The Bryant university MSA walk was the first in the United States to benefit Multiple System Atrophy. Jillian Baker's father (center), diagnosed with MSA 10 years ago, leads an estimated 200 walkers to raise money for research and awareness.

LHM is hot, Hot, HOT!

By: Christine Cox
Staff Writer

September 18, 2007 marked the beginning of Bryant University’s celebration of the 19th National Latino Heritage Month. What began in 1968 as a week to celebrate the independence of several Latin American countries – Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico, and Chile – is now a month of celebration and education from September 15–October 15. Bryant’s Multicultural Student Union (MSU) previewed the celebration with a display of Latino culture in the Rotunda on September 13, 2007. Students walking through the Rotunda were greeted by Latino music, festive faces and flags of the numerous countries represented here at Bryant. On display was also information about Latino history, Latino involvement in politics, and samples of Latino cuisine.

This year’s theme is “Strength in Numbers: The Power of Community.” Leidy Olivo, MSU’s Vice President of Latino View, says this year’s theme “has a broad meaning... No matter where we are, we belong to a community. On a national level, we have seen the Hispanic community come together to raise awareness against certain political injustices.”

Bryant University students watch tango lessons on September 26 in hope of recreating the Latin dance moves.

Continued on page 5
Homecoming/Reunion Weekend Policies

Homecoming Meal Times
Friday, September 28
Breakfast and lunch will be served in Salmanson at the regular times. There will be a special Homecoming buffet dinner served in Salmanson from 5-7pm on Saturday, September 29. A pre-game brunch will be served under the tent by the football stadium from 10am-2pm. This is the only location where brunch will be served. Meal plan students can swipe their card for their Saturday brunch meal. Students may purchase extra meal tickets for guests by using cash at the tent on Saturday. The cost for extra tickets is $5 per person for the pre-game brunch. Students must present their ID cards to receive tickets.

Concessions will also be available for purchase in the stadium. No alcohol will be allowed inside the stadium.

Reception food will be available, free or charge, at the Fifth Quarter Party from 4-5:30pm following the football game. Dinner will be served in Salmanson from 5-7pm.

Intoxicated individuals may be asked to leave all events and face disciplinary action.

Sunday, September 30

Fireworks and Fireworks
A $50 fine will be issued to any town-house, suite, or to the group or individual responsible for starting an open fire or放火 in the residence halls, the parking lots, the dormitory areas, etc. Criminal charges may result from the malicious setting of open fires, or the use of pyrotechnics, fireworks, the tampering or unnecessary use of fire extinguishers.

Alcohol
All Bryant University policies and Rhode Island state laws regarding alcohol will continue to be in effect. A complete listing of the University’s alcohol policies is in the Student Handbook. Violations include:

Possession or consumption of alcohol by students under 21 years of age

Providing or serving alcohol to minors

Open containers of alcohol in public

Possession in excess of the amounts and types of alcohol permitted to those students over 21 years of age

Contributing to the intoxication of another person

Public displays of intoxication

Operation of a motor vehicle under the influence of alcohol

Food and Beverages
No food or beverages will be allowed into any administrative buildings. This includes cups, cans, bottles, containers, etc.

Parking
Parking is available in any non-reserved space in the Commuter lots. The Commuter lots are designated areas of the Commuter lot will be reserved for tailgating activities. This sector of the commuter lot will be closed for parking between 5pm and will re-open at 4pm on Saturday, September 29. Following the football game, guests will need to leave the commuter lots by 6pm.

Volunteers needed!
If you are interested in helping to make Homecoming/Reunion 2007 a success, please contact the Center for Student Involvement at x6160, or stop by our office on the third floor of the Bryant Center.

Do you pick up The Archway every Friday and critique it?
Then Join The Archway. No experience necessary. Writers, photographers, columnists, and editors wanted.

Meetings Mondays at 3:30 on the
Bryant Center
Email archway@bryant.edu for more information.
Celebrating life with Flames of Hope
Downtown Providence lights up at Waterfire in support of breast cancer research benefiting the Gloria Gemma Foundation

By: Brigit Clancy
Assistant Variety Editor

On October 6, 2007 the Gloria Gemma Breast Cancer Foundation and Waterfire Providence will hold the second annual Flames of Hope, A Celebration of Life at Waterfire. The Gloria Gemma Breast Cancer Foundation was established in 2004 in memory of Gloria Gemma and in honor of her courageous fight against breast cancer.

Flames of Hope was created to bring awareness to breast cancer education and intervention. The Gloria Gemma Breast Cancer Foundation's objectives are to raise awareness, to increase education, and to generate funding for critical breast cancer health programs that are in dire need of being brought to fruition. The Foundation's mission is to assist breast cancer organizations in their fight to raise breast cancer awareness, to fight for its [cancer] prevention. It also intends to help bring comfort to patients and their families that breast cancer has affected.

The promise is that 100% of the net proceeds from all events will remain in our local community in Rhode Island.

The new Flames of Hope Village will feature kiosks for visitors, such as the Cotton Candy Boutique, the Flames of Hope Art Gallery, as well as live and silent auctions that will offer some of the most sought after sports memorabilia.

October is Breast Cancer Awareness month. Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. The chance that breast cancer will be responsible for a woman's death is about 1 in 33 (3%). In 2007, about 40,000 women and 2150 men will die from breast cancer in the United States. Death rates from breast cancer continue to decline, with larger decreases in women younger than 50. These decreases are believed to be the result of earlier detection through screening, and increased awareness as well as improved treatment.

In honor of loved ones living with breast cancer and in memory of those who have passed away, please visit the Flames of Hope at Waterfire on Saturday, October 6th. Please help support the fight against breast cancer.

Source for statistics: American Cancer Society (www.cancer.org)

Bryant Celebrates Tutor Appreciation Week

By: Erin Devito
Staff Writer

Next week, October 8-15, is a national week of recognition that we, as students and faculty of Bryant University, should be aware of. It is National Tutor Appreciation Week, and the Academic Center for Excellence (ACE) and the Writing Center are encouraging students and faculty to take this time to acknowledge and utilize the resources that they have here. If you have not already, I had the chance to speak with Assistant Director of ACE and Director of the Writing Center, Stephanie Carter, to find out what the week can do for students.

As Director of the Writing Center, Stephanie is in charge of training and working with writing consultants, who then help other students with their writing skills or a specific writing assignment. To become a writing consultant, a student must apply and be interviewed. They attend training sessions and workshops to prepare for their job, and also throughout the year to improve their skills. There are currently 12 writing consultants, and six of them were chosen last spring to work this fall. Heather Price, the writing specialist, is also available for help on certain days. If you are stuck on a writing assignment or even just want to improve your skills, take advantage of all that the Writing Center has to offer.

Very closely affiliated with the Writing Center is the Academic Center for Excellence. Through the center, peer tutors work closely with students in many subject areas to improve the student's understanding of material or to review before an exam. Peer tutors may meet with students one-on-one, or in small groups to assist in subjects such as math, economics, finance, accounting and foreign language. The tutors are certified by the College Reading and Learning Association before taking on the job, and are encouraged to promote the services offered by ACE. They must keep a minimum GPA of 3.2 and earn at least a B in the courses they tutor. Also to be qualified, tutors and writing specialists need to submit professor recommendations.

ACE and its tutors like students to know that they are there to help and teach them. That is what the professors are for. "We do this by using the Socratic method of questioning, which leads them through a thinking process that develops skills in studying a particular subject and ultimately a stronger learning experience," says Moody. Students are encouraged to discover the correct answer to a problem rather than just being given the solution, which builds confidence and a sense of independence in the student. Students who utilize peer tutor services walk away with skills that can be applied to any subject, and in the real world.

So why do students dedicate their time to helping other students (besides it is a paying job)? Heather says, "The best answer is they have the experience, and not only is it a rewarding experience to be able to help fellow students, but it can also help the tutors stay on top of their knowledge and skills and build confidence in themselves. Stephanie Carter says, "A lot of times teaching is a good way to learn yourself." Before Heather became a tutor at ACE, she used ACE and the Writing Center to help her in her more difficult classes and to improve her already developed skills, and she still utilizes them today.

We are fortunate as students at Bryant to have resources such as ACE and the Writing Center to help us at any time we need it. Show your appreciation by stopping in and scheduling an appointment (they suggest to do so four or five days in advance), or stop in during their walk-in hours between 1 and 3 pm and 6 and 8 pm Monday through Thursday, or from 11 am to 2 pm on Friday. ACE and the Writing Center are located in the Unistructure next to the Janikles Theater.

Walk-in hours at the Writing Center
Monday thru Thursday 1am - 3pm
6am - 8pm
Friday 11am - 2pm
For appointment and learning lab hours see the ACE website www.bryantl.bryant.edu/~ace/
Rotating art gallery softens new atrium

By Maddie Archambault
Staff Writer

As one can see, Bryant is becoming more culturally diverse with an increased number of on-campus activities from China brought back by President McChlery, and the newest feature: rotating art gallery in the Suite J Atrium. This new addition softens the business atmosphere that we are all so used to and reflects the school's slow evolution toward a more liberal arts based education.

President McChlery has played a vital role in shaping the University's image. Upon his request for an art gallery, Pootie Philbert and Mary Moroney have worked to make this happen. The pieces came together when the school received four enormous abstracts as a donation from Christopher and Jonathan W. Sweet and had nowhere to put them. These paintings are overwhelming and somewhat bizarre. For example, they are titled "Dance Mad!" and "Back Fat." These, in addition to the Harley Bartlett originals, are hanging in the gallery already and will be changed by next year. The exciting aspect of the gallery is that it is a rotating one, meaning that every year the exhibits will be replaced to display new works. So if you are not fond of landscapes or "Back Fat" then just wait a few months and there will be more new art to look at.

Harley Bartlett, the creator of the majority of the paintings in the gallery this year, is a contemporary artist from Providence, whose main focus is landscapes in New England. In the atrium there are paintings of New England lighthouses, Martha's Vineyard, Newport, and more. If the gallery isn't enough, Bartlett's art is also hanging outside the President's office and in the Belo Center. He utilizes the nineteenth century style, a drastic contrast to the wild abstracts that hang across the room. As of right now there is not a theme in the room because all of the art has been donated, making the collection rather diverse. This, along with the majority of the other art, was donated to the school from Mr. and Mrs. Robert Petearse Sr.

I would recommend checking this out. It is a nice change to the corporate environment that we are so used to experiencing every day. If you do not want to make the trip down to Suite J, there is also a website that can be accessed through Bryant's library site that features the artwork and background information on it. From the library site a visitor can go into "Special Collections" and click "Art at Bryant."

As the next couple of years you may see portraits, Haitian art, more abstracts, and possibly collections from other schools. Twome and Mary are hoping to expand the gallery that we already have to include furniture, circular seating, and of course, more artwork. So if anyone is looking for an idea for a class gift, the rotating gallery is a great place to start.

MSA walk raises awareness

Continued from page 1

entire family, Jillian was able to make the walk a success, earning over $28,000. All the money raised will now be given to the University of Massachusetts Medical School fund under the control of Dr. Peter Novak. This fund is the only one of its kind in the United States that solely sponsors MSA research.

The walk began at 10 a.m. and lasted until noon. Jillian's original goal of $15,000 was far exceeded because of the work of Jillian, the donors, and the volunteers, as they raised $28,000. The walk was held on the Bryant University track. Besides just walking in the walk, participants had a moment to have fun. Participants from the community and students got together to play a childhood favorite in a giant game of musical chairs. With forty-five people running in circles and jockeying for a seat, everyone got a chance to relax allowing them to feel the accomplishment of raising $28,000 and having fun in the process. Sodexho donated all the food and WMVJ provided DJ services. The walk also held a raffle with prizes ranging from a Bryant sweatshirt to movie tickets.

Jillian reportedly had no disappointment, but expressed her wishes that the local media "had come out just for the notoriety of it." She would like to "thank everyone that came out and donated and supported the walk." And in the future, she hopes "that they can find a test to diagnose it, if they can uncover if it's genetic or not to help people make more educated decisions. It would be a good peace of mind to know if you're at higher risk." She dreams that the disease will receive more attention so that more opportunities for research can arise. Hopefully in the future there will be a time where this disease is no longer a threat to familiars.

Photo courtesy of Jillian Baker

Students, faculty, family, and friends all gather to walk in support MSA.

Join the Archway

Writers
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Editors
Wanted
Meetings are Mondays at 4:30 in BC Room 2B
Not Interested in Writing?
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Latino Heritage Month

Continued from page 1

emphalized by the marches and rallies in cities all across the US. On a regional level, Rhode Island's Hispanic community has been steadily growing, making the state more culturally diverse and vibrant by bringing their food, music, dance, language, and traditions. Finally, the Bryant community should come together to learn more about one another.

The community is not limited to Hispanic students but is open to everyone; Olivo and MSU are encouraging all students to come to the events. Vanessa Toledo-Vickers, a Puerto Rican businesswoman, was the keynote speaker at the September 18th Opening Dinner. In addition to Latino cuisine, Bryant students of all cultures enjoyed Toledo's inspiring words about taking advantage of opportunities, referring to this year's theme. Toledo is a graduate of George Washington University in Washington, DC, and an entrepreneur; she is the President and Founder of Virtual Marketing Associates, with clients such as Cox Communications, AT&T, and Lifespan.

Saturday, September 22, opened up the celebration with "Noche Caliente" - a dance party/dance contest. And "hot" it was; Bryant students and guests showed their best moves as they danced to Latino dance music merengue, salsa, bachata, Spanish pop/rock, cumbia and reggaeton and Hip Hop music as well. Hector Paulino and Leticia Santana especially worked the dance floor, winning the $200 dance contest prize.

If you missed out, don't fret! "Cultural Coffee House" on September 26 will get you on your feet as you learn the Tango. The festivities will conclude on October 13 with "Cultural Carnival" from 2pm-6pm on the Bryant Center lawn. There will be food, performances, and games so save the date and bring a friend it is bound to be a great time! 

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Chili Skins...$3.75
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Website Kickoff
Friday September 28
10 am to 2 pm
Rodunda
Men’s soccer poised for late season run

By David Giardino
Sports Editor

Midway through the 2007 season, the Bryant University soccer team has certainly shown some flashes of brilliance. The Bulldogs own victories over conference rivals Bentley and St. Rose, and showcased their talents on a national level by blanking Dominican on September 10th, a team that was ranked #25 in the country at that time. The club was victorious in five of its first six games.

Yet, as good as the Bulldogs have been, as solid and strong their play, there have been missed opportunities - a heartbreaking 1-0 loss to UMass-Lowell a few weeks ago; a thrilling 3-0 at the hands of Franklin Pierce just last weekend. Both teams are conference opponents – both teams are nationally ranked – and the Bulldogs had national spotlight in their grasp, and watched it slip through their fingers.

But here is the Bryant men’s soccer team, with a 3-3 conference record (as of this past Tuesday) very reflective of their early season play – some spectacular moments, some room for improvement. However, don’t take your eyes off this club just yet – with a 6-3 overall record, and six conference opponents still left on the schedule, the second half will feature a multitude of entertaining and meaningful matches that could lift the club to where they want to be – back in the postseason after a disappointing 2006 campaign.

Bryant University, the girls soccer team, has had a very strong season. The girls have been ranked #3 in the nation. The Bulldogs have scored goals in six of the last seven seasons, and are led by Tricia Spada, who has already received a few NE10 Player of the Week honors.

Spada has led the club to winning conference records in six of the last seven seasons, continues to provide good leadership to a squad that has gotten significantly younger. Flints’ signing of Tricia Spada was one of the keys to the club’s success. The preseason polls predicted the Bulldogs to finish ninth, but the club has exceeded expectations and proved critics wrong with their strong early play.

The club’s roster looks fairly different from one year ago, in which a 1-4-1 ending put a damper on a great start, a season in which the Bulldogs did not reach the postseason. Newcomer Norbert Guery, a freshman from Andover, Massachusetts, has been electric, and is tied for the team lead in goals (5) with sophomore Ryan Aspinall. Freshman Sean Kaukas has also played well, adding a team-high six assists during the first half of the season. On the defensive side, senior goalkeeper Thomas Madden, who has shared some playing time with sophomore Neil Black, has allowed 10 goals and recorded 30 saves. Even though the roster has gotten significantly younger, Coach Purcell does have the

continued on page 8
Bryant rolls over Assumption, 38-28

Behind another career outing by running back Lindsey Gamble, the Bulldogs are off to their best start in school history - a start that has them atop the Northeast-10 Conference.

By David Giardino
Sports Editor

Coach Mary Fic emphasized weeks ago that while getting off to a strong start is beneficial, it isn't critical. His Bryant University Bulldogs are out to prove otherwise; the squad's 38-28 win last Friday at Assumption moves them to 3-0 on the young season. Consequently, the team is off to their best start in the program's history.

Lindsey Gamble rushed for a career best 182 yards on 26 carries, and four touchdowns - just one week after the sophomore running back ran for 177 yards against Merrimack. Quarterback Charlie Granataled added 218 yards and one touchdown pass.

The Bulldogs trailed 7-0 at the end of the first quarter, but rattled off 17 unanswered second quarter points. Gamble's 5 yard touchdown run with 2:28 left in the first half gave Bryant a 10-7 lead, and the Bulldogs never trailed again. Following an Assumption turnover, Gamble sprinted 73 yards down the left sideline to the Assumption 10. Granataled hit Doug Emerzian in the back of the end zone for a 1 yard touchdown, and Bryant entered halftime with a 17-7 lead.

For the second straight game, it was the Bulldog defense that at times looked unplayable. Another Gamble touchdown run (22 yards) increased the Bryant lead to 30-14 at the end of the third quarter, but Assumption moved the ball wildly down the throat of the Bryant defense to begin the final frame. Assumption struck for a 64 yard touchdown drive, and with quarterback Taylor Humphrey connected with Jake Beers for an 8 yard score (capping an 94 yard drive), Bryant's lead shrunk to 31-28. The Bulldogs received the ball back with under 9 minutes to go in regulation, and the offense proceeded to march 70 yards on 10 plays, as yet another Gamble touchdown run (1 yard) sealed the victory for the squad.

Bryant's offense has scored 76 points in these last two games, and the victory moves the Bulldogs to 3-0 for the season, tied with Stonewall for the best second in the Northeast-10 Conference. Bryant will return home to host Pace University for Homecoming and Reunion Weekend at Bulldog Stadium this Saturday, at 1:00 p.m.

Mark your calendars

Football: Saturday Sept. 29 Homecoming Game/ Face * 1:00 pm
Men's Soccer: Saturday Sept. 29, at Le Moyne* 7:00 pm
Tuesday, Oct. 2, at Stonewall* 4:00 p.m.

Women's Soccer: Sunday, Sept 30, Bridgeport 6:00 p.m.
Wed., Oct. 3, Saint Rose * 8:00 pm

Field Hockey: Saturday Sept. 29, CW Post 5:00 pm
Tuesday, Oct. 2, UMass Lowell * 7:00 pm
Thursday, Oct. 4, at Merrimack 7:00 pm

Women's Volleyball:
Tuesday, Oct. 2, Merrimack* 7:00 pm
Thursday, Oct. 4, New Haven 7:00 pm

* Denotes Conference Game | Bold - Denotes Home Game

ASK THE COACH!

Will drinking Protein shakes, or taking protein supplements, help to increase my muscle mass?

The human body will only assimilate any nutrient in "small amounts as the body needs them. By ingesting more protein in order to increase muscle mass, you may be causing problems to your kidneys! Proteins are made up of various amino acids which the body needs to break down in order to assimilate them. The nitrogen involved in the amino acid is excreted through the kidneys. There needs to be an increasie in hydration in order to help this breakdown process.

Overdoing anything in this manner can be unsafe. There are different scientific studies that state that building more muscle tissue requires different amounts of protein intake. I found that the safest and most cost efficient is to increase natural food intake such as eggs, chicken, tuna, and red meats. A small increase of an extra serving of these natural foods, combined with protein balance training that is intense enough to cause the body to respond to these demands, will help build more muscle tissue safely.

Submit your questions to Fitness Center Director Tim Brien via The Archway: archway@bryant.edu

Men's soccer prepares for competitive second half of season

Continued from page 8

luxury of two seniors roaming the backline as co-captain Kyle Timpany and Nick Ballisitieri lead a deep defensive group.

The team's 1-0 blanking of Dominican two weeks ago stands as the most impressive and noteworthy victory this season. It was Ryan Aspinall who scored the game's only goal, but it was enough as Madden pitched a shutout in the win. The Bulldogs moved to 5-1-2 overall in the NE-10 on that day, and were beginning to garner national attention before dropping critical matches in the last few weeks.

Bryant would do well to learn from its past - the club squandered an impressive early season record by fading down the stretch in 2006. With major matches against conference heavyweights such as Le Moyne and Merrimack on the schedule in the second half of the season, the club will have plenty of opportunities to showcase their ability.

The club will deal with one of those matches this weekend: a Saturday showdown against conference foe Le Moyne, the leader of the Northeast-10 Conference. This road match should provide great insight as to where the Bryant University men's soccer team is heading in the second half of the 2007 season.

With six conference matches still on the slate, there is still plenty of time for a run at the postseason. Which team will surface in the remaining battles: the team that defeated a ranked opponent just two weeks ago, or the team that dropped two of those against conference opponents? It remains to be seen. One thing is for sure: a 3-3 conference record in the remaining six games will not cut it.

The next Bryant University home game is Saturday, October 6th, as the Bulldogs battle conference opponent Merrimack at Bulldog Stadium at 11:00 am. Be sure to come out and support the men's soccer team as they enter the second half of a competitive season.

Goalkeeper Thomas Madden had five critical saves in the Bulldogs 1-0 victory over Dominican on September 16.

No experience necessary.

Do you like to write?
Join the Archway Sports Team.
Come to a meeting Monday at 4:30 in the Bryant Center room 2B.
By Stephen Demers
Sports Editorial Assistant

Future of the NE-10 Conference
Long considered one of the most prominent Division II conferences in the country, North Carolina faces an uncertain future. Earlier this year, associate member C.W. Post announced it had accepted an invitation to become an associate member of the Pennsylvania State Athletic Conference beginning in 2008. The C.W. Post football program competed in the NE-10 since 2001, and has routinely been one of the strongest programs in the conference. The conference's future took another hit when Bryant announced in June that they had begun the process of exploring a move to Division I. The Bulldogs program has dominated the conference as of late, winning three of the last four President Cups. Bryant's inevitable move would leave the conference with only eight schools competing in football.

NE-10 officials, however, have extended invitations to their conference to invite other schools to bolster their conference. School representatives met with the New Haven Register, the University of New Haven, and others to discuss the possibility of inviting new schools. UNH currently competes in the Northeast Conference and will join the NE-10 in 2009. Their conference debut will coincide with the revival of their football program. The school dropped football in 2004 due to financial reasons. The NE-10 conference has always been based on academic standards, both athletic and academic standards, but now the future of the conference largely depends on its ability to retain member schools.

The double standard over steroid use
It seems that a sports fan cannot go a day without hearing about another steroid scandal. New England Patriots safety Rodney Harrison and St. Louis Cardinals outfielder Rick Ankiel have both been recently accused of using human growth hormones (HGH). Both athletes allegedly took the banned substance, but the media covered the stories very differently.

Seven years ago, Rick Ankiel was being regarded as the future ace of the Cardinals pitching staff. During the post-season, however, Ankiel abruptly threw a strike. He spent the next six years in the minor leagues, eventually working to an outfielder in 2005. Last month, Ankiel made his triumphant return to the majors, and in his fourth at bat, hit a game-winning home run. His offensive surge continued and the media labeled it as the inspirational story of the year. All of that changed when the New York Daily News reported that Ankiel received shipments of HGH in 2004 (MI:8 banned the drug in 2005). Ankiel claims anything he took was prescribed by doctors. ESPN talking-heads instantly vilified Ankiel, and Cardinals GM Walt Jocketty called it a potential "trauma." Rodney Harrison's name was also revealed in the same investigation. The New England Patriots star admitted to using HGH to help speed up his recovery from a knee injury. The NFL slapped the safety for four games. The media decided to take a different approach when covering this story. One headline read, "Harrison Still a Stand-up Guy." Another local writer thanked Harrison for helping him find the bible. Let me get this straight. Ankiel took HGH three years ago while he was going through an emotional and physical crisis, and he gets torched in the media. Sportswriters even claim his offensive numbers that year were natural and should be questioned. Harrison admits to HGH use, and the media praises his honesty. No one seems to question his tackles and interceptions should be removed from the record books. Don't get me wrong. Athletes need to use HGH, it's just that the media needs to treat the issue the same in all sports. There is absolutely no reason to need to be under suspicion for his entire career, while Harrison is labeled a class-act.

Bulldog Bites
Tremendous week for Women's Volleyball
The Bryant women's volleyball team improved to 2-0 in conference play this week with a 3-0 win over UMass Lowell last Tuesday night. The Bulldogs swept four matches over the weekend at the East Stroudsburg University Tournament, defeating Tiffin and host East Stroudsburg, but falling to Shippensburg and Kutztown. Senior Lisa Greco (Natick, Mass.) was named all-tournament. Greco had 19 kills and 26 digs vs. Tiffin on Saturday.

Cross Country victorious at Bryant Invitational
Behind solid pack running by the Bryant men's cross country team, the Bulldogs men picked up a convincing win at Saturday's annual Bryant Invitational Cross Country Meet. The Bulldogs finished the meet with 39 points, well ahead of runner up Assumption 68 points and third-place finisher Saint Rose (69 points). Bryant's Tom Casey (New Windsor, NY) was the first Bulldog to cross the line, finishing in 25:34 while Peter Jacques (Gilsom, NH) and Chris Kelleshe (Ellington, Conn.) were sixth and seventh respectively. Nathaniel Green (York, Maine) earned a top-ten finish, crossing the line in ninth in 29:18. On the women's side, Bryant senior Nicole Radzik (Sutton, Mass.) captured her third overall title in as many meets. Radzik smoked the field in the 5K course in a time of 19:44. Saint Rose took third, fourth, and fifth to earn the overall team title with 32 team points. Bryant finished second with 47 team points, ahead of Assumption (third) and Southern NH (fourth).

Women's Field Hockey ranked 16 in the nation
The Bryant field hockey team climbed to No. 6 in the latest national poll, up from No. 10 a week ago thanks to their win over Stonehill on Sept. 15. The Bulldogs dropped their only game of the week, falling on the road last Saturday at ninth-ranked Bentley College, 2-4. Caroline Carr (Wrentham, Mass / King Phillip) leads the Bulldogs with six goals and two assists on the year.

Wellness Weekly

Coach Tim's Workout for the Week

Day 1
Bicep Lunge Sets: 3 of 10 each leg
Back Squat or leg Press: 5 sets of 7
Bench or Chest Press: 4 sets of 8
Seated Cable Rows: 4 sets of 10
Barbell Curls: 4 sets of 8
Tricep Barbell Press: 4 sets of 8
Pull-ups: 3 sets of 10

Day 2
Incline Dumbbell Press: 4 sets of 8
Dumbbell Lunge: 4 sets of 5
Lat pull down: 4 sets of 8
Leg Extensions: 5 sets of 10
Leg Curls: 5 sets of 8
Standing Calf Raise: 4 sets of 8

Please feel free to ask any member of the Fitness Center staff for assistance with any of these exercises.

TIPS FOR EATING HEALTHY AT SALMO
It is possible to eat healthy; you just need to take your time when navigating the dining hall. Check each station to see what is being offered. Don't go for the first option in the hot line. "Shop around" to see what's being served. This will allow you to select the best meal option for you.

Look at your plate and be sure it has a serving of each of the following: carbohydrates, protein, fruit or vegetable, low fat dairy option and a healthy fat (oil, olive oil as part of salad dressing or a small dollop). Be sure to overload your plate with an abundance of one nutrient while eliminating others.

College students are notorious for not consuming enough fruits and vegetables so be sure not to skim on them. Load up on items at the salad bar, such as green salad, broccoli, and black beans. They are loaded with protein and iron and for vegetarians who choose to be vegetarians they help provide what you might be lacking.

Watch consumption of sports drinks during dinner. You are better off with water and reserving the sports drinks for times when you are exercising for 60 minutes or more. They are designed to replenish what is lost through perspiration and heavy workouts. Bottom line is take it slow and review your food options before you make a choice.
Students Speak Out

What have you been doing during your free time at Bryant?

"I have been staying involved on campus." Shannon Griffin '08

"I don't really have free time." Hezekiah Ross '08

"Going to the gym and sleeping." Stephanie Reategui '09

"Listening to music, studying, and hanging out with my friends." Johnny Wells '10

"Hanging out with friends and Facebook." Leticia Santana '11

"Since I'm a commuter, my free time is spent doing homework either in the library or Unistructure." Ashley Barbehenn '09

"I spend time getting to know the campus, practicing for the Velocity dance team at night, and doing a lot of studying." Haley Trenholm '11

"I am usually studying, going to the movies, and hanging out with friends." Kerrin Jagoe '08

Compiled by Maddie Archambault
Ahmadinejad deserves larger protest

By Kimberley Cole
Staff Writer

For those who you read about Iran’s president, Ahmadinejad, you may have noticed the recent increase in the numbers of people calling for a more neutral stance. Ahmadinejad has been a controversial figure, with some calling for his resignation, while others argue for his continued leadership.

According to experts, the rise in protests is partly due to Ahmadinejad’s recent actions, which have led to increased tensions with other countries. For example, recent tensions between Iran and the United States have contributed to the increase in anti-Ahmadinejad sentiment.

However, the situation is complex, and there are differing opinions on how to respond to the protests. While some argue for a more aggressive stance, others believe that a more moderate approach is necessary to avoid escalating the situation.

Regardless of one’s views, it is clear that the protests are a serious matter, and it is essential to find a peaceful solution. As the situation continues to evolve, it will be important to remain informed and to consider the perspectives of all sides.
I'm Switching to Yahoo!

By Ryan P. Daley

Opinion Editor

I used to think Google was one of the most intelligent people I knew. I used to use Google services for everything - e-mailing through Gmail, posting my writings on Blogger, instant messaging through Google Talk, using Google Calendar, storing personal documents on Google Docs & Spreadsheets, mapping and getting directions on Google Maps, feeding several news sources and the weather on iGoogle, shopping with Google, etc. My account was stolen this past summer by a Nigerian extortor. I think Google is a cold-hearted business, just like Excom Mobil, Wal Mart, and Hubbrton, and the only language business understands is dollars and cents.

We've all read the numerous articles and have at least to a minimal degree experienced how Google is revolutionizing the internet and virtually every aspect of our daily lives. It is, in fact, changing the way we think. I am reminded of my first year as a freshman at Beloit College, for the campus literally changes from day to day to day. I am reminded of my first year as a freshman at Beloit College, for the campus literally changes from day to day to day. I think Google is a cold-hearted business, just like Excom Mobil, Wal Mart, and Hubbrton, and the only language business understands is dollars and cents.+

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Words of Wellness: Time to Kick Some Butt(s)

By Jen DiPrerto
Staff Columnist

I’m not sure if it’s the nice weather, the blooms, or the giving of or if there are other factors in place, but I have noticed more smokers in the area within the past three years. Quite frankly, I’m a little concerned. I understand that in other parts of the world tobacco use is less prevalent. However, from a health and well being standpoint, there are far more negative outcomes that outweigh the positives.

In 2004, the Surgeon General released a report warning that cigarette smoking significantly harms almost every major organ of the body. It breaks my heart to see our friends and family struggle to have fun. However, the truth is that behind such lurid warnings lies inherent danger and potential harm, which can only be mitigated through action.

The general rule is that you should be suspicious of any argument that dulls your senses or alters them in any unnatural way. Human nature is such that the sight of clearly hearing, clearly seeing, and clearly smelling are encrusted clearly only can be apprised if we are in our natural state of body and mind.

We offer no guarantees to anyone, and we are too limited as human beings to the scope of our understanding, that our God-given intelligence tells us that over the long run, the poor avoid alcohol, drugs, and cigarettes and load a natural debit card that will cost us and our loved ones dearly.

We are all from our observation and experience some severe and scientific research.

If you have a healthy lifestyle and have already made constructive choices about drinking, drugs, and smoking, find others like you and keep your company for support. Community of likeminded people is very helpful in life. If you have one or more of these habits, then the best time to give them up is when you are young.

When we are young, we have enormous physical strength, and the will and power can easily make us change our behavior. The best way to make healthy habits is when you are young.

We can see that we have put our habits on the wrong track. The time has come to make changes and to give them up.

Ahmadinejad deserves larger protest

Cont’d from page 11

It cut it. An inappropriate reaction to a person like this would be to shut off the protests and demonstrations, as we have in the past. Instead, we should make it as uncomfortable as possible for Ahmadinejad to be in power.

When I was in college, I was very concerned about the issue of smoking. My philosophy professor had a huge lung cancer that he had from the one Sherlock Holmes ever smoked. Smoking was in the air, and when, smoking in the lectures, when perhaps he ran out of material, our professor would simply smoke his pipe and look very thoughtfully into space. As he disappeared in a trance, much like Seacole of old days, all of us gazed in admiration as he looked at the students and breathed his silence with words precious and pregnant with meaning.

This was back in the early 1970s, when the issue of smoking was very hot in the USA. Today, it is even more so. This is a cause we know so much about the health effects of smoking. Some people have seen on TV to discourage drug use, from smoking focus on low smoking situation, bad breath, and is not conducive to health. Alcohol, of course, can play havoc with your body and lead to a whole host of much destruction in the liver. Many smokers are for smoking by parents, children’s friends, alcohol-related incidents in describable. Ask any official in a local law enforcement, who has had to inform parents that their child has received a positive test for alcohol.

Cont’d from page 11

Bottled Water

mately 20 ounces of liquid. Crushed fruit and vegetables that works out to be about $4.60 per gallon of water. At Café A La Mode, there is more than twice as much per gallon. To calculate the cost per gallon, you can order "The New York Times," in August, 2003: "Praise of Tap Water," it would cost $1,400 a year for you to buy the eight glasses a day that is recommended by health professionals. On the other hand, this same amount of tap water would cost you about 0.00 per gallon and another as "FREE," I’m pretty sure I know which pump I’d choose.

Here’s one compelling reason to support your friends to stop drinking tap water; according to a recent Gallup poll in "The New York Times," in August, 2003: "Praise of Tap Water," it would cost $1,400 a year for you to buy the eight glasses a day that is recommended by health professionals. On the other hand, this same amount of tap water would cost you about 0.00 per gallon and another as "FREE," I’m pretty sure I know which pump I’d choose.

The wall of the aorta near the stomach (abdominal aorta). Poisonous taints cigittes are carried everywhere blood flows as a result of the health effects to your body.

Bite, 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 wireless, rapid intervention of a process, causes stains on teeth, skin, clothing, and furniture, turn nails beds and skin yellow, and erode vessels making you more sensitive to temperature changes. Don’t forget second-hand smoke which can cause which the problems and has more damage to your lungs. Second-hand smoke is composed of sidestream smoking (smoke released from the burning end of a cigarette), mainstream smoke (smoke exhaled from the mouth or nostrils), and cigarette smoke contains more than 4,000 chemical components. The National Toxicology Program (2006) estimates that 288 of these chemicals in secondhand smoke are known to be toxic or cancer-causing.

The good news is that quitting smoking reduces all the risks within 20 minutes of quitting your heart rate drops. Two weeks to free yourself from addiction, your body stops craving the drug. After quitting your risk of heart attack is cut in half, that is less than a smoker’s. The human body has an amazing capacity to repair itself. We can’t take the first step. So put it out there and contact the Office of Health and Wellness Education or call (207) 214-7073 to get on the right track. You only save one body, treat it well!
**Bulldog Flicks: Good Luck Chuck**

By Michael Pickowicz

Staff Columnist

Now that the summer is over, it's that time of season where we see a decline in the quality of movies. All the big blockbusters are behind us and all the Oscar worthy movies are yet to come. This leads me to my first review of the semester, "Good Luck Chuck," a movie which I was less than ecstatic to see after viewing the trailer. Could the movie possibly get lucky and have some amount of quality in it?

"Good Luck Chuck" is a romantic comedy about a man, Chuck (Dane Cook), with a terrible curse put upon him. After a horrible experience at a party when Chuck was younger, a girl borrows his name, stating that all girls who make love to him will marry the next guy they fall for. Years later, the curse comes back to haunt him when he actually falls in love with the girl of his dreams (Jessica Alba). Needless to say, this leads Chuck into many wacky (and in some cases, disgusting) dilemmas.

They are not good. If you're looking to laugh this weekend, it would be best to avoid "Good Luck Chuck." My advice would be to go out and have a good time. I certainly didn't. I'm sure there are some with friends who took pictures of the glory too. The best part again, so bring your 'A' game and we can work hard to win. There were 15 teams in total that came for the action last Tuesday night at 7 p.m.

The competition was fierce and SBP made sure that this year's edition was not about how fast you stuck together. Some of the more creative parts of the movie are so tacky, it seemed like the actors were about to crack up after saying the lines. That leads to the next problem: Dane Cook. Chuck is the only character who is void of all things funny. Cook shows no indication that he cares for his role throughout the entire movie, and never identifies with the character he plays. As the movie goes on, Chuck changes and Cook does a terrible job making the role believable. Thankfully, the supporting characters are there to save the day.

"Good Luck Chuck" definitely has lots of hilarious moments. It also has some fantastic cameos. Best of all, it has Jessica Alba. Ultimately, however, the movie fails to offer the emotion found in similar movies, such as "Knocked Up." It just comes off as generic and predictable. Dane Cook is not only unfunny, but also a bad actor. For his next film, all of his work probably will be disappointed with his effort in this flick. If you're looking for a funny movie and are willing to forgive story flaws, "Good Luck Chuck" may be worth a look. "Good Luck Chuck" gets 3 Bulldogs out of 5.

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**Scavenger Hunt Bunt Runt Punt**

By Alan Waters

Staff Columnist

So when you think about scavenger hunts, you think about knowledge, cracking riddles, and most importantly, speed. Well, the top teams in this year's scavenger hunt were prepared with all the answers to what make up a good scavenger hunt.

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Variety

Two Buds and a Microbrew

By Joe Domaney and Ryan P. Daley

Beer Entusiasm

Hi, we're Joe and Ryan. We like good beer. We drink a lot of it. We drink a lot of legal drinking age to do so. Unfortunately, we are college students drinking garage beer, because we're damn cheap. That's why we're in college drinking garage beer - to provide you with an opportunity to see what comes out of a large amount of microbrews out there. But if you're 21 and over, we're all right, and only drink if you're 21 or older.

Now the perfect time of the year is here, with the days and the leaves changing color, to sink into a medium body beer such as an Oktoberfest or a spiced harvest beer. So, we're excited to give Abita's Pecan Harvest a shot. It has a sound name that's similar to a clear, golden, amber body topped with a nice head that left a nice tan color that emits a nutty pecan and chocolate flavor. The nose comes in hot with 2.5 bottle caps, it's all right, but we've had better.

We liked the beer, but it didn't just make us say, "Wow!". It was semi-bland and had a little bit of a lack of backbone. The color of the beer is a nice golden amber, but it's a bit lighter than most of the beers in the ABV category. As for the taste, the beer is a bit too mellow. It's close, but it doesn't taste like the spicy American Pecan has. We thought it did more than just mellow out, as it seemed to rise on a second taste. So, for the overall taste, the Pecan Harvest seemed a bit too cloudy. As for the aftertaste, the Pecan Harvest left a oily essence in the mouth with a nutty zest around the base of your tongue. We did like how we couldn't.

Cost: $6/16p
Alcohol: 5.5%
Bottle Caps: 2 / 5

The beer is very low on carbonation and acidity, almost non-existent, but it's nothing wrong with the lack of the thickness and definitely not the weight. A good option for a hot day, so soft, downward toward the traditional beer lines for which we can't wait.

Serve. A dark beer, but it was better than we expected.

Some things are worth the Rush

By Kelly Drew

Opinion Editor

Over the weekend, I had the unique privilege of seeing Rush at the Saratoga Performing Arts Center in New York. Never have I been more engaged with Rush. They are a real rock band. Geddy Lee, Alex Lifeson, and Neil Peart have been active since 1974. They rank fifth (behind The Beatles, The Rolling Stones, Kiss, and Aerosmith) in most consecutive gold and platinum albums. They are also widely regarded as the best musicians in their field. I have heard a lot of Rush, and I am familiar with at least three of Rush’s greatest accomplishments:

- The day (June 30th, 2007) couldn’t have been more perfect. The weather was beautiful (a summertime, no-need-to-wear-a-weather-proof jacket day) and it was the beginning of summer - no better time to be alive, in my opinion. After hearing about the band’s live performances from friends/ family (me being one of them), I purchased tickets and made the trip to see Rush.

- It was a thrilling experience. The band’s performance was fantastic, and the venue was perfect. The audience was engaged, and the overall atmosphere was electric.

- The live album, "Live in the Moment," was recorded during this performance. The album captures the energy and excitement of the concert, and it is a must-listen for any Rush fan.

So, what makes Rush so special? In my opinion, it’s their ability to create music that resonates with audiences on a deep level. They are known for their complex song structures, and it’s clear that they are passionate about what they do. Rush’s music is not only entertaining, but it also has a message. Whether they are addressing social issues or simply enjoying the moment, Rush delivers every time.

Rush is a band that has stood the test of time, and it’s clear why. If you haven’t already, I highly recommend checking out Rush’s music and attending a live performance. You won't regret it.
Hope conquers sweat.*

PWC.tv/ch1

Project New Orleans now playing on Channel 1.

*connectedthinking