By Chelsea Quackenbush  
Staff Writer

October is known nationally as Breast Cancer Awareness month, and touches many people’s lives, which in turn encourages them and their loved ones to get involved and try to help others.

Here at Bryant University, the Peer Education group has formed a breast cancer committee to keep the students and faculty aware for the month of October.

The committee is made up of about ten to fifteen students, including sophomore Amanda Bryant, and one of the main events they are planning is a breast cancer event that will take place on campus.

Most of the members of the committee are female, and most of them have had their lives touched by breast cancer, whether it be a personal struggle or with a loved one.

According to the committee, it is a issue when the millions of people affected by Breast Cancer can unite and work together in striving for a cure, and Bryant has

welcomed its own chapter of this goal.

There will also be a table in the rotunda for the next two weeks to educate Bryant about breast cancer and its effects on others. The table will be a Power Point presentation featuring basic information about Breast Cancer, the strive for a cure, stories of survivors and the support offered throughout this month of awareness. Pamphlets featuring similar information will also be available for anyone in attendance.

Along with the presentation and pamphlets, the committee has made posters, ready to be hung, about general breast cancer awareness information, and is also hosting a candlelight vigil that will be on Sunday, October 23 at 7 p.m. on the Bryant Center lawn.

There will also be white paper bags available for decoration for the candle light vigil. Attendees are welcome to stop by and decorate one, whether in the memory of a loved one, or just to show support.

Mrs. Kathy MacLister will be speaking at the vigil event, as well as one of Bryant’s campus priests. The decorated bags will be placed around the pond in front of the Bryant Center with candles lit during the vigil, similar to the Relay for Life.

The breast cancer events happen every year. The task belongs to the Peer Education group, although anyone can join. This is one of the group’s biggest projects, and it is the longest running one, as it takes place for the whole month of October.

There will be a mass email sent out to all students and faculty at the beginning of next week to bring attention to these events.

The committee is trying to keep it very friendly and welcoming. They plan to be hanging the traditional pink balloons and ribbons all over campus. Last year, the committee was recognized for their efforts. It is one of their most effective projects done throughout the year. “Everybody gets involved, so it’s great,” said Schneebaue.

Some of the members of the committee formed a “Peer Education” team for the breast cancer walk that is put on the American Cancer Society and is taking place on October 16 in Providence. The five mile walk will take place on the Roger Williams walkway, although non-competitive, the walk is a rewarding and high-spirited event for all who participate.

The walks provide information to the public, and raise breast cancer patients, support services, and early detection funds.

The American Cancer Society has already raised over $271 million, mostly donations from outside the US government. This and other information during the walk is available on the American Cancer Society website.

Although the peer education group lost a few key seniors last year, the group has since grown. There are now about twenty-five, almost thirty, members. Anyone and everyone is welcome to join at any point in time. Meetings are held every Monday in meeting room 2C of the Bryant Center at 3 p.m.

More events and peer education will be putting on this month, such as “Drawn from the Shaders,” and “Trojan Wars,” a depression screening and Alcohol Awareness Week.

The awareness table will be open on Tuesday and Thursday from 10 a.m. to 2 p.m. the week of October 9 and on Monday and Wednesday from 10 a.m. to 2 p.m. in front of the rotunda. All are encouraged to stop by and help make strides for breast cancer.

By Sarah Campbell  
Staff Writer

Are you having trouble getting the ground for the year? Are you having trouble working up a team or communicating with each other? Having low members? Well, we have a solution to all these problems.

The Traveling Trainers, started this summer, is off the ground and running. Hosted by the Leadership Development Program, the trainers from the Leadership Council hold sessions about various topics to help clubs, organizations, teams, or groups work on problems they may be facing. The program will provide the organization, team, and/or class the opportunity to enhance their leadership skills and competencies, which will further develop the group. One of the best parts: they will bring the program to you at your own convenience.

Programs offered include “Can You Talk, Can You Listen?”, which teaches groups to communicate more efficiently. “Taking Initiative” encourages members to stand up for their beliefs and opinions. Changes in the team or organization...“Passing the Torch” will help current leaders pass on their knowledge gained from experience to up and coming leaders of the group to encourage...
Do you hate to diet? Try to help you lose a lot of weight fast

**Family Circle**

Hate to diet? Slimming down doesn't have to be a battleground over haul of everything you eat. Sometimes the simplest tweak can make a monumental difference in your caloric intake and shake up your life and health for the better.

Here are 33 no-brainer tricks to help you lose a lot of weight fast.

1. **Find an English muffin that's right for you:** Here are three easy ways to make English muffins the best for you: (a) Choose the type that's right for you: the regular, the “no-noise” variety, or the “extra-thick” kind. (b) Make sure it's fresh: English muffins are best when they're still warm from the oven. (c) Avoid adding butter or jam to your muffin: It's better to eat the muffin plain and enjoy the flavor.

2. **Choose the right kind of bread:** There are many different kinds of bread available today, and choosing the right one can make a big difference in how many calories you consume. For example, whole-grain bread is generally lower in calories than white bread.

3. **Limit your portion size:** Most people tend to eat more than they need to feel full. To help control your portion size, try using smaller plates and bowls, or use smaller utensils when eating.

4. **Drink water instead of milk:** Milk is a good source of calcium, but it also contains a lot of calories. If you're drinking milk, try switching to water or low-fat milk.

5. **Eat more vegetables:** Vegetables are a great source of fiber and nutrients, and they're lower in calories than most other foods. Try to include at least one serving of vegetables in every meal.

6. **Choose lean meats:** When you're eating meat, choose lean cuts like chicken breast, turkey, or lean beef. Avoid high-fat cuts like bacon or sausage.

7. **Cut back on sugary drinks:** Sugary drinks are a major source of calories, and they can contribute to weight gain. Try to limit your intake of soda, juice, and other sugary drinks.

8. **Choose whole-grain cereals:** Whole-grain cereals are a great source of fiber and nutrients, and they're lower in calories than most other cereals. Try to include at least one serving of whole-grain cereal in your diet.

9. **Limit your intake of processed foods:** Processed foods are often high in calories and low in nutrients. Try to limit your intake of processed foods like chips, crackers, and cookies.

10. **Include more fruits in your diet:** Fruits are a great source of fiber and nutrients, and they're lower in calories than most other foods. Try to include at least one serving of fruit in every meal.

11. **Choose lean protein sources:** Lean protein sources like chicken, turkey, and fish are lower in calories than high-fat protein sources like beef and pork.

12. **Limit your intake of fried foods:** Fried foods are often high in calories and low in nutrients. Try to limit your intake of fried foods like French fries and chicken wings.

13. **Cut back on sugary snacks:** Sugary snacks are a major source of calories, and they can contribute to weight gain. Try to limit your intake of sugary snacks like candy, cookies, and pastries.

14. **Include more legumes in your diet:** Legumes like beans, lentils, and peas are a great source of fiber and protein, and they're lower in calories than most other foods. Try to include at least one serving of legumes in every meal.

15. **Choose lean cuts of meat:** When you're eating meat, choose lean cuts like chicken breast, turkey, or lean beef. Avoid high-fat cuts like bacon or sausage.

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Playground will raise the bar

By Mike Yakovonis
Staff Writer

Take a minute to think back to recess when you were in elementary school. Do you remember seeing any handicapped children playing on the playgrounds? If so, did you notice them?

A project currently in the works, overseen by assistant professor of Operations Management, Dr. Brian Bell, is to build a playground geared toward handicapped individuals in the works.

No target date for construction has been set, but the playground will be located at Owen Bell Park in Dayville.

Assistant professor Brian Bell is in his third year teaching on campus, and has taken an active role in the park's construction.

In partnership with The Lions Club, the project is the first of its kind to utilize college students to help build in the community and encourage giving back to the community.

Students have already assisted in behind-the-scenes efforts including writing grants to fund the playground, which is slated to cost $250,000 and $100,000. The state of Connecticut has recently promised $75,000 to help with direct costs, and all students are encouraged to help in any capacity.

While the playground is intended for anyone, its 20% handicap accessibility will certainly provide means of enjoyment for handicap children of all ages. The project will replace an older playground, but also will add a new dimension available to many children. It will draw children from southern Massachusetts to western Rhode Island and everywhere in between.

In Connecticut alone, either a mental or physical limitation affects an estimated 9.1% of school-aged children.

A parent-organized non-profit group, the Boundless Playgrounds network, will welcome this playground to their collection. Equipped with experience in building similar playgrounds, Boundless Playgrounds will help plan the design.

Not to be forgotten, Vanessa Jones, the Service Coordinator of the RCC Americans, has signed on for this project. Jones has enlisted the help of college and elementary school students alike, although for different purposes.

On September 29, a 'Dreaming and Design Party' took place which allowed children to construct toy models of an ideal playground and also inform designers of activities they enjoy.

Students will gain valuable experience in helping the community and develop long-term connections with businesses that are counted on for monetary support. If anyone would like more information, please contact Prof. Roethlein at: croehlio@bryant.edu or visit his website at web.bryant.edu/~croehlio/boundless/playground.htm

Traveling Trainers

Cont'd from page 1

age the group to continue their success.

"Titles Do Not Define Leadership" parties members to explore themselves and discuss what it means to lead others.

The "Creativity Workshop" encourages members to think outside the box to complete simple as well as larger tasks.

The ever popular topic of "Team Building" leaves groups with knowledge of how to be an effective team member and understand team dynamics.

Not enough? If your needs do not fit into one of these programs, the Traveling Trainers development team will create a session just for you.

Various other programs may include time management, personal styles, leadership styles, critical thinking, and ethical decision making. All groups on campus from teams to classes, clubs, and organizations can benefit from the Traveling Trainers.

While observing a session for Peer Educators on teamwork by two of the trainers, Davida Bork and Caitlin Morin, it was apparent how valuable the program can be for all teams.

The purpose of the session was for team members to leave with the session knowledge of how to be an effective team member. Through an interactive session, members are encouraged to think using the right side of their brain and step out of their comfort zones. By testing team dynamics, the group was faced with overcoming a challenge possible only by working together.

The group was split into teams which all took different approaches at accomplishing their task. Different leaders

These Traveling Trainers are ready to meet with your club, group, or organization. They include Dr. Rape, Dr. Breckenridge, Dr. Martin, Cathy Dione, Davida Bork, and Caitlin Morin, pictured with advisor Hank Parkinson.

The Trainers strive to help all kinds of groups today.

Looking to strengthen and further develop your group? Look out for the Traveling Trainers attending various meetings and clubs on campus. It's a hidden treasure that this program is a hidden piece of equipment enables them to improve.

With others' encouragement they were comfortable to complete the task as well as learn something along the way. Members felt accomplished and were proud of each other's success.

When Jen DiPrete, advisor of Peer Educators, asked what a good leader consisted of, Brad Reider, one of the Peer Educators participating in the exercise stated, "a good leader draws out the characteristics of each person in the group, because everyone has their own strengths and weaknesses."

The group learned how to work together as a team as well as the benefits of leadership. DiPrete reminded us what they were coming to close to a close to not "be afraid to step up to the plate" in anything they do.

The Traveling Trainers benefits the group greatly and by one participating group member it is "like being clonor to my feelings. I really learning something about teamwork today."

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with a hit."

The station is still a work in progress. Members of the radio station are looking forward to the new equipment being installed this winter. WJMF will go off air on December 3 to allow time for installation and training of the new equipment. According to Tammy Wettorf, the station's Webmaster and Tech Director, the new equipment, "will improve broadcast allowing the radio station to better serve the Bryant community."

One of the radio station's pieces of equipment enables them to monitor specific people listening, how long the person listens for, and if the person is on or off campus. The average time a person listens to the station is 45 minutes. On their first night, the longest listener was two hours.

If you have walked by the station in the past few days, you may not have only noticed the window is unveiled but also the neon blue lights in the window. This light is a symbol of station's location and on-air time, as well as a tribute to Michael T. Cain. Cain, who was tragically killed, was a former General Manager of the radio station and oversaw the purchase of the neon sign. The light remains on as a memorial to Cain.

Listeners of WJMF can also tune in to the station through the station's website at http://www.wjmf.org/index.php. According to Wettorf, changes to the website have been made to the DJ/listener interaction. The web-cast on the website is also currently under work to improve the quality.

The station is always working to make the station more accessible on both campus and off. With the help of the new tower, the Bryant community can tune in to 88.7 F.M to hear their favorite music, DJ's, or enjoy the show -
Health Services update

By Kristin Gayda
Variety Editor
Edited by Meghan Hanlon
Editor-in-Chief

Last semester, the Bryant community became involved in a moral and ethical controversy. Should the Emergency Contraception (EC), or the morning after pill, be prescribed at Health Services on Bryant campus? Should Health Services continue to refer the student to appropriate agencies? There were many people on campus last year who saw a need for change. Rather than Health Services providing cab fare and referring the student, a petition was sent around campus in favor of the availability of EC and will be given the results at a session.

Nutrition

Cont’d from page 1

If group workouts are more your style, there are plenty of classes offered in the Ennarino Family Group Exercise Room. Classes cost $2.00 each for faculty and staff and are free for students. Class times can be found on the schedule board outside the Ennarino Family Group Exercise Room. Regardless of the format of the workout, exercise is an important aspect of a healthy lifestyle.

To be fair, health and wellness can be a very overwhelming topic. DiPietro’s best advice is to “be aware of your goals as far as living healthy and then make choices that support those goals. Students need to consider all the aspects of their lives including stress, sleeping habits, eating habits, and the people they surround themselves with. From there they can decide what is best for them and stick with it.” And most important, “If you fall off the track one day, don’t give up, pick up where you left off and continue on the path to a healthy lifestyle.”

Shear Art Hair Salon

Welcome Back!
Looking for a convenient place to get your hair cut? Shear Art is the answer!
Deb Ennis is a licensed hair stylist and has operated the hair salon on the Bryant campus for the past 16 years.

Salon Hours:
Monday thru Friday
9 a.m. to 4:30 p.m.

Location: Bryant Center
Phone: (401) 362-6097

Appointments & Walk-ins accepted!

Shear Art carries a full line of hair care products.

ATTENTION: FACULTY AND STAFF/Administration
ANNUAL CHILDREN’S HALLOWEEN PARTY!!!
Sponsored by: Greek Life

The Annual Halloween Party sponsored by Greek Life for YOUR children will be held on Monday, OCTOBER 24th at 5:30pm in room 2a/b in the Bryant Center. The day will include costume contests, a magician, trick or treating, games, food and prizes! Please RSVP as soon as possible to the GREEK LIFE OFFICE, ext. 6199.

Annual Children’s Halloween Party
Monday, October 24th
5:30pm Room 2a/b Bryant Center

You Don’t Want Your Children to Miss This!
Endangered Species Act undergoes overhaul

By Bill Lambrecht

The new version of the Endangered Species Act approved by the House is unlikely to pass muster in the Senate, at least right away. Critics worry especially about a murky provision that could pay landowners millions of dollars in property damage for potentially costly development due to rare critters or plants.

Nonetheless, proponents of the measure are sanguine about their chances. "This is the beginning of the end for the Superfund bill," said Rep. Jerry Costello of Illinois, in a reference to an environmental legislation package passed by the Senate last month.

A bill of 230 pages that was introduced Monday would give the federal government more authority over land developers and could mean millions of dollars in property damage for potentially costly development due to rare critters or plants.

"Some of us may liken the law to a free-for-all," said Rep. Tom Udall, a New Mexico Democrat who has long been active on environmental issues. "This is the beginning of the end for Superfund." He said the measure would leave property owners with "a leg in the door for a big fat bill of property damage." He said the measure would give the federal government more authority over land developers and could mean millions of dollars in property damage for potentially costly development due to rare critters or plants.

"That's right," said Rep. Jerry Costello of Illinois, in a reference to an environmental legislation package passed by the Senate last month. "This is the beginning of the end for the Superfund bill." He said the measure would give the federal government more authority over land developers and could mean millions of dollars in property damage for potentially costly development due to rare critters or plants.

"I think it's a good idea," said Rep. Jerry Costello of Illinois, in a reference to an environmental legislation package passed by the Senate last month. "This is the beginning of the end for the Superfund bill." He said the measure would give the federal government more authority over land developers and could mean millions of dollars in property damage for potentially costly development due to rare critters or plants.

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How are you paying for college?

By Ryan Daley

Opinion Editor

According to Bryant's April 2005 edition of the Bryant University yearbook, published by the Reliance office, the estimated annual cost including tuition for the average resident student is $36,440, while a commuter student's expected cost is $31,760. We are expected to finance our education? Good, because you and I are probably not students. We are a giant scholarship, but sometimes a scholarship is not available funds. There are many affordable costs for some families. After scholarships and grants, the student loan is the only higher education usually comes in other forms, and for those of us whose parents aren't executing, it's just not good business.

The Onion, a satirical weekly publication, released an article on the November 25, 2003 issue titled "U.S. Government To Pay Off Student Loans". A Yield Investment in Nation's Youth, "It's not a gamble. Unfortunately, investments of this type take a minimum of 18 years to mature, and even then there's no guarantee of a profit. It's just not good business."

This article is extremely creative, and it wasn't until I read it that I realized an alternative approach exists, which our government, comprised primarily of businessmen, is actually taking into consideration in this "long-term, low-yield" risk when allocating funding. That may be a hyperbole, however I can't stress enough how important government funding of education is to our society, yet Bush's No Child Left Behind Act certainly underfunds public schools by $8 billion dollars, holds teachers accountable for student performance (rightly so, however it cuts funding to schools who have bad performance instead of providing them with additional resources, makes a lot of sense, doesn't it?), and it requires an arduous amount of testing.

Underfunding the educational system of the United States poses a serious threat to the future of our country. Of course the cuts from No Child Left Behind are not as drastic as our parents will have to live with the equivalent of a 9th grade education upon graduation, however, the effect on the intellectual progress of our country, which is essential in a society where the maxim "knowledge is power" stresses the importance of wisdom, intelligence, and understanding in attaining world dominance.

The United States is considered by many to be the world's chief super power with our tremendous economy. This is destined to change, however, as many economists predict countries with growing economies, like China or India, will capture the title within the next 25 years. Our government should recognize the fact that if the U.S. wants to remain a world leader, we need to invest more in our youth's educational system and the promotion of academic excellence.

I regress: this budget cut is the largest cut to student assistance in history. This means that each of us students relying on federal loans will have to pay on average an extra $5,800 over the lifetime of our loans. Federal assistance currently supports the average student with 75% of his or her financial aid package. The average student leaves a 4 year institution more than $20,000 in debt. Hopefully with our Bryant education, we will be successful in our job search and acquire salaries adequate to pay for this raise in our expenses; however, this cost increase is unacceptable because students are already being forced to drop out or transfer from expensive private institutions to cheaper state schools amidst rising tuition prices.

The Congressional Advisory Committee on Student Financial Assistance estimates that by 2010, close to 4.5 million high school graduates will not be able to afford to enroll in four year institutions of higher education. In conclusion, I encourage all of you to take 3 minutes and call or e-mail your congressional representatives and say that slashing student aid is not an option because it will have adverse effects on the future of our country. If you've never called or e-mailed your congressman before, it's very easy! Dial 1-800-574-4233 or go to www.congress.gov and tell them how you feel! I realize other problems exist in this world, but the promotion of academic excellence is intolerable. Tell your congressmen to fight for educational aid alone during Budget Reconciliation, but focus rather on eliminating the "poor" in other areas. Also tell them to stay out of the ANWAR while you're at it.

Photo Courtesy of con.com

The Hangover: An Open Letter to MA and RI Drivers

By Justin Williams

Staff Columnist

Hey Southeastern New Englanders, My name is Justin Williams and I've had the pleasure of living in your region of the country for going on 5 years. You all tend to get a bump from everyone else south of Rhode Island, and I usually think it's undeserved. You have all these southerners coming up to school in your area making fun of you for many things, like how you talk. They have jokes for how you make up new words for water fountain, sprinklers; or they make fun of completely new phrases like saying, "look it instead of saying, "look at that" or "you that".

Those jokes are unwarranted in my opinion. Even I use unconventional words sometimes. Sometimes I call myself a apartment. I even use the word "bad" to refer to something that is actually "good."

You New Englanders even get made fun of for your weather. Don't get me wrong, I think it's pretty wack when all last May (which I was looking forward to seeing women tanning in the swimsuits by the pond) the temperature hovered around 50 degrees. But hey, you can control the weather. The only reason you live here is because your parents live here.

I've even defended Red Sox fans as they sometimes get heckled by Yankee fans. All they ever say is "we have 26 World Series rings, y'all have one since 1918." I like most Yankee fans can remember anything prior to 1996. It's like Italians coming up to Americans today and saying that because the Roman Empire was the world power for 1000 years and the US has only been on top for 50, they are a better empire than us. Yeah right.

I'll defend you all basically because I chose to live here. Well a full scholarship was a big motivation. Looking back, I wouldn't have liked to have gone to college in Puerto Rico, or Brazil, or even Sweden. But I digress.

I'm saying I'll defend you New Englanders because I want you to know I'm not biased. Good.

I understand that when Roger Williams founded the colony of Rhode Island, it was based on the ideals of religious freedom. Freedom of speech does not mean you are free from following the rules of the road. You all know you are the worst drivers I've ever seen. Horrible. I think a group of senior citizens driving bumper cars would be better drivers than you all.

After watching a spectacular display of bad driving during my Continued on Page 7

The Archway

As we're sure you have noticed, The Archway has made many changes this year. Here is your opportunity to tell us what you think. Please return responses to the envelope at The Archway stand outside Salmanson. What year are you? 2006 2007 2008 2009 Other

What do you think of our new masthead (Front page The Archway)?

What do you think of the updated Inside View (Front page, far left column)?

What do you think of the paper as a whole so far this year?

Do you prefer Odds and Ends or National News? Odds and Ends National News

What is your favorite section, column, or piece of any The Archway?

What do you think of our new masthead (Front page The Archway)?

Do you want more opportunities to:

Submit pictures Submit articles Submit article ideas

Submit short stories/poetry

Other comments or suggestions:

The Archway is printed by TFC News of Seekonk, MA

All comments, opinions and submissions are subject to editorial, articles, or images of your opinion. Only letters including author's name, and phone number will be considered for publication. Letters to the Editor of 300 words or fewer will have the best chance of being published. Also, accept in extraordinary circumstances, we may 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, and Mehlman sensational.

Letters and submissions must be submitted electronically. Bryant University computers must submit all submissions to archweb@bryant.edu. Letters and articles can email submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu. Letters and articles can submit submissions to archweb@bryant.edu.
The Hangover Cont'd from page 6...

The Hangover
by Steven McKenna
Staff Columnist

Like it or not, the terrorist attacks on America on September 11, 2001 changed our nation indefinitely. The attacks jeopardized the safety of every citizen and has led to swift and contentious changes in our legal system. However, no legislation has been more controversial than the USA PATRIOT Act.

The USA PATRIOT Act has been controversial because it expands the federal government's power, but it does so for a reason. We must not forget that the 9/11 attacks were a wake-up call to our nation's safety because it gives law enforcement agencies the power necessary to combat terrorism and it protects the individual citizen. Also, it has bad success in capturing terrorists, preventing future terrorist attacks, and serving as a deterrent to terrorists worldwide.

When you ask me these are enough reasons to keep this legislation around.

That is why when I saw the results of a recent American Opinion on 9/11 survey, I was absolutely bewildered. The poll showed 46% of the voters felt that the Patriot Act should be "scrapped altogether." In this same poll 6% of people felt that their civil liberties were more important than protecting the U.S. from terrorism. In order to increase our safety, individuals must be willing to expand the power of law enforcement.

During a time of war individual sacrifice is essential for the success and safety of our nation. Our citizens may have to deal with long airport lines, high gas prices, questioning or detainment. However, our rights are not being taken away; it is simply a sacrifice we must make for the betterment of our nation.

Terrorists will attack and kill civilians anywhere possible. Our nation cannot simply allow suspicious activity to occur because they are afraid of violent acts.
Women's Rugby has Big Expectations

By Kerrin Jagne

The women's Rugby team at Bryant University has distinguished itself in the world of club sports. This season they will be competing against colleges such as Babson College and Providence College just to name a couple. The Bulldogs will also be participating in a tournament which is known as the Beast of The East, held in Portsmouth, RI. This tournament brings together clubs from all divisions and is a two-day competition. The team had a respectable third place finish in the division last year.

After their wonderful season last year, the Bulldogs are now forced to completely rebuild their team. Having lost many of their players, Coach Ruth Lindberg commented, "The team is doing a great job of mending their injuries, as well as dealing with the loss of many of their teammates. Coach Lindberg comments; "The season is going well. The team had a great win against CCSU [Central Connecticut State University]. This past weekend and despite a loss to Trinity the weekend before, they played a great match and there were a number of highlights. Our back line has a number of incredibly fast players, but we are not capitalizing on them as much as we should be. We need to focus on harder running, receiving the ball while moving at full speed, and decision-making on the field."

Panasowski comments, "We have a lot of strong returning players in many key positions which will help keep the team alive. Many of the rookies are very athletic and are a huge help to our team, they have really learned the game well and are helping the team out tremendously. We just have to have a positive outlook and play hard as a team."

After the loss of their key seniors, the Bulldogs did not even have enough girls to have a team at all. "Even though we lost a lot of seniors, we have a lot of very talented new people who show a lot of promise...they all came out and have a great attitude and have all been really great in all of our games so far, and they'll only get better as the season progresses," said junior Julie Manzone. Although only one of the rookies that came out this year had played in high school, it seems that they are all meshing well - helping each other out with fundraisers and team bonding activities.

The team isn’t concerned with winning or losing, but more concerned with how the team operates as a whole. With the current returning players, and the amount of heart that everyone is giving to this team, along with the strong individual and team goals from the players and Coach Lindberg, Women's Rugby will no doubt continue to be one of the most prominent and successful sports on campus.

The Bulldogs fight for the ball in a scrum

Courtesy Julie Manzone

The Bulldogs hold up their teammate to grab the ball

Courtesy Julie Manzone

The women's Rugby team at Bryant University has Big Expectations

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Women's Soccer kicks off to a great start

By Green Horshorn and Sarah Vienneau

Sports Editors

The Bryant Women's soccer team got off to a running and lacing start this year with a record of eight wins, three losses and two ties. They recently had an impressive victory over Le Moyne by a score of five to nothing. Freshman Daisy Martinez scored the first two goals for the Bulldogs within four minutes of each other. The defensive effort was impressive at Le Moyne only managed to get one shot on target in the entire game.

The homecoming game was played last Saturday at Bryant against Saint Anselm. This was an extremely close game, entering double overtime with the score tied at zero. After a goal from freshman Jessica Neales said "we are a very close knit team which helps us to play together." When asked if she felt any extra pressure about the fact that the remaining games on the schedule are against NE-10 opponents Jessica said "We do not feel any added pressure since the team feels we have the ability to win all of our games." She added, "Both the defence and offence have done great jobs this season. The defence in regards to keeping the ball away from the net and the offence in the form of putting shots on the opposing net."

She has a .316 save percentage with her 40 saves, and has kept all other teams to a minimum of 9 goals.

The most recent victory of the Bulldogs was their 4-0 win against the non-conference Georgian Court Lions on October 3rd. This win extended their winning streak to four games in a row. The Bulldogs dominated this game from the start. 10 minutes into the game, Danielle Pascale scored the first goal with an assist from sophomore Tricia Spada. After a goal from freshman Melanie Smith, off an assist from senior Maddie Bergeron, Smith scored another off a cross from senior Nikki Grandmaison. Then came goals from freshman Amy Orzechowski, senior Terri Gilius (unassisted) and Pascale once again, with assists from Grandmaison and junior Sara Gyllstrom, respectively. This now improves the Bulldogs' record to 9-3-2 overall, and remain at a steady 5-2-1 in the Northeast-10 Conference. When asked if there was a factor that has led helped in the teams success this year Jessica Neales stated that, "we are a very close knit team which helps us to play together.” When asked if she felt any extra pressure about the fact that the remaining games on the schedule are against NE-10 opponents Jessica said "We do not feel any added pressure since the team feels we have the ability to win all of our games." She added, "Both the defence and offence have done great jobs this season. The defence in regards to keeping the ball away from the net and the offence in the form of putting shots on the opposing net."

This just in...

Bryant Men's Football: For the first time in Bryant University Men's Football history, the team is ranked in the NCAA Division II Northeast Regional poll at #10. Entering this Saturday's home game against Stonehill, the Bulldogs' record is 3-2 so far this season.

Bryant Men's Soccer: Though the game had a slow start for the Bulldogs, the team overcame a 2-0 deficit to defeat the Saint Anselm Hawks 4-3 in double overtime. In under 12 minutes during the second half, the Bulldogs scored 3 consecutive goals.

Bryant Men's Golf: More great news from the Bryant Men's golf team: at the ECAC Division II Championships, the team placed third overall with a score of 598. Even better, Jim O'Connell led the team to finish first overall, earning medalist honors, with a score of 141.

Bryant Women's Volleyball: After a killer set of games, the Bulldogs defeated Merrimack College with a match score of 3-0. The winning game scores were 25-22, 30-23, and 30-13.

The team has officially ascended their regular season conference win streak to 34 matches. This winning streak dates back to the 2002 season.

Season Schedule:

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<th>October</th>
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<tr>
<td>6/9</td>
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<td>6/27</td>
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Until next time...
Hypnotist puts Bryant into a trance

By Greg Hirshorn
Assistant Sports Editor

Jimmie's auditorium was filled to capacity and even some students stood in the back of the auditorium to watch. R-rated hypnotist Joe Devito. Even before the doors of the auditorium opened, half an hour before the show's performance there was a large crowd of students waiting to enter. Upon entering everyone received a raffle ticket for a chance to win DVDs and Gift cards.

DeVito performs across the country and even some students showed an interest in 15 to 20 people which indicated they approached the show with the chance to be part of the experience. He went through a segment where he had everyone interlock their feet and get them as tight as possible and then the next time the people wanted to undo their hands from the bond. He then went on to put the accomplished to give the people on stage on instructions on what he was going to do. They wake up as pretend that he had drugs in his hand and every time that he would blow them in their direction the people on stage would get a little bit of a shock. Another sketch that he did was every time he would cough then on stage would have an intense orgasm and the same thing would happen for the female on stage whenever he would sneeze. The audience laughed hysterically at this point because of how funny it was every single time he did it.

Another major skit that got a large reaction from the crowd was when he told the people on stage to choose a stripper name and then put on a strip show as if they were in a club. Some of the names created an eruption of laughter from the crowd and the stripping performed on stage to mean silence the crowd. The hypnosis was a rated good time for all in attendance.

Hypnotist Joe Devito dazzles the crowd as he attempts to swallow fire.

As part of their class gift, students showed an interest in the Cornerstone, Mowry Alumni House, and Smith House. The Cornerstone actually used to be a side note, the Mowry Alumni House was built in 1708. I just thought I should throw that interesting tidbit in for you.

Dear Joe,

We attend a college, or excuse me, a university that is ever-changing. Whether it is a name change, new building construction, or new flags, the only certainty is that in September I will come back to the same standard furniture in my suite. Last January, the Koffler Building received a major overhaul. Two and a half million dollars spent resulted in a brand new television room, disco, radio station, and the disposal of a former class gift, the bell tower. If the destruction of the class gift wasn't enough, this year the building formally known as the Koffler Technology Center was renamed “Communications Center.” I understand that we are trying to stay on the cutting edge, but do we need to destroy a class gift and sacrifice a staple campus name in the process? I have been told that the building will be maintained by the want of fresh money to support the building. What is the thinking behind all of this?

$5 Million gives your name - - - - - HERE

Dear $5 Million,

Everything and anything seems to be getting a name, lets just look at the Bell Center, you have the Heidi and Walter Stepan Grand Hall, the Lindy and Jerry Ceres Media Wall, then you have the Publication and the Dough and Judith Kewl Library. At this rate I want to put dibs on the fifth title up, and three over to the left in the Grand Hall.

It does however appear that the school is forgetting about the past as they look to the future. One of the first things I am sure you at al learned about business was that it is cheaper to keep current customers rather than to try to get new ones. It seems that Bryant has missed that lesson. The Koffler Center seems to be a great building, with replaced with the shiny metal letters, “Communications Complex”. Then there is the Rotunda, I don’t know if many people know this but that is actually the Koffler Rotunda. It seems to me that Sol Koffler got kicked to the side. You don’t see those buildings being called by their full name, in University of Scranton Releases. Then there is the subject of the Senior Class Gift of the Bell Tower, which used to be a lot of money. I was told by a university official that when the bell tower was originally removed it was taking a long trip and the university did not recall the year of the class that donated the Bell Tower, but I am sure they are not happy about the development.

Don’t get me wrong, I think it is great for the university to be seeking additional fund for the addition on-campus resources, but you need to remember the past while we look to the future. Bryant has an extremely rich history that is almost never discussed. I think it is important for people to realize where Bryant has come from, and where it is headed now.

Dear Joe,

Are there laxatives in the food at the Archway?

Running to the Bathroom

Dear Running to the Bathroom,

There are no laxatives in the food at Scranton. For the definitive couple to this question I went right back to the source, Shawn Monaghan, the General Manager of Campus Dining Services. He said that this “urban legend” is an issue every year. He said “There are a number of issues facing students when they arrive at Bryant, such as the stresses associated with roommates, classes and freedom to come and go as you want, and most of all to eat when and what you want. It is normal for the body to go through changes when it is under stressful circumstances.”

Think about it, this is the first time in your life that you have gone for an extended period of time, not cooked by mom or dad; it is natural to go through changes. Also, look at the movie Spaceballs, the guy in the movie underwent massive changes to his body by eating a different food supply for an extended period of time. I am not in any way trying to compare McDonald’s food quality to Scranton, but simply using it as a basis of comparison.

Monaghan also mentions “Bryant Dining Services put emphasis on providing safe and nutritious food; however we do not control the intake of the students. Students are free to eat as much or as little as they choose. We serve approximately 2800 students per day in Salamonia, with consumption equating to 7500 portions of food per day. The amount of food will lessen after the first 4 weeks it drops to 6000 portions per day. That’s a lot of food that Bryant students eat! Not to mention the waste, the Student Senate last year did a campaign to "Weight the Waste" and Bryant students were able to cut the amount of food per day but that’s for another story.

Then there is also the water factor, anyone not from this immediate area has heard it said, “The water here is hard.” Water is a necessity, it can cause serious problem changes from place to place. I know personally like the “dirty” water back home on Long Island, and other people could never stand it. It is all about what you grow up with and what you are accustomed to.

Also, these stomach pains work both ways. If you grow up not liking certain food, because it is not what you are used to. So is all about what your body is used to ingesting.

Email askjoe@thehawkeye.com with your questions, all will be anonymous.
This Must Be the Love you're the September signature guitar squeals of the Anselmo Rex Brown and drummer Vinnie latc Dimebag Darryl. Bassist -alwavs Chelsea Inveioent shows, this Talkin' About tunes was the ix tape of releases we have importantly, at The White 1 call to The Nation l! call with their baIL'-hont's. elllO- is Whil/s its cu fur the 1000. (Dimebag's brother) keep its pulsit(on. ti';!l!ik (~peakIIIg in -ll(thi~ iews -kill. Joired (\(y-(\ now surprised how good it is my -aly. Then I really'be a death sentence to recreate an incredibly morbid song into something even more dreadful. Kristin Gayda will write for you're just going to be a fun to do in the coming week.

There are a couple of leftover items hanging around in your stack. It'll be more fun to do them than putting them away. Meanwhile, chill.

Friends help you make a connection that leads to wonderful, marvelous things. Let me know when you're playing by the rules.

Consider the opinion of a person who has had quite different experiences than you have had to live.

You may have to search for hours to find the answer you're seeking.

Money comes and goes very quickly today and tomorrow. Exercise discipline, thrift and caution when going shopping.

You're just about to get feisty again. Soon, you'll be running around, getting things done and impressing your friends. Meanwhile, chill.

Fixing up your face is fun, especially when you can afford to get the perfect thing. Keep shopping until you find something you feel marvelous in!
Kate Watson:
3.65 GPA
Road Tripper
Sports Fanatic*
Is Welcome Here

Your life. You can bring it with you.
Learn more about Kate and tell us more about you.
Visit pwc.com/bringit