Undercover bust leads to six arrests

By Lauren Cimino
Copy Editor

On February 11, 2005, six Bryant students were arrested after a month-long investigation by the Smithfield Police. The Smithfield Police, along with DPS officers, entered Hall 16 after obtaining arrest warrants for two students suspected of dealings with marijuana. The following information was obtained from the Providence Journal via a Smithfield Police press release.

Tieg Bean '07 was charged with allegedly delivering marijuana to a police officer. Bean did not enter into a plea and was placed on $10,000 bail.

Jeffrey Sawyer '08 was charged with allegedly delivering marijuana to a police officer and possession of marijuana with intent to deliver. Upon a search of Sawyer's room, police seized 25 grams of marijuana, $300, and drug packaging materials. He was placed on $25,000 bail.

Bean and Sawyer are both set for a Superior Court arraignment on April 15.

Having a stressful day?

By Leah Rosenbaum
Staff Writer

Raise your hand if you've ever experienced stress. Ok, put your hand down before people start looking at you funny. Everyone knows stress and college are synonymous. However, when you think about it, what would life be without stress? I know, you're probably thinking "stress" or "ecstasy," but did you know there's such a thing as good stress?

Stress is the combination of psychological, physiological, and behavioral reactions that you have in response to events that threaten or challenge you. Stress can be good or bad. Sometimes, stress is even helpful, providing the extra energy or alertness you need. If you're an athlete, stress could give you the edge you need to preserve in a competition. This kind of stress is called eustress. Unfortunately, stress is often not helpful and can even be harmful. Stress could make a salesperson buckles under the pressure while trying to make a sales pitch at an important business meeting. Moreover, stress can increase the risk of developing health problems, such as cardiovascular disease and anxiety disorders.

Stress is called distress, the kind people experience when they use the word stress and what causes Americans to use over 16,000 tons of Aspirin per year.

A convenient way to think about stress is in terms of stressor and stress responses. Stressors are events that threaten or challenge people. They are the sources of stress, such as making decisions, surviving classes, and meeting deadlines. Mike DePaola '08 gets stressed when, "talking in front of me is my one-and-only way of handling stress, and which affects my thinking, and I lose my train of thought sometimes."

Stress responses are psychological, physiological, and behavioral reactions to stressors. Anxiety, depression, concentration

Cont'd on page 3

Opinion
Justin William, The Hangover columnist, auditions for The Apprentice and keeps a written record of his experience.

Sports
The Women's Tennis team, dominating early in the season. Read about their success in sports.

Variety
This week in Variety read the Senior Corner discussing the Class Gift Kick-Off Gala.
By Jane Snow
Knight Ridder Newspapers (KRT)
America's fling with high-protein carbohydrates, according to a Mintel market research report that found introduction of low-carbohydrate foods had slowed to a trickle by the end of the year.

The coup de grace was delivered by the U.S. Department of Agriculture on Jan. 2, when it released new dietary guidelines confirming the importance of high-carbohydrate grains and debunking the idea that a particular combination of nutrients can make people thin. The only way to lose weight is to eat less and exercise, it said.

The eating plan recommended by the committee of scientists who revised the dietary guidelines is, as in previous guidelines, carbohyd r ate-rich foods. About 45 percent to 50 percent of the calories consumed in a day by most people would come from carbohydrates, the committee concluded.

They listen up, high-protein dieters: Carbs do not make you fat, and you are not fat for it, as Atkins and other bestselling diet-book authors would have you believe. In fact, research suggests some types of carbohydrate-rich foods may help you stay lean, think better and lower your risk for heart disease, diabetes and cancer.

"Long term, the studies show that people who keep off weight are people who eat plenty of carbohydrates," said Jean Kim, a professor of nutrition at the University of Minnesota who was asked to review the latest research on carbohydrates and whole grains for the dietary guidelines committee.

Low-carbohydrate diets may help obese people lower blood pressure, but such short-term studies conducted by researchers at the University of Minnesota suggesting favoring carbohydrates was shown to suppress the appetite ("good" cholesterol) levels. However, no long-term studies have been conducted on the safety or effectiveness of such dieting strategies.

Most nutrition experts believe that eliminating or drastically reducing carbohydrates is a grave mistake. Carbohydrates are essential nutrients for the function of the brain and central nervous system, and are the most efficient energy source for the body.

"People who eat carbs feel better all day long," said Donna Skoda, a registered dietitian and director of health programs for the Summit County Health Department.

North Korea projects talks
By Tim Johnson
Knight Ridder Newspapers (KRT)
North Korea's declaration that it possesses a nuclear weapons arsenal and will drop out of talks on its nuclear program is a warning signal to the United States and its partners seeking a way to re-engage with the authoritarian regime.

The North Korean claim came as the United States, Japan and South Korea, the core of the U.S. intelligence community six months ago raised its estimate of the size of North Korea's nuclear arsenal to between two and 15 bombs.

The lower assessment came from intelligence analysts at the Department of Energy, contractor of the U.S. nuclear arsenal, while the higher number came from the Defense Intelligence Agency, said U.S. officials, who requested lack of identification because the estimate is classified.

U.S. officials, however, cautioned that the numbers weren't based on hard evidence, but rather "best guess" based on such factors as the quantity and quality of North Korea's highly enriched uranium.

The previous classified estimate was that North Korea possessed 20 nuclear weapons, but that could not be confirmed.

The project is expected to put on a display of its nuclear arsenal and its ability to deliver nuclear weapons around the world. But it also could raise alarms about North Korea's ambitions and its nuclear program.

"We are confident...that the United States and its allies can deal with any potential threat from North Korea. And North Korea is a regime that is not trustworthy," said U.S. under secretary of state for political affairs James Steinberg.

North Korea has been the subject of a U.S. "hearts and minds" campaign. But analysts warn that the campaign may be too little, too late.

"The only thing that is holding North Korea together is Kim Jong-un's ability to prevent what was a civil war in the 1950s. This is not going to sit well with its neighbors," said Christopher Hill, director of the U.S. government's National Nuclear Security Administration's policy and outreach branch.

"People say they're ready for space shuttle 'test flight' in May
By Martin Merzer
Knight Ridder Newspapers (KRT)

The last shuttle mission ended 16 minutes prematurely and in death and destruction above Earth. Improvements recommended over the past year will not be fully achieved. Engineers haven't even decided how to patch a hole in a fuel tank.

Nevertheless, the crew members of shuttle Discovery, poised for launch on Thursday, beamed with confidence that they can so easily to astronauts, and declared themselves ready to sit atop a reload of fuel tank and take off with a powerful stack of rockets and return the shuttle program to flight.

And they said this "test flight" did not require the same pressure at all, certainly not as much as riding a roller coaster.

"I feel the shuttle is safe to fly," said mission commander John Collins. "I'm not going to go flying on something thatClearly, I'm a person who won't even get on a roller coast or an amusement park because they scare the hell out of me.

"The media session came during two days of training at the Kennedy Space Center, where the seven-person crew familiarized itself with equipment to be used during the nine- or 10-day flight. While the astronauts spoke, workers in white face masks and clean suits and blue test shirts worked in the NASA processing center, making preparations for future shuttle missions.

Although more delays are quite possible, first shuttle flight is expected to blast into space between May 18 and 20. This is the first shuttle flight since Columbia disintegrated while returning to the Kennedy Space Center on Feb. 1, 2003. Engineers later determined that a 10- to 15-inch defect in Columbia's outer tiles, gouged at liftoff by an errant piece of foam, caused the disaster.

"We're not 100 percent confident that the process has been completely fixed," said David Schiller, chief of the Kennedy Space Center's non-destructive inspection division. But even if so, he was quite confident that the shuttle would fly safely.
Cont'd from page 1

Bryant, faculty, Bryant, is facing a life force. Machtley broke the news everyone has been waiting for. This is the first time that additional parking spots will be made available by the start of fall semester.

It is estimated that anywhere from 100-150 spots are actually needed but those estimates have proven to be overly optimistic. You may have noticed the Senate campaigning for car registration. The Senate wants to see a more accurate picture of how many spots are needed, but with so many cars still not registered, those estimates are really giving a better picture of what is to come. If you do still favor, REGISTER YOUR CAR!

Tentatively, the new lot will be placed where the current tennis courts are located. The original plan was for the lot to be on the track just behind the location for the new dormitory.

The location of the new dormitory is still under discussion, but by September 2007, there will be a new dormitory. The primary purpose of this new dormitory is to house students from the state village during the course of a four year masters, masters, and Ph.D. program. Along with an additional dormitory, there will be new academic developments.

Along with enhancements on campus, there will also be new academic developments.

Make sure the Utrust will start to see as early as this semester include painting and new student parking.

Along with enhancements on campus, there will also be new academic developments.

President Machtley presents the "State of the University Address" at the community forum last Friday.

President Machtley presented the "State of the University Address" at the community forum last Friday.

Chairman John R. Machtley, the President of the University of Bryant, presented the "State of the University Address" to the community forum last Friday.

The address, which is delivered annually, provides an overview of the university's achievements and challenges.

The university has seen a number of positive developments in recent years, including an increase in enrollment and the opening of new facilities.

However, the university also faces several challenges, including a decrease in state funding and rising costs for students.

Machtley urged the community to continue to support the university and work together to find solutions to these challenges.

"We must continue to work together to ensure that Bryant University remains a leader in higher education," Machtley said. "I am confident that we will meet these challenges and continue to provide a top-notch education for our students."
Arrests on campus

Cont'd from page 1

students upon entering the com-

munity. At the beginning of every year, Eakin continuously

reinforces that students who are enter-

ning a new time in their life and the

importance of being responsible

for one's actions. Eakin stated, "A bad choice early on can be difficult to explain in the future," using job applications

and interviews as an example. He feels that when and if the student is able to help students, he will, but the extent of his help can only go so far.

As an institution, Bryant has the responsibility to uphold its policies as well as the law. While students may view this as receiving two punishments for one crime, it is the school's policy and society's law which all community members follow. Students have the mandate to come to campus knowing the consequences of bad choices. Students have the mandate to come to campus knowing the consequences of bad choices.

RA Inspections

By Shannon Noonan

Campus News Editor

Over the course of a school year, room inspections are conducted by Residence Directors, Facilities Management, and Residence Assistants. These inspections are intended to regulate the health and safety among students. Residence Director Amanda Veitch said, "Inspections are for health and safety of residences. We are not going around looking for violations but checking for safety on campus."

Residence life routinely runs inspections among residence dorm rooms. These inspections are normally run by the residence assistants (RA) once a month. RAs inform residents at least 24 hours before inspection, communicating to their residents through flyers, email, etc. This prior information allows students to know about the inspection and make sure at least one roommate is present for the inspection.

Occasionally, a residence director will assist in a routine inspection. RDs participate to oversee the RAs. When RDs participate in room inspections, they are checking for needed facilities updates. They want to see if rooms are repaired, renovation, new furniture, or new rugs. Veitch said, "We are looking at all the conditions of the rooms. We do not go through personally but only look at items in plain view."

When a violation is discovered by RAs or RDs, they will first document the item in violation. Depending upon the incident's year, RDs may request the individuals to come in for an explanation. Other students usually just receive letters identifying the violation and the fine.

Many complaints came from students about unexpected inspections over the winter break. Residence Life explained inspections did not occur over the break, but instead traditional closing of buildings happened. As students know, all freshman dorms and the village close over winter break. To double check students close their rooms appropriately, RAs go through each room to check and see if all electrical appliances have been unplugged. During this process RAs or RDs may come across violations within rooms. These violations can range from candles to furnaces, but all violations found will be reported.

Unlike the dorms, the townhouses do not close over break. According to Veitch, over break she inspected the condition and amenities of the townhouses. She conducted the inspections during the week of January 10-14. Her inspection was for the determination of damage among the townhouses. She concentrated with only common rooms.

She said, "Anything of violation was documented and discussed with students after break."

After violations have been documented and the significance of the violations determined, RDs follow the guidelines stated in the handbook. All RD's want to practice consistency with students; so they follow the rules exactly as stated in the handbook for every individual case. These rules can be found on pages 35 to 48 of the Bryant student handbook.

These inspections are not to hurt students but keep students aware of safety issues from any hazards. If students have further questions please contact Residence Life.
Department of Public Safety Log

ACCIDENT: Motor Vehicle Accident
Feb. 7, 2005-Monday at 2:23 p.m.
Location: COMMUTER PARKING LOT
Summary: A parked vehicle was hit in the lot.

ACCIDENT: Leaving the Scene / Unattended Vehicle
Feb. 7, 2005-Monday at 9:22 p.m.
Location: COMMUTER PARKING LOT
Summary: Students reported that they witnessed a hit and run in the commuter lot.

BURN /B&E Burglary / Rob
Feb. 8, 2005-Tuesday at 2:55 p.m.
Location: RESIDENCE HALL
Summary: An RD reports that the Hall 8 Laundry Room window is broken.

VANDALISM (SCHOOL)
Feb. 10, 2005-Thursday at 10:45 p.m.
Location: RESIDENCE HALL
Summary: A student came into the DPS Office to report an item taken from his room.

HARASSMENT
Feb. 10, 2005-Thursday at 1:55 p.m.
Location: RESIDENCE HALL
Summary: A student reports receiving harassing e-mails and instant messages.

VANDALISM (SCHOOL)
Feb. 10, 2005-Thursday at 10:45 p.m.
Location: RESIDENCE HALL
Summary: An RD reports that the Hall 8 Laundry Room window is broken.

DRUG ACTIVITY
Feb. 11, 2005-Friday at 2:28 p.m.
Location: ENTRY CONTROL STATION
Summary: A vehicle stopped at the Entry Control Station was found to smell of Marijuana. S.P.D. responded to the campus. One arrest made.

EMT CALL
Feb. 12, 2005-Saturday at 12:27 a.m.
Location: RESIDENCE HALL
Summary: The reporting person states a student may be having an allergic reaction. EMS was activated.

VANDALISM (SCHOOL)
Feb. 12, 2005-Saturday at 1:22 a.m.
Location: RESIDENCE HALL
Summary: A report of a bathroom mirror being vandalized.

EMT CALL
Feb. 12, 2005-Saturday at 6:50 p.m.
Location: RESIDENCE HALL
Summary: Possible allergic reaction. EMS was activated.

VANDALISM
Feb. 12, 2005-Saturday at 9:55 p.m.
Location: RESIDENCE HALL
Summary: A soda machine has been emptied by using an unauthorized key.

BIAS RELATED INCIDENTS: Bias incidents reported
One (1) incident reported this week.

***AVOID A TICKET***
***REMEMBER TO REGISTER YOUR VEHICLE ON CAMPUS***

Studio take one, Koffler take two
By Emilie Lavoie
Assistant Campus News Editor

Since the semester began, campus has been abuzz with changes and additions to Bryant’s realm of technology. New facilities have been added, construction finished, new rules implemented, and the radio station has been reborn and many changes are simply waiting to be brought to life in the near future.

Perhaps one of the most exciting changes that have come to Bryant since last semester has been the new television studio located in Koffler. This studio features state of the art features used in the creation and production of television and other communications pieces. Many students remain unaware of this new resource that was completed along with Koffler at the conclusion of fall semester.

The studio is located directly inside Koffler on the ground floor. As one enters the building, the controls for the general production room, the areas for film and other necessities is easily viewable through the glass walls. As one gets closer to the room, the filming areas below step into view.

Bryant’s studio, based on appearance alone, lacks little to many professional studios. Although there is this exciting new resource for students, there is a catch to how available the studio will be. There must be trained personnel running the studio in order for most productive student use.

Eventually, students will be instilled with the knowledge necessary to maintain full operating privileges of the television studio. With ambitions for a fully student-run studio, there must be measures taken to employ the required skills in Bryant students. In order to teach students the fundamentals of controlling the equipment and operating the studio, the communications department is going to have to educate interested students in these areas. Although this new studio will eventually be responsible for benefits for all students, the communications department will be especially affected, providing a significant resource of hands on learning. This will also help open the door to attract a new pool of students interested in television communications.

Another exciting aspect of Bryant’s newest resource is the projected future linking with NBC. By linking the university’s television studio with such a well known and established network, there will arise many opportunities for expansion and integration with professionals in the television field.

By incorporating this exciting news with other changes around campus, the television programs that will eventually be produced will be accessible for viewing on Bryant TV and possibly even the monitors located around the Unistructure.

Black History Month Upcoming Events

February 22 - Community Service
Bryant welcomes Providence youths from the South Side Boys and Girls Club for a day of empowerment and activities.

February 23 - In House Freestyle/Cultural Coffeehouse
In House Freestyle is a sketch comedy troupe that challenges stereotypes and social and political realities facing communities of color. Laugh out loud and learn to be proud.

February 25 - MSU’s Extravaganza Night
MSU’s Extravaganza Night featuring fashion, music, and dance.

Bryant University Student Programming Board
February/March Events

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<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>February 13</td>
<td>Snow Tubing Trip</td>
<td>TBA</td>
<td>South Dining Hall</td>
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<td>February 16</td>
<td>Comedian: Rob Stapleton</td>
<td>9:00 PM</td>
<td>BC Pit</td>
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<td>February 17</td>
<td>Band: Jonah Cohen</td>
<td>9:00 PM</td>
<td>Janikies</td>
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<td>February 20</td>
<td>Movie: National Treasure</td>
<td>7:00 PM</td>
<td>South Dining Hall</td>
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<tr>
<td>February 20</td>
<td>Movie: National Treasure</td>
<td>9:30 PM</td>
<td>South Dining Hall</td>
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<td>February 22</td>
<td>February Bingo</td>
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<td>February 23</td>
<td>Cultural Coffeehouse</td>
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<td>March 02</td>
<td>Band: Jason Leveserser</td>
<td>9:00 PM</td>
<td>Janikies</td>
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<td>March 06</td>
<td>Movie: Ocean’s Twelve</td>
<td>7:00 PM</td>
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The Apprentice was holding a casting call in Providence, I had read. "I'm so OUI of it," my buddy T. and I went to go, but were too lazy to get up and go. If you wanted to go too, there's the fun in that?"

Needless to say when I heard The Apprentice came outside to throw another interview room. The casting director was up, the casting director did turn. "How was your day?"

"Mine was fine, thanks."

"What about you?"

"I'm working on three hours of sleep."

"That's terrible."

"I know, I'm sorry."
Feb 18, 2005

Opinion

The Sextpert: The Language of Love

By Samee McDaniel

Staff Columnist

As some people know, I have a penchant for words and their various definitions and images. When it comes to the language of love, I like to consider myself a bit of a linguist. That being said, I would like to offer you a few definitions and possible alternatives for those words.

"Penis" is such a gross word. It sounds like it should be the name of some sort of sea creature, probably with tentacles. "Dydd" is an Welsh word for penis that is used in demonstrating parietal attributes behavior, as it has been known to latch onto and take small bites of beluga whales. "And what about "vagina"? Vagina is just as confusing as the Arabic word for it, "shsheh". The word also has a tie to the ancient, Eastern-European root "us". I thought about the clue word, "pussified" to break it. So basically, the vagina is a Latin thing that you have to break. That is the crudest, foulest thing I’ve ever heard in my entire life.

I hereby officially declare that wherever I am, whatever language I am speaking from, I am going to be using the phrase "wiltless vagina". That will help you out. Do not mistake it for the whole "whales look like giant, well you know". I thought about that last part that was absolutely fascinating, and I encourage all of the boys out there to embrace the deep historical nitty-gritty of your respective penises and make as many "Free Willy" jokes as humanly possible.

I hereby officially declare that the word penis should be removed from the Oxford English dictionary and be replaced with "Wolverine", as in the comic book hero, for a reason as simple as the word penis looks like “little hill”, as well as the Greek verb "klei-nor-azee", which means "to titillate, tickle." A little hill that you tickle, finally, a word that makes sense! A male Italian anarchist claimed to have discovered it in a 1559 report in which he talks about "Veneri", meaning “the love of Venus”. It has been used by an Italian guy: “Ciao, I have discovered a part of you, and I have named it for you. Would you like my penis to ride the Vespa with me?”

"Testicle" comes from the Latin word "testically", meaning "within", literally, "within your witness to fertility. Witness my balls! It’s hilarious to think about someone calling someone "testicle" any fun, always witnessing the love-making, and the sex going on just a few inches away.

Now you know, kids. Go home and put yourself on the back. You deserve it because this is the day you have learned something at school.

The world wide of needless laws

By Greg Hirshon

Staff Columnist

Laws are what our society deems acceptable in our country and world would be a very sturdy place, not too far off from how it is right now. Anyway I digress, I find some laws are absolutely unnecessary and I question why some laws were even established. The following laws are unnecessary and are not made up for the purpose of your entertainment, though some of these are really entertaining.

Don’t let stupid things be allowed to ride your bicycle at all. The only time you should allow a bicycle is if you are dumb, I don’t know about you, but I have always wanted to bring my bike onto the campus and cut off all of those obnoxious truck drivers who think they own the road while I am going 80 mph. I am not talking about running, I am just a stranger going down your street. My bike is my right! I am not talking about any stupid, dumb reason you know we have all done it before! Smell it again! Why on Earth would we do such a thing? Smelled like rotten eggs and vomit and don’t go within the last 10 seconds of running.

But wait! Explore stupid option #2. This is where you after smelling the horrible milk you put in your hair and seeing it is raunchy, seek out a friend to confirm the discovery and share in the immorality of the act. Now, for a brief moment, think of the word "vomiting" and fully understand that you smell like vomit. Or maybe you don’t or even don’t know your own vomit, you are absolutely STUPID! Don’t worry, I’m right there with you.

We have all picked up a gallon of milk that you think has gone bad! What is the first thing that you do? Smell it of course. As your neck whips back at the nauseating smell of gross milk you think, "Wow! That smelled terrible. Definitely not good any more." Everything smells fine and dandy so far. The human has spurred a potential problem, see it, and found the correct answer. The next step for some of us is corroding. Before throw-
Women's Tennis: Mastering the art of winning

By Shaun Leddy
Assistant Sports Editor

The Bryant Women's Tennis Team has mastered the art of winning, plain and simple. Proving their dominance in the NE-10 by winning their division last year, they went on to complete the MAC's first team in history. As we start this year with an undefeated pre-season record of 7-0, success for this team is an understatement, but, with their opening match in one week, the girls have no plans of taking it easy. Their achievements are a testament to their hard-work and dedication.

While many spring sports teams use the MAC to practice before outside conditions are playable, the Women's Tennis Team prepares for their season at Rally Point, a local club in Greenville. Annette Jervasi explains, "Although it can be some what of a hassle to travel off campus for practice, we always have a good time during the car ride there. It's nice to have a club so close since the MAC's surface is so fast."

One factor leading to the team's success stems from the knowledgeable and motivating staff. Both Head Coach Barbara Cilli and Assistant Coach Jen DiPietro are dedicated to the growth of the team, and are involved with improving the girls' game every day. "Jen is such a great motivator, and keeps us doing our best," Coach Cilli knows the game so well especially the fundamentals which help both in singles and doubles," said Sacha Solomon.

Even in a sport where individual matches are played, key elements of camaraderie and support are still imperative in determining this team's success. Team captain Ashleigh McLean, and Alex Spence have excelled at providing these elements. They both stand out as strong competitors, ideal team-mates and continue to lead by example. Coach Cilli explains, "Both have done a tremendous job helping me build this program and giv­ ing it credibility. Both are doing very well in the classroom and have become excellent role models for the underclassmen on the team."

After an impressive pre-season line-up, including victories over URI and Holy Cross, as well as a 7-2 victory over conference rival St. Mike's, Cilli comments, "We're at the point where we want to put the practices behind us and move on to the competition." The overall positive attitude and anticipation for this year's season is felt by the entire team.

With the last seven singles matches won by the entire team, both stand as an understatement, but, with their opening match in one week, the girls have no plans of taking it easy. Their achievements are a testament to their hard-work and dedication.

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Women's Tennis

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Even in a sport where individual matches are played, key elements of camaraderie and support are still imperative in determining this team's success. Team captain Ashleigh McLean, and Alex Spence have excelled at providing these elements. They both stand out as strong competitors, ideal team-mates and continue to lead by example. Coach Cilli explains, "Both have done a tremendous job helping me build this program and giving it credibility. Both are doing very well in the classroom and have become excellent role models for the underclassmen on the team."

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By Leah Rosebush
Staff Writer

Have you ever wondered how Bruce Lee, Chuck Norris, and Steven Seagal complete some of the most complicated martial arts sequences with such ease? The answer is practice, practice, practice. They trained constantly and worked hard to achieve the level of skill they have today while still practicing to hone their talents. Bryant University is home to the Bryant Korean Karate Association (BKKA) whose motto is "You are who you practice to be!". The BKKA was founded in 1977 by SiFu, or Master Instructor Ron Renaud and Sensei Stephen Maurer. Though some may not be able to become a martial arts master in four years, they certainly can be able to achieve many great things while losing weight, gaining stamina, attaining self-discipline, and improving your self-esteem.

The style of martial arts as there are many, is American Tae Kwon Do. Tae Kwon Do is translated as "the art of annihilation with the hand and foot." Originating in Korea, Tae Kwon Do is a two thousand year old martial art form based on the premise that person has the instinct to defend himself or herself against a sudden attack.

Championships with a 40-17 record. They will begin this season on Florida on February 18 playing 3 games against Florida Southern and other tough opponents. According to Sophomore Chad Valent, the pinch hitter for the team, "The first three games in Florida will really set a tone for the upcoming season." The schedule for this season contains more games than last season, as there are 50 games currently scheduled to be played, Valent also adds, "This year may be tougher than last with more games on the schedule and everyone gunning for us because we are the reigning champs." The first home game of the season took place on March 24 against Alabama, while on April 21, Bryant will go up against Baylor.

Bryant only lost two graduating players last year: J.J. Gagnon and Mike Flores. The majority of Bryant's team

Bryant steps to the plate

By Greg Hirshorn
Staff Writer

Alongside returning coach Jon Stogren, a 1988 Bryant graduate with 15 years of coaching under his belt, the 2005 Bryant University Baseball team is preparing for the upcoming season. Last year's team went to the NCAA Division II Championship with a 40-17 record. They will begin this season on Florida on February 18 playing 3 games against Florida Southern and other tough opponents. According to Sophomore Chad Valent, the pinch hitter for the team, "The first three games in Florida will really set a tone for the upcoming season." The schedule for this season contains more games than last season, as there are 50 games currently scheduled to be played, Valent also adds, "This year may be tougher than last with more games on the schedule and everyone gunning for us because we are the reigning champs."

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Bryant mens baseball team at last years NCAA D II Championships in Montgomery, Alabama

courtesy of the BKKA

While getting a fantastic aerobic workout, you'll also:
- Learn how to block attacks and quickly strike opponents in line drills.
- Apply what you have learned in combinations of kicks and punches in one-step.
- Practice series of motions and accuracy in forms.
- When you advance to the yellow/gold belt ranking, you'll have the chance to try contact-sparing, and even participate in tournaments.
- All nine instructors are black belts, eight of which are Bryant University graduates.

As seen on their web site www.bryantkakarate.com.

"The Bryant Karate Club is open to all members of the Bryant community, including faculty, staff, alumni, and full-time and part-time students and previous martial arts training is not required to join. Introductory classes where new members can learn how classes are taught and where they can meet the instructors and officials of the club are available." BKKA is also highly dedicated to the Bryant community by offering women's self-defense seminars throughout the semester, sponsoring fundraisers, hosting demonstrations, and aiding in charity events such as the Special Olympics.

Classes meet three times a week on Monday, Tuesday, and Thursday evenings from 6:00pm to 7:00pm, in the Eenarnino Athletics studio in the Chace Wellness Center.

EXPERIENCE FOR YOUR RESUME. MONEY FOR COLLEGE.

PICK of the LITTER

Women's Basketball
Senior
Middletown, Conn.

Dede Fogarty

Fogarty helped lead the Bryant women's basketball team to its third-straight win on Saturday as the Bulldogs defeated Saint Anselm 72-57.

Nick Tocarella was great last year for the Bulldogs with his amazing catching abilities behind the plate. In addition to his catching services, Nick also contributed 40 runs batted in. With Nick in a stable form last year, only more can be expected in the future. New to Bryant's team this year are eight players who hope to continue the successful run of the past few years.

Last season, fans attended the games that were later on the schedule in early May, but significantly fewer people were in the stands during the March and April home games. The baseball team needs all the support it can get as it prepares for another championship run.

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Up to $70,000 for College

Bryant Bulldog Paul
Novakowski and outfielder from Prospect, Connecticut.

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February 18, 2005 Page 9
Podcasting Power: Delivering personalized broadcasts to your MP3 player

By Dawn C. Chmielewski

The "Rock and Roll Geek Show," a podcast that airs on a weekly basis from San Francisco. But you won't find its distinctive mix of good music and talk on radio, beer and Macworld commentary anywhere—on the radio.

The half-hour show, hosted by Michael Butler, is delivered directly to listeners' iPods and other digital music players. It's among a growing number of podcasts, a new online outlet for amateur broadcasters to run their own pirate radio stations. No government approval required. Butler's shows have attracted enough of a following to warrant an eight-country European concert tour for his rock band, American Headhearts.

"During the past four months of monthly broadcasts, our band has gotten more exposure than it did in the 10 years before we were together," Butler said, hinting that a record label deal may be in the works. Many people came to the shows in Europe just because they heard us on the podcast."

It's hard to imagine giant radio empires such as Clear Channel Communications fretting over such harmless-sounding podcasts as "The Dawn and Drew Show," unless you consider that the technology can pose on unaffected, entrenched businesses, and podcasters are looking to spread the now improbable disruptive effects of TiVo, giving everyone the power to listen to the radio shows they want whenever they want.

"The devices are listening for us, recording while you're not there, filling up with programs that you like," said Jim Griffin, vice president of marketing at Cherry Lane Digital, a Washington, D.C., consulting firm specializing in the., forms of music and entertainment.

"As we move from this 'channel we' to 'channel me,' the integreating question to marketers is: 'How do I program for that?" Podcasting is the answer."

For the advantages of using an online subscription format known as RSS (short for Really Simple Syndication). The software is designed to scour the Web for the news stories posted by traditional publications or an entry posted by a blogger. A separate piece of software pulls all the disparate feeds together in one place on your computer.

"You don't have to go hunting for news; the news finds you," said Dennis Van, the inventor of RSS and creator of one of the earliest blogs, The Scripting News.

Podcasting works in the same way—which is why it's rapidly replacing specific Podcasts, and the software finds the latest feeds and transfers the audio files automatically to iTunes, Apple's digital media jukebox. When an iPod is plugged into your computer, it downloads the podcasts. The software also works with other music management programs and digital music players.

Podcasting sprung from a conversation four years ago between Winer and Adam Curry, a one-time MTV host turned—Internet entrepreneur. The former WJ was looking for a way to distribute video over the Internet.

"My first reaction, like many other people's first reactions, was 'forget it,'" said Winer. "We tried video on the Web. It sucked. He said, 'Maybe it doesn't have to be so bad.'"

Curry persisted, and Winer subsequently developed software to encode audio files into RSS feeds, much like an e-mail attachment.

"We threw it out there, we evangelized it. It was like, 'If you build it, they will come, but they didn't come..." for a while," Winer said.

But the uidn't disappoint. On the podcast."

The "Daily Source Code," a weekly episode of "The Rise of Apple: Radio Show," a podcast that you'll need software that reads RSS 2.0 feeds with enhanced capabilities. The software is available at sites like www.aptana.com or www.iPodder.net. The software (some versions are free or cost a few dollars) automatically downloads audio files to your computer and moves the tracks to iTunes or another music management program for transfer to your iPod or other digital music player. All you have to do is subscribe to the RSS feed and your machine does the rest.

Of course, finding what feeds to listen to can be as frustrating in tuning in to a radio station in an unfamiliar city. Expect a good deal of trial and error.

After Winer, research director at the Carpet Music research firm, said podcasting remains largely a hobby in the system. "Podcasting gives a lot of people who've never had a microphone or worked at a college radio station..."

But over time, its potential is enormous. Radio hosts with distinct programming will recognize that podcasting gives their live show infinite shelf life and a new, broader audience.

"I will boldly tell you this threatens an already declining radio model," he said. "The only things that will be left for the radio model are sports and very topical news talk things."

The Survivor Series: Realizing the harsh reality of cancer, one story at a time

By Lisa Shannan

One of my favorite memories is when he would come visit me on my birthday. In the fall of 2003, the cure for cancer was stronger than ever, but his arm and his arm's amputation had been taken. Jim lost his battle to cancer on New Year's Eve, December 31, 2003.

This was the single most traumatic event in my life and in the lives of my friends. But from this experience, I view what is truly important in life differently. I have a new appreciation of the things you value. I think people now work to experience the pain and suffering caused by this disease are really fortunate.

Having known someone who lived their life so fully for those two years has really changed my outlook and mindset. It is hard to explain exactly how I have changed, but I can say that I hope no one has to go through the pain that I went through or the great loss that my family and friends now live with for the rest of their lives.

*** If you would like to share the story of how cancer has affected your life, please contact ldisangle@bynum.com. Every story is one step closer to helping people realize the harsh realities of cancer and motivates people to help. Thank you.

2 Dudes

By Aaron Warner

A fter their show was cancelled, these two radio personalities decided to take their show on the road and make a go of it on their own. They did not want to lose their audience, so they decided to take their show to the people. They started their own podcast, and it quickly became a hit. They continued to produce new episodes, and their audience grew exponentially.

The podcast was a hit, and they continued to produce new episodes each week. They covered a wide range of topics, from music to politics, and their audience loved it. They were able to reach new listeners, and their old listeners continued to tune in.

The podcast was a hit, and they continued to produce new episodes each week. They covered a wide range of topics, from music to politics, and their audience loved it. They were able to reach new listeners, and their old listeners continued to tune in.
**Senior Corner: Senior Class Gift Kick-Off Gala**

By John Collins
Staff Columnist

To commence the class gift solicitation period, the Off Faf is being held on Friday February 18 from 6:00-8:00 PM in the Grand Hall. The event is organized by the Senior Class gift Committee and the Office of Business Administration in an attempt to rally the senior class together before the two month long vacation period. The class is extremely excited about the library endowment fund gift and is expecting a large turnout on Friday.

The gala is a high-class cocktail reception with refreshments, food and beverages for those seniors who are of age. Please remember to bring both your Bryant ID and your driver's license if you do plan on drinking. Appropriate business attire is required. If you have any questions about the senior class gift you can direct them to Class Chair John Cullen at joc@bryant.edu. In other senior action, there was a Senior Night Out in Providence on Friday February 11th. The class attended an outstanding event at the bar/club, Bistro. The Senior Class committee worked extremely hard to organize the event and the night was a complete success. There is now free admission every Friday night at Monet for Bryant students.

For more information on other senior events, contact senior class co-chairs Kam. Papadis at kmp@bryant.edu or eleven Tammi at fht@bryant.edu.

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**Through the looking glass**

By Mike Pingree
KRT Campus

**LET'S PLAY IT AGAIN JUST TO MAKE SURE**

A devout Baptist couple in Somerset, England, bought a DVD of the 1973 Doris Day, Rock Hudson romantic comedy, "The Pajama Game." Or so they thought. It turned out to be an Italian porno flick called "Breasts of Passion." The driver and his wife began watching it and were "horriﬁed" when a group of topless young women appeared and started talking in Italian. He added, "We watched it until the end because we couldn't believe what we were seeing."

LH: HI, WE MET EARLIER, REMEMBER?

Two Delaware men robbed an 8-year-old pizza delivery woman, then, not leaving well enough alone, one of them called her on her cell phone and asked her out on a date. She declined. She also called the police and gave them the caller's cell phone number, a major clue that led to his arrest.

ONE, TWO, THREE, HEAVY!

A 400-pound drunk staggered out of a bar in Whisthavon, England, and into a waiting taxi. Once in the back of the cab, he keeled over onto the ﬂoor and became wedged between the front and back seats. Then he started vomiting. The driver called emergency services. It took nine ﬁreﬁghters and paramedics half an hour to get him out.

IT'S HARD TO TAKE YOU SERIOUSLY

A man in a monkey suit tried to rob a convenience store in Vancouver. The clerk refused to give him any money, so he ﬂed empty-handed.

HEY, WHERE ARE THE DIRTY MAGAZINES?

A Putney, Vt. man who got arrested and turned his adult novelty shop into a Christian bookstore has gone out of business. Sales had dropped off sharply after he made the switch.

FIRST ADMIT YOU HAVE A PROBLEM

A man was arrested in Nelson, New Zealand, for having sex with a goat. Second offense.

THAT DUDE IS JUST SO COOL

A Tennessee state senator admitted in court that he lives in his own closet off the master bedroom in his closet, causing a great deal of vomiting. It ended when the suspect discovered the pellets in some coffee grounds. The lid was closed with attempted homicide.

YOU'LL NEVER TAKE ME ALIVE THUD!

A man went into a bar in Gowanda, N.Y., with a shotgun and took the female bartender hostage, sparking a standoff with police. It ended when he passed out drunk.

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**Horoscopes**

**Aries (March 21-April 19)**

Conditions are changing. You're feeling aggressive, more sensitive for a few weeks. Don't be alarmed, it's a natural part of the learning process.

**Taurus (April 20-May 20)**

The Sun's going into Pisces and for you, that's a wonderful thing. Your social life should be bountiful for the next several weeks.

**Gemini (May 21-June 21)**

Just when you're at the top of your game, the level of difﬁculty increases. Show you can handle the responsibility and you'll be well rewarded.

**Cancer (June 22-July 22)**

Conditions are changing quite noticeably, in your favor. Celebrate this weekend with a trip to a favorite place. The nearer you can get to a lot of water, the better.

**Leo (July 23-Aug. 22)**

You're going into a more pensive phase. Old memories may stir you to make choices others would normally. This is good.

**Virgo (Aug. 23-Sept. 22)**

You've been working your fingers to the bone for the past few weeks. Now you should realize you can't do everything by yourself. Get help.

**Libra (Sept. 23-Oct. 22)**

For the next several weeks, love will be easy to ﬁnd. Start with a conversation about philosophy.

**Sagittarius (Nov. 22-Dec. 21)**

Home and family are the focus of your attention this next phase. Start by planning your next investment to make your place more comfortable.

**Capricorn (Dec. 22-Jan. 19)**

For the next several weeks, you'll have to focus on concentrating. Make the most of this opportunity and learn something useful.

**Aquarius (Jan. 20-Feb. 18)**

For the next several weeks, you'll ﬁnd more money coming your way. The challenge will be to hold onto it. Be smart enough to stay rich.

**Pisces (Feb. 19-March 20)**

Your conﬁdence is growing as conditions change. Trust your own natural knowing against others' arguments.

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**Let your computer count Electric Sheep when it hibernates**

By Christian Collard
Variety Editor

Tired of the same old screensaver? I know I am and it amazes me that people still haven't upgraded their screensavers from their witty (and usually grossly "scrolling marquees") quotes or the ever popular "flying toasters" motif. In my quest for a free/shareware screensaver that wouldn't get old, I came across the most amazing screensaver ever.

If you've read Philip K. Dick's novel Do Androids Dream of Electric Sheep or if you've seen Blade Runner, the 1982 Ridley Scott movie that was based on Dick's novel, you're already familiar with the concept. Electric Sheep, as it's called, "realizes the collective dream of sleeping computers all over the internet." When the screensaver is activated, the screen goes black and an animated "sheep" appears. Behind the scenes, the screensaver contacts a server and joins the parallel computation of new sheep. Every fifteen minutes, 24/7, a new sheep is born and distributed to all clients for display. Each sheep is an animated fractal flame. Sheep that receive a large amount of positive votes pass on characteristics of the top viewers. The sheep sequences have their traits die off. As more fractal artists participate in the project, the rendering time decreases and the animations become increasingly visually pleasing.

The difference between the first generation sheep and the latest incarnations is a wildly psychedelic leap in the power of evolution. The initial forms look like snowflakes or an arrangement of clouds and the latest run look like an intoxicating blend of centrefire and ﬁrework displays. They often even look alive. This free screensaver that increases intellect instead of just numbing your mind. Just don't get caught staring at it too long instead of doing schoolwork. It could ruin your chance of becoming a successful college career. To download, point your browser to http://electric-sheep.org/ or http://electric-sheep.com. It may take some time to download the ﬁrst series of sheep from the server, as its increasing popularity has been causing some server issues. It's definitely worth the wait, though. Beauty takes time to create.
we value vacations. we value you taking vacations. have a vacation on us; enter for a chance to win a free trip for you and a friend in our vacation sweepstakes. you have priorities. an amazing vacation is one of them. whether it’s at the beach, volunteering in the community, or on an adventure, the choice is yours. for official rules, visit www.pwc.com/mypriorityvacation

1. No purchase necessary.
2. Must be at least 18 years of age, a student attending the school and legal U.S. resident.
3. Must enter by 2/22/05 at 11:59PM EST.
4. See Official Rules at www.pwc.com/mypriorityvacation

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