By Erinn Devito

This past weekend, October 12-14, you may have noticed a different crowd occupying much of the Bryant campus. Families and friends, invited to come spend the weekend experiencing college life on the campus and to enjoy time together, Families Together Memories Forever, presented by Bryant University, the Student Senate, and the Center for Student Involvement, proved to be an immense success. Alongside the CSL staff, the Student Senate acted as the staff for the weekend, headed by Caitlin Ryan and Lauren Kemp, co-chairs of the Parents and Family Weekend Committee. Families and friends began to arrive Friday night; they were checked in at the Bello Center. AM was the opening performance of Doctor Death, a murder mystery put on by the Bryant Players. The show was also performed Saturday night at 7 PM and Sunday afternoon at 2 PM. Later that night families headed to Salamanca for a dessert reception, which featured master showman Jim Spinnato, who entertained the audience with his fascinating magic and JRP.

More visitors arrived on Saturday, where they were served and treated to a continental breakfast in Bello. Select students were invited to the Dean’s List Reception in the Chace Wellness and Athletic Center. At 10 AM, a large crowd filed into the Jackies Theatre for President MacAden’s State of the University Address. MacAden stressed the importance of getting involved on campus and forming a relationship with a faculty member who can act as a mentor. The President joked that although students may tell their parents that this is the only weekend they are allowed to come visit, parents are welcome on campus at anytime.

Immediately following the speech was the Bryant Expo in the rotunda, where several academic and co-curricular organizations were showcased. This expo familiarized families and friends with extracurricular commitments that Bryant students participate in. If you had a chance to stop in the Bryant Center in the afternoon, you would have noticed the variety of free entertainment available to students and their families, including psychics and palm readers, airbrush tattoo artists, and a table to make picture postcards.

The undeated Bulldog football team took on Stony Brook. Skye Hawkins won Saturday afternoon at Bulldog Stadium. The energetic crowd, adorned in pink for National Breast Cancer Awareness Month, watched the Bulldogs win 34-6 and take possession of first place in the Northeast-10 Conference. The Bulldogs hold a 6-0 record. Directly next to the field in a tent was a family barbecue with a Latin theme featuring the talented Metro Steel Band.

Starting at 2 PM on the Bryant Center Patio the Multicultural Student Union hosted a Latino Heritage Month Carnival that brought in parents and children with its Latino style food, raffles, and games. Many parents shared that they came to experience what their children involved in. A large crowd filled the MAC, which was decorated with a festive fall theme, began at 6 PM with different time slots for seating until 11 PM. Following the final dinner in the gym was a game show called Time Warp, where teams competed in pop culture challenges that “span the decades.” The game show was a hilarious success that people of all ages got involved in, and the winners walked away with cash prizes.

Sunday featured a jazz brunch in the Grand Hall of the Bello Center. Families enjoyed a buffet-style meal with the soothing sounds of The Monk’s of Funk Band.

By David Nelligan

Bryant University has just been given the honor of being ranked number 17 among the Best Universities-Master’s (North) in the 2008 edition of “America’s Best Colleges” published by U.S. News and World Report; but what does it mean?

The U.S. News and World Report performs an annual evaluation of all the colleges in the country and ranks them according to the total percentage they received in each category. The categories measured are peer assessment, graduation and retention rate, faculty resources (class sizes), student selectivity (average test scores for incoming students), financial resources, and alumni giving. Bryant is ranked among 136 other schools in the University-Master’s category, which is separated into four regions; Northern, Southern, Midwestern, and Western.

In rising to the esteemed position of number 17, Bryant has implemented many programs, attracted high caliber professors and students, and added many new additions to the school’s grounds. Each year the administration works toward expanding the academic program by adding new majors and courses as well as hiring and admitting selective professors and students. With an open mind for business courses and the increasing number of liberal arts and science majors, Bryant students have a wider array of classes to choose to broaden their academic experience. Also, with the higher ranking professors from across the country are applying and competing for jobs, including the thirty six hired within the last five years. Out of all the professors at Bryant, 99% of those with tenure have their PhD. In addition, Bryant is advancing the school with new buildings and technologies as well.

With buildings such as Kieffer, the Chace Wellness Center, the completion of Hall 17, and the technology in the classrooms and the laptops, Bryant ranked 17th in the nation.

October 19, 2007

Smithfield, RI

Bryant ranked 17th in the nation

By Erin Devito

Staff Writer

This past weekend, October 12-14, you may have noticed a different crowd occupying much of the Bryant campus. Families and friends, invited to come spend the weekend experiencing college life on the campus and to enjoy time together, Families Together Memories Forever, presented by Bryant University, the Student Senate, and the Center for Student Involvement, proved to be an immense success. Alongside the CSL staff, the Student Senate acted as the staff for the weekend, headed by Caitlin Ryan and Lauren Kemp, co-chairs of the Parents and Family Weekend Committee. Families and friends began to arrive Friday night; they were checked in at the Bello Center. AM was the opening performance of Doctor Death, a murder mystery put on by the Bryant Players. The show was also performed Saturday night at 7 PM and Sunday afternoon at 2 PM. Later that night families headed to Salamanca for a dessert reception, which featured master showman Jim Spinnato, who entertained the audience with his fascinating magic and JRP.

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Senators Brian Ford, Ryan Letourneau, and Alan Waters pluck the first twenty ducks to cross the finish line at the Senior Class Duck Race. The Senior Class raised over $1,750 and sold out all ducks by 11 a.m. Saturday.

“Families and friends made memories.”

The Student Voice of Bryant University since 1946

Travis Henry:

Father of many p.11
Parents and Family Weekend 2007

Thank you Senate for all your hard work!
By Cristine Cox
Staff Writer

Wondering why there is that one kid in Salmo or in your microeconomics class who's all dressed up on a Wednesday? It could be that they are one of the new members of Student Senate. During the fall semester, several members of the freshman class joined the Student Senate; Erin DeVito, Troy DeMaio, Sagar Shah, and Jarrod Gibbons are a handful of your representatives. Erin DeVito, from Dover, New Hampshire, almost backed out, "I wasn't sure I wanted to be there, but when I found out that there were all boys I had to run!" Glad that she stuck it out, in Nov, she serves on the two committees Department of Public Safety (DPS) and Special Olympics. "DPS was not one of my choices," she recalls, "but I'm working with Caitlin Ryan (08) and she's really helpful."

An active member in Student Government during high school, DeVito's leadership experiences and desire to "make a difference" are a few of the reasons why she has chosen to become a member of Student Senate. One way DeVito plans on making a difference here at Bryant is through the Special Olympics in the spring. She plans on forming a committee to help organize and run the Special Olympics on our campus in conjunction with the Rhode Island Special Olympics, "I really, really like kids. Classes are preparing me for the future." Talk about preparation.

A leader is someone who has a vision. Our Student Government Leadership role, Senate members are required to dress in business attire on Wednesdays in order to prime themselves for meetings. Troy DeMaio is accustomed to the dressing for your role in his hometown of Monroe, Connecticut, from his high school class and the President and Treasure of his school's chapter of the Intercollegiate Business Leaders of America (IBLA) his last two years. "I love it," he says, "you have a shirt and tie on. I want to [make the students'] voices heard and create change." Serving as the co-chair of the Facilities Management Committee and as a part of the University Development Committee, DeMaio is doing just that. Already addressing minor complaints about things like air conditioning, DeMaio is optimistic about his role as a "liaison" between the students and the Campus Facilities Manager. "Being able to serve the people" is the reason why he has decided to run for the Senate.

Jarrod Gibbons of Sandwich, MA knows the exact moment he decided to run for Senate: "The Student Senate President, Craig Tetreault, just asked the freshman class (at Convocation) how are you going to get involved? At that moment I turned to my friend and said, 'Hey, I think I'm going to run for Senate!' Since that fateful day, Gibbons has been attending Student Senate meetings and getting to know his fellow classmates. Not feeling that the Student Government Association at his high school was effective, Jarrod Gibbons decided to serve at Bryant where, as serving as president of the FBLA and the Production Editor of his school newspaper, he is determined to have an executive role as Senator; partnering with Sagar Shah – fellow Freshman Co-chair – he is taking his role of spreading the word on diversity.

By Tracey Gant
Campus News Editor

Bryant University exhibits a wide variety of clubs and each plays a key part in making this University what it is today. Student Diversity Advocates is an organization that was established in the fall of 2003. It was started by two students, Wilbert Paul and Danaliese Paganmini (class of 06) who wanted to address the issue of diversity on campus. After the two women had begun brainstorming how to bring diversity to the campus, they decided that talking to various Foundations for learning classes would be the best way to present the issue they wanted to present. When Dr. Laurie Hazard joined the Diversity Council of Champions, a council that "builds awareness of the importance and contribution of diversity in student learning, institutional development, and the University's strategic focus" (Diversity Council of Champions Charter), she worked with Paul, Paganini, and the rest of our Student Diversity Advocates.

Student Diversity Advocates started from a grass root effort and grew into an organization of students on campus who assist Foundations for learning in creating the students on campus diversity section of the curriculum. These advocates now consist of 19 members who present, facilitate, and set goals for their educational methods of teaching each of the Foundations for Learning classes. Dr. Bug is the President of this organization and when asked what her favorite part about work with the students, she says, "Especially, working with the Student Diversity Advocates because they are really passionate about getting the word out on diversity."

One student who has been involved in Student Diversity Advocates since the spring semester of his freshman year is Randy Trickett. Trickett, class of '08, knew both Paul and Paganmini and decided to join because he found it was something interesting and wanted to learn more about it. When meeting with Trickett he explained the object of the group was not to teach the class, but to facilitate it, which makes it an open class based upon who is in it and how the advocate can help them with this concept rather than just the material. Trickett said that when he gets into a class he finds out who the class is composed of so he knows how to steer the topic such as earlier classes which normally have athletic students and then he focuses on diversity having to do with athletics. The class is therefore based more on one's personal diversity then the overall aspect of diversity, making it more personal and FFL relevant. As most students know, since they have taken Foundations for learning, the book used for the curriculum is written by Dr. Hazard. She intends to add another chapter to the book about diversity and it would encompass theory and break it down. Bryant student Trickett feels that the concept of diversity. This issue is now becoming more noticed and talked about on the Bryant Campus. Student Senate added a new position this year in order to incorporate the diversity aspect into the senate. This person works with all diversity issues presented on campus and works hand in hand with Student Diversity Advocates. Although the diversity chair on senate is not directly linked to Student Diversity Advocates, the representative, Jonathan Lopez Filts, is able to work with this diversity issue as well.

Student Diversity Advocates opens up a new way to express one's opinions on various issues. It allows students to help impact other students through setting classes and allow them to look realistically at the issue of diversity. Since Student Diversity Advocates is run by students it allows the classes they teach to be more comfortable with someone their own age. This issue of diversity becomes a hard topic to discuss and this organization helps to bring it into the classroom and make it a known issue.

To report a bias incident or hate crime, go to www.bryant.edu/bias or call the Bias Incident Hotline at x920

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 sexual preference. Examples of these incidents include name calling, offensive language acts, and graffiti/behavior.

Bias is reported only if investigation reveals sufficient objective facts to lead a reasonable and prudent person to conclude that the offender's actions were motivated, in whole or in part, by bias.

Correction from October 3rd issue which Alan Waters stated that it was the 30th anniversary dinner of MSU. Actually the dinner was held for the 30th anniversary of the Intercultural Center. Attending this event were Multicultural students from past and present celebrating the ICC.
Bryant ranked 17th

Continued from page 1

Bryant is giving students many advantages not found at other schools. As far as the future for Bryant University, Vice President for Academic Affairs Dr. V.K. Unni says, “the future is so bright, my hope is that we continue to move up in ranking and improve the school.” His goal is to move Bryant into the top 10 in a few years as well as move Bryant into the top 50 on the list of “best undergraduate business programs” assessed by Business Week Magazine on which Bryant is currently ranked number 87, and continue its productive growth. According to Dr. Unni, Bryant is not far behind the other schools on the list, which includes Providence College at 42 and Bentley College at 46, and claims Bryant is only behind because of the history and prior knowledge of the other schools’ success in the Master’s North category.

With peer assessment as a big category for the overall percentage, Bryant’s public relations department is promoting the school in various ways. Some include the New York years as well as move Bryant into the schools have been around for so long.

Article, “Bryant moves up lst of top colleges”, Bryant Spotlight

Bryant moves up top 10

One of the biggest improvements for current students is that Bryant has been attracting more and more top companies in their industries to recruit Bryant students for jobs after graduation. With the help of career services, students have been able to contact and interview with major companies in major cities such as Boston and New York to land jobs that normally would be much harder to obtain from other, less accredited schools. Also, with Bryant competing to remain among the top schools listed by U.S. News and Report and other such surveys, the students will be reaping all the benefits the administration puts into the campus.

For more information about the rankings and to see other schools on the list, visit www.usnews.com.

Sources used for this article:

Interview with Vice President for Academic Affairs Dr. Unni, WWW.BRYANT.COM

Article, “Bryant moves up list of top colleges”, Bryant Spotlight

Gadasil The HPV vaccine

Submitted By Betty Cotter
Director of Health Services

A vaccine is now available to protect women against diseases caused by human papilloma virus (HPV) types 6, 11, 16 and 18. These viruses can lead to cervical cancer and genital warts. The vaccine can protect women from 70% of HPV-related cervical cancer cases and 90% of genital warts.

The virus is spread through skin-to-skin contact and many people who may have HPV may not show any signs or symptoms and can pass it on to others. It is estimated that 72% of the 6 million new cases of genital HPV in the U.S. occur in 15-24 year olds. Condoms do not fully protect against HPV.

The Health Services staff recommends that all women students consider receiving the HPV vaccine which is known as Gardasil. It is administered in 3 doses over 6 months. It is an expensive vaccine, costing $141.00 currently per dose direct from the manufacturer. If purchased at a pharmacy with a prescription, the cost is about $160 for each dose.

Anyone who wishes to receive the vaccine at Health Services should check with her insurance company to see if the student can receive reimbursement for the cost of receiving the vaccine at Health Services. If the insurance company will not reimburse the student, it may be less expensive to receive the vaccine at her own physician’s office because physicians’ offices can usually bill insurance companies. The total cost would most likely be the $10.00 or $15.00 office visit co-pay per visit.

Anyone wishing to receive this vaccine is welcome to come to Health Service and arrange for the vaccine to be ordered. Health Services is located in Hall 16. The phone number is 432-6230.
EMT CALL: Medical Services Rendered
OCT 2 2007-Tuesday at 11:58
Location: UNSTRUCTURE
Summary: A report of an injured knee. EMS was activated.

EMT CALL: Medical Services Rendered
OCT 3 2007-Wednesday at 14:04
Location: RESIDENCE HALL
Summary: A report of a student having a diabetic seizure. EMS was activated.

BURGLARY Burglary/Residence
OCT 3 2007-Wednesday at 20:00
Location: RESIDENCE HALL
Summary: A report of a student having a seizure. EMS was activated.

Urgent Burglary/Residence
3 2007-Wednesday at 20:00
Location: RESIDENCE HALL
Summary: A reported stolen camera.

Building 5
2007-Friday at 03:02
Location: RESIDENCE HALL
Summary: A report of a broken window in a community area of a Residence Hall.

ACCIDENT Motor Vehicle Accident
OCT 5 2007-Friday at 14:00
Location: STRIP PARKING
Summary: A report of a parked unoccupied vehicle hit.

VANDALISM Possession of Fireworks
OCT 6 2007-Saturday at 03:30
Location: TOWNHOUSE
Summary: A report of fireworks being set off in the townhouse area.

EMT CALL: Medical Services Rendered
OCT 6 2007-Saturday at 10:19
Location: RUGBY FIELD
Summary: A report of a female with a head injury. EMS was activated.

VANDALISM Vandalism to Auto
OCT 6 2007-Saturday at 12:45
Location: HALL 16 LOT
Summary: A report of a rear window smashed.

EMT CALL: Medical Services Rendered
OCT 3 2007-Wednesday at 14:04
Location: RESIDENCE HALL
Summary: A report of a student having a seizure. EMS was activated.

EMT CALL: Medical Services Rendered
OCT 13 2007-Saturday at 12:43
Location: BRYANT CENTER
Summary: A report of a student complaining of chest pains. EMS was activated.

EMT CALL: Medical Services Rendered
OCT 13 2007-Saturday at 23:58
Location: RESIDENCE HALL
Summary: A report of an intoxicated male in room.

EMTCALL: Medical Services Rendered
OCT 13 2007-Saturday at 04:00
Location: RESIDENCE HALL
Summary: A report of an intoxicated male.

DISORDERLY CONDUCT Disorderly Conduct
OCT 14 2007-Sunday at 03:45
Location: TOWNHOUSE
Summary: A report of an unwanted male.

Burglary/Residence (Day)
OCT 14 2007-Sunday at 05:25
Location: RESIDENCE HALL
Summary: A report of a stolen purse.

FIRE (Building)
OCT 14 2007-Sunday at 17:55
Location: TOWNHOUSE
Summary: A report of students starting fires and putting them out with a fire extinguisher.

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. Bias is reported only if investigation reveals sufficient objective facts to lead a reasonable and prudent person to conclude that the offender’s actions were motivated, in whole or in part, by bias.

A WISH COME TRUE, INC.
MAKE THE RIGHT CALL...
JOIN US FOR OUR 2ND TAILGATE FOR A WISH
NOVEMBER 4, 2007 @ SNOCKERS POOL LOUNGE IN DOWNTOWN PROVIDENCE. KICKOFF 1:00 PM- GAME TIME 4:15 PM
3-0 admission charge, call (401) 351-9000 or A Wish Come True at (401) 731-6736 for tickets.
Prevention is key in hall damage issues

By James King
Staff Writer

There is perception on campus by some returning students that the townhouses suffered extensive lasting damage last year.

The Archway met with and interviewed the Assistant Director of Residence Life, John Denio and a Residence Assistant, Meaghan Toomey to establish the validity of student concern. The sorts of damages apparent to students include the likes of murals on the walls, broken furniture, feet odors holes in the walls, rooms having to be cleaned and body cut-out styled holes in the wall.

According to both Mr. Denio and Meaghan Toomey, townhouses and residence halls alike receive damage every year; mostly minor scrapes and scratches. Mr. Denio called it “wear and tear” which is the acceptable level of damage to a room. The types of damages perceived such as the murals, broken furniture, etc. are uncommon and only represent a small group of students according to Mr. Denio, and they are charged for it. Toomey could not confirm; the rarity of such damages overall as she is a Residence Assistant for blocks L and M.

She did, however, that she found such damages during the end of the year clean-up and for Mr. Denio for townhouses with more than an acceptable amount of damage was two-three, which out of 93 townhouses total about 4%. This was only a slight increase from the year prior to last. According to both Mr. Denio for the townhouses, while overall the damages for 2007-2008 (not including the new Residence Hall 17) have actually gone down from the year prior to last.

Townhouses in general seem to be damaged the most each year and Mr. Denio confirmed this. He felt that “if a townhouse hosted gatherings where the residents allowed multiple guests, it would increase their chances for damages to the townhouse, given the larger number of people in a space designed for smaller groups.”

Townhouses don’t have set areas and are thus more susceptible for damage too. The materials used also have a greater tendency to break than living areas on campus. Plastic furniture and drywall can be broken quite easily if one is not careful.

He told the Archway a story about one townhouse last year. A group of students came home to find their townhouse window shattered. They contacted the Department of Public Safety and the culprit was identified. The townhouse mates were not charged for damages. They were not charged because they reported it.

Mr. Denio stressed the idea of prompt reporting during the interview. Whether someone else does the damage or not, the individual breaking something no charges will occur provided they are promptly reported. If someone stumble, spills their coffee, and stains the carpet, but does not report it immediately the Office of Residence Life will have no other option, but to charge for the damage. This means that accidental damage can be as bad as intentional damage, because one is charged.

Mr. Denio and Meaghan Toomey both stated that a Resident Advisor or Resident Director should be notified should any damages take place. If damage takes place and it is judged above normal “wear and tear” one should file a work order form with Facilities online. They’ll fix it up as soon as possible.

Mr. Denio also recommended that students shoring communal space develop a cleaning schedule to prevent charges for not cleaning at the end of the year and other damages that may result due to unsanitary living conditions. Toomey suggested that students do preventative maintenance and “if you see something is happening in your dorm contact your RA.”

The perception on campus of widespread destruction for the town houses appears unfounded. Although 2-3 townhouses did experience above normal repairs charges are due to not cleaning. Students are responsible for their entire living area and need to report any damages for them to occur quickly to their Resident Assistant or Resident Director unless they want to be charged, both Mr. Denio and Meaghan Toomey have agreed.

Similarly, if a returning student has found damage from last year they need to report it promptly to their Residence Assistant or Residence Director unless they want to be charged.

As Toomey put it, “Students get really upset when they’re fined for things, but they should know it’s a consequence of their actions.”

NYC Hosts Honors Students

By Lauren N. Cimino
Complied by Ryan P. Daley
Staff Writers

The Bryant University Honors Program hosted about 52 students and 5 faculty to the first ever New York Experience from October 4-6, 2007. On the two day trip, students, faculty, and staff attended a private reception with alumni in downtown Manhattan at the group’s corporate host, The Roosevelt Hotel, organized by Alumni Relations, put on private corporate tours of the N.Y.A. Store, Uniqlo, and The Benjamin hotel, saw Spamalot on Broadway, and appeared on The Today Show.

Senior Don Keough said he was grateful for the opportunity to attend, and commented, “The New York Experience was a wonderful time. It was nice being able to network with some of our most successful alumni, meet up with executives in the retail and hotel industry, as well as have time to explore the city of New York.”

The New York City Experience was initiated by Professor Kenneth Sousa, Honors Program coordinator, to provide Program members with opportunities to gain a professional and cultural development, in addition to social and cultural events. He started planning the event last year, to ensure a “valuable, enlightening experience for working students who have provided exceptional engagement and achievement in the Program.” Program members were selected to fulfill specific criteria such as capstone proposal submission and significant involvement in their selection with exceptional earned GPAs, in order to attend the Program.

Senior Steve Balkam thought the Program was “exciting and eventful” and hopes to see future generations of honors students have the same opportunity. “The trip allowed many of us to apply theories and strategic analysis to real world organizations. It should definitely be continued for years to come.”

The Program reinforced sophomore Chris Lussier’s interest in international business. He was particularly inspired by the Japanese retailer Uniqlo, whose flagship store in NYC’s Soho district opened up in November of 2006.

Sousa is definitely the highlight of the trip for Lussier. “The outlook of Uniqlo’s global store has motivated me to continue in any academic pursuit of the IB degree at Bryant because of all the intricacies involved with tapping into other markets and cultures.”

Junior Justin Boucher gained insight from his experience. She commented, “I love being in New York City to see the hustle and bustle, and meeting with engaging alumni who tell me their experiences living and working in the city firsthand.”

Current students are not the only ones who benefited from The New York Experience, Tow Haisen, ‘07 said of the Program, “It is wonderful to see the talented students that are enrolled in the Bryant Honors Program.”

He added, “It is a trip that should be shared and I think anyone, not just the students but the alumni got a lot out of the event. It is great for students to have a chance to interact with alumni who have a vested interest in the success of the current students. It is the desire of most alumni to help all Bryant students that succeed that way.”

The Program was championed by Professor Sousa, in addition to Professors Lon Cowley, Judy Litoff, and Michael Roberts, and Elizabeth Powers, assistant to the vice president for Academic Affairs. It was sponsored by Bryant University, with additional assistance from Rick Barry and Jeff Casey, ’93, of Summit Technical Services. Professor Sousa was especially impressed with the professionalism displayed among all attendees, and prided “When a corporate executive says that these are the best college students he has met, that says it all.”
A showdown in Smithfield? Hardly. Saturday's blowout victory over Stonehill College did more than just create distance between Bryant and every other team in the Northeast-10 Conference - it showcased the nationally ranked Bulldogs as a serious championship contender.

By David Giardino

Sports Editor

It was billed as an epic showdown between conference leaders. Going into last Saturday's contest, the Bryant University Bulldogs and Stonehill College Skyhawks were nearly statistical even. Both teams were undefeated in the conference; both teams had beaten up on conference opponents all season; both teams averaged nearly identical yards and offensive points per game. Hype surrounded the October 13 showdown that would move the winner one step closer to capturing a Northeast-10 Conference title; the loser would join the rest of the pack.

Fortunately for the Stonehill Skyhawks, the game did not match the hype. In front of a Parents and Family Weekend crowd of 5,434 - the second largest in Bulldog Stadium history - the Bryant football team thrashed Stonehill 34-6, improving the Bulldogs to 6-0 overall (6-0 NE-10). The win did more than give the Bulldogs sole possession of first place in the NE-10 with just four games to play - it propelled the team to first in the regional rankings, and propelled the program into the national spotlight.

The Bryant offensive surge was led by sophomore running back Jerell Smith, who rushed for 105 yards and one touchdown, senior quarterback Charlie Granatelli threw for 207 yards and two touchdowns, the entire Bryant defense, which limited Stonehill to 46 rushing yards and sacked the Skyhawk quarterback five times.

**Interesting news and notes:**

The Parents and Family Weekend crowd of 5,434 was the second largest in Bulldog Stadium history. This is just the second time all season the Bulldogs won a game by more than seven points.

**What the victory means:**

The Bulldogs are alone atop the Northeast-10 Conference at 6-0, 1-0 games ahead of any other team; Bryant is ranked 1st in the region and #25 in the nation.

**Next:** At Saint Anselm, Saturday 1:00 pm.

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**Wellness Weekly**

**Coach Tim's Workout for the Week**

**Day #1**

Walking Lunges: 3 sets of 10

Front squats: 4 sets of 6

Bench Press: 5 sets of 5

Standing calf raises: 4 sets of 10

Standing barbell press: 3 sets of 10

Lying crunches: 3 sets of 25

**Day #2**

Dips: 3 sets of 5

Incline dumbbell press: 4 sets of 7

Lying dumbbell press: 5 sets of 5

Lat-Pull down: 5 sets of 7

Triceps dumbbell press: 4 sets of 8

Dumbbell curls: 4 sets of 6

Pull ups or chin-ups: 2 sets of 6

Stability ball push-ups: 2 sets of 10

Stability ball: J-tucks: 3 sets of 10

Stability ball: Lockouts: 2 sets of 1 minute on/off

**Day #3**

Back Squats: 5 sets of 7

Bench press: 10-8-6-4-2 (in-crease weight on bar)

Incline press: 4 sets of 6

Standing barbell press: 3 sets of 10

One arm rows: 4 sets of 8

Stability ball leg curls: 3 sets of 8

Stability ball leg extensions: 3 sets of 8

Stability ball exchanges: 3 sets of 10

Stability ball reverse crunches: 3 sets of 12

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**Ask the Coach!**

I have been doing a lot of upper body work to increase my bench press but it isn't working. What can I do to make some gains on the bench press?

It sounds like you are doing too much work on one muscle group and are suffering from a bit of muscle burnout! For instance, you may be doing too many pushing movements and not enough pulling movements. It's important to offer more of a balance to the muscle group. By doing exercises such as bench press to incline press, standing with ball press to cable crossover, whatever chest movements, you may be overdoing it! Sometimes "less is more" which means you should focus on two three exercises per muscle group, do fewer repetitions and try adding more weight to the bar. Also take more rest between sets to afford your body time to adjust to the increase in weights. Try doing the same with some upper body pulling exercises such as pull-ups and lat pull downs. Keep the reps to five of six for three weeks and I think you will see an increase in the amount of weight you can lift.

Submit your questions to Fitness Center

Director Tim Brien via The Archway:
archway@bryant.edu
Men's rugby continues winning streak

By David Nelligan

The Bryant University Men's Rugby team fought a tough battle against Roger Williams this past Saturday to extend their record to 5-0. Bryant came into the contest expecting a hard match after losing to RW by one point last spring and received just that. The bulldogs looked to start off strong with a quick penalty by RW to set up what looked to be another early try, but lost possession of the ball and were forced into a defensive set up which would become the theme of the first half for Bryant.

With Roger Williams dictating the play of the game, Bryant's chances to put out another big win slipped with every passing minute. Roger Williams put a stop to every play Bryant attempted in the first half. Bryant was much more often than not frustrating the Bulldog players. RW remained in Bryant's end of the pitch for the majority of the first half, moving the ball with ease, but frustratingly for Bryant, RW was unable to put in a try and missed two of three important kicks ending the half 0-0 in favor of RW.

With Friday facing its first loss of the season and a potential knock off from the playoffs, they knew they had to take control of the game and put in a few scoring opportunities. For the second half, Bryant received the ball and was able to move into Roger Williams territory giving the team some room to run their plays. Eventually, 15-yard Zach Clynor would receive the ball from Kevin Bowker and beat three Roger Williams' defenders for a 20 yard try, giving Bryant the first score of the game to put them ahead 5-0. Mark Hawthorne would then add the PAT to extend the Bulldogs lead to 5-3.

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From then on, Roger Williams' forwards were no match for Bryant's, allowing David Crain, David Ingham, Stephen Bonnano, Ryan Gorman, Ross Nelligan, David Nelligan, and Alex Joly to dominate the play of the game setting up scores by Kevin Bowker and David Ingham with PAT by Mark Hawthorne to beat RW 15-3. The Bulldog's front eight were able to clear the line on a few scrums, retain possession of the ball, and have great tackles to control the pace of the game allowing Bryant to remain undefeated and keep their playoff hopes alive.

The Bryant Karate Team participated in its very first tournament of the season, the Mohogan Sun National Karate Championships, of the season on September 23. Three members of the Karate Team competed at Mohogan Sun: Cornelia Li-Women's 18-29 Intermediate Fighting Division (1st Place), Christina Ho-Women's 18-29 Intermediate Traditional Forms Division (1st Place), and Andrew Lazouras-Men's Advanced Traditional Forms Division (1st) and Men's Advanced Fighting Division (2nd). The Bryant Karate Team is having an amazing semester, and continues to grow as a team with great potential and dedication. Congratulations to all the members of the Bryant Karate Club, and special thanks to Sifu Ron Redmond for being a great master.

By Christina Ho

Contributing Writer

Club Spotlight: Bryant Karate Club

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The following week, members of the team competed at the Eleventh Annual State of the Arts Karate Championships on September 30. This time four of the members competed: Cornelia Li-Women's 18-29 All Ranks Fighting Division (2nd), Qan (Julia) Jieing- Women's 18-29 All Ranks Fighting Division (3rd), Christina Ho-Women's 18-29 All Ranks Traditional Forms Division (1st), and Andrew Lazouras-Men's Advanced Traditional Forms Division (1st) and Men's Advanced Fighting Division (2nd).

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Do you like to write? Join The Archway Sports Team. Come to a meeting this Monday at 4:30 in room 2B of the Bryant Center. No experience necessary.
Not just the Red Sox and Yankees
The baseball playoffs have gotten off to an exciting start. It's been great to see new teams such as the Colorado Rockies and Arizona Diamondbacks participate in the October excitement. It makes me think of the third-annual baseball classic that baseball critics love to use; the same teams compete for a World Series every year. These same critics use the 165 million dollar gap between the New York Yankees and Tampa Bay Devil Rays, and World Series payrolls as their evidence. They claim small market teams such as the Devil Rays and Kansas City Royals never have a shot to compete against the Yankees and Boston Red Sox, and a salary cap should be in place for all teams. For all this complaining, the facts show that baseball allows more teams to sample championships than any other major sport. Case in point, seven consecutive different teams have won the World Series. For those yearning for the old days of baseball, remember that there was no Division Series until 1995 and no Championship Series until 1969. The only shot a team had to play in the post-season was if they made it to a World Series. From 1949-1966, the World Series was dominated by two teams, the Dodgers and Yankees. One of those two teams appeared in all but one World Series for 18 straight seasons. So, if you are listening to ESPN or sports talk radio and someone mentions that the same team always wins, just remember, baseball has never been more competitive.

Outside Pitch: Playoff Observations
By Stephen Demers
Sports Editorial Assistant
For reference: Watching Red Sox games usually put me in a good mood. Even if the Sox are losing, NESN television announcers Don Orsillo (the pride of Smithfield) and Jerry Remy can make me crack a smile. However, the sight of comedienne Diane Cook rocking a Red Sox cap at Fenway Park earlier this season made me walk out of the room. I can deal with seeing author Stephen King in the stands, and even the occasional Ben Affleck (as long as he brings Jennifer Garner). Diane Cook on the other hand, just brings Red Sox Nation down. Not only has he made bad movies (Employed of the Month), but he has stolen jokes from Louis C.K., Jim Gaffigan, and Steve Martin. How does a comedian become famous without writing his own material?

Much to my disappointment, the former spokesmen of the Major League Baseball playoff games is nearly as awful as his box office results.

Dane Cook's role as Major League Baseball spokesperson is nearly as awful as his box office results.

Dane Cook "blew off the plate" in a 19-5 loss to the New York Mets on Saturday.

Men's soccer celebrates Senior Day with victory
Kyle Tierney's (Westborough, Mass.) goal in the 61st minute broke a 1-1 tie and proved to be the game-winner as the Bryant men's soccer team held on for a 2-1 win over Assumption College at a chilly Bryant Turf Complex Tuesday night. With the win, Bryant improves to 10-6 overall and 6-6 in the NE-10. Assumption drops to 4-9-3 (3-7-2 NE-10).

Field Hockey falls to Saint Anselm
Saint Anselm junior Laura Urko (Attleboro, Mass.) scored twice to help lead the Hawks to a 3-1 upset of No. 7 Bryant University in Northeast-10 Conference Field Hockey. Urko tallied her third goal of the season at the 24:18 mark, assisted on by Lauren Chooljian (Hampstead, N.H.), for the early 1-0 Saint Anselm lead. Less than four minutes later Urko struck again on an unassisted score and the Hawks took a 2-0 lead into halftime.

The Hawks defense held off a hungry Bryant team in the second half as the Bulldogs had an amazing 15 penalty corner attempts thwarted by the Hawks. Overall in the game, the visitors held a 25-6 edge in that category. The Bulldogs will host Saint Michael's on Saturday evening for Senior Day.

Tremendous showing for cross country
The men's and women's cross country teams had a strong showing at the Eastern Connecticut Invitational as both teams captured first place respectively. Nicole Radzik (Sutton, Mass.) won her third individual title this season for the Bulldogs while Peter Jacques (Glasgow, N.H.) won the men's 8K race.

Bryant basketball underway
The Bryant men's and women's basketball teams officially kicked off the 2007-08 practice season Monday. The men's team, under the direction of seventh year coach Max Good, have迎来 (the Maplewood) and Morrisville State's (The Maplewood) for the season opener at 7:00 p.m. on Tuesday at the Bryant Turf Complex. The Bulldogs will travel to the Northeast-10 Conference Championships this weekend at Stonehill College.

Men's Soccer: Saturday, Oct. 20 at Saint Anselm* 1:00 p.m.

Women's Soccer: Saturday, Oct. 20 at Merrimack* 1:00 p.m.

Field Hockey: Saturday, Oct. 20 at Stonehill College 3:00 p.m.

Women's Volleyball: Friday, Oct. 19 at Southern Connecticut State University 4:00 p.m.

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Cross Country: Saturday, Oct. 13 at NE-10 Championships @ Stonehill College 10:00 a.m.

*Denotes Conference Game / Bold = Denotes Home Game

Top Dogs
Charlie Granatelli
Year: Senior
Sport: Football

Why this dog was picked: The senior quarterback was 17 of 23 passing in Bryant's 34-6 rout of Stonnell on Saturday. Granatelli totaled 207 yards and 2 touchdowns without an interception in the win that gave the Bulldogs outright control of first place in the Northeast-10 Conference. The Bulldogs are ranked #5 in the nation and play Saint Anselm this Saturday.

Likica Greca
Year: Senior
Sport: Volleyball

Why this dog was picked: The senior outside hitter led the Bulldogs to a 3-0 sweep and kept Bryant atop the Northeast-10 standings. Greca had 12 kills against St. Rose, and 17 kills against Le Moyne. The Bulldogs enter Wednesday's showdown with Bentley tied with the Falcons for first place in the conference.

Mark your calendars
Football: Saturday, Oct. 20 at Saint Anselm* 1:00 p.m.

Men's Soccer: Saturday, Oct. 20 at American International* 3:00 pm Monday, Oct. 22, at St. Thomas Aquinas 3:00 p.m.

Women's Soccer: Saturday, Oct. 20, at Merrimack* 1:00 pm Tuesday, Oct. 23, Pace* 3:00 pm

Field Hockey: Saturday, Oct. 20, St. Michael's 7:00 pm

Women's Volleyball: Friday, Oct. 19 NYIT 5:00 pm Saturday, Oct. 20 Georgian Court 4:00 p.m. Saturday, Oct. 20 (Denier Senior Day) 6:00 pm Tuesday, Oct. 23, Franklin Pierce* 7:00 pm

Cross Country: Sunday, Oct. 13 at NE-10 Championships @ Stonehill College 10:00 a.m.
Students Speak Out

What do you do with your parents on or off campus when they visit?

"We usually just do the activities that the school purses on."
Dan Tothill '11

"My parents don’t visit because I’m from Texas. When my dad dropped me off, I showed him around the school."
Kate Rosales '11

"We watch movies sometimes and go to the Outback for dinner."
Anthony Rais '11

"They usually just drop me off. On parents weekend we went to the football game and did the school activities."
Pat Helmers '11

"I take my parents into Providence for a nice dinner and maybe some shopping. I showed them my dorm because I live in Hall 17 and they were excited to see the new building."
Ann Dobmeyer '09

"We usually go to Rentes. I showed them the dorm and we went to Wright’s Chicken Farm, which is this great all you can eat restaurant."
Ashley Fern

"We go into Providence to Thayer Street or to lunch at one of the restaurants in the Providence Place Mall. We went to the zoo once too."
Josh Wilcox '08

"We go out to eat in Providence at Joe’s American Bar & Grill."
Mike Tironi '10

Compiled by Maddie Archambault
opinion

Travis Henry: Father of Many

By Greg Hirshon

Staff Writer

Some people are blessed with certain gifts. Some people are talented musicians, some authors, and some scholars. People with gift need to make sure that they use them responsibly and not for the sake of the world and the values that they represent. I am happy to focus on one group of people who need some guidance on the way that they act and to reconcile with whether they are being productive people in general. The group of people I would like to talk about is athletes.

I am not talking about all athletes, as I have stories that individuals are not making the world a better place. By using their skills and donations to make others happy. I am talking about some people like Travis Henry, halfback for the Denver Broncos.

Like many of Bryant's students, I am talking about the derivation of words from five different women from four distinct states.

Travis is the Editor in Chief of 100 women from four distinct states. He is nearly taken in 2005 after he was unable to pay $9,900 in monthly payments. To avoid this penalty Henry had to borrow $2,500 from his team. Apparently the five year, 22.5 million dollar contract he signed had short time before is not enough to take care of his monthly payments. In reference to Henry requiring the loan, his lawyer commented, "He doesn't have any money. The guy has significant financial issues."

I am fairly confident that anyone would have more common sense and a greater sense of responsibility than Travis Henry. I am not concerned about the drug issue, though the NFL as, if he faces up to a one year suspension for his second offense. When you compare it to his nine different children, his absence from them being from the same mother, it paper, the NFL would not suspend a player for being negligent in this regard.

A man can be forced to stop smoking by his children with nine different partners, but if he happens to smoke marijuana he can lose his job.

At some point, if you are Travis Henry you need to take a look in the mirror and ask yourself what you are doing with your life. You can't tell me how many times students talk with me about being tired, run down, and not feeling well. Upon meeting with them and asking the questions, I am amazed to find that students are skipping meals and snacks throughout the day only to consume most of their calories at night. Not good. When I ask why they are not eating during the day, many respond, "I don't have enough time to eat."

"No time to eat? To fuel your body? The longer I have been here, the more common this trend seems to have become."

We need look no further than to Abraham Maslow's hierarchy of needs. Some needs take priority over others. At the base of this hierarchy are our physiological needs (such as food and water). While this order is not necessarily universal, how does one expect to perform at a high level day in day out without proper nourishment? The human body only runs on adenine for only so long and eventually the immune system will be compromised. Frequent trips to Health Services will take the (of course the clinical staff loves seeing students, but if illnesses can be prevented by something as simple as eating properly, I am sure that is what they would prefer) and so the vicious cycle begins.

I'm going to suggest starting the day with breakfast. Yes, I know, it's a novel concept (sarcasm) but one that has been shown down time and time again to be an essential behavior choice in the majority of healthy individuals. After eight hours of sleep, after lacking food for eight hours of sleep (....)... I mean downtime get your body moving and KEEP YOUR MIND FOCUSED. Wendy Bernstein, a nutrition specialist explains, "Breakfast is clearly associated with cognitive development and mental performance, so missing out on essential nutrients can only run on adenine to fuel the brain can affect how you feel, think, and perform throughout the day." Studies show that skipping breakfast leads to eating more calories during the day, especially in the evening when we are typically more relaxed.

What I'm saying is to incorporate bacon and sausage in the morning sounds tempting, but I have to have balance of whole grain carbohydrates and fresh vegetables. Some examples would include a whole grain bagel with peanut butter, egg white, and fresh vegetables, and two slices of whole grain toast, as a bowl of whole grain cereal and yogurt. Breakfast is a good (in Brir cold) and the Eastern States Exhibition, better known as The Big E, in West Springfield, Holyoke is the birthplace of volleyball and home to the Massachusetts State College. Notable residents include the aforementioned Theodore Seuss Geisel, LSD pioneer Timothy Leary, presidential candidate Mike Gravel, Kurt Russell, and Milton Bradley, board game creator.

North of Hampden is Hampshire County and its mix of urban and rural communities. Northampton is the cultural center of the Pioneer Valley (a region that is split by the Connecticut River) with Smith College, the Calvin Theatre, the Pines Theater in Look Park all contributing to the performance art-year round. Calvin Coolidge was mayor of Northampton before he became president.

The Amherst College Amherst — no it is a college town in every sense of the word in the heart of the Pioneer Valley is the flagship chapter of the UMass system (a town in the middle of the state). Amherst College competes with Williams College for many of the same students, and Hampshire College provides a progressive and traditional education.

Words of Wellness: Make Time To Eat

By Jen DiPietro

Staff Columnist

The View of Drew: Western Mass. It DOES Exist.

By Kelly Drew

Assistant Opinion Editor

Like many of Bryant's students, I am talking about the derivation of words from five different women from four distinct states.

Drew: Variety Editor: nq: HI hUhl

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The View of Drew: Western Mass. It DOES Exist.
By Michael Adams
Staff Writer

Small towns are starting to be engulfed by the big cities like Boston, New York City, and Los Angeles. It is impossible to count how many charming small towns a person would like to visit. Below follows a list of some of the best small Vermont towns.

The Town Restaurant: In small Vermont towns, there are five major eateries in which you could find one small restaurant, owned by a person who has moved to the area from a big city, with a family restaurant in town and see somebody you know. It happens every single time I walk into the Bridge Street Cafe, which is owned by the owner, most of the employees, and the employees know me. If you live in a small town, it’s important to take note of all the best food you have ever had.

The Traffic: Most of you city dwellers who have never existed in a town of under 5,000 people, but it most certainly does. It’s called one car traffic. The thing you’re driving that one car. It is the most annoying thing when I am stuck at a red light in the middle of the afternoon, and there are cars in sight... Now, as most of you are from suburban Boston or surrounding towns in Rhode Island, you are used to the nonannoying, fast traffic lights. The beauty of a small town like mine is that my town, no wait, my school district, which is comprised of schools, contains one traffic light. Yep—I can travel for miles on end and only encounter a traffic light.

The Kindeck General Store: It’s one of my favorite places to hang out. They carry the tastiest items: venison jerky, bait, and glass bottles of soda (Sorry, Coke—Pepsi is out of the question). It’s the place you can find the oldest generation of the front porch in their rocking chair or swinging bench who seem to have all of the wisdom in the world. There aren’t too many of them left in the US. If you have one in your town, patronize it as you would if you were in French’s General Store.

The Swimming Hole: Concealed in the woods in the Northeast, you have your favorite swimming hole to swim in, and I’m sure it’s got its special name, like The Potholes, The Royal Swing, or the deadly Huntington George by my house that has killed twenty-four people since 1950. Don’t worry, it may be a beautiful place. Before you pass, you must experience swimming in a river. The fish swimming around your legs, the bees sucking blood from your arm, and the awesome rocks and cliffs to jump off are just some of the things.

The Small Town Po Po: Many residents of small towns leave their doors willingly unlocked when they leave the house or go to sleep thinking the po po’s are going to protect every thing. Yeah—right. But, wait! Don’t small town po have the speed limit on those dirt roads of yours? No. And in case you couldn’t tell my tone of voice on that “no,” it was a finesse.

The rule in most small towns is once you spot one police car, you have to do pretty much anything. In small towns, people are billed over, let the officer know you live in town, and they will most likely let you go. It’s pathetic, but in a town of under 5,000 people, you have to know what I mean. I can’t say I do something to help it. That’s what I’m talking about.

The North End Privacy Law: AHAHAA! Thanks to C for pointing out this one. The small town privacy law can, because it will probably be bulldozed into family and Cumberland Farms.

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The Swimming Hole: Concealed in the woods in the Northeast, you have your favorite swimming hole to swim in, and I’m sure it’s got its special name, like The Potholes, The Royal Swing, or the deadly Huntington George by my house that has killed twenty-four people since 1950. Don’t worry, it may be a beautiful place. Before you pass, you must experience swimming in a river. The fish swimming around your legs, the bees sucking blood from your arm, and the awesome rocks and cliffs to jump off are just some of the things.

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Bulldog Flicks: "You Must Be This Tall: The Story of Rocky Point Park"

By Michael Pickowicz
Staff Columnist

For this week, I decided to forget Hollywood and visit a film that was made specifically for the marvelous state of Rhode Island. While I've never been one for a history lesson, especially at the movies, "You Must Be This Tall: The Story of Rocky Point Park" collides history with the fun and excitement of one of the great amusement parks ever to be created.

"You Must Be This Tall" is a documentary about the now deserted Narragansett Bay theme park, Rocky Point Park. The movie starts off with the colorful history of the park, including disasters and presidential appearances. As the movie goes on, rides and popular attractions are discussed in greater detail, with a cast that all have interesting stories to tell. Everything about the park, history is discussed, including its demise in the 90s. While I'm not the biggest fan of documentaries, I have to admit that when the topic is interesting, such as an amusement park, I can't help but enjoy learning about it. My problem going into this film was that I had never been to Rocky Point Park. Thankfully, it wasn't a real issue, because I felt the film worked on some level for people who have never attended the park.

Some of the stories could easily be relatable if one attended any amusement park. Seeing the destruction of the park during a storm in the 30s was something else. Also adding to the documentary was the cast, who added humor and entertaining stories to go along with the pictures and videos. The makers did a great job of getting a wide variety of people to talk about the park, from past employees to historians and even couples who first met there.

Despite all the great things this movie has to offer, I find it hard to recommend "You Must Be This Tall" because of the $9.99 price of admission. In the end, it is a documentary and it feels like these kinds of movies should be on TV. That, of course, doesn't stop this from being an excellent film. If you are looking for a fun history lesson instead of the somewhat lackluster movies out now, this movie is for you. Also, if you have ever been to Rocky Point, you might as well add another Bulldog to your score and see the movie immediately.

For everyone else, I give "You Must Be This Tall" 4 Bulldogs out of 5.

State Radio puts on a show at Lupo's

By Kim Cole
Staff Writer

This past Wednesday, I joined many other Bryant students at the popular Lupo's for some of the smashing political jam-rock of State Radio. The concert provided an opportunity for many State Radio fans to purchase their newest album, "Year of the Crow," which (as expected) is phenomenal. Chad Stokes, the former guitarist of Dispatch, leads the group vocally to bring progressive lyrics and thought-provoking themes to the forefront. Throughout his career, first with Dispatch and now State Radio, Chad has never failed to remind his listeners of the ongoing battle that other people are facing in all parts of the world.

My personal favorite that night was the performance of "Canillo." This song opens with a man waking up and realizing that he has a gun pressed against his temple. The chorus of the song ensues as follows: "twenty days in a concrete fallout - what life have I to take your own - oh, my country won't you call out - doorbells are ringing with boxes of bones - and from another land's war torn corners - to a prison cell in my own - punish me for not taking your orders - but don't lock me up for not leaving my home." The song clearly points to world conflict and cites some particular bloodshed's relation to big oil by coinng the line "red oil spilling down the street." The thoughtful lyrics and heartfelt performance of the song, coupled with the true energy of the crowd, made this song really stand out as a central perform ance piece at this show.

On an interesting note, has anyone else noticed the movement of the song "Right Me Up" over the years? We have seen the meaning of the song altered in past the spelling of the title "rite me up" (as in "let me show you some of my customs"), "write me up as in "let's discuss what is happening and be sure to write about it"), and "right me up (as in "give me my rights, dammit") all seem to assign a different tone to the tune. I wonder where the song's meaning could possibly move next.

Another one of my favorites, "Waitress," seems to have evolved over time. At first, we heard this song as only being about a waitress's plight and how unhappily she is with her life. At each concert and screening of a live

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Buon Alimento: Trattoria Romana
By Phil Weiss and Michael Oliveri
Staff Columnists
It takes a lot to impress us, but this week, Trattoria Romana in Lincoln, RI certainly did so in more ways than one. Trattoria Romana is about ten feet away from the northern Rhode Island block of restaurants and like many area establishments has an Italian-focused menu. This is a restaurant operated by Luciano Canova along with two other partners. Canova also has a restaurant in Wrentham, MA. Upon walking into Trattoria Romana we quickly recognized that Canova has played this game before.

Atmosphere: Romana is located across from the Lincoln Mall, in the same plaza as Wendy's -- which initially threw us off, however we are certain that Wendy's is not taking away any business. Despite its awkward location, all is forgiven once you step into the establishment, as the décor is welcoming and vintage, with a warm light, all aspects from the open kitchen to the artwork which adorns the wall. Everything flowed nicely and created an atmosphere that oozes to a high-end crowd. The crowd can be described as a mix of Lincoln socialites, Fri- day VIPs and Rhode Island politicians. We would not be surprised to run into Kon and Kati in a place like this.

Food: We certainly were feeling extravagant with our food choices, as we turned our dinner into a four course meal. For our appetizer we shared the calamari, which was decent but not memorable. We would have appreciated a little more complexity to the batter and something more than marinara sauce to compliment it. Both of us also enjoyed the ducks in an airy puffy crepe in portion, doused in rich dressing and topped off with anchovies. It was a perfect start to the meal and we highly recommend it.

For a main course Mike had the stuffed sole special which was phenomenal. The sole was obviously a fresh piece of fish and it flaked apart perfectly. The dish was a generous portion with an appropriate amount of pink sauce and stuffed with lobster and crab meat. The dish was also served with risotto and peas which balanced the rich flavor of the sauce perfectly and completed the meal. Phil had the veal special, which as Mike said, "appeared to come from the entire cow." The veal was served on the bone, rare and stuffed with prosciutto, mozzarella, and another type of lobster. Which he said "sound too intense for the average diner."

Chef Lucano made this dish work beautifully. Phil also noted that the predominant flavor of the dish, as it should be, was veal. Mike’s dish was also served with mashed potatoes that worked perfectly with the meat as a functional accompaniment. Mike also added that the meat was moist and the cheese-cake which was good, but the amount of dressing overpowered his meal. It was plentyful and propelled the quality of the dessert to a higher level. Phil had a cannoli, which reminded us of the ones served at his favorite Long Island Italian restaurant. The filling was authentic and he would recommend it as a great way to end any Italian meal.

Service: If you read the Projo's review of this week's food you might think that they made a reservation in advance of their visit. But being that we are THE Buon Alimento, we walked into the restaurant and were seated immediately with no reservation. However, we don't recommend trying to do that (without a trained professional). Romana strongly suggests you reserve in advance. Our dinner was very well executed, wait staff was pleasant at building rapport, and witty. We could go on, but let's just say on our next visit we would definitely reserve.

Overall the restaurant is accommodating, friendly, and well run. So the staff to the appetizers to the flat screen television in the men's room.

Price: As Phil would say, "woah baby." Romana is not feasible for a weekly visit on a conventional college budget; however we recommend that you try coaxing your parents into a trip. Appetizers range from $7 to $13, with a decent choice of pasta (pasta) to $30 dollars (red meat). Two people can dine at Romana for $100 depending on the obvious factors.

Trattoria Romana is located at 3 Wake Robin Road (across from the Lincoln Mall) in Lincoln, RI. We strongly recommend making reservations as it is certainly a popular hot-spot; their phone number is 401 332-0799. You can learn more about Trattoria Romana at www.trattoria-romana.com

Each morning when I drive into work, I notice a brown sign on the side of the highway. I immediately recognize that it advertises the "Smith Appleby House." I often notice it, always make note that I must visit one day and see what it is, but have never actually done so. I'm sure that others have driven by the towering brick building known as the Smith Appleby House with great enthusiasm and the Smith Appleby House so I was hoping you'd be able to enlighten me and the rest of the Bryant Community some more information on this seemingly historical location.

~ Meagan Sage

State Radio at Lupo’s
Continued from Page 13
version of the song, a careful listener will note that you sing along, suddenly, Chad has picked up lyrics you said, "Who know how those you know. At this point, the song now includes a confession where the waitress suddenly turns the tables (no pun intended) from being the manager of the store, to the girl who has been dating your life over again. Again, we can only muse where these musical revolutions will go with the Whiskey Myers lyrics next.

My only complaint about the cover is the timing. The show began at eight and was over by 10:30 pm. The opener (who was quite good, but not whom I paid to see) played for the first hour of the show, and State Radio didn’t come on stage until at least 9:30 pm. I couldn’t tell if I just enjoyed the show so much that the time seemed to pass quickly or if the show was truly a bit of a disappointment in the lack of performance time. A check of my watch confirmed that this was the case.

Despite my desire for a bit of a longer show, I must say that I did see a really amazing example of a very talented group of musicians all greatly enjoying the performance, the band had only been on stage for an hour and fifteen minutes. Despite my desire for a bit of a longer show, I cannot help but think that I did see an amazing example of a very talented group of musicians all greatly enjoying the performance, the band had only been on stage for an hour and fifteen minutes.

As in the case of many other acts, Pete and I were lucky enough to make Chad’s Bar, and decided to meet up with my girlfriend. We hung out for ten feet away from us at the bar during the show, and we sincerely hope that Chad’s Bar may have been present as his girlfriend greeted and hugged a few members of the audience, expressing her enthusiasm and familiarity. This is something that Chad’s local singer’s friends and family demonstrate the beauty of a small venue such as Lupo’s. Going to a show such as this one really allows you to interact with the musicians on a personal level.
Read this... Atonement by Ian McEwan

By Celeste Tennant
Staff Writer

When a young girl confuses her fic­
tional mother with her own per­
sonal life together, her career seems to be looking promising. Her new an­
gle "Chumlee" is the number one down­
loaded song on iTunes, selling over 20,000 downloads. "Teenage Life," a horrify­
ing crime, how can one ask for forgive­
ness? How can one atone?

Atonement, written by Ian McEwan, is a beautiful story of truth, guilt and forgive­
ness. I was astounded while reading this book, it practically put it down until I had finished. The story effor­
tlessly depicts how vulnerable we as human beings are and the writing is

phenomenal. McEwan's command of the English language is flawless and simplicistic in a way that allows the reader to partake in the characters' ex­
periences without too much involve­
ment - until it is too late and you are

under his complete control. While re­

volving around the perspectives of each character, the tension rises with the

summer heat of England and you're suckered in by the suspense until you are trapped.

Since the book's release it has received

much acclaim and was recently made into a major motion picture, starring Keira Knightly and James McAvoy. This film is due to come to the states this coming winter and I can hardly

wait! I know that as college students we all read loads of work for classes, but if for some crazy reason you ever decide to read a book for fun, make sure you check out Atonement. It is absolutely captivating and will leave you breathless.

Celebrity Round up

By Carlos Ramos
Staff Writer

This week in the world of celebrities: Britney Spears may not have her per­
sonal life together, but her career seems to be looking promising. Her new an­
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John Mayer @ PNC Center

By Jessica Komoroski
Staff Writer

The musical experience of a live con­
cert is unlike any other. On July 24th of this past summer, I was lucky en­
ough to sit just eight rows back from one of the most talented musi­
cians of our time: John Mayer.

Praised for his blues-rock sound, po­
etic lyrics and breath-taking guitar

solos, Mayer's 2007 Summer Tour

was not only these talents but also his most re­
cent album he prod­
uced, and his third multi-plat­
mum one to date. As one of the first in line for the album's Septem­
ber 6 release and a frequenter of many past John Mayer tours, I would not hesi­
tate to say that this performance was unlike any other.

It was a clear and cool summer evening, and the traffic leading into the PNC Bank Arts Center in New Jersey was packed for more than two miles. The entire arena was sold out, including the personal admis­
sion grass seating. The pure talent and entertain­
ment offered by John Mayer is no secret, as evi­
denced by the presence of varied age groups in the audience. Many teenagers and young adults age swarmed to the souvenir stand as adults slowly began finding their seats. The true surrealism of 8° row grew with each step I took toward the stage alongside my Mom, my Aunt and my Uncle (true John Mayer fans - they were the ones who gave me the ticket). Following an opening set of James Morrison and support from an entertaining per­
fomance by Ben Folds, at around 9:15 p.m. it was John Mayer's time to take the stage with his band.

The lights went off and the crowd screamed as the intro to “Belief” rang throughout the stadium. His entire program was filled with songs both new and old and laced with numb­
gram with a perhaps cliché per­
formance of “Another You,” one might say the best was yet to come. A relaxing acoustic encore, including the symbollic “Stop This Train,” seemed to be Mayer's coming to terms with growing older and more mature. Though a touching senti­
ment, it was not his final appearance on stage. The perfect end to a per­
formance that was nothing short of perfect was a rendition of “Crevasse” that left everyone in the audience with goose bumps. His flawless gui­
tar work, paired with his soothing voice and swaying hips prove to be mesmerizing. After seeing this summer’s tour, it’s no surprise John Mayer is considered one of the great­
est musicians of his time.

Ruckus Top 10 at Bryant

Song
1)Stronger
Kanye West
2)Crack That
Souja Boy
3)Good Life
Kanye West f. T-Pain
4)Apologize
Timberland
5)The Way I Are
Soulja Boy
6)Bublly
Colbie Caillat
7)Can't Tell Me Nothing
Kanye West
8)Ayo Technology
50 cent f. Justin Timberland
9)Homecoming
Kanye West
10)Champion
Kanye West

Miley Cyrus arrives at the US Weekly Hot Hol­
Amy's no ugly betty.* pwc.tv/ch2

The Firm now playing on Channel 2.

*connectedthinking