

## Bryant hosts Special Olympics on May 3

By Jenna Morris  
Staff Writer

Bryant University will host the Northern Rhode Island Special Olympics on Sunday, May 3<sup>rd</sup>. The Special Olympics committee held the first ever Kick-Off event in the Rotunda on April 8<sup>th</sup>, which proved to be a huge success. The student body at Bryant clearly showed an interest in the Special Olympics event on campus, and over 120 students signed up to volunteer at the event.

The Special Olympics committee has been hard at work planning, promoting, and raising money for this event for months. The volunteer committee has planned numerous events to raise money for the Northern Rhode Island Special Olympics, including an Uno's fundraiser on Thursday, April 23<sup>rd</sup> at the Smithfield Crossing Uno's.

The committee cannot wait to see all of their hard



Lauren Gainor, Games Director, Nick Mancuso, Student Senate Liaison, and Stephanie Kirk, Assistant Games Director make up this year's Special Olympics E-board. (Jenna Morris)

work finally come together on the day of games. "I think this event sends a very positive impact on Bryant. It gives students a chance to come and be a part of an amazing organization," says Assistant Games Director, Stephanie Kirk.

The games this year will be dedicated to Mack Qualls, a former athlete from the Lincoln North Stars who recently passed away. His coach, Barbara Crosby, attended one of the committee's meetings and told us of Mack's story and brought pictures of him, his teammates, and family. He was a very dedicated and positive athlete, who continued to participate in all of the Special Olympics games, even after he lost his ability to speak and walk. His teammates all loved him and will greatly miss him at this year's event.

People with intellectual disabilities and their families have many obstacles to overcome, yet the athletes in Special Olympics and the other people involved with this organization are so dedicated to these games and are an inspiration. "Too often people at Bryant, including myself, complain about small and insignificant tasks, yet no one ever stops to think about what life is like for those with intellectual disabilities. I can only imagine what these athletes and their families have overcome in their personal and social lives... This event has helped me keep faith that there are good people out there who are willing to give their time and effort for nothing in return," says Lauren Gainor, Games Director.

These obstacles have been experienced firsthand by Nick Mancuso, this year's Student Senate Liaison. "My brother Thomas was born with Down Syndrome. Since then I have worked tirelessly for inclusion, creating support networks for people with special needs, and making sure that we all get afforded the same opportunities regardless of our abilities and disabilities."



(Courtesy of Rhode Island Special Olympics)

Lauren Gainor has been on the Special Olympics committee in the past, and looks forward to watching the event come together this year. "When I saw the games take place in my freshman year as a general volunteer, I couldn't get over the smiles of the athletes, families, and volunteers. So for this year I can't wait to see the smiles and look of accomplishment on the athletes' faces. Many athletes look forward to this event all year, and the fact that I helped make this happen means so much. I can't wait to be around hundreds of other individuals who are as passionate about Special Olympics as the committee and I are. The Special Olympics committee has worked endlessly to put together this event, and I think to see this day take place would mean so much to them."

If you would like to volunteer at this event, please contact Todd Degnan at tdegnan@bryant.edu or if you would like to donate money please contact Tom O'Connor at toconno2@bryant.edu.

## Got marketing? Purple Cow moooves into Bryant

By Matthew Juszcyk  
Contributing Writer

Bryant's CEO organization recently held its third annual Purple Cow Competition. The competition, designed to help local businesses enhance their marketing plans and find new ways to compete, teaches students about real world business challenges and allows students to combine what they learned in the classroom and adapt it to help companies. The event was organized by Emily Murphy and Haley Trenholm.

This year, All That Matters requested that Bryant students help them re-tool their marketing plan. The company's owner, Joan Dwyer, dropped out of college in search of her passion and "learned a lot from trial and error." According to Dwyer, the true spirit of an entrepreneur is the "spirit of independence" and that it is important to act with conviction. Her company is currently in its 15th year of operation and is the largest yoga studio in New England, employing more than 60 workers and offering additional services such as healing and self-development workshops.

In response to All That Matter's need for new marketing perspectives and ideas, students submitted a written proposal to the CEO Executive Board, and six teams advanced to the final round to be

judged by company representatives and CEO advisor Mike Roberto. Participants were asked to develop a logo that is simple and elegant and to create an alternative to the relatively ineffective catalog that All That Matters dedicates 95% of their advertising budget to. In addition to the need for a redesigned logo and new advertising media, All That Matters also wants to focus on changing their message to appeal to a male audience.

Caitlyn Vandervelde (Class of 2011) suggested that the company expand into the radio or TV market by developing a commercial that highlights some of the company's core competencies. She also suggested the use of monthly specials and discount cards that would help create an incentive for people to visit and become customers. Vandervelde proposed that one way to attract more

existing customers, Colton also likes the company's use of mini calendars, but felt the company should feature their name and logo more prominently. She also felt that incentives like referral programs and coupons could result in more effective viral marketing. Colton suggested that the company could attract more men by planning an open house that conveys the benefits of the company's stress relief programs.

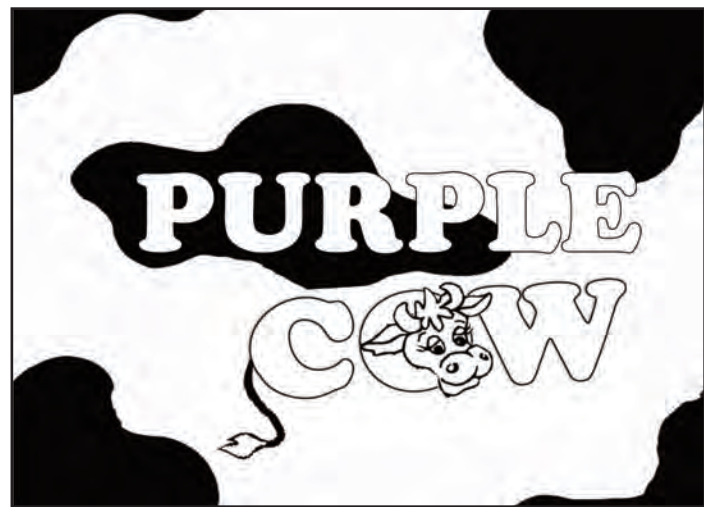
that features live music, healthy foods, and free yoga lessons. He also suggested using viral marketing by engraving the company's website address in four different live strong wristbands. Janis emphasized that the occasional use of flyers and radio is important, but should not be the company's major focus. According to Janis, one way to attract men is to use humorous billboard advertising.

Katie Colton (Class of 2012) concluded that the company could save monetary resources by e-mailing their catalog to customers instead of printing them. By regularly e-mailing customers, Colton felt the company could stay in touch with

existing customers. Colton also likes the company's use of mini calendars, but felt the company should feature their name and logo more prominently. She also felt that incentives like referral programs and coupons could result in more effective viral marketing. Colton suggested that the company could attract more men by planning an open house that conveys the benefits of the company's stress relief programs.

Burr Tomlinson (Class of 2011) felt that to increase male participation, All That Matters could separate males and females in the classrooms and workshops. Tomlinson proposed that the company could cooperate with the University of Rhode Island's sports teams to treat injured athletes. Furthermore, Tomlinson mentioned that the catalog in its current form was too lengthy and that it should be streamlined.

Margaret Gorman (2011) & Timothy Lagarce



(Amanda Dunn)

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male clientele could be the company's workplace stress management program, which could be expanded rapidly by coordinating with other businesses. Daniel Janis (Class of 2010) developed his marketing proposal around a theme of "what matters to you?" and emphasized the importance of taking risks. Janis suggested that the company should do more in the public relations sector by having an event in Providence

## Purple Cow

Continued from Front Page

(2011) thought that the company's holistic aspect would be useful for hospitals and to those who are sick and threatened by major diseases and that physical therapy offices could use some of the services of All That Matters to create long-term customers. To attract men, Gorman proposed targeting golf courses and shops through the use of flyers. With regards to the company's dependence on the catalog, Gorman suggested that separating the

catalog and organizing it by services would likely lower costs and make it more readable.

Tyler Murphy (Class of 2011) conducted market research when he developed his marketing proposal for All That Matters. From his research, he determined that four words enter the minds of potential customers when they view the company's advertising materials: peaceful, harmony, spiritual, and meditation. Murphy

wants to see the company reposition its brand to focus on: power, serenity, and fitness by pursuing a major fitness intensive, edgy atmosphere to attract a male audience. He suggested a balanced use of TV, radio, newspapers, and flyers to convey the new company brand.

The company representatives from All That Matters and CEO advisor Mike Roberto used a rubric to determine the winners of the competition.

First place winner, Daniel Janis won \$100.00 for his proposal, second place winner, Burr Tomlinson won \$75.00, and third place winner Tyler Murphy won \$50.00. The judges thanked the participants and were appreciative of the creative and feasible ideas that were presented by the participants. CEO would like to thank all those in attendance, with a special thanks to the participants.

# Students recognized at Media Banquet

By Brigit Clancy  
Variety Editor

The Seventh Annual Media Banquet took place on Thursday, April 16<sup>th</sup> in Bello Grand Hall. The Media Banquet allows students involved in the media organizations on campus to come together and be recognized for their great achievements with an award presentation.

This year's Media Banquet featured Susan Hogan as the keynote speaker. Hogan is a reporter on WPRI's Eyewitness News. She has earned six Emmy Nominations, including one Emmy for her investigative reporting. Hogan described her journey through the world of communication, beginning with college. She graduated from Syracuse University, with a degree in Consumer Studies. She later began her television career working at WCVB-TV in Boston. Hogan spoke of her desire to produce and report her own stories. Her desire brought her to Bangor, Maine where she began her on-air career as anchor and consumer reporter at the ABC affiliate. In September of 1992, Hogan joined the Eyewitness News Team as the consumer reporter, where she has been ever since. Hogan is admirable for her drive and dedication to the world of communication.

After Hogan concluded her inspiring speech, the seniors within each media organization were acknowledged for their efforts throughout their time at Bryant. Each was given a round of applause for their achievements.

Following the recognition of seniors, awards were presented to the students involved in each media organization. Each organization—*The Archway*, *The Ledger*, the Media Production Club, and WJMF 88.7FM—presented its own awards to its members. *The Archway*, Bryant's student-run newspaper, presented awards to five of

its members. The New Staff Member of the Year award was awarded to Kaleigh Durkin. Writer of the Year was given to Cristine Cox. Staff Member of the Year was given to Michael Yakavonis, the Editor of the Year award was given to Michael Adams, and Jessica Miles received the Editor's Choice Award.

*The Ledger*, Bryant's yearbook, presented three

awards. The Production Assistant of the Year was given to Dan Agostinucci. Best Frame Up Award was awarded to Jeff Smith. Most Reliable Cinematographer Award was given to Alberto De Coste Calla and Lani Aulicino. Show of the Year Award was given to Jessica Clark, Devon McCarty, and Christopher Claude for the Morning Delight show. Production Excellence Award went to Mark Laslo.

WJMF 88.7FM, Bryant's radio station, presented four awards. New Show of the Year was given to Eric MacCarthy for his radio show "The Mac Attack." Outstanding Show of the Year was given to Ali Duncan, Kaleigh Durkin, and Daniel Hackenson for their show "Double D and the Hack." Board Member of the Year was awarded to Chris Macksey. The General Manager's Choice Award was given to Erik Archila and Kevin Javier.

The Media Student of the Year is an award given to one student involved in one of Bryant's media organizations that recognizes outstanding achievement. This student demonstrates leadership in the campus media, shows a commitment to the campus community, demonstrates responsible and ethical decision making in the student media, provides new and creative ideas to improve the publication or broadcast, and fosters enthusiasm and dedication amongst other staff members toward the campus media. The Media Student of the Year was awarded to John Crisafulli, the Editor-in-Chief of *The Archway*. Crisafulli has been a member of *The Archway* since he first arrived at Bryant four years ago. He has grown to be a tremendous leader since he first became involved. His dedication and leadership are only a few of his qualities to be admired.

Congratulations to the award recipients and to all of the students involved in each media organization for their outstanding achievements and efforts.



Meagan Sage, *Archway* Advisor and Larry Sasso, *Archway* Technical Advisor honored Editor-in-Chief, John Crisafulli with the Media Student of the Year award. (*University Relations*)

awards to its members. Section Editor of the Year was given to Monica Ryl. Staff Member of the Year was given to Erika Rybiki and the Editor's Choice Award was given to Christina Knips.

The Media Production Club presented five

## Art Expo shows students in a new light

By Fira Zainal  
Staff Writer

Do you have secret dreams of becoming an artist or professional photographer? Or perhaps even aspire to be the next Kat Von D off of L.A. Ink with your impressive collection of tattoos? Then you should display your work (and body!) of art at the upcoming Art Expo 2009 this April 29<sup>th</sup>, organized by the Arts and Culture Club.

The annual Art Expo will be running in its third year here at Bryant. The brainchild of members of the Arts and Culture Club, the event was first started to promote art at Bryant in a unique and unconventional way. "It's definitely a new and interesting way to share art with your peers," says Arts and Culture Club President Diana Morey. With categories such as photography, art and even body art, it's no wonder that the judges have received a record number of entries for this year's event!

Why an Art Expo at Bryant you may wonder? "Even though Bryant is a smaller campus and many people know each other,

this event allows students to see their peers and their own friends in a fun, new light," says Morey. "With regards to the body art portion, every time we organize the Art Expo, we get a lot of great entries with really interesting and engaging stories behind them."

So see, maybe you'll finally find out why your friend really got that tattoo at this year's Art Expo. If the anticipation of finding a familiar name among the art pieces on display is not reason enough for you, don't fret. Morey adds, "this year we've made it an even bigger event

with more submission categories, a ton of great food, various prizes and a wine bar." All proceeds from the event will also help fund the Special Olympic, says Morey. "Not only would we like to promote awareness for our club and this particular event, but all of it is going for a really terrific cause!"

Interested in submitting your art? The Arts and Culture Club is still accepting entries! Mail your submissions to [aculture@organizations.bryant.edu](mailto:aculture@organizations.bryant.edu). To get your tickets to attend Art Expo 2009, contact Diana Morey at [Dmorey@bryant.edu](mailto:Dmorey@bryant.edu).

## Kinsey Sicks A beautiful success



(Nick Poche)

On Wednesday, April 20 SASS hosted the Dragapella Beautyshop Quartet The Kinsey Sicks in the Main Gym for SASS' final event of the year. The quartet performed several numbers singing about political satire. (Left to right) Kinsey Sicks' Trixie, Nick Poche (Laverne DiFuzzio), Mike Adams, Michelle Thompson, Kinsey Sicks' Winnie, Meagan Sage, Kate Rosales, Kinsey Sicks' Rachel, Cristine Cox, Brian Waddell (Shirley Queeney), Kinsey Sicks' Trampoline, and Kelly O'Connell.

# Bryant's Relay for Life shatters records

By Amy Angeloni  
Contributing Writer

On Friday, April 17<sup>th</sup> Relay for Life took place on the Bryant University Track. The event began at 4:00pm with the Survivor's Lap. There were 19 Survivors in attendance this year, walking because they are fighting, or have won the fight against cancer in their own lives. A new addition to this year's lap was the virtual survivor which allowed over 12 students to walk to honor cancer survivors who could not attend Relay because of distance, illness or other reasons.

The emotional Luminaria Ceremony was held at 9:00pm, where Luminaria bags lined the track and were lit with candles. Bryant Alumni '08, Pat Sullivan was the honorary speaker during this ceremony. He delivered a truly memorable, and touching speech about his mother's battle and ultimate loss of the fight against cancer, explaining the true reason why he Relays. After the touching speech, a Smithfield resident who resides next to Bryant and was moved by the speech came to the track to make a donation in honor of Sullivan's mother, which was presented to Sullivan.

Colleges Against Cancer Secretary Stephanie Barone commented "Pat gave an incredible speech that touched every person standing in front of him. He is a wonderful inspiration to the Bryant community and we all know how truly proud his mother would be." A silent lap in memory of all of those who have lost the battle to cancer concluded this ceremony.

Amongst all of the emotions tied to an event such as this, there was time for fun. Fun Enterprises was around all night drawing caricatures and making photo key-chains for Relay participants to take home. Amazing performances by Bryant's very own Professor Swift, Rich Ferri, Mandie Dunn Band, Professor Houston, DJ Kevin Javier and WJMF were enjoyed throughout the night. The first annual Relay for Life Dodge ball tournament was held at 1:00am, and Team Pink Kitties took home the prize

The Fight Back Ceremony was held at 6:00am, and was a time to gather support of all participants to take charge and really learn how to battle the disease. Survivor Sarah Risko from Bridgewater State University spoke about her life as a cancer survivor and why it is important to be aware of the dangers of the disease. The ceremony ended with participants knocking down piñatas labeled cancer, to symbolize how we are all working to fight to find a cure for the disease.

The event was a huge success, shattering all previous Bryant Relay records. This year over \$80,000 has already been raised, and donations are still coming in through August. The success of this event was in large part due to the amazing director, Bridget McNulty and Assistant Director Katie Shea who devoted countless hours to planning this event.

Vice President of Colleges Against Cancer, Nickie Archambault had nothing but positive comments about this year's committee. "The Relay committee chairs continue to expand this event with creative ideas to get the whole Bryant community involved. I consider myself very fortunate to be able to work with Bridget and this year's Relay for Life committee. I have never had the opportunity to work with a group of more passionate and dedicated individuals. Our event was a huge success because we had an excellent leader and a committee who continuously supported her efforts to do more for the cause. Everyone involved should be very proud of themselves".

Each year, Relay for Life gains more support from Bryant University. In terms of fundraising, participants and team, numbers increased tremendously this year. On behalf of Colleges Against Cancer and Relay for Life, thank you to all who participated and supported this event. Truly know that every dollar raised goes towards fighting this disease, and every dollar does count. We hope to see you all back on the track next year.



You don't have to be alone.

## Blackhawks descend on Bryant for ROTC training



(Amanda Dunn)

On Wednesday afternoon, members of Bryant's Army ROTC participated in their annual helicopter training, as two Blackhawk helicopters flew over the Bryant campus and landed in the rugby field behind the Unistructure. Students from New England area universities also participated in the training.

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## Spring Weekend musicians raise money for a worthy cause

By Kevin Douglass  
Contributing Writer

Entertainers of today are some of the most highly paid individuals in our world. The reason why athletes and musicians have become so wealthy is because they have exorbitant numbers of fans and followers who pay their bills. We pay to watch them, to hang up their poster and to wear their shirt. We love them so much because they are good at what they do, but sometimes this causes us to lose perspective and get lost in their fame. We judge them based on their talents, but is this truly the best way to choose our idols? We really should be judging these icons based on how they use their (well, our) hard-earned money.

Chad Stokes Urmston, of well-known local bands Dispatch and State Radio, chooses to put his hard-earned money towards a worthy cause. His personal experiences in the slums of Zimbabwe opened his eyes to a new world of hardship. We are blessed here in America while other parts of the world are in sheer turmoil. Chad uses his high-energy rock concerts to spread awareness and call his fans to action. He became so inspired to create change in the world that he formed Calling All Crows, an organization dedicated to mobilizing musicians and fans to promote human rights. They are committed to promoting public service and have set a mission to end violence against women and bringing peace to Darfur. Though Chad was the founder, the foundation of Calling All Crows is its fans.

This year, WJMF and the Spring Stock bands are teaming up with Calling All Crows to spread awareness and raise money for this worthy cause. Just by going to the concert and cheering on the bands, you will show support. You can also purchase tickets for the raffle with some pretty sweet prizes like a Nintendo Wii and an iPod Nano, with all proceeds going to the charity.

Musicians are icons. They are heroes, and to be a part of something that they make themselves a part of is an absolute thrill. We love Chad for "The General" and for "Mr. Larkin." But we should love him more for his selflessness and advocacy for equality and for love. Last summer, Dispatch reunited for three sold-out Madison Square Garden shows, and they did it for the love of their fans. They also did it so that they could make a difference and donate every penny to Zimbabwe relief efforts. Chad's on tour right now promoting Calling All Crows and donating all ticket and merchandise sales to the cause.

We all love the feeling we get from philanthropy and giving to something that is bigger than ourselves. Relay for Life last weekend was a great success, but the dollars raised were not the only reward from the event. Even more rewarding was the satisfaction of joining a team and coming together as a community to make a difference. Over 1,000 Bryant students came out to walk for a cause last weekend. And now as we enter Spring Weekend, WJMF calls on you to get out there and rock for a cause. The 2009 Spring Stock stage is set with three awesome bands and the best weather we will have all year! Please come out and show your support for Aston, Baylock, and Crash Romeo. And also show your support for charity and help such a fun weekend event make a difference for people in this world who need help the most.

Students can purchase raffle tickets on Friday afternoon and also at the concert on Saturday, two for \$1, or ten for \$3. The raffle drawing for the prizes will take place at noon at Spring Stock and winners must be present with their tickets to win. Check out [CallingAllCrows.org](http://CallingAllCrows.org) to learn more about Chad Stokes Urmston and his commitment to compassion and equality. Thank you all so much for your support and enjoy your Spring Weekend.

### Greek Corner

By Andrew Pantuosco

#### And the Winners Are...

As Greek Week came to a close this past weekend, the Greek community gathered for a recognition banquet to honor award recipients in myriad categories. Greek Week was won by Delta Kappa Epsilon, on the fraternity side, and Delta Zeta, for the sororities. Not only were the winners of Greek Week announced, but also many other award winners were recognized.

#### Some awards won include:

- Most Spirited Fraternity – Phi Kappa Tau
- Most Spirited Sorority – Sigma Sigma Sigma
- Best New Member (fraternity) – Justin Trelegan (Phi Kappa Tau)
- Best New Member (sorority) – Lindsay Gonsiorowski (Delta Zeta)
- Greek Man of the Year – Mike Barnett (Delta Chi)
- Greek Woman of the Year – Rachael Hylan (Delta Zeta)

The Student Senate wishes all students good luck on finals and to have a peaceful and relaxing summer! We look forward embarking on the 2009-2010 academic year! Remember, we love to hear from you, so send any ideas, suggestions, or concerns to Amy Angeloni, Student Senate Secretary at [aangelo1@bryant.edu](mailto:aangelo1@bryant.edu).

*Good luck to all seniors in the future, and see everyone else in the Fall!!*

**Bryant University Student Senate**

## Students devote time to Peru women's shelter this summer

By Brigit Clancy  
Variety Editor

Maddie Archambeault ('10), Katie Gorham ('10), and Kathryn Varis ('09), all members of Bryant's chapter of Amnesty International, have worked tirelessly for almost a year to collaborate a service trip to Peru, planned for this summer. Twelve students, accompanied by two professors, will travel to Peru to volunteer at a local women's shelter from May 21<sup>st</sup> to 31<sup>st</sup>.

"We wanted to do an event for Amnesty [International] this year that was bigger than any we had done before," said Archambeault, the Vice President of Amnesty. "We were interested in doing a service trip and initially thought about Haiti or Kenya but, after speaking with a friend who travelled to the [women's center] in Peru we became really passionate about this cause."

The group will be working eight hours each day at the women's shelter. "We will be varnishing floors, cleaning, cooking, and various other tasks," said Archambeault.

While the trip is mostly to volunteer at the shelter, Archambeault said they will also have some fun and tour Peru. "We are also going to spend some time in Lima and travel to Machu Picchu!"

Archambeault, Gorham, and Varis had to devise a way to raise money to fund the trip. "We have held some successful fundraisers as well as send letters to businesses and home to our families asking for donations," said Archambeault. "We held a pancake breakfast in Smithfield last weekend and sold Dunkin Donuts in the Rotunda. We are going to hold a scavenger hunt for tons of raffle prizes ranging from Visa gift cards and gift cards to restaurants

near Bryant. We will also be hosting a Ronzio's night where we deliver all the pizza and potentially will be doing a song and dance as we go.... We also did a Paddington Bear fundraiser where we sent a stuffed Paddington bear (which was originally created in Peru) as well as a book and a jar of marmalade around to the faculty suites to get donations for Paddington to return to Peru. The majority of our money, however, came from the Special Initiatives Committee after reviewing and passing our proposal."

The three members of Amnesty made a presentation to the Special Initiatives Committee a couple of months ago to request money for the trip. "We

*'It is so exhilarating to know that we have the potential to help these women who at one point had close to nothing.'*

wrote a proposal that ended up being around eighteen pages long with details about the country, safety issues, cost, why we are going, every detail you could imagine," said Archambeault. "We then met with Rich Hurley (an Assistant Director with the Center for Student Involvement) a bunch of times to revise the proposal. We finally presented to the committee and answered their questions."

Archambeault and Gorham expressed their excitement about travelling to Peru and about volunteering. "I get more excited every day!"

Archambeault said. "I cannot believe it is in only a month. We have a great group of dedicated people coming so I am sure it is going to be a huge

success. It is so exhilarating to know that we have the potential to help these women who at one point had close to nothing. After speaking with a few people that have been to the [women's shelter], I am so excited to meet the women and be able to give them the hopefully fourteen suitcases of donations we are planning to bring for them."

Gorham said, "We are all excited about going. This has been such a long journey and knowing that we are actually going to be there in a month is so exciting after almost a year of hard work. Even better, the group we have attending is absolutely fabulous, and we are all confident we will be able to make a positive impact on the casa."

Archambeault stated that this trip made her appreciate Bryant and its resources offered to students. "This trip has really made me appreciate being at Bryant. The fact that this idea Katie, Kathryn, and I had in September has become a reality reminds me what a good choice Bryant was. This would not have even been plausible at most other schools but because of the dedicated staff and students here, 12 students and two professors get to take our resources to Peru and help women who have close to nothing."

Gorham also articulated her appreciation to the individuals involved in the planning of this trip. "Thank you to everyone, on and off campus, who supported us along the way, including Rich Hurley, Toby Simon (Director of the Women's Center), Professor Enos, Professor Gomez, Professor Houston, and our families. We never could have made this trip a reality without them!"

# Study Abroad Spotlight: Ledia Dulaj and Roslyn Fucello

**Name:** Ledia Dulaj and Roslyn Fucello  
**Class of:** 2010  
**University:** Universidad Pablo de Olavide  
**Location:** Sevilla, Spain  
**Partner:** API  
**Semester Abroad:** Fall 2008

**Reason for going:**

**Ledia:** I wanted to improve my Spanish but also emerge in a culture different from mine and truly take everything in. I chose Sevilla because it was a very traditional Spanish city in the south where it was warm all the time with palm trees which is completely different from New England.

**Roslyn:** I chose to study abroad because I really wanted to see if I could live in another country. Sevilla was a perfect fit because of its climate and its location in Spain. I really wanted to live in a place that was rich in culture and where English was not spoken.

**Best experience/memory:**

Best experience was living with our host mom and dealing with many of the cultural differences whether it was eating dinner past 9 pm or having a strict siesta time at 2 pm. Our host mom always wanted to talk and be one of the girls and any time spent with her was one of our best experiences.

**Funny cultural experience:**

When we were buying our train tickets to Madrid to go home there was only one "cheap" ticket left and the rest were offered at the expensive rate. The guy selling us the tickets at the train station told us to "pelear" (or fight in Spanish) for the cheap ticket right there at that moment in the train station. We were a little

confused as to why were being told to fight, but then it clicked that he was joking with us. It didn't matter to us because we were splitting the cost of the tickets anyway.

**How was the school different from Bryant University?**

The school was much bigger in size as it had 10,000 students. Most of the hallways are outside and students hang out on the lawn. Also, if you think the Bryant quiet section in the library is quiet you haven't been to the Pablo Library.

**How did this experience change you?**

**Ledia:** It changed me in a way that I learned a lot about myself and I learned to be truly independent by living in a different country and traveling to different countries every weekend. It was truly a life changing experience but also a self discovery.

**Roslyn:** Studying abroad has made me realize that sometimes it's okay to take a step back and relax. I am more independent now and comfortable with traveling on my own.

**Would you study abroad again given the opportunity?**

**Ledia:** I would definitely study abroad again given the chance. It is a wonderful opportunity that teaches you a lot about yourself but also about others. I made many friends that I still keep in contact with and living in a different country truly makes you appreciate all the things that you take for granted in your home country.

**Roslyn:** I would most definitely study abroad again given the opportunity because it is a once in a lifetime experience. Living and learning another culture is something that you can't get just from visiting a place.



Ledia Dulaj



Roslyn Fucello

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Captain Ana Morgan, MD  
 HPSP Medical Recipient

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## Regulators give go-ahead for offshore wind farms

By Barbara Barrett  
MCT Campus

The federal government has cleared the way for developers to plant wind farms in offshore waters on the Outer Continental Shelf.

The regulations were published Wednesday afternoon in the federal register and promoted by President Barack Obama at an Earth Day speech on a wind farm in Newton, Iowa.

They lay out the rules for leasing, siting, permitting and building wind turbines and other types of renewable energy in federal waters, at least three miles offshore.

Wednesday's announcement was welcomed by both environmental groups and companies who have long wanted to develop wind energy offshore.

"We're very encouraged," said Jacqueline Savitz, senior campaign director for Oceana, an international marine conservation group based in Washington. She said the organization long has wanted to reduce the use of fossil fuels because of climate change's impact on the oceans.

She said, however, that work should move forward carefully.

"We support wind energy," Savitz said. "It doesn't mean we want to go willy-nilly in planting wind farms everywhere. They should go through the normal environmental impact process."

Potential hazards for the wind turbines,

which can tower 300 feet or more, include hurricanes, the threat of bird strikes and the potential impact on military training that occurs in the Atlantic, said Dennis Scanlin, a senior research scientist with the Energy Center at Appalachian State University, in Boone, N.C.

The publication of the federal rule Wednesday follows years of work in the Bush administration to begin developing the regulations.

Michael Olsen, a former Bush Interior Department official, said the rules will allow projects to move ahead in both Massachusetts and Rhode Island.

"This is very significant," said Olsen, a lawyer for the firm Bracewell & Giuliani, who represents a wind energy company called Deepwater. That company is working in Rhode Island.

"There are companies right now ready to go," Olsen said.

The federal rule runs more than 500 pages long and includes details about not only wind but also projects to capture wave and ocean current energy, known as hydrokinetics.

"This will open the door to major investments in offshore clean energy," Obama said in his Iowa speech.

In a plan similar to some offshore oil and gas drilling leases, states would get about 27 percent of the revenues sent to the federal government from offshore wind and hydrokinetics leases.

## Obama advocates high speed trains in the U.S.

By Michael Slafsky  
Staff Writer

President Obama recently made public his wishes for high-speed passenger trains in the United States in the upcoming years. The idea, which many Americans look at as European, is quickly becoming a reality in this country. This comes after the federal stimulus package which passed in February included several billion dollars specifically for this reason. High-speed trains are among several environmentally friendly ideas which the Obama administration is trying to put in place.

There are several possible corridors for the trains, including a local, New England rail. The government has identified 10 potential locations for development, including a line connecting Florida to Washington D.C. and a major Chicago hub network. These will all have tremendous effects, not only on our country, but on our environment.

President Obama looks at this project as a "legacy" mission, something that will define his Presidency. "Imagine whisking through towns at speeds over 100 miles an hour, walking only a few steps to public transportation, and ending up just blocks from your destination," the President mused while unveiling the plan April 16. His eagerness towards the venture suggests that the rails should be completed in the upcoming years.

Obama hopes that this will solve problems such as climbing oil prices and clogged highways. Such issues, which have plagued this country for decades, may now have a resolution.

Trains won't be zooming around the country tomorrow. This will be a several year, \$10+ billion dollar project. But, in the opinions of many, it is a worthwhile investment. In my opinion, high speed trains can change our country for the better.

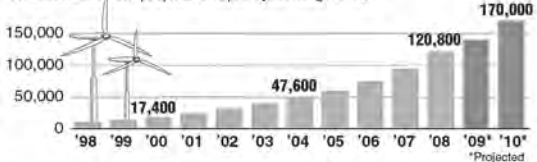
Today, we rely far too much on cars which are guzzling gasoline at astonishing rates. These cars not only raise oil prices, but contribute to the deteriorating environment. The fuel efficient trains will solve many of these issues. Internationally, countries use public transportation more and more every day. In Europe, many families don't even own cars, using trams and trains to get around cities and towns. The high-speed trains will be a good start for the United States in a transition to public transportation.

### Blowin' in the wind

Although wind energy now generates only a small fraction of the world's electricity, it is the most promising source of emissions-free energy.

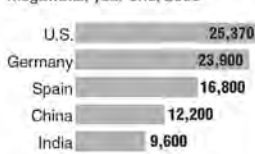
#### Growth of global wind power

Total installed and projected capacity, in megawatts



#### Top countries

The U.S. overtook Germany in 2008 as the country with the most wind power installed. Installed capacity, in megawatts, year-end, 2008



#### Top states

Installed capacity, in megawatts, as of Sept. 30, 2008



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Source: Global Wind Energy Council, American Wind Energy Association  
Graphic: Pat Carr

## House panel to target 'predatory' mortgage lending

By Barbara Barrett  
MCT Campus

Once again, Congress will take up legislation to bar mortgage companies from steering homebuyers into houses they can't afford.

The House of Representatives voted on the matter nearly two years ago, but the measure died in a Senate committee. Since then the economic and political landscape has changed dramatically.

The foreclosure rate has skyrocketed, the national unemployment rate has jumped, and most of the American public blames financial institutions for the recession. Democrats have increased their numbers in the House and Senate, and they now hold the White House. Also, Congress has twice voted to bail out banks that are foundering because of the toxic housing loans on their books.

To prevent more bad mortgages from being approved, two North Carolina representatives — Democrats Mel Watt and Brad Miller — are again pushing a "predatory" lending measure. The bill, based on North Carolina law, aims to do a simple thing: Make sure that homeowners can afford their loans.

"It seems inarguable," said Julia Gordon of the Durham, N.C.-based Center for Responsible Lending, who will testify about the bill Thursday before the House Financial Services Committee. "People are surprised that wasn't required before."

The bill, called the Mortgage Reform and Anti-Predatory Lending Act of 2009, would end bonuses for brokers who steer borrowers into higher-priced loans. It would require brokers to confirm borrowers' income, and it would prohibit brokers from making new loans or refinanced loans that don't offer tangible net benefits to borrowers.

In the past, brokers often failed to confirm incomes or homeowners could get away with lying about their salaries. Borrowers often signed off on

new or refinanced loans with adjustable rates, not realizing that their monthly payments soon would escalate beyond their means.

Consumer advocates also say that lenders often paid brokers bonus fees, including some known as "yield spread premiums," for steering borrowers into higher rates than those for which they'd qualified.

Buried in the bill's legalese, however, are details that could make a difference in whether lenders or investment companies down the line shoulder the risk, whether homeowners can recover from bad loans before or after going into foreclosure, and whether state laws will protect homeowners or leave them to a weaker federal law.

The details have led some consumer advocacy groups to withhold their support, at least for now, and the mortgage industry is still trying to exert its influence.

"I think there is a deeper level of understanding about the need for more aggressive regulation of lenders," Watt said this week in an interview. "The whole industry needs a set of good regulations around it."

But in the current economy, more regulation could hurt borrowers if lenders lose flexibility on the types of loans they can offer, said Rep. Patrick McHenry, R-N.C.

"When you restrict lending opportunities you restrict people's access to credit," McHenry said.

McHenry, a member of the House Financial Services Committee, said he supported getting rid of "bad actors" in the mortgage market, but that this bill wouldn't do that.

"It's moving in the wrong direction at the wrong time," he said.

The practices that the bill targets affected not just homebuyers but also borrowers who refinanced their mortgages.

In the first three months of this year, the number of families threatened with losing their homes

jumped 24 percent over the same period last year, according to RealtyTrac, which tracks foreclosures.

Dean Baker, a co-director of the Center for Economic and Policy Research, a Washington research center, said that lawmakers and the public realized now that predatory lending didn't affect just low-income borrowers.

"Two years ago there was this idea it was a poor people's issue, and if these people can't look out for themselves, it's just too bad," Baker said. Now, he said, "people realize how widespread this problem is."

Against this backdrop, consumer advocacy groups and mortgage industry representatives will testify about the bill Thursday before the House Financial Services Committee. The committee's chairman, Rep. Barney Frank, D-Mass., is a co-sponsor of the bill.

A committee vote could come as soon as next week, with a full House vote to follow.

"They're going to feel a need to do something," Baker said. "And then the question is, will it be something for show or will it have teeth?"

### Archway Investment Fund (AIF)

All returns as of April 20, 2009

#### S&P 500 YTD Performance

-6.68%

#### AIF YTD Performance

-4.21%

## Greer, Hoagland lead rout over Bellarmine

Courtesy of Bryant Athletics

Led by four goals apiece from captains Zack Greer (Whitby, Ont.) and Kevin Hoagland (Glastonbury, Conn.), the Bryant University men's lacrosse team earned its ninth win of the season with a 14-4 victory over Bellarmine University at Bulldog Stadium Saturday afternoon.

Greer's seven points on the day paced the Bulldogs (9-5), while linemates Hoagland and fellow senior captain Bryan Kaufmann (Putnam Valley, N.Y.) (3 goals, 1 assist) chipped in four points apiece. Bryant would hold the Knights (6-7) to just one goal per frame while the Bulldogs stayed on the offensive for much of the contest.

"Looking back on our previous 13 games, I thought today was without question one of our best," said Bryant head coach Mike Pressler. "It was just a complete effort from everybody. We played well in every phase of the game and that was our goal from the beginning. It was good to get out there, get ahead early and get a win against a good team, especially a good offensive team."

It didn't take long for the Bulldog offense to get to scoring, as Greer turned a strong early Bryant possession into a 1-0 lead just 39 seconds into the game with an unassisted tally after curling around the right side of the cage for a low shot.

Bellarmino would even the score in the fourth minute off a Jarrett Davis goal, but that was as close as the Knights would get to the Bulldogs all afternoon.

Back-to-back goals from Kaufmann (unassisted) and Hoagland (assisted by Kaufmann) came within 37 seconds of each other for a two-goal Bulldog advantage less than five minutes into the contest, but from there the teams would play to a draw through the remainder of the first quarter.

Bellarmino's Jordan Wong notched his first goal of the season to start the scoring in the second frame, taking a spectacular pass from Alex Porter from out front and landing right on the doorstep of Bryant rookie netminder Jameson Love (Darien,

Conn.) to cut the home lead to 3-2.

But it would take Max Weisenberg (Long Beach, N.Y.) and Greer 61 seconds to respond, as Weisenberg took Greer's pass from the right side just as he hit the top of the crease, bouncing the ball past Knights goalie Scott Bowles.

Greer and Rob Maiorano (Easton, Conn.) tallied goals just 12 seconds apart to give the Bulldogs a 6-2 lead before sophomore Gary Crowley (Scituate, Mass.) sent Bellarmine to the locker room down by five, 7-2, with his only goal of the game with just 10 ticks left on the clock.

"With a good team like this, you don't want to let them hang around into the second half," Pressler said. "I think with a 7-2 lead at halftime and by getting the first two goals of the third quarter, we really put the game away."

"But I've seen Bellarmine score in bunches and come back, and to hold this team to only four is just a great credit to Jameson Love and the entire defense."

After the break, Bellarmine came back with a new goalie, David Haas, but still couldn't keep the Bulldogs out of the net as Kaufmann came out with the first two goals of the third frame.

Davis scored a man-advantage goal with 5:52 to play in the third to make the score 9-3, but just 10 seconds later Hoagland notched his first of three-straight tallies to get back a seven-goal lead. The senior attacker scored his second of the trio with 3:39 to go in the frame after his ball dribbled past an unaware Bellarmine goaltender, and scored again to open the fourth quarter, again unassisted.

"Obviously when you're pulling goalies in and out, playing musical goalkeepers if you will, that tells you they aren't happy with their play in goal," said Pressler of Bellarmine's numerous goalie changes. "They tried to keep us off-balance trading between a righty and a lefty, and I thought our guys adjusted to that very well."

With 12:12 to play in the contest and Bellarmine back to its starting goalie, Greer struck again, assisted by Robert Stufano (Garden City, N.Y.), to bring the score to 13-3. Austin Bright's goal with 8:30 to play would be nullified by Greer's - and the



Greer led an impressive Bulldog attack on Saturday, netting four goals and three assists while Hoagland and Kaufmann added four points each. (Bryant Athletics)

game's - final tally seven seconds later before the score went final, 14-4.

Faceoff specialist Andrew Hennessey (Wading River, N.Y.), fighting the flu and questionable for today's game, continued his stellar play, winning 17-of-23 faceoffs on the day with a trio of ground balls.

"Just think an unbelievable effort from Andrew Hennessey," said Pressler, citing the severity of his illness. "And he still goes 17-for-23 with three grounders and only one turnover. Just an unbelievable effort from No. 40 when we needed him the most."

The Bulldogs outshot the Knights, 46-31 on the day, picking up 44 ground balls to Bellarmine's 29. Bryant played well in clearing situations, going 21-for-25, while forcing seven failed clears from the visiting Knights.

## URI sneaks past Bryant in extra innings Saturday

Courtesy of Bryant Athletics

The Bryant softball team waged battle with the University of Rhode Island for the second time this season, and for the second time the Rams came away with an extra-inning win, taking a 4-3 win over the Bulldogs in Kingston on Saturday. It was the fifth win in the last six games for the Rams, who took the season series two games to none after beating Bryant, 3-2, in nine innings back on March 28.

The Rams were able to get on the scoreboard first, putting together a short two-out rally to go up 1-0 in the third inning. After Courtney Prendergast was hit by a pitch to reach first with two down, Leah DiBussolo hit an infield single to shortstop to move Prendergast into scoring position. Wilson followed with a single to center, scoring Prendergast to put the home team on top.

Stephanie Mirando (North Haven, Conn.) knotted the game up at 1-1 in the top of the fifth, hitting a solo home run, her first of the year, over the fence in left field. The blast pushed the senior's hitting streak to a season-best four-straight games.

URI reclaimed the lead in the bottom of the inning, scoring one run on three hits to grab a 2-1 edge. With the bases loaded and one out, Darci Borden flew out to Kim Leonard (Milford, Mass.) in foul territory down the right field line to score Prendergast for the second time

in the contest.

Bryant evened the game again in the top of the

sixth, as Ali Chouinard (Swansea, Mass.) came in to score on a wild pitch by Stacey Stanovich to tie the score at 2-2. The junior drew a one out walk, moving to second on a single by Laura Bowen (Hudson, Mass.) and then to third on a groundout by Ashley Coon (Levittown, Pa.) before racing home to score on the wild pitch.

Bryant starter Samantha Houseal (Mount Joy, Pa.) went the distance in the contest, going all eight innings while allowing four runs and striking out four. The sophomore was able to get two big outs in the bottom of the seventh, getting a fly out and a strike out with the bases loaded and one out to escape the jam and send the game to extra innings.

Playing in their third extra-inning game this season, the Bulldogs were able to take the lead in the top of the eighth, as Bowen hit a single to left field that scored Leonard from third to put Bryant up, 3-2. Bowen was two-for-three with an RBI. Coon also had a hit in the inning to extend her hitting streak to a team-best five games.

After Stefanie Poedubicky sacrificed Alison Hartzell over to third, Jackie Kampmeier hit a game-tying triple down the line in right, knotting the teams at three apiece in the bottom of the eighth. Houseal got Amanda Sbei to fly out to left for the second out of the inning, but a passed ball allowed Kampmeier to come home from third and give the Rams the win.



The Bulldogs had yet another close contest with in state rival URI. (Bryant Athletics)

	4
	3



### Allison Faiola

Year: Junior

Sport: Women's Lacrosse

Faiola scored eight goals and had two assists in two games last week with four goals against LIU. She currently has 101 goals for her career and is 2nd on the team with 30 on the season.



### Bryan Kaufmann

Year: Senior

Sport: Men's Lacrosse

Kaufmann scored his 200th career point with a goal and an assist in a 14-8 win over Presbyterian last week, becoming just the third Bulldog to achieve such a feat. Kaufmann added four more points off three goals and an assist on Saturday vs. Bellarmine.

# Many teams annually blow the most important position in the NFL Draft

By David J. Neal  
MCT Campus

NFL coaches and scouts give the Zapruder-film treatment to any game tape involving quarterbacks they might draft. They scrutinize expression and inflection in every potential quarterback's interview answer. Everything measurable gets measured. Perhaps no athletes in any sport get so thoroughly studied.

Why then do NFL teams let future Hall of Famer Tom Brady languish until the sixth round while spending high first-round picks on busts Akili Smith and Joey Harrington? Why will whichever quarterback who goes higher — Georgia's Matthew Stafford or USC's Mark Sanchez — no kind of predictor of who will have the better NFL career? (if both aren't busts, that is) How can they get quarterbacks wrong, even early in the draft, as often as they get them right?

Myriad reasons, to which you can now add the proliferation of spread-option offenses in college football. But the annual tradition of teams blowing the call on the game's most important position, the players they theoretically know the most about, began long before colleges began modernizing the single wing.

Former NFL coach Steve Mariucci said there's a consensus on what teams look for in other positions so it's easier to identify the physical attributes. For example, Mariucci said, almost everyone wants an offensive left tackle who's 6-5 or 6-6, weighing 300 to 330 pounds with long arms. But successful quarterbacks come in all shapes and sizes these days. "The parameters of other positions are narrower," Mariucci said.

Also, he said, miss on a cornerback, you can shift him to being a nickel corner and he still might have a long NFL career. Miss on a left tackle and you can move him somewhere else on the line (Oakland did this with 2004 first rounder Robert Gallery). Miss on a quarterback, though, and, well, you've just got a quarterback bust.

"Forget the physical abilities," said former Oakland and Tampa Bay coach Jon Gruden, a well-known quarterbackphile. "You've got to evaluate the intangibles — pocket presence, leadership. Those are things that are tough to evaluate on tape or in a

workout without anybody rushing you."

As former Baltimore coach Brian Billick said Monday, all the busts — Ryan Leaf, Jim Druckenmiller, et al. — had physical ability. Yet nobody knows how they'll handle the money, the media and fan scrutiny, likely being the franchise's most prominent player. And there aren't many ways to project that.

According to Michael Holley's Patriot Reign, a New England scout got suspicious about UCLA's

Former Houston general manager Charley Casserly insists quarterback David Carr, the Texans' first ever draft pick and 2002's No. 1 overall, didn't develop partially because Houston's offensive line fell apart even before the franchise's first game. Carr got battered into NFL backup status. The same thing happened to 1971's No. 1 overall, Jim Plunkett, in New England before he revived his career with Oakland in his 10th season.

Back then, NFL teams had to translate wishbone quarterbacks to the NFL as the formation swept the nation. Spread option quarterbacks add another degree of difficulty to the draft.

The first quarterback taken in 2005, No. 1 overall Alex Smith out of Utah, and the first one taken in 2006, No. 3 overall Vince Young out of Texas, spent their collegiate lives destroying defenses out of a spread option offense. Neither will begin this season as a starter.

Also, you better believe longtime NFL scouts think they've seen this before. The Run 'n' Shoot boosted the numbers of University of Houston quarterbacks David Klingler and Andre Ware, two early 1990s first round flops for Cincinnati and Detroit, respectively. None of the University of Florida quarterbacks to come out of Steve Spurrier's Fun 'n' Gun had great NFL success.

Gruden said he wanted to take one of the spread option quarterbacks to add an element to Tampa Bay's offense similar to the Wildcat formation the Dolphins helped popularize last year.

But, he also said, "I just don't know how many hits a quarterback can take. I don't know that I've seen a quarterback other than Florida's Tim Tebow who can take the hits you'd take in the NFL."



As many NFL owners and coaches can attest to, there is no such thing as a "sure pick" when it comes to drafting a quarterback. Just ask San Diego. (MCT Campus)

Cade McNown when they had a problem getting enough receivers for his workout. The scout accurately figured issues had mushroomed between McNown and his UCLA teammates and those leadership problems manifested themselves in Chicago after the Bears took McNown in 1999's first round.

The vicious cycle comes into play with quarterbacks, also. First round quarterbacks often go to bad teams. Bad teams often have subpar players and coaching staffs in flux. The surrounding jetsam and the flotsam sucks the quarterback down until he becomes one with it.

# Mountain West submits proposal that could alter the Bowl Championship Series

By Scott M. Reid  
MCT Campus

The Mountain West Conference on Tuesday formally presented to Bowl Championship Series officials a proposal that both sides agree would "fundamentally" change the way college football determines its national champion.

While Mountain West commissioner Craig Thompson acknowledged BCS adoption of the proposal that includes an eight-team playoff was a longshot, he said it was important that the BCS at least consider deciding who plays for the national title with a "more performance" based procedure.

Under the Mountain West plan, an eight-team playoff would determine the national champion. The four existing BCS bowl games would serve as the first-round sites for the seeded tournament. The winners of the four bowl games would advance to a semifinal round, and those winners would meet for the national title. The semis and national championship game would rotate between the four BCS bowl sites.

Additionally a fifth non-playoff BCS game would be added. Seven automatic bids would come from the conference champions of leagues playing at least 20 games per season against other top-tier conferences and maintaining a combined 40 percent winning percentage in those games. The remaining three berths would be determined by a 12-person selection committee made up of representatives from 11 conferences and Notre Dame.



The Utes went undefeated and still didn't get a shot at the championship, thanks to the BCS. (MCT Campus)

The plan, BCS coordinator John Swofford said, represents "a significant change on a number of fronts from governance, to revenue distribution, to selection process and more. It would be a significant and fundamental change to the process and consequently it deserves a deliberative (consideration)."

After listening to and questioning Thompson for 90 minutes Tuesday at the BCS' annual meetings at The Langham hotel, the commissioners from the BCS conferences will present the proposal to their conference's schools at league meetings this spring.

The commissioners will then report reaction within their conferences at a BCS meeting in June held in conjunction with the College Commissioners Association meetings in Colorado Springs.

Swofford, who also is the Atlantic Coast Conference commissioner, said it's "premature" to say if the proposal has any traction within the other BCS conferences.

The BCS last year rejected the so-called Plus One plan that called for a single game playoff following the BCS bowls.

The Mountain West proposal comes at a time of mounting Congressional and public support for a college football playoff. Even President Barack Obama said in a "60 Minutes" interview last year he supports an eight-team playoff. The plan coincides with the conferences scheduled signoffs on a four-year deal BCS bowl package with ESPN starting in January 2011. So far the Mountain West has not signed the ESPN contract but likely will regardless the BCS' final stance on the conference's plan, Thompson said.

## Playoff Possibilities?

The Mountain West would greatly benefit from their playoff proposal, with two teams from the conference ending in the final AP Top 25 polls.

1. Florida (48) 13-1 1,606
2. **Utah (16) 13-0 1,519**
3. USC (1) 12-1 1,481
4. Texas 12-1 1,478
5. Oklahoma 12-2 1,391
6. Alabama 12-2 1,264
7. **TCU 11-2 1,193**
8. Penn State 11-2 1,153
9. Ohio State 10-3 1,013
10. Oregon 10-3 997
11. Boise State 12-1 938
12. Texas Tech 11-2 916
13. Georgia 10-3 903
14. Mississippi 9-4 857
15. Virginia Tech 10-4 713
16. Oklahoma State 9-4 534
17. Cincinnati 11-3 506
18. Oregon State 9-4 467
19. Missouri 10-4 435
20. Iowa 9-4 317
21. Florida State 9-4 246
22. Georgia Tech 9-4 223
23. West Virginia 9-4 144
24. Michigan State 9-4 138
25. **Brigham Young 10-3 137**

(Courtesy of ESPN.com)



# Bulldogs shine on track

Courtesy of Bryant Athletics

Several Bryant University track & field athletes posted personal and season-best marks as the Bulldogs enjoyed yet another successful weekend. Competing at the Holy Cross Quad Meet, the women finished seventh while the men, behind three first-place finishes took home second in the team standings.

A week after an abbreviated meet at Brown University that saw several events cancelled due to an icy-rain, the Bulldogs took advantage or more spring-like temperatures to turn in one of the best overall performances of the season.

The men finished second to Holy Cross, but came out on top of Central Connecticut, Maine, Colgate, AIC, Stonehill and Hartford. Plus, with the New England Championships looming on the horizon in a few weeks, Saturday's performance by the Bulldogs is a good sign of things to come down the stretch.

Junior Alex Engel captured first-place honors with a personal-best mark of 48.29 seconds in the men's 400 meters. Engel, in posting the team's best mark of the year in the event, was not far off from Hafiz Greigre's 400m school record of 48.31. Teammate Mike DiBella also ran a personal record (PR) with a fourth-place time of 49.67.

Thomas O'Connor also placed first in the 200 meters, finishing in a personal-best time of 22.20 seconds. The mark also meets New Eng-

land Championship qualifying standards. Engel took seventh in a time of 22.85. O'Connor would also earn a top-10 finish in the 100 meters, finishing fifth in 11.51 seconds.

Andrew Fitzgerald ran a season-best 56.78 in the 400 meters, finishing second overall while teammate Zach Perron was third (57.06). Other highlights include John Mitton's fifth-place finish in the 800 meters in 1:55.99, just shy of the New England standard of 1:54, and freshman Drew Clark's runner-up finish in the 1500m, blistering his personal best of 4:02 with a great time of 3:59.87 seconds. The school record is 3:57.



The men's side was highlighted by a first place finish from the 4x 400 meter relay team, which posted a personal best. (Bryant Athletics)

The men's 4x400 meter relay team took home first-place with a best time of 3:20.01.

The women also posted several outstanding marks in the meet. Freshman Kim Warner enjoyed her best jump of the season in the long jump, placing sixth in the event with a new PR of 16 feet, 7 inches – well ahead of her previous best of 15-2.

Casey Fenwick turned in Bryant's best time this season in the 1500 meters as the senior placed 12th overall in 5:00.60. Classmate Justine Douvadjian also posted the team's best mark in the 400 meters this season with an eighth-place finish in 1:01.74. Katie Pelletier was 10th in a new personal-best time of 1:02:57.

In the sprints, Sherika Nicholas turned in the team's best time in the 100 meters at 13.59, good enough for 13th overall while also running a season-best time in the 200 meters as well at 28.17.

The teams will compete at the Brown Springtime Invitational Saturday.

# The years can't compare

By David Niles  
Staff Writer

When it came time to write my last article in 2008, Boston/New England was at the pinnacle of the sports world. The Red Sox were defending World Series Champions. The Patriots had just come off a perfect regular season, Super Bowl appearance and Tom Brady won his first MVP. The Celtics had just had their best regular season in over 20 years and were on their way to winning Banner Seventeen. Oh, how things can change.

The Red Sox have traded arguably the best right handed hitter in their team's history and their other long depended-on slugger can't catch up to a fastball. Dice K is on the DL, J.D. Drew is a 14 million dollar a year part-time player, the team is without a real option at shortstop, and Ellsbury hasn't developed the way he was projected to. Mike Lowell and Jason Varitek are aging before us and the pitching staff has been inconsistent at best.

Remember when Danny Ainge traded for Ray Allen and Celtic fans not so silently expressed their mystification? Then Ainge completed the process by swindling his former teammate, Kevin McHale, in a trade for Kevin Garnett. Well, with KG sidelined this post-season, the Celtics are that team that didn't make

any sense. Rajon Rondo has developed into a potential star but the team is still extremely lacking a defensive and inside presence. A team built around two aging swing men isn't going to cut it. The Celtics have gone from Championship contender to a team that could be upset in the first round. It had looked as if



Just ask Tom Brady if he preferred the last 15 NFL minutes he has played in comparison to the 2008 season. (MCT Campus)

the Cavs had surpassed them and now there is no question it is the case. Compound this with the rumors that KG's injury may be worse than previously thought (long term). Could the Celtics run be over all ready?

Then we come to the Patriots. Can Tom Brady return to form? Will the loss of Scott Piolo have effects we haven't considered? Is Randy Moss getting old or unhappy? How come there has been such a shift away from developing players and towards free agency? Is the Laurence Maroney experiment over? What has happened to the once-dominant defense?

Maybe it's not all doom and gloom. After all, who wouldn't make the Garnett and Allen trade if it only amounted to one great (championship) season. And as long as there is no salary cap in baseball, the Red Sox will always be competitive and in the running for a World Series. The Patriots are getting back their MVP, they still have one of the greatest coaches of all-time and their division still is lousy.

Maybe this past year wasn't as spectacular or successful as the one prior, but who knows what the upcoming season will bring? That is the reason we will continue to watch, cheer, live and die with our teams. And that is what makes sports so great.

## Bulldog Bites

### Defense wins in Black & Gold Spring Game

Sophomore B.J. Aponte (New Britain, CT) rushed for 68 yards on 18 carries but it was the Bryant defense that stood tall Sunday as the Gold (Defense) defeated the Black (Offense) 39-26 at the annual Black & Gold Spring Football Game before more than 2,000 sundrenched fans on a gorgeous afternoon at Bulldog Stadium. The game concludes the spring football season for the Bulldogs who will open the 2009 season hosting Southern Connecticut State on September 5. The Bulldogs return 10 starters back on the defensive side for sixth-year coach Marty Fine. The nucleus held opponents under 100 yards rushing per game en route to a 7-4 record last fall, Bryant's first competing in Division I. Kevin Menawonu (Providence, RI) led the way with eight tackles while Nick Candito (West Boylston, MA) had six for the defense, which finished the scrimmage with 13 tackles for a loss and forced four fumbles.

### Golf finishes 4th at Mount St. Mary's Invite

The Bryant University golf team combined to shoot a final round of 294, 15 shots better than their first round performance, taking home third place out of 13 teams at the Mount St. Mary's Spring Invitational on Tuesday. Fog delayed the final round of play, but it did not put a stop to the play of Jason Thresher (West Suffield, Conn.), shooting even par for the tournament with his 71 in the final round. Thresher finished tied for second individually. Mike Pyne (Foxboro, Mass.) also had a top-15 finish, shooting a 77 to tie for the 12th spot. Alex Daley (Hudson, Mass.) and Scott Congdon (Foxboro, Mass.) came up big in the final round, as they each shot one-over par for the day with a 73. Daley was tied for 14th overall with a 153 for the tournament while Congdon tied for 20th with a 155. Kyle Hoffman (Pawtucket, R.I.) rounded out the scoring with a 160 overall, shooting a 79 on Tuesday to tie for 38th. Bryant plays its final tournament of the year, as they compete in the Northeast Conference Championships for the first time in the history of the program starting on May 1.

### Women put up 20 goals, still fall to LIU

The Bryant University women's lacrosse team equaled a season-high 20 goals but came up short falling to Long Island University 22-20 Sunday afternoon. The Bulldogs led 11-9 at the half but couldn't hold on as the host Blackbirds used a 13-goal outburst in the second to pull out the win. Bryant (3-12) fell behind 21-16 with just over four minutes to play in the game but four consecutive goals, two by Delia Glover and one from Allison Faiola and Lauren Sheridan with a minute left pulled the Bulldogs to within a goal at 21-20 heading into the final minute. But LIU's (4-12) Annie Kalata scored with 33 seconds left to put the game away. Bryant standout freshman Mary Green had five goals in the game to give her 25 on the season while Glover and Faiola each finished with four goals. For Faiola, her four goals in the game gives her 30 for the season but more importantly, marked the 100th of her career. She now has 101 career goals. Glover also had three assists in the game to give her seven points on the afternoon. Along with the 42 combined goals, the two teams combined for 84 shots on goal in the game. Bryant freshman goalie Lauren Filippone made 10 saves. Bryant scored 20 goals in a game earlier this season against Central Connecticut.

### Boston College downs Bryant, 16-8

Boston College scored nine times in the first two innings to put the Bulldogs in an early hole that they could not climb out of, as the Bryant baseball team fell, 16-8, on a wet and rainy day in Chestnut Hill on Tuesday. The Eagles, who entered the week ranked first in New England, were able to even the season series at one game apiece after falling to Bryant, 8-5, earlier this season in Smithfield. The Eagles' Andrew Lawrence and Mickey Wiswall combined to go eight-for-ten with five home runs and 13 RBI. Wiswall started everything in the first inning, as the Eagle clean-up hitter hit his first of three home runs in the game by driving a grand slam over the fence in right center field off of Bryant starter Chris Foundas (Needham, Mass.), putting Boston College up 4-0 in the first. Wiswall homered again in the fifth, this one a solo shot, and then smacked a two-run bomb in the eighth. He finished with three long balls and seven RBI.

## Bryant On Tap

### Saturday, April 25:

Women's Lacrosse HOME vs. Villanova, 1:00 pm  
Baseball at Le Moyne, 1:00 pm, 3:00 pm

### Sunday, April 26:

Baseball at Le Moyne, 12:00 pm, 2:00 pm  
Softball at Fairleigh Dickinson, 12:00 pm, 2:00 pm  
Track & Field at Brown (Brown Spring Invite)

### Tuesday, April 28:

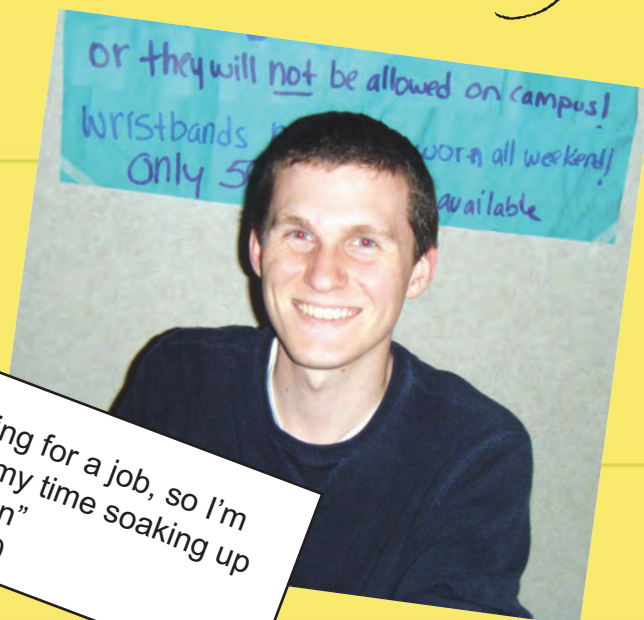
Baseball HOME vs. UConn, 3:30 pm  
Softball at UConn, 4:00 pm

# Students Speak Out

"What are your plans for Summer 2009?"



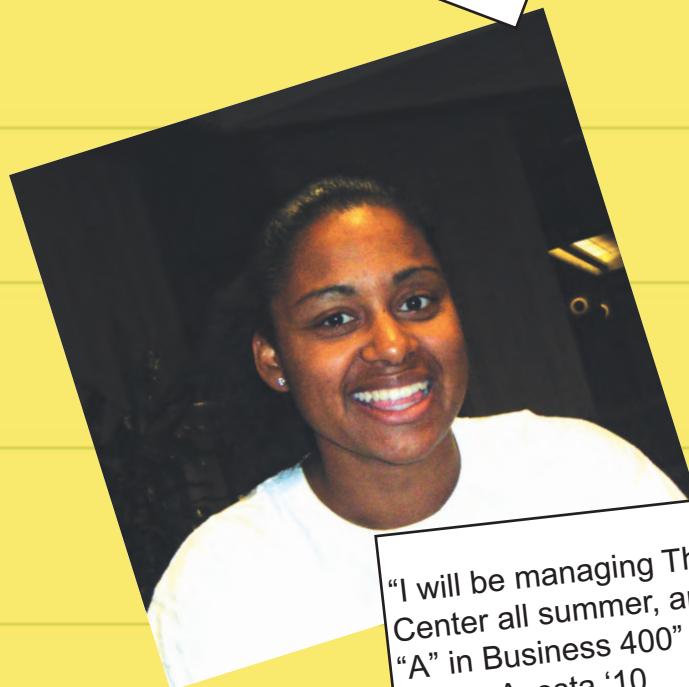
"I have an internship in Connecticut, and I plan on visiting Kaleigh Durkin in New York City!"  
-Jamie Vincent '10



"I'm still looking for a job, so I'm just spending my time soaking up the sun. Irish tan"  
-Dan Holland '10



"I am working all summer waiting tables, and enjoying life without RA's"  
-Jarrod Gibbons '11



"I will be managing The Bryant Center all summer, and nailing an 'A' in Business 400"  
-Maria Acosta '10



"I'm working and making mad money at P.W.C."  
-Pratik Parikh '10



"Jersey Shore. All day, every day"  
-Gabriella Rossi '12

## Teaching is Evolving



By Michael Adams  
Opinion Editor

When our parents were in school, I am sure that professor meant something completely different than how we view professors today: what they teach, how they teach it, and the role they play in student's lives. It's no longer the days of writing on the black board in medieval cursive, or lecturing the entire period. We demand much more of our professors. We want them to be our mentors, to engage us in conversation, and to support us in our non-academic adventures. The relationship is more or less give and take, rather than a position of absolute authority. While these professors are certainly hard to find, many schools, including Bryant, are making a step in the right direction.

I am not advocating for a complete overhaul of every academic department here on campus. I am simply advocating for a new perspective. Teaching is an ever-evolving discipline. New theories are constantly being developed and implemented, strategies are being created, and learning environments are being turned upside down. To me, this is positive change. Adapting to the next generation of students is something that every professor should be doing on a constant basis. Our brains are like sponges, waiting to be filled with information; information to fuel our needs and wants, our desires and expectations. Information that is relevant to the world around us.

What needs to be realized is that students are unique—it's no longer one size fits all. Students have different needs, wants, interests, learning styles, and views on the world. Embrace this diversity, and create lessons that cultivate the undying passion our generation has

to learn. Create a community, where students are not afraid to speak up, where every student tries their best, and where failure is not thrown at student's faces. Instead, encourage success. If professors believe in us, then we believe in ourselves. College is no longer a version of Animal House. We work hard for our

class to learn and to apply what we are reading to the world around us. We know you've got years of experience under your belt, stories from the corporate world, and stories from your own family. Humanize yourself. Do not become the professor of bolded regurgitation. We've been there, and done that, all through high school. Bring in information that is relevant, or we're quick to zone out. The second we leave your classroom, we want to apply what we just learned and discuss it at lunch with a group of friends. We're sick of being bored and sitting in a desk all day, drilling out papers that will be rendered useless when we graduate. Bring on the projects that encourage student creativity and give us a chance to think for ourselves.



(MCT Campus)

With all of this being said, I think a select group of professors has taken this new perspective of teaching to a level above and beyond my expectations. Professors are gaining feedback on how the course is doing, where they are excelling, and where they could use some help. If professors give us the outlet to give feedback, we will give it to you. Professors are using the whole class period for a discussion on current news, bringing in YouTube videos to demonstrate class theories, making their own power points, and even creating projects that help us apply what we have learned inside and outside the classroom. While there is a small movement here of what I will call the "next generation of professors", this movement needs to spread. Set an example for fellow professors, regardless if professors have been teaching for one semester or forty years. Everyone has experiences, even students. Listen to the people around you, and embark on a journey towards improvement. Make a positive impact on students, and we will come back clamoring for more. Send a message that you could care less about making an impact, and we won't.

grades, and it needs to be recognized that we do our work, want to get involved, and work closely with professors to bring positive change to our surroundings. It's like the '60's. I'm sure you remember. We want to reshape everything around us, and make it better for those that come after us. With this student change, should come a shift in teaching style. A ten page paper may not be the way to drill concepts into our heads. Maybe, it's a hands-on project, actually applying those bolded words we read in our textbooks or maybe it's bringing in more real-life experiences, questions that make us think, and not just power-points from the textbook publisher. Wipe the boredom off student's faces and do something interactive, something that catches their attention. We've already read the book (at least some of us have), so why does it need to be regurgitate the following morning? We come to

## Knowledge is more than information; it is power

By Bryan Regele  
Staff Writer

American culture has evolved into a critically

flawed system of consumerist individualism. We no longer use our personal rights as a powerful force to inspire change but instead file them away only to be spoken on when we feel they have been violated. Our focus is narrowed so much on ourselves that we cast ballots based on personal income tax advantages rather than extended policies incorporating benefits for masses of fellow human beings. Has our culture really become so materialistic and self-centered that we have lost our connection to humanity? Though I personally hope this is not the case, the evidence of today is not too promising.

Our nation today is at a critical point. We continue at war with an enemy whom we do not entirely understand, together suffer in an economy that is at a despairing low, and stand divided on the important social issues of gay rights, gun control, abortion, and environmental protection. Though a new war, a new economic crisis, and new issues, our nation has undoubtedly been at similar points like this before.

The strongest comparison is the late 1960's when the Vietnam War, the Cuba controversy, voting rights, and poverty initiatives were all still burning hot. America as a nation is not far removed from this era; why then should we be concerned about coming out of such a similar situation today?

The most obvious difference is the approach we are taking to current issues in the political activism of the majority. Sociology Professor Dr. Gregg Lee Carter remembers the early 1970's as a time fuming with participation from students, parents, and grandparents in forms of public protest, formal organizations, and outward civil disobedience through draft dodging and destruction of property. Carter recalls college campuses as places where it was impossible to walk down a pathway without receiv-

ing a flyer inspiring some sort of counteraction to governmental policy. It was simply a time incomparable to today where involvement has been limited to presidential elections and relatively toned down lobbyist groups.

Professor Carter attributes the difference in reactions among college students and their relatives to the loss in personal connection that the military draft brought to households in the 1960's. He suggests that if reinstated today, the draft would bring out activism among Americans very similar to that of the Vietnam era. In order for the united hope for peace and equality that existed back then, Carter believes that a modified system for forced involvement be initiated by the government - one that allows for opting out of combat in Iraq in exchange for a commitment to community service either here in America or abroad. Another Bryant professor, Thom Bassett, agrees that such a policy may inspire participation.

Additionally, however, Bassett suggests that the real problem lies in the corporatization of culture that has occurred over the past decade. By this Professor Bassett implies that we as a nation have become too focused on our own personal bottom line benefit to realize that communal goals can still be attained. He interestingly points to former President Bush's suggestion that the best thing an American could do after 9/11 involved going out to shop as an example of how we now feel like consumerism contributes to something much greater than the individual.

Bassett instead holds that in reality a much more effective form of change would be something similar to those of the 1960's. The problem, he proposes, is that conservative and corporate America have twisted this historically significant method of ac-

tivism almost into a joke of an excuse for drug use even when such was a smaller part of a greater movement that brought about much positive change for our nation.

Professor Bassett is surprised that more action is not taking place on college campuses today. He points out that even while he was attending school in the 1980's, protests against the United States' policies in Latin America had a strong presence among students. Asking me of my input as a student myself, I responded that

*'Through these conversations with my professors I have gained both a better comparison to the past and understanding of today in regards to political activism in our culture.'*

though I do participate in events here on campus that inform me of important global issues such as the recent Ishmael Beah and Raise Your Voice events, little was being carried out by individuals after becoming informed on the subject matter. Bassett connects this observation back to the consumer nature of Americans today, suggesting that we as students have brought the philosophy to the educational arena where we simply consume information for our own personal benefit of possessing the knowledge on the issues rather than using it as a source of power and initiating progressive change.

Through these conversations with my professors I have gained both a better comparison to the past and understanding of today in regards to political activism in our culture. Just knowing why activism has dropped off, however, is not enough, in that it alone will not carry us out of this current crossroad which our nation is at. Instead I feel compelled to urge you as an individual to step out of this trend of individualist perspective and realize that communal participation similar to the 1960's can indeed lead to

progress in bettering humanity both domestically and abroad.

The United States is still in a position of great global influence as seen in the current global effects of our economic folly. Foreign nations are, however, beginning to criticize the continued self-centeredness of our nation through acts of terror, public protest, and a general consensus of mistrust in our governing bodies. In order to keep our respected status and these opponents at bay, we must make progress back to universal welfare and away from our individualistic focus of today.

As students we have the advantage of both freedom from life commitments such as careers and families and a wealth of information at our fingertips in campus libraries and faculty members. As a united educated force, we also have the ability to form coalitions that have an easy reach to on and off campus media outlets in our area. Instead of merely acting out when we feel that our personal rights have been violated, we should use our personal right of free speech to voice our concerns on the issues of today. Our current President Barack Obama has continually shown a respect for college students since the beginning of his campaign, so it can be expected that we would have his attention in our calls for governmental action.

In the end perhaps Dr. Carter is right that it is necessary for a draft to be reinstated for large scale participation to occur as it indeed did fuel participation in the 1960's. Since we have the attention of the President, however, I feel that by merely stepping out of the consumption philosophy by using our knowledge as power, we have the ability to save the globe from its current crash course with widespread suffering. There simply is no better way of insuring a better future for humanity than speaking up today; so we need to take advantage of our great blessing of a democracy and individual rights to inspire the changes for our universal well being.

# How Do You Define Torture?

By Drew Green  
Staff Writer

A secret is a secret for a reason. People keep secrets to protect against a backlash of accusations. The same is true for the memorandums that were recently released by President Obama detailing the various tactics employed by CIA operatives in interrogation scenarios. There are many issues with the release of this information. First, it raises your moral belief of what you consider torture. If you do not consider near-drowning torture then you probably would believe that the tactics used were justifiable under international and domestic law. That is all interpretation of law and an individual's concept of what torture is. For the Bush administration, torture obviously did not incorporate such tactics as simulated drowning. Maybe my contrasting view is just because I am too morally strict as a liberal to see that aggressively harsh interrogation techniques that not only simulate, but create a situation of close to fully experiencing drowning is on some level inhumane and a violation of human rights. Whatever the circumstance the Obama administration has already condemned the tactics used by the CIA during the Bush administration. The next step could be to sanction the people responsible for the policies.



Leon Panetta, Director of CIA (MCT Campus)

While Obama has not said he will do either or, there is a chance that a commission will be set up to deal with the CIA operatives responsible for the implementation of the tactics. Additionally, the policy makers could be sanctioned for their role in the creation of these former policies. It is an interesting prospect to see if either of these happens. Although, the people who committed these violations in policy and action had declared them not to be torturous that is the only means by which they are not torturous; confusing, yes.

The issue is that the domestic laws that deal with torture – which is forbidden – are not too clear in terms of what is torture. The vagueness allowed for the Bush administration to circumvent the laws by giving their interpretation of what torture was. The question I have is whether the Obama administration's recent

condemnation of the tactics used by Bush can be enough to sanction the actions of the CIA operatives or the policy makers that enabled the operatives' tactics. This issue deals specifically with how to define the abstract notion of torture. This is also all speculation of what could come and will be dependent on Obama's further dealings with the prior policies.

In the mean time the administration needs to deal with the fact that they released these memos and that their release has – and will continue to – spark the argument of whether the decision was in the best interests for the country. This is not just an argument that the release of the memos in some way increases the danger posed to the United States, but that the information needs to be detailed further. These two opinions are obviously the poles of an argument that centers on national security versus human rights.

The release of these memos should not prove to be Obama taking a stance of human rights over national security. However, some of the information regarding the tactics – while not specifically noted – was partially admitted by the Bush administration.

What the problem eventually boils down to is gathering information versus morality. If enough quality information is obtained through aggressive tactics, then should we forego our morality to protect the country? It is a perplexing question and one that places the defendant of either side in a situation to be criticized for their views in regards to the other. Although the Bush administration found ways around the issue by classifying the techniques described in the memos as non-torture tactics, it is a hard sell to claim that any kind of induced physical or mental harm of another person for the purpose of gathering information is morally just. This may be too general of a way of interpreting what torture is, but really I, nor anyone else who has not experienced torture, knows the true definition of torture. It's not the responsibility of the person being interrogated to determine what is torturous, but the responsibility of the people who make the laws that define interrogation techniques to understand the moral consequences of their actions.

# Letter to the Editor

Dear Editor,

I felt compelled to write this letter after reading the April 10th "Observations" column. There was an observation made about the @Bryant announcements, and since I am responsible for sending out the majority of those announcements, I wanted to respond. The first line: "We get a truckload every week." made me laugh because there really is a truckload. Not to mention the multiple emails that have been denied that you don't see. The irony here is that I collect these requests from various student clubs, organizations and departments on campus. These are the same groups that continually complain about receiving them. You are the driving force behind these emails, yet most of you claim to delete them before you even read them or block them completely ahead of time.

Most of the clubs and organizations are completely dependent on the @Bryant announcements to advertise their events, and are often dismayed if an email is denied due to not meeting the deadline or because it is a repeat request. Some students do not accept this denial, and have even gone to different offices to enlist help in sending their message. For a University that has Marketing as a major, I find this dependency troubling. Where is the creativity? Since the majority of the Bryant community deletes these emails, why not try a different approach? The @Bryant system offers an easy way out.

As for the second point in the observation about offering up a better way to distribute these three years ago, I believe at that meeting we discussed an option to the current system and came to the conclusion that it too contained multiple flaws. It was suggested that all of the emails be put into one giant @Bryant announcement. The only pro to this plan, that I can remember, was that it would limit the number of emails that go out. The cons were multiple and heavily outweighed the pros. An example would be: Monday is the most requested day, and sometimes I have 25-30 emails to go out. If I put all of those emails in one giant @Bryant, which one goes first? Which announcement goes last? Will the members of the community read through 25-30 announcements to see what might be of interest to them, or will they give up after reading about 5? How unhappy will the people running an event be if their announcement is number 23 on the list and they get poor attendance?

I believe that the solution lies in reducing our dependency on the @Bryant system, and in return the number of emails will be reduced. I challenge the student clubs and organizations to come up with new ways to advertise their meetings and events and put to use what they have learned as a Bryant student.

Judi Rix

*The Opinion pages of The Archway feature the opinions of the identified columnists and writers, which are not necessarily those of the newspaper or Bryant University.*

# Observations

Compiled by Bryant Students

## Bridge (no longer) Over Troubled Water

The bridge is open now! It's looking mighty fine, with the shiny new brick, too. Now campus does not seem twice as big!

## Just Dance!

We would like to congratulate the Velocity Dance Team on a job well done at the dance expo. It was done very well, and we loved all the "single ladies".

## Kinsey Sicks was Downright Amazing

Those of you unable to make the performance missed out on quite possibly the funniest and most entertaining act to ever hit this campus. We were VERY impressed.

## Spring Weekend Guest Rate is Ourageous

We're all for celebrating on spring weekend, but if we want to bring a friend on campus \$30 is a little steep. It seems that this rate increases with inflation every year. Hmm....but, people are still buying them.

Have you found anything new or interesting on campus? If so, send it to madams@bryant.edu.

# Bryant Said What!?

Compiled by Bryant Students

"Good Evening, Archway Office. . . I'm not a homeowner!"

"You have a penis, but you don't! Which one of you is lying? Who is Kinsey Sicks?"

"Have you ever reached so far inside your belly button that it hurts?"

"I could entertain the masses just by myself. Stop it!"

"How is that not a child? I mean, what is that?"

"Sex is like jelly beans. . . sometimes you just want to know what you put in your mouth."

"I would like to dropkick a goose. I think it would make a cool sound."

Prof: "MIM is coming!"

Class: "MIMS!"

Prof: "All of the MIMS are coming! . . . Who the hell is MIMS?"

Send quotes to madams@bryant.edu

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# WOW: To Binge or Not to Binge.....



By Jennifer DiPrete  
Staff Columnist

About a year ago, one of the Today Show anchors was interviewing a devastated mother as she talked about the death of her 21 year-old son. Her son was a college student and had participated in "21 for 21." For those of you reading this familiar with that phrase, no explanation is needed. For those of you not familiar, simply put, it is consuming 21 shots of alcohol on one's 21st birthday.

This woman's son died as a result of complications due to this behavior. Surely this tragedy did not have to happen. As a Health Educator who happens to work on a college campus, I was overwhelmed with feelings ranging from sadness to anger. Sadness because just listening to this woman and watching her body language would make anyone with a heart feel her pain. Anger because based on all we know about the dangers of binge drinking, this behavior continues to occur. Even worse, it is rationalized as a "rite of passage." Abusive drinking resulting in violence, injury, and worst case, death is NOT a rite of passage. The lines seem to have become blurred between drinking socially or moderately, and a no-holds-barred approach to alcohol consumption. As we close in on Spring Weekend, may the following serve as educational points to remember well beyond the upcoming weekend.

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), overconsumption of alcohol can lead to irreversible brain damage. Final exams are right around the corner. I'm sure many of you can do without any damage to neural connections and memory.

Researchers at Duke University found that those who binge drink could be risking serious damage to their brains now and increasing memory loss later in adulthood.

Binge drinkers have the highest risk of injury, increased risk of violence, and impairment in decision making. Binge drinkers also increase their risk of heart

*'Binge drinkers have the highest risk of injury, increased risk of violence, and impairment in decision making. Binge drinkers also increase their risk of heart disease, high blood pressure and type II diabetes.'*

disease, high blood pressure and type II diabetes. A study in the American Journal of Epidemiology associated 4-5 glasses of alcohol a day with elevated risk of developing liver cancer in both men and women.

College drinking contributes to 1,700 deaths of college students between the ages of 18-24 each year, along with:

- Almost 100,000 students between the ages of 18-24 becoming victims of sexual assault or date rape
- 400,000 students having unprotected sex
- More than 150,000 students developing a health problem related to alcohol
- 25% of students reporting academic problems caused by alcohol use (NIAAA, A Call to Action: Changing the Culture of Drinking at US Colleges)

A study in the Journal of Nutrition reported those who binge drink had more abdominal fat than those who consume moderate amounts of alcohol or those who abstain. Other physical side effects of binge drinking include pre-

mature aging, liver problems, and a jaundiced appearance. Five drinks at a typical bar can cost anywhere from \$20 - \$50. Five 8-ounce margaritas will run you about 2,000-2,500 calories. Consuming five 10-ounce rum and Cokes will cost you roughly 1,600-1,800 calories. Not to mention hangovers, dry mouth, and other physical side effects. That headache that comes with indulging in one too many cocktails is a result of the brain's blood vessels dilating, causing a throbbing pain. Dehydration causes the brain to pull from its lining, intensifying the pain - OUCH! A heavy bout of drinking affects nearly every system of the body for up to 24 hours. For more information on the Anatomy of a Hangover, stop by the Office of Health Education located in Health Services, Hall 16.

Should someone exhibit any of the following signs and symptoms of alcohol poisoning, call DPS or 911 immediately:

- Unconscious or semi-consciousness
- Slow respiration (breaths) of 8 or less per minute or lapses between breaths of more than 8 seconds
- Cold, clammy, pale or bluish skin
- Vomiting
- Confusion or stupor
- Seizures

Do not leave the person alone! Try to wake the person up, continue to check breathing, turn the person on his or her side to prevent choking on vomit.

Enjoy the spring weather and all this time of year has to offer. As a reminder, the legal drinking age in the US is 18. If you don't drink, there's no reason to start, if you do drink, do so in moderation keeping yourself in control. And above all, look out for one another.

Happy spring! Be safe and be well!

## Simon Says: Let's be careful out there



By Toby Simon  
Staff Columnist

This weekend is Spring Weekend. This month also happens to be Sexual Assault Awareness Month. Although I'm not sure the creators of this month had college spring weekends in mind when they invented the month, but they should have.

I'm not going to mince words in this last column of the year. Why? Because I'm frustrated and angry.

Frustrated that after all

these years of sexual assault awareness and talking more openly about sex, rape on campus is still way too prevalent. Men are still behaving badly and women are still reluctant to come forward to report these incidents. And when women are brave enough to come forward to report, they are still being treated like they're to blame for what happened or worse, that they're making it all up. Sadly I find that many of the Bryant women I talk to who have been assaulted, don't want to report the incident because as they say "I don't want to get him in trouble."

Oh really? He's just ruined your life, but you don't want to inconvenience him? You think that for some reason, because you passed out from too much booze-- and he decided it was ok to have sex with you-- that it was somehow your fault? Or because even though you told him, as you were walking back to your dorm that you didn't want to have sex with him, he didn't seem to get the message and managed to pin you down on your bed and penetrate you. Or worse, you trusted a guy friend to not take advantage of you, yet he did anyway and somehow you wonder whether you were to blame.

So yeah, I'm upset that after twenty five years of talking about this, not a whole lot has changed.

Hey guys-- avoiding being a perpetrator is not rocket science. If you really want to be a better lover (because I know you all think you are already good lovers) follow these simple rules. Talk to a potential sex partner about consent. It is a turn on for women. Ask her if she's ok with what you're doing sexually, find the words you need to get consent, whatever those words may be. Use the Chris Peaks approach if necessary but please, make sure you get consent to sexual activity before engaging in it.

This means that you can't have sex with someone who has passed out from too much alcohol. Duh. If she's passed out or asleep, she CANNOT give consent and if she doesn't, it could be rape. This also means that if she

is impaired from too much alcohol she can't give consent. Impaired is different from tipsy, and I know you know the difference between the two states. You need to be aware of someone's level of intoxication.

OK Toby, but what if both people are drunk? Well guess what? Two people may be drinking but usually one person is trying to up the sexual ante. And usually that person isn't as drunk as the other person no matter what he or she says. If both people are drunk and going at it, then it may be hard to tell who is upping the sexual ante. But one of you (in heterosexual situations) is trying to penetrate the other person. Most rational people would



(MCT Campus)

say that's the person who is upping the ante. And that person better get consent. And if guys are really and truly wasted, they are not going to get it up. So there's no ante to be upped is there?

Drunken sex is sloppy sex. It usually isn't very good sex. Why take the risk that you may be having sex with someone who is too impaired to consent? Trust me, there will be other opportunities to engage in sexual activity, in your life time. Most likely within the week you'll have another chance.

Spring weekends are notorious for risky and dangerous sexual encounters, sexual misadventures, and sexual assault. Don't become a statistic.

And while I'm at it, it is important to know how to respond to someone who tells you he/she has been sexually

assaulted because you may be the first person they are telling. It's also important because your response will either help the person to heal and hopefully seek counseling or, may hinder the person's ability to get help.

Because the incidence of sexual assault is far too common in our culture, it's worth the space in this column to talk about the best way to respond to a disclosure.

The best thing you can do is listen. Just listen. When someone trusts you well enough to disclose an incident that was painful and assaultive to them, it's a good idea to just be there, be in that moment. Sure, you may wonder about the circumstances surrounding the assault. You may wonder why your friend chose to drink heavily on that night, why your friend trusted someone they just met, or why your friend didn't report the incident to the police. But it's best to keep those thoughts to yourself when someone has shared their sexual assault experience with you.

Remember that bad judgment is not a rape-able offense. And after just listening, one way to respond is to let that person know that you are glad he/she has told you about the experience.

The next best thing to do is ask a simple question: How can I help you? Or what can I do to help? Chances are that person may not know what you can do, but asking the question that way versus assuming you know best what to do for your friend, will really help a victim move in the direction of regaining control over his/her life.

Someone who has been sexually violated has had that highly personal and intimate decision taken away from them. They have lost all sense of control over their life, their body and their decisions. As people move from being a victim to becoming a survivor of sexual assault, they often work on the issues of how to regain a sense of self as well as power and control in their lives.

As we head into Spring Weekend, I hope that everyone has a terrific time. I really do. The weather forecast is great so let's make this a weekend to remember. Please don't contribute to national sexual assault statistics. To quote a great police drama back in the day: "Let's roll and let's be careful out there."

*If you or someone you know is sexually assaulted, call the Women On Call at 401-258-4209. This is a 24/7 sexual assault response team staffed by Bryant administrators. All calls are confidential. Call any time, day or night.*

Have something to say?  
[www.bryantarchway.com](http://www.bryantarchway.com)

## Bulldog Flicks: 17 Again

By **Luke Stankiewicz**  
Staff Writer

The film *17 Again* initially had a lot of things working against it. A predictable plot and an ex-Disney Channel star were only a couple of them. In spite of this, the movie turned out to be surprisingly good, and even though I didn't want to, I ended up an Efron fan by the credits.

Mike O'Donnell (Matthew Perry) is a middle-aged pharmaceutical salesman who was just turned down for the promotion he's been working for over the past 16 years. On top of this, his wife (Leslie Mann) wants a divorce, his kids barely want to see him, and he's living with his nerdy best friend Ned (Thomas Lennon) who sleeps in a bed shaped like a pod racer. Flash back 20 years ago and you see a different Mike O'Donnell, this time played by Zac Efron. In his high school days he was a good looking and popular basketball star who had the girl of his dreams and a bright future ahead of him. So how did everything end up so badly for Mike? At the last game of his high school career, with talent scouts looking on, Mike had to make a choice. Does he play the game of his life and go on to play for the Syracuse Orange, or follow his (recently discovered) pregnant girlfriend out of the stadium and tell her he loves her? You can imagine what happens.

Many critics had many reasons to be biased against this movie, and it shows in the reviews. For one, Zac Efron is still the kid from *High School Musical*, and unfortunately for him the immense popularity of the franchise is inversely proportional to his respect as an actor. Also, the film's premise is clearly quite generic, the classic body switch do-over deal that we've seen a hundred times before in films like *Big*, *13 Going on 30*, and *Freaky Friday*, to name a few. Admittedly, this is what I thought going into the movie and fortunately I was wrong.

One thing that this movie does extremely well is that it stays original where many similar movies would have fallen into the cobweb of repetition. The movie explores some of the different aspects of

what a situation like Mike's would entail, such as his wife's inexplicable attraction towards a boy who looks exactly like her high school sweetheart. The movie is consistently funny too, such as a scene when teenage Mike (with the brain of adult Mike) unleashes a tirade on a school bully who happens to be dating his daughter. Any scene between the school's principal (Melora Hardin) and Ned are guaranteed to be hilarious, especially their first date. Scenes like these and many others offer unexpected twists that make the movie worth watching. It's well paced and never becomes too heavy, two things that usually kill movies in their attempt to reach beyond being merely "entertainment." This movie is ok with just being a diversion, a distraction, and does a great job of it.

Of course, I cannot say the movie was perfect. The biggest flaw was the staggering number of plot holes and inconsistencies. For example, would it not be reasonable to believe that Mike's old basketball coach would at least be a little shocked by a kid who looks *exactly* like the Mike he knew from 1989 walking onto the team twenty years later? Also, teenage Mike tells (adult Mike's) wife that he's her brother-in-law's kid in order to explain the striking similarity between him and her husband. Wouldn't she have



Zac Efron, who found fame as Troy in *High School Musical* and Link in *Hairspray*, stars as Matthew Perry's 17-year-old counterpart in this new flick. (MCT Campus)

met her husband's brother at some point, or at least known he had a kid? I guess it doesn't really matter though, because this movie isn't *Back to the Future*, it's a throwaway.

To me this movie was like going to Salmo every day. It's good yet inconsistent, and we always wish it was better. I believe that Efron has a future in film; I'm just not sure where yet. Most likely, he'll be a leading man in romantic comedies and possibly dramas. But I digress. I give *17 Again* 3 out of 5 Bulldogs.

This movie earned  
3 out of 5 bulldogs



## Celebrity Round-Up

By **Carlos Ramos**  
Staff Writer

*Parade* magazine has released its annual "What People Earn" issue

for 2008. It seems as though the economic recession is not affecting the paychecks of the celebrities in Tinsel town.

Beyonce and Jay-Z earned a combined \$162 million, while Tyler Perry with his entertainment ventures earned an amazing \$125 million. But no one comes close to an iconic doll that has been around for 49 years; Barbie and Mattel made a whopping \$3.3 billion.

The race to reach one million followers on Twitter came to an end last week when Ashton Kutcher became the first Twitter to reach this historic mark. CNN and Britney Spears later followed in reaching this mark.

Many new couples announced they are expecting a baby. Congratulations to *Grey's Anatomy* star Ellen Pompeo and her husband Chris Ivery, and *Fantastic Four's* star Ioan Gruffudd and his wife Alice Evans. Meanwhile, country star Brad Paisley and Kimberly Williams welcomed a baby boy last Friday.

Tennis pro Andy Roddick and swimsuit model Brooklyn Decker tied the knot last Friday in Roddick's hometown of Austin, Texas. Guests were treated to a musical performance by Roddick's longtime friend Elton John.

Miss North Carolina Kristen Dalton was crowned Miss USA 2009 this past Sunday, but Dalton was probably overshadowed by first runner-up Miss California Carrie Prejean's answer to legalizing same-sex marriage.

Her response to the question: "We live in a land where you can choose same-sex marriage or opposite marriage," Prejean said. "And you know what, I think in my country, in my family, I think that I believe that a marriage should be between a man and a woman. No offense to anybody out there, but that's how I was raised."

At the box office over the weekend *17 Again*, starring Zac Efron, took the number one spot bringing approximately \$23.7 million.

In the number two spot was *State of Play* starring Russell Crowe taking in approximately \$14.1 million nationwide.

Rounding up the top three was last week's number one *Hannah Montana The Movie* starring Miley Cyrus bringing in approximately \$13.4 million, almost a 59% difference from the movie's opening weekend.

Just two weeks until the summer blockbusters start appearing in theaters. Movies opening nationwide this weekend include: the Disney documentary *Earth, Fighting, Obsessed*, and *The Soloist*.

## Harper's Island kills

By **Coburn Childs**  
Staff Writer

A group of family and friends travel to Harper's Island—37 miles off the coast of Seattle, WA—for a destination wedding. It is to be a week of joy and celebration, but what they don't know is that the festivities will be anything but fun. There is a killer among them...

So begins *Harper's Island*, CBS's new show that runs on Thursday nights at 10, from now until July 2<sup>nd</sup>. Each week, one person—sometimes more—is killed off, and the audience is left to wonder just who is causing all the mayhem. Anyone can be a victim, and *everyone* is a suspect. By the time 13 weeks are over, everything will be revealed to the audience. And only a few characters will be left.

The story centers around Abby, a Harper's Island native who left seven years ago when her mother and five others were murdered on the island. She is returning for the first time to face her dark past and conquer her fears. Good luck with that! Abby's estranged father is the local sheriff, but Abby is less than thrilled to see him again. Henry, the groom—and Abby's best friend from childhood—just wants his wedding week to go smoothly, while the rest of the people in the wedding party just want to have a good time. These include the bride Trish, her rich father and stepmother, the groom's fun-loving Uncle Marty, the clichéd bridesmaids and groomsmen, and some island residents who join the fun, among others.

The cast consists of little-known actors, but this works to the show's advantage. There are enough people playing sizable roles and smaller ones—some of which seem expendable—but you will still wonder who will be killed next. Warning: there are surprises! The writers have a tendency to develop a character who you think will play a big role, only to kill them off in that episode. This has happened more than once, and when it does, it seems somewhat self-destructing of the show. If CBS wants to keep viewers, they need to keep around characters that we care about.

Thankfully, the show works on a lot of levels, mostly due to the fact that we have those well-established characters to root for (for now at least). One

See "*Harper's Island*" on page 15

### WJMF SpringStock

WJMF's annual concert during Spring Weekend is fast approaching check out some of the bands we have scheduled for this year's show.

#### Headliner

Crash Romeo: [myspace.com/Crashromeo](http://myspace.com/Crashromeo)

#### Opening Acts

Aston: [myspace.com/Aston](http://myspace.com/Aston)

Baylock: [myspace.com/Baylockmusic](http://myspace.com/Baylockmusic)

Location: In Back of Koffler Building

Date: Saturday April 25<sup>th</sup>

Time: 12 noon-4pm

Tune-  
into  
WJMF  
The beat of  
Bryant

# Harper's Island

Continued from page 14

of the things that doesn't quite work, however, is the scare factor. While the show is being marketed as horror, it really isn't. It has some gruesome moments—some of them surprising for network television—but overall it is a plot-driven mystery, not a mindless kill-fest. Suspenseful? yes. Scary? no. It is an interesting premise that you don't often see on television: set up a story that will only last for one season, kind of like a reality show. Instead of voting people off, they are killed off. The writers of *Harper's Island* have also said that if a second season were to be done, it will be an all-new setting with completely different characters.

The action is only a couple of episodes in, and so far it is entertaining. As of this writing, five people are already dead. But many more are suspects. Could the killer be JD, the shady brother of the groom? How about Jimmy, the too-nice-to-be-true ex-boyfriend of Abby? He lives on the island and seems to be a little too happy that Abby is back for a visit. Maybe it's Chloe, a bridesmaid who is way too obsessed with the island's dark past? Or Cal, her boyfriend who doesn't seem to fit in with the rest of the rich, uptight family? And what's with Madison, the creepy flower girl who has a fondness for chanting an eerie "one by one" every time we cut to commercial break?

The characters on *Harper's Island* are very interesting, keeping you wondering who will go next and who just might have a motive to kill. While the writing may not be the strongest, it works for what it is: an entertaining murder mystery that plays out in *Clue* fashion, constantly keeping you guessing. Of course, the show has many noticeable flaws. Some cheesy acting, bad dialogue, and overly-coincidental situations are laughable, but what do you expect from a show like this?

While *Harper's Island* isn't a show for everyone, it is nevertheless an entertaining bit of cheesy fun. Since it only runs for 13 weeks, I am going to keep watching—and guessing—until the end. If you are a fan of murder mysteries, plot twists, and interesting characters, you should watch too!

# Spring Awakening takes on PPAC

By Brigit Clancy  
Variety Editor

Winner of eight Tony awards, including "Best Musical of 2007," *Spring Awakening* is a contemporary rock musical about a group of teenagers in a repressive society in 1980 Germany who are navigating their way through the hardships of puberty. Steffi D, who is starring in the national tour of *Spring Awakening* as Ilse, said, "It tells the timeless story of coming of age and having questions about the changes that are happening in your mind and body that are both frightening and exciting at the same time."

*Spring Awakening* was originally written by Frank Wedekind in 1891; in 1999, singer Duncan Sheik, best known with his hit "Barely There," and Stephen Sater came together and adapted the play to a rock musical. "The juxtaposition of the classical story with the modern rock score is trying to show the dichotomy between then and now and how nothing has changed," said Steffi.

In *Spring Awakening*, Wendla tries to explore the mysteries of her body, but is told to be quiet by her mother; Melchior tries to help his friend, Moritz, who is struggling through puberty. When Wendla and Melchior accidentally meet, the two fall in love. Wendla soon discovers she is pregnant. Moritz drops out of school. He cries for help, but does not even listen to his friend Ilse. Moritz later commits suicide. Melchior is expelled because the Headmasters believe he is responsible for the "crime" of Moritz's suicide. Melchior and Wendla must go against all odds to be together and to raise their child.

*Spring Awakening* features a talented and bright cast. Steffi plays the troubled Ilse, a 15 year-old girl who runs away from home "to live as a bohemian in an artists' colony to escape her fate at home" in the national tour of *Spring Awakening*. "Ilse is the mysterious, colorful outsider," commented Steffi. "She has grown up before her time. She is an old soul in a girl's body. Unlike all the characters in the story, she has gone through her 'spring awakening' already. Throughout the show, she is like a phantom overseeing the action of the play and remains very mysterious until

the second act. She is a very symbolic character that can be interpreted in so many ways. She is also the only character who wears bright green in the show, symbolizing the flowers blooming and spring. She's a butterfly."

Steffi believes that *Spring Awakening* is a timeless story that tackles themes that will always be part of human nature. "Any teenager will recognize him or herself in one of the characters," said Steffi. "Any adult will remember how hard the journey through puberty was. Whether you are going through it or have gone through it, you can relate to this story. If you are a parent, bring your teen to the show and then have the 'birds and the bees' talk! Because at a certain age, teens stop believing in the stork!"

*Spring Awakening* has performances at the Providence Performing Arts Center until April 26<sup>th</sup>; the tour will then continue to the Colonial Theatre in Boston from April 28<sup>th</sup> until May 24<sup>th</sup>. "Come be moved by the music that is like poetry set to music," Steffi said. "Everything is open to interpretations in the songs. The lighting, the set, the choreography and the direction is so beautiful. We are painting a picture that is so moving and real. Come be entertained and maybe learn something... Or just watch and listen to us tell this story that has to be told."



Don't miss out on seeing the 'Best Musical of 2007.' (Broadway World)

# No more Salmo or Mom's Cooking, oh no!

By Erin Madore  
Staff Writer

Yes, it's true. If you are moving out on your own (which does NOT mean you're crashing in your parent's basement) you've hopefully realized that along with the freedom and fun comes the brutal fact that you won't have the convenience of Salmo or your mom's famous mac & cheese to save you from starvation. Yup, you have to cook – not only that, you have to go food shopping too.

This may seem like an easy task compared to your Finance finals or making it to graduation dressed and sober, but you'll come to find out that it's not as easy as you think. Even for you town house residents that make Raman noodles and scrambled eggs, you'll quickly realize that working 9 – 5 and living on your own comes with a whole barrel of monkeys not expected. And I've been there too – there were many nights when the only thing I knew how to cook was spaghetti with marina sauce (which isn't bad, but you need something different!). After living on my own for... too many years to say, I've gained a lot of know-how that can help make the transition smoother. So, here we go.

My main arena where I have come to be somewhat of a pro is the kitchen. Cooking is a great way to unwind after a stressful day and literally get away from your all electronics (your eyes will thank you just as much as your tummy). Oh, and it's a great way to save some moolah (very very important) and not gain another Freshman Fifteen (and you can even take them the next day to work – beats buying Subway everyday). So, here are three extremely easy, quick and cheap recipes that anybody can do and will help you mix up your nights!

### Sweet and Sour Chicken

Approximately 3 servings – takes about 20 minutes  
So yummy and delicious you'll forget about ordering in.

- 1 Chicken Breast
- 1 Pepper (any color)
- Vegetable Oil – 2 tablespoons
- Jar of pineapple rings with juice
- 1 cup water
- 1 medium sized Onion
- 1 cup uncooked brown rice
- 1 handful of broccoli
- 1/3 cup La Choy Sweet & Sour sauce

First cut up the chicken – set aside – then (on a clean cutting board) cut up the peppers, pineapple, onions and broccoli all into bite sized pieces. Heat up a skillet with the Vegetable Oil and once hot add the chicken, make sure to cook thoroughly on both sides. While the chicken is cooking boil 1 cup water – once it comes to a boil add the rice and follow the directions on the box. Once the chicken is no longer raw (looks white) add the peppers, onion, broccoli and pineapple – stirring every minute or so. The rice should be done by now so just let it sit. When the broccoli is dark green and everything looks a bit browned and doesn't feel hard anymore add 4 tablespoons of the pineapple juice from the jar and mix up for 4 minutes or so (putting on a cover when you're not stirring). Finally, add the sweet and sour sauce, stir really well and add the rice – let it sit for a couple minutes and EAT! J

### Italian Style Pork Chops and More

Approximately 2 servings – 30 minutes

A dinner to make mom proud.

- 2 Pork Chops
- 2 tablespoons Vege Oil
- 1/2 cup Italian Breadcrumbs
- 1 Egg

Box of Quick Mashed Potatoes  
Add 1 tablespoon butter if you want

2 cups Frozen Broccoli  
Stir up the egg yolk in a bowl and pour the breadcrumbs into a second bowl – place next to each other. Dip the pork chop in the egg and then in the breadcrumbs; this will make the breadcrumbs stick! Heat up a skillet, pour in the vege oil and once hot add the 2 pork chops and cover – these will take about 10 minutes on each side to cook until there isn't any pink in the middle. While the pork chops are cooking boil a pot of water for the frozen broccoli and cook for 5 minutes. And follow the directions for the mashed potatoes. Once the pork chops are done you're all set – bon appetite!

### Mandarin Chicken Salad

Approximately 2 servings – 10 minutes

- For those hot summer nights this will keep you cool.
- 1 Chicken Breast
- Handful of cherry tomatoes
- 1 tablespoon Olive Oil
- Can of Mandarin Oranges
- Handful of baby spinach
- Shaved carrots – apx 1 large carrot

### Newman's Own "Raspberry & Walnut Dressing" Croutons

Cut the tomatoes in half and cut the chicken into bite sized pieces. Heat up a small pan with the olive oil and once hot add the chicken – stirring every couple minutes. While cooking put spinach, tomatoes, mandarin oranges, carrots and croutons in a large bowl and drizzle the dressing over – then toss well! Pour out onto a plate and add the hot chicken breast (or let it cool first) and you not only have a healthy meal but it's really yummy and kinda sweet.

Since none of you are living in the kitchen – what about the rest of your place?? Well, to begin with – your first apartment is just that – it's an apartment and nobody expects you to have all Pier One furniture and perfectly matched curtains and rugs. Have fun with it and make it your own space (especially since you don't have to share or confine yourself to one little room) but keep in mind that you're really only enjoying your home for a few hours each night and weekends. So, make it your own personal space to relax but don't feel like you have to spend thousands – Ikea is a great place to start (just make sure to read the directions when you build anything – they're tricky little buggers).

Some other quick suggestions: try to buy in bulk for meats and freeze the extra that way you always have some in the freezer. Buy extra shampoo, conditioner and soap because it really sucks getting in the shower at 6 am to realize that you are out of any (or all) – it's much easier to get the one under your sink than run to the corner store all wet and soapy. Don't forget to hide a key outside somewhere – this will guarantee you never get stuck outside in your bathrobe (or worse, all wet and soapy because you ran out to buy conditioner!).

Finally, without sounding too corny, this is a great time to actually listen to your parent's advice – remember, they've lived on their "own" for many years and probably have some sprinkling of suggestions that can help you get over the bumps of your new lifestyle. And don't think of graduation as leaving behind the best years of your life – trust me, the next four years are going to be even better.

So, to all the seniors out there – Congratulations and Good Luck!

# Your Upcoming Exits

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