Blood donations are used to help people with cancer, sickle cell anemia, blood disorders, and other illnesses. In fact, according to the American Red Cross, every two seconds someone in the United States needs blood. However, some answers yes to either of these questions, they are not allowed to donate blood, for example, sexually active homosexual men.

The Red Cross asks all potential donors if they have had male-to-male sex or sexual activity with a male who might be bisexual within the last twelve months. If someone answers yes to either of these questions, they are not allowed to donate blood, even if protection was used during the sexual activity.

People are encouraged to participate in blood drives at Bryant University, which students are sure to put on one memorable show. The Bryant community should be circling their calendars for December 4th and grab their seats early in Jamkies as the contestants are sure to put on one memorable show.

Ye Old Mr. Bryant: The knights of Salmanson compete

Taylor Zink is an avid music lover and fan of the outdoors as he is an active participant with WJMF, is the former Bands and Concerts co-chair on SPB, and is a member of BOAC and the Ski and Snowboarding Club here on campus. He is also preparing for what he calls “the performance of the century”, which will include the likes of Salt ’n Pepa, Beverly Hills Cop, Alice Deejay, Flo Rida, MCMT, two MicroKorg synthesizers, and a drum machine.

Jenna Morris
Campus News Editor

Each year there are numerous blood drives at Bryant University, which students are encouraged to participate in. There are obviously many benefits to donating blood. Blood donations are used to help people with cancer, sickle cell anemia, blood disorders, and other illnesses. In fact, according to the American Red Cross, every two seconds someone in the United States needs blood. However, some answers yes to either of these questions, they are not allowed to donate blood, for example, sexually active homosexual men.

The Red Cross asks all potential donors if they have had male-to-male sex or sexual activity with a male who might be bisexual within the last twelve months. If someone answers yes to either of these questions, they are not allowed to donate blood, even if protection was used during the sexual activity.

This ban was put in place in 1983, when people legitimately thought that HIV and AIDS were gay diseases. Research has shown that AIDS is a disease that affects people of all genders, races, and sexual orientations, yet the ban is still in place.

Approximately 10% of the world population is gay, which means that 10% less blood that could be used to save lives.

In order to raise awareness about this issue, members of the Student Senate have increased efforts to raise money for the Red Cross Blood Drive. This year’s drive will take place on November 18 and 19.

In this week’s Archway

Business - Old media on the decline
Sports - Bulldogs trample St. Francis
Opinion - Palin going rogue
Variety - Modern Family - A great laugh

See ‘Bryant Pride’ on page 3

Dave Nelligan
Staff Writer

Many try each year, but only one can be crowned the coveted title of Mr. Bryant. They spill blood, sweat, and tears as they prepare for what could be one of the most important nights of their lives. The contestants will be trying in the most grueling of challenges, which include casual wear, evening wear, talent, and the dreaded on stage question, which is sure to have judges as well as audience members holding their breathes, hoping to avoid any Carrie Prejean moments. This year’s batch of competitors know what lies at stake and are sure to give the crowd one of the most entertaining nights of the semester. Some of this year’s hopefuls include:

Eric MacCarthy, a sophomore who is looking to avenge his loss during his high school’s male pageant contest, says he is putting everything behind preparing for Mr. Bryant so that history does not repeat itself. He also hopes that by winning this competition his mother will finally acknowledge him as her son when in public.

Taylor Zink is an avid music lover and fan of the outdoors as he is an active participant with WJMF, is the former Bands and Concerts co-chair on SPB, and is a member of BOAC and the Ski and Snowboarding Club here on campus. He is also preparing for what he calls “the performance of the century”, which will include the likes of Salt ’n Pepa, Beverly Hills Cop, Alice Deejay, Flo Rida, MCMT, two MicroKorg synthesizers, and a drum machine.

Jose Batista is representing the senior class and feels it is his duty and obligation to run for Mr. Bryant. One of the few modest contestants, Jose is just happy to be a part of the competition and is looking to have fun, but feels confident that his tall, dark, and handsome features could bring home the title.

Kyle Ruddijk is a sophomore who credits the tremendous support he has received in joining the competition for his confidence. He would like to give a special thanks to the LV Staff, Tom Brady, and Robi Rodriguez for the inspiration. Kyle believes his incredible good looks and performance in honor of Heath Ledger will seal the title for him and his fan club.

A.J. Papa, a senior, is a returning Mr. Bryant competitor looking to redeem himself for last year’s performance. He feels Mr. Bryant should be someone who personifies Bryant, and with his involvement in organizations such as intramurals, the senior class committee, and being a resident assistant, he is the man to be dubbed Mr. Bryant. A.J. also hopes this could be a launching pad on to other competitions such as Mr. Rhode Island or even Mr. University someday.

Mark Barry, also representing the senior class, is looking to be Bryant’s knight in shining armor. Mark has been preparing for this competition his whole life, starting in kindergarten with some modeling for a fundraiser. Mark may also have the most on the line of all the competitors, saying, “winning the competition would validate my existence as a human being. I could finally lead a life of purpose.”

Cory Cloutier is a sophomore who keeps very busy as a member of the Student Senate Class Co-Chair, Student Programming Board Late Night Co-Chair, and last year’s People’s Choice Award Champion; he has prepared a particular dance with a group of friends imitating a very famous dance group from America’s Best Dance Crew.

Jarrod Gibbons is a junior, a member of the Student Senate, Sigma Chi Fraternity, and H.E.A.L. He feels winning Mr. Bryant will give him the edge he needs when applying to law school after graduating from Bryant.

With only a few weeks left to go, and an upcoming Thanksgiving meal that may throw them off their intense workout and diet routines, the pressure is ever rising. The Bryant community should be circling their calendars for December 4th and grab their seats early in Jamkies as the contestants are sure to put on one memorable show.

The other Mr. Bryant contestants are Ronnie Blanchard, Aaron Fortin, and Patrick Helmas.
The Patriot Battalion competes in Annual Army Ten-Miler

Patriot Battalion ROTC Contributing Writer
WASHINGTON, D.C., Sunday Oct. 4, 2009 – A team of Army ROTC cadets from The Patriot Battalion, Providence RI competed today in the 25th annual Army Ten-Miler.

The Patriot Battalion placed 129th out of 488 teams overall and 21st among 56 ROTC teams from about 50 schools.

Team members from The Patriot Battalion included Geoffrey Ensby (Bryant '10), Amberly Glitz (PC '12), Patrick O'Donnell (PC '11), Gregory Cello (PC '11), Christopher Lyon (PC '11), Andrew Lucid (PC '12) and Lauren Magrane (PC '11).

The team arrived on Friday night and spent the weekend taking in the sites and sounds of Washington, D.C.

"The entire trip in fact, was an amazing experience. By arriving late Friday night, the team was able to spend the entire day Saturday touring the national monuments and museums, finishing off the evening with dinner at an Italian restaurant," said Amberly Glitz.

"Despite the variety of fascinating activities occupying our time the rest of the weekend, the Sunday morning race was indisputably the highlight of the trip," she continued.

The ten mile course led the team through the heart of the city alongside soldiers and their families.

The opportunity offered a great team building prospect to those cadets who chose to participate, and was – in short – nothing less than yet another incredible experience sponsored by the Patriot Battalion," said Glitz.

The race began and ended at the Pentagon, crossed the Potomac River and ran along the national mall to loop around the U.S. Capitol building, forming a 10-mile circuit. A record field of about 30,000 competitors ran this year's race. The Army Ten-Miler is among the largest races in the country. The event attracts runners from around the world. This year's race featured competitors from as far away as Brazil, Japan, and Korea.

The race is held every year in the nation's capital in conjunction with the Association of the United States Army national convention.

More information about the Army Ten-Miler can be found at www.armytenmiler.com.

For more information on Patriot Battalion ROTC contact Major Tucker Shosh at 401-865-2025 or tshosh@providence.edu.

Greek Corner
By Andrew Pantuosco
Contributing Writer

Over 80 members of Greek Life attended the annual Greek Ball on Saturday, November 7th. The Greeks enjoyed dinner, dancing, and an awards presentation at Lancellotta's in North Providence. As expected, the event was a great success and will continue to be the highlight of future fall semesters.

"The Greek Ball brought Bryant's Greek Life community together. I was really happy to see everyone come together for an enjoyable night," said Kelly Hollister, President of Delta Zeta.
**Bryant Pride**

Continued from Front Page

Bryant Pride and numerous Bryant faculty and staff members handed out fliers stating the rules which ban gay men from donating blood outside of the most recent blood drive, which was last Tuesday and Wednesday.

So, how can you help? Next time there is a blood drive on campus, consider donating for those who cannot.

A new law has been proposed entitled the U.S. Blood Donor Nondiscrimination Resolution, which asks the federal government to repeal a rule that bans healthy gay and bisexual men from donating blood.

This law is currently being proposed in California and is moving to their state senate in January. If you feel strongly about this issue, you can help by contacting your own state senator and urge them to make changes within your state.

**Don’t forget...**

Halls will close on Tuesday November 24 at 5pm and will re-open Sunday November 29 at 12pm

For room closing guidelines contact your RA

Happy Thanksgiving from the Archway!

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**BIAS INCIDENTS** None Reported

To report a bias incident or hate crime, go to www.bryant.edu/bias or call the Bias Incident Hotline at x6920

Bias related incident – a threatened, attempted, or completed action that is motivated by bigotry and bias regarding a person’s real or perceived race, religion, natural origin, ethnicity, sexual orientation, disability, or gender status. Examples of these incidents include name calling, offensive language/acts, and graffiti/behavior.

The DPS Crime Prevention Officers:

**“TIP OF THE WEEK”**

Remember to lock your room doors and suite doors when leaving for the Thanksgiving Holiday. Bring valuables home with you.

Many thefts occur when areas are left unsecure during holiday breaks!
A new programming model was implemented in the Office of Residence Life to give resident assistants (RAs) an opportunity to build community in their residence halls throughout the 2009-2010 school-year. RAs will now be able to bring speakers, presentations, games and social events directly into their living areas to enhance the resources provided to students.

The ‘model’ is a set of guidelines and themes that RAs are expected to direct their programs towards. It includes basic elements of college life that have been considered important by the department for college students to experience. Beyond social events such as pizza parties and study breaks, the new elements include global, personal, and professional success. Certain programs that can fit into these models might be, respectively, a community service initiative, a tobacco awareness workshop and a resume critique.

RAs, who head up residence hall programming at Bryant University, are expected to put on two programs a month. “This enhances residence hall living in that it makes the RAs more visible to the students and it builds relationships among students living in close quarters” said third year RA Matthew St. Peter ‘10.

This initiative is meant to give RAs the flexibility to program around the needs of their residents. The past model did not focus on the students, but rather the needs of administration, which made it more challenging for RAs to offer successful programs.

“Last year, an RA put on a Kwanzaa program developed under the theme of community service because they had already put on a multicultural program,” explained Assistant Director of Residence Life, Kristin Wodarski Biggins. She continued “The RA had many residents of African descent and knew they would enjoy an ethnic gathering, yet she had to fill details on paperwork just to get it approved.”

The former model had been in place for four years. It did not encourage RAs to get to know their residents because the goals were limited to fulfilling certain categories. The new model now provides RAs with the opportunity to explore a broad range of subcategories within the ‘success’ elements.

“I am putting on a program that will allow students to play illegal ‘drinking’ games with water. After the games, I will be handing out a worksheet discussing the dangers of binge drinking and how easily this can happen. It will be combined with a personal success program and will fit under the health and wellness subcategory,” explains St. Peter.

Students are encouraged to attend as many programs as possible in order to get to know their RA and feel more comfortable with them on a personal level. RAs must be visible for residents who may be struggling with the transition to college, and programs are a way for RAs to offer themselves as resources to their residents, Wodarski said.

By Jessica Komoroski
Editor-in-Chief

Residence Life implements new program model

Turkey tid-bits

1. Americans feast on 535 million pounds of turkey on Thanksgiving.
2. According the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten in the United States at Thanksgiving. That number represents one sixth of all the turkeys sold in the U.S. each year.
3. Benjamin Franklin wanted the turkey to be our national bird.
4. Domesticated turkeys cannot fly, however wild turkeys can fly up to 55 miles per hour over short distances.
5. Only male (tom) turkeys gobble. Females make a clicking noise. The famous gobble is actually a seasonal mating call.
6. The heaviest turkey ever raised weighed in at 86 pounds—about the size of a German Shepherd! (But turkeys are normally not used as police animals.)
7. A turkey under 16 weeks of age is called a fryer. A five to seven month old turkey is called a roaster.
8. The Turkey Trot, a ballroom dance in the 1900s, was named for the short, jerky steps of the turkey. It became popular mainly because it was denounced by the Vatican as ‘suggestive.’
9. Turkeys are known to spend the night in trees! (Maybe to escape the Thanksgiving table?)
10. Turkeys can drown if they look up when it’s raining.
11. A turkey’s field of vision is 270 degrees—one of the main reasons they’re able to elude some hunters.
THE BRYANT MBA ONE-YEAR PROGRAM
Full-time, day program for all majors
• No professional experience necessary
• Distinguish yourself in a competitive job market
• Gain hands-on experience with the Business Practicum

THE BRYANT MBA TWO-YEAR PROGRAM
Part-time, evening program for professionals from any field
• Develop high-level business skills for long-term career success
• Enter and progress through the program with a supportive team
• Build your network while enhancing your resume

THE BRYANT MASTER OF PROFESSIONAL ACCOUNTANCY (MPAC)
Full-time, day program for accounting majors
• Meets the 150-hour requirement for CPA licensure
• Complete in Summer/Fall, Summer/Summer, Fall/Spring, or Spring/Summer
• More than 40 top global, national and regional accounting firms recruit at Bryant

THE BRYANT MASTER OF SCIENCE IN TAXATION (MST)
Part-time, evening program for tax professionals
• Build an expertise in all areas of taxation
• Network with tax executives and industry professionals
• Flexible scheduling options

THE BRYANT GRADUATE PROGRAMS
The Bryant University Graduate School of Business prepares students for success in their chosen professions. As a graduate, you will join an impressive alumni community that includes industry leaders across the country and around the world.

T H E B R Y A N T G R A D U A T E P R O G R A M S

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Upcoming Session: Wednesday, December 9 at 5:30pm in MRC 4

Questions? E-mail us archway@bryant.edu
### Business

#### Change Makers: Adaptive Eyecare

By Brandon Dobro
Business Editor

Whether for-profit or not-for-profit, organizations with social missions deserve to be heard. ChangeMakers is a new column with the intent of shining a light on those people who do good.

**Organization name:** Adaptive Eyecare
**Location:** Oxford, UK
**Founded:** 1996
**Type:** Non-profit
**Website:** www.adaptive-eyecare.org

**Product:** The world’s first universal eye glass

**Problem:** There are 153 million people in the world who either cannot see, or have very poor eyesight. For those who have eye trouble, you know that it is not an easy process to obtain prescription eyeglasses. It is a process that takes time and sometimes several visits to the optician in order to ensure that the right lenses are made. It is quite costly as well. This is a problem, since ninety percent of those with poor eyesight are in the third world. Making matters worse, there is just one optician to every 4,500 people in Britain, compared to one optician to every 1,000,000 people in Africa. With most of the third-world unable to see and so few opticians able to provide them with glasses, millions of people throughout the world even cannot see their own loved ones. Lacking the ability to see has severe consequences in the third world, children cannot read in school, and adults cannot even weave clothes nor hunt.

**Idea:** Oxford Professor Joshua Silver has invented a pair of eye glasses based off of the idea that the fatter the lens, the more effective it will be. The durable plastic lenses are filled with clear sacs of fluid, which are connected to two small syringes that are attached to the arms of the glasses. The user changes the power of the glasses simply by adjusting a dial next to the syringe that controls the amount of water allowed in the lens. Once the correct amount of water has been dialed in and the user can see, they can easily screw in a pin that blocks off the water flow. Silver’s team has discovered that this device is so simple that anyone can make their own pair of prescription glasses with hardly any guidance. Even with a target cost of just $1 a pair, it is still no easy feat to distribute these glasses to the millions who need them. They are hoping that by making deals with humanitarian programs that span hundreds of villages, awareness will increase and governments along with the United Nations will get involved. While there are many naysayers, Adaptive Eyewear hopes to have 1 billion glasses distributed by 2020. “Things are never simple,” says Silver in an interview with The Guardian. “But I will solve this problem if I can. And I won’t let people stand in my way.” Spoken like a true social entrepreneur.

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### Change Makers: ChangeMakers

By Keith Murray
Faculty Columnist

An “inside business” issue this coming days—and especially inside the world of marketing communications—has to be the future of terrestrial radio; this pertains to what most lay people would refer to as traditional radio, such as AM and FM broadcasting listened to, historically, in cars, table-top sets, alarm clocks, and even at work.

Yesterday the Wall Street Journal ran a story that reports that Clear Channel, via its parent, CC Media, reaped in its third quarter in a row of advertising losses in the range of about 20% each. [Heil, that’s about 60% in aggregate in my book!] Clear Channel is the largest owner and operator of AM, FM, and short-wave broadcast stations in the U.S. Clearly, it is still too early to say exactly what the trajectory for terrestrial radio will look like after all, we’re in the middle of a prolonged economic recession—and the decline in need for advertising is affecting all media, not just radio. Nonetheless, with the losses no one is seriously all that talk that the decline of radio has begun and that we will see a recovery in the near future and economic business model, if not decline and oblivion. Several independent indicators seem to support such assumptions, including the shift of ad dollars directed towards online information sources—and at an increasing rate at that! Since the “science” of tracking radio listenership—and I use the word “science” in this context very loosely—has never been seen as particularly trustworthy, one can look to other signs along the way that support the ascendancy of other forms of media. As radio is the “radio” alter-ego of newspapers today.

“Radio on the same decline as newspapers”

By Keith Murray
Faculty Columnist

Radio is on the same decline as newspapers.

More and more new vehicles are coming along with subscription-based satellite radio units—making obsolete the need to listen to paid commercials for up to 40% of the time in the car. When I am forced—out of sheer boredom—to turn on terrestrial radio, I now think it odd and annoying to hear so many commercials.

“I’ll try to write the obituary for terrestrial radio, but all the signs indicate that the long life we might have expected for it is not in store.”

Keith Murray is a Professor of Marketing and the Assistant Dean of the Graduate School at Bryant University. Be sure to visit his daily blog at www.keith-murraybiz.com.

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### Change Makers: Intuition at Mann Gulch

By Michael Roberto
Faculty Columnist

For those who don’t know the Mann Gulch story, here’s a bit more information. The fire happened in the Helena National Forest in Montana and claimed 13 firefighters’ lives. When the fire “blew up” that day, the leader—Wag Dodge—yielded his life trying to save as many of his crew as possible. Because of his courage, he was posthumously awarded the Silver Medal for human valor.

The team that was it a “death trap.” Everyone began to run for the ridge, but Dodge soon realized that they probably could not outrun the fire. He bent down and lit another small fire in a grassy area with a match. Then, Dodge placed a handkerchief over his mouth and lay down in the smoldering ashes. Since the grassy area quickly burned, leaving nothing but dirt, the blaze went on to the arms of the glasses. The user changes the power of the glasses simply by adjusting a dial next to the syringe that controls the amount of water allowed in the lens. Once the correct amount of water has been dialed in and the user can see, they can easily screw in a pin that blocks off the water flow. Silver’s team has discovered that this device is so simple that anyone can make their own pair of prescription glasses with hardly any guidance. Even with a target cost of just $1 a pair, it is still no easy feat to distribute these glasses to the millions who need them. They are hoping that by making deals with humanitarian programs that span hundreds of villages, awareness will increase and governments along with the United Nations will get involved. While there are many naysayers, Adaptive Eyewear hopes to have 1 billion glasses distributed by 2020. “Things are never simple,” says Silver in an interview with The Guardian. “But I will solve this problem if I can. And I won’t let people stand in my way.” Spoken like a true social entrepreneur.

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Smith and the Bulldogs run past St. Francis 35-12

Brendan Heller Staff Writer

Bryant University Women’s Swim Team defeated Providence College for the first time in the program’s history.

The team was led by the first time in the program’s history. The team was led by the

Casey Ostrander (Yarmouthport, MA), and Molly Smith (Belmont, MA), all of whom took first place in their respective events. Ostrander finished first in the 1000, 200, and 500 yard freestyle events, while Smith won the 100 yard backstroke and the 50 and 100 yard freestyle. Smith took first in the 100 and 200 yard breaststroke events and swam the breaststroke leg of the winning 200 yard medley relay. Sophomore Abby Whitaker (Salisbury, MA) also won two individual events for the Bulldogs, touching first in both the 100 and 200 yard butterfly events and swam the butterfly leg of the winning 200 medley relay.

Casey Ostrander was named the North East Conference Offensive Player of the Week for his 239-yard rushing performance in Saturday’s game.

Sports

November 20, 2009

Swimming splashes by Providence

Casey Ostrander Year: Freshman Sport: Swimming

Freshman standout Casey Ostrander was named the North East Conference Offensive Player of the Week for his 239-yard rushing performance in Saturday’s game.

Jerrell Smith Year: Senior Sport: Football

Smith was named the North East Conference Offensive Player of the Week for his 239-yard rushing performance in Saturday’s game.

Lorenzo Perry holds the school record of 313 yards in a game back in 2005.

Crocce was 8-of-11 passing for 88 yards and two touchdowns - both to his tight end Tracey. Bryant’s defense held Saint Francis to 2 yards passing and 131 yards rushing on the day as the Red Flash’s rushing attack was contained with 114 yards on 17 carries.

Jerrell Smith ran for a career best 239 yards on the Bulldogs senior day, with over 100 of those coming in the first quarter alone. (Courtesy of Bryant Athletics)

Jerrell Smith

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By David Niles

Staff Writer

The NFL has a serious problem. The sport, which garners America’s most attention, draws the highest TV ratings and is as lucrative and profitable as almost any industry, is facing a daunting dilemma. People love the NFL, as shown by the TV ratings this year, which have experienced a jump higher than any other year in the last two decades, and dwarf all other sports. However, this is exactly where the problem lies.

The problem with football is that it is in fact a great television sport. You can actually see more of the game through instant replays and close up action than you can at the stadium. And, the same goes for basketball. The Bulldogs vs. Providence game that took place in the Dunkin’ Donuts Center was a prime example of why the Friars should be upset.

Attending an NFL game is an all-day event. The game is 3 hours long but most get the stadium two to three hours early to avoid the worst traffic and to tailgate. If you live an hour from the stadium you probably need to budget a 2-3 hour trip to get there before the cause of the traffic anyway. So you end up needing to leave your house 5 hours before game time. Then there’s the 3-hour home game, and another 2-3 hours home in traffic. That comes to 10 to 12 hours of travel time for a 3-hour game. In the second game you add to the costs of tickets (hundreds of dollars apiece), concessions (the average fan will spend around 20 dollars on food and drinks), and parking (another 50 dollars). Then consider

...
Second half run not enough for Bulldogs

The Bulldogs were led by senior captain Courtney Schemmhorn’s (Lowell, Mass.) 14 points and 7 rebounds, and sophomore Lekia Cowen’s 11 points. (Courtesy of Bryant Athletics)

Eva Mahan
Staff Writer

After an impressive sec- ond half run to close victory over Assumption in exhibition play, the women’s basketball team entered their first regular season game confident and ready to start their 2009-2010 season Saturday night at Dartmouth. Some opening game jitters ensued the Bulldogs early as they went down 12-0 in the opening four minutes, and unfortunately, their push in the second half was not enough to compensate for previous falters as they collected a 57-47 loss.

After the first four minutes were behind them, the Bulldogs evenly matched Dartmouth’s intensity for the remainder of the first half, trading baskets and heading into the locker room still down 12. The Bulldogs regrouped over the break and came back out determined to avenge their deficit and re- deem themselves for their shooting performance of only 16.7 percent. With just over eight minutes left in the second half, the Bulldogs kicked into high gear and came back to within five due to a greatly improved shooting percentage of 35.5 percent from the field, and 30 percent from three point land in the second half. The drive was led by sophomore Lekia Cowen’s (Hopedale, Mass.) 11 points, three of which came from beyond the arc in a short four minute span. The Bulldogs’ defense also picked up the intensity in the second half, as they tallied five steals and nine turnovers.

Even faced with full court pressure in the final five minutes, Dartmouth was able to hang onto their slim lead in the second half and beat out the Bulldogs in their home opener. The Bulldogs were led by senior captain Courtney Schemmhorn’s (Lowell, Mass.) 14 points and 7 rebounds, and Cowen’s 11 points. Freshman Katie Whittington (Twinsburg, Ohio) contributed offensively, dishing out 5 assists.

Coach’s Corner

Ask The Coach:

Question: I have been under a lot of pressure with studying and I am finding it hard to get to the Fitness Center and get a workout in. My lifting has been suffering from this. What should I do?

Answer: It is important for you to be a student first and then focus on getting some exercise in order to relax from the pressure of the workload that you are under. Try making time to come in and exercise for the relaxation of enjoying some time away from studies. Try different lifting exercises that focus on lighter weights and more of a variety of exercises especially ones that you don’t usually do. Your body will feel refreshed after exercising and you will find it easier to focus on your studies af- terward. Please try to re- member that you will face many of these types of challenges long after you finish college, and it is im- portant to find time for yourself to relax and exer- cise.

Coach Tim’s Weekly Workouts

Day 1
Walking Lunges: 3 sets of 10
Leg Press: 3 sets of 10
Pull-ups: 3 sets of 12
Bench Press: 4 sets of 8
Dumbbell Curls: 3 sets of 10
Crunches 2 sets of 25
Day 2
Incline bench press: 3 sets of 8
Lying Dumbbell Press: 4 sets of 8
Seated cable rows: 3 sets of 10
Leg extensions: 4 sets of 8
Leg curls: 4 sets of 8
Triceps Extensions: 4 sets of 10
Dips: 2 sets of 8
Leg raises: 3 sets of 15
Day 3
Stability Ball wall squats: 3 sets of 10
Dumbbell Shoulder press: 3 sets of 10
Upright rows: 3 sets of 8
Incline Dumbbell Press: 3 sets of 7
Lunges: 3 sets of 10
Barbell curls: 3 sets of 10
Triceps dumbbell Press: 3 sets of 10
Stability Ball Crunches: 3 sets of 15

For the latest sports news, head to www.BryantBulldogs.com

Bulldog Bites

By Jackie Ammirato
Assistant Sports Editor

Volleyball

The Bulldogs closed out the 2009 season with a road trip to New York last weekend. Saturday, the team snapped a five game losing streak with a 3-0 victory over St. Francis. The Bulldogs were led offensively by sophomores Maria Scocca who had 13 kills, and sophomore Jazmin Stoner and freshman Macy Mitrovich, each collecting 11 kills. The off- ense was fueled by 35 assists from freshman Jadith Lorenzo, who along with junior Robyn Gardner contributed seven digs.

Sunday, however the Bulldogs were overwhelmed against the first place Long Island University Blackbirds. Mitrovich and Scocca once again led the Bulldog offense with six and five kills respectively. Senior Julie Gensotti and Adrianna Fuertes each contributed seven assists. Gardner again led the team with 16 digs.

The Bulldogs end the season with an 11-23 overall record, 6-10 in the Northeast Conference.

NEC Offensive Player of the Week

Jerell Smith

For his performance in last week’s Bulldog win over St. Francis (Pa.), Smith was named NEC Offensive Player of the Week. Smith ran for 239 yards in the game, moving him to within 25 yards of the 3,000 career yards mark. He scored three rushing touchdowns in the game, on runs of 23, 22, and 77 yards. His 239 yards are the most by any NEC running back this season.

Smith’s three touchdowns give him 17 in his career, good for fourth all-time in school history.

Football

The Bulldogs travel to Pittsburgh this weekend to face Duquesne in the season finale. The Bulldogs are coming off a 35-12 win over St. Francis (Pa.), which ended a five game losing streak. In the past two seasons, Bryant is 5-0 against NEC teams from Pennsylvania.

Last season in the first ever meeting between the two schools the Bulldogs trailed Duquesne 10-9 going into the fourth quarter. Thanks to a Lindsay Gamble rushing touch- down and an interception returned for a touchdown by Cheyenne Ray, the Bulldogs were able to pull off the 24-10 victory.

Duquesne comes into the game off a last second 42-42 win over Sacred Heart last week. The Bulldogs (4-6) and the Dukes (5-7) will face off at 12:00 pm on Saturday.

Club Sports

Want to see your club team in The Archway? Email archway@bryant.edu!

Bryant On Tap

Friday, November 20th:
Men’s Basketball, at Harvard, at 7:00pm
Saturday, November 21st:
Football, at Duquesne, at 12:00 pm
Women’s Basketball, HOME vs. Lafayette, at 1:00 pm
Swimming, at Fairfield Invitational, at 1:00 pm
Tuesday, November 24th:
Women’s Basketball, HOME vs. Brown, at 7:00 pm
Wednesday, November 25th:
Men’s Basketball, HOME vs. Brown, at 4:00 pm
Sunday, November 29th:
Women’s Basketball, at St. Bonaventure, at 1:00 pm
Monday, November 30th:
Men’s Basketball, at Army, at 7:00 pm
Tuesday, December 1st:
Women’s Basketball, at Colgate, at 7:00 pm
Thursday, December 3rd:
Men’s Basketball, at Long Island University, at 7:30 pm
“If you could be any Thanksgiving dish, what would you be?”

“The plate so I can have all the dishes”
-Mike Doyle ’12

“Gravy so I can be on top of everything”
-Kaykine O’Brien ’11

“Apple pie cause it’s yummy”
-Leah Gallicchil ’11

“A turkey breast because it was once the turkey chest”
-Mike Silva ’12

“Pumpkin pie cause it’s made from pumpkins”
-Michelle Hochstadt ’11

“Cranberry sauce because it’s just so good”
-Ian McDonald ’12

“Pumpkin pie cause it’s made from pumpkins”
-Michelle Hochstadt ’11
It's time to oust our room phones

By Michael Adams
Assistant Editor-in-Chief

I'm just feeding the beast that is Sarah Palin by writing an article about her. However, as she has been everywhere this past week and half in the run-up to and release of her book, I feel appropriate to discuss this marvel of modern day politics and social wonderment.

So where do you begin with the throla from Wasilla? I assume the most logical beginning is how we were all introduced to her: the phone calls for the presidential election. To assume that the majority of people every college student on this ‘friggan’ planet has and uses more than ever now—to test more than talk, then why do we need these fancy VOIP phones to check the weather? That’s what my phone is for (well, I don’t have a smartphone, but I use that annoying method called my computer’s internet connection). Now, I know it’s pranking call the rest of my housemates just for giggles, but it takes too long to find their extension. I need to type their name letter by letter only to find out that it typed in Christ-not Christopher. Oh, too bad. I’ll just walk across the hallway and knock on his door — more effective.

Second reason: No one even has these babies plugged in. I have talked to numerous classmates of mine and they have unplugged their phones not illegal or anything. In fact, I think it’s a great idea. I’m unplugging mine. Oh, wait, I have a roommate. I best be careful. You never know— that phone could be his life-lihood, the link to what’s going on this week. Oops, that’s what Facebook is for, so it’s not a big deal here.

If you don’t have your phone plugged in, fine, that’s your choice, I ADORE the fact that those emergency broadcasts that get sent out once in a blue moon. These messages have been maybe blasted across the whole campus 10 or 20 times during my whole tenure here. These were the messages? Two of them were tests followed by DPS screaming into megaphones, riding around on golf carts, waking the entire campus up. The third one was when we had a snow day. I almost bought a lottery ticket. We were some of the privileged few that got to witness a snow day at Bryant University, the skating rink of the northeast and the proud recipients of the worst snow day heard of. I am not the fresher just wait and see. Bring your shovels back from turkey.

So, great, the phone was useful for one snow day. They also sent us an e-mail and we got a nice little text message. Wow, three methods of communication. Jackpot. At least they know how to get in touch with us.

Third reason: I don’t even know how to use it. Someone probably my housemate called me a few months ago and I couldn’t even get to my voicemail at trying every password under the sun. I’m sure the voicemail was not time-sensitive, but what if it was? We are not useful anymore. Oh, well, life goes on. I wouldn’t even know who to call to reset my password. Maybe I can do it on my phone. No idea. I mean, I did just learn three weeks ago that Bryant actually has a telephone operator. Yep—switchboard operator, basically. She sits in between the doors to the library—always wondered what she did. I don’t think we need an operator, but you know what, we probably don’t need a lot of things.

Finally, and probably the best reason of all time: you can save money, Bryant University. In a recent article written in the Burlington Free Press, it states that the University of Vermont is saving $500,000 annually—the University of Kentucky is saving $840,000 annually by removing the landline phones. While their student populations are far greater than Bryant’s, we could save a good chunk of change.

In the age of Blackberry’s and iPhones, Bryant should be stepping it up. We, as students, lose a part of ourselves if our phone is misplaced. We do a lot on our phones from a quick Google search to setting up appointments, texting, and making a gross score. Meet us where we are now. I know you might not want to damage the long-term relationship you have with Cisco Systems, but sometimes all good things need to come to an end. Times, they are a changing.

The Opinion Pages of The Archaive feature the opinions of the identified columnists and writers, which are not necessarily those of the newspaper or Bryant University.
You know what really grinds my gears...

By Michael Adams
Assistant Editor-in-Chief

So, ok, so I’m back at it again with another rant. This time it’s about proper English language, but more specifically, the people that go around saying “ewer” or “ain’t” or anything along those lines. Maybe these people have great ideas, but we sure don’t get the hang of it.

By the American Cancer Society’s Great American Smokeout was Thursday, November 19. The Surgeon General along with Health Services provided awareness programming on Wednesday, November 18. Research indicates that quitting, a tobacco habit is as difficult as quitting a heroin addiction. That in itself speaks volumes.

I speak with many students who are fearful of quitting cigarettes anticipating unwelcomed weight gain. The average former smoker may put on an initial 5 lbs, but that can be quickly burned with a sound exercise plan! While it may be more culturally acceptable in many parts of the world to use tobacco products, from a health and well being standpoint, there are far more negatives that outweigh the positives. During the spring of 2004, the Surgeon General released a report indicating that "cigarette smoking significantly harms almost every major organ of the body." It is hands-down, the worst habit that anyone can pick up. Most major illnesses list tobacco use as a major contributing factor. Here are some to name a few: heart disease, stroke, and autoimmune illness.

Many women who have been smokers find it hard to control the urge when they reach a point in their life when they want to become pregnant. Women also shouldn’t smoke if they are on birth control. Individuals with asthma will find that smoking restricts their breathing and may incite or exacerbate an asthma attack.

As a result of the Surgeon General’s Report, the list of diseases caused by smoking has grown to include: abdominal aortic aneurysm, acute myeloid leukemia, cataract, certain types of cancer, kidney, cancer, pancreatic cancer, pneumonia, periodontitis, and chronic obstructive pulmonary disease.

It’s important to spread awareness of the effects smoking can have on the human body. It is hands-down, the worst habit that anyone can pick up. Most major illnesses list tobacco use as a major contributing factor. Here are some to name a few: heart disease, stroke, and autoimmune illness.

The lungs – Lung cancer is the leading cause of cancer death in the United States. Smoking triggers an average of 350,000 lung cancer deaths in men and about 80,000 in women. Smoking low-tar cigarettes does not substantially reduce the risk of lung cancer. Smoking causes cancer of the mouth, throat, larynx, esophagus (food box), and cancer of the esophagus. Smoking also has the tendency to cause lung cancers to develop. Lung cancer is the leading cause of cancer death in the United States. Smoking is related to chronic coughing and wheezing among adults, children, and adolescents.

The heart – Smoking causes coronary artery disease which is the leading cause of death in the United States. Smoking causes hardening of the arteries. Smoking causes a bulge in the middle of the aortic arch near the stomach (abdominal aortic aneurysm). Poisons in cigarette smoke go everywhere blood flows as a result of the heart pumping blood around your body. Bladder, kidneys, stomach, and pancreas – Smoking can cause cancer in each of these vital organs.

If this isn’t enough to change your mind about cigarette smoking, tobacco causes wrinkles, speeds up the aging process, causes stains on teeth, skin, cloth, and furniture, turns nails beds and skin yellow, and constricts blood vessels making you more sensitive to temperature changes.

Don’t forget secondhand smoke - radon – radon is the same problems and has more toxins which have been filtered out by the lungs. Secondhand smoke is composed of sidestream smoke (smoke released from the burning end of a cigarette) and mainstream smoke (cigarette exhaled by the smoker). Cigarette smoke contains more than 4,000 chemical components. The National Toxicology Program (2006) estimates that at least 50 chemicals in secondhand smoke are known to be toxic or cancer-causing.

The good news is that quitting is possible. In fact, within 20 minutes of quitting your heart rate drops. Two weeks to three months after quitting, your heart attack risk begins to drop and lung function begins to improve. And one year after quitting your risk of heart disease is half that of a smoker. The human body has an amazing capacity to heal itself, but it does take the first step. So put that cigarevixzfe and contact the Office of Health and Wellness Education at extension 6703 to get on the right track. You only have one body, treat it well!

Have an opinion about any of these articles? Sound off at www.BryantArchway.com

Opinions

By Jennifer Diprete
Staff Columnist

Worries of Wellness: Time to kick some butt(s)

Person 1: "There’s no way a turkey pops out a little baby turkey!
Person 2: "There’s no such thing as turkey eggs.

How do you think people have kids? People eggs?

Person 2: "What does Christmas taste like?

Person 1: "I’m at the point where I’m 30 and live in a dorm and barely make enough money to get through the month.

Person 2: "Found my ID…in my butt.

Person 1: "I went to Victoria’s Secret and tried on that new bra and it was like…BAM!

Person 2: "It’s like having sex with a Muppet.

Person 1: "I just sent you an invitation…browse all females.

Person 2: "I’m the at the point I’m 30 and live in a dorm and barely make enough money to get through the month.

Person 1: "Found my ID…in my butt.

Person 2: "I have heard of Harpoon Winter Lager?

Person 1: "No.

Person 1: "It tastes like Christmas.

Person 2: "What does Christmas taste like?

Person 1: "I don’t know, but it just tastes like Christmas.

Person 1: "You’re missing Thanksgiving dinner at Salmo. It’s so good! I ate in, straight up, three minutes.

Can I just finger it quick? Is that weird?

E-mail funny quotes to agree1@bryant.edu.

Bryant Said What?

“I went to Victoria’s Secret and tried on that new bra and it was like…BAM!”

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Observations

It’s Turkey Season

Although it is that time of year when turkey is on everyone’s mind and soon to be in everyone’s stomach, please do not kill any of the wild turkeys that can occasionally be found on campus. Yes, Bryant has turkeys, you do not see them as often as the geese, but they are around.

The Bryant Zoo

The Roger Williams Zoo should have called Bryant to let them know that they were going to unleash ten times the amount of seagulls and pigeons than found on Noah’s Ark onto our campus.

Red light, Green Light

The DPS gate is not a children’s game. We were taught in drivers ed that red means stop and green means go. Why do DPS officers have to play with our minds. We’re let through on red lights and stopped on green. Sounds like my ex-wife.

Send Observations to agree1@bryant.edu.

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By David Nelligan
Staff Writer

Hopefully by now you have been following a long with the "Seven Sexes" articles between me and the lovely Ms. Durkin as we try to discuss the grey areas of dat-
ing in college. This week I am taking the time to help out the females on campus by ex-
plaining to them the little things they can be doing to help them keep their men.

"You and I both agree that both people are at fault for little an-
noying tendencies and habits, so I would like to take a look at the main ones girls should steer clear of to keep from scar

The first is a question that girls always seem to ask, usu-
ally when lying in bed or watching television. "What are you thinking about?" The problem is not necessarily with the question, but with the reaction to the guy's res-
ponse. If the guy doesn't say something sweet and sweet like, "I am just thinking of you" then what he is actually thinking about like how on Earth Tom Brady looks with your stunningly good

What were you thinking?

By Kaleigh Durkin
PR Manager

Congratulations! If I've done my job, you are currently approaching your two-week anniversary with your stunningly good-
looking significant other, and you're happier than can be! It must be said though, that one mustn't get too attached to the 'newlywed' stage of an early re-
lationship. It's normal for one to put on his or her best face, and act somewhat differently than they would every day on the road together. I, as a girl who has spent her life in long-term re-
lationships, am here to inform you gentlemen of a few deal-breakers. Everyone is trying to find their position in the relationship, but there are a few things you must never do if you want to keep the other person in the relationship territory. Now as I've stated before, what I'm about to say does not pert

1. Jealous/relationship death: it's normal for us to want our significant other to care about us and want us to talk to them when we are out with our own groups of friends, but there is a fine line between being interested in general happenings of their life and actually being jealous or is she out, but it is a completely different thing to be overly possessive and insanely jealous of every person that your significant other speaks to. Trust is an essential factor in ANY relationship, as we've stated, and any lack of trust will surely end your relationship over the nearest cliff.

2. Fighting is NEVER sexy: we've all seen the types of movies in which the leading man sweeps in and trys the idea that you don't care about her safety or feelings. Use your words, but do so in a civilized,

Prince Charming and the Knight in Shining Armor, but when you use your fists to communicate a mes-
tage it's telling your significant other that you are unable to use your words, thus are unable to talk through your problems. This is a sure way to turn off a girl, and she most likely won't feel that those fists might turn toward her direction.

"One important thing to remember is that your significant other owes you something you are UNLESS you are bound by a child, or an 8" x 11" document that states that you are bound until death do you part."
Bulldog flicks: Pirate Radio is fun

By Luke Stankiewicz
Staff Writer

A movie like Pirate Radio has the power to do wonderful things. It can show the world how rock and roll music changed the world back in the 1960s, how conservative British culture drove the rebellion now inherent in rock and music, and perhaps most importantly show how music can save a man’s soul. Unfortunately this movie doesn’t focus on these things particularly well, opting instead to entertain us with an excellent soundtrack, a group of hilarious characters, and simply showing us their escapades on a small ship set to the greatest music of all time.

The movie tells the story of a bunch of pirate radio disc jockeys who broadcast from a ship off the coast of London, mainly because no one in the country will play the music that they love so dearly. America was much more accepting of rock and roll during the sixties, with every station playing the (quite awful) rock music that we produced and proclaiming it as a revolution. The government may not have been too keen on it, but the people ate it up. Despite the fact that in Britain the music scene was significantly better than ours (this is why Jimi Hendrix moved to London), the citizens and government did not take to it like we did in the States. Thus we have a bunch of rowdy, free loving, drug using, foul mouthed men living on a ship called Radio Rock and spinning records until all hours of the night.

The plot is flimsy, revolving around a teen boy named Carl (Tom Sturridge) who is sent to the ship by his mother because he was recently expelled from school. Why he is sent there of all places is a mystery, but I suppose it doesn’t really matter. There are various escapades that happen throughout the movie, such as a battle between fellow DJs “The Count” (Phillip Seymour Hoffman) and Gav, Carl’s attempts to lose his virginity, and the boss Quentin’s (Bill Nighy) various attempts to keep the crew under control.

No movie is without an antagonist, and in this case it is the notoriously uppity British parliament. Minister Dormandy (Kenneth Branagh) is in charge of shutting down pirate radio stations as they are seen as a menace to British society. He puts his best man, Twatt (Jack Davenport) on the job, and throughout the movie we see their (usually unsuccessful) attempts to rid the country of the radio menaces.

I mentioned in the beginning that this movie could have gone two directions, and it chose to go in the route of a good natured, raucous, Animal House on a boat type movie. I am here to say that there is nothing wrong with this at all, as long as you know what you’re going to get. The lack of character development, interesting plot twists, and dramatic narrative is made up for by the fantastic soundtrack that plays almost throughout the entire movie. Smokey Robinson, the Troggs, Hendrix, the Moody Blues, the Kinks, and the greatest band of all time The Who, are all featured in this movie. Anyone who knows anything about music will easily find themselves moving their feet and dancing a little bit, and maybe as a result of this you won’t care so much that these characters seem more like caricature than real people.

It’s a fun film, where the music and characters come together to give you a hell of a ride. One thing the film does very well is show the passion and devotion the men on Pirate Radio have for the music they play. When they learn that their operation is being shut down by law, they rebel by playing “My Generation”, an almost literal f*** you to the establishment. Music to them is their lives, and to take it away would be a fate worse than death. So, for the limited sentimentality, and the excellent musical entertainment and deafeningly I give Pirate Radio 3.5 out of 5 Bulldogs.

This movie earned 3.5 out of 5 bulldogs.

Variety

‘Modern Family’ is guaranteed to make you laugh

By Allison Salzberg
Assistant Public Relations Manager

Networks are constantly trying to produce new, successful comedies for the evening line up to keep viewers tuned in to their channel. ABC has most definitely found a gem in their newest hit show Modern Family. This comedy features three somewhat dysfunctional families that do fit the definition of “modern”.

The ring leader of the show is Jay, who is played by Ed O’Neill. O’Neill is most famous for his ten year run as Al Bundy on Married... with Children, and his return to network comedy is a strong one. He plays the father of two very different 30-something children, Claire (Julie Bowen) and Mitchell (Jesse Tyler Ferguson). Claire and Dunphy, a mother of three, try to keep her teenage daughter from being a wild child and always gets a kick out of her quirky husband, Phil (Ty Burrell).

The Dunphy’s face the typical problems a family with middle school aged kids come across. However, Modern Family is able to turn these problems into hilarious situations and Claire’s facial expressions are priceless.

Mitchell has been with his partner Cameron (Eric Stonestreet) for five years and recently adopted a new baby girl, Lily. The conversations between Mitchell and Cameron are very witty. Both characters play off of each other perfectly, and you can’t help but love their relationship. One of their main goals right now on the show is successfully adjusting to being parents.

Jay is also remarried to a much younger woman, Gloria (Sofia Vergara) who has a son, Manny (Rico Rodriguez), from her previous marriage. The show pokes fun at how Jay is so much older than Gloria and how he struggles to be a father to an eleven year old again. It also brings in a lot of Gloria’s Colombian culture and how Jay tries to learn the ways of his new wife. Situations like whether or not Manny should wear a poncho to school shows the hilarity between Manny and his new step-dad, Jay. However, Manny says, “My mother says we are never to use the word ‘step’ because it means not real, and we are a real family”.

Modern Family reminds me a lot of The Office in the sense that it entices you to pay attention and pick up on all of the subtle jokes. Also, the main characters are often interviewed about events that occur throughout the show, which is where the humor is most dominant and unmistakable. If you’re looking for a guaranteed laugh and a show that will always leave you in a good mood then Modern Family is for you! Modern Family airs Wednesday nights at 9 p.m. on ABC.

ABC’s newest sitcom entices the viewer to pay attention to its subtle jokes. (MCT Campus)
By Brigit Clancy  
Variety Editor

Paranormal activity at the Mark Twain House in Hartford, Connecticut. (MCT Campus)

It was raining as visitors stared into the night outside the Mark Twain House in Hartford, Connecticut hoping to see an apparition. After walking through Mark Twain’s home and listening to stories about paranormal activity in it, visitors began looking over their shoulders to see if a spirit was among them.

Celebrated author and humorist Mark Twain, whose real name is Samuel Clemens, had a family estate in the Nook Farm section of Hartford, Connecticut. It is of Victorian design and has one of the very first phones to be installed in a private residence. The House was designated a National Historic Landmark in 1963. The structure and interior have been preserved to showcase his legacy and further engage interested literary fans and scholars of his work.

Twain wrote some of his most famous books at the Twain House in Hartford. These books include “The Adventures of Tom Sawyer” (1876), “The Prince and the Pauper” (1881), “Life on the Mississippi” (1883), “The Adventures of Huckleberry Finn” (1884), and “A Connecticut Yankee in King Arthur’s Court” (1889).

Twain once wrote of his home, “To us, our house... had a heart, and a soul, and eyes to see us with; and approvals and solicitous and deep sympathies; it was of us, and we were in its confidence and lived in its grace and in the peace of its benediction.”

Twain’s home has a peaceful atmosphere, but it is believed that a number of restless spirits haunt the walls of this large estate. Around Halloween, “ghost tours” are available to the public. Stories of paranormal activity are told by workers at the museum. From the death of Twain’s daughter in the estate to restless spirits of children pulling on visitors’ clothing, stories on these tours will send a chill down your spine. Each guide offers his own experiences of paranormal activity, bringing the stories to life.

At one point in his life, Twain claimed he had foreseen the death of his brother, Henry, in a detailed dream a month before it actually happened. This vision reinforced Twain’s thought that he had special abilities.

Twain later vowed he would “go out” with the passing of the comet just as he had come into the world when it was around. Seventy-five years later when the comet returned, Twain passed away. Halley’s Comet crossed the sky on Apr. 20, 1910; Twain died Apr. 21, 1910.

As the tour progresses through the home, more spine-tingling stories like Twain’s vision are told. The billiard room on the third-story, for example, is often rumored to smell like cigar smoke. Twain collected cigars and often smoked in the billiard room, the site where he penned his most famous works.

Upon the conclusion of the tour, the visitor is left to decide for himself whether or not there is something more than the eye can see or feel in the cold whisper of a spirit’s presence.

Paranormal occurrences at the Mark Twain House in Hartford, Connecticut.
By David Hilbrand
MCT Campus

"Glee," Fox's sharp and subversive musical comedy series, is averaging a respectable 9.6 million viewers a week.

And apparently all of them are going online to champion and celebrate the show, which is turning out to be more viral than H1N1.

"Glee" may rank 42d in the Nielsen ratings, but it's a phenomenon on social networking sites such as Facebook and MySpace.

"We monitored Twixgidzfifler feeds," says Chris Albrecht, coeditor of NewTeeVee.com, a Web site devoted to online video, "and 'Glee' is absolutely crushing the competition...."

The spontaneous explosion of video, "Glee" may rank 42d in the Nielsen ratings, but it's a phenomenon on social networking sites such as Facebook and MySpace.

"Glee" does rank 22 in the Top 200 downloaded songs. Nine episodes were among the Top 200 in TV sales. And "Glee: The Music, Vol. 1," released Nov. 3, sold 133,000 copies its first week to capture the No. 4 spot on the Billboard 200 chart.

The number of tribute videos may really go through the roof in the next few months if a novel initiative by the show's producers pans out.

"Based on fan demands, we're going to include instrumental versions only on some special editions of the soundtrack as an added element," says Di Loreto. "The soundtrack will be released early next month."

"I'll make it easier," he says, "for people to do karaoke versions of our songs.

As though Gleeks need any more encouragement.