



The Student Voice of Bryant University since 1946

THE ARCHWAY

Black and Gold and Read all over

www.bryantarchway.com

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TEDxBryantU showcases innovative Bulldogs

Kaitlyn Graham
Co-Editor-in-Chief

Lyme disease, magic, and dating apps were among the topics discussed at Bryant University's innovation-focused TEDx event, an independently organized event licensed by TED. Audience members experienced thirteen speakers all from our own Bryant community, ranging from current students as young as freshmen to well-accomplished alumni and faculty. The presentations, while all unique in their own way, centered on an idea familiar to all those who have received a Bryant education: innovation.

The event is part of the TED organizations' TEDx events, which are programs organized in individual communities around the world to allow for more TED-like experiences to occur. The TEDx events are organized by members of the communities in which they occur with the general guidance and regulation by the overarching TED organization. Bryant's event, deemed TEDxBryantU, was put together by a team of students that was headed by senior Samantha Scoca, with the help of multiple campus groups and faculty aid.

TEDxBryantU featured many different perspectives on the idea of innovation, with each speaker offering their own experiences and ideas throughout the event.

John Logan, alumni

Starting off the event, John presented the audience with a comparison between entrepreneurs and magicians. The audience was asked to reflect on how far we've come in the past 100 years regarding things that people before us would have deemed impossible. Through incorporating a magic trick and asking the audience to use their phones, John provided a fun and interactive talk about how what might seem impossible is only that way because of our narrow perception of thought.

John Boccuzzi Jr., alumni

Opening with an uplifting story about a woman named Ruth, an eyeglasses' store owner where he purchases his eyewear from, John brought the audience through what it means to have exceptional customer service. With his relatable presentation, John not only made the audience laugh but also hit home how it can be both profitable and brand-changing for a company to become consumer-focused.

Andrew Viveiros, alumni

Immediately from the start of Andrew's presentation the audience was struck by the passion and dedication Andrew has towards his job. As a Child Nutritional Professional for Sodexo, Andrew was able to share his innovative ideas for how we can help the one and seven children in Rhode Island who is presently food insecure. Drawing in the audience through startling statistics about those directly around us, Andrew spoke to the connection between fed and healthy children and the resulting increasing economic growth Rhode Island could experience.

Melissa Gurzenda, student

As the youngest presenter of the day, Melissa represented the amazing innovative personality of Bryant's current freshmen class. Walking the audience through a project involving innovation that she completed in high school, Melissa brought forward the idea that people shy away from innovation because they assume it to be complex and difficult, when really it can be simplified and still change people's lives.

David Dolan, alumni

"What do you imagine the first day of your work-life to be like?" David's first question definitely had all of the seniors in the audience immediately intrigued with the description of what life after Bryant would hold. Through descriptive details, David brought the audience to the realization that many corporations do not invest time to train new employees even when it could truly benefit them in the long run.

Brian Blais, faculty

Through the use of personal narratives, Professor Blais discussed the importance of having both imagination and skepticism when observing the world. When observing why something happens the way it does, Professor Blais encourages us to always consider alternative points of view, even when you are 99% sure you are right.

Joe Trunzo, faculty

Taking the course of the day in a different direction, Professor Trunzo spoke about the way he uses Acceptance and Commitment Therapy (ACT) to help treat people with chronic illnesses. Professor Trunzo



TEDxBryantU showcased 13 speakers from different parts of Bryant's community (James Imrie)

describes ACT as taking patients through the process of accepting all of the feelings that come with being sick, as well as learning to continue to chase what you value even if it hurts. Making his presentation even more moving, Professor Trunzo used the specific example of the current debates and inadequate care surrounding patients with Lyme Disease, capturing the audience for the entirety of his time on stage.

Corey Page, student

The second student to take the floor was Corey Page, a senior who showed his passion for motivating and helping those around him. Corey spoke to the importance of not underestimating millennials, even if the word has a negative connotation to many in the workplace. By describing millennials as the "optimistic generation", Corey spoke to the true character of millennials.

Amanda Garber, alumni

Amanda immediately caught the audience attention with her topic alone, choosing to relate the current world of dating to innovation and technology. Pulling at a topic of interest to many members of the audience, Amanda gave her personal experiences with using dating apps like Tinder, Hinge, and Coffee Meets Bagel. By encouraging users of dating apps to focus their use on not only dating but meeting people when they relocate to new places, Amanda conveyed the importance of accepting new and potentially different methods of communication in our current world.

Tom Roach, faculty

After the majority of the presentations touting the importance and favorable traits of innovation, Professor Roach offered an eye-opening alternative perspective. Using poor-quality public transportation versus investing in new infrastructure as his example, Professor Roach explained how our obsession with innovation is causing us to neglect "maintenance" of what we already have. While we are innovating and investing in high-rises throughout Boston, something as simple and necessary as the T system of subways is becoming more and more worn down. Instead of seeing innovation as a necessity, Professor Roach discussed the need to revisit some of our traditional modes of learning and living.

Barry Fleet, faculty

For those in the audience who were potentially not feeling motivated or questioning their goals, Professor Fleet's presentation definitely gave them the boost they needed. Speaking to audience members who he acknowledged would range from confidence and self-actualized to those who might be more apt to hide in their shell, Professor Fleet offered his inspiring story of his fitness coach believing in him and helping him to complete his triathlon.

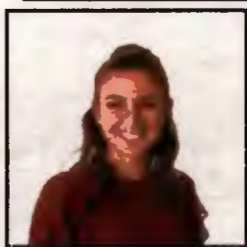
John Bly, alumni

Through offering startling details about entrepreneurship, such as "more than 80% of U.S. started companies fail", John's presentation made it clear to the audience how important it is for businesses to use innovative ideas to help their company grow. Discussing his own impressive story of taking the risk to start his own company at age 24, John shared his entrepreneurial wisdom with an engaged audience.

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Meet The Archway Staff

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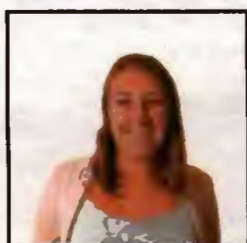
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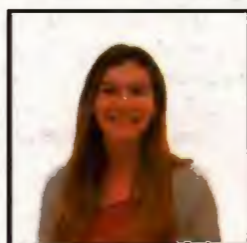
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Department of Public Safety Log

LARCENY Sep 10, 2017-Sunday at 12:13

Location: RESIDENCE HALL

Summary: DPS received a report of a wheel chair being taken from the lobby of Residence Hall 16.

EMT CALL EMT CALL / MEDICAL SERVICES
RENDERED Sep 12, 2017-Tuesday at 09:49

Location: FISHER STUDENT CENTER

Summary: DPS received a report of a male who has fallen down. EMS was activated. Patient was transported by Smithfield Rescue to Fatima Hospital for treatment.

EMT CALL EMT CALL / MEDICAL SERVICES

RENDERED Sep 13, 2017-Wednesday at 09:26

Location: UNISTRUTURE

Summary: DPS received a report of a student having a seizure. EMS was activated. Patient was transported by Smithfield Rescue to Fatima Hospital for treatment.

POSSESSION OF DRUG PARAPHERNALIA Sep 14, 2017-Thursday at 16:49

Location: RESIDENCE HALL

Summary: During fire alarm testing a DPS officer found drug paraphernalia in a bedroom.

LARCENY Sep 16, 2017-Saturday at 01:35

Location: RESIDENCE HALL

Summary: DPS received a call from an RA reporting a theft of a laptop and other items from a bedroom. Officers responded to investigate the theft. The reported stolen laptop was recovered.

LARCENY Sep 16, 2017-Saturday at 14:46

Location: TOWNHOUSE

Summary: DPS received a report of lanyard with a room key and a Bryant ID being stolen from inside a Townhouse. The key and ID were later recovered however, the ID was used for unauthorized purchases in Ronzio's and Salmonson.

Extravaganza looks to begin the month of March with a bang

Elana Williams-Leonard
Copy Editor



Students pose on stage at last year's Extravaganza event (James Imrie)

On Friday, March 2nd, 2018, Bryant University's Multicultural Student Union will be hosting Extravaganza, a student-produced fashion show that honors Black History Month. The event will be held in the Multipurpose Athletic Center (MAC) at 6 PM. Each year the theme is different, ranging from the #BlackLivesMatter movement to black female empowerment, to the African diaspora, yet the concept remains the same: stressing the significance and importance of black history and black excellence through fashion.

This year's show will be hosted by two of Bryant's most involved and cherished seniors, Katherine Henao and Alex Ortiz. The two are both actively involved with the Multicultural Student Union on campus and have decided to direct Extravaganza together this year for various reasons. In interviews with them both, their passion for this year's show undoubtedly came to the surface.

In an interview with Alex, it was inquired about her reasoning for playing such a significant role in Extravaganza this year. Her response was "I decided to codirect Extravaganza this year because I wanted to accomplish something big my final year. In fact, I have been a part of Extravaganza all four years of my college career. My first two years here I was a scene leader, and then my junior year I was the head, backstage manager. Looking back, I am so glad that participated because I was able to experience all aspects of the wonderful production. I also wanted to run the show this year because of my love for production and entertainment in general. My dream job is to be the creative director for a music tour. Combining my interest and passion to highlight black

excellence is what truly motivated me to co-direct this year's show."

Separately interviewed was Katherine, during which she was asked about why she decided to co-host this year. She responded, "I originally became involved with Extravaganza my sophomore year as a model. At first, I was filling in for a friend and was unsure what to expect, but then I fell in love. There is so much passion behind this show. The fact that art and Black History Month are merged together to create magic really inspired me. Also, I've always loved fashion, so it was no question that I would equally love directing a fashion show. Attending a predominantly white institution is another reason that I decided to become involved, to push forth social justice and reveal the importance of black history. Not only does Extravaganza celebrate Black History Month and fashion, but it highlights all the talented and diverse students we have here at Bryant. This show reveals that although many of us are business students, there is true art in all of us."

The purpose of Extravaganza is to bring the entire Bryant community together in honoring Black History Month and celebrating the beauty that lies within black culture. It showcases and highlights influential black figures, moments, movements, movies, and so much more, and does this through the fashion artform. This year's show is going to be spectacular, as Alex Ortiz and Katherine Henao have worked extremely hard to put it together. Come out and support your fellow Bryant students as they model amazing outfits and promote black excellence this year at Extravaganza.



The Multicultural Student Union's logo (Twitter)

Top tweets of the week

"This will be a big week for Infrastructure. After so stupidly spending \$7 trillion in the Middle East, it is now time to start investing in OUR Country!"

- Donald Trump, 02/12/18 (@RealDonaldTrump)

"To all those who tweet at me saying that they 'hope I fail', I have failed many times many times in my life. But more importantly, I've learned from every setback, proudly own up to my mistakes, grown from disappointments, and now I'm a glamazon [expletive] ready for the runway."

- Adam Rippon, 02/12/18 (@Adaripp)

"Couldn't be happier to qualify first today! Tomorrow is the moment I've been looking forward to for 4 years... Let's do this"

- Shaun White, 02/12/18 (@shaunwhite)

"Seriously antsy to get my events started at these Olympics. Probably going to bite all my nails off... #dontjudgeme (racing on the 17th, 21st and 23rd)... approx. 3 days, 22 hours and 56 minutes to go!"

- Lindsey Vonn, 02/08/18 (@lindseyvonn)

"So happy and SO proud of our team. We just got up to the mountains for our medal ceremony!!!"

- Maia Shibutani, 02/12/18 (@MaiaShibutani)

"Congrats to @chloekimsnow on #gold and @arielletgold on #bronze !! Great start to the day! @TeamUSA #BestOfUS"

- Elana Meyers Taylor, 02/12/18 (@eamslider24)

"Mark your calendars: Feb. 18th & 19th. @justinbolsen and I fire it up in 2man"

- Evan Weinstock, 02/12/18 (@Evan_Weinstock)

"I stan for @shaunwhite"

- Gus Kentworthy, 02/12/18 (@guskentworthy)

Bryant University welcomes Democrat club to its RSO family

Zahir Williams
Contributing Writer



The logo of the College Democrats of America (Wikipedia Commons)

It has been over eight years since Bryant University has had a political club on campus, but that has recently come to an end. A new organization has joined the Bryant community: the Bryant Democrats. Quinton Law, President, Founder, and student-athlete, created the Bryant Democrats to produce a space for students who might be interested in getting involved in politics.

He is currently a junior at Bryant University majoring in Economics and is very excited about the launch of his organization this semester. "We need more young people involved and passionate about politics," Law states, "because when the youth are behind a movement, that is when true change is made. I was inspired to form this club to truly make change for progressives in Rhode Island."

Law has been involved in multiple political campaigns in New Jersey and was inspired to create this club due to our country's current political system. He believes that our country is currently being divided and that this directly relates to people not truly understanding politics. Quinton has made it a mission to establish this organization on campus to unite students and create awareness of our country's political climate.

Not only is he inspired to unite the student community, but he is also passionate about producing informed and rational voters who understand who they are voting for. He believes voters do not understand the great responsibility that comes with voting, and often this can lead to lack of voter turnout on Election Day.

Because Bryant is a private university, Quinton believes that the community misses out on being exposed to the local politics of our state. By bringing more awareness to campus, he believes this club will get students actively involved and interested in their elected officials. The Bryant Democrats organization aims to make Bryant a better place and is also

interested in raising money for progressive causes and producing true leaders on campus.

The club strives to help people develop their personal brand, make a true change in the world, and become more politically fluent. "I want my club to be the place that someone can come and find themselves and discover the issues that matter to them the most," added Law.

The Bryant Democrats will hold its first fundraiser the first week of March, which will be with the Sojourner House in Providence. Sojourner House is a non-profit organization that was founded in 1976 by Providence residents and Brown University students who were concerned about what was then a silent epidemic: domestic and sexual violence. Law is looking to bring more students together to fight for their cause and make a truly positive change at Bryant University.

The club plans to meet on Mondays at 6 PM, however the room has yet to be determined. The club is less about coming in with political experience, and geared more towards growing your connections, enhancing your personal brand, becoming politically fluent, and developing consciousness about the world we live in today. All events and meetings are purely volunteer based. If you are interested in running for a position on the executive board or voting on club matters and in club elections, you can become an active member.

If you are looking to volunteer for good causes, get experience working on campaigns, make valuable connections and politically conscious decisions, you can get involved with the Bryant Democrats. For more information, contact the club's President at qlaw@bryant.edu and he is more than happy to have students reach out to him directly with any questions.

Flu season finds its way to Bryant

Jonathan Perella
Contributing Writer



Health Services strongly encourages that you receive a flu shot to prevent the spread of Influenza around campus (Facebook)

Influenza (more commonly known as "the flu") is a virus that spreads from person to person. Likewise, the flu season comes annually, but most people get through it with no issues. The reason why is a large percentage of the population will get their flu shots while few will not. This year, it is a very different situation.

The flu has hit hard this season causing many people to become very sick and resulting in a larger number of deaths. This year's flu has been hospitalizing Americans at an alarming rate which is a huge cause for concern. USA Today reports that this flu season is "the worst in nearly a decade" and it is present in about 48 states at a high-risk rate. The last major flu season like this one was when the Swine flu ravished Americans in 2009. The flu is affecting both children and adults but is more alarming for kids, as reported by USA Today so far, 63 children have died from this year's flu, and doctors, unfortunately, are expecting more as the flu continues in the coming weeks.

Medical professionals also have stated that the flu may not have hit its peak, which creates even more of a scare for Americans. In an article by the Washington Post, they stated that we are currently in week 11 flu season and on average, flu season lasts about 16 weeks. Knowing that this flu season may not have hit its peak yet has created a panic nationwide. According to The Washington Post, there are two major

strands of influenza this season. There is H3N2, which is a type of influenza A and there is also Influenza B.

Influenza A is more prevalent and has affected more people than B, but B may be on the rise. Doctors typically will prescribe patients Tami-Flu. There are other medications, but Tami-Flu is the most popular and tends to work the best. This season's flu is also creating cause for concern in schools and college campuses as there is a higher chance for it to spread quickly where people gather and live near.

Here at Bryant, Health Services is making the flu a high priority. Health Services is reporting that they are so swamped with students coming in to get checked they didn't even have the time to answer my flu-related questions. Also, professors are asking that if you have the flu, to not come to class to get better and to not infect anyone else. Most college campuses are also now offering flu shots to prevent more students from being infected with the flu. As we all know, living in tight quarters can also allow the sickness to spread extremely fast. We all have direct roommates we live with and any sickness you have, if you're not careful, could easily be passed to your roommate.

Anyone who gets the flu on campus should go home if possible. Make sure to report any symptoms you have, as well as wash your hands and door handles in your rooms as much as possible.

Continued from page 1

Michael Roberto, faculty and trustee For the final presentation of the day, Professor Roberto enlightened the audience with his discussion on the pros and cons of devil's advocates. Dating the origination of the idea back to when Saints were being named into the church, Professor Roberto described how group dynamics differ based on if a devil's advocate is present, both in the work world and with students at universities. With the focus of creating innovative ideas that have been considered from all angles and potential issues, Professor Roberto argues to the importance of devil's advocates in environments of all types.

All of the presentations given during TEDxBryantU will be made available on the TED YouTube channel in the upcoming weeks. The organizing committee encourages you to not only watch the presentations but share and discuss them to continue the innovative spirit of the event.

If you are interested in learning more about the TEDxBryantU event, follow the event's social media accounts at TEDxBryantU on Facebook, @TEDxBryantU on Twitter, or through the event's lead organizer, Samantha Scoca. You can also find information on the event's website, tedx.bryant.edu.



Mike Roberto spoke about the importance of a devil's advocate (James Imrie)

Amazon to compete against the shipping giants

Andrew McCarthy
Contributing Writer



Jeff Bezos, CEO of Amazon (Daily Mail)

Jeff Bezos, founder, and CEO of Amazon is always looking into new things as a serial entrepreneur. Some of his more current Amazon advancements have been in the food industry when the company recently purchased the organic grocery chain, Whole Foods.

With its continued growth, Amazon is currently delivering 600 million packages a year. At the present time, the company has to subsidize their existing fleet of delivery vehicles by outsourcing much of the shipping to FedEx and UPS. Bezos is now looking into Amazon's own delivery service so they may eliminate using FedEx and UPS altogether. Bezos has done some incredibly amazing things for Amazon and this could be another. Competing with UPS and FedEx may be one of the more difficult things to do as they have been monopolizing the delivery industry for several decades.

According to the Wall Street Journal, the service is going to start within the coming weeks in Los Angeles

and expand from there. Amazon has the financial capability of pulling this off; that will not be the problem. Understanding the ins and outs of the delivery service industry is going to take a lot of time and patience for the company. As we know, even UPS struggles, especially during recent holidays. They have not been equipped to tackle the abundance of packages that needed a timely delivery and this is a company that has been around for more than a century. If Amazon does pull this off, they are going to just fine for deliveries as their company alone is going to be plenty to handle.

Although they have yet to commit any significant assets to this plan, they have begun the process. They have leased 40 planes, arranged for freight shipments from China and have gotten drivers ready, according to Time Money Magazine.

The beginning of the Whole Foods delivery services started Thursday. With the new merger with Whole Foods, the shipping process will take on its own aspect of delivery

services to be provided to the customers. Amazon will now allow you to order their usual selection from Whole Foods, as well as certain other foods, as part of "Amazon Now". This service is only available in select cities, allows you to order what you need and get within the hour for \$7 or two hours for free. "Shipping with Amazon" is not quite the same they are delivery actual packages from stores to customers without UPS or FedEx, hoping to reduce the 21.7 billion they spent on deliveries in 2017, according to their 10k. Both of these new delivery services are going to be tough to master but by doing so Amazon is going to see a major benefit for their company. The services will be only one of the many tests the company will have to overcome as they have done so many challenging things in the past and found ways to be the best at them. Already the richest man on earth Bezos revolutionary mindset is not stopping, do not expect anyone to jump him in that rank.



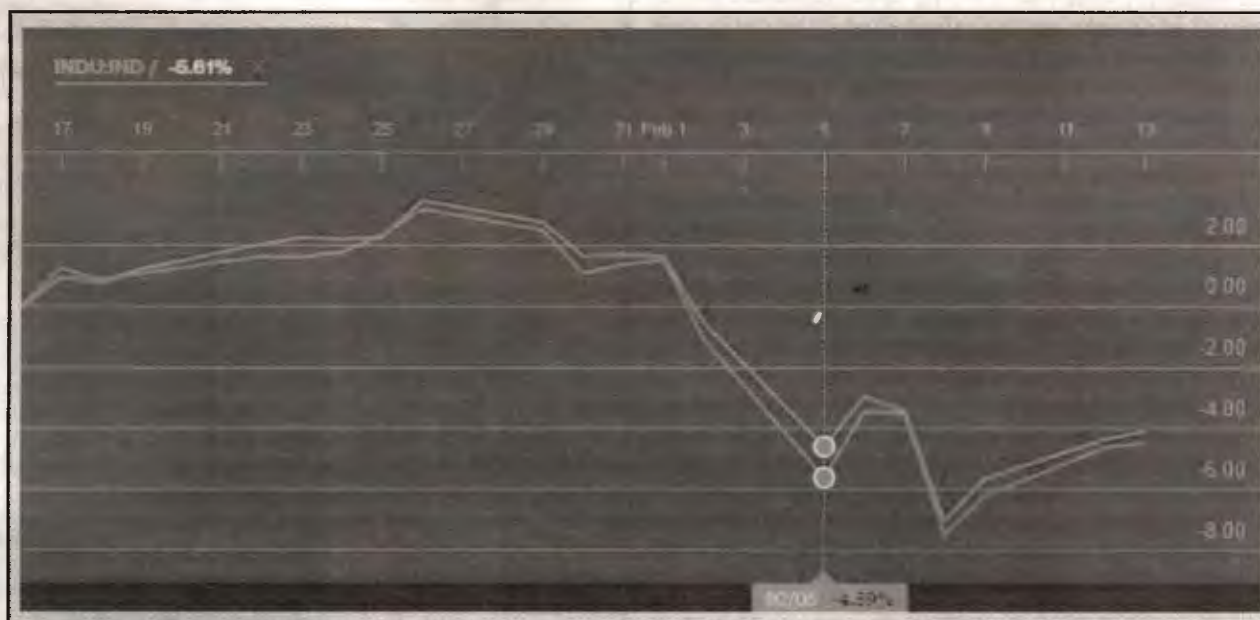
Amazon shipping center employee labels & organizes packages for delivery (arstechnica.com)

Financial markets experience 1,000 point drop

Chris Wright
Contributing Writer

On Monday, February 5th, the stock market took one of the largest drops it has seen since the European Debt Crisis in August 2011. CNN money is calling it, "One of the scariest days on Wall Street in years" in which multiple stocks dropped over 1,000 points in just one day. The largest single trading day dip occurred on Dow, dropping 1,600 points. When the books closed they rose back up to 1,175 points, but nonetheless, that is still an enormous loss. Stock holders and potential buyers were up in arms over the dramatic change, and as a result many people wanted to get rid of their stocks altogether, assuming they would only become a burden. People turned to the White House for a statement as to what they will do to fix this, but all they could say is that they, too, are concerned with the situation and will continue to work diligently to fix it along with boosting the future economy. However, stock experts are telling current stock holders not to panic because it was right around a time period in which a normal dip may occur. This means that it would be a good time to buy stocks that are lower than usual, and a poor time to sell because then the holder might receive less money than the stock would be worth in a few days.

The Street published an article by Brian Sozzi titled, "3 Reasons Not to Panic Over the Stock Market Losing 1,000 Points in One Day." Sozzi collected information from Bank of America Merrill Lynch Economist Michelle Meyer with some promising trends. Meyer said that although the stock market dipped drastically, the economy was still "fine" due to "strong job numbers, robust consumer confidence, and cycle highs on the ISM Index." Meyer



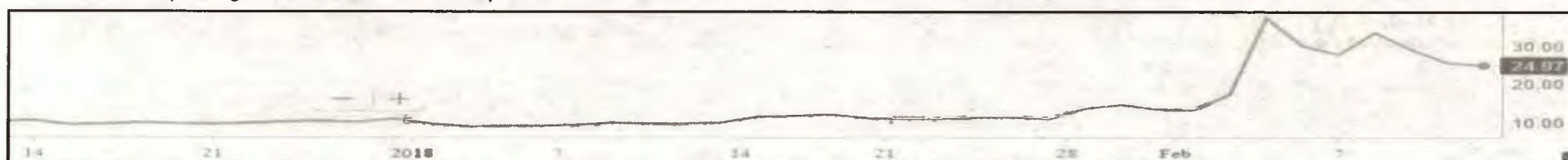
Dow Jones and S&P 500 Index tracked over the past month. 4.59% drop on February 5th highlighted

(Bloomberg)

pointed to the fact that if there was going to be a lasting drop, there would be factors shown in economic data that would forewarn.

Another reason not to panic is because the foreign exchange rate and the rate for gold did not see the same type of drop off, meaning that stocks were the only market experiencing the turmoil. Federal officials continued to let panic subside when they were asked about their opinions on what was to come next. New York Fed Chief Bill

Dudley exclaimed, "The Fed does not respond to short-term swings in markets but only to sustained moves, which would threaten to filter back into the real economy." Dudley is saying that the dip is not something the Fed is concerned about right now because they have no reason to believe it won't be sustained. There is no reason to panic just yet. For those of you who are curious, continue to watch closely and listen to stock news daily to ensure the safety of the stock market.



VIX 1 Month Volatility Index (Bloomberg)

Bryant's Archway Investment Portfolio

Weekly update:

Calum Daly

Archway Investment Fund Executive Committee:
Reporting Chair

This past week, the stock market took a major hit and being a benchmark portfolio, the Archway Investment Fund followed the same path, losing 3.92% reaching a week end value of \$1,259,936.61.

However, through last week's selloff, the fund saw a few bright spots in their holdings. Skyworks Solutions Inc +7.56%, Electronic Arts Inc +3.73%, and Fortinet Inc +1.75% were the top performing stocks in our for this past week fund.

The interesting takeaway from those top performing stocks is that they are all under the Technology sector. The Technology Sector saw a weekly performance of -4.44%.

Weekly Fund Performance

Week Ago Fund Value	\$ 1,311,323.44
Current Fund Value	\$1,259,936.61
Weekly Change	-3.92%

All prices updated as of 10:00 pm 02/06/2018

Archway's weekly performance:

Weekly Winners

1	Skyworks Solutions Inc	7.56%
2	Electronic Arts Inc	3.73%
3	Fortinet Inc	1.75%
4	Hasbro Inc	-0.36%
5	Lazard Ltd	-1.54%

Weekly Losers

1	Gilead Sciences Inc	-7.92%
2	Alphabet Inc	-7.89%
3	Alibaba Group Holding Ltd	-7.26%
4	SPDR S&P Pharmaceuticals ETF	-6.62%
5	SPDR S&P Aerospace & Defense ETF	-6.60%

Value of \$10,000 Invested in the Archway Fund on 8/31/2005



Small business owners want to do it all

John Minichiello
Contributing Writer

To start this off, I'd like to share a sensation which I like to call, entrepreneurial euphoria.

Entrepreneurial euphoria: A phenomenon which drives us all. You can feel it during long periods of determination or after a big achievement. You're faced with a lot of doubt as a business owner who is trying new concepts. Doubt is relieved while experiencing entrepreneurial euphoria, you feel like you're really onto something. Cash is the blood to our businesses but entrepreneurial euphoria is the wholehearted reason why our students pursue businesses in-between classes, giving up a portion of their social lives and sacrificing so much mental capacity.

Every good entrepreneur spends time learning the lowest level processes within the scope of their business. For example, the owner of a landscaping business should become competent in the use of tools/equipment, record keeping, and service marketing. This is crucial to the understanding of how business operations will work in harmony. Creating synchronization is impossible without deeper technical experience; at some point, a business owner realizes they cannot do everything themselves. A business owner looking to transcend must seek the help of others. The owner of a harmonious landscaping business will market their use of the most effective tools or track the expenses associated with equipment and customer acquisition all while entrusting others with the duty to research tools, maintain the records, and produce the marketing materials. Through this process, the same entrepreneur that was once fixing their own equipment, entering records, and printing flyers is now creating the framework for others to operate under and focusing on long term visions.

Wanting to do it all is not an abnormal aspiration for an entrepreneur. This is a healthy trait for a business owner to possess during the early stages of their business; it drives an entrepreneur to immerse themselves. Doing it all will



Entrepreneurship can be a route for numerous business owners with the right skill set (iEduNote)

only work until a certain point however. For example, an entrepreneur who finds themselves learning the guitar to avoid copyright infringement on their ads has ventured past their businesses scope. As more and more technical knowledge is required for business development, an entrepreneur may get lost outside these boundaries and discover new feelings. These feelings fall somewhere between helplessness and confusion. I want to let others at Bryant know that as an entrepreneur, these feelings are inevitable, we are the ones skipping nights of sleep, attempting to create the most inclusive mental maps of the

world.

Check back soon for an article on how all this applies to my own ventures including SpaceFruit, an outdoor gear brand that invites everyone to go out and adventure. Unlike any old gear brand, we feature our products in practical applications. We know the market includes more than just those who hike Kilimanjaro or drop out of helicopters in Argentina; it includes those who go explore the local trails and sit by campfires with six-packs.

Interested in business? Like to write? Send in a business article and get published! Send articles to archway@bryant.edu

Bryant's lacrosse teams: 2018 preview

Mathew Amaral
Contributing Author

Last year was a productive one for Bryant University Lacrosse as both Men's and Women's won the Northeast Conference and made appearances in the NCAA tournament. Going into the 2018 season, both teams not only have high expectations for themselves but each has been named favorites to win the Northeast Conference in the annual preseason Northeast Conference coaches poll. Men's lacrosse, currently 1-1, opened their season up with a 15-7 win against Manhattan but dropped to Bucknell 14-12. The Bulldogs are now without their leading goal scorer, Tucker James, who last season had career highs in both goals (43) and assists (27). James was then drafted in the sixth round of the Major Lacrosse League draft by the New York Lizards and currently is an assistant coach for the Bulldogs. But still, his presence on the field will be hard to replace. Freshman Marc O'Rourke, from Hingham, Massachusetts has taken strides in the first two games to fill the void James left behind in the Bulldog offense. O'Rourke tallied 3 goals and 2 assists versus Manhattan and 2 goals and 1 assists versus Bucknell. Clearly, Coach Mike Pressler has a great amount of confidence in the freshman to not only score but to create opportunity. Next, senior Tom Kennedy is looking to step up this season for the Bulldogs as an offensive presence. Kennedy, who also played on Bryant's football team recording 888 receiving yards, 9 receiving touchdowns on 57 receptions along with 3 rushing touchdowns this past fall, is coming off a career year on the lacrosse field. Last season, Kennedy tallied a career high in goals (24) and assists (15) and was named to the All NEC 1st team. There is no question that he is determined to have an even better season in 2018. Bryant Men's lacrosse plays 5th ranked Yale at home on March 3rd, both teams reached the NCAA tournament last year making that game one that fans should highlight on their calendar.

Women's lacrosse on the other hand, began their season with a scrimmage versus Yale on February 10th, as stated previously they have been selected as favorites to win the Northeast conference in 2018. Returning for the Bulldogs is last year's NEC offensive player of the year, Jess DeMeo. Heading into her junior season, DeMeo totaled 58 goals and 11 assists as a sophomore and is recognized as a premier player in the NEC that scored in all but 2 games for the Bulldogs. Returning in net for Bryant is last season's NEC tournament MVP, Sam Santeramo. Santeramo earned herself an All NEC 1st team bid last season, ranking 2nd in conference for saves along with a save percentage



Bryant's lacrosse teams hope for successful season (Bryant University Alumni Engagement)

of .508% that was 6th in the nation. As an anchor of this Bulldog defense, Santeramo's excellence in goal gives her teammates energy and momentum. After a stellar freshman campaign on attack for the Bulldogs, Caitlin Breglia looks to improve for her sophomore season. In 2017, Breglia was named to the All NEC Rookie team as well as All NEC 1st team after finding the back of the net 40 times for the Bulldogs and assisting on another 16 goals. With DeMeo and Breglia still at the helm, the Bulldogs' high powered offense will continue to be a threat this spring. Bryant Women's lacrosse opens their season on February 24th when they host the Great Danes from Albany.

Bryant men's basketball coach Tim O'Shea announces retirement

Bryant Athletics

Bryant University men's basketball coach Tim O'Shea announced that he will retire at the end of the current 2017-18 basketball season. A formal announcement was made by coach O'Shea on Monday afternoon at a press conference in the Chace Athletic Center Bulldog Room.

O'Shea, currently in his tenth year, was named the head coach of the Bryant men's basketball program in April 2008, arriving from Ohio University where he spent seven seasons as head coach.

"We are so grateful for the leadership Coach O'Shea has provided for our men's

basketball program," said Director of Athletics Bill Smith. "From the moment he stepped foot on campus, he had a clear vision for what it would take for our basketball program to be successful competing at the Division I level. In the six years we have been eligible for Division I, Coach O'Shea led us to four NEC Tournament appearances, including three top-four finishes. On behalf of our entire athletic department, I want to thank Coach O'Shea for his commitment to leading the basketball program into the Division I era and wish him the very best in his retirement."

Through his first nine seasons in Smithfield, O'Shea turned the Bulldogs into a premier program in the Northeast, taking Bryant to three-straight NEC Tournaments from 2012-15, as well as a national postseason appearance in the College Basketball Invitational (CBI). Since his arrival on campus, O'Shea has turned the program around, leading the Bulldogs to key victories over such programs as Boston College, Lehigh, Denver, Robert Morris and LIU Brooklyn.

Picked 10th in the NEC Preseason Coaches' poll in 2012-13, O'Shea's Bulldogs served notice to its conference foes with breakthrough non-league wins over Boston College and Lehigh on the road. The Black and Gold would finish with a 19-12 overall record and in a tie for second place in the NEC standings with a 12-6 league mark. Bryant spent seven weeks ranked in the Mid-Major Top 25 poll and would earn a berth in the CBI tournament in the program's first year of postseason eligibility. The Bulldogs also posted the best turnaround in the country that season.

In 2013-14, O'Shea led the Bulldogs to their second-consecutive trip to the postseason, finishing the regular season with an 18-14 overall mark and a third-place finish in the Northeast Conference standings. Under O'Shea's leadership, Bryant won double-digit games in back-to-back seasons for the first time in Division I history, with a 37-26 (.587) overall mark since the 2012-13 season.

In 2014-15, O'Shea led the Bulldogs not just to their third-straight NEC Tournament berth, but to the program's first postseason win at the Division I level with a double-overtime 91-85 victory over Sacred Heart in the NEC Quarterfinals. The Bulldogs finished tied for second in the regular-season standings and saw three players named all-conference selections.

"I want to thank coach O'Shea for the incredible job of not only guiding our men's basketball team through a difficult transition to Division I but to lead Bryant to three straight Northeast Conference Tournament appearances," said President Ron Machtley.

"He recruited high-quality student-athletes to Bryant who presented our institution in a first-class manner and helped build Bryant basketball into a competitive program in the NEC. The entire Bryant community wishes coach O'Shea all the best in the future."

Bryant, 3-24 overall and 2-12 in the NEC entering this Thursday's game at Robert Morris, will wrap up the regular season on Feb. 24 at Fairleigh Dickinson.

A national search will begin immediately.



O'Shea is in his tenth, and final season as Bryant basketball's head coach. (Bryant University Bulldogs)

archway@bryant.edu
Send us your articles!

Divison one schools' athletic programs

Scott Plutt
Contributing Author

Universities with division one sport programs spend six times more money on athletes than non-athletes. There are several expenses colleges must pay in order to run division one athletics. Scholarships, team travel expenses, uniforms, and sports gear are all components that are funded for students by their colleges. Although these are expensive payments, colleges believe it is worth spending extra money for their athletic programs.

The NCAA contains millions of fans throughout the nation displaying the popularity of college sports. From March Madness in basketball to the football bowl games, there is a wide coverage of college sports on main television networks. This provides colleges with excellent publicity which increases their reputations. Sports demonstrate team work, commitment, and toughness which are elements people view in a positive fashion. Colleges are willing to spend more on athletes who are able to motivate others and attract positive attention.

Colleges spend six times more on athletes on average. Additionally, universities make money back off ticket sales and merchandise bought at sports facilities, retail stores, and online purchases. At schools where the athletic budget tops 70 million dollars, their largest source of revenue comes from ticket sales. This is the key reason why colleges invest much more money in athletes. Investing in athletes gives colleges more of an opportunity to get revenue back in return from nation-wide fans. Not only do schools collect money from ticket sales, they receive large amounts of revenue from television sponsor agreements as well. Large universities receive millions of dollars because of their entertaining and competitive sports programs. This is why smaller schools such as Bryant are working harder to climb up in the ranks of the NCAA. A large amount of fans watches college sports which is why colleges get sponsored and payed to sign contracts with clothing companies and other merchandisers. Nike and Adidas pay schools a percentage of sales to have athletes wear their attire in return for exposure. Clothing sponsorships, television networks, and millions of ticket sales increase college revenues. Universities acknowledge that their extra spending on athletes is well worth their



Alabama celebrates after winning 2012 SEC Championship Game. (David Goldman)

investments.

College sports form great communities with in college campuses. Many friendships and bonds are created through teammates. These relationships enhance the lives and general happiness of students. Students who are part of sports teams continue on the right path and are less likely to get involved in drugs and crime. Being a division one athlete increases physical and mental strength forming a healthy community at colleges.

Sports contribute to universities in several different

ways; in fact, colleges would not be the same without them. Historical moments are shared through college sports; it is an aspect of college life that has formed unbelievable experiences for players and fans throughout time. The sports programs in colleges have enhanced their reputations, increases budgets, helps to form bonds between students, and shape memories that go down in history. The aforementioned clearly depicts why universities heavily support and provide extra funding for student athletes.

BRYANT FOOTBALL 2018 SCHEDULE

Sept. 1 vs. New Haven

Sept. 8 at Stony Brook

Sept. 15 vs. Marist

Sept. 22 vs. Robert Morris
(Homecoming & Reunion)

Oct. 6 at Duquesne

Oct. 13 vs. Central Connecticut
(Family & Friends)

Oct. 20 at Fordham

Oct. 27 at Sacred Heart

Nov. 3 at Saint Francis U

Nov. 10 vs. Wagner

Nov. 17 at Howard

BRYANT
UNIVERSITY TM

Upcoming Games This Weekend

Friday February 16th

Bryant Baseball & Softball @ Arizona. 8pm

Saturday February 17th

Men's Basketball @ Saint Francis U. 1pm

Women's Basketball @ Mount St Mary's. 4pm

This Week's Scores

Men's Basketball Game February 8th

Wagner 96

Bryant 76

Game February 10th

Bryant 79

Mount St. Mary's 77

Women's Basketball Game February 10th

Central Connecticut 66

Bryant 59

Men's Tennis Game February 9th

Bryant 6

Binghamton 1

Game February 11th

Dartmouth 4

Bryant 0

Men's Lacrosse Game February 10th

Bucknell 14

Bryant 12

Women's Tennis Game February 10th

Bryant 7

Fairfield 0

Week's Best Tweets

"After 10 years here at Bryant, 17 as a D1 head coach and 34 in college coaching, @toshea1 announced today that he will retire at the end of 2017-18 season."

- @BryantHoops

"@Bryant_MLax hosts Bucknell Saturday in Smithfield #NECMLax"

- @BryantAthletics

"ICYMI: Earlier today we unveiled our new @adidasbaseball uniforms for the 2018 season. See what you missed here!"

- @_BryantBaseball

"Happy Valentine's day, Bulldogs! Forget your Valentine's Day cards? We have got you covered with some special edition cards. Stay tuned!"

- @BryantAthletics

"@BryantHoops battles with Robert Morris Thursday in Pittsburg #NECMBB"

- @BryantAthletics



Photos by James Imrie

Paying for time and prestige: prevalence of microtransactions in gaming

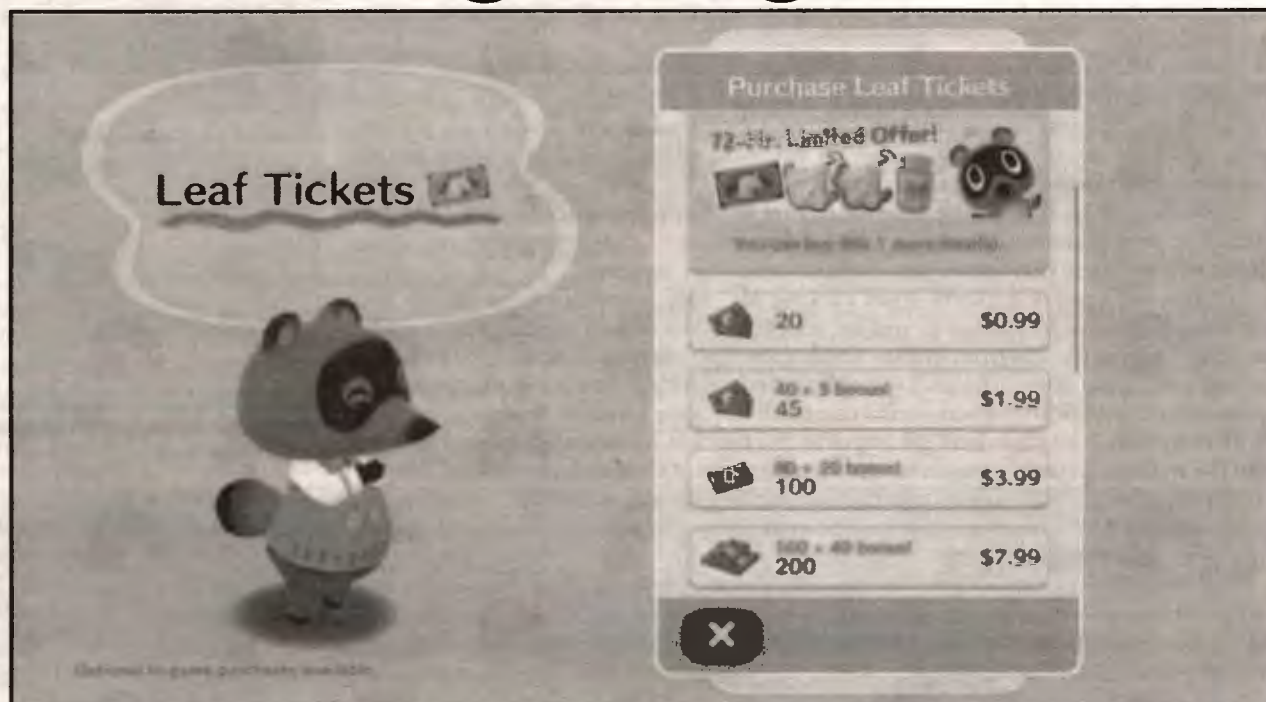
Scott Smith
Contributing Writer

Mobile gaming has introduced a new business model into the gaming landscape: micro-transactions. A micro-transaction is the exchange of real world currency into a game currency. Game currencies allows the player to buy items or costumes, bypass time walls, and more. While most micro-transactions exist in free to play apps, full priced titles now include these fees.

Animal Crossing: Pocket Camp is a campsite designer game with micro-transactions built in. The games paid currency, Leaf tickets, can speed up processes that would take hours to complete. Limited time offers push players to spend real money on the chance of missing out on a rare item. The lowest sale option starts at 20 tickets for \$0.99, increasing all the way to 1200 for \$39.99. These tickets go faster than expected. One item may cost a whole 200 tickets.

Micro-transactions are not exclusive to mobile games, they also appear on console games. In Star Wars Battlefront II, major characters like Darth Vader or Luke Skywalker are locked from the start. According to a Kotaku article by Ethan Gach, these characters would take 40 hours to unlock. Not only do you have to pay \$60 to get the game, you have to pay more to get faster access to the heroes. Most games do not even last 40 hours. There are so many games to play that by the time you unlock one character, everyone has moved on.

The issue is that money is being used to bypass time. In both of these games, it becomes difficult to get what you want without spending countless hours in the process. The desire for completion or to own things that others do not have is an intentional measure. The designers made the content this way to make you play more or to buy in to get to the content that you actually want. You pay for having



An example of microtransactions for premium items in Animal Crossing (Shacknews)

prize instead of earning it.

Games that build their structure around this idea are dangerous. If you have already paid an admission fee, there is an expectation that what you are getting is complete. Star Wars Battlefront II angered players and led Electronic Arts to delay the micro-transactions. Free games are also deceptive because they have no barrier to entry. Anyone can download the game and start playing. If the game is engaging enough and you wish to continue, then you have a greater chance of buying into the game. Animal Crossing: Pocket Camp players also stressed to

reduce the need of paid currency.

So the next time that you start playing a game or app, keep in mind these techniques. Your time is precious and these companies understand that. Some players want to spend more, but not everyone should feel forced to buy into the practice. Some games are fads, clever time wasters between classes or some spare time during a commute. In the end, you have the power to set down the game. Do not be afraid to step away. There is always something else worth your time.

Another day, another Ask Archie

Archie Way
Expert Opinion Giver

1. What are you doing over Spring Break and do you have any suggestions?

To be honest, Spring Break is a week-long break that alludes me. In this being my fourth year, I have yet to do something truly outstanding over break, and yet, that is not necessarily a bad thing. People spend Spring Break differently; some go to Florida, others go to Cancun, and others decide to go to other, more exotic and less orthodox locations such as Sweden or Italy. As of now, I don't really have any plans, just a bunch of ideas. As for suggestions, I would recommend finding a group of friends and going on a road trip or find a cheap flight and Airbnb somewhere. Canada is always a fun place, with Montreal being one of my all-time favorite cities on Earth. It's also a fairly short drive from the Boston area, but make sure you have a passport because they do check at the border both ways! Additionally, it is never a bad idea to catch up on sleep and good food because being a senior, I can personally attest that the weeks following spring break are some of the most stressful weeks after the semester. Also, you can use spring break to catch up with friends back home if you share the same break.

2. What should I do to guarantee a second date?

Do your research prior to a first date to get ideas on what the other person would like, and come up with some different first date ideas to knock the other person's socks off and color them impressed! On the date, be as charming as possible and be funny but make sure you're not over the top because it's very easy to be overbearing. Honestly, the biggest thing would probably be to not get ahead of yourself and just be yourself!

3. What do you think makes up a Bryant Bulldog?

BLACK AND GOLD PRIDE BABY. #BleedBlackandGold

4. What's your take on the Super Bowl?

I'm a Patriots fan. I was upset at first, but ultimately came to terms with everything after a fairly lengthy mourning period with fellow Patriots fan friends. I will say that Zach Ertz is a great player, and Malcolm Butler's benching was an...interesting decision...Honestly, I don't really have much have of an opinion of the game. Even though the game didn't end how I would have wanted, it was a thoroughly entertaining and thoroughly stressful game to watch.



Archie Way's favorite Bryant landmark (Archway)

YOU HAVE OPINIONS, I KNOW YOU DO!
WRITE ABOUT THEM!

Submit articles to archway@bryant.edu expressing your opinion

Growing student body should equate to growing student accomodations, right?

Nick Poli
Contributing Writer

Have you ever been driving around campus searching for a parking spot and can't seem to come across an open spot? Well, I most certainly have, several times. It has gotten to the point where I do not want to leave campus to go anywhere during the week, because I'm afraid that I will have to walk all the way back to my suite from the AIC or the townhouses.

Parking has become an issue here on campus as the number of admitted students continues to grow each passing year. Each of the past few years the number of accepted and admitted students has grown, and it is not anticipated to slow down. I am sure that some freshmen are bringing their cars on campus, which I don't care about because sometimes there is no choice, I understand.

However, I think it might be time for Bryant to clear some space behind Hall 3 and 4 to put in an additional parking lot. The lot does not have to be massive by any means; people will be happy that lots of trees will not need to be removed.

All that we need is a decent sized parking lot, with anywhere from 50-100 spots available. If you live in Halls 2-6, you are affected by the lack of parking the most. For example, I moved back in from Winter Break a few days early and I was forced to park all the way next to the athletic fields. I was able to find a parking spot but it is just extremely inconvenient to walk all the way across campus every time I want to leave.

I live in Hall 3, and if I don't get a spot in the two lots immediately behind that hall, then the walk back to my suite turns into an adventure. As bad as it may sound, I know a lot of students who resort to parking illegally, refusing to park completely across campus. Sometimes, we can get away with this for a small amount of time, but if we leave our cars there overnight, forget about it.

DPS will often ticket students for parking illegally, which is understandable since it's their job to do so. I'm sure they don't like ticketing students, but the school is almost forcing their hand with the lack of spots. More parking spots would be beneficial to everyone, students, faculty, DPS, and more. The school would not have to worry about



Note the extra parking available before the AIC (Her Campus)

anyone parking illegally, and they would be able to continue admitting more and more students each year.

This will benefit the students significantly in the sense that they will not have to worry about hiking across campus each time they want access to their vehicle. I don't believe that this is too much to ask. I understand that we are fortunate to not have to pay for a parking pass, however, it would be greatly appreciated by the students if a small parking lot was created behind Hall 3 or 4. The lives of hundreds of students would be made easier with just an additional 100 parking spots.

A second opinion: Man vs. Salmo part II

Ryan Ward
Contributing Writer

When coming back to campus after a long break at home everyone is ecstatic. The break was great, now it is time for the second half of the school year. Surviving semester one was accomplished, now you're back on campus with all your friends, you have all the freedom in the world, and the semester is about to begin. You love life, you are enjoying it all. All of a sudden you feel that rumble, you hear the growl... oh no. You are hungry and you don't have many options. Your car is snowed in because of the storm last night and the trudge to Salmo begins. You can smell the aroma shooting from the vents as you get closer to the Unistructure. You were just home all vacation with the luxury of home cooked meals whenever you wanted and whatever you wanted because your parents spoil you.

Now in the blink of an eye you are swiping into Salmo, walking down the stairs and slowly peaking around the stairwell to see what Salmo has in store for your digestive tract. You realize the dinner options are not what you want so you look around, the omelet line is reaching back to the entrance and the deli line ends near the drink dispenser. You do not know what to do and you decide to wait in line for the dinner option. Pasta with meatballs is tonight's welcome back dinner. You sit down with your plate and begin to remember the incredible meatballs your parents made two days ago and how they just melted in your mouth with the fresh pasta to go along with it. Now, we all know home cooked meal quality is almost impossible for Salmo to match. All you think of are those home cooked meals and the expectations refuse to go away. You dig in, pasta cold and all stuck together. Meatballs feel like there are little beads in the middle, as you feel around on your teeth to make sure you did not just lose a tooth. You give yourself that little smirk of realization and know that Salmo has not changed and you are in for yet another roller coaster adventure with Salmo.

Salmo has had the ups and downs all year. If they throw an above average lunch at you then you can expect



A view of the student dining hall (Bryant University)

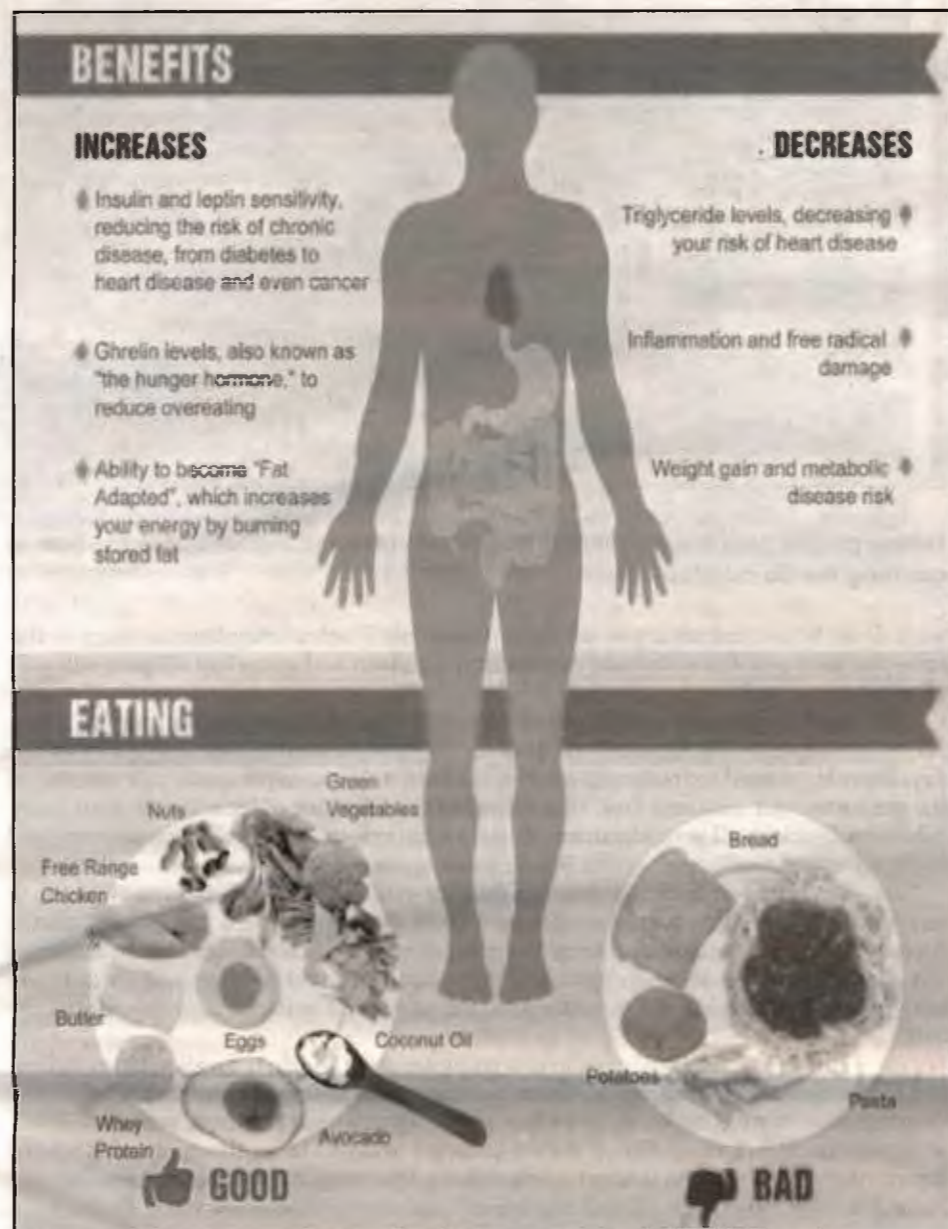
a very below average dinner. They have occasionally been serving what seems to be dinner options for lunch and vice versa, for example Baked Ziti for lunch and an open face sandwich for dinner. Signs of life have emerged when they delivered a big time dinner with real sushi and a huge dumpling bar. Then a swing and miss with a fish dinner that is absolutely a toss-up on what type of "fish" (and I use that word with no confidence that its actually even fish) was to follow. Dinner options vary so often and can never be predicted as to what you may encounter on any given day. Some items appetizing while others just give the appearance of disgust. Salmo dinner options are always a 50/50 shot and can never be relied upon.

Salmo has some options that will never let you down such as the salad bar and the deli. These two areas show up every day and continue to offer a spot to rely on, however a classic salad can only go so far every day over and over and over. At some point you are not going to want salad for lunch and dinner day in and day out again. You may make your way to the deli and mix in a sandwich now and then, thus giving you the break from salad your body was desperately requesting. These two areas are the two areas I personally recommend when choosing at Salmo. If you choose to wander elsewhere...tread carefully.

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

Intermittent fasting; a lifestyle, not a diet

Thomas Maranian
Variety Editor



There are numerous benefits to be had out of this style of eating, and once your body adjusts, you will feel how powerful it really is (NutritionHacks)

You may have heard of this in recent news or read about it online. It is no surprise that it has become rather popular amongst all kinds of people. But what you first need to understand is that this is not just some mere "diet" plan. No, this is what is known as a schedule for eating food. The basic idea behind it is you are allowed to eat during a certain period of the day, followed by a fast (other than water) for the remaining time. Some common schedules include the 8:16 fast, the 6:18, and the 4:20. Others include the 5:2 schedule, 24:0 twice a week, and the Warrior schedule. That probably seems like a foreign language to you, so each are going to be broken down and explained, with their benefits. If you are looking for a simple, manageable, and a way to alleviate the fat loss process, this is for you. If you are trying to build muscle this is for you. If you simply like eating bigger meals and struggle to keep yourself under control in between them, this is also for you.

Let's start with the 8:16 schedule. And notice how the word "schedule" is used, not "diet." This is the most common starting point for intermittent fasting. In essence, you can eat for eight straight hours of the day (however you want to split it up), and then for the other sixteen hours, you do not eat or drink anything other than water. Note that you are going to be needing a lot of water for this to combat any hunger you may have while in a fasted state.

The 6:18 is more for intermediates who have utilized the fast for at least two or three consistent months. It is the same principle as the 8:16, only this time you only eat for six hours of the day and fast the remaining eighteen. The same concept applies for the 4:20. Eat four hours of the day, and fast for twenty. With the 4:20, you're probably looking at two big meals. With the 6:18, you are looking at two to three medium sized meals. Next comes the 5:2 schedule. You would be eating normally as you always have been for five of the days, while for the other two, you would limit your caloric intake to about 500-600 calories. Then we have the 24:0, which is a complete twenty-four-hour fast for one day of the week. So if you ate a meal at 5:00 pm on a Wednesday, you would not be able to eat until Thursday at 5:00 pm. This is definitely a difficult method, and it is one that would not be recommended until you have roughly a year of consistent intermittent fasting experience. Finally, there is the Warrior schedule, which allows you to fast during every day, and eat a huge meal at night. Similar to the 24:0 approach, this is not recommended unless you have about a year of experience behind your back.

So what does all this amount to and mean? Well, first off, none of this matters unless you can sustain a long-term schedule and approach for yourself. If you believe you can maintain any of the schedules previously mentioned over the course of the rest of your life, then by all means go for it. Some fitness professionals agree with these techniques, while others shun them. Don't listen to any of them. Listen to yourself. If you can sustain any of these approaches long term, and still get the calories you need to fit your diet, then go right ahead. But the key here is, and forever will be, meeting your caloric needs.

If let's say you have calculated your macronutrients and calories required to either lose weight, lose fat, gain weight, gain muscle, or maintain your body composition,

and you want to utilize one of these approaches, you very well can do so. For the basic 8:16 approach, this would likely mean divided your day into three meals and then a snack. If your caloric needs happen to be 1800 calories per day, then you would be roughly eating 400 per meal and 200 as a snack. So let us say you wake up at 9:00 am and break your fast at 9:30 am, then you would want to eat 400 calorie meals again at 12:30p pm, and 3:30 pm. You would finish your day's allowance of eating at 5:30 pm, and from then on, you would not eat anything or drink anything other than water. Some say you can drink black coffee since it has nearly no calories, but this is just another excuse to give in to cheating and add sugar or cream. Stick to water. It will fill you up when you think you are hungry.

The same applies to all other schedules. You divide your day up however the schedule permits and divide your total calories per day by however many meals and snacks you choose to have within that eating period. For the more extreme schedules like the Warrior schedule, you would be required to eat one huge meal of whatever caloric intake you need for that day. This is favored by those who love eating huge meals because you now have that freedom, and it is rewarding to eat big at the end of a long day.

You might be wondering what the benefits to all this are? To answer that question, we shall begin with self-control. By entering into these scheduled eating patterns, you have no choice but to control your body during the fasted state. You cannot eat anything, and that requires a lot of willpower. But more than likely, after the first few days of adjustment to the patterns, you will not even feel hungry any more. The unique thing about our body is that it self-adjusts to what we provide for it. That means that when you consistently do an 8:16 or 6:18 plan, you won't even feel hungry in between because you are training yourself to eat only within that time frame.

One of the best things about this approach to nutrition is that you won't have to worry about knowing when you are going to eat next or even thinking about food in general. You already have the plan laid out in front of you, you just need to have the ability to follow it. In turn, your day will be simpler, and you can focus more on your work and getting things done. This approach is a lot easier than dieting. Most fitness people try and trick you into eating every two to three hours to keep your metabolism going, and then they try and get you to buy their fitness program for outrageous prices. The truth is it's all about what works for you. Not everyone has the time to be worried about eating every few hours, and so that is why these intermittent fasting plans might be right for you. You choose when you want to eat within those eating windows and you are all set, free of charge. The problem with dieting is the word itself. People have long misunderstood what it actually means. You do not go on a diet. Your diet is your caloric intake, simple as that. "Dieting" is not sustainable over the course of your life. Dieting has a beginning and an end, which means that you will return to unhealthy habits once you are finished with it. Do not let the fitness industry sway your view on the matter. Intermittent fasting is the only free program you can find on the internet these days, and probably the most effective at losing weight in a user-friendly way.

Sleeping, as we all know, should not be forgotten. In fact, sleeping will most likely be your biggest ally when you adjust to this pattern of eating. Overnight, you are obviously asleep and therefore, you will not feel if you are hungry or not. Right when you wake up though, that hunger might kick in, or it might actually just be that you are thirsty. If your plan requires that you fast a few more hours before eating after you have awoken for the day, drink plenty of water right away to make sure you do not give in. A full twenty ounces is a good idea right when you get out of bed. Plan your fast accordingly with your sleep and it will be all the bit easier for you. The best fast is one that allows you to eat relatively after you wake up, but would mean that you end eating earlier in the evening the day before. Again, it's all about what you are able to sustain for the rest of your life, for that is what nutrition is all about. It's a lifestyle, not a two-month program!

Some people might be against this idea because it may seem like you are skipping breakfast. Wrong! If you love the foods you normally eat at breakfast, then eat them for lunch. But if you are eating a big dinner the night before, you will be amazed by how much energy you still have in the morning. Some might say that the Warrior schedule or the 24:0 is simply outrageous. They might think if you go a day without eating, you could risk your health. Wrong again. As long as you have water and the self-control to follow your technique, you will be fine. Fasting has been around since the beginning of all time. Many religions practice it regularly. You are not alone. In the end it is all a mental battle you face. Can you do it or not? The 8:16 or 6:18 might be the better option for you in you cannot go longer time periods.

Now none of this matters unless you are eating healthy food though. Intermittent fasting is not an excuse to eat junk food. Make smart decisions while using these techniques. Your body will thank you for it, and so will your brain. The research and data is out there as to what foods you should be eating, and what foods keep you full longer. One gram of fat is more-dense than one gram of protein or carbohydrate, and therefore will keep you fuller, longer. When combined with scientifically backed research as to what healthy food you should be eating, intermittent fast is almost flawless.

Now, how does this all help you lose weight? Well, the science says that when you are in a fasted state (normally 12 hours after eating), it is much easier to burn off fat from your body because your insulin levels are lower. The fasted state does not start until about 12 hours after eating, and therefore, it is best to also workout in a fasted state, followed by the breaking of your fast with a protein and carbohydrate filled meal. This is a major reason why those who are brand new to intermittent fasting lose weight right away. They normally are not in a fasted state, and therefore are not able to burn off fat as those who are. It is ideal that within the last hour of your fast, you work out before finally eating.

For building muscle, these methods of eating make it so easy for your body to remain lean while building muscle at the same time. To build muscle, you also need to be in a caloric surplus, and these methods also allow you to adjust to that. It takes almost three days for your body to burn muscle tissue. Since you are never going to be in that sort of fasted state, your body turns to fat storages. So, if you are worried you will lose muscle gains, never fear. It is simply not true.

In the end, these scheduled patterns of eating are really beneficial and may ease the fat loss and muscle building process. You must know that they should only be utilized if you are going to be eating healthy foods. And you should combine them with a normal workout routine. The process of intermittent fasting has been around since the beginning of all time, but it is just getting popular today. As more and more research becomes available to support it, you can be reassured that it is in fact something you should invest your time with. Trust the process, embrace the results, and start enjoying the lifestyle.

Prevent the flu by taking precautions

Thomas Maranian
Variety Editor

As the infection rate is already sitting around 7.7 percent in 2018, America is in the peak flu season. Although most of the epidemic has found its way down south and along the western coast, that does not necessarily mean New England is unaffected by it. For where there is life, the flu finds its way to a new host. The good news is: there is not much to fear if you take the proper precautions, here are ways to prevent the spread of it, and numerous ways to make sure you stay clear of it.

Just as any other disease, the first thing to realize is that you must maintain a healthy diet. If you are eating healthy foods on a regular basis, you are providing the nutrients for your immune system to work properly. Invest a few minutes into making some changes to your diet. This also includes staying on a strong sleeping schedule, as well as not skipping any meals. Do not deprive yourself of proper nutrition and well-being, especially now that this is peak flu season. When you miss out on your beauty sleep, you are in a way weakening your body's ability to fend off disease and other infections. And now that it is February, what better time to change your diet for spring break and summer vacation? Junk food is going out of style anyways. Make the change today.

Countless amounts of kids, teenagers, and adults seem to overlook the fact that washing your hands is something to take care with. For some, this is unheard of. To prevent yourself from developing even mild symptoms of the flu, take thirty seconds to wash your hands with soap and water. By washing your hands, you are removing the germs that fester on your skin throughout the day. If you could care less, and then you go and touch your eyes, nose, or mouth, you are allowing those germs free passage into your body. By washing your hands with soap and water, you also will prevent your germs from spreading to other people. This is obvious information, yet by doing so you can prevent yourself from infection. Take the time to stay clean.

As spring is somewhat around the corner, pollen levels are going to increase, and with that, comes allergy season. When you sneeze, cover your mouth. However, never hold in a sneeze! By doing so, you could very well cause damage to your diaphragm, weaken blood vessels, and even cause an ear infection. Let it all out. Don't be afraid by how loud or obnoxious your sneezes are. Your health should always come first before other people's judgments. You can simply keep a packet of tissues with you and sneeze into those. Also, the same applies for coughing. By protecting your nose and mouth when sneezing and coughing, you will avoid the possibility of spreading the sickness to those around you. And of course, it's common courtesy.

If you do happen to have the flu, stay home from work, school, and any other social events. The worst thing you can do is to overlook the fact that you can easily spread your sickness to others. Don't jeopardize other people's health for your own satisfaction of not missing a day or two of your job. Call in sick or let your professor know your situation. More than likely they will thank you for understanding the severity sickness can have on others and for preventing the spread by staying home.

If you do happen to be in contact with those who are sick, avoid close interaction. Your body is the decider of whether you get the flu or not. If you risk your health by placing yourself near an infectious person, you will win the battle. The sick person likely understands your reason for keeping a safe distance away, and will not have any hard feelings.

A great idea is to carry around a container of Lysol wipes. You never know when you'll need them. Everyone at the gym uses the same equipment. Wipe it down before and after use. Everyone in your house, apartment, or dorm is likely using the same toilet seats. Clean those bad boys! Take it a step further and wipe down your classroom and



Taking proper care for your mind, body, and surroundings will ease the fear of catching the flu (Cold&FluTreatment)

work desks before and after you use them. Hundreds of others may have sat there in the time you were not. Exercise your care for staying clean and germ free. Others will pick up some tips as well.

Do not use your cell phone or any other electronics in the bathroom. This is pretty self-explanatory. Chances are you are using your smartphone a majority of the day. There is no need to freely welcome germs onto it. If you make a call, you transfer all the germs to your ears and face, thus allowing the entrance of infection to your body. Additionally, clean all your electronic devices with a cleansing towel every morning and night if you can.

Lastly, if you have not gotten a flu shot yet, there are still numerous places to receive one. It does not hurt. As some may say it does not prevent the flu, well that is correct. Although it may not prevent it – seeing as your body is the ultimate determinant – it does alleviate the issue and give you more of a chance of fighting against it. If you have gotten the flu shot prior to getting the flu, you have a better chance in winning the battle.

This is a serious epidemic that is going around. The flu is no joke. If you believe you are immune to it, think again. There is every reason to stay healthy and clean. As the numbers soar beyond belief, do not allow yourself to be a part of those statistics. Think with your mind before all else. It is easy to forget to do all these things, but taking the time to stay clear of the flu is never going to hurt. Do yourself a long-term favor and stay clear of it.

Spaghetti for a cause - Scleroderma

Lauren Malone
Social Media Chair



The girls at last year's Spaghetti for Scleroderma (Claudia Dionne)

This year, the sisters of Alpha Omicron Pi will be hosting their 5th annual Spaghetti for Scleroderma event. The pasta dinner will take place on Saturday, February 24th, at 5:30pm in Bello. The spaghetti dinner will feature food catered by Terraza, and the majority of the proceeds from ticket sales and raffle contests will go to supporting the Scleroderma Foundation. This year's raffle prizes include a Keurig, a signed Red Sox Poster, a Brahmin bag, and much more!

You may be asking yourself, what is Scleroderma? It is an extremely rare disease that means "hardening of the skin" in Greek. Those who suffer from the autoimmune disease experience skin hardening as well as joint pain and muscle weakness among other symptoms.

Alpha Omicron Pi puts on this event every year in memory of Wendy Frasier, the mother of AOII founding member, Victoria Frasier, who passed away from Scleroderma. The event was started when Victoria was still a student here at Bryant, and the sisters of Alpha

Omicron Pi continue to support this cause today. This year Danielle Sturgeon, VP of Philanthropy for AOII, is in charge of planning the event. It is something that she is quite passionate about. "Planning this event is such an honor," says Danielle. "Spaghetti is an event that is very near to our hearts in AOII here at Bryant, and the Scleroderma Foundation is not a commonly known philanthropy. It means a lot that I can help to put on an event that makes such a difference for people living with this horrible disease."

Tickets are \$15 for students and \$25 for friends and family and can be purchased at <https://aoiibetaupsilon.ticketleap.com/spaghetti-for-scleroderma/>. If you are unable to attend the event but are still interested in donating you can visit <https://givebutter.com/I71IKb/join> or contact Danielle Sturgeon at dsturgeon@bryant.edu.



This month's sustainability report

Daniel Giacomuzzi
Contributing Writer

RecycleMania is a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities to their campus communities. Over an 8-week period each spring, colleges across the United States and Canada report the amount of recycling and trash collected each week. Then they are in turn ranked in various categories based on who recycles the most on a per capita basis. It is also determined which schools have the best recycling rate (the percentage of total waste), compared to which schools generate the least amount of combined trash and recycling. With each week's updated ranking, participating schools follow their performance against other colleges and use the results to rally their campus to reduce and recycle more. Bryant University's Sustainability Committee and partners are entering this spring and especially RecycleMania this semester in full swing! Last semester, the committee and its partners worked to organize teams and divisions to work on certain projects. Several of these took place last semester, a few spilling into both semesters, however, most are to take place this current semester!

Even still with the focus of planning for next year's cross-functional commitments to Sustainability. The facilities office and Dave Leduc will be hosting the annual e-waste recycling drive at the end of February (2/22). This year we will be partnering with the town and schools of Smithfield, RI. Later in the semester in late March (3/27 & 3/28), Gail Valentine has organized for the annual Green Office Clean-out to be held in 15 offices, while Charlene Farley has organized the Supply Exchange to be held in the Rotunda, the latter day (3/28). And lastly to top it all of we will be hosting an Earth Week extravaganza (4/22-4/28) topped off with a May 1st Farmers' Market. Please contact the individual in charge to learn more about the event and how you can help make it happen!

Contact: Dave Leduc: dleduc@bryant.edu
Gail Valentine: gvalenti@bryant.edu
Charlene Farley: cfarley@bryant.edu



Stepping up to do your part to save the environment will lead to a healthier society (TechVision)



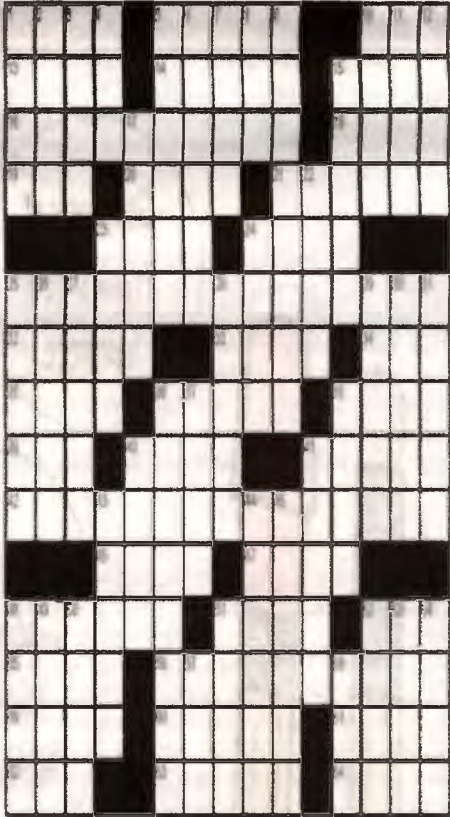
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		8						9
	5				3			1
		4	6					

ACROSS

- 1. Bridal shower?
- 5. ---
- 10. Homer's "Oy vey!"
- 13. Sort of round
- 14. "Shot up"
- 15. Actor Masiel who played Teyve in "Fiddler on the Roof"
- 16. Rite stuff, to a Jewish adolescent
- 18. Cracked
- 19. Minnesota twins?
- 20. Barnyard bleats
- 21. African antelope
- 23. Programming language with a coffee-cup logo
- 24. Piece of cake
- 25. Place where 56-Across debuted
- 32. Coeur d' _____ Idaho
- 33. Culme de la creme
- 34. Racket
- 35. Moe or Curly
- 36. Connie Francis, e.g.
- 38. Not so hot
- 39. Screwball comedian Philip
- 40. Llama land
- 41. Garlicky mayonnaise
- 42. Director of 56-Across
- 46. Start
- 47. Actor Omar of "Love & Basketball"
- 48. "Sophie's Choice" Oscar winner
- 51. "Exodus" or "The Ten Commandments"
- 52. Athletic supporter
- 55. Lunch time?
- 56. This puzzle's theme, or, differently phrased, a Cuban monster?
- 59. Help in a heist
- 60. Having a lot to lose
- 61. Pub pits
- 62. Letters of proof
- 63. Monopoly income
- 64. 16-Across staple, second in popularity only to 56-Across

DOWN

- 1. Justice's gait
- 2. John, abroad
- 3. Jaguars, e.g.
- 4. Common street or tree
- 5. Book-page size
- 6. Place to buy and sell
- 7. Stationery store stock Abbr.
- 8. Ireland's palindromic coronation stone, _____ Fall
- 9. "That sounds right"
- 10. "It's like _____, all over again" (Yogi Berra)
- 11. Like some traditions
- 12. 16-Across staple (accompanied by 56-Across)
- 15. Frank or Moon Unit
- 17. Something to project
- 22. Place to buy and sell
- 23. Doe female
- 24. Zeus was I ere I saw _____
- 25. Not as crazy
- 26. 2004 Disney bomb to remember, with "The"
- 27. Discharge from the RAF
- 28. Koch colleague with trademark hats, who famously declared "This woman's place is in the House—the House of Representatives"
- 29. "Song and dance," e.g.
- 30. Nabisco brand named for its artificial flavor
- 31. Conclude with
- 36. 56-Across for contemporary Jewish identity, e.g.
- 37. Stats for Sandy Koufax and Ken Holtzman
- 38. Hit alternative
- 40. _____-diu
- 41. Lab safety org.?
- 43. He passed away less than a month before his website posted a review of this puzzle's theme
- 44. Meal
- 45. Conjectures
- 46. Self-proclaimed "The Big Aristotle"
- 48. Words before and after "or not"
- 50. Regretted
- 51. Neck and neck
- 52. 42-Across product
- 53. Street guy's name?
- 54. In 2012, Neil deGrasse Tyson testified that its current annual budget was "half a penny on your tax dollar"
- 57. Mayor Beame or Justice Fortas
- 58. Bernstein's "Giller and be _____"



6 October 2013

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