Bryant XP: Upgrades to the School

by Eb Mills-Robertson
Editor-at-Chief

Over the past few years, Bryant has upgraded its infrastructure to meet with student expectations as well as the environmental considerations. It is progressively aiming to provide a student-centered learning environment, which focuses on excellence. The college also had to upgrade its infrastructure and facility in order to catch up with the changes, which other competing schools have already made. Since Bryant was built in the 1970s, the school has not invested continuously in its infrastructure until recently.

Over the past few years, the Bello Center has been built and many more changes have been implemented. This is because of the organic growth which the school has experienced. The school had to respond to the changing needs of students.

As seniors move into their townhouses, you may quickly realize that you have to cook for yourself now. Check out a new feature in The Archway, "The Recipe of the Week." Hopefully, this will provide some new culinary ideas for you!

Welcome to the 2003–2004 school year. I hope your summer was filled with close friends from home, relaxation, and jobs that will now allow you to live the life of a wealthy college student. I know that I am already ready to have a great senior year filled with both challenges and great times with my friends.

I relish the start of a school year to New Year’s Eve. And I know what all of you are thinking… I’m not talking about all the fun filled parties with Kool-Aid and potato chips. Rather, I’m talking about what each of us goes through at the start of a new year: the resolutions and the self-promises to turn over a new leaf. Most people get excited at the new chance to start over. Every September, college students arrive on campus to start a brand new school year with high hopes for good grades, lasting relationships, and yes, even love.

Let’s take me for instance. I have started every school year since I can remember by saying that I was going to spend more time hitting the books. I was going to get a 4.0, I was going to eat better and make the gym my new home, but most of all never again would I procrastinate. No longer would I sit up joking with friends until 11 pm and then start studying for that huge test. These goals or "resolutions" were going to be the basis for the next year of my life. But of course the only thing filling the books of this new year was my new year’s resolution which I gave a test for Admissions.

And to top it all, it was 1:30 pm, and I was writing this article a day before it’s due and, of course, I have known about it since I was elected President on Tuesday morning and the semester began. I know that the summer is over and I will definitely put my resolutions in effect. But realize as I begin my senior year, my resolutions will be a little different and not as stringent as I have made them in the past. That is part of maturing and realizing that we need to make our plans somewhat flexible.

I think the following quote can be applied to each of us, regardless of the class you are in. "Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Michael Idowu, 2003.

Bryant College’s student newspaper since 1946

Welcome Issue

August 29, 2003

by Eb Mills-Robertson
Editor-at-Chief

The Bello Center and the Wellness Center are the two newest facilities on campus as Bryant continues to improve its infrastructure.

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I think the following quote can be applied to each of us, regardless of the class you are in. "Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Michael Idowu, 2003.
As we begin another semester, I am caught up in the excitement of moving back onto campus. I am surrounded by freshmen in the Bryant bookstore, searching for class books. I do not think it is because I will have a hard time finding my books.

Rather, I think all the butterflies in my stomach are due to the thought of how much of a dent these textbooks will make on my bank account. This coupled with the fact that I have to avoid the grill to the Bryant Center (which looks like it experienced a bomb strike by several powerful meteors). I believe that the reason that Bryant students that they are back on campus.

Looking around campus, I have to admit that over the past three years, the aesthetic tastes have progressed. The Bryant campus looks great and seems to have benefited from the recent changes. With the ban on posters and banners, students are being forced to develop more creative methods to market their classes and the school will have to go high-tech, to meet these changing needs. It is a sad admission to me what it means when students need the aesthetic taste of the aesthetic sense of the student. The aesthetic taste will be a welcome addition and I am sure that it will come to the needs of the Bryant community. I am also a little sad to know how the administration for getting rid of the asbestos in the college.

This year, I wondered how a paper such as The Archway could serve as a voice for the student body and the administration. I believe that both changes on campus. The archway might also have to change to meet this new demand for advertising as well as keep pace with events happening on campus.

Therefore, I wondered how to go about my first opinion piece. Should I make it poignant and funny or should I start the semester off with a bang and point out various things that could be done on campus over the summer break. I decided that this would be done during the semester to afford change. Thus, this issue is especially devoted to the freshmen.

To the freshmen, I say welcome to Bryant College. Congratulations to you for your new found freedom (I know you love your parents but could not wait to get out of the house) and for the beginning of semi-independence. God only knows that we all rely on the extra cash from parents and family.

It can be difficult especially if you live on the 4th floor of Hall 15. Between the burning of the efforts of looking good of your belongings to the 4th floor, all hell is system for your sake. However, it is all part of the college experience and getting involved quickly on campus is the fastest way to make Bryant your new home.

There are numerous organizations on campus, which would welcome freshmen on board. The Archway falls into this category and, of course, if you are reading this article that means you need to come up to my office in the Student Center to join.

The Student Program Board (SPB) and Multicultural Students Union (MSU) are two of the largest and most recognized organizations. They host some of the best shows such as Mr. Bryant and Extravaganza Night. There are also numerous jobs available on campus for freshmen looking for jobs, the athletics department is always looking for new athletes and the Academic Center for Excellence are also huge recruiting advertising programs and services.

The clinical staff includes a part-time physician, certified family nurse practitioners, and a health educator. The hours are Monday through Friday, 8:30-4:30 P.M. The Office of Public Safety are available in 232-6091. The Health Services Center is closed.

Students who are ill or have health problems are welcome to walk in between 8:30 and 11:00 a.m., or make an appointment for the afternoon.

Get involved in Bryant by stopping by the fair on September 5th. Bryant Health Services has the cure for you

Bryant Health Services

Health Services extends a warm welcome to all new and returning students.

We are located in Residence Hall 146 and offer a variety of programs and services.

Services include:
1. Treatment of illnesses and injuries
2. Daily delivery of prescription medications at 3 p.m.
3. List of referrals to off-campus specialists
4. Laboratory services available at 3:15 p.m. (can be billed to your health insurance)
5. Disabled student counseling
6. Women's health care
7. Sexually transmitted disease treatment
8. Healthy Spring Break Program
9. Health education
10. Peer Education Program (call 232-6037 for more information)
11. AIDS Awareness Day (December 1)
12. Library and health issues (including videos)

Again, welcome to Bryant College, and please stop by for a visit or call 232-6070 for an appointment.

CONVOCATION 2003

Wednesday, September 10
3:30 p.m. in the MAC

Convocation is literally "a calling together," and our Convocation Ceremony at the start of each academic year celebrates the first annual gathering of the entire Bryant College community. This is an important time. We gather together as a community and go on to welcome our new members. Most significantly, the tradition behind Convocation calls for members of the community to reaffirm their commitment to the shared values and the purposes that set us on a college. Everyone is welcome and encouraged to attend.

The Student Senate invites you to attend:

THE STUDENT ORGANIZATION FAIR

Friday, September 5
10 a.m. - 2 p.m.
Outside the Bryant Center

Get involved in Bryant by stopping by the fair after 10 a.m. for more than 60 student organizations. Each group will have a table set up ready to answer your questions!

If your group hasn’t registered for the Organization Fair yet, contact Cara Paganini in the Student Senate Office at x6271 ASAP.
Welcome Guide

Wise Words from Returning Students

David Miner, ’05
Management Major

"The best advice I can give to freshmen is for them to try something new and get involved. Meeting new people with the same interests opens doors and allows you a chance to get involved in the Bryant community."

Andrea Barbosa, ’04
Marketing and Communication Major

"Don’t forget that these will be the best four years of your life. Enjoy them and make the most of them. If you work hard, it will pay off in the end. But don’t forget to have fun."

Julie Sauter, ’05
Marketing and Communication Major

"Take advantage of on-campus activities. Get involved! It makes all the difference. Don’t rush it! Enjoy it and study abroad."

2003 Bryant Experience

<table>
<thead>
<tr>
<th>Saturday, August 30</th>
<th>Monday, September 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>8:30 - 10 a.m.</td>
</tr>
<tr>
<td>Campus opens for resident student move-in</td>
<td>Continental Breakfast in Salmanson</td>
</tr>
<tr>
<td>9 - 10 a.m.</td>
<td>9 - 9:50 a.m.</td>
</tr>
<tr>
<td>Commuter Student Check-in and Social – Papitto</td>
<td>Laptop Orientation Session Block I – MRC Lecture Hall, M44, M38</td>
</tr>
<tr>
<td>9 a.m. – 4 p.m.</td>
<td>9:30 - 10 a.m.</td>
</tr>
<tr>
<td>Enrollment Day – Bello Center Grand Hall</td>
<td>Transfer Student Breakfast, Papitto</td>
</tr>
<tr>
<td>10 a.m. – 4 p.m.</td>
<td>10 – 11:30 a.m.</td>
</tr>
<tr>
<td>Reception for New Students &amp; Families – Bello Center Lawn (main location: Wellness Center lobby)</td>
<td>Transfer Transitions Program, Papitto</td>
</tr>
<tr>
<td>Start at 11 a.m.</td>
<td>10 a.m. – 2 p.m.</td>
</tr>
<tr>
<td>Bryant Scavenger Hunt begins!</td>
<td>Brunch in Salmanson</td>
</tr>
<tr>
<td>12 noon, or 1 p.m.</td>
<td>10 – 10:50 a.m.</td>
</tr>
<tr>
<td>Sign up in the Bryant Center Commons to participate in this fun, optional campus-wide event with your classmates. Each team will have one hour to finish. Prizes awarded for the top three teams!</td>
<td>Laptop Orientation Session Block II – MRC Lecture Hall, M44, M38</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>1:15:30 a.m.</td>
</tr>
<tr>
<td>Campus closes to all guests</td>
<td>Please refer to your class schedule for your room assignment</td>
</tr>
<tr>
<td>4:30 – 7 p.m.</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>Resident Assistant Meetings – meet on your residence hall floor</td>
<td>Laptop Orientation Session Block III – MRC Lecture Hall, M44, M38</td>
</tr>
<tr>
<td>During this time, you will be meeting with your RA and also eating dinner</td>
<td>1 – 1:50 p.m.</td>
</tr>
<tr>
<td>7:45 – 8:15 p.m.</td>
<td>1 – 2 p.m.</td>
</tr>
<tr>
<td>New Student Meetings</td>
<td>Math Placement Exam (for transfer students only) – Papitto, Bryant Center</td>
</tr>
<tr>
<td>Full Hall meetings – All new students meet in the main lobbies of your respective hall. Commuter students – Papitto, Bryant Center</td>
<td>2 – 2:50 p.m.</td>
</tr>
<tr>
<td>8:30 p.m.</td>
<td>Laptop Orientation Session Block V (for transfer students only) – MRC Lecture Hall</td>
</tr>
<tr>
<td>Official College Welcome &amp; Signing of the Bryant Pledge – MAC</td>
<td>1 – 3 p.m.</td>
</tr>
<tr>
<td>Bryant Scavenger Hunt winners announced!</td>
<td>Bryant Laptop Distribution – Hall 14 &amp; 15</td>
</tr>
<tr>
<td>10 p.m.</td>
<td>3 – 4 p.m.</td>
</tr>
<tr>
<td>Block Party – Hall 14 &amp; 15 roadway</td>
<td>Bryant Laptop Distribution (for transfer students only) – Hall 14 &amp; 15</td>
</tr>
<tr>
<td>Sunday, August 31</td>
<td>See laptop pick-up requirements listed above</td>
</tr>
<tr>
<td>9 a.m. – 12 noon</td>
<td>2 – 6:30 p.m.</td>
</tr>
<tr>
<td>Brunch in Salmanson</td>
<td>Great activities – take your pick!</td>
</tr>
<tr>
<td>12:30 – 2 p.m.</td>
<td>Ride the BTA to the mall – Pick up outside Hall 16 Wellness Center open. Stop by the Academic Center for Excellence table – Hall 15 lobby. Set up a bank account – Hall 15 lobby. Stop by Public Safety if you need to have your ID picture taken.</td>
</tr>
<tr>
<td>&quot;Village Music Circles&quot; – Gym</td>
<td>6:30 - 8:30 p.m.</td>
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<tr>
<td>2 – 2:15 p.m.</td>
<td>Around the World Dinner – Hall 14 &amp; 15 Patio</td>
</tr>
<tr>
<td>Refreshment break – hallway outside Gym</td>
<td>8:30 – 10 p.m.</td>
</tr>
<tr>
<td>2:15 – 3:45 p.m.</td>
<td>Required Floor Meetings</td>
</tr>
<tr>
<td>&quot;Drawing the Shades&quot; – MAC</td>
<td>10 p.m.</td>
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<tr>
<td>3:45 – 4:45 p.m.</td>
<td>Evening activities in the halls</td>
</tr>
<tr>
<td>Break – get ready for dinner and evening events or Math Placement Exam (for students who did not attend Summer Orientation) – MRC Lecture Hall</td>
<td>Mark your calendar: Convocation – Wednesday, September 10 at 3:30 p.m. in the MAC</td>
</tr>
<tr>
<td>5 – 6:30 p.m.</td>
<td>Welcome Weekend schedule (located on page 5)</td>
</tr>
<tr>
<td>Picnic at President Machietti’s House, Group I (Hall 14, and 3rd &amp; 4th floors of Hall 16)</td>
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<tr>
<td>5 – 6 p.m.</td>
<td></td>
</tr>
<tr>
<td>&quot;Cyberspace Reloaded&quot; (only for students not taking PSS in the fall) – Group I (Commuter, Hall 15, and 4th floor of Hall 16), South Dining Room, Bryant Center</td>
<td></td>
</tr>
<tr>
<td>6:30 – 7:45 p.m.</td>
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<tr>
<td>Picnic at President Machietti’s House, Group II</td>
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<tr>
<td>6:45 – 7:45 p.m.</td>
<td></td>
</tr>
<tr>
<td>&quot;Cyberspace Reloaded&quot; (only for students not taking PSS in the fall) – Group I, South Dining Room, Bryant Center</td>
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<tr>
<td>8 p.m. – midnight</td>
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<tr>
<td>Live music at the Cornerstone at 8 p.m., plus evening activities in the residence halls</td>
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</table>
Recipe of the Week: Broccoli and Roasted Red Pepper Pasta

The Archway will be sponsoring a new feature called "Recipe of the Week" in the Variety section. These simple recipes are especially designed for students and professors living in the townhouses who may need some inspiration for improved dining. All students are welcome to submit recipes from home or that they have made (Easy Macs do not necessarily fall under the category of recipes). Pictures are also welcome. Submit recipes to The Archway in the Bryant Center on the third floor. The Archway reserves the right to feature recipes as it sees fit.

Ingredients:

2 red bell peppers
1 teaspoon balsamic vinegar
1 pinch crushed red pepper flakes
Salt to taste
Freshly ground black pepper to taste
2 cups (8 oz/240 g) broccoli florets
12 ounces (360 g) penne or other sturdy pasta
Olive oil cooking spray

1 tablespoon chopped fresh garlic
1 or 2 anchovy fillets (optional), chopped
2 whole-pitted olives, seeded and sliced
2 teaspoons dried basil

4 tablespoons freshly grated Parmesan cheese

Preparation - Estimated cooking time: Under 30 minutes:

1) Preheat the broiler. Place peppers on a broiling pan. Broil, turning frequently, until skins blister and turn black. Transfer the peppers to a bowl, cover with plastic wrap, and set aside for 10 minutes.

2) To peel peppers, place under cool running water and peel away blistered skins. Slice open and wash out seeds. Place the peppers in a food processor or blender; add balsamic vinegar, crushed red pepper flakes, salt and pepper. Purée until smooth.

3) Bring a large pot of salted water to a boil. Add broccoli florets and cook for 1 minute. Scrape out the broccoli with a slotted spoon and set aside. Bring the water back to a boil.

4) Cook pasta until al dente, about 8 minutes.

5) Meanwhile, spray a large skillet with cooking spray and place pan over medium-low heat. Add garlic and choped anchovies, if using. Cook, stirring, for 30 seconds. Stir in olives and increase the heat to medium. When the tomatoes begin to simmer, stir in pepper puree and broccoli; cook for 2 minutes. Stir in basil and remove from the heat.

6) Drain the pasta and add to the skillet, stirring to coat.

7) Spoon into shallow bowls and garnish each with 1 tablespoon grated Parmesan.

Source: John Frieda for Food Network

Meal Plan Changes

If you are interested in changing your meal plan, stop by the Bryant Dining Service table outside of Salzmanon in Administration Hall (opposite the Admission Office) at the following times:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>September 2</td>
<td>11:00am - 2:00pm</td>
</tr>
<tr>
<td>September 3</td>
<td>5:00pm - 7:00pm</td>
</tr>
<tr>
<td>September 4</td>
<td>8:00am - 10:30am</td>
</tr>
<tr>
<td>September 5</td>
<td>11:00am - 2:00pm</td>
</tr>
<tr>
<td>September 8</td>
<td>5:00pm - 7:00pm</td>
</tr>
<tr>
<td>September 9</td>
<td>7:30am - 10:30am</td>
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</tbody>
</table>

Please bring your ID card with you. Students who miss this opportunity will have to wait for changes to be made in the spring semester.

Attention Freshmen: Student Senate is seeking six representatives from the Class of 2007!

The Student Senate provides a great opportunity to get involved and affect change at Bryant. If you are interested, pick up an election packet from the Student Senate office (located on the third floor of the Bryant Center). Election rules and information will be distributed with the packets. Packets will be available starting Monday, September 1.

Monday, September 1: Packets are due by Monday, September 8.

You can find out more information about the Senate by attending the first meeting on Wednesday, September 3 at 4 p.m. in Papillon, all are welcome to attend.

BOAC

Do you like to have fun? Do you enjoy getting outside while the weather is nice?

Our Activities Include:

- Stand Up Paddleboarding
- Rock Climbing
- Golfing
- Hiking

Come meet what we're all about at the Organizational Fair in Papillon on Tuesday, Sept. 2.

Catholic Mass

Every Sunday at 8 p.m.

Bryant Center, Room 2 A/B

Come join us for the first mass of the semester on Sunday, August 31.
Welcome Guide

A Guide to Bryant Bulldog Athletics

This is a schedule for early fall sports. For the full schedule of the Bulldog season check www.bryant.edu/athletics/glance/HTM for frequent updates.

Men's Cross Country

- September 14: Shacklette Invitational at Saint Anselm - 11 a.m.
- September 20: BRYANT INVITATIONAL - 11 a.m.
- October 4: Keene State Invitational - 1 p.m.
- October 10: New England Championships - 1 p.m.
- October 18: Planksville Invitational at Williams - 1 p.m.
- October 25: Northeast-10 Championships — 10:30 a.m.

Women's Cross Country

- September 14: Shacklette Invitational - 11 a.m.
- September 20: BRYANT INVITATIONAL - 10 a.m.
- September 27: Jumbo Invitational - 1 p.m.
- October 14: Keene State Invitational - 1 p.m.
- October 10: Planksville Invitational - 10 a.m.
- October 25: Northeast-10 Championships — 10:30 a.m.

Field Hockey

Won 0, Lost 0 (0-0 Northeast-10 Conference)

- August 30: Bloomburg - 7 p.m.
- August 31: Mansfield - 7 p.m.
- September: ASSUMPTION * - 4 p.m.
- September: SAINT MICHAEL'S * - 4 p.m.
- September: Merrimack - 4 p.m.
- September: BENTLEY * - 4 p.m.
- October: Saint Anselm * - 4 p.m.
- October: SOUTHERN CONNECTICUT * - 4 p.m.
- October: FRANKLIN PIERCE * - 4 p.m.

Football

Won 0, Lost 0 (0-0 Northeast-10 Conference)

- September: PAC - 1 p.m.
- September: Southern Connecticut * - 1 p.m.
- September: AMERICAN INTERNATIONAL * - 1 p.m.
- October: BENTLEY * - 1 p.m.
- October: Assumption * - 1 p.m.
- October: C.W. Post * - 1 p.m.
- October: STONEHILL * - 1 p.m.

Men's Golf

- September 14-15: ECAC Championships - TBD
- September 20-21: Northeast-10 Championships - TBD
- September 29-30: Irish Invitational - TBD
- October 4-5: Muckiecker Fall Classic - TBD
- October 11-12: Powered Fall Collegiate - TBD
- October 20-21: NEIGA Championships - TBD
- October 25-26: Saint Thomas Aquinas Invitational - TBD

Women's Golf

- September 6-7: Saint Lawrence Invitational - TBD
- September 13-14: Dartmouth Invitational - TBD
- September 20-21: BRYANT INVITATIONAL - TBD
- September 27-28: Mount Holyoke Invitational - TBD
- October 13-14: Loehr-Rhyne Invitational - TBD

Men's Soccer

Won 0, Lost 0, Tied 0 (0-0-0 Northeast-10 Conference)

- August 28: Metropolitan State - 6 p.m.
- August 30: Colorado New-Pueblo - 6 p.m.
- September 6: SAINT ROSE * - 11 a.m.
- September 9: American International * - 3:30 p.m.
- September 11: Stonehill * - 7 p.m.
- September 17: SOUTHERN NEW HAMPSHIRE * - 3:30 p.m.
- September 20: Saint Michael's * - 1:30 p.m.
- September 23: MERRIMACK * - 3:30 p.m.

Women's Soccer

Won 0, Lost 0, Tied 0 (0-0-0 Northeast-10 Conference)

- August 29: Adelphi - 2:30 p.m.
- August 31: Barry - 1 p.m.
- September 1: C.W. POST - 3 p.m.
- September 2: Cedar Crest - 3 p.m.
- September 7: New Haven - 5 p.m.
- September 17: at Saint Anselm * - 4 p.m.
- September 19: SAINT ROSE * - 3 p.m.
- September 25: Bentley * - 3:30 p.m.
- September 27: Stonehill - 3 p.m.

- at Garden City, N.Y. and * at Southern Connecticut State University, New Haven, Conn.

Volleyball

Won 0, Lost 0 (0-0 Northeast-10 Conference)

- August 29: Michigan Tech - 12 p.m.
- August 30: Minnesota-Crookston - 10 a.m.
- August 31: Le Moyne - 11 a.m.
- September 5: Franklin Pierce - 7 p.m.
- September 7: New Haven - 7 p.m.
- September 11: C.W. Post - 8 p.m.
- September 13: Queens (N.Y.) - 11 a.m.
- September 16: BENTLEY - 2 p.m.
- September 20: SAINT ANSELM - 4:30 p.m.

- at Mankato, Minn.
- at Easton, Mass.
- at Waltham, Mass.
- at Oldsclate, N.Y.

Senate President

Note: costs from page 1.

It was definitely a time of uncertainties... a time when you thought you would never be able to find the friends you had at home (and if you did, a time that each of us never thought we would be able to cope with the amount of reading thrown at us that we managed), and, despite the uncertainties, we hoped it would never end.

But with every freshman class that enters Bryn, there is a senior class that must prepare to leave the surroundings that we have known for the past three years.

So far the 2003-2004 school year has challenged us each of you to take this year and make it your new year. Each of us has the chance to start a brand new year. I dare you to take that extra step and make that year what you want it to be.

Think hard about what your resolutions are going to be this semester, create self-promises that mean something to you, and make sure your "new leaf" is one you will be proud of!

The Bryant Center Presents:
The On-Campus Party Package!

- at Garden City, N.Y. and * at Southern Connecticut State University, New Haven, Conn.

Volleyball

Won 0, Lost 0 (0-0 Northeast-10 Conference)

- August 29: Michigan Tech - 12 p.m.
- August 30: Minnesota-Crookston - 10 a.m.
- August 31: Le Moyne - 11 a.m.
- September 5: Franklin Pierce - 7 p.m.
- September 7: New Haven - 7 p.m.
- September 11: C.W. Post - 8 p.m.
- September 13: Queens (N.Y.) - 11 a.m.
- September 16: BENTLEY - 2 p.m.
- September 20: SAINT ANSELM - 4:30 p.m.

- at Mankato, Minn.
- at Easton, Mass.
- at Waltham, Mass.
- at Oldsclate, N.Y.

Welcome Weekend

Friday, September 5, 2003
- 11 a.m.: Fat Free Bob (at the Organization Fair) Bryant Center Patio
- 9 p.m.: College Fund Game Show

South

Saturday, September 6, 2003
- 12 noon: Field Events & BBQ

Suite Village Lawn by volleyball courts
- 3:30 p.m.: Comedian Happy Madison

South

Sunday, September 7, 2003
- 7 & 9:30 p.m.: Movie: Anger Management

South

Free admission

All events sponsored by SPB.

Call 65118 for more information.
Welcome Guide

Welcome new students and welcome back returning students. I'm Toby Simon and the Director of the Women's Center at Bryant. This year I will be a regular columnist for The Archway offering advice and other helpful information on relationships, sexuality, and gender issues.

For new students this is an amazing time in your lives. You will always remember your first few months of college as a time for exploration, experimentation, incredible learning, and the development of new friendships. There really is no other time quite like this.

And of course, there is no time quite like "la rentrée" as the French say—the return to campus. Everyone looks fabulous.

With warm weather and thinner clothes, students are able to stroll about and show off the remains of a summer tan or the results of a workout regimen. There's a whole lot of checking-each-other-out going on. In fact, there's an endless list of wondering what the new year will bring with respect to relationships, dating, and intimacy.

So it seems fitting at the beginning of the new year for returning students and a fresh start for first-year students, to offer some serious thoughts about relationships. I've written about this in earlier advice articles, but I thought it might be a good way to kick off this column this year.

It has to do with doing the right thing now that you're here. Of course we've all done the right thing, but just in case...

College students arrive on campus having had sexual experiences ranging from abstinence to intercourse. Maybe students already know what's appropriate sexual conduct. But then again, maybe they don't. With first-year and college men and women sex view sex differently. Male students seem to be more comfortable with recreational sex and may initiate any strings attached. That's often a more difficult sell for women who have been raised in ways that value relationships and intimacy.

Sometimes these attitudes cause conflict for both men and women especially when there is no communication about how each person feels. I've also found that college women often need guidance inassertiveness skills and aren't sure how to go about getting what they want and need in a relationship.

So what do I mean by doing the right thing? For starters, let's talk about virginity. It's alive and well on the Bryant campus, and there's no mention of competition about "losing it." Nor is there any law that says you have to lose your virginity by Thanksgiving.

Part of the reason students want until they are in committed relationships—marriage or other—to be sexually intimate. And just because you've had sex with one person at some point in your life, doesn't mean that you have to have sex with each new potential partner.

You can and should reassess each new situation deciding whether or not the person is worthy. Remember Elaine and the infamous "spoon-worthy" beloved friend.

Do the right thing. Be respectful. Too many secondary and college students across the nation and their day feeling "bored," "scared," or "degraded" because of others' behavior towards them.

Often these behaviors constitute acts of sexual harassment and have long been a part of the school experiences. Dismissed as an unfortunate part of growing up. Sexually harassing mis-conduct is serious and it ranges from inappropriate comments about a student's appearance, pressure for sex or sexual activity, to criminal activities, such as sexual assault. Each one of these behaviors can affect students' emotional well-being and their ability to learn. So do the right thing and treat one another with respect and dignity.

And finally, do the right thing about alcohol. Want to be a better lover? Try having sex when you're not wasted. Try communicating clearly with a partner what you like to do in bed and ask your partner what he or she likes to have done.

That's actually a turnoff! Having sex if you are drunk or with someone who is drunk is risky business.

For starters, it's easier to say no when you're sober and in control. And yes, it may be illegal behavior. Laws about sexual harassment that being intoxicated can sometimes make it very difficult to consent to sex, although it often depends on the degree of impairment.

Sexual interactions are an important part of our sexuality—they also should be fun, caring, mutual, and interactive. Being hamstrung and not remembering the sexual experience is neither interesting nor caring.

Sex is perfectly natural but not necessarily perfect. There's always room for improvement and more learning.

Communication is key to respect and safety. Enjoy the last part of this new year and be safe.

Questions? Concerns about any of this? I'm at 6855 to tiramisumagoo. All calls are confidential.

You can look for further columns from Toby Simon, Director of the Women's Center, on a bi-weekly basis in The Archway.

Paul Roske, Reference Librarian at the Douglas and Judith Krupp Library, is just one of several staff members ready to help Bryant students at the library's main reference desk.
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Monday - Saturday:
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&
Sunday:
12 noon - 12 midnight

MEAL DEALS
#1 Any HOT DOG, soda & fries 5.09
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#3 Any CHICKEN, soda & fries 6.25
#4 Any SMALL SUB, soda & fries 6.25
#5 Any LARGE SUB, soda & Fries 8.10
#6 1/2 LB CHICKEN TENDERS, soda & fries 7.36

SPARE PARTS
Pooh Fries: Curly French Fries 1.53/1.84
Pooh Cheese Fries: Curly French Fries 2.05/2.40
with melted cheddar
Junkyard Fries: Pooh fries with
"O" Rings. Battered onion rings 2.65/2.95
Junkyard Chili: with onion & cheddar 2.55/4.99
Yankee Baked Beans 1.49/2.48
Spike's Nachos: Tortilla chips with chili,
cheddar salad & chopped scallions 2.77
Garden Salad 2.99
Greek Salad 3.47
Add Grilled Chicken AN ADDITIONAL 2.34
Chips .93
Spike's Fresh Baked Roll .93
Hub Cap Jumbo chocolate chip cookie .93

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SAME STYLE & SAME PRICE AS OUR BEEF DOGS

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BUFFALO STYLE served with blue cheese and celery
Get 'em
Hot Wing Sauce, Bbq, or Bleu Cheese (add)
Spice it Up: Hot, Hot Sauce
Other Sauces: Bbq, Ranch, Bleu Cheese, and
Garlic & Onion (add)

FAT FREE VEGETARIAN

POULTRY
1.25/1.25

BEEF
2.50/2.65

LAMB
2.34/2.34

CHICKEN
1.29/1.29

DRINKS

Fountain Soda 1.25/1.57
Spike's Bottled Water 1.29
Spike's Root Beer 1.39
Fresh Squeezed Lemonade 1.39

HOW DO YOU WANT YOUR SUB?
FREEBIES: Lettuce, plum tomato, onion, hot peppers, pickles,
mint, moon, broccoli dressing, grilled onions, oil & vinegar

BUFFALO STYLE served with blue cheese and celery

GET 'EM
Hot Wing Sauce, Bbq, or Bleu Cheese (add)
Spice it Up: Hot, Hot Sauce
Other Sauces: Bbq, Ranch, Bleu Cheese, and
Garlic & Onion (add)

FRUGAL PIKE (Rte. 4A)

PUTMAN PIKE (Rte. 44)

Burger King
Sawyer's Bank

CEDAR SHORES ROAD (Rte. 8)

Putnam

McDonald's

CVS/Apple Valley Mall
Um... You live in one of these

Welcome Guide
All Paths lead through Bryant, A campus schematic

Map Of Bryant