



THE ARCHWAY

Black and Gold and Read all over

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Police officers not to be indicted in shooting of Alton Sterling

Elana Williams-Edwards
Copy Writer

On March 27th, The Louisiana Department of Justice decided not to charge the two officers responsible for shooting and killing Alton Sterling back in the summer of 2016.

Alton Sterling, a 37-year old black man, was shot and killed by police officers outside of a Triple S Food Mart convenience store in Baton Rouge, Louisiana on July 5th, 2016. Officers Blane Salamoni and Howie Lake II were responding to a call regarding a black man threatening a homeless man with a gun in the area when they spotted Sterling. Lake arrived at the scene first and confronted Sterling. Salamoni arrived a few minutes later with a gun in hand. In graphic video footage, it reveals the officers threatening Sterling's life within seconds of arriving on the scene. Salamoni holds a gun to his head and screams, "Don't f----- move or I'll shoot your f--- a--. Put your f----- hands on the car." Within minutes of this altercation, Sterling is shot twice with a taser, violently threatened, tackled to the ground, and then shot twice in the chest.

Officer Blane Salamoni pulled the trigger, claiming that Sterling was reaching for a gun while both officers had him pinned to the ground. There is no supporting evidence as to whether Sterling had been reaching for a gun at the time he was shot by officer Salamoni. According to CNN, Officer Howie Lake II was suspended for three days and Officer Blane Salamoni was fired indefinitely following the event.

Unsettling video footage of Sterling's killing was released from multiple sources. The videos went viral, immediately sparking national outrage, specifically within black communities across the country. According to the Washington Post, this is one of many shootings of black men by police officers that led to nationwide protests in 2016. The Black Lives Matter movement marched for Alton Sterling's life and for lives of countless other black men who were killed at the hands of police officers.

On Tuesday, March 27th, 2018, Louisiana's State Attorney General Jeff Landry announced that neither of the officers will be charged with Sterling's death. According to Landry's written report on the incident, it reads, "We have concluded that the officers in question acted as reasonable officers under existing law and were justified in their use of force." The evidence has been considered insufficient, as they are unaware whether the officer's lives were in danger when Salamoni shot Sterling in the chest.

According to the Washington Post's fatal police shooting database, "While just under 1,000 people are shot and killed by police annually, just a handful of those cases each year lead to criminal charges." The numbers of officers who are acquitted of charges in these cases are alarmingly low. Justice for the families of those who have been killed is usually never obtained.



Sterling being held down and shot by Baton Rouge Police (*The Advocate*)

Trump administration strikes trade deal with South Korea

David Schmidt
Copy Writer

Recently, the Trump administration and South Korea agreed to a trade agreement. The trade agreement exempts South Korea from the recent 25 percent tariffs that the Trump administration recently enacted. Yet, South Korea will reduce its steel imports to the United States by 30 percent. South Korea is the third largest steel exporter for the United States behind both Brazil and Canada. South Korea will still be impacted by the aluminum tariff as the trade deal fails to mention a solution for this product.

The Trump Administration trade advisor Peter Navarro insisted that "in the case of South Korea, this is absolutely a home run...in lieu of tariffs on steel, we have a quota which is equal to only 70 percent of their shipments from the last few years." Navarro did express that the deal will in the same sense have the same affectability as the current regiment of tariffs. Navarro also mentioned that he believes other countries understand that any potential trade pacts agreed to with the United States that instead of the tariffs they will be given a quota to export to the United States.

The United States also hopes that the deal with the South Koreans will ultimately lessen the United States trade deficit with them. The deal supposedly does so by providing lifts to trade barriers in South Korea, and imposing novel barriers here in the United States. Likewise,

in addition to the cap on steel imports, the agreement extends a tariff on imported pick-up trucks for an additional two decades. This effectively locked out all imported pick-up trucks from South Korea from touching United States roads. The pact also aims to make it easier for US automakers to sell their products in the South Korean market by "lifting what the administration calls "burdensome regulations." Yet, it has been known that the United States automobile industry has not particularly focused on the Korean market due to it being viewed as a non-opportunity situation.

Moreover, the Trump Administration has taken a 180-degree turn around from the norm when dealing with the trade issue. This is because under normal presidencies the goal is to reduce the foreign barriers to level the playing field. Under the Trump administration they believe that instead of opening the South Korean market to the United States' products, it took a more protectionist route in that they worked toward a higher and long-lasting protectionist policy for its domestic automobile industry.

In addition to this agreement the Treasury Department is negotiating a separate deal to make sure that South Korea does not participate in currency manipulation. Likewise, the Trump Administration plans on activating these same quotas on steel imports with other allies voiding the 25 percent tariff on those countries. The Trump Administration has stated that America is open for business with others, but due to those countries higher barriers against the United States, they have voiced that the United States will increase our barriers if those are not lowered.

Meet The Archway Staff

Black and Gold and Read All Over



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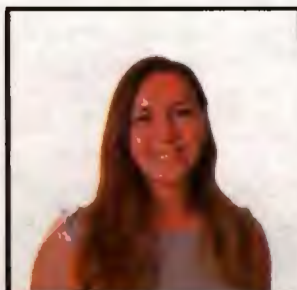
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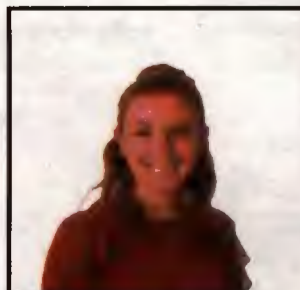
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Department of Public Safety Log

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED Mar 26, 2018-Monday at 13:38
Location: ALL CAMPUS AREAS
Summary: DPS received a call from an Athletics Trainer stating he had a student who was having difficulty breathing and chest pain. EMS was activated. Patient was transported to the hospital by Smithfield Rescue.

MOTOR VEHICLE ACCIDENT Mar 27, 2018-Tuesday at 15:20
Location: SENIOR STUDENT

PARKING O
Summary: A student came into Public Safety to report a motor vehicle accident that had occurred on campus in parking lot 'O'. Minor damage was reported to both vehicles.

ACCIDENT LEAVING THE SCENE / UNATTENDED VEHICLE Mar 27, 2018-Tuesday at 18:05
Location: FACULTY/STAFF/ COMMUTER PARKING LOT A
Summary: DPS received a report from a Bryant staff member

stating his vehicle had been hit while parked in lot A. Staff member stated someone had caused extensive damage to his front bumper

POSSESSION OF DRUG PARAPHERNALIA Mar 29, 2018-Thursday at 19:25
Location: RESIDENCE HALL
Summary: An RA reported a bong was found inside a guest's bag in a Residence Hall. The guest was removed from campus. A small amount of

marijuana and paraphernalia was destroyed by DPS.

BURGLARY/B&E Mar 31, 2018-Saturday at 11:12
Location: TOWNHOUSE
Summary: DPS received a report an unauthorized entry into a townhouse by forcing the window. Eggs were thrown at the wall of the common area, nothing was reported stolen.

POSSESSION OF DRUG PARAPHERNALIA Mar 31, 2018-Saturday at 21:15
Location: RESIDENCE HALL
Summary: DPS responded to report of a student with marijuana and alcohol. Contraband was confiscated and destroyed by DPS.

UCAP to hold seventh annual awards reception

Jesse Miller
Contributing Writer



The UCAP School focuses on helping RI students at risk of dropping out (Imaj Associates)

On Thursday, April 19th, UCAP will be holding their seventh annual Spring Do Awards Reception, Live and Silent Auction. The auction raises funds for the Beyond U program, which provides the after-school programming for the students. UCAP will honor Dr. Joyce Stevos with the All Kids Award and Leidy Valencia with the Outstanding UCAP Alum Award. In addition, UCAP is excited to announce that WPRI 12 reporter, Todd Wallace, will conduct the auction. The silent auction and cocktail hour kick off at 5 pm, followed by the awards ceremony and live auction. This celebration will be held on the UCAP campus located at 75 Carpenter Street, Providence, RI.

New to the celebration this year will be the addition of live music. On behalf of my group, I am pleased to announce that Field, made up of Bryant's own Ryan Glander, Robert Guerette, Eric Soter, and Ben Williams, will provide entertainment throughout the cocktail hour. Stop by for a chance to win a variety of auction items, including jewelry from Alex and Ani, a night in the Omni Hotel in Providence, Red Sox tickets, theater tickets, wine tasting experiences, restaurant gift certificates, and more! There will be a \$50 cover charge for this event. However, Bryant students will be able to attend for \$10 but must show a valid school ID. This entry fee allows the opportunity for students to take part in the raffle.

Please join The UCAP School and show your support for their students. If you wish to donate to the auction, please direct your donation to The UCAP School's website at www.ucap.org. All proceeds from the auction go towards the Beyond U Program, UCAP's after-school programming. These activities give the students an extended social learning which boasts a student's school experience and keeps them engaged in a safe and nurturing environment.

With just about a month left in my final semester, I wanted to do my part in leaving some helpful advice to anyone in need of it. Of all the things I have learned in my four years at Bryant, the most important lesson I can teach you is that you need to be in control of your attitude. I am not just talking about personality or behavior. I mean attitude in the sense

of how you think. A positive approach to any problem can go a long way. Have a test tomorrow? Study hard, get a good night's sleep, and be confident in your ability. Don't mope around thinking of all the ways you can fail. Nervous about a job interview? Be yourself and picture your life in a few months when you are working for that company.

We all know that Bryant likes its group projects. That is not new information, nor is it likely to change. We are all too familiar with the fear of uncertainty when we see a group project listed on the syllabus. Nobody wants to be put into "that" group – one person who has no idea what is going on, another who says they will help but does not, one who disappears until the very end, and one who does 99.9% of the work. This may have even been your group in GFOB. But I want you to challenge yourself. I want you to think positively. What are the ways you can turn that group into the one everybody wants to be a part of?

The Management 200 course is a fantastic example of when the power of positive thinking can really change how you approach a semester-long service learning project. Throughout the course, you learn what makes a great leader and what makes an even better manager. The course is designed so that the concepts taught in class can be incorporated into your projects in real time. You cannot complete this project unless everyone in your group works equally towards the goal. Group members need to be interdependent and each member is held accountable for the success (or the failure) of the group.

In the interest of self-promotion, I want to take this opportunity to raise awareness for the nonprofit I am currently involved with for this service learning project. The UCAP School is an independent, public middle school located in the heart of Providence. UCAP partners with other school districts in Rhode Island to identify students who are at risk of dropping out of school. The programs offered to these young adolescents help each student obtain the necessary academic and social skills for success in high school and in life beyond secondary education.

Top tweets of the week

"I am right about Amazon costing the United States Post Office massive amounts of money for being their Delivery Boy. Amazon should pay these costs (plus) and not have them borne by the American Taxpayer. Many billions of dollars. P.O. leaders don't have a clue (or do they?!)"

- Donald Trump, 04/03/18 (@RealDonaldTrump)

"In 30 minutes, the Wannabe-Despot-in-Chief praised a media conglomerate that forced its staff to read a script; continued to attack the free press by targeting the profits of a newspaper's owner; and continued his relentless (and scarily successful) politicization of rule of law."

- Brian Klaas, 04/02/18 (@brianklaas)

"Active shooter at YouTube HQ. Heard shots and saw people running while at my desk. Now barricaded inside a room with coworkers."

- Vadim Lavrusik, 04/03/18 (@Lavrusik)

"Update on shooting at Youtube in San Bruno. PD says three victims suffered gunshot wounds. One suffered non-shooting ankle injury. Shooter died from self-inflicted wound."

- Eric Thomas, 04/03/18 (@ericthomaskgo)

"Society's dumbest people are the ones who care about celebrity breakups. I don't even know if I would call them people. They're zombies."

- Mark Dice, 04/02/18 (@MarkDice)

"A caravan of more than 1,000 Central Americans is traveling across Mexico tonight toward our southern border. These aren't refugees. They're border jumpers. They have no legal right to come here. Will anyone in power do anything to protect America this time?"

- Tucker Carlson, 04/02/18 (@TuckerCarlson)

"Happy Easter!!"

- Jimmy Fallon, 04/01/18 (@jimmyfallon)

March For Our Lives showcases clear message about gun reform

Rachel Cousineau
Contributing Writer

On March 24th, a crowd of thousands made up of mostly students, flooded the streets for a march to advocate for more gun laws in America. The movement was called "March for Our Lives" and it was organized by "Never Again MSD" and by many survivors from the recent shooting at the Stoneman Douglas High School in Florida. The purpose of this march was to send a message to lawmakers that gun control needed to happen and change needed to occur to protect Americans and our children. The main protest took place in the nation's capital, Washington D.C, but also took place in cities all over the country including, but not limited to: Providence, Boston, and New York.

Many teens spoke and expressed very meaningful speeches in hopes to rally support for gun control. A victim of the Douglas high school shooting said, "We will not stop until every man, every woman, every child and every American can live without fear of gun violence." Protesters urged for universal background checks on all gun sales, to raise the federal age of gun ownership and possession to the age of twenty-one, and to close the gun show loophole. Additionally, they want to restore the 1994 Federal Assault Weapons Ban which banned the sale of high-capacity magazines in the United States. This march went down in history as one of the largest public protests in American History.

Based on an article published by CNN, the White House did not respond very heavily to the marches across the country. Trump and his administration did not deny or accept the need for gun control in a public statement, "We applauded the many courageous young Americans exercising their First Amendment rights today." However, as more time passes since the

march, Trump has made no proposals for more gun control or the repealing of the Second Amendment. He is urging Congress to pass the Fix NICS and STOP School Violence Acts. Additionally, the Department of Justice issues the rule to ban bump stocks as the president requested to ban devices that turn legal weapons into machine guns. STOP School Violence Act bill proposed by Utah Republican Senator Orrin Hatch. The act offers money to states to help detect and report people who may show signs of hurting others and direct money to train teachers, law enforcement, and students how to deal with those situations.

Recently, the former Supreme Court Justice Stevens wrote an article published in the New York Times where he states that in his opinion, the Second Amendment should be repealed. In the article he wrote that it is rare we see school children engage in something so political, and for that, they demand our respect and attention. He addressed that although their ideas for gun control were solid, he thinks they are not long lasting, which is where he then shows support for repealing the Second Amendment. Trump responded via Twitter to Stevens' article.

Whether you agree with gun control or no gun control, it is no secret that both sides of the debate want to end gun violence so everyone is safer. The media has been flooded with more pro-gun control despite recent events (shooting and the march), but America has remained divided between the two sides. It might appear that most teens are in support of gun control since they were the age group most present at the march, but USA today stated that only 47% of teens ages 13-18 believe that more gun control would reduce mass shootings. Overall, Americans want the violence to stop and change appears to be in the future, whatever it may be.



Millions fill the streets of D.C. protesting for common sense gun reform (Michael Reynolds)



Emma Gonzalez, a survivor of the Parkland, speaks at March for Our Lives in D.C. (Andrew Harnik)



March for Our Lives flooded the streets of D.C. for the rally to support gun control (The Atlantic)

Interested in current events?

Have a passion for writing?

Send articles to archway@bryant.edu
and get published in The Archway!

Scandal around Facebook's data privacy

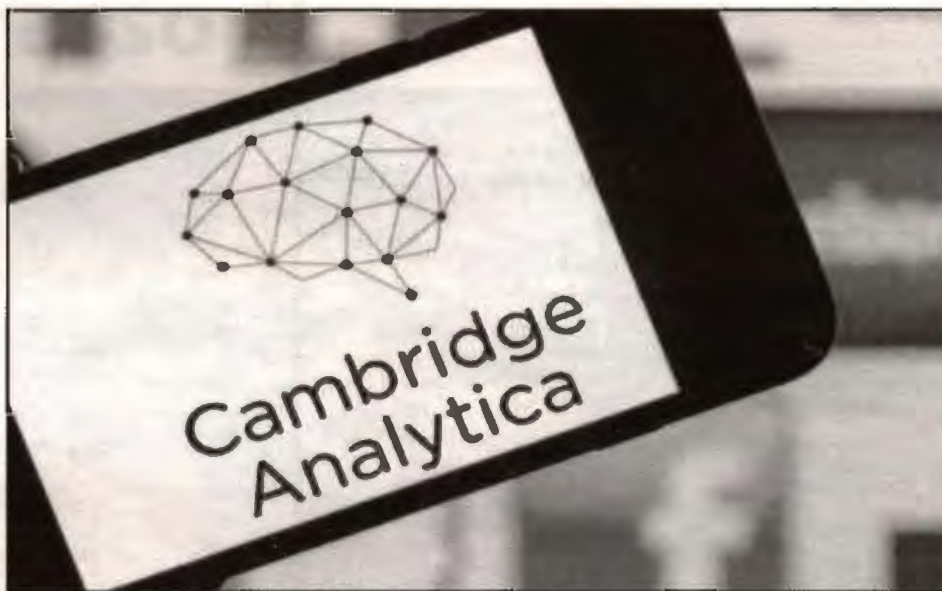
Madison Gilbride
Contributing Writer

Ever wonder how the data you upload to Facebook is being used? Well recently millions of Facebook profiles had been exploited for unforeseen and unidentified purposes. With this case, many users question the legitimacy of Facebook and if they should delete their profile. This issue grew from a complicated web of relationships. The Trump campaign with the help of some political consulting firm known as Cambridge Analytica, was basically able to gather raw data from a personality quiz designed by a university researcher, based off over 50 million Facebook profiles.

On March 16th, the New York Times and the Guardian reported that Cambridge Analytica had gathered access to over 50 million Facebook user profiles. There was talk about how some experts believe the firm could have used this percent of data to have gained an unfair advantage in targeting voters. But it is not clear if the information was even useful to them, it could have just been some type of marketing done by Cambridge Analytica. People believe that this could be considered as one of the biggest public relations crises Facebook has had to deal with. Many Senators are calling upon Zuckerberg to testify on behalf of the situation, the Federal Trade Commission seems to be digging deeper within the investigation, while some British authorities are researching the scandal from multiple outlets. Meanwhile, the stock price of Facebook has been declining rapidly since the news outbreak.

In short, the start of this story began in 2014 when university researcher Aleksandr Kogan created an app through Facebook called "this is your digital life" over 270,000 people downloaded in on the spot and just gave away their personal information, little did people know Kogan was passing along the data acquired to Cambridge Analytica, which went towards assisting the Trump campaign. While at this time, Facebook platform API continued to let developers like Kogan use their information systems to gather data. Fast forward to a few days ago when Christopher Wylie, who's previous employment was Cambridge Analytica, confirmed with the New York Times and the Guardian that Kogan's usage of the app system was the way in which he was able to obtain as many as 50 million people's profiles, with the basic assumption that if they could track your Facebook likes, reactions, and shares, they could begin to get some sense of your personality and interest in order to more effectively target you politically. This type of work is known as psychographic profiling. When the Guardian had revealed this scheme a few days back, Facebook then went right to Kogan and Cambridge Analytica and demanded that they delete all of their data obtained in violation of Facebook rules immediately. But in proceeding reports, the reality was that Cambridge Analytica and Kogan never officially deleted the data stored and Facebook never further investigated to see whether or not the data had been deleted as promised.

This report angered many loyal Facebook users, which gets to the heart of the reason as to why people are deleting their Facebook accounts right now. Facebook made it



Cambridge Analytica gathered access to over 50 million Facebook user profiles. (techgig.com)

easy for developers like Kogan to be granted access to all forms of data and to share it from behind the scenes. The scandal brought upon an all-time low amount of trust in Facebook. Mark Zuckerberg did not speak up on behalf of Facebook in regards to these attention grabbing stories until about 5 days after, when he finally announced some plans to address the abuse of the data firms. Facebook stopped developers from gaining access to information and for those who previously had access, Facebook is demanding that they submit an audit of their data or be kicked off the platform. Now it is about going a step further. On Wednesday he ended up writing a Facebook post addressing this scandal head on and proceeded to interview with CNN to explain "This was a major breach of trust and I'm really sorry this happened" and further add: "Our responsibility now is to make sure this doesn't happen again."

The ultimate question is will this fix the problem? From one perspective it is most definitely a start, blocking developers from having access to Facebook user's data will help to rebuild user trust. But on a larger issue for Zuckerberg, what is he going to do on a personal level for the users of Facebook? Will users continue to stay on Facebook with knowledge that this type of scandal could happen again? Or will numbers continue to drop based on no movement towards a solid resolution? Facebook users are eagerly awaiting a change.

Blockchain technology's potential future in finance

Melissa Hernandez
Contributing Writer

Imagine a world without physical cash. We may well be heading in that direction. Speculators and venture capitalists are now placing their bets on entrepreneurs who are trying to penetrate the Cryptocurrency and Blockchain Technology barrier.

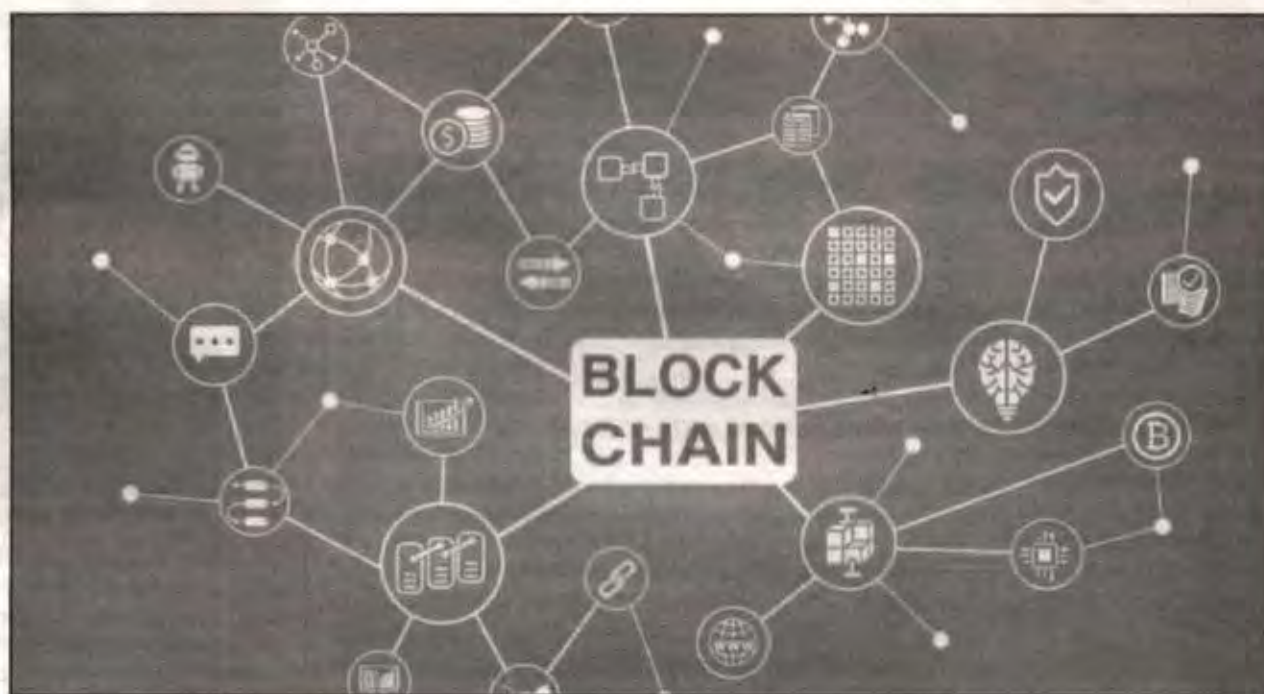
On March 10th, twenty-three panelists and keynote speakers gathered at the 2018 MIT FinTech Conference to share their current research and ideas on the future of money. Co-Managing Directors, Devin Walsh and Marisa DeAngelis, created an "inclusive, inspiring, and high energy" environment for the innovators to interact with students and professionals. As confirmed by leading industry researchers, we know less about the topic than we think.

Investing in Cryptocurrency is comparable "to people buying tickets to a theater that isn't built," says Gary Gensler, a Blockchain professor at MIT's Sloan School of Business Management. Engineers and developers from all around the globe are hustling to make a solid framework for Blockchains.

Tech start-ups are forming to take on the challenge because the technology is not yet stable enough to support societal needs. Among the intended purpose of Blockchains is to enhance a person's wealth by eliminating intermediary fees.

Financial professionals and venture capitalists are all speculating about the potential gains from being the first to succeed on Cryptocurrency and Blockchain Technology. MIT Media Lab tech start-ups are in the midst of creating an infrastructure to protect user privacy. Since companies now have the ability to track users via their cars, houses, and phones, reliable security is a major concern. In addition to the above obstacles, performance and scalability are engineering's greatest challenges.

Kevin O'Leary, famously known as Mr. Wonderful on Shark Tank, believes MIT's cryptocurrency projects are the most "exciting technology in the friggin' world." As a venture capitalist himself, O'Leary invests 60% of his funds in domestic deals, leaving an additional 40% for international stocks. The rest of the world is experiencing



What is Blockchain, how does it work, and what does the future hold? (TheDaily)

great GDP growth, especially in Asia. O'Leary comments that "Asia is the new America." Some parts of Asia are willing to adapt to the new technology, but China is leaning towards outlawing Blockchains. The United States, on the other hand, wants to integrate the technology into its economy, but with strict regulations. However, US regulators do not fully understand Blockchains and Cryptocurrency, which may lead to future problems.

Today's society expects things to happen easily, cheaply, and immediately. Apps like Uber have succeeded because they provide users with instant gratification. Traditional financial services operate differently because transactions are more complex.

Regardless, society holds the same expectations. Keeping in mind that financial inclusion is an issue, entrepreneurs are looking to make new information

accessible to all demographics and all geographical locations.

Venture capitalists at the conference discussed the importance of watching small tech companies because even though they start out as microdots on the map, some have the potential to become big competitors. Large companies are realizing this pattern and have begun to acquire these new tech start-ups.

Critics are leery about adapting to cryptocurrency because the industry still needs to find solutions for its glitches. Professionals do believe that if Blockchain technology succeeds the need for banks will diminish. As of now, the primary debate focuses on whether or not Blockchains will solely affect business models, or will transform the whole financial structure.

Bryant's Archway Investment Portfolio

Weekly news:

Calum Daly
Archway Investment Fund Executive Committee:
Reporting Chair

"With a balance of \$1,283,444.06 to begin the month, the fund finished with a change of -1.84% and a month end Fund Value of \$1,259,788.30.

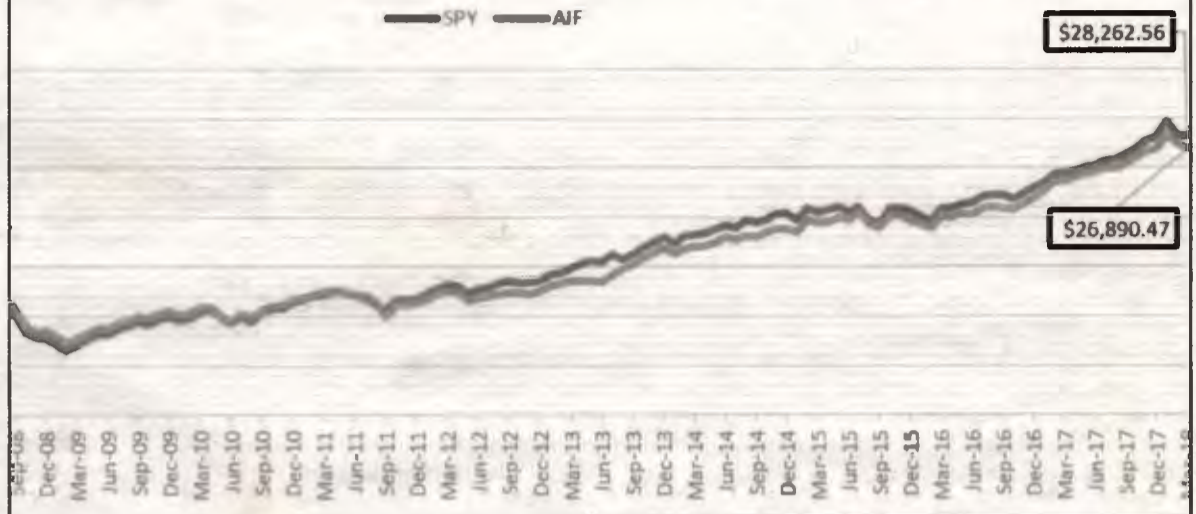
Being a benchmark fund we look to the S&P 500 to evaluate our performance. The S&P realized a return of -2.74% putting the Fund's alpha as .9%.

Our holdings Anthem, Inc. +3.68%, Altria Group, Inc. +3.19%, TJX Companies Inc +2.35%, Union Pacific Corp +2.35, and Visa Inc. Class A +1.53% were this week's fund winners."

Monthly Fund Performance	
Month Ago Fund Value	\$ 1,283,444.06
Current Fund Value	\$ 1,259,788.30
Monthly Change	-1.84%

Archway's weekly performance:

Value of \$10,000 Invested Since Inception



Weekly Winners			
Rank	Ticker	Name	Return
1	ANTM-US	Anthem, Inc.	3.68%
2	MO-US	Altria Group, Inc.	3.19%
4	TJX-US	TJX Companies Inc	2.35%
4	UNP-US	Union Pacific Corporation	2.35%
5	V-US	Visa Inc. Class A	1.53%

Weekly Loser			
Rank	Ticker	Name	Return
1	TSN-US	Tyson Foods, Inc. Class A	-5.54%
2	BABA-US	Alibaba Group Holding Ltd. Sponsored ADR	-3.97%
3	SWKS-US	Skyworks Solutions, Inc.	-3.83%
4	CSCO-US	Cisco Systems, Inc.	-3.05%
5	TAN-US	Guggenheim Solar ETF	-2.44%

The importance of logistics KFC supply chain crisis

Derek Murray
Supply Chain Writer

Alexander Farrah
Supply Chain Writer



The story behind logistics, from plane, to boat, to truck. (pixabay.com)

One of the biggest problems online retailers face today is how to effectively manage a growing number of returned goods. As a result, many firms are looking at improving their reverse logistics in hopes of cutting costs.

Reverse logistics is exactly what it sounds like; it includes all activities and processes involved in moving goods in the reverse direction, or from the customer back to the business. Each step of the process is equally important, whether it entails the physical shipment of the product, sorting and repairing damaged goods, or providing customer support.

While many in-store returns can quickly and easily be placed back on shelves, online returns typically face a vastly different journey. The Wall Street Journal reports that only about half of holiday returns go back on shelves, many of which are inspected and repackaged at distribution centers, and most of which are resold at discounts. The other half can pass through many hands, and may be sold for a fraction of their costs at outlet stores, online auctions, and flea markets. At the end of the line is the landfills, which collect about five million pounds of returned merchandise every year.

The Supply Chain Management Review estimates that the return rate of e-commerce purchases is three to four times higher than in-store returns, and with an average annual growth rate of 15%, online retailers are seeking help from third-party logistics providers to help them better manage their reverse supply chains. Reverse logistics may only comprise a small percentage of a firm's costs, but it is a critical area that can produce savings for low-margin industries looking for ways to gain a competitive advantage.



KFC's new delivery partner experiences 'teething problems' (DailyStar.com)

What decision led KFC to lose approximately one million dollars per day? According to the New York Times, company officials have blamed the chaos on their new delivery contract with DHL. This led to a logistics failure in Britain, which happens to be KFC's fifth-largest market. DHL failed to deliver chicken to restaurants across the UK, leaving around seven hundred stores closed, employees out of wages, and furious customers.

KFC has become a laughing stock through many platforms of social media and also through the jokes of comedians. Even KFC tried to take some of the pressure off of the company by saying, "The chicken crossed the road, just not to our restaurants." According to Forbes, KFC's intentions of switching from their original supplier, Bidvest, to DHL was to cut logistics costs significantly. However, KFC did not anticipate the tremendous loss in sales and capacity utilization.

Experts criticize KFC by claiming that this situation could have been easily avoided by simply comparing the capabilities of Bidvest and DHL. KFC also overlooked a warning by GMB's national officer, Mick Rix. Rix told them that if they switched suppliers they would face difficulties in their supply chain. He also added that by cutting costs, they are settling for low quality service. KFC failed to put the effort into researching the downsides of their supplier decision.

Intended to be a partnership to "revolutionize the UK foodservice supply chain", KFC's decision to use DHL as their supplier instead of their previously successful supplier Bidvest, created chaos, resulting in huge losses for the company.

Bryant welcomes new men's basketball head coach, Jared Grasso

Bryant Athletics

Bryant University President, Ronald K. Machtley, and Director of Athletics, Bill Smith, announced the hiring of Jared Grasso as the next head coach of the Bulldog men's basketball program at a press conference Monday morning at the George E. Bello Center for Information and Technology.

Grasso becomes the eighth men's basketball coach in Bryant University's history, bringing 16 years of experience in Division I coaching in the Northeast to Smithfield.

"I am excited to announce Jared Grasso as the next head coach of our men's basketball team," Smith said. "Jared's resume and contagious passion for basketball elevated him to the top of the list. We wanted a coach with a proven track record of cutting down nets and playing in March Madness and Jared and Iona have won their tournament and gone dancing in March five out of the last eight years. He's proven to be a high-level recruiter and has enjoyed great success at every place he's coached. I feel that Jared will give our program an energy boost and I'm so excited to have him on our sideline."

"We are delighted to have Jared and his family join the Bryant University community," Machtley said. "Jared has an incredible record of commitment to recruiting exceptional athletes who can compete on the floor and in the classroom. He develops a relationship with each student-athlete to help make them the best that they can be throughout their educational/athletic experience, which is why he has had such a very high retention rate of recruited athletes. I am excited for his tenure as coach to begin. Energetic and smart, I am certain he will build our Bryant basketball program into a tradition of winning our league and competing at the NCAA level."

Grasso was tabbed to lead the Bryant program after most recently working for the last eight seasons at Iona, where he helped the Gaels to unparalleled success both at Iona and in the MAAC.

Iona posted a record of 182-92 (.664) and a mark of 112-40 (.737) in the MAAC from 2010-18, as the Gaels staff led by Tim Cluess became the fastest to 100 MAAC wins in conference history. The Gaels made five NCAA Tournament appearances (2012, 2013, 2016, 2017, 2018) in Grasso's eight years in New Rochelle, with the 2011-12 Iona team being one of just two in MAAC history to earn an at-large selection to the NCAA Tournament. The Gaels won three MAAC regular-season championships (2012, 2014, 2015) during Grasso's tenure, with the 2014 and 2015 iterations of the Gaels qualifying for the NIT.

The Gaels battled to win the MAAC Tournament Championship in each of the last three seasons, making Iona one of three programs from a mid-major conference to qualify for three straight NCAA Tournament appearances from 2016-18. Iona advanced to the MAAC Championship Final seven times in Grasso's eight years at Iona, including a conference-record six straight appearances from 2013-2018.

As Iona's recruiting coordinator, Grasso has been instrumental in the recruiting and coaching of a group that includes 11 MAAC first-team all-conference selections, three MAAC Player of the Year honorees and one MAAC Rookie of the Year during his eight seasons with the Gaels. Iona has seen 22 players play professionally over the last seven seasons between the NBA, NBA G-League and international opportunities. The Gaels are the only NCAA Division I program to send a player to the prestigious Portsmouth Invitational Tournament for five straight seasons.

"My family and I could not be more honored and humbled for this opportunity to join the Bryant University community," Grasso said. "President Machtley and Bill Smith



Grasso was welcomed to Bryant on Monday morning (BryantBulldogs)

are tremendous leaders and our visions for this program clicked immediately. I can't wait to get to work with these student-athletes and help build a championship program. The future of Bulldog men's basketball is very bright."

Prior to Iona, Grasso spent four seasons on the staff at Fordham, including the majority of the final year as interim head coach. Grasso was the lead recruiter in the Rams' 2009 recruiting class which was ranked in the top 25 nationally by Scout.com. In 2006-07, Grasso helped guide Fordham to its winningest season in 15 years.

Grasso spent the 2005-06 season at his alma mater, Quinnipiac, where he recruited a pair of first-team All-NEC selections who would go on to be 1,000-point scorers in Hamden. Prior to Quinnipiac, Grasso worked two seasons on the staff at Hartford, where he recruited a first-team All-America East honoree. Grasso began his coaching career as a graduate assistant at Hofstra in the 2002-03 season.

A four-year starter and two-year captain at Quinnipiac as a guard, Grasso currently ranks 22nd on the Bobcats' all-time scoring list with 1,134 career points. He is fifth on the all-time list in assists with 404 and ranks fourth all-time in three-point field goals with 216. He graduated from Quinnipiac with a degree in mass communications in May 2002 and was elected to the Quinnipiac Athletics Hall of Fame in 2014.

A native of Syosset, New York, Grasso attended St. Anthony's High School in South Huntington, New York, from 1994-98. He earned honorable mention All-American honors as a senior at St. Anthony's after averaging 23 points, seven rebounds and eight assists per game. He, his wife Andrea and one-year old son currently reside on Long Island.

Red Sox opening series recap vs. Rays

Michael Jarosz
Staff Writer

With an early Opening Day on March 29, the Boston Red Sox had a tough go in their first game against the Tampa Bay Rays at Tropicana Field, blowing a 4-0 lead in the eighth inning to lose 6-4 to start the season. Despite the early gaffes from the bullpen, Boston would recover for the next three games of the series, winning 1-0 on Friday, 3-2 on Saturday, and 2-1 on Sunday. Even with the lack of a powerful offense which has yet to be showcased, Sox pitching was stellar throughout all four games.

The first three starters: Chris Sale, David Price, and Rick Porcello combined to throw 18 and a third innings with 17 strikeouts while only allowing one run. Hector Velazquez, called up in place of a few injured starters on the disabled list, had a well-pitched game on Sunday, throwing five and two-thirds with only an earned run and five strikeouts. The bullpen itself has been just as impressive aside from the Opening Day mishaps. Matt Barnes has stepped up exceptionally in his role as a setup man, while Craig Kimbrel is still just as lights out as he's been.



The Red Sox took on the Tampa Bay Rays for their opening games of the 2018 season (sportscenter)



Chris Sale was dominant, but the offense was unable to pick up a win (MassLive)

Boston's bats were cool for the four games, not scoring more than four runs, but were efficient enough for the three where they scored less. Shortstop Xander Bogaerts has proved to still be an extra-base hitting machine throughout the first four games, Rafael Devers is picking up pace in what could be called his sophomore season, and newcomer J.D. Martinez is starting to find his stroke with the Sox. While the offense still needs time to get going, the efficiency of the starting rotation bullpen is making for what looks to a good season for Boston.

After a quick two-game series against the Miami Marlins, the Red Sox will have a day off before delivering their home opener to Tampa Bay on Thursday, April 5. Baseball is finally back, and Boston looks to deliver a great season!

A preview of the upcoming 2018 Masters

Billy Gordenstien
Contributing Writer

As the Azaleas bloom and the field gets finalized, fans are hoping The Masters is as entertaining as ever. Augusta National Golf Club has been the host of some unforgettable moments. There have been fifty-one different winners of The Masters, but this year's outright favorite is a familiar face that The Masters hasn't seen in a while. According to GolfDigest.com, using Vegas's odds, Tiger Woods opens with 9/1 odds to win. Tiger last played in the Masters in 2015 when he finished tied for 15th, and the last time he won the coveted Green Jacket was way back in 2005. It will be tough for Tiger to overcome his drought of winning a major that has lasted since 2008, and it will be especially difficult to at The Masters. He and a lot of golf fans clearly want him to make Sundays great again.

A golfer hoping to stop the Tiger hype train is current number-one golfer in the world, Dustin Johnson. Dustin opens with 10/1 odds to win based on Vegas's betting books and the veteran looks to add a second major and a Green Jacket to his name. Dustin Johnson didn't compete in last year's Masters after withdrawing due to a back injury before he teed off on Thursday. The closest that he has ever gotten to a winning at Augusta was in 2016 when he tied for 4th place. His inability to finish on Sundays of majors will certainly be a factor, but he very well could overcome it this Sunday.

One of the most exciting and up and coming young golfers who is an early favorite to win is Justin Thomas. JT has been on a tear amassing 6 wins over the past year including the 2017 PGA Championship. Having a major victory this early in his career is incredibly promising and it is only a matter of time before he earns himself a Green Jacket. He too opens up with 10/1 odds and the current number two golfer in the world looks to add another victory to his impressive stats. Perhaps a big concern is his history at Augusta National. Justin Thomas finished tied for 22nd last year shooting 2 over. On the bright side, it was his first time playing at the challenging course and he has improved immensely since last Masters.

Could this year's Masters bring back one of the most exciting rivalries in golf. Tiger Woods and Phil Mickelson. Phil Mickelson has 16/1 odds to win, which clearly isn't the best, but it is enough to give the rivalry the hype it deserves. The lefty is playing some of the best golf in his career at the age of forty-seven. According to ESPN, Mickelson has finished in the top six in four consecutive tournaments for the first time in his career. The three time Masters Champion is entering the tournament as the 18th best golfer in the world. One of the biggest concerns with Phil's game is his age. If he were to win The Masters, he would become the oldest golfer to win a major.

Other notable favorites and their odds include Rory McIlroy at 10/1, Jordan Spieth at 12/1, Justin Rose at 14/1, Jason Day at 16/1, Rickie Fowler at 18/1, and defending champion Sergio Garcia at 30/1. There is no formula to pick who will win and it can be anyone in the field, but these golfers are all favorites for a reason. They have all had either incredible careers or amazing runs lately. Hopefully this year's Masters will be able to give the fans what they want; something for the history books.



No.1 golfer in the world Dustin Johnson hopes to add another green jacket to his wardrobe. (USAToday)

Bryant University Recreation Updates!

Intramural Champions

Angie Perrone
Contributing Writer

The Bryant University Intramural program saw tough competition this past season as Floor Hockey and Basketball teams played their final games this past week. Over 620 students competed in season three of Intramurals!

17 teams competed in Floor Hockey while a record-breaking 46 teams competed in Basketball.

In the Floor Hockey competition, the final game was the Short Bus against the Prusty Trombones who ended up taking the Champion title in a 6 to 2 victory.

In the A League Division, Issa Team took the victory scoring 59 against the Dream Team who scored 44. In the B League Division, the Local Sauce Dealers competed against Dirty Pete and The Boys with the Local Sauce Dealers winning by 2 in a 39-37 battle. The Recreation Department would like to thank all the fans and players who came out and supported the students!



Bryant Ultimate Team

Lydia Paglierani
Contributing Writer

The Ultimate Team competed on home turf on Thursday, March 29th against Keene State University from Keene, NH, as well as the University of Rhode Island from Kingston, RI. The dawgs were forced to use a different practice field for their first few games and eventually made it down to the turf. It was drizzling and on the chillier side, but that didn't stop the boys from big wins in the "Round Robin" tournament.

Game highlights:

Understanding their competition, nothing extraordinary exciting occurred

All players still played well despite low competition

They started playing a new zone defense that seemed to work well

The boys went 4-0, beating Keene State twice, and URI's A and B teams

Sports are fun to play, so why not write about them too?
Contact archway@bryant.edu to learn about how you can write about sports for the paper!

Upcoming Home Games This Week

Friday April 6th
 Men's Tennis - Connecticut vs. Bryant @ 1pm

Saturday April 7th
 Men's Lacrosse - Wagner vs. Bryant @ 1pm
 Softball - LIU Brooklyn vs. Bryant @ 1pm & 3pm

This Week's Scores

Baseball - Game March 30th
 Mount St. Mary's 6
 Bryant 1

Game March 31st
 Bryant 9
 Mount St. Mary's 2

Softball -Game March 30th
 Bryant 12
 Farleigh Dickinson 6

Farleigh Dickinson 2
 Bryant 0

Men's Lacrosse- Game March 30th
 Bryant 10
 No. 13 Robert Morris 7

Women's Lacrosse - Game March 31st
 Bryant 20
 Siena 5

Week's Best Tweets

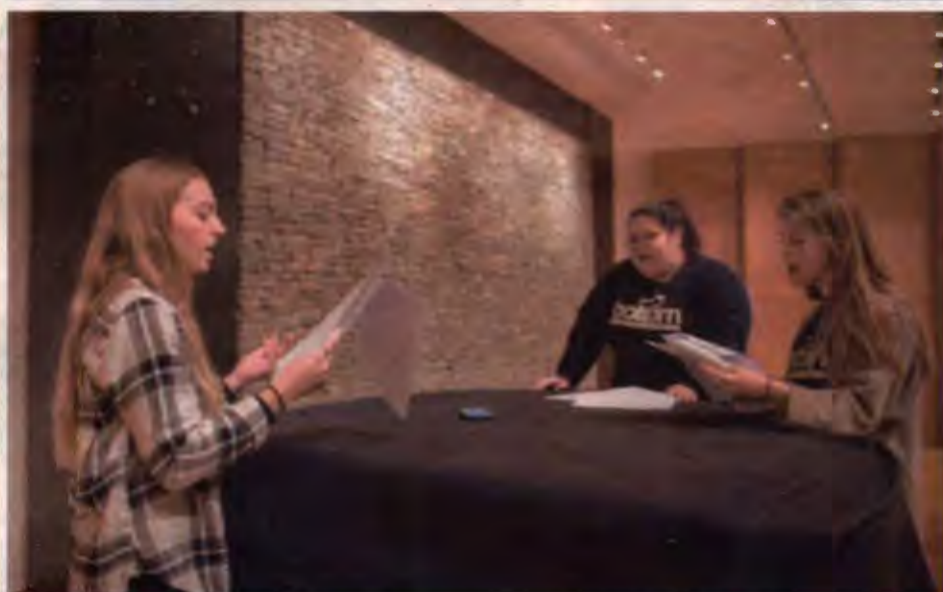
"A warm @BryantUniv welcome to our new Bulldog basketball coach Jared Grasso, his wife Andrea and son Jared pictured here with Athletic Director Bill Smith and @BryantUprez."
 -@wsdirector

"Bryant's new Head Men's basketball coach, Jared Grasso, joins the Bulldog team today. A great new addition. GO BULLDOGS!"
 - @BryatnUprez

"Helping animals, hanging with your dogs AND Bryant Softball?! We can't think of anything better. We are hosting our first Bark at Conaty Park in partnership with two amazing organizations! Mark your calenders - more information to come.
 #GoBryant"
 -@BryantSoftball

"The @jsnides24 stalk off the mound is back! He struck out five in four scoreless innings last week to earn #NECPrimePerformer recognition.
 #TCD"
 -@_BryantBaseball

Images from a weekly practice with The Bottom Line, Bryant's acapella group.



Photos by James Imrie



The definition of Nicole Salzano strong

Colin Curtin
Contributing Writer

Strong (adjective): having or marked by great physical power, having moral or intellectual power.

As a student athlete, it is a requirement of you to be strong both physically and mentally. However, that is just the tip of the iceberg. You need to be mature, disciplined, resilient, determined, and responsible, but most importantly, you need to have the will to win. If you think you know something about being strong, think again.

Please, take a moment and think about your favorite activity in the world. Now think about it being take from you, right before your eyes, in one fatal swoop.

This girl had something here, to be a part of the first team in program history



(Bryant University Bulldogs)

to win the NEC Swimming and Diving Championship for Bryant University. Nicole had swam the first session busting out an in-season best in her 500 yard freestyle.

Her sights were set high, as she got ready for her evening swim in the "A" final (seeded third overall). That afternoon while taking a nap, Nicole suffered a stroke while in her sleep, thus putting her swimming career and the rest of her life on hold.

Strokes occur when the blood flow to an area of the brain is cut off causing oxygen to be deprived and brain cells to die. Now think about this, the women's team was competing in the NEC tournament without their captain, and one of the fastest women on the team to bet. What does an organization do next? Lead by head coach Katie Cameron, the Bulldogs could do the only thing that they knew how to. Fight and fight and fight until there was no more fighting to be done.

As the women's team battled on, Nicole was in the ICU fighting even harder for every breath against all odds. Things had quickly turned for the worse, and fears had begun to set in for many of her friends and loved ones. But this was nothing for our girl, she can swim twenty laps in under five minutes, back squat nearly 100lbs, crank out 10 consecutive pull-ups, figure out an accounting problem, maintain a 4.0 GPA, work 8 hours a week on top of school and 20 hours of swimming, and still manages to find time for her boyfriend John.

Let me tell you something: this girl can



(Bryant University Bulldogs)

do it all, and if there was anyone who has going to get through this, it was Nicole. With Nicole in the hospital, the women's team still had a daunting task ahead of them. The girls went after it and brought it home; Junior Jillian Rice finishes first in the 200 yard freestyle, Freshman Elin Svard finishes first in the 100 yard butterfly qualifying for an NCAA DI "B" cut, freshman Heather Wong and Kayleigh Canavan finish fourth and fifth in the 100 breaststroke, and freshman Alyssa Difiore finishes first in the 500 yard freestyle.

The girls went out and did what they had to do for their teammate and sister Nicole;

finishing off one of the most remarkable seasons for the women's program history. The girls ended up winning the meet by over sixty points and set numerous team and conference records. The day after the meet, the team went and visited their sister Nicole. As Nicole was still in the ICU and resting, the team laid their championship trophy next to the girl that deserves it the most.

Nicole is currently making a remarkable recovery with her friends, family, and teammates supporting her every step of the way.

Social media is ruining our social skills

Emily Halpern
Contributing Writer

Is social media even social? When you think about it, it couldn't be more antisocial. Time spent curled up behind a smartphone, not talking to anyone, while scrolling and posting our way through Instagram, Snapchat, etc. is actually a very individual, and even lonely, activity. It is you, yourself, and the screen. According to Statista, global internet users are now spending upwards of 2.25 hours each day on purely social media alone. Over two hours per day, being the opposite of social, on this thing we call "social" media. Not only are people spending way too much time on these platforms, but they are using Snapchat and texting as their sole mediums of communication. This fact alone has damaged the social skills of our generation, making our phones the easier and more convenient way to stay in touch with people, rather than talking in person or even through phone calls. This type of communicating will just never compare to face-to-face contact.

Social media is in fact ruining our social skills. The core of this problem lies with one troubling fact that affects almost everyone in today's tech savvy age: the smartphone addiction. While 2.25 hours is spent on social media, Sarah Perez from TechCrunch found that data from Flurry, an analytics firm, states that we all spend merely 5+ hours just using our phones each day, which is absurd. Think about all the actual socializing, reading, working, enjoying nature, and living in the moment that could be done during that 5 hours. It makes you reevaluate how wasteful being on your phone is, and how our phone consumption takes over a large part of the day. The reality is, this number will probably continue to increase over time, if I had to predict based on where we are at now as a society.

To gain some more insight on this topic, I downloaded the app Checky, which



Some of the popular social media outlets used by many today (WittyFeed)

tracks the number of times you check your phone each day. At the end of the first day with the app, I had checked my phone over eighty times, understanding that roughly 95% of these were checking social media. It was at this point I became fully aware of my own smartphone addiction, and have since made a conscious effort to stay off of my phone, using it only when absolutely necessary.

With that being said, spending so much time on our smartphones and social media is only hurting us. When was the last time you had a full-length conversation from beginning to end, without you both checking your smartphones at least once? I notice this all the time on campus and beyond, and I do this far too often myself. We need to collectively as a generation be more aware of our phone usage, because even looking at our phones once or twice when with one or more people, is ultimately lessening our social skills. It is obvious that socializing and talking to one another in-person has become more difficult and less

of the norm for a lot of people.

Furthermore, people are getting together with their friends more and more often for the sole purpose of being able to post about it on social media. We should be spending quality time with our friends and family, without social media in mind, and sadly this is not the case. Far too often people go to trendy restaurants or unique sights with their friends or family, only in the hopes of getting the perfect picture for Instagram with hopefully a couple hundred likes to follow. "Doing it for the 'gram" should not be the goal of getting together with others, and this fad takes away from the quality time. Some people also only post on social media when they are with friends, almost as if they are trying to prove to other people the worth of their social life. This is obviously not a healthy relationship to have with these platforms. Our lives should not revolve around social media, because there is a big beautiful world out there to explore that we are missing by wasting time on Facebook and the like.

Lastly, we all place a great deal of value on the actions of others on social media and how those actions supposedly affect our relationships with others. For example, people get upset when someone they thought was their friend does not like or comment on an Instagram photo, or opens a Snapchat, but does not immediately respond. These rather meaningless actions now mean so much to people. This proves that people consider likes, followers, and comments on social media just as, if not more important than, in-person interactions. We care more about what is done online than in person, and that alone has hurt the social skills of our generation as a whole.

Social media has become an integral part of our lives. Sadly, we are at the point of no return, and the damage has been done. Moving forward, all we can do is increase our own personal awareness of our social media and phone usage, and place greater value on living in the moment.



Bulldog Poll:

***What activities would you like to see more of on our campus?**

***Where would you like to see more hydration station water fountains?**

***What topics would you like to see more of in the Archway newspaper?**

Bulldog Poll!

Now it's time to hear your opinion! Answer any of these questions and send them to the email below! Please send your answers to askarchie@bryant.edu

Interested in writing for opinion? Email archway@bryant.edu!

Let's Ask Archie, he sure will know!

Archie Way
Expert Opinion Giver

1. What stocks would you recommend getting into?

I'm just about the worst person to answer this question but I'll try my best. First off, Spotify recently went public, trading on the New York Stock Exchange under the ticker SPOT. Spotify opened at a total valuation of around \$29.5 billion, making it the third largest tech IPO of all time, behind Ali Baba and Facebook. I would also keep an eye on Amazon, because President Trump's threats against Amazon could present opportunity to buy the stock on the way down. Other stocks I would recommend getting into are Bank of America (BAC, trading at \$29.55 after-hours on April 3rd) and Ulta Beauty (ULTA, trading at \$204.51 after-hours on April 3rd). Both companies are among the best in their industries and are using highly competitive tactics to make them very attractive stocks in April.

2. What 2018 trend should stop?

Honestly, the trend of adolescents doing stupid things needs to stop. I'm sure none of you are strangers to the "Tide Pod Challenge," but that's only the beginning. The Tide Pod challenge is only the latest addition to the years-long trend of adolescents risking their lives for some cheap bragging rights. When it comes down to it, these trends are stupid, dangerous and tremendously unfunny. Also, this might make me Public Enemy #1, but I wouldn't mind it if Gucci Gang stopped...

3. What do you anticipate most about 2018?

Right now, I'm most excited for the first installment of Avengers: Infinity War and The Incredibles 2. I'm a massive movie buff and a bigger superhero fan, so Avengers: Infinity War (which releases nationwide on April 27th), is probably the thing that I anticipate the most for 2018. On the topic of movies, Deadpool 2 releases on May 18th, and should be another comedic treat. Looking further

on in the year, I'm also anticipating the 2018 FIFA World Cup, which goes from June 14th to July 15th. Despite the United States Men's National Team's absence from the tournament, I still think this should be an exciting tournament. Additionally, Westworld Season 2 begins on April 22nd, and given how brilliant the first season was, the second season will come with a lot of hype.

4. What's stopping you from fulfilling your dreams?

This might be dark, but the one thing that's stopping me from fulfilling my dreams is simple. I don't have any dreams. When I'm asked about my passion or what I want to do, my answer is always that I don't have a passion or that I don't know what to do. And to be completely honest, that's hundred percent okay. When you're in your twenties, it can sometimes be too early to know what your dreams are. Sometimes it takes a while to figure out what your dreams are. I firmly believe I'm in that group. And yet, I also think that I'll know when I figure out what my dreams are.



Ask Archie

Ask Archie for his honest advice on any of questions you have been pondering
Send your questions to askarchie@bryant.edu



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

Reasons you struggle with weight loss

Thomas Maranian
Variety Editor



Weight loss is a journey that requires a mixture of patience, accountability, willpower, proper mindset, and honesty (TheHealthSite)

Weight loss can be tough, no matter your situation. Whether you have 10 pounds to lose or 100, the journey can be long and aggravating. You may have been at it for months now, hoping to prepare yourself for summer. If you are new to the game, lucky you. You're going to get some of the best advice out there. Your approach is probably what is holding you back. Get the idea out of your head that you are going on a "diet." Dieting means it has a beginning and an end, and once it's over you go back to making poor nutrition decisions. It is strongly encouraged to change your lifestyle.

There are so many factors that go in to how much you weigh, how much percent of your body is fat versus muscle, and why you may have trouble losing weight. The number one issue and most certainly the golden rule of all weight loss is being in a caloric deficit. In essence, it's basic mathematics. You have to take in less energy than you burn throughout the day. Figure out your total daily energy expenditure level (how much you burn throughout the day) and subtract 500 from it. That is the number of calories you should be eating to lose weight at a safe pace. There are plenty of calculators online to help you with this. Know that severely restricting calories is also very bad. If you start eating very little food throughout the day, your body is likely to hold on to fats and uses muscle supplies as energy, thus slowing metabolism. Additionally, sugar of all kinds may be a lead cause of your inability to lose weight. Limit yourself to no more than 20-25 grams per day.

This also ties in with portion sizes. You cannot be overloading your meals. It may be very easy to load up on food at breakfast, lunch, and dinner, but in the end you are restricting yourself from attaining your goal. Always remember that food is fuel, not pleasure! Do not fall for the trap. Eating at a dining hall with friends is peer pressure in

itself to eat more and more based on other people's portions. Know exactly what you are going to eat before you even get to a meal. Logging your nutrition on a nutrition app is very useful in the long run. Just because you are eating healthy foods does not make them calorie free. Logging your calories is essential.

If you are drinking soda or any beverage other than water, you are hindering your weight loss. This ties in with the idea that you may be sneaking in food or drinks throughout the day and thinking it's alright. The saying that you can "eat everything in moderation" is destroying your progress. If you are not holding yourself accountable for every last crumb of food and drop of fluid, you are both cheating yourself and your progress. Our bodies are not made up of soda, they are made of water. Think about that the next time you pop open a soda.

While pairing exercise with nutrition is also key, working out does not grant you the right to eat whatever you want. Your mentality is so crucial with this. Just because you went to the gym or went for a long walk does not mean you should ruin your progression with an overindulge of food. Weight loss is more heavily influenced by what you eat rather than how much you exercise. Exercise definitely goes a long way to help your progress and make your body look more fit, but know that the two must be aligned for optimal benefit.

A great trick to keep yourself from indulging in poor food and drink options is to not have them around in your house or apartment. If you're eating out, ignore them. Just because someone else is eating poorly does not mean you have to. No one forces you to be in the position you are in but you. Next time you go to a supermarket, have a list prepared for everything you need, not want.

Probably the biggest concern is thinking you are eating healthy when you really are not. When you think of foods like yogurt, peanut butter, granola, and juice, you tend to associate them as healthy. While this may be the case, the way you are currently going with them probably is not.

Just because you are having yogurt at a meal does not make it nutritious. Those individual sized yogurts with fruit at the bottom are actually very bad for you. They are loaded with highly processed sugars. Stick to plain yogurt and add your own cut up fruits.

Peanut butter is generally thought of as a good source of protein. This is very true only if you have the right kinds. Any peanut butter that has ingredients other than peanuts and salt are highly processed with unhealthy oils and hidden sugars. You may want to look at almond butters to be on the safe side. The healthiest peanut butters have one gram of sugar, no added sugar, and relatively low sodium.

Granola bars, cereals, and granola in general are not going to benefit you. Again, these foods are loaded with sugar, are very calorically dense, and unfortunately marketed as healthy. Replace them with protein bars or oatmeal.

Juices are not water, and therefore you must say goodbye. Apple, cranberry, orange, and raspberry juices are killing your progress. Why? Sugar. Because they have sugar and they are calorically dense. Save your calories so you can enjoy more quality foods.

Just because something is organic does not make it healthy. Organic ice cream, organic cookies, and organic chocolate are just a few that should be eye openers. These foods do not magically become healthy with the addition of one word on the label. Just because they claim to be healthier versions does not make it so. Read the ingredients next time. If you can't pronounce one or more of them, or you have never heard of them before, skip it. Ingredients are just as important as nutrients.

Sleep is just as important as what you eat. Eight hours is optimal every night to effectively lose weight and keep is off over a long term period. Also, eating right before you sleep is a very bad habit. What this does is hinder your body from digestion. Sleep is a time meant for resting, not digestion. Be smart about it and think about what you do before you do it.

Lastly is your mentality. Just because you may not be seeing noticeable progress after a week does not mean anything. Weight loss is a journey and it takes time. Yes, humans are generally greedy and want more and more now instead of later. If you want to reach your goals, patience and willpower will be required. One day of eating healthy does not give you the right to go on a binge the next day. Get the idea out of your head that cheat days are allowed. Be honest with yourself and only make the very best decisions. You have it within you to cut down to wherever you want to be. Embrace the process and enjoy the results.

Infinity War set to be the biggest blockbuster of the year: Here's how to prepare

Michael Jarosz
Staff Writer

With just a little under a month to go before the year's potentially biggest blockbuster, Avengers: Infinity War, hits theaters, you might want to go back and look at the other 18 films that lead up to it. Starting with Jon Favreau's smash hit of Iron Man, the Marvel Cinematic Universe has drawn a huge following with their films, even those that seem a little less than great. So I'll be giving you guys a quick overview, and you can decide for yourselves if it's worth it to watch all 18 movies before the biggest one on April 27th!

The movies' connected universe through Phase One of the MCU goes in the following order: Iron Man, The Incredible Hulk, Iron Man 2, Thor, Captain America: The First Avenger, and The Avengers to round it all out. Afterwards, Phase Two kicks into gear with Iron Man 3, Thor: The Dark World, Captain America: The Winter Soldier, Guardians of the Galaxy, Avengers: Age of Ultron, and Ant-Man. Now we're in Phase Three, which goes on like this for the moment: Captain America: Civil War,

Doctor Strange, Guardians of the Galaxy Vol. 2, Spider-Man: Homecoming, Thor: Ragnarok, and Black Panther. After Infinity War, Ant-Man and the Wasp will be the 20th MCU movie to hit the screen, followed by Captain Marvel and then the fourth Avengers film to finish up Phase Three.

If I had to pick my favorites, I would choose Civil War, Thor: Ragnarok, and Black Panther as my top three. Of course, that will probably change once Infinity War hits theaters. Directors Joe and Anthony Russo have proven their merit with the Captain America sequels, so I can trust that they'll handle a huge ensemble of characters all together in the movie event of the spring. For those of you that are excited to see that film, I encourage you to watch the others leading up to it. There are several little things that come out of each one that lead this grand event. And I know there have been memes surfacing time and time again, but you have to admit, this is a grand undertaking with several actors portraying several characters packed into one feature length film. So are you ready for it?



With little over 20 days until the big release, now is the time to get caught up with the MCU (YourCountDown)

Break away from electronics and refocus

Thomas Maranian
Variety Editor

There is a plague spreading at a rapid rate all across the globe. Have you felt it? Have you yourself fallen for the trap? More than ever before, people of all ages are spending endless hours glued to their smartphones, tablets, and other electronics. Anywhere you go, it is nearly impossible to find a room full of people that are doing something other than texting, liking pictures on Instagram, or playing games. It truly is harder than ever to have a decent conversation with someone at dinner. You might think you don't have a problem with it, but you would be wrong. Society has changed, that is for sure. If you step out the door, it's more than likely a ghost town. Everyone is stuck indoors thanks to technology. Social media is honestly ruining society in more ways than one. It causes depression, anxiety, and lust to be better than others. The downsides of it trump the benefits these days. Stop living vicariously through others and start focusing on your life. What you're about to read is going to change your outlook on how you spend your time.

The one thing you have complete control of in this life is your time, and the only one to decide how it's used is you. That being said, you can choose to spend the rest of yours on your phone, or you could make a decision right here and right now to take a break from it all and potentially put an end to it. You may find it to be hard at first, only because it's such a habit to wake up and start tapping away. Remember back to the days when smart devices were unknown to you. Chances are you were running around with friends, riding your bike across town, reading a book, going on a real date, or spending time with family. How often do you do so now?

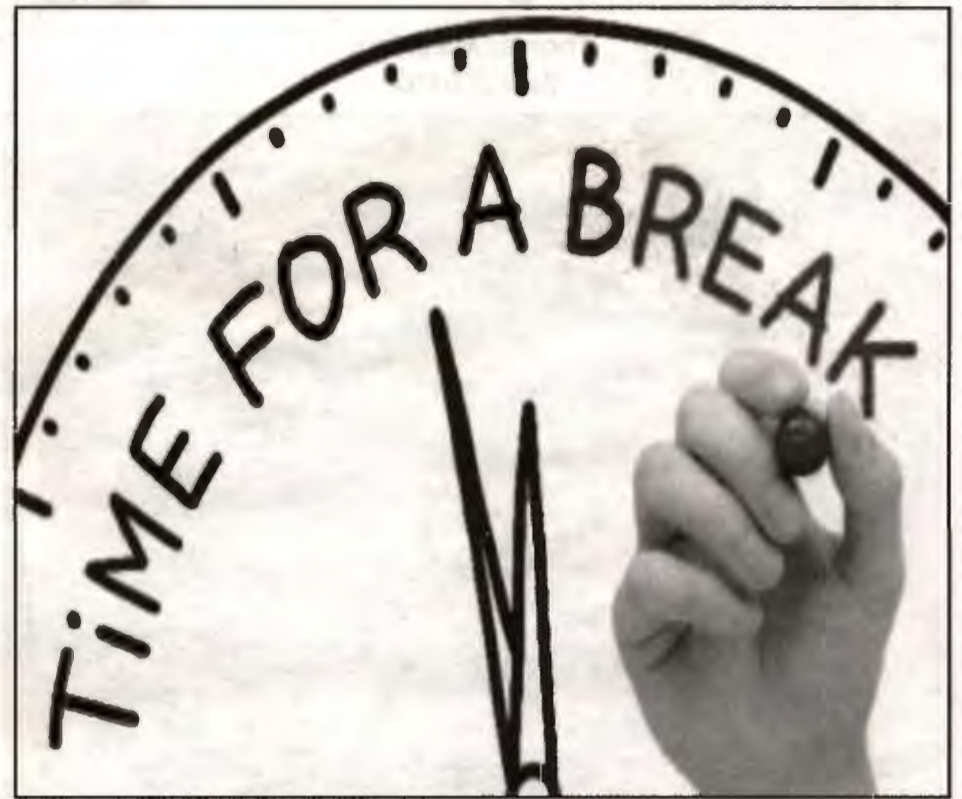
Now of course, we all have papers to write, groups to work with, and work to get done during the week. Therefore, this might be best to try on a weekend or over the summer. Set a challenge for yourself to shut down all electronics for a day or two for starters. You will soon find you are strong enough to let it go. There is less and less real news being conveyed online these days anyways, so chances are you will not miss out on much.

So many notifications constantly pop up for you to see. Imagine all you could accomplish if you ignored it all and did what you love to do. Now that spring is here, take every opportunity you can to spend your time in nature. Be sure to leave the phone and laptop at home. Go for a hike, run a marathon, sit on a bench and read for an hour, go on a road trip, plan your summer getaway. Once summer arrives, go to the beach with friends. Have a water balloon fight for old time's sake. The point is, there is so much to do in life other than play games and binge watch shows. Make your own adventures.

Make sure to record how you are feeling without technology. That means actually writing it down on paper. There will be more positive effects than negative. You will sleep better at night, likely be in better shape, and will not be tempted to waste your precious

time on petty media.

Think about historical figures all the way up to the start of the twenty first century. Roads were not built indoors. Government was not established with Twitter. Slavery was not abolished through a phone screen. The first humans were not put into space with Facebook. Adventures were not taken on Netflix. The world was built on parchment! The world was built with speech! Whatever it is you love doing, get out there and do it. Make an impression on this world that will last forever. The clock is ticking.



Sometimes the best way to figure out your truest potential is to put aside petty possessions and focus on your own self (WorldArtsMe)

SATURDAY 4/7/18	SUNDAY 4/8/18	MONDAY 4/9/18	TUESDAY 4/10/18	WEDNESDAY 4/11/18	THURSDAY 4/12/18
DAY 43° Windy Cloudy	DAY 43° Partly Cloudy	DAY 42° Partly Sunny	DAY 44° 40% Chance Rain Showers	DAY 46° Partly Cloudy	DAY 49° Partly Cloudy
NIGHT 30° Mostly Cloudy	NIGHT 30° Partly Cloudy	NIGHT 33° 30% Chance Rain Showers	NIGHT 37° 40% Chance Frozen Mix	NIGHT 35° Partly Cloudy	NIGHT 40° Partly Cloudy
Hourly	Hourly	Hourly			

DPS would like to remind everyone about the following Party Safety Tips:

- The more, the merrier. Going to parties with a group of people, especially friends, helps ensure you'll make good decisions. Better yet: Consider the "buddy system," where you keep track of one friend all night, and in turn, that friend keeps track of you
- If you feel unsafe or encounter some trouble, your charged phone can be your ticket out of a situation, whether it's calling a cab, DPS or another friend to come get you.
- Alcohol impairs judgement, so if you've been drinking and talk to someone at a party that seems nice, he or she may actually be not-so-nice. If you're in a situation that feels unsafe, get out of it.

POST-WINTER WORKOUT TIPS



FIND A WORKOUT BUDDY
Helps stay accountable



SET YOURSELF REALISTIC GOALS
And write them down



SHARE YOUR GOALS ON SOCIAL MEDIA
For extra accountability



TREAT YOURSELF TO NEW GEAR
Look good and get financially invested



CONSIDER A PERSONAL TRAINER
A great way to set goals and get motivated



TAKE BEFORE & AFTER PHOTOS
Remind yourself of your progress



MAKE PLAYLISTS
To inspire you to work out if you're still feeling the winter blues



WEAR YOUR GEAR AROUND THE HOUSE
Getting dressed for your workout is often half the battle



MAKE A SCHEDULE IN ADVANCE
Commit to weekly intervals that are realistic

Squigly's Spring Crossword



Across

- 2. Dutch spring flower
- 3. Fast moving air
- 4. Rain protection
- 7. A season
- 9. Yellow spring flower
- 11. Appears after a rain
- 14. Spring month
- 15. Spring bird
- 17. Small formations of water
- 18. _____ savings time

Down

- 1. Winged animals
- 3. Temperature in spring
- 5. Spring month
- 6. Spring month
- 8. Game played with a bat and ball
- 10. April showers bring May _____
- 12. Type of weather
- 13. Spring month
- 16. The beginning of flowers



7				1			4	
	2				9		5	6
		4		6		2		
		8	6		1		2	
		7				1		
	9		3		8	6		
		5		2		4		
8	4		1				6	
	1			8				2

Ronzio

PIZZA & SUBS

Buy One
Get One
Slice Free
(4-6PM)

401-531-6620

Bryant University
Graduate School of Business



WOMEN IN MBA: *Navigating Your Future*

Friday, April 20, 2018 • 12:00 - 2 PM

Fisher Center - Heritage Room

Join Bryant MBA students, alumni, and faculty for an informational gathering that will address strategies for women in the workplace. Experience a panel discussion that will focus on opportunities and career choices for women. We will explore how to navigate the landscape of the business world and overcome unique challenges women face as well as tips to help you succeed in graduate school.

Navigating Your Future

Network with current students, alumni and faculty while enjoying a delicious lunch. Gain valuable information that will help you throughout your career.

This is a free event, but you must RSVP

RSVP by April 6 to lbarringer@bryant.edu

BRYANT UNIVERSITY GRADUATE SCHOOL OF BUSINESS | 1150 Douglas Pike | Smithfield, RI 02917

Attend the Grad Fair and MANDATORY Senior Information Meetings

Tuesday, April 24th
Rotunda from 10 am to 2 pm

- Purchase your cap, gown and hood (\$60 - accepting cash or credit cards)
- Order your class ring and announcements
- Take a graduation photo with GradImages
- Purchase a yearbook
- Sign up for the Alumni Newsletter
- Learn about the Senior Class Gift
- Much more!

Mandatory Senior Informational Meeting, Janikies

11:00 am 2:00 pm 3:30 pm 4:30 pm 6:00 pm

- Important event details
- Commencement tickets
- Attire for all ceremonies and receptions
- Arrangements for guests with special needs
- Lineup locations on Commencement morning
- Reader cards
- Procession route
- Graduate seating in the tent
- General program for Commencement
- Location/time of diploma distribution
- Social media integration

IMPORTANT
Your 5 Commencement tickets will be distributed **only AFTER** you attend one of these sessions

Follow us on social media for reminders and contests:



FACEBOOK



TWITTER



INSTAGRAM

#bryantgrad2018



MBA PROGRAM
PROVIDENCE COLLEGE



Learn more about
PROVIDENCE COLLEGE'S
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MBA and certificate programs.

Concentrations in
accounting | finance | management | marketing | international business

business.providence.edu/mba

Attend an INFORMATION SESSION

March 28, 2018 | 5:30 to 7:00 p.m.

For more information, please visit our website:
business.providence.edu/mba
mba@providence.edu 401.865.2294

Can't attend?
Email or call to schedule an appointment at your convenience.

WE'RE READY WHEN YOU ARE