fact about yourself that might surprise people: In his spare time Steve likes to play basketball and weightlift.
Superstitions: "I always wear this particular watch that my sister gave me."

Steve Parillo (Ansonia, CT) - During Bryant College Bowling team's last tournament in Newburgh, NY, hosted by Marist College, he averaged 215 and led the team to its strongest finish in several years. He is also nationally ranked as 70th in the nation for all rookies with a 207 average. According to the most current information provided by CollegeBowling.com, Steve has bowled a total of 18 games this season. He has totaled 3,742 pins and has an average of 207.889.

Do you know someone who deserves to be the next "Bulldog's Best?" Nominate someone who has done something exceptional in their sport, and we will feature them here in *The Archway*. If your athlete is chosen, you will receive a Coca-Cola Prize Pack courtesy of Bryant College Athletics.

This issue: Stephen Parillo Nominated by
Justin Buile

Nominations can be sent to:

archway@bryant.edu or bulldog@bryant.edu

off the mark

Cartoon by: Mark Parisi

Check
This
OutNajas & Lingo
present
THE BOOTLEG FIESTA

Special Performances by:
The Grand New: Najas & Lingo - The Bootleg Fiesta is available for \$5.
Friday Dec. 6th South Dining Hall Bryant College
1150 Douglas Pike Smithfield, RI
Doors @ 9PM
Free Admission
Music Provided by DJ B
thebootleg.com

Alternative Spring Break

Back to Washington!



MARCH 9-14, 2003
APPLICATIONS NOW AVAILABLE!

There will be an information session at 4 PM on Tuesday, Dec. 10 in the Heritage Room (first floor of the Bryant Center). This is great opportunity to find out more about this year's trip!

Applications can be picked up in the Office of Student Activities

Sponsored by: Campus Ministries and the Office of Student Activities

Your Guide to Local Music
Area Concerts, Dec. 6th - Jan. 31st 2003

Date	Artist(s)	Venue
Friday -December 6th	Linguistic	Bryant College
Friday -December 6th	Ben Folds	Lupo's Heartbreak Hotel
Friday -December 6th	Enon	Met Cafe
Friday -December 6th	The Bloodthirsty Lovers	Met Cafe
Friday -December 6th	The Love Dogs	Sal's
Saturday -December 7th	downthesun	Lupo's Heartbreak Hotel
Saturday -December 7th	Killswitch Engage	Lupo's Heartbreak Hotel
Saturday -December 7th	Most Precious Blood	Lupo's Heartbreak Hotel
Saturday -December 7th	Shadows Fall	Lupo's Heartbreak Hotel
Saturday -December 7th	Ben Kweeler	Met Cafe
Saturday -December 7th	Brendan Benson	Met Cafe
Sunday -December 8th	Jackass Live	Lupo's Heartbreak Hotel
Sunday -December 8th	The Burning Brides	Met Cafe
Tuesday -December 10th	OK Go	Lupo's Heartbreak Hotel
Tuesday -December 10th	SR-71	Lupo's Heartbreak Hotel
Wednesday -December 11th	MC Paul Barman	Met Cafe
Wednesday -December 11th	Whirlwind Heat	Met Cafe
Thursday -December 12th	Becky Chase Band	Copperfield's
Thursday -December 12th	Slick 57	Green Room
Thursday -December 12th	The Rapture	Met Cafe
Friday -December 13th	Chris Robinson	Lupo's Heartbreak Hotel
Friday -December 13th	Armor For Sleep	The Call
Friday -December 13th	Count The Stars	The Call
Saturday -December 14th	Cheryl Wheeler	Coffee Depot
Saturday -December 14th	Charlotte Church	Dunkin Donuts Civic Center
Saturday -December 14th	Christopher Plummer	Dunkin Donuts Civic Center
Saturday -December 14th	Julie Andrews	Dunkin Donuts Civic Center
Saturday -December 14th	Misfits	Lupo's Heartbreak Hotel
Saturday -December 14th	River City Rebels	Lupo's Heartbreak Hotel
Saturday -December 14th	Antibalas Afrobeat Orchestra	Met Cafe
Sunday -December 15th	Los Straitjackets	Met Cafe
Sunday -December 15th	Los Straitjackets	Met Cafe
Tuesday -December 17th	Destiny's Child	Dunkin Donuts Civic Center
Tuesday -December 17th	Shaggy	Dunkin Donuts Civic Center
Tuesday -December 17th	Uncle Krueger	Dunkin Donuts Civic Center
Thursday -December 19th	Becky Chase Band	Coffee Depot
Thursday -December 19th	Kenny Rogers	Providence Perl Arts Center
Saturday -December 21st	TamaK	AS220
Saturday -December 28th	Roomful of Blues	Sal's
Monday -December 30th	Trans-Siberian Orchestra - East	Providence Perl Arts Center
Tuesday -December 31st	Becky Chase Band	First Night - Providence
Tuesday -December 31st	The Slip	Lupo's Heartbreak Hotel
Tuesday -December 31st	The Duke Robillard Band	Sal's
Friday -January 3rd	Psychedelic Breakfast	Living Room
Friday -January 3rd	Melissa Petrick	Lupo's Heartbreak Hotel
Saturday -January 11th	Vance Gilbert	Stone Soup Cafe
Saturday -January 18th	Wolfpac	Jarrold's
Saturday -January 18th	Luther Wright & The Wings	Met Cafe

Note: Bold Type Denotes Performance at Bryant College

Students Fill Military Science and Leadership Ranks

By Ryan D. Remley, CPT, RA
Scholarship and Enrollment
Officer

The Patriot Army Reserve Officer Training Corps Battalion is proud to boast one of its largest contingents of Bryant College students in battalion history.

This year 24 students from Bryant College, 23% of the cadet battalion, are participating in Military Science & Leadership courses led by seniors Dana Scott, Blake Taka, T.J. Naylor, and Minerva Rodriguez.

In addition to the four seniors, several students, to include freshmen Nick Loring and Peter Sepelak, have earned two and three year Army ROTC Scholarships to help defer tuition, lab, and book costs.

Although based out of Providence College, Patriot Battalion cadre member, Major Sam Houston travels to Bryant College weekly to teach Military Science 101 & 102.

In another effort to reduce travel time between the two schools for students, Major Houston and senior cadets also lead Wednesday morning physical training ses-

sions on the Bryant Campus. Major Houston credits the rise in the Bryant ranks to targeted recruiting and retention efforts, as well as, a broad base of support from the Bryant staff and faculty.



Photo courtesy of ROTC

Bryant Cadets at the Battalion's Fall Field Training Exercise conducted 04-06 October at Stone's Ranch Military Reservation, CT.

Bryant cadets Dana Scott, Steven Neves, and John Boyle, members of the battalion's Ranger Challenge Team, coached by Major Houston, recently competed 18-20

October at Fort Devens, Massachusetts against 29 other New England schools.

Team members competed in events ranging from land navigation to the Army Physical Fitness Test and 10K road march. The Rangers had a strong showing and placed in the top 10 overall.

Reserve Officer Training Corps training was first offered at Bryant College in 1982 and since then has been a vital component of the Patriot Battalion.

The program has graduated and commissioned a number of officers, to include Brigadier General Richard Formica a 1977 Bryant College graduate who was recently named commanding general of III Corps Artillery at Fort Sill, Oklahoma.

Archway Profile: Father Joe Pescatello

By Shana Geer

Archway Staff Writer

What is your role on campus?
The Catholic Chaplain, which is being a pastor of the parish.

Why did you come to Bryant?

I was appointed by the Bishop of Providence. I was sent here because I have a Masters in Higher Education. I am received and welcomed by the Bryant Community.

Favorite thing about Bryant?

My favorite thing about working at Bryant is the excitement of working with the students, and the vitality and the energy that they have. It's exciting responding to the challenges, inquiries, and questions the students have regarding faith and religion. Seeing students respond in faith is key to me.

Who/what inspires you?

In a nut shell, making a difference and giving back, especially motivated by my faith and Jesus. What is key to me is looking through my life story and realizing that significant people have inspired me. For example, my parents, grandparents, and a good friend of mine who is a

missionary in Jamaica. He inspired me to look at my life and realize how I wanted to help people. My father and my grandmother have also greatly inspired me. My father was a person of great integrity and faith, and my grandmother practically raised me. She taught me family values, appreciation for heritage and my culture. She's also a great cook! Overall, I was very close with both of them.

Favorite place to visit?

Italy. When I was a college student. It was going back to my roots because my grandparents came from southern Italy.

What do you like to do in your spare time?

I like to read professional journals, history novels, and biographies. I also work out regularly. I have been running for 30 years now. I used to like to landscape, because I found relaxation in that. In the summer I love to go to the beach.

Do you feel that you have given up anything to be in your profession?



Not really. Becoming appointed is not giving up, it is making a choice. I made the choice not to have my own family. So it's a matter of choices, not giving up anything.

What is your most prized possession?

The cross around my neck. My grandmother's friend went to Italy and brought it back to me. It symbolizes my faith. My grandmother is deceased, so it has sentimental value as well, and I have had it for over 30 years now!

Do you have any regrets?

Not really. Just mistakes that I have made earlier in my life. If I would have known what I know now, I would have been more cautious. I try to take positive risks.

Listening to Bari Koral

By Christian Collard

Archway Staff

Upon first listen, one could compare Bari Koral to female neo-folk artists such as Jewel, Joan Osborne, Lisa Loeb, or Ani DiFranco; however, there is a lot that sets Koral apart from the other aforementioned singer/songwriters.

Koral grew up in New York City as an "Off-Broadway theater brat" and the roots to her musical career would spring from these teenage experiences.

However, music dropped out of focus for a while and didn't resurface again until the end of her college career.

She dusted off her guitar which had found its way under her bed for 3 years and the second she started strumming away again, she realized that being a musical performer was what she wanted to pursue as a career.

Ever since, Koral has been doing her thing, recording two independent releases and selling over 3,000 albums.

Somewhere in the grand scheme of things, Koral would find herself driving down Route 7 to perform for us here at Bryant College, and what a treat it was.

Those in attendance were captivated by both her musical gems and her charming

banter between songs.

She usually plays with the Bari Koral Band, but for this set of gigs, she chose to hit the road alone and play some more intimate gigs.

Over the course of the evening, she talked about such things as a nitpicky ex-boyfriend who was a perfectionist, who she then wrote a song



about called "Perfect" as well as another relationship with a high school sweetheart, resulting in the song "When I'm Gone".

To listen to MP3's or get more information, check out www.barikoral.com

A Season Guide to Entertainment in Rhode Island

A Christmas Carol

Trinity Repertory will be holding its 26th production of Charles Dickens A Christmas Carol. The show will be running Nov. 16th through Dec. 28th in the Chace Theater. This is a can't miss event—a classic story with Trinity's great personal touch.

Trans-Siberian Orchestra

The Providence Performing Arts Center will host the world-renowned Trans-Siberian Orchestra on December 30th. The event promises to put you into the holiday spirit with festive music.

Festival of Lights



The village transforms into a winter wonderland with its dazzling lights, decorated shops and festive activities. Located at the Whimsical Wickford Village in North Kingstown, the event will

run from December 5th through the 8th.

Christmas at Smith-Appleby House

On December 8th an old fashion Christmas will be celebrated in this historic 17th century farmhouse.

Located on Stillwater Road in Smithfield, the event provides a festive display of a Colonial Christmas.

First Night Providence 2003

Providence is going to be the place to be on New Years Eve. The city will be filled with different types of musical, theatrical, and dance performances, Waterfire, and art exhibits.

In addition, the New Year will be brought in by a grand firework show.

Next Issue of *The Archway*
Hits Newsstands on Friday
January 31st!

Deadline for Submissions is
Monday January 27th by 5p.m.

Where did you go for Thanksgiving?

Compiled By Farai Mbizi, Archway Staff

Every issue, *The Archway* asks students a question, and displays selected answers. If you are curious about what students may think regarding a certain topic, let us know! You can email suggestions to *The Archway* at:

archway@bryant.edu, or give us a call at ext. 6028.



Marie Worzel

"With my boyfriend Ryan to Fairfield, CT."



Eugene Gillespie

"To NJ, with immediate family."



Mauricia Lopez

"Massachusetts with family."



John Hartshorn

"Massachusetts to my aunt's house."

Meet the Archway Staff...

You may have been reading *The Archway* all semester, wondering just who are these people writing stories, taking pictures, and putting the newspaper together. Well, since this is the final edition this semester, we thought this would be a good opportunity for us to introduce ourselves to you.

There is always room for more staff members too! If you are interested in joining *The Archway*, stop into the office or email us at archway@bryant.edu.

Maggie Grace
Editor-in-Chief



Hometown:
Warner, NH
Major:
Management
Year: '03

What are your hobbies/interests? Singing, tennis, writing, going to concerts

Why did you join The Archway? I joined to get involved on campus. I was involved with my high school newspaper and wanted to continue at the college level. I had no ambition at the time to become the Editor...it just kind of happened.

Tom Fischetti
Staff Columnist



Hometown:
Milford, CT
Major:
Finance &
Economics
Year: '03

What are your hobbies/interests? Spending time with my beautiful and understanding girlfriend, reading, going to Taco Bell, hanging out with my abnormal and obnoxious friends

Why did you join The Archway? To satirize traditional heterosexual relationships

Chris Ludwiczak
Sports Editor



Hometown:
New Canaan, CT
Major:
Marketing
Year: '03

What are your hobbies/interests? Working out, doing nothing with friends, surfing, and music.

Why did you join The Archway? I enjoy writing and think it's a good way to get involved with the campus and I think Velcro rules!

Farai Mbigi
Staff Writer



Hometown:
Boca Raton
Major(s):
Marketing &
Comm.
Class: '03

What are your hobbies/interests? I love to exercise! Also I like music, dance and meeting diverse people with similar interests.

Why did you join The Archway? I wanted to fight back and still be a part of what I was marginalized from. As I leave I now see the truth and the light. Mistakes happen, but a wise soul taught to "never look to the past with regret as I make the right choices today"-Pat.

Jen Ptashnik
Photo Editor



Hometown:
Mansfield, MA
Major:
Fin. Services &
Comm.
Year: '03

What are your hobbies/interests? Shopping, taking pictures, watching football, scuba diving, and traveling.

Why did you join The Archway? I always enjoyed reading *The Archway*, so I wanted to help produce it!

Keith Hanks
Staff Writer



Hometown:
Auburn, MA
Major:
CIS/MKT
Class: '03

What are your hobbies/interests? Spending time with my awesome girlfriend, time at the beach, weightlifting, rollerblading, tennis, anything to do with NASCAR or Disney

Why did you join The Archway? To have the opportunity to inform students about local issues on campus that affect them.

Eb Mills-Robertson
News Editor



Hometown:
Accra, Ghana
Major: Finance
& Economics
Year: '04

What are your hobbies/interests? Chess, Reading (Sci-Fi/Fantasy) books...typical geek

Why did you join The Archway? Had nothing better to do with my life. No. Seriously, I always wanted to write or work for a newspaper and here was my chance to have fun as well.

Shana Greer
Staff Writer



Hometown:
Vernon, NY
Major:
Undecided
Year: '06

What are your hobbies/interests? Snowboarding, wakeboarding, waterskiing, and shopping.

Why did you join The Archway? I wanted to try something different. Anything I have ever been involved in is athletic or business related. Joining *The Archway* was a nice change.

Bonnie Parker
Advertising Manager



Hometown:
Shapleigh, ME
Major:
Marketing &
Comm.
Year: '04

What are your hobbies/interests? I like to do every kind of winter sport, and every kind of water sport, and I love going to the movies.

Why did you join The Archway? I am a marketing major and I wanted to see if I would be interested in advertising.

Brian Davis
Business Manager



Hometown:
Audubon, NJ
Major: Finance
& Management
Year: '03

What are your hobbies/interests? Skiing and other snow related activities.

Why did you join The Archway? I joined *The Archway* to help improve the paper and make it become something that the students would want to read.

Elaine Chrzan
Staff Writer



Hometown:
Ludlow, MA
Major: Finance
Year: '03

What are your hobbies/interests? Any outdoor activities (sports, skiing, rollerblading), listening to music, dancing, photography/scrapbooks, and hanging out with friends.

Why did you join The Archway? To inform the Bryant community about what takes place on campus, and how it is important to them.

Justin Setter
Variety Editor



Hometown:
Wrentham, MA
Major:
Management
Year: '05

What are your hobbies/interests? Mountain biking, listening to music, reading, going to concerts, climbing, photography, and soccer.

Why did you join The Archway? Besides being suckered into this position this past summer, I joined because I want to make a difference and help the world...one newspaper at a time. I love lizards. I drink a lot. What was the question again?

Rich Hurley
Distribution Manager



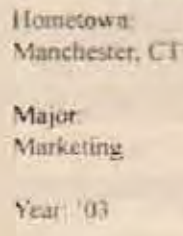
Hometown:
Chicopee, MA
Major:
Management
Year: '04

Bryon Little
Staff Photographer



Hometown:
Gorham, ME
Major:
Marketing
Year: '06

Tim Watt
Staff Writer



Hometown:
Manchester, CT
Major:
Marketing
Year: '03

How to Get a Good Night's Sleep

By Betty Cotter

Director of Health Services

Why You Need Sleep

- Dream sleep restores the person psychologically.
- Deep sleep restores the body.
- Dream sleep is necessary for learning.
- During dream sleep the pituitary gland releases growth hormone, prolactin and luteinizing hormone needed for endocrine function.
- Deep sleep affects the blood pressure, respiratory function and the heart.
- During times of stress the body requires more deep sleep and less dream sleep.
- Sleep deprivation affects the immune system's natural killer cells and white blood cells.

How to Get Good Night's Sleep

- Avoid medications that make you alert (e.g.: Sudafed).
- Avoid caffeine and spicy foods later in the day.
- Go to bed at approximately the same time each night and get up at approximately the same time each morning.
- Relax before going to bed.
- Don't go to bed hungry or overly full.
- Tuna and milk are helpful in inducing sleep.
- Keep the room cool, dark and quiet.
- Alcohol and tobacco disturb sleeping patterns.
- Exercise earlier in the day and not right before bedtime.
- Seek professional help if you continue to have difficulty sleeping.

Senate and
Sodexo present:

The Midnight Breakfast

Dec. 12
10 - 12:30 AM
Salmanson

Faculty & Staff:
Please come join in the fun with the Student Senate in serving the Bryant students. If you would like to help, please RSVP to glr1@bryant.edu

The Archway staff wishes everyone a safe and happy holiday season!